



The D-Health Trial Newsletter

Welcome to the first newsletter for 2015. We hope you are well and enjoying your participation in the D-Health Trial. As always, if you have any questions, comments or concerns please do not hesitate to give us a call on 1300 735 920.

ALL ABOUT YOU

Before you enrolled in the D-Health Trial we asked you to complete a survey that asked about your lifestyle and health conditions. We are still cleaning the survey data - this includes checking for responses that seem a bit unusual. We may be in touch with some of you via email or phone as we do this.

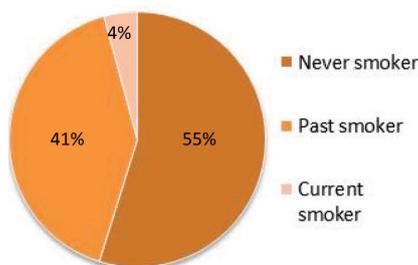
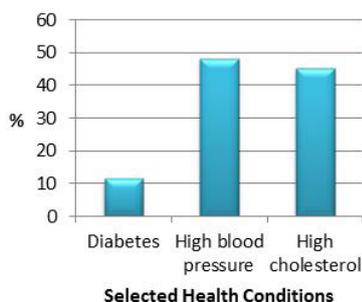
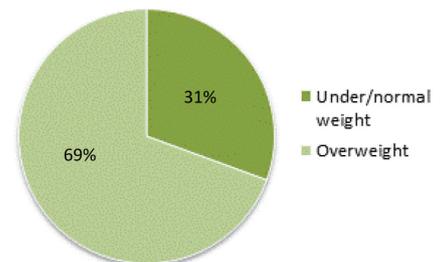
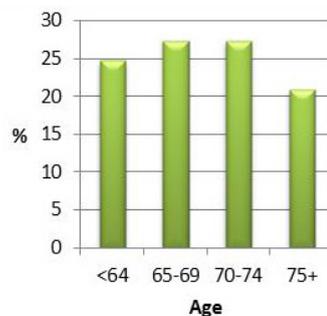
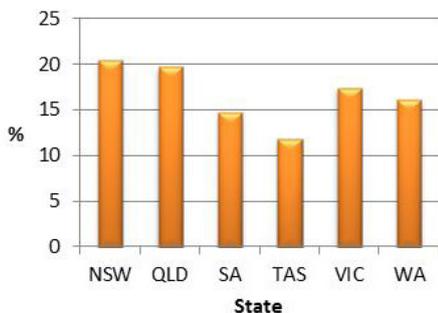
Below is a snapshot of some preliminary data from our initial survey. Approximately 54% of D-Health Participants are men. The figures give information about some other characteristics of the D-Health Trial participants.

The initial data shows that the characteristics of the people in the vitamin D and placebo groups are very similar. This is very important because it means that any future differences in health between the two groups will not be due to differences at the start of the trial.

Finishing recruitment - a major milestone

We have finally finished recruitment. Due to the huge effort by the D-Health Team and your generosity, we have enrolled over 21,000 people into the trial!

Our job for the next four to five years is to work closely with you so that you are able to stay in the trial for as long as possible. The validity of our results now rests on minimising the number of people who drop out. We completely understand that there are many reasons why people may be unable to continue, but we will try hard to make the study as easy as possible so that you can stay with us for the long haul.



RESULTS FROM THE TRIAL

We are as keen as you are to get some results but, unfortunately, science takes a long time! When all of the first year annual surveys are returned in 2016 we will begin statistical analyses to understand whether vitamin D supplementation can influence mood, pain, falls and colds/flu. Working out whether vitamin D affects cancer, cardiovascular disease, autoimmune disease etc, will take longer.

The study runs for five years and it will not be until after it has finished that we can analyse these outcomes.

We will keep you informed of any preliminary findings during the trial and entire findings will be available at the conclusion of the trial.

When you finish the study we will tell you whether you have been taking vitamin D or placebo.

Annual surveys



Many of you have already completed your first annual survey, and we will continue to send these out for the rest of the year to other participants. This survey focuses almost entirely on your health.

There is some anecdotal evidence that vitamin D can influence mood and pain, but this is not yet confirmed. In this survey we have therefore included questions about pain and mood. Quite a few people who have already completed the survey have suggested that we could ask these questions differently. While we always try to take on board your input, these questions form scales that have been validated internationally, so for scientific reasons we are unable to change them. *If you have any problems completing the survey, please give us a call. We are happy to help.*

Blood testing

Each year we are randomly selecting about 600 people to take part in the blood-testing component of the D-Health Trial. This enables us to check if the average vitamin D level of the two groups is different. We also store the blood so we can examine whether vitamin D influences things like cholesterol.

If you are selected, we will give you plenty of information so you can decide if you would like to give a blood sample. If you do choose to give blood, we will send you a form to take to your pathology collection centre. They will take a sample and send it to our lab for processing.



Winners of Coles/Myer vouchers

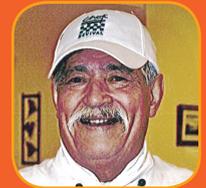
As you may recall, each year of the trial we are randomly selecting six participants to win a Coles Myer voucher. The six lucky winners this year are: Venice Irving (VIC), Elayne Dewar (WA), Alfonso Lira-Gonzalez (SA). Beth Clark (QLD), Nola Steele (TAS), and Aline Prudhomme (NSW). Three of our winners sent in photos so you can see their smiling faces.



Elayne Dewar
WA



Venice Irving
VIC



Alfonso
Lira-Gonzalez
SA



COMMENTS, QUESTIONS, CONCERNS?

We love hearing from you, so feel free to call our helpline.

Phone 1300 735 920