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primary studies - published RCT

## **Vitamin D for glycemic control: A multicenter, double-blind, randomized, placebo-controlled trial in adults with cystic fibrosis.**

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### **Study design (if review, criteria of inclusion for studies)**

Secondary analysis of a multicenter, double-blind, randomized, placebo-controlled study.

### **Participants**

Adults with CF hospitalized for an acute pulmonary exacerbation (APE).

### **Interventions**

A high-dose bolus of cholecalciferol (vitamin D (3). Within 72 hours of hospital admission, participants were randomly assigned to a single dose of oral vitamin D (3) (250,000 IU) or placebo, and subsequently, received 50,000 IU of vitamin D (3) or placebo every other week, beginning at month 3 and ending on month 12.

### **Outcome measures**

Glycemic control was assessed by hemoglobin A1c (HbA1c) and fasting blood glucose levels before and 12 months after the study intervention.

### **Main results**

Fifty of the 91 participants in the parent study were eligible for the secondary analysis. There were no differences in 12-month changes in HbA1c or fasting blood glucose in patients randomized to vitamin D or placebo.

### **Authors' conclusions**

A high-dose bolus of vitamin D (3) followed by maintenance vitamin D (3) supplementation did not improve glycemic control in patients with CF.

<http://dx.doi.org/10.1101/2024.01.04.24300862>

### **See also**

medRxiv. 2024 Jan 5:2024.01.04.24300862. doi: 10.1101/2024.01.04.24300862. Preprint.

### **Keywords**

Adult; Bone Density Conservation Agents; Bone Diseases; Calcitriol; Child; Gastrointestinal Diseases; non pharmacological intervention - diet; Nutrition Disorders; Pancreas insufficiency; Pancreatic Diseases; pharmacological\_intervention; Supplementation; vitamins; Vitamin D; Vitamin D Deficiency; Vitamin deficiencies; Vitamins; Malabsorption;