MESA Field Center

Address

Participant name

Address

Date

Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Thank you very much for your participation in the MESA INVITE study. Your participation in this research is important for helping us better understand why people respond differently to vitamin D treatments and may lead to future improvements in the diagnosis and treatment of vitamin D deficiency. As part of the study we are providing you with your treatment assignment and the results of your blood tests for vitamin D and calcium.

Your treatment assignment was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (vitamin D or placebo)

Your blood test results are shown below

Beginning of study End of study

Serum 25-hydoxyvitamin D \_\_\_\_\_\_ ng/mL Serum 25-hydoxyvitamin D \_\_\_\_\_\_ ng/mL

Serum calcium \_\_\_\_\_\_ mg/dL Serum calcium \_\_\_\_\_\_ mg/dL

The Institute of Medicine defines 25-hydoxyvitamin D levels less than 20 ng/mL as *potentially deficient* and levels less than 10 ng/mL as *deficient*. These values were determined in Caucasian individuals and might not apply to other race/ethnicities.

As yet, there is no evidence that taking vitamin D supplements will improve your health. Several large studies are now underway to answer this question. Therefore, there is nothing that you need to do about your vitamin D test results. We encourage you to discuss your results with your doctor if you have questions about vitamin D.

Serum calcium levels are considered to be elevated if they are greater than 10.2 mg/mL. If your serum calcium level was >10.2 mg/dL at the end of the study, we encourage you to visit your doctor for further evaluation. If you have any questions about these results please call \_\_\_\_\_\_\_\_. Thank you again for your participation in this study and in the Multi-Ethnic Study of Atherosclerosis.

Sincerely,