



SNEEZE GAZETTE™

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VITAMIN D- Why Do I Need It? Part 1 of 2

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**Benefits of
Vitamin D**

- * Stronger immune system
- * Better lung function
- * Reduced severity of asthma symptoms
- * Lower risk of developing cancer
- * Possible reduced insulin resistance in diabetics
- * Maintenance of healthy bones

It seems like it's everywhere: magazines, TV news shows, and radio. All offer reports on newly emerging facts about Vitamin D and how important it is to your overall health. What does this mean to you and your family? Our two part series on Vitamin D will explain the details about what many medical researchers view as the single most important vitamin deficiency in the world. Up to 60% of American women and 70% of our children do not have adequate levels of Vitamin D.

Basically, Vitamin D is vital to a healthy body. Vitamin D has long been associated with calcium absorption and strong teeth and bones. Recent research suggests a relationship between Vitamin D and the presence of allergies and asthma, optimum lung function, and incidence of anaphylaxis. Vitamin D may have a protective role against pancreatic cell dysfunction; it may aid the production of skin molecules that protect against infection, and protect against certain forms of cancer. Another recent study suggests people with high levels of Vitamin D get sick from viruses about half as often as others, and recover more quickly.



It may be a challenge, but do tell your kids to put down that remote and go outside to get the sun's natural Vitamin D boost!

People without enough Vitamin D in their system may experience fatigue, depression, and sleep irregularities. Children who receive Vitamin D supplements during infancy may have a lower risk of developing Type 1 diabetes (29% reduction according to meta-analysis from 4 European studies).

Why do people lack sufficient levels of Vitamin D? It could be simply our modern

lifestyle. Vitamin D is best obtained by sitting in the sun for a short period every day, but we now spend more time indoors than ever. And Vitamin D is not found naturally in many foods. Talk to your family's health care providers about how much Vitamin D each of you needs and whether your Vitamin D levels should be tested. Read more on Vitamin D in our next issue!

*By Denise Kearney, MD
and Lisa Wall*