Background

The lack of vitamin D and calcium are associated with osteoporosis, osteomalacia, falls and fractures in old age.

This study aims to investigate into the impact of vitamin D on prevention of falls in the elderly.

Material & Methods

The PubMed database has been searched using the keywords: fall risk, vitamin D, older population.

The search was narrowed down to the contributions published in the last 10 years.

Results

The search yielded 7 publications that satisfied the inclusion criteria. Vitamin D deficiency in older age can range from the 30th to the 50th percentile.

Vitamin D serum levels were inversely associated with the first fall risk.

This effect was more prominent in patients who were vitamin D-deficient at baseline and those co-administered with calcium.

Conclusion

The intake of vitamin D in the elderly is often insufficient and can be related to falls and fractures.

In order to improve nutrition and health of the elderly residing in the Republic of Croatia, their nutrition status should be monitored, and their dietary habits evaluated on a regular basis.

Should such a need arise, and should the attending physician so recommend, vitamin D supplements should be administered, combined with an appropriate physical activity.