

## Supplementary material

Ratajczak AE, Szymczak-Tomczak A, Michalak M, et al. The associations between vitamin D, bone mineral density, and the course of inflammatory bowel disease in Polish patients. *Pol Arch Intern Med.* 2022; 132: 16329. doi:10.20452/pamw.16329

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Table S1. The diagnostics thresholds defining concentrations of serum 25(OH)D approved in Central Europe

Interpretation	Vitamin D concentration
Severe deficiency	0-10 ng/ml
Deficiency	11-20 ng/ml
Suboptimal concentration	21–30 ng/ml
Optimal concentration	31–50 ng/ml
High concentration	50–100 ng/ml
Toxic concentration	>100 ng/ml

Table S2. Montreal classification for Crohn's disease

<b>Age at diagnosis</b>	A1	Below 16 years
	A2	Between 17 and 40 years
	A3	Above 40 years
<b>Location</b>	L1	Ileal
	L2	Colonic
	L3	Ileocolonic
	L4	Isolated upper disease (L4 may be added to L1-L3)
<b>Behaviour</b>	B1	Non-stricting, non-penetrating
	B2	Stricting
	B3	Penetrating
	p	Perianal disease modifier (may be added to B1-B3)

Table S3. Montreal classification of extent and severity for ulcerative colitis

<b>Extent</b>	E1	Ulcerative proctitis	Changes limited to the rectum
	E2	Left side ulcerative colitis (distal ulcerative colitis)	Distal changes to the splenic flexure
	E3	Extensive ulcerative colitis (pancolitis)	Proximal changes to the splenic flexure
<b>Severity</b>	S0	Clinical remission	Asymptomatic
	S1	Mild ulcerative colitis	Four or fewer stools per day (with or without blood), lack of any illness and normal markers of inflammatory
	S2	Moderate ulcerative colitis	Above four stools per day, minimal signs of systemic toxicity

	S3	Severity ulcerative colitis	Above six stools per day (with blood), pulse rate above 90 beats/minute, the temperature at least 37.5° C, haemoglobin below 10.5 g/dl and ESR above 30 mm/h
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Table S4. Pharmacotherapy in the Crohn's disease and ulcerative colitis groups - the percentage of patients treated with the listed drugs

The active substance	CD n (%)	UC n (%)	p-value
<b>5-ASA</b>	116 (96,67%)	115 (96,64%)	0.99
<b>Sulfasalazin</b>	12 (10.00%)	23 (19.33%)	<b>0.04</b>
<b>Steroids</b>	102 (85.00%)	89 (74.79%)	<b>0.049</b>
<b>Azathioprine</b>	83 (69.17%)	57 (47.90%)	<b>&lt;0.001</b>
<b>Vitamin D<sup>1</sup>*</b>	10 (10.00%)	11 (11.34%)	0.76
<b>Infliximab</b>	39 (32.50%)	24 (20.17%)	<b>0.03</b>
<b>Adalimumab</b>	13 (10.83%)	1 (0.84%)	<b>&lt;0.01</b>
<b>Ustekinumab</b>	4 (3.33%)	0 (0.00%)	<b>0.045</b>
<b>Vedolizumab</b>	3 (2.50%)	13 (10.92%)	<b>0.01</b>
<b>Biopharmaceutical</b>	48 (40.00)%	33 (27.73%)	<b>0.045</b>

<sup>1</sup> dose of vitamin D: 2000 IU/day; \*questionnaire respecting vitamin D supplementation was filled by 197 subjects

CD-Crohn's disease; UC-ulcerative colitis