

# Low vitamin D levels tied to interstitial lung disease

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(HealthDay)—Vitamin D deficiency is independently associated with

subclinical interstitial lung disease (ILD) and its progression, according to a study recently published in the *Journal of Nutrition*.

Samuel M. Kim, M.D., from the Johns Hopkins University School of Medicine in Baltimore, and colleagues used data from 6,302 participants in the Multi-Ethnic Study of Atherosclerosis who had baseline serum 25-hydroxyvitamin D (25[OH]D) concentrations and computed tomography imaging partial lung fields spanning over 10 years.

The researchers found that 33 percent of participants had replete ( $\geq 30$  ng/mL), 35 percent intermediate (20 to

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