

Why Vitamin D Deficiency Needs To Be Corrected

UNITED FOR HEALTH 2020 LLC

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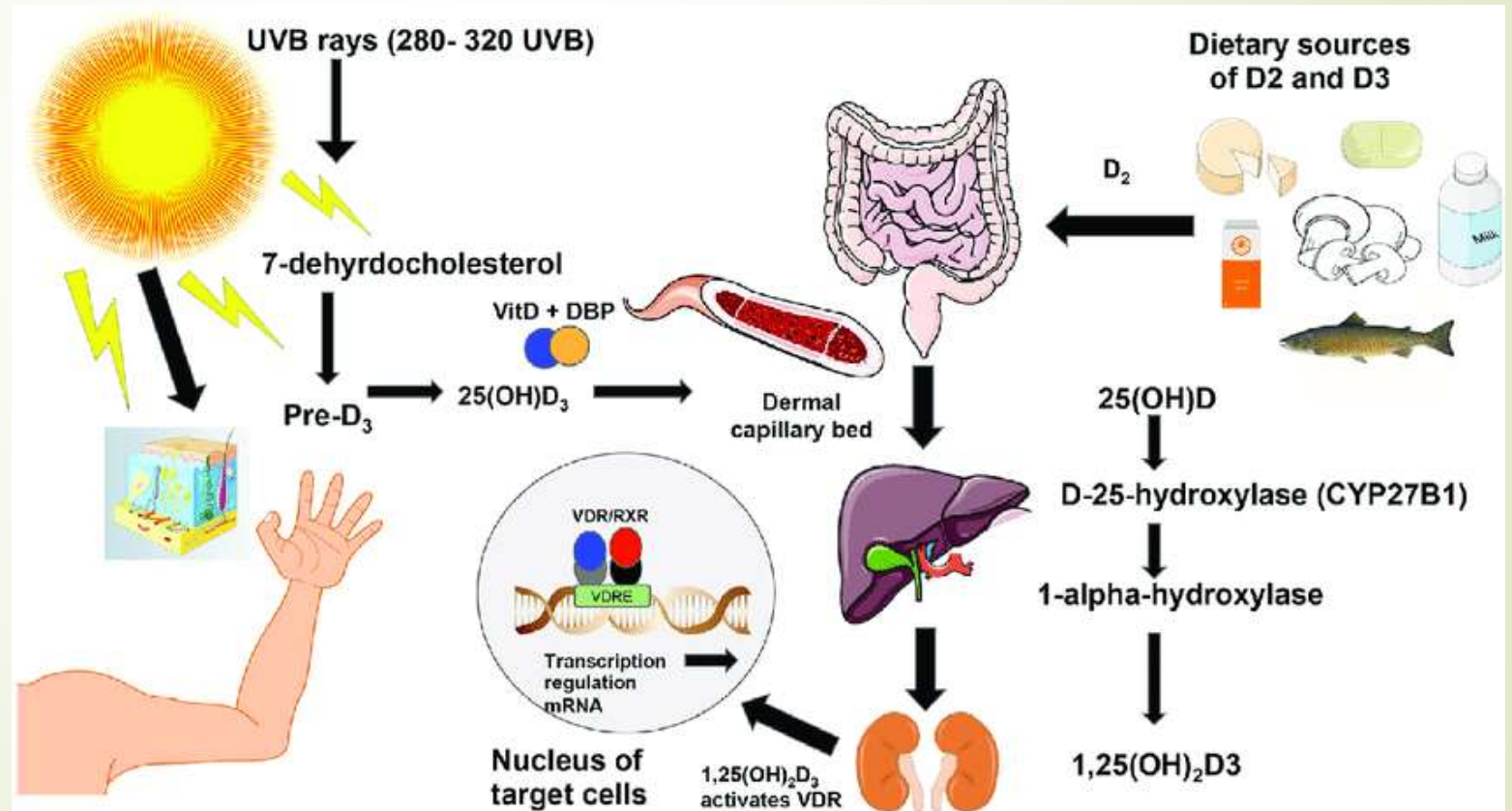
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Vitamin D

