



Review Prompts Rethink on Calcium and Vitamin D Advice

Description

New research shows that calcium and vitamin D supplements may not be as effective in preventing fractures and falls in older adults as once thought. A major review published in *The BMJ* found little to no benefit from taking these supplements, either separately or together.

Falls happen to nearly one in three adults over 65 each year, often leading to fractures. These injuries can cause pain and affect quality of life, sometimes requiring more care. Preventing falls and fractures is an important health goal globally.

Previous studies also found limited evidence that these supplements reduce fracture risk, with mixed results on combined use. Despite this, many doctors and guidelines still recommend vitamin D, with or without calcium, for bone health.

Researchers from Canada reviewed data from 69 trials involving 153,902 adults. They looked at whether these supplements could reduce fractures and falls compared to placebo or no treatment. They found no significant reduction in fracture risk from calcium, vitamin D, or both together.

The study also found little benefit in preventing specific fractures like hip fractures or in reducing falls. Results were consistent across different groups, increasing confidence in the findings. However, the findings may not apply to people with certain bone disorders or those on osteoporosis medication.

Researchers suggest reconsidering supplement recommendations and focusing on proven methods like balance training and exercise to prevent falls.

Vocabulary List:

1. **supplements** //ˈsʌpləmənts// (noun): extra pills or nutrients taken to help health
2. **fractures** //ˈfræktʃərz// (noun): breaks in bones causing pain or harm
3. **placebo** //ˈpləːsiːboʊ// (noun): a fake treatment with no active medicine
4. **osteoporosis** //ˌɒstiəpəˈroʊsɪs// (noun): a disease where bones become weak and break
5. **trials** //traɪəlz// (noun): scientific studies testing a treatment or idea
6. **recommend** //ˌrɛkəˈmɛnd// (verb): say that something is good or useful

Comprehension Questions



Multiple Choice

1. What did the major review published in The BMJ find about calcium and vitamin D supplements?
 - Option: They are highly effective in preventing falls
 - Option: They have little to no benefit in preventing fractures and falls
 - Option: They are essential for older adults
 - Option: They are only effective when combined

2. What is the leading cause of pain and care requirements in older adults mentioned in the text?
 - Option: Arthritis
 - Option: Fractures
 - Option: Cognitive decline
 - Option: Heart disease

3. How many trials did researchers from Canada review?
 - Option: 50 trials
 - Option: 69 trials
 - Option: 100 trials
 - Option: 200 trials

4. What was the sample size of adults involved in the reviewed trials?
 - Option: 100,000 adults
 - Option: 120,000 adults
 - Option: 153,902 adults
 - Option: 200,000 adults

5. Which methods are suggested for preventing falls instead of supplements?
 - Option: Medication
 - Option: Balance training and exercise
 - Option: Calcium intake
 - Option: Increased calcium and vitamin D supplements

6. What specific type of fracture did the study find little benefit in preventing?
 - Option: Wrist fractures
 - Option: Knee fractures
 - Option: Hip fractures
 - Option: Elbow fractures



True-False

7. Calcium and vitamin D supplements have been proven to significantly reduce fracture risk.
8. Falls affect nearly one in three adults over 65 each year.
9. Researchers found significant benefits of calcium and vitamin D supplements in preventing falls.
10. The findings from the study apply to all older adults without exception.
11. Previous studies showed evidence that these supplements could reduce falls.
12. Balance training is one of the recommended methods to prevent falls.

Gap-Fill

13. Calcium and vitamin D supplements may not be effective in preventing fractures and falls in older adults as once thought. A major review published in _____ found this.
14. Falls happen to nearly one in three adults over _____ each year.
15. Previous studies found limited evidence that calcium and vitamin D supplements reduce _____ risk.
16. The researchers reviewed data from _____ trials involving 153,902 adults.
17. Researchers suggest reconsidering supplement recommendations and focusing on proven methods like _____ training.
18. The study found little benefit in preventing specific fractures like _____.

Answer

Multiple Choice: 1. They have little to no benefit in preventing fractures and falls 2. Fractures 3. 69 trials 4. 153,902 adults 5. Balance training and exercise 6. Hip fractures

True-False: 7. False 8. True 9. False 10. False 11. False 12. True

Gap-Fill: 13. The BMJ



14. 65 15. fracture 16. 69 17. balance 18. hip fractures

CATEGORY

1. Health - LEVEL3

POST TAG

1. B1
2. Calcium
3. ESL learning
4. esl news
5. Level 3
6. vitamin D

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Author

aimeeyoung99

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