

Vitamin D for Everything,....

- Does prenatal Vit D prevent asthma in kids (A parent had atopy)
 - From 10-18 wks to delivery, 881 moms took 4400 or 400 IU Vitamin D.
 - Recurrent wheeze or asthma at 6 yrs, 44% (Vit D) vs 46% (placebo), no diff.
 - Eczema, rhinitis, pneumonias – no diff.
 - Maternal Vit D level made no difference

- Does Vit D prevent depression in older adults (mean 67 yrs)
 - 18,353 took 2000 Vitamin D or placebo.
 - Depression at 5.3 yrs, 6.6% (Vit D) vs 6.8% (placebo), no diff.
 - New/recurrent, PHQ scores, etc – no diff
 - Adherence & baseline level – no diff

- Does Vit D prevent Tb in kids
 - 8851 kids age 6-13 yrs in Mongolia got 14,000 IU/wk or placebo
 - Start Vit D 30nmol/L to 75 vs 25 nmol/L
 - Any Tb Dx at 3 yrs, 0.5% (Vit D) vs 0.6%
 - No diff in confirmed Tb, RTI admission, any RTI, death, adverse events, etc.

- Does Vit D prevent asthma exacerbation in kids (6-16) & Vit D <75
 - 192 kids took 4000 Vitamin D or placebo.
 - Severe exacerbation at ~1 yr, 38% (Vit D) vs 34% (placebo), no diff.
 - Days to events, med use, etc– no diff

First your Toe, now your heart: What can't Colchicine do?

- 5522 stable CAD patients on colchicine 0.5 mg OD vs placebo.
 - Mean age 66, 85% male, 84% past Acute Coronary Syndrome
- After 29 months,...
 - CVD death, MI, stroke: 4.2% vs 5.7% (NNT=67), HR=0.72 (0.57–0.92)
 - Above + revascularization: 6.8% vs 9.6% (NNT=36), HR=0.69 (0.57-0.83)
 - Death any cause: 0.9% vs 0.8% (no diff)
 - Harms: myalgia 21% vs 19% (NNH=37)
- Bottom-Line: Something works! If there was just one more study,....
- 2019 RCT of 4745 Post-MI on colchicine 0.5mg or placebo x23 months
 - CVD death, MI, stroke, revascularization: 5.5% vs 7.1% (NNT=63), HR=0.77 (0.61-0.96)

Swollen Legs and recurrent cellulitis: Interrupting the inevitable.

- 84 compression stockings + education vs education alone.
 - Mean age 64, 51% male, obesity 63%, mostly below knee stockings
- At ~6 months
 - cellulitis in 15% compression vs 40% control (NNT=4), HR=0.23 (0.09-0.59)
 - Leg volume down 6% (~240ml) vs control.
 - Quality of Life improved 8/100 vs control.
- Risk – cellulitis assessment unblinded.
- Bottom-Line: Compression stockings reduce leg volumes, improve quality of life and reduce cellulitis episodes (NNT=4 over 6 months).