Calcium and Vitamin D Supplementation in Myeloma
Mayo Consensus

Scottsdale, Arizona
Rochester, Minnesota
Jacksonville, Florida
Guidelines for Calcium and Vitamin D Supplementation in Myeloma

• Measure baseline 25-hydroxy Vit D3 levels in all patients with myeloma

• Vit D deficiency is very common in elderly

• Patients on routine bisphosphonates need to maintain adequate Vit D and Ca intake
Recommendation for patients with Vit D deficiency and/or for patients on bisphosphonates

• Vit D
  • Vit D3 (cholecalciferol) 50,000 IU once a month or 1000 IU once a day until sufficient
  Or
  • Vit D2 (ergocalciferol) 100,000 IU once a month until sufficient

• Calcium carbonate: 2 tabs per day

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Recommendation for all other patients and deficient patients once replete

- Calcium carbonate plus Vit D preparation: 2 tabs per day

- Daily intake goals:
  - 1500 mg calcium
  - 800-1200 IU cholecalciferol