VITAMIN D STATUS AND RISK OF PARKINSON’S DISEASE

In a newly published study, researchers examined whether serum vitamin D levels are predictive of the risk of Parkinson’s disease.

Participants included 3,173 Finnish men and women aged 50-79 determined to be free of Parkinson’s disease at the beginning of the study. Vitamin D samples were taken at the beginning of the study and frozen. During 29 years of follow-up, 50 documented cases of Parkinson’s disease were recorded among study participants.

Serum vitamin D levels were determined from the frozen samples taken at the beginning of the study. The relationship between serum vitamin D concentration and Parkinson’s disease incidence was then calculated.

Participants with the highest levels of vitamin D (more than 50 nmol/L) had a 67 percent lower risk of developing Parkinson’s disease than those with the lowest vitamin D levels (less than 25 nmol/L.) The difference was validated after adjustment for sex, age, marital status, education, alcohol consumption, leisure-time physical activity, smoking, body mass index (BMI), and month of blood draw.

The results of this study are consistent with the suggestion that high vitamin D status provides protection against Parkinson’s disease. The scientists acknowledge that there may be other factors involved in the results, however, so further research is warranted.