DIAGNOSTIC SERVICES OF MANITOBA
SERVICES DE DIAGNOSTIC DU MANITOBA

Health Sciences Centre, Medical Laboratories, MS543 - 820 Sherbrook Street, Winnipeg, Manitoba, Canada R3A 1R9 www.dsmanitoba.ca
Clinical Biochemistry and Genetics **Phone: (204) 787-1534** **Fax: (204) 787-3846**

PLEASE POST OR CIRCULATE

LABORATORY COMMUNICATION

CHANGE OF (25-HYDROXY) VITAMIN D REFERENCE VALUES

Effective August 1, 2007 our laboratory reference ranges will change to decision/action level intervals as indicated below to reflect currently accepted clinically reflective Vitamin D levels:

Previous Reference Values: Winter 35 - 105 nmol/L (ng/mL x 2.496 = nmol/L)
Summer 37 - 200 nmol/L

New Reference Values:

Decision Level (nmol/L)*	Vitamin D Status*
< 25	vitamin D deficiency
25 to 75	vitamin D insufficiency
75-250	**optimal vitamin D status**
>250	potential adverse effects

***Reference information:**

(1) Chapuy MC, Pamphile R, Paris E, Kempf C, Schlichting M, Arnaud S, et al. Combined calcium and vitamin D3 supplementation in elderly women: confirmation of reversal of secondary hyperparathyroidism and hip fracture risk: the Decalyos II study. Osteoporos Int 2002 Mar;13(3):257-64.

(2) Bischoff-Ferrari HA. How to select the doses of vitamin D in the management of osteoporosis. Osteoporos Int 2007 Apr;18(4):401-7.

(3) Bischoff-Ferrari HA, Dietrich T, Orav EJ, Hu FB, Zhang Y, Karlson EW, et al. Higher 25-hydroxyvitamin D concentrations are associated with better lower-extremity function in both active and inactive persons aged > or =60 y. Am J Clin Nutr 2004 Sep;80(3):752-8.

(4) Heaney RP. Functional indices of vitamin D status and ramifications of vitamin D deficiency. Am J Clin Nutr 2004 Dec;80(6 Suppl):1706S-9S.

The other change to 25-hydroxy Vit. D testing is that a fasting specimen is NOT required (the previous lab manual test entry specified a requirement for a fasting blood sample).

If you have any questions or require further information, please contact:
Dr. Tom Dembinski at 237-2474 (tdembinski@sbgh.mb.ca).