

# NIH Office of Dietary Supplements (ODS) 2022–2023 Seminar Series

## *Aging and the Immune System in the DO-HEALTH Trial*

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Hospital Zurich, and University Hospital of Zurich  
Zurich, Switzerland

Wednesday, January 25, 2023 | 11 a.m. – 12 p.m. ET

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Prof. Heike A. Bischoff-Ferrari, M.D., Dr.PH trained in geriatric medicine, rheumatology, orthopedic surgery, and rehabilitation in Switzerland and the United States. She received her Dr.PH from the Department of Nutrition at Harvard School of Public Health in 2008. After her return from the United States, she built the Research Centre on Aging and Mobility at the University of Zurich, Switzerland, and since 2013 has held the Chair of Geriatric Medicine and Aging Research at the University of Zurich, the University Hospital Zurich, and City Hospital Zurich. She also has a guest Professorship in the INSPIRE program on Geroscience at the University Hospital in Toulouse, France.

Prof. Bischoff-Ferrari coordinates several clinical trials in the field of aging, including the European DO-HEALTH Healthy Longevity Trial. The goal of this collaborative research effort is to identify effective preventive treatments and early risk profiles to slow functional decline and reduce the risk of chronic diseases, allowing more adults to stay active and healthy longer.

### Recent Publications

1. Bischoff-Ferrari, H.A., Vellas, B., Rizzoli, R., Kressig, R.W., et al. Effect of Vitamin D Supplementation, Omega-3 Fatty Acid Supplementation, or a Strength-Training Exercise Program on Clinical Outcomes in Older Adults: The DO-HEALTH Randomized Clinical Trial. *JAMA*. 2020 Nov 10;324(18):1855–1868. doi: 10.1001/jama.2020.16909. PMID: 33170239; PMCID: PMC7656284.
2. Bischoff-Ferrari, H.A., Willett, W.C., Manson, JE, Dawson-Hughes, B., et al. Combined Vitamin D, Omega-3 Fatty Acids, and a Simple Home Exercise Program May Reduce Cancer Risk Among Active Adults Aged 70 and Older: A Randomized Clinical Trial. *Front Aging*. 2022 Apr 25;3:852643. doi: 10.3389/fragi.2022.852643. PMID: 35821820; PMCID: PMC9261319.
3. Jolliffe, D.A., Camargo, C.A. Jr., Sluyter, J.D., Aglipay, M., et al. Vitamin D supplementation to prevent acute respiratory infections: a systematic review and meta-analysis of aggregate data from randomised controlled trials. *Lancet Diabetes Endocrinol*. 2021 May;9(5):276–292. doi: 10.1016/S2213-8587(21)00051-6. Epub 2021 Mar 30. PMID: 33798465.



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