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# Taking vitamin D could help prevent dementia: Study

Taking vitamin D supplements may help ward off dementia, according to a new, large-scale study

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11

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Researchers at the University of Calgary's Hotchkiss Brain Institute in Canada and the University of Exeter in the UK explored the relationship between vitamin D supplementation and dementia in more than 12,388 participants of the US National Alzheimer's Coordinating Center.

Professor Zahinoor Ismail, of the University of Calgary and University of Exeter, who led the research, said: "We know that vitamin D has some effects in the brain that could have implications for reducing dementia, however so far, research has yielded conflicting results. Our findings give key insights into groups who might be specifically targeted for vitamin D supplementation. Overall, we found evidence to suggest that earlier supplementation might be particularly beneficial, before the onset of cognitive decline."

Co-author Dr Byron Creese, at the University of Exeter, said: "Preventing dementia or even delaying its onset is vitally important given the growing numbers of people affected. The link with vitamin D in this study suggests that taking vitamin D supplements may be beneficial in preventing or delaying dementia, but we now need clinical trials to confirm whether this is really the case. The ongoing VitaMIND study at the University of Exeter is exploring this issue further by randomly assigning participants to either take vitamin D or placebo and examining changes in memory and thinking tests over time."

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