Press release for web site and practitioner publications



4 December 2018

New data on the calcium and vitamin D for bone health has been published since the current report dated December 2017. The Osteoporosis Australia Scientific Committee has reviewed the new data and press reporting that may not have understood the importance of specific details of the people studied or the interventions in the new publications. The aim of this communication is to correct these misunderstandings.

The December 2017 Statement concludes “A recent National Health Survey indicates that large numbers of older women and men are ***not*** achieving recommended calcium intakes; in addition many have vitamin D insufficiency. Evidence from randomised clinical trials is that these Australians that will benefit from increased consumption of both calcium and vitamin D, especially if they are at risk of falls and fractures. The importance of these recommendations for public health should be addressed as a matter of urgency.”

It is essential to understand that one of the recent publications address a specific question ***not relevant*** to the above statement in that it address questions of vitamin D supplementation alone rather than focusing on ***combined supplementation of calcium and vitamin D*** required for mineralizing the skeletal proteins to make them more rigid. Another paper examines the data on individuals ***not at increased risk of falling or fracturing.***

Osteoporosis Australia ***strongly advises patients and practitioners*** to continue to support Australian guidelines of 1200 mg of calcium a day from diet or tablets and vitamin D supplementation in those with a blood test showing a 25OHD level less than 50 nmol/L.