

LETTERS

FALL PREVENTION WITH VITAMIN D

Clarifications needed, pleaseJose A P da Silva *head*

Department of Rheumatology, Hospitais da Universidade de Coimbra, Coimbra, Portugal

A recent report from the Institute of Medicine concludes that vitamin D has no benefits beyond its effects on bone health, specifically on the frequency of falls.¹ This conclusion rested heavily on the committee's re-interpretation of the meta-analysis of vitamin D supplementation by Bischoff-Ferrari and colleagues published in the *BMJ* in 2009,² as well as its criticism of the methods.

The committee claims that a regression line was not fitted properly through the data points and that a multiple dose trial

was incorrectly included. Clarification from Bischoff-Ferrari and colleagues would be helpful.

Competing interests: None declared.

- 1 Institute of Medicine. Dietary reference ranges for calcium and vitamin D. 2010. www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D.
- 2 Bischoff-Ferrari HA, Dawson-Hughes B, Staehelin HB, Orav JE, Stuck AE, Theiler R, et al. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. *BMJ* 2009;339:b3692.

Cite this as: *BMJ* 2011;342:d2602