Article Highlights

TOUCH MEDICAL MEDIA

• In the Betaferon/Betaseron in Newly Emerging multiple sclerosis For Initial Treatment (BENEFIT) study, average serum 25-hydroxyvitamin D (25[OH]D) levels strongly predicted multiple sclerosis (MS) disease activity and progression.
  – In this study, which only included clinically isolated syndrome (CIS) patients, those with 25(OH)D levels ≥50 nmol/L, and especially those that started treatment with interferon β-1b (IFNβ-1b) showed a reduced probability of clinically definite MS (CDMS) and magnetic resonance imaging (MRI) activity.
  – Additionally, relapse rate, occurrence of new active MRI lesions and disease progression was beneficially effected for a 50 nmol/L increase in 25(OH)D levels.

• In another study called BEYOND (Betaferon/Betaseron Efficacy Yielding Outcomes of a New Dose in multiple sclerosis), serum 25(OH)D levels were inversely associated with magnetic resonance imaging (MRI) markers of multiple sclerosis (MS) activity in relapsing-remitting (RR) patients.
  • A number of the IFNβ-1b therapeutic effects on MS may be mediated through modulation of vitamin D metabolism. It may therefore be beneficial to monitor vitamin D status and supplement as appropriate in patients treated with IFNβ-1b.
  • Additional clinical trials are needed to confirm the apparent benefit of treating patients with both vitamin D and IFNβ-1b on clinical and MRI measures suggested by these trials.

Disclosure: For a full list of disclosures for all authors of this article, please see the full text online.

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