- Vitamin D is a prohormone that helps in the absorption of calcium from the gut
- 80% of Vitamin D comes from the sun; 20% of Vitamin D comes from food
- Healthy gut, liver, and kidneys are needed to manufacture active Vitamin D from the sun





Vitamin D



- Every cell in the body has vitamin D receptors
- Benefits of Optimal Vitamin D levels
 - Protective against some cancers (breast, colon, ovarian, prostate)**
 - Improves Bone health
 - Improves Brain health
 - Improves Cardiovascular health
 - Improves Muscle health
 - Improves Immune health
 - **Optimal immune function protects against infections (viral and bacterial)**
- **Deficiency of Vitamin D leads to many health threats**

Vitamin D Deficiency

← Diseases associated with Vitamin D deficiency

(Vitamin D deficiency impacts both the risk of developing chronic diseases and the course of illness)

← **Cardiovascular disease:** Hypertension, Hyperlipidemia, Coronary Artery Disease, Myocardial Infarction, Heart Failure, and Stroke

← **Autoimmune diseases:** Type 1 & 2 Diabetes, Lupus, Rheumatoid Arthritis, Multiple Sclerosis (course also altered), Thyroid disease

← **Cognitive Disorders** – Alzheimer's, Parkinson's, Schizophrenia, Depression, Anxiety

← **Cancers** – Breast, Colon, Ovarian, and Prostate (pain and mortality)

← **Bone disorders:** Rickets/Osteoporosis/ Osteomalacia/Osteopenia/Bone Loss/Risk of Fracture

