



## Vitamin D Effects on Osteoarthritis



Welcome to the second edition of the VIDEO newsletter. We would like to take this opportunity to thank you all for your continued support which is vital to our important research.

The study is progressing well with very good retention rates at both the Hobart and Melbourne sites.

By end November all of the Hobart participants will have completed the 12 month visit. Some of you will soon be coming in for the final 24 month visit as early as October. This visit will take about one hour and you will also need to attend Radiology Tasmania in Macquarie Street for the final MRI which will take about 20 minutes.

The sub-studies (The Blood Pressure Group and The Musculoskeletal Group) will not be involved in the final 24 month visit as they have collected sufficient data from the 0 month, 6 month and 12 month visits. We are very grateful to everyone who participated in the sub-study tests.

Between the 12 and 24 month visit you will need to come into Menzies Reception and pick up your last six capsules. I will notify you when they are ready for collection. If you are unable to pick them up please let me know before you run out as I can easily post them out to you.

**Jodi Barling**

Phone: 6226 4602

[jodi.barling@utas.edu.au](mailto:jodi.barling@utas.edu.au)

## New MS2 Building Update



The new building called MS2 (Medical Science 2) is going up fast beside us. This is very exciting time although it has caused some difficulties with parking in the area.

By end January 2013 the new clinic should be completed. You will come up the lift from the car park off Liverpool Street to Level 3 in MS1 (this is the original building that you have been coming to already for your appointment so we will be in the same building but on a difference floor). There will be several car spaces available for participants in this secure under-ground car park.

The new clinic will have bigger rooms and waiting areas and we are looking forward to its completion.

## FAQ's

### ***Will I be told if I am taking placebo or Vitamin D at the 24 month visit?***

We cannot tell this until all patients have completed the trial.

### ***When will I be informed of my Vitamin D result from the 24 month visit?***

We will inform you by mail as soon as we get your result.

### ***Can I start taking Vitamin D supplements straight after the 24 month visit?***

Yes

### ***When will I find out the results of this study?***

We will inform you of the results as soon as they are available in 2014

### ***Can I find out my MRI results?***

We do not get a radiologist report with your MRI so we are not able to provide a medical report. However we can provide a brief summary if it is required.

### ***Can I start taking fish oil while I am participating in the study?***

Yes. All other medications (except vitamin D) are allowed during the trial but we would prefer medications are kept constant if at all possible.

## Update from the Musculoskeletal Team

Thank you to all the participants who have had ultrasound measures taken. We have entered the phase of extracting data and conducting analysis so we will have some results soon.

We are also conducting a small reliability study on 30 subjects where we repeat the ultrasound scan on the same participant a week or so after their 12 month visit scan. If you have the 12 month visit coming up we will be asking if you can volunteer to come back for a repeat scan which only takes about 40 minutes.

If you have already had your 12 month visit but would like to volunteer to have two more ultrasounds a week or so apart we would really appreciate this. Please contact either myself or Jodi if you would like to participate.

William Cuellar

[William.Cuellar@utas.edu.au](mailto:William.Cuellar@utas.edu.au)

## OUR RESEARCH TEAM

A/PROF CHANGHAI DING	CHIEF INVESTIGATOR
PROF GRAEME JONES	CHIEF INVESTIGATOR
DR TANIA WINZENBERG	CHIEF INVESTIGATOR
DR JAMES SHARMAN	SR RESEARCH FELLOW
JODI BARLING	RESEARCH OFFICER
BENNY EATHAKKATTU	RESEARCH ASSISTANT
OLIVER STANNUS	PHD STUDENT
ROB WARREN	MRI READER
WILLIAM CUELLAR	MASTERS STUDENT

### EXTERNAL COLLABORATORS MONASH UNIVERSITY

PROF FLAVIA CICUTTINI	CHIEF INVESTIGATOR
A/PROF ANITA WLUKA	CHIEF INVESTIGATOR

## Are you going away?

If you are planning an extended holiday please contact Jodi before you go. This way she can make sure you have enough capsules to take with you.

***The VIDEO research team would like to thank you for your continued participation in our study***