

Re: Study: calcium supplements raise heart attack risk

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2007-10/msg00167.html>

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 - *Date:* Wed, 10 Oct 2007 13:21:37 -0000
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On Sep 27, 4:59 pm, MarilynMann <ma...@xxxxxxxx> wrote:

(Circulation. 2007;115:846-854.)

Calcium/Vitamin D Supplementation and Cardiovascular Events

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Received November 2, 2006; accepted December 14, 2006.

Background—Individuals with vascular or valvular calcification are at increased risk for coronary events, but the relationship between calcium consumption and cardiovascular events is uncertain. We evaluated the risk of coronary and cerebrovascular events in the Women's Health Initiative randomized trial of calcium plus vitamin D supplementation.

Re: Study: calcium supplements raise heart attack risk

Methods and Results– We randomized 36 282 postmenopausal women 50 to 79 years of age at 40 clinical sites to calcium carbonate 500 mg with vitamin D 200 IU twice daily or to placebo. Cardiovascular disease was a prespecified secondary efficacy outcome. During 7 years of follow-up, myocardial infarction or coronary heart disease death was confirmed for 499 women assigned to calcium/vitamin D and 475 women assigned to placebo (hazard ratio, 1.04; 95% confidence interval, 0.92 to 1.18). Stroke was confirmed among 362 women assigned to calcium/vitamin D and 377 assigned to placebo (hazard ratio, 0.95; 95% confidence interval, 0.82 to 1.10). In subgroup analyses, women with higher total calcium intake (diet plus supplements) at baseline were not at higher risk for coronary events ($P=0.91$ for interaction) or stroke ($P=0.14$ for interaction) if assigned to active calcium/vitamin D.

Conclusions– Calcium/vitamin D supplementation neither increased nor decreased coronary or cerebrovascular risk in generally healthy postmenopausal women over a 7-year use period.

The dose of vitamin d in this was so low an that one would expect no effect. The recommendation in Canada has recently been increased to about 1500 IU to prevent cancer. Low vitamin d levels are linked with coronary health.

Prevalence of Cardiovascular Risk Factors and the Serum Levels of 25-Hydroxyvitamin D in the United States
Data From the Third National Health and Nutrition Examination Survey

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Arch Intern Med. 2007;167:1159–1165.

Background Results of several epidemiologic and clinical studies have suggested that there is an excess risk of hypertension and diabetes mellitus in persons with suboptimal intake of vitamin D.

Methods We examined the association between serum levels of 25-hydroxyvitamin D (25[OH]D) and select cardiovascular disease risk factors in US adults. A secondary analysis was performed with data from the Third National Health and Nutrition Examination Survey, a national probability survey conducted by the National Center for Health Statistics between January 1, 1988, and December 31, 1994, with oversampling of persons 60 years and older, non-Hispanic black individuals, and Mexican American individuals.

Results There were 7186 male and 7902 female adults 20 years and

Re: Study: calcium supplements raise heart attack risk

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older with available data in the Third National Health and Nutrition Examination Survey. The mean 25(OH)D level in the overall sample was 30 ng/mL (75 nmol/L). The 25(OH)D levels were lower in women, elderly persons (60 years), racial/ethnic minorities, and participants with obesity, hypertension, and diabetes mellitus. The adjusted prevalence of hypertension (odds ratio [OR], 1.30), diabetes mellitus (OR, 1.98), obesity (OR, 2.29), and high serum triglyceride levels (OR, 1.47) was significantly higher in the first than in the fourth quartile of serum 25(OH)D levels ($P < .001$ for all).

Conclusions Serum 25(OH)D levels are associated with important cardiovascular disease risk factors in US adults. Prospective studies to assess a direct benefit of cholecalciferol (vitamin D) supplementation on cardiovascular disease risk factors are warranted.

'One Vitamin May Prevent Heart Disease

Vitamin D, found naturally in sunshine, may help you to live longer. The opposite is also true. A lack of this important vitamin appears to put you at a far higher risk for cardiovascular disease, Reuters reports of a new study from Drew University School of Medicine in Los Angeles, Calif.

Find out how vitamin D could prevent cancer!

Led by Dr. Keith Norris, the team evaluated the blood levels of vitamin D and the risk of heart disease in 7,186 men and 7,902 women using data from the Third National Health and Nutrition Examination Survey (NHANES III) that was conducted between 1988 and 1994. They found that women, older people, racial and ethnic minorities, obese people and those suffering from hypertension or diabetes had the lowest levels of vitamin D. When these people were compared with those who had the highest vitamin D levels, the researchers realized those with the lowest levels were far more likely to have high blood pressure, diabetes, and obesity—all risk factors for cardiovascular disease.

Ditch the scale. Forget the BMI. There's a new measurement that is the best predictor of a future heart attack.

Norris told Reuters that this evidence of the link between heart disease and vitamin D "reinforces the emerging evidence that suggests higher levels of vitamin D may be helpful to reduce the risk of cardiovascular disease." He added, "The potential implications from a public health and healthcare cost perspective are tremendous, even if vitamin D only impacts 5 percent to 10 percent of heart health."

Drinking milk or eating fish daily—both of which are packed with vitamin D—will help protect you from developing this deadly disease. Click to find out what it is.

How much vitamin D should you take? Norris recommends adults take the

Re: Study: calcium supplements raise heart attack risk

FDA recommended daily dose of 800 IU to 1,200 IU daily; however, 2,000 IU per day is required to achieve adequate blood levels of vitamin D for prevention of cardiovascular disease. "There appears to be good safety at doses of 2,000 to 3,000 IU per day," he explained to Reuters. (Do check with your own physician before increasing the amount of vitamin D you take.) The study findings were published in the Archives of Internal Medicine, June 2007.

<http://webcenters.netscape.comuserve.com/whatsnew/recent.jsp?story=20071006-0630>

The Harvard study mentioned earlier used such a small amount of vitamin d that one must ask if its designed was to produce a null result.

Thanks Vince