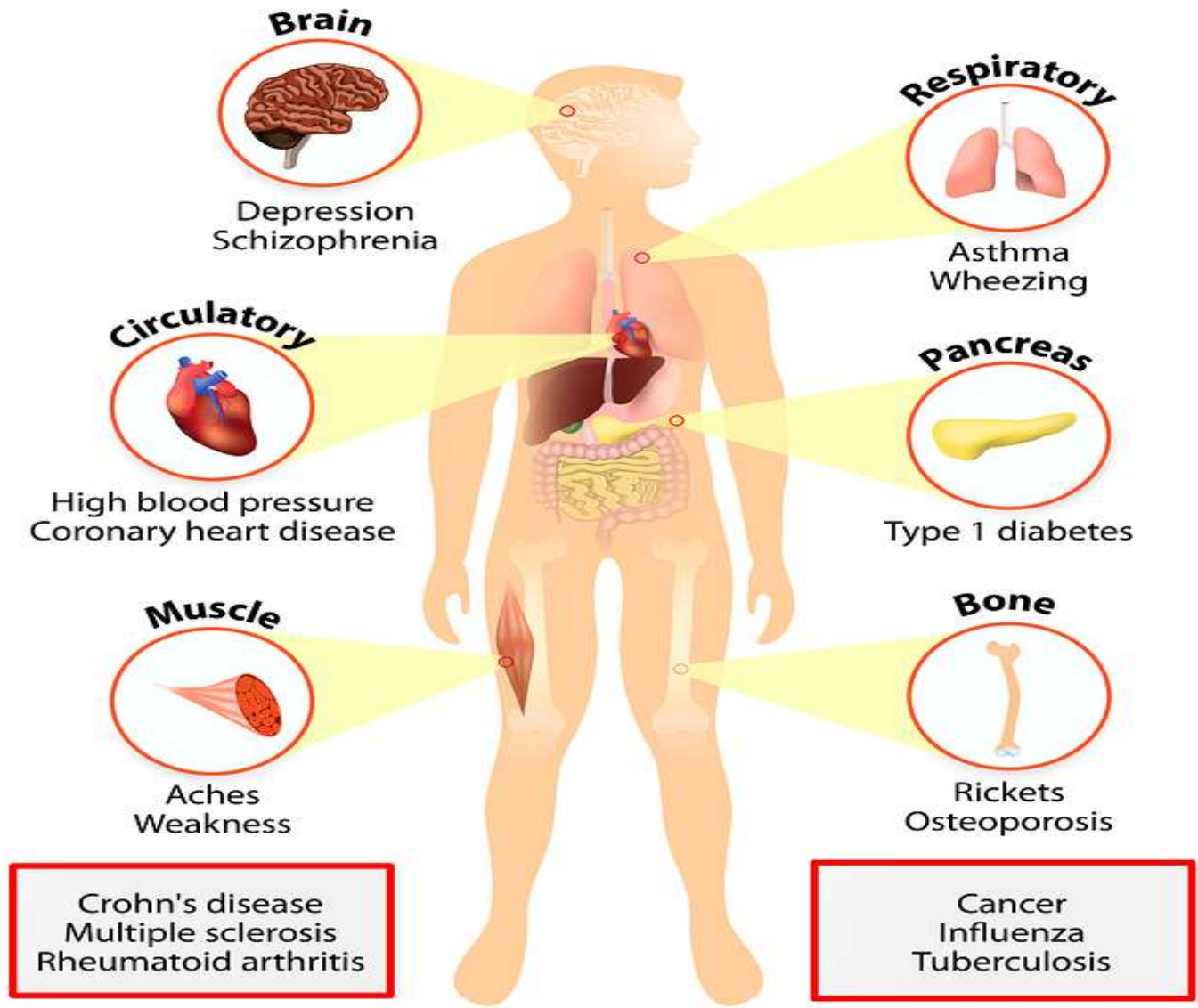
← Obesity

← Fatigue

← Myopathy (muscle weakness and pain)

← Mortality

VITAMIN D deficiency





Vitamin D3 and Immune Function

- ← Vitamin D is necessary for normal immune function
- ← Low level of vitamin D is associated with
 - ← Reduced level of immunity
 - ← Predisposed to viral and bacterial infections
- ← Benefit of Optimal Vitamin D level is associated with preventing infections (both viral and bacterial) (studies in influenza and COVID-19)
 - ← Protection against contracting the disease if exposed to the virus
 - ← Decreased severity of illness if infected
 - ← Decrease mortality (death) if develop severe infection

Vitamin D Deficiency

Factors contributing to Vitamin D Deficiency

- ▶ Poor sunlight exposure
 - ▶ Fear of skin cancer from sun exposure has people applying sunscreen and clothing covering up skin
 - ▶ Spending fewer hours outdoors
 - ▶ Working long hours
 - ▶ Sedentary life-style
 - ▶ COVID-19 "Stay-at-home directive"
 - ▶ Cultures where women cover their bodies
- ▶ Elders living in residential facilities or confined at home
- ▶ Increasing age (vitamin D naturally decreases with age)
- ▶ Fast food diet
- ▶ Ethnicity (darker skin)
 - ▶ Melanin has photoprotective action and protects the skin from harmful effects of ultraviolet radiation
 - ▶ High melanin level (darker skin) inhibits the production of vitamin D in the skin
 - ▶ Difficult for dark skinned people to have enough sun exposure to produce sufficient vitamin D



Vitamin D Deficiency

← 42% US population deficient in vitamin D

← 82% Blacks are vitamin D deficient

← 70% Hispanics are vitamin D deficient

← 97% Native/First American children are vitamin D deficient

← These 3 ethnic groups have:

