



Volume 3, Issue 1 – 2016

The D-Health Trial Newsletter

It is hard to believe that we are now up to our fifth newsletter! We hope you enjoy this brief update. If there is anything we've missed please don't hesitate to call or email.

Two years of D-Health

We launched the D-Health Trial in January 2013 so we have passed our two-year anniversary! Some of you are now receiving your second annual surveys and these are coming in thick and fast. Thank you for sticking with us. We know that five years seems like a long time, but to find out whether vitamin D has any effect on health outcomes we do need to keep the trial going.

Prize winners

This year's lucky winners of our Coles-Myer vouchers are: Robyn Timmins (NSW); Patrick (Paddy) Boxall (QLD); Jean Tomlin (VIC); Elizabeth (Liz) Gillam (TAS); Margaret Clarke (SA), Robert Morland (WA).

The smiling faces of Liz and Paddy are shown.



Joint effort with Vital Study overseas

Did you know that the D-Health Trial is one of only two trials of vitamin D with over 10,000 participants in the world? The other is the Vital Study in the United States. By joining with Vital we will have enough people to enable us to assess the effect of vitamin D on health outcomes that occur relatively infrequently, such as lung cancer or melanoma. We are excited about the opportunity to join with the Vital Study team to investigate the effects of vitamin D supplementation on these health events.



Contact us

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MISSED ANY OF OUR NEWSLETTERS?

You will find all our newsletters on our website (go to <http://dhealth.qimrberghofer.edu.au> and click on newsletters). If you would like to receive a copy of previous newsletters in the mail please let us know.

Annual survey completion at sea



One of our incredible participants, Bill Hatfield, is currently sailing solo around the world. Amazingly, he didn't let that stop him from completing his annual survey, which was completed online when he was near the St Peter and St Paul Archipelago (just north of the equator off the coast of Brazil). We are all in awe of Bill's achievement and feel honoured that he has committed to the D-Health Trial.

You can read more about Bill here:

http://www.seabreeze.com.au/News/Sailing/Around-the-world-Solo-The-WRONG-Way-76-years-old_10167887.aspx

If you'd like to follow his journey you can visit his blog:

<http://www.sailblogs.com/member/whatfield1/>

[We love hearing stories about your life and travels, so feel free to send us blogs and photos!](#)

Monitoring risks and benefits of vitamin D

While we think it is very unlikely that vitamin D will do any harm, and there is evidence to suggest it may be helpful, we monitor participant safety very closely. The Therapeutic Goods Association (TGA) requires us to keep a very close eye on health outcomes to check for any safety concerns.

Twice each year all health outcome data that we collect (in surveys and when people ring us to let us know of a health event) are reviewed by a panel of experts who

are independent from the study (the Data Safety Monitoring Board).

The QIMR Berghofer Health Research Ethics Committee also reviews the health outcomes. If any concerns were identified we would stop the trial and notify participants immediately.

Vitamin D and your brain

There are over 300,000 Australians living with dementia and it is estimated that this figure will triple by 2050. Dementia is the leading cause of disability burden in people aged over 65 years. It is possible that taking vitamin D could reduce the decline in brain function that can occur as we get older but we need randomised trials like the D-Health Trial to investigate this.

To explore the effect of vitamin D supplements on memory and thinking we will be inviting participants aged over 70 to take part in short telephone interviews. These only take about 5 minutes. Keep an eye out for your invitation when you receive your next annual survey.

