



## PRESS RELEASE

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### Journal *Maturitas* Publishes Position Statement on the role of vitamin D in menopausal health

**Amsterdam, 9 January 2023** –Journal [Maturitas](#) today announced the publication of a [position statement](#) by the [European Menopause and Andropause Society](#) (EMAS) on vitamin D and menopausal health.

A growing body of evidence supports the widespread tissue effects of vitamin D, which, along with the high prevalence of vitamin D deficiency (VDD) worldwide, have led to the injudicious use of vitamin D supplements. Except for its well-established role in bone metabolism, VDD has been associated with a plethora of non-skeletal diseases, such as cardiovascular disease (CVD), diabetes, cancer and infections. However, the effect of vitamin D supplementation on these outcomes requires clarification, especially in postmenopausal women, since heterogeneity exists among studies in terms of baseline vitamin D status, dosage, calcium co-administration and duration of intervention.

This position statement from the European Menopause and Andropause Society (EMAS) aims to provide an evidence-based approach focusing on the role of vitamin D in postmenopausal women based on observational studies and interventional randomized controlled trials. Regarding skeletal health, VDD, especially the severe form [25-hydroxy-vitamin D: <10 ng/ml or <25 nmol/l) is associated with low bone mass and increased risk of fractures. Vitamin D supplementation at doses of 800-2,000 IU/day (20-50 µg/day) may provide anti-fracture benefit only when co-administered with calcium (1,000-1,200 mg/day), especially in the elderly populations and those with severe VDD. VDD may also compromise some aspects of menopausal symptomatology, although the evidence is not robust and does not derive from studies conducted exclusively in postmenopausal women. However, no effect of vitamin D supplementation on menopausal symptomatology has been shown, except for vulvovaginal atrophy.

Moreover, VDD is associated with increased prevalence of cardiovascular risk factors, mainly metabolic syndrome, type 2 diabetes and dyslipidaemia, as well as increased risk of CVD events (coronary heart disease, stroke, mortality), cancer (i.e., colorectal, lung and breast) and infections, including corona virus disease-19 (COVID-19). Vitamin D supplementation may have a modestly beneficial effect on lipid profile and glucose homeostasis, but no effect on the risk of CVD or cancer outcomes, except for a modest decrease in cancer-related mortality. Regarding COVID-19, vitamin D supplementation may decrease the severity of COVID-19 infection (inconsistency exists regarding the risk of infection and mortality).

These and other recommendations, presented in EMAS' position statement, are published in the article "**EMAS position statement: Vitamin D and menopausal health**".

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The full text of the article is available without subscription.

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**About European Menopause and Andropause Society (EMAS)**

EMAS promotes the study of midlife health through its journal, congresses, schools and website and encourages the exchange of research and professional experience between members. Using a range of activities and through its affiliates, EMAS aims to guarantee and provide the same standard of education and information throughout Europe on midlife health in both genders. Recognizing the issues arising from increased longevity the society also provides articles, patient information, web resources, and referrals for healthcare providers in the field and keeps its members up-to-date. For more information go to: <http://www.emas-online.org>

#### **About *Maturitas***

[Maturitas](http://www.maturitas.org/) is an international multidisciplinary peer reviewed scientific journal of midlife health and beyond, publishing original research, reviews, consensus statements and guidelines. The scope encompasses all aspects of postreproductive health in both genders ranging from basic science to health and social care. <http://www.maturitas.org/>

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