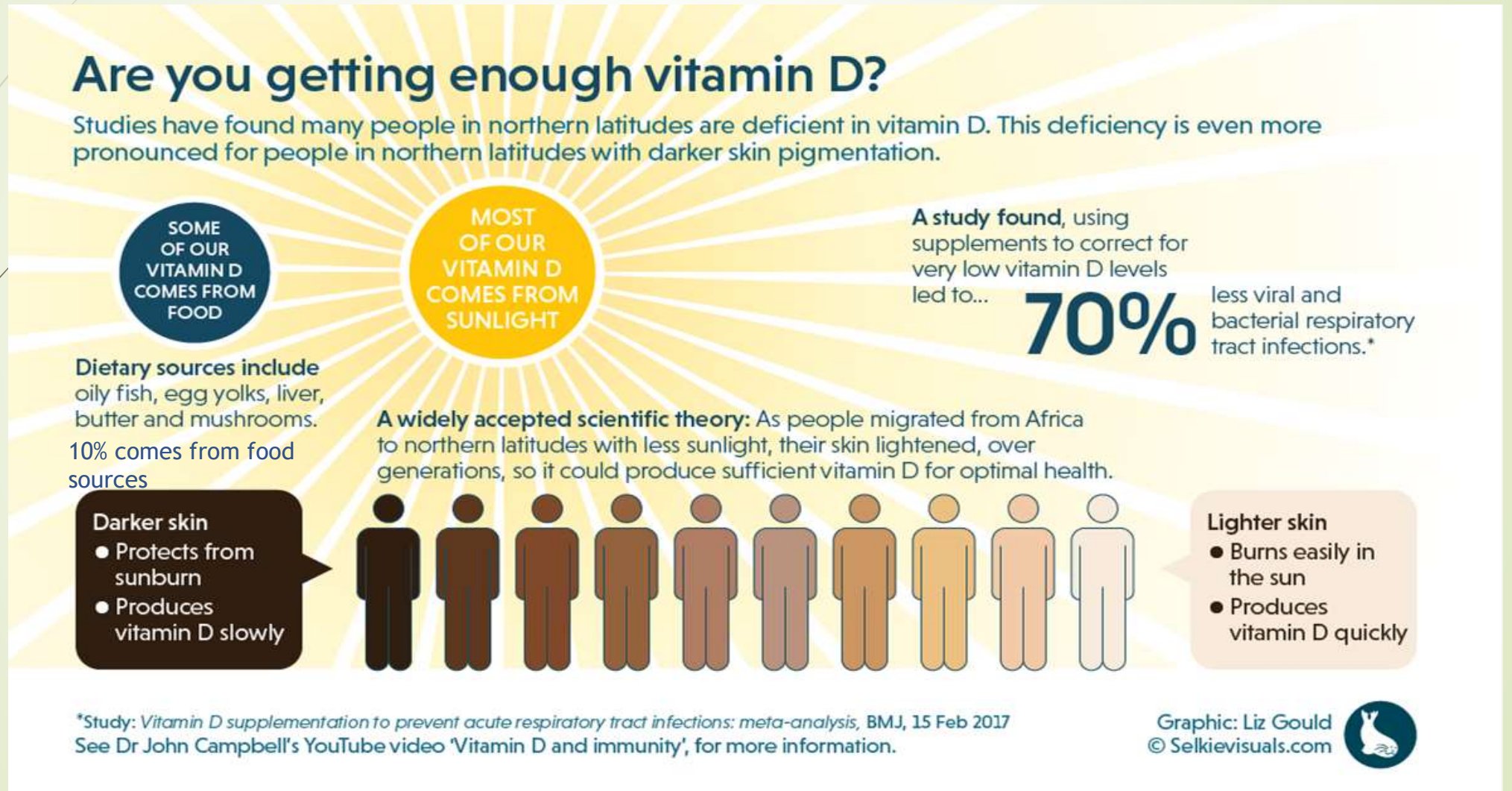
← High rate of obesity, cardiac disease, diabetes and many cancers

← Disproportionately higher number of COVID-19 + people, higher severity of illness, and the highest death rate

← Vitamin D deficiency may not directly cause these disease, but observational and controlled trial so a strong correlation, therefore since vitamin D is safe and inexpensive, it should be considered

