Calcium, vitamin D don't seem to reduce fracture risk in seniors

27 December 2017

(HealthDay)—For community-dwelling older adults, supplementation with calcium, vitamin D, or both does not reduce the incidence of fractures, according to a review published in the Dec. 26 issue of the *Journal of the American Medical Association*.

Jia-Guo Zhao, M.D., from Tianjin Hospital in China, and colleagues conducted a systematic review and meta-analysis to examine whether calcium, vitamin D, or combined calcium and vitamin D supplements are linked to a reduced incidence of fracture among community-dwelling older adults. Thirty-three randomized trials involving 51,145 participants were included.

The researchers found that neither calcium nor vitamin D was significantly associated with the risk of hip fracture compared with placebo or no treatment (calcium: risk ratio [RR], 1.53; 95 percent confidence interval [CI], 0.97 to 2.42; vitamin D: RR, 1.21; 95 percent CI, 0.99 to 1.47). No significant correlation with hip fracture was seen for combined calcium and vitamin D compared with placebo or no treatment (RR, 1.09; 95 percent CI, 0.85 to 1.39). There were also no significant correlations for calcium, vitamin D, or the combination of calcium and vitamin D with incidence of nonvertebral, vertebral, or total fractures.

"These findings do not support the routine use of these supplements in community-dwelling older people," the authors write.

More information: Abstract/Full Text (subscription or payment may be required)

Copyright © 2017 HealthDay. All rights reserved.

APA citation: Calcium, vitamin D don't seem to reduce fracture risk in seniors (2017, December 27) retrieved 27 April 2021 from
https://medicalxpress.com/news/2017-12-calcium-vitamin-d-dont-fracture.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.