

How much D do we need?

There is only one way to determine if our vitamin D level is adequate and that is with a blood test. You may want to ask your doctor about this when having routine blood work done. Your physician can help tailor supplementation to keep your level in the normal range or help get you there if your level is low.

No Clowning
Around,
Vitamin D's Role
is Profound!

Can we get too much D?

You may be relieved to learn that it is almost impossible to get too much vitamin D from the sun. However, it is possible to take too much through supplements. That's why it is important to have a trusted health care provider manage vitamin D supplementation so it is appropriate for your needs.

Sun Source: Ultraviolet B is the wavelength of light that enables vitamin D to be manufactured in the skin. UVB is dependent upon the angle at which the sun's rays reach the earth. In the summer, optimal UVB exposure is between 10 am–2 pm (70% of a person's yearly dose is received in summer). Sunscreen, glass, clothing, dark skin, clouds and ozone block UVB, preventing vitamin D production. Therefore we need to expose our bare skin, which puts us at risk for skin cancer as well as wrinkling. In Missoula, because we are in the northern latitude, we cannot get enough vitamin D from the sun year-round to meet our body's needs. The alternative is to get vitamin D through food, select beverages and supplements.

Health Risks of Inadequate Vitamin D: Vitamin D is a hot topic. Deficiency impairs our ability to stop proliferation of mutated cells. Inadequate Vitamin D is found to play a part in a wide range of conditions. Most diseases are a complex combination of many factors. However, vitamin D should not be overlooked as an important nutrient in a person's over-all health and well being. This list of diseases having links to vitamin D deficiency may surprise you:

- *Rickets, osteomalacia and osteoporosis*
- *14 kinds of cancer, including breast cancer*
- *Asthma and other allergies*
- *The common cold*
- *Atherosclerosis secondary to elevated c-reactive protein*
- *High blood pressure and stroke*
- *Psoriasis*
- *Periodontal disease*
- *Secondary hyperparathyroidism*
- *Muscle weakness, pain, and fatigue*
- *Long latency auto-immune diseases including RA, SLE, Type I Diabetes, TB and MS*



Do you see why we shouldn't clown around about vitamin D? Stay tuned to Eat Smart Newsletter for follow-up issues on the importance and function of vitamin D.