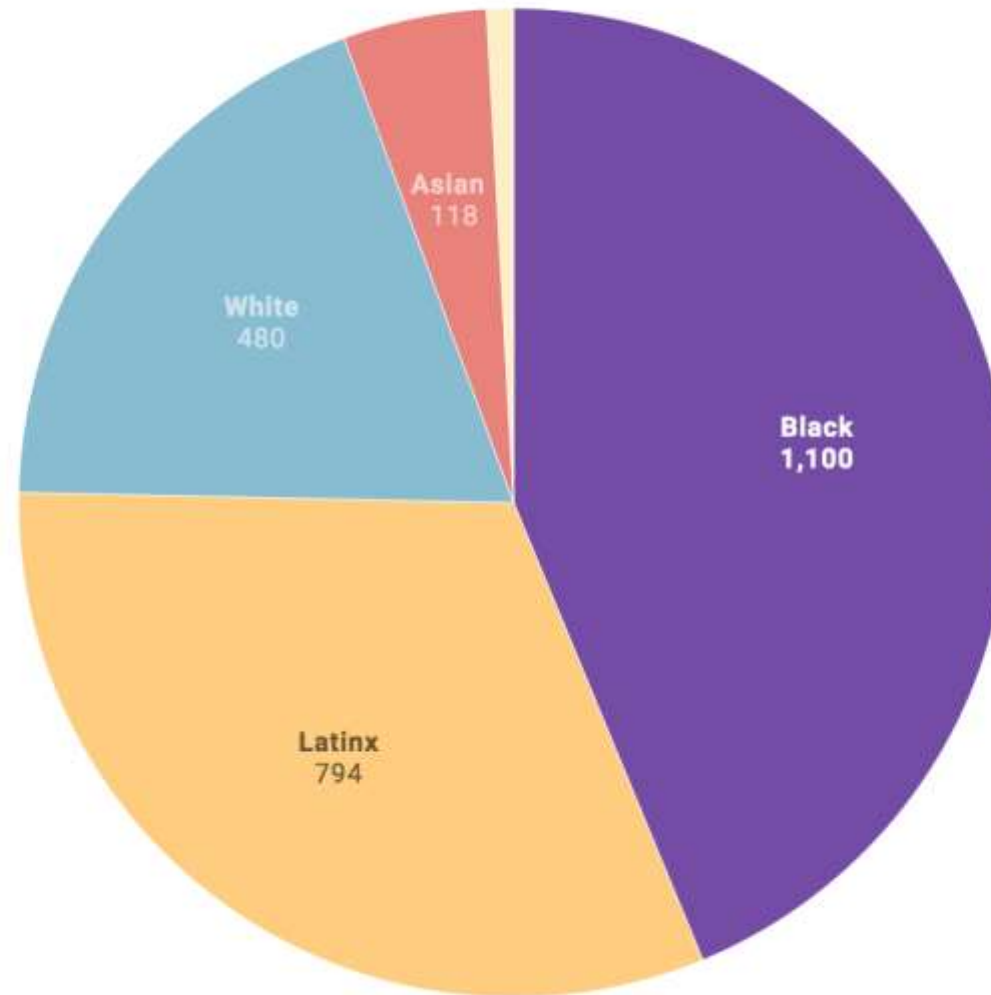
Vitamin D Deficiency

Factors contributing to Vitamin D Deficiency



COVID-19 Deaths in Chicago by Race/Ethnicity

Black Latinx White Asian Other



Death rates are as of June 23, 2020

Chart: IPR • Source: [Chicago Public Health Department](#) • [Get the data](#) • Created with [Datawrapper](#)

Correcting Vitamin D Deficiency

☐ The Sun

- ☐ Spend 10-15 minutes in the sun with 40% of your skin exposed daily (UVB rays)

☐ Food high in vitamin D

- Cod liver oil, Salmon, Swordfish, Tuna fish, Sardines
- Orange juice fortified with vitamin D
- Dairy and plant milks fortified with vitamin D
- Beef liver
- Egg yolk
- Fortified cereals

☐ Consult with your physician:

- ✓ To have your Vitamin D3 level checked
 - ✓ The most accurate way to measure how much vitamin D is in your body is the 25-hydroxyl vitamin D blood test
- ✓ For dietary recommendation
- ✓ For recommended daily supplement dose to optimize your Vitamin D level:
 - ✓ Daily dose will be based on your serum vitamin D level, your current health, your ethnicity, and environmental factors (COVID-19, influenza etc)

