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Randomized Controlled Trial for the
Effect of Vitamin D Supplementation on
Vascular Stiffness in CKD

Adeera Levin^{*,†}, Mila Tang^{†,§}, Taylor Perry[†], Nadia Zalunardo^{*,†},
Monica Beaulieu^{*,†,§}, Joshua A. Dubland^{†,||}, Kelly Zerr[†],
Ognjenka Djurdjev[§]

Author Affiliations

Correspondence:

Dr. Adeera Levin, 1081 Burrard Street, Vancouver, BC V6Z1Y6, Canada. Email:
alevin@providencehealth.bc.ca

Abstract

Background and objectives Vitamin D is implicated in vascular health in CKD. This study compared placebo, calcifediol, and calcitriol treatment with changes in vascular stiffness, BP, proteinuria, mineral metabolism parameters, C-reactive protein, and fibroblast growth factor 23 in patients with stable CKD.

Design, setting, participants, & measurements We conducted a double-blind, randomized controlled trial in out-patient CKD clinics in Vancouver, Canada, from February of 2011 to August of 2014, enrolling 119 patients with an eGFR of 15–45 ml/min per 1.73 m². Change in pulse wave velocity (PWV) was measured after 6 months of treatment with a fixed dose of oral calcifediol (5000 IU 25-hydroxyvitamin D₃), calcitriol (0.5 µg 1,25-dihydroxyvitamin D₃), or placebo, thrice weekly.

Results Eighty-seven participants were evaluated. Mean age was 66 years, 71% were men, 40% were diabetic, and mean baseline PWV was 11.5 m/s (SD=3.9 m/s). After 6 months, the PWV decreased in the calcifediol group (mean change, -1.1; 95% confidence interval [95% CI], -2.2 to 0.1 m/s), remained unchanged in the calcitriol group (mean change, 0.2; 95% CI, -0.9 to 1.4 m/s), and increased in the placebo group (mean change, 1.1; 95% CI, -0.1 to 2.2 m/s). The overall *P* value for between-arm changes was 0.03. Absolute PWV change was significantly different between groups (*P*=0.04): the combined vitamin D treatment group saw decreased PWV (mean change, -0.4; 95% CI, -1.2 to 0.4 m/s) whereas the placebo group saw increased PWV (mean change, +1.1; 95% CI, -0.1 to 2.2 m/s). The treatment group demonstrated significantly decreased serum parathyroid hormone (mean difference, -0.5; 95% CI, -0.7 to -0.3 ln[pg/ml]; *P*<0.001) and increased calcium (mean difference, 0.4; 95% CI, -0.1 to 0.7 mg/dl; *P*=0.02). In observational analysis, participants in the highest 25-hydroxyvitamin D tertile at trial end had significant decreases in PWV (mean change, -1.0; 95% CI, -2.0 to 0.0 m/s) compared with the middle and lowest tertiles (*P*<0.01). Side effects were minor and rare.

Conclusions Six months of supplemental vitamin D analogs at fixed doses may achieve a reduction of PWV in patients with advanced CKD. Because the treatment effect was attenuated when baseline PWV was included as a covariate, these findings should be replicated in larger populations and further studied.

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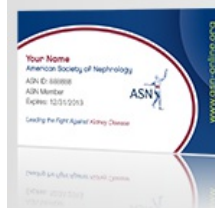
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