Dr. Nisrine Ghazal attends the ASBMR 2015 meeting as well as the pre-meeting sponsors By the Endocrine Fellows Foundation; Dr. Ghazal presented a poster on her FRPP project and the paper is already submitted for publication.

The impact of hypervitaminosis D as explored to assess adherence on musculoskeletal health in children and adolescents is underway.

Our group has previously reported on the beneficial effects of vitamin D supplementation in adolescent girls, but not boys, for improved outcomes in BMD, muscle strength, and bone health. We conducted a 1-year trial that compared 3 doses of vitamin D (low-dose, regular, and high-dose [8000 IU/day]) in 3 groups.

To our knowledge, no previous studies had reported the association of vitamin D or the musculoskeletal parameters during adolescence.

**Vitamin D**

**METHODS**

All data from subjects who participated in the arm of the study were included in our analysis. The participants were subjects from four schools from the greater Beirut area. Of these, 838 subjects completed the arm trial, and 836 boys and 89 girls (mean age 12.1 ± 3.0 years). The participants were randomly assigned to one of the following groups: low-dose vitamin D, regular-dose vitamin D, or high-dose vitamin D. The two arms of the study were selected to ensure an equal number of boys and girls, with the same age groups and bone health parameters. Continuous variables were reported as mean values ± standard deviation (SD). The t-test was used to analyze the difference between the two groups.

**CONCLUSION**

The beneficial effect of vitamin D supplementation in the form of increased bone density in girls during the trial period was significant.

The results of the present study indicate that vitamin D supplementation is effective in improving bone health in adolescent girls. The use of vitamin D supplementation in clinical settings could be considered to improve bone health in this population.