Vitamin D Supplements

- Two forms of Vitamin D
 - D₂ and D₃
- Ergocalciferol (D₂) –
 - Ergocalciferol is produced by invertebrates, some plants, lichens and fungi
 - From ingestion of fortified food, **plant-based** foods, supplements (over-the-counter and prescriptions)
- Cholecalciferol (D₃)
 - 80% made internally (calcitriol) when **skin is exposed to the sun's ultraviolet (UV) radiation**
 - Sun rays (UVB) hit cholesterol in the skin cell to produce calcifediol is hydroxylated by the kidneys to form calcitriol (aka 1,25-dihydroxycholecalciferol) which circulates in the blood as a hormone regulating the concentration of calcium and phosphate
 - 20% from ingestion of fortified **food**, animal foods, **supplements** (over-the-counter and prescriptions)
 - Adequate **level 30-50 (ng/ml)** (50-125 nmol/L);
 - Deficient level **less than 12 ng/ml** (30 nmol/L)
 - During COVID-19 era for Optimal Immune Function **level 60-100 ng/ml**

1 nmol/L = 0.4 ng/mL

ng/ml - nanogram/milliliter



Vitamin D3

- 1 IU = 0.025 mcg
- 400 IU = 10 mcg
- 1,000 IU = 25 mcg
- 2,000 IU = 50 mcg
- 5,000 IU = 125 mcg
- 10,000 IU = 250 mcg
- 50,000 IU = 1,250 mcg (1.25 mg)


Correcting Vitamin D Deficiency with Supplements

- ← **Contact your healthcare provider to**
 - **Get your Vitamin D level check AND**
 - **For recommended dosing, the following is only a general guide**
- ← **Children 1-18 y/o**
 - ← D₃ 2000 IU daily for six weeks
 - ← Goal D25(OH)D above 30 ng/ml
 - ← Maintenance D3 600-1,000 IU/day
- ← **Adults**
 - ← D₃ 50,000 IU once a week for 8 weeks or 5000 IU daily
 - ← Goal D25(OH)D above 30 ng/ml
 - ← Maintenance D3 1,500-2,000 IU/day
- ← **If Malabsorption Syndrome, Obesity, African American**
 - ← D3 5000-10000 IU daily (two to three times higher)
 - ← Goal D25(OH)D above 30 ng/ml
 - ← Maintenance D3 3000-6000 IU/day
- ← **Goal D25(OH)D 60 ng/ml – 80 ng/ml (for optimal immune function)**

Summary:

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VITAMIN D DEFICIENCY



75%
OF AMERICANS ARE DEFICIENT IN VITAMIN D3

YOU'RE AT HIGHER RISK IF YOU HAVE/ARE
Limited Sun • Dark Skin • Pregnant • Elderly • Obese • Infant


SYMPTOMS OF D3 DEFICIENCY


- CANCER
- HEART DISEASE
- KIDNEY DISEASE
- MENTAL DISORDERS
- COLD & FLU
- DIABETES


VITAMIN D3 BENEFITS

- Cell Formation
- Bone Health
- Heart Health
- Skin & Hair Health
- Pancreatic Health
- Reproductive Health
- Vascular System
- Respiratory System
- Immune System
- Digestive System
- Eye Health
- Mood Health
- Athletic Performance
- Aging Process
- Musculatory System
- Weight Management
- Sleep Patterns
- Hearing

