

Vitamin D and calcium

A new US Preventive Services Task Force (USPSTF) recommendation statement has concluded that the evidence is insufficient to support the use of vitamin D and calcium supplementation to prevent fractures among community-dwelling men and premenopausal women. However, the task force did find sufficient evidence to recommend against daily vitamin D and calcium supplements for the primary prevention of fractures in postmenopausal women. Virginia A. Moyer, MD, MPH, from the Baylor College of Medicine in Houston, Texas, published the recommendation statement on behalf of the USPSTF online February 26 in the Annals of Internal Medicine.

In its statement, the task force mentions that physicians should use more than evidence alone in their decision-making. "Clinicians should understand the evidence but individualize decision making to the specific patient or situation," Dr. Moyer writes. "Similarly, the USPSTF notes that policy and coverage decisions involve considerations in addition to the evidence of clinical benefits and harms."

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