



The Truth about Vitamin D

The low levels of Vitamin D in American today have caused a stir and confusion among health conscious individuals. According to an article published in the *Archives of Internal Medicine* in 2009 it was reported 23 percent of people in one survey had sufficient Vitamin D levels.

Vitamin D insufficiency is typically tied soft and weak bones which is medically termed rickets. There is growing concern low Vitamin D levels may be tied to heart disease, diabetes, cancer and other health related problems. Thus it is of importance one maintains an appropriate Vitamin D level. It is also worth being aware that changes in how the blood levels were measured from the 1980s to current day may over dramatize the swing mentioned in the media.

The sun causes an action on the skin which does help the body synthesize Vitamin D. Among dermatologists who regularly recognize and treat skin cancer this becomes an important topic because there is a significant and unquestionable correlation between sun exposure and skin cancer. Asking patients to get more sun exposure is contributing to an ongoing epidemic in skin cancer according to many skin cancer experts.

Though there is not a quick and rapid solution the American Academy of Dermatology recommends patients work to get their Vitamin D levels up through oral supplementation. This means eating foods which have higher levels of Vitamin D such as salmon, tuna, mackerel, and Vitamin D-fortified dairy products, such as milk. In addition taking supplements with Vitamin D can be helpful. The Institute of Medicine established a Recommended Dietary Allowance (RDA) of 400 IU per day for infants, 600 IU per day for those age one to 70 and 800 IU per day for age 71 and older. In addition it is worth noting too Vitamin D can be a problem as well so for people age nine and older individuals should not take more than 4000 IU.

The topic is one of debate and will continue to be an important area for health concerns in the future.

Source:

Lite, J. (n.d.). Vitamin D deficiency soars in the U.S., study says. Retrieved April 30, 2015, from <http://www.scientificamerican.com/article/vitamin-d-deficiency-united-states/>

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Bowers, J. (n.d.). Let's not call it the sunshine vitamin. Retrieved April 30, 2015, from <https://www.aad.org/dw/monthly/2011/may/lets-not-call-it-the-sunshine-vitamin>

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