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## Rochester General Hospital Edition

APRIL 2009



### AMERICANS DEFICIENT IN VITAMIN D

Recent research has shown that 75% of Americans are deficient in vitamin D. A large study in the March 23, 2009 issue of Archives of Internal Medicine reveals that this deficiency is most likely due to sun avoidance and increased use of sunscreen.

Low levels of vitamin D are associated with lower bone mineral density in adults and an increase in bone fractures. New research has shown a link between low vitamin D levels and an increased risk of cancer, heart disease, depression, infection and overall poorer health.

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**Foss YJ.**, "Vitamin D deficiency is the cause of common obesity." *Medical Hypotheses*, 72(3):314-21, 2009 Mar.

**Heike A. et al.**, "Prevention of nonvertebral fractures with oral vitamin D and dose dependency: a meta-analysis of randomized controlled trials." *Archives of Internal Medicine*, 169(6):551-561, 2009 Mar 23.

**Holick MF.**, "The vitamin D deficiency pandemic and consequences for nonskeletal health: mechanisms of action." *Molecular Aspects of Medicine*, 29(6):361-8, 2008 Dec.

**Holick MF. Chen TC.**, "Vitamin D deficiency: a worldwide problem with health consequences." *American Journal of Clinical Nutrition*, 87(4):1080S-6S, 2008 Apr.

**Huotari A. Herzig KH.**, "Vitamin D and living in northern latitudes--an endemic risk area for vitamin D deficiency." *International Journal of Circumpolar Health*, 67(2-3):164-78, 2008 Jun.

**Lee JH. et al.**, "Vitamin D deficiency an important, common, and easily treatable cardiovascular risk factor?" *Journal of the American College of Cardiology*, 52(24):1949-56, 2008 Dec 9.

**Levenson CW. Figueirôa SM.**, "Gestational vitamin D deficiency: long-term effects on the brain." *Nutrition Reviews*, 66(12):726-9, 2008 Dec.

**Misra M. et al.**, "Vitamin D deficiency in children and its management: review of current knowledge and recommendations." *Pediatrics*, 122(2):398-417, 2008 Aug.

**Papapetrou PD. Triantafyllopoulou M. Korakovouni A.**, "Severe vitamin D deficiency in the institutionalized elderly." *Journal of Endocrinological Investigation*, 31(9):784-7, 2008 Sep.

**Prentice A.**, "Vitamin D deficiency: a global perspective." *Nutrition Reviews*, 66(10 Suppl 2):S153-64, 2008 Oct.

**Steele B. et al.**, "Vitamin D deficiency: a common occurrence in both high-and low-energy fractures." *HSS Journal*, 4(2):143-8, 2008 Sep.

**Wagner CL. Greer FR.**, "Prevention of rickets and vitamin D deficiency in infants, children, and adolescents." *Pediatrics*, 122(5):1142-52, 2008 Nov.

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