

ALLERGY, VITAMINS
























U SHAPE IS GOOD AND BAD

13.03.2015

I did not expect that serum vitamin D levels are associated with mortality at both ends of the distribution as now shown by [Dorup et al.](#)

Out of 247,574 a total of 16.645 subjects died in the ensuing 0 -7 years. ... 25-hydroxyvitamin D level of 70 nmol/L was associated with the lowest cardiovascular disease mortality risk ... At the higher extreme (≥ 125 nmol/L), the hazard ratio of cardiovascular disease mortality was 1.3 (95% CI 1.2-1.4), with similar risk among men and women. 125 nmol/L), the hazard ratio of cardiovascular disease mortality was 1.3 (95% CI 1.2-1.4), with similar risk among men and women.

Following our [first paper on U shaped vitamin D effects](#) there are now many more papers show that effect. Vitamin D is not just good or bad, it is both depending on timing, dose, application, whatever.

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	Non-linear associations between serum 25-OH vitamin D and indices of ar... Suzanne C van Dijk, Evellen Sohl, Christian Oudshoorn, Anke W Enneman, Annelies C 2014. Age Ageing Journal Article.	
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	U-Shaped Association Between Serum 25-Hydroxyvitamin D and Fracture... Kerrin Bleicher, Robert G Cumming, Vasikaran Naganathan, Fiona M Blyth, David G Le 2014. J Bone Miner Res Journal Article.	To Be Read
	Vitamin D and osteogenic differentiation in the artery wall. Jeffrey J Hsu, Yin Tintut and Linda L Demer 2008. Clin J Am Soc Nephrol 3: 1542-7. Journal Article.	To Be Read
	Evidence for a U-shaped relationship between pre-hospital vitamin D s... Karin Amrein, Sadeq A Quraishi, Augusto A Litonjua, Fiona K Gibbons, Thomas R Pieber, 2014. J Clin Endocrinol Metab jc20133481. Journal Article.	
	With or Without U? The Appropriate Test for a U-Shaped Relationship* Jo Thori Lind and Halvor Mehlum 2010. Oxford Bulletin of Economics and Statistics 72: 109-1... To Be Read	
	The impact of vitamin D in pregnancy on extraskelatal health in childre... Henrik T Christesen, Claes Elvander, Ronald F Lamont and Jan S Jørgensen 2012. Acta Obstet Gynecol Scand 91: 1368-80. Journal Article.	
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