Institute of Medicine (IOM) updates Vitamin D recommendations

November 30, 2010 -- Today the Institute of Medicine (IOM) released updated recommendations regarding calcium and vitamin D intake. IOM recommends 600 international units (IU) of vitamin D every day for most healthy adults under age 71 and 800 IU for healthy people age 71 and older. The updated IOM recommendations for vitamin D intake are sufficient for most healthy adults, however, some adults may need more. These include those with very little sun exposure (or who consistently wear sun screen or protective clothing), dark skin, osteoporosis, problems absorbing dietary fat or who are taking medicines that interfere with vitamin D.

This is an increase from the previous IOM recommendations that cited 200 to 400 IU per day for healthy adults under age 71 and 600 IU per day for those age 71 and older. Since 2008, NOF has recommended that healthy people age 19 to 49 get 400 to 800 IU of vitamin D every day; and that adults age 50 and older get 800 to 1,000 IU every day.

NOF’s recommendations for daily intake remain higher than IOM’s but fall well within the margin of safety.

The IOM report issued on November 30, 2010 set the safe upper limit for daily intake to be 4,000 IU. The IOM report did not address the vitamin D requirements for high risk individuals or those who require treatment. NOF strongly recommends that you consult with your healthcare professional for your particular requirements.

Source: www.nof.org

My hopes are high

By Jennie Image

As 2010 winds down, my hopes are high. I know from my participation in the September 2010 PRMRP peer review process in Washington that many competent research scientists are hunkered down, determined to reveal the final secrets of bone composition and function.

As a Consumer Reviewer, I read and scored around 30 osteoporosis research proposals seeking government funding. It was fascinating.

I learned so much in those two busy days. I am confident that osteoporosis will be eradicated. It's only a matter of time. The scientists and NOF advocacy groups need our support and encouragement. I will try to do my part. My daughter and grand-daughter, and millions of their peers, are depending on us to succeed.

CALENDAR
Sat. January 8, 10 a.m.
Group meeting, Richardson

Sat. February 5, Winterfest,
First Methodist Church of Richardson—Workshops and Info table (more info soon)

Sat. February 12, 10 a.m.
Group meeting, Richardson

Atelevia™
(risedronate sodium)
—delayed-release tablets, 35 mg weekly

NOF welcomes any new FDA approved treatment options, such as Atelevia™, that will help patients address this prevalent disease. NOF estimates 10 million Americans have osteoporosis and another 34 million are at risk for the disease.

To read the FDA approved label for Atelevia™, please visit http://www.wcrx.com/pdfs/pi/pi_atelvia.pdf

• MUST for Seniors™ has a list of “Questions to Ask your Healthcare Team” and much more useful material. For more information, visit the program’s Web site at www.mustforseniors.org.

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