

PHILOSOPHY, VITAMINS

# THE BEST VITAMIN D PAPER IN 2012

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The turn of the year may not only indicate many new chances but also allow a higher standpoint. IMHO the best paper in the vitamin field was published by Rousseau Gama in the BMJ 2012;345 :e5706.

We measured serum C reactive protein and 25-hydroxyvitamin D concentrations before and two days after elective knee or hip surgery in 30 patients. After surgery the mean serum concentration of C reactive protein increased (5.0 (SD 5.5) v 116.0 (81.2) mg/L;  $P < 0.0001$ ), whereas serum 25-hydroxyvitamin D decreased (56.2 (30.3) v 46.0 (27.6) nmol/L;  $P < 0.0006$ ).

The reasons are not fully clear but the results are consistent with two other studies reporting a fall in serum 25-hydroxyvitamin D concentration during a systemic inflammatory response. So, it looks like 1 simple study will make 1000 other studies useless. That seems to be the beauty of science... although I do not understand how that related to a serum half-life of two weeks?

So far I argued that vitamin D is always a lifestyle proxy e.g. [pubmed/22698792](https://pubmed.ncbi.nlm.nih.gov/22698792/)) but there maybe also biological reasons.

BTW I would also have a candidate for the worst vitamin D paper, just in case, ....