



**PERSONAL
HEALTH
PARTNERS**

918-872-9499

**Preparing for
Your Lab Test**

- ◇ **Fast at least 4 hrs, preferably 6-8 hrs, before your test**
- ◇ **You may drink water, in fact it is preferred**
- ◇ **You may drink black tea or coffee**
- ◇ **You may take your medications**

Did you know.....

- **The further you live from the equator, the longer it takes your body to produce Vitamin D from sunlight.**
- **Chronic Vitamin D deficiency is often misdiagnosed as fibromyalgia because the symptoms are so similar: muscle weakness, aches & pains.**
- **40% of the U.S. population & 32% of doctors & med students are Vitamin D deficient**

Partner's Health Page

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Eat Rite Health Promotion Center



Eat Rite Testing Event

Monday April 23rd & Tuesday April 24th

7:30—10 am

2425 W I-40, Amarillo, TX 79109

For an appointment call: (806) 353-7476

The Role of Vitamin D in Good Health

Vitamin D plays a major role in keeping our bones healthy, especially in the young and in our later years. Several studies also indicate that low levels of Vitamin D affect our immune system as well as being associated with multiple sclerosis and some forms of cancer. While lack of Vitamin D does not actually cause these diseases it can leave the body unable to fight them off.

Your body relies primarily on sunlight to convert Vitamin D to something called "calcidiol" in the liver. This is what is measured in blood serum to test Vitamin D status. Calcidiol is converted to "calcitriol" which regulates calcium and phosphate to promote proper bone health.

Low blood levels of Vitamin D are associated with increased mortality, especially in older women. They are also closely linked to diseases related to immune system deficiencies such as influenza viruses, tuberculosis and possibly even HIV. Diseases linked directly to vitamin D deficiency include rickets in children as well as osteomalacia and osteoporosis in adults. This causes softening, low density and small holes in the bones, making them more susceptible to injury.

In recent years many people have avoided exposure to the sun and have increased the use of sunscreen in an effort to prevent skin

cancer. This has contributed to an increase in Vitamin D deficiency. As there are not a lot of foods that contain Vitamin D naturally, many foods are now being fortified with it and there has been an increase in the use of supplements. However, there are large numbers of people who are unaware that they have a deficiency and they run the risk of serious disease, and injuries such as hip fractures, as they get older.

What Can You Do?

Don't avoid the sunlight all the time - it is the still the primary source of Vitamin D. A sunscreen with a SPF of 8 can block absorption of Vitamin D by 95% and taking supplements will not work properly without some sun exposure. As little as 30 minutes of sun exposure can produce large amounts of Vitamin D.

Eat foods that contain Vitamin D such as mushrooms (portabella & shitake), alfalfa, fish liver oil, fatty fishes (catfish, salmon, sardines, tuna), eggs and beef liver. Drink fortified milk exposed to UV light.

Know your Vitamin D level and check it periodically. The normal level for some reference labs is 30.0-100.0 ng/ml. For some older people it should be higher than that to prevent brittle bones.

If advised by a physician, naturopath or nutritionist; take the proper supplements recommended for your age and gender. However, supplements are not always easily absorbed by mouth.

Like many vitamins, it is possible to take too much of a good thing. Taking large amounts of supplements may seem to be the way to stay healthy but Vitamin D can cause issues if taken in large quantities. By visiting with a nutritionist or Naturopath (ND), you can get the advice you need to set you on the right path to making sure you have the balance of vitamins that is right for your age and gender. They will also advise you on the testing you may need as a baseline. Getting the lab test on a regular basis, so you can track your levels and measure your success, is also a good idea.

