

About Research Studies

Research studies try to gain new knowledge that may help others in the future. People who join studies do not always get direct benefits. Being in this study is up to you.

It is important that you read and understand the information in this brochure so you can make an informed decision about joining the study. You will also be given a copy of the consent form for the study and will discuss it with you at your first visit.

Quick Facts About Vitamin D₃

How Long Will the Study Last?

6 months. You will come in a total of 5 times to answer questionnaires and perform some physical tests.

Is There Compensation?

Yes, you will be compensated \$40 per visit.

Can I Stop Being in the Study?

Yes, you can stop being in the study at any time.

Where is the Study Being Done?

The study will be performed at the Glencroft Retirement Community's Rehabilitation Gym and Physical Therapy in Glendale, AZ and at the Locomotion Research Laboratory at Arizona State University in Tempe, AZ.

Contact Information

For Participation Directly Call:

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Effects of Vitamin D₃ Supplementation Study



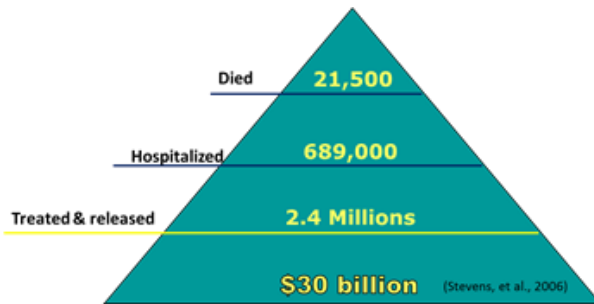
**LOCOMOTION
LABORATORY**

ASU
ARIZONA STATE
UNIVERSITY

Purpose of This Study

Annually, one in three Americans over the age of 65 experience a fall, and many of these falls are recurrent. While many interventions have been developed to reduce falls in the elderly population, their cost and invasiveness make it impractical and undesirable for all members of a high fall risk population. In this double-blind, randomized, placebo-controlled clinical study, an affordable and readily available nutritional intervention solution, vitamin D₃ supplements, to reduce falls is being investigated. We hypothesize that 6 months of vitamin D₃ supplementation will help decrease the risk of falling as well as improve walking stability and overall balance. The main objective of our study is to determine if vitamin D₃ deficiency is associated with accelerated loss of muscle mass, reduced strength and impaired balance.

Current Fall Rate of Elderly



Fatal and Nonfatal Fall Injuries Among People 65+ in 2015 (CDC)

If You Join the Study, What Will You Be Asked To Do?

1. You will be randomly assigned to one of two groups: 1000 IU daily supplement or Placebo
2. You will take two baseline tests and questionnaires.
These will be your first two visits after screening and enrollment. Blood will be drawn to determine your current vitamin D levels and you will perform baseline mobility tests. Each visit will last for two hours.
3. During the second visit, you will be given your assigned treatment for the subsequent 6 months. Three more visits will take place at 2 month intervals
4. Participate in 3 treatment visits; each takes around two hours. Each visit you will consist of:
 - Blood draw in the morning
 - 45-60 minute break for snack and recovery
 - Functional Tests: Self-paced walking, balance, grip strength, and sit-to-stand with walking.



Frequently Asked Questions

Will it Cost Me to Join?

No, there is no charge for the study visits, blood draw, or receiving the vitamin supplements.

Who Can Participate?

Persons between the ages of 65 and 85 years of age. You must be able to walk more than 80 feet without using an assistive device. During your visit we will have you fill out a questionnaire and you will be interviewed in order to determine if you meet all of the eligibility requirements.

Who Cannot Participate?

Individuals who already consume daily Vitamin D supplements or have received Vitamin D by injection within the last 3 months. Additional health concerns could disqualify you from this study, for a full list of exclusionary criteria please contact the study coordinator.

Are There Any Possible Side Effects?

Potential risks to the subjects include the standard risks to blood drawing and physical activity as well as vitamin D toxicity. To minimize the risk during blood drawing, a licensed nurse/phlebotomist will perform the procedure.

How Long Does the Procedure Take?

Each of the 5 visits will take approximately 2 hours.

Can I Stop Being in the Study?

Yes. You can stop participating at any time.