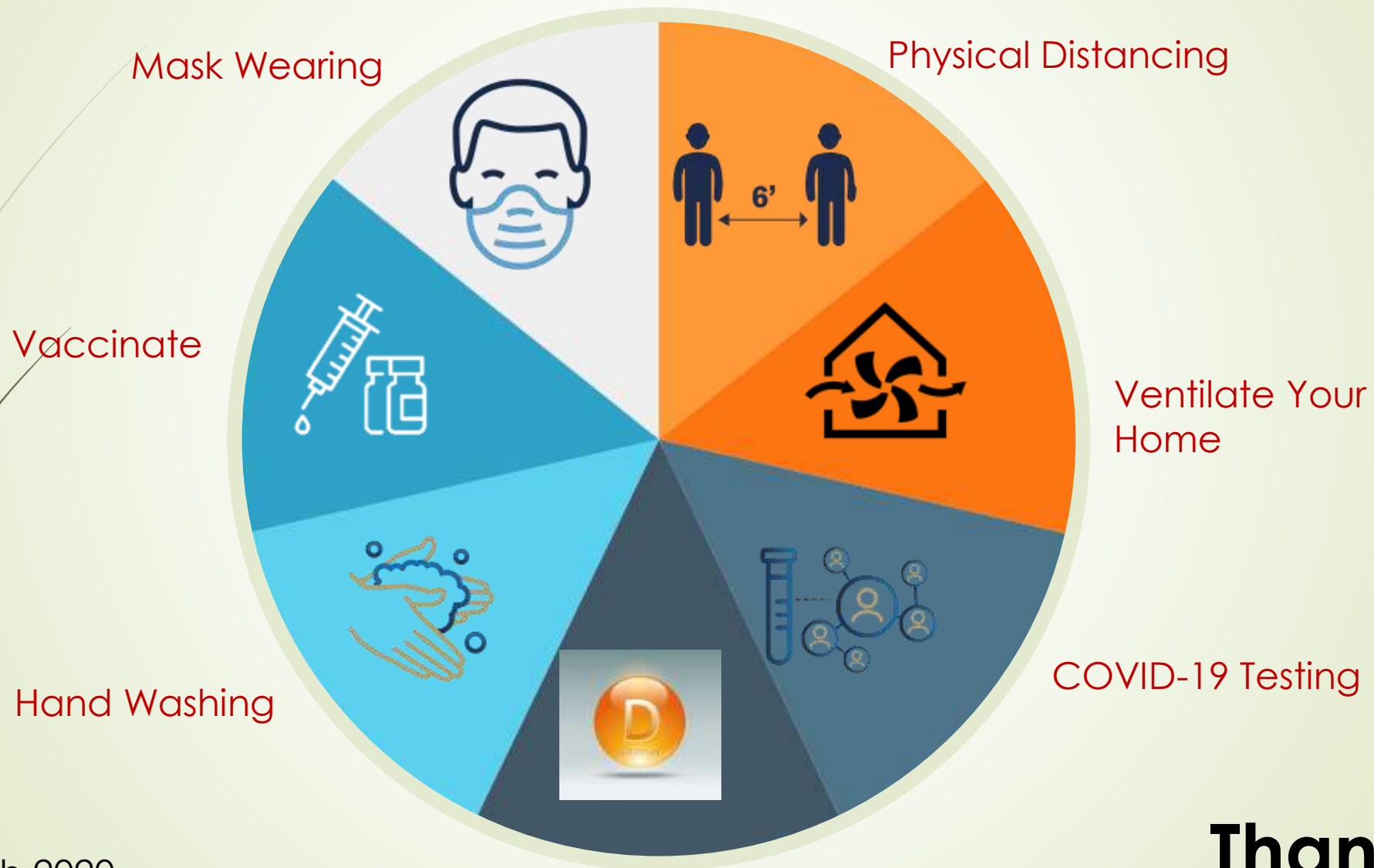
VITAMIN D3 SOURCES


THE SUN
10-15 min. UVB/day & at least 40% of skin exposed.



FISH, EGGS, LIVER
Eggs, liver & fatty fish have limited amounts of D3.


D3 SUPPLEMENTS
Get your levels checked. You may need 10,000 (IU)+

Remember, the pandemic is not over so continue to the following safety rules



Thank You!



Thank you – Questions??

Contact Your Healthcare Provider for additional information and instructions.

You are welcome to email me for additional information or to schedule: serum Hemoglobin A1C, Total Cholesterol, and/or Vitamin D level (by appointment only)

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