



## BEST-D Study Update

The background science on vitamin D and BEST-D findings were presented to an audience of more than 160 participants at Banbury Town Hall on Friday 9<sup>th</sup> January 2015.

Dr Harold Hin (Lead Investigator and former GP at Hightown Surgery) welcomed participants to the meeting and introduced Prof Jane Armitage, Prof Robert Clarke and Dr Michael Hill from the BEST-D Coordinating Centre at the University of Oxford Clinical Trial Services Unit (CTSU).

Jane Armitage explained the importance of vitamin D for maintaining strong bones, the evidence from recent trials and meta-analyses, and the urgent need for a definitive study testing an adequate dose of vitamin D and the effects on fractures, cancers and cardiovascular disease. Osteoporosis is a big problem in the UK: after age fifty half of all women and one fifth of all men will suffer from osteoporotic fracture with huge health and social care cost implications.

Michael Hill went on to describe the laboratory processes and the blood and urine sample analyses that had been completed. The samples will be stored for further analyses to be carried out in the future.

Robert Clarke presented the study findings and tables that had been produced from information gained from the study visits and blood samples. The main conclusions were that a dose of vitamin D of 100 µg daily is required to achieve optimum levels of vitamin D in most people and there were no clinically significant adverse effects among people taking this dose. The study had too few participants to detect any other significant effects on body functions such as muscle strength or balance. The heart echocardiography analysis is still to be completed and will be reported at a later date.

The meeting closed with thanks given to all the study participants for their participation and to the BEST-D nurses, Lynn Peach, Enid Frost, Caroline Boulton and Barbara White who carried out the study visits.



BEST-D website: <http://www.bestdtrial.org/>  
Publications will be posted on the website when available.