

CALCIROL Sunshine Express

- ▶ Vitamin D is labelled as the "sunshine vitamin," as it is produced in the skin on sun exposure. Vitamin D is required to maintain serum calcium concentration within the normal physiologic range for musculoskeletal health.¹
- ▶ >50% of patients with generalized myalgia and bone pain have vitamin D deficiency.¹
- ▶ The National and International Osteoporosis Foundation define vitamin D deficiency as the level of 25-hydroxyvitamin (25 OH D) of less than 30 ng/ml.¹

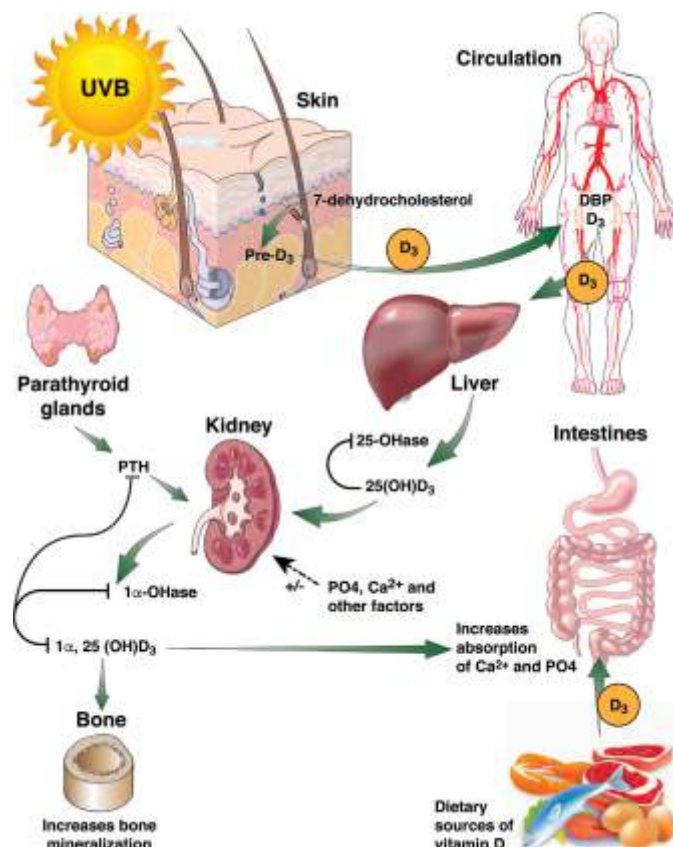
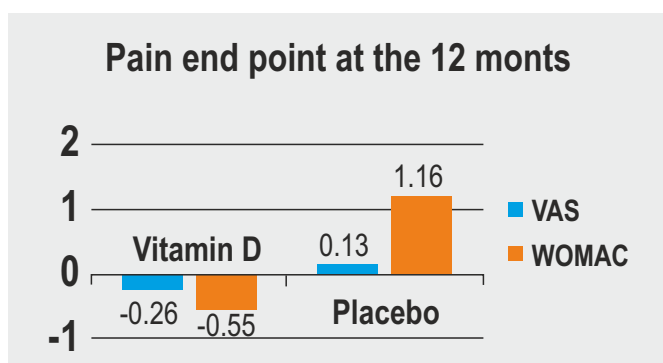


Fig. 1. Vitamin D pathway.

Sunshine in Musculoskeletal system:



*Western Ontario and McMaster Universities Arthritis Index (WOMAC)

#Visual Analog Scale for Pain (VAS Pain)

- ▶ Vitamin D deficiency plays an important role in development of knee OA (Osteoarthritis).³
- ▶ Along with standard treatment, the vitamin D group received FDA-approved oral vitamin D (cholecalciferol granules) of 60,000 IU per day for 10 days followed by 60,000 IU once a month for 12 months, and placebo comparator arm participants.³
- ▶ Patients randomized to the vitamin D group had less knee pain at 12 months on the WOMAC* and on the VAS# pain scale than did patients who received the placebo.³

References:

1. Chauhan K, Shahrokhi M, Huecker MR. Vitamin D. StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK441912/>
2. Moon AS, Boudreau S, Mussell E, He JK, Brabston EW, Ponce BA, Momaya AM. Current concepts in vitamin D and orthopaedic surgery. Orthop Traumatol Surg Res. 2019 Apr;105(2):375-382. doi: 10.1016/j.otsr.2018.12.006.
3. Park, Clara Y. 2019. "Vitamin D in the Prevention and Treatment of Osteoarthritis: From Clinical Interventions to Cellular Evidence" Nutrients 11, no. 2: 243. <https://doi.org/10.3390/nu11020243>

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