



Vitamin D: The Sunshine Vitamin



Conditions associated with increased risk for developing a vitamin D deficiency:

- Breast cancer
- Celiac disease
- Colon cancer
- Cystic fibrosis
- Enzyme deficiencies
- Individuals with fat malabsorption diseases
- Infants who are not exclusively breast-fed or receiving less than 16 oz per day of vitamin D-fortified formula
- Kidney disease
- Liver disease
- Multiple sclerosis
- Ovarian cancer
- Pancreatitis
- Prostate cancer
- Surgical resection of the bowel

[Source: Clinical Diagnostics News for Clinicians]

Why is vitamin D important to assess?

Clinical studies and research collectively illustrate the impact of vitamin D on overall health and the immune system. Total vitamin D status is indicated by serum 25-OH-D measurement. Measurements of blood levels of 25-OH-D, the major circulating form of the vitamin, have shown that vitamin D deficiency is more common than once thought.

For more than 25 years, researchers suspected that vitamin D status may be protective against many cancers. Research also indicates that individuals with high levels of vitamin D have a higher life expectancy! A recent study in the *American Journal of Clinical Nutrition* (2007) reported that supplementation with vitamin D for four years decreased the risk of cancer by 50 percent! Studies have also shown that patients have a 30 percent to 50 percent higher risk of breast, prostate and colon cancers at low serum 25-OH-D levels.

Factors influencing the amount of vitamin D produced daily:

- Age
- Geographic location (above the 42 degrees North Latitude)
- Season of the year
- Skin pigmentation
- Sunscreen usage and protective clothing

What form of vitamin D does Metamatrix measure?

Metamatrix measures 25-hydroxyvitamin D (25-OH-D). Within hours, vitamin D from sunlight and diet is removed from circulation and recirculates again a few hours later as 25-OH-D. This form has the longest half life, about three weeks.

For an overall assessment of your health, including vitamin D, the IONSM (Individual • Optimal • Nutrition) Profile can also be performed.

PATIENT INFORMATION SHEET