



MEDIA RELEASE
VITAMIN D DEFICIENCY - ONE OF OUR BIGGEST KILLERS

Vitamin D deficiency is one of the world's greatest health problems, according to US preventative health expert, Dr Greg Petersburg.

Dr Petersburg, who will speak at the AustralAsian Academy of Anti-Ageing Medicine Conference in Melbourne on October 3, will shed new light on vitamin D deficiency.

"Recent clinical studies have found most people are vitamin D deficient yet many health professionals still need to be educated about how to diagnose, prevent and treat vitamin D deficiency and insufficiency," Dr Petersburg said.

"For decades, we assumed that vitamin D only prevented bone disease but we now know that it has a pivotal role in overall health." Dr Petersburg said Vitamin D is the "forgotten hormone" and deficiency can lead to bone disease and other chronic conditions including diabetes, heart disease, obesity, hypertension, and cancer. Moreover, vitamin D plays a vital role in the body's immune system and has been found to protect against several forms of cancer," Dr Petersburg said. "Importantly, research has shown that vitamin D is a potent inhibitor of the proinflammatory response and may play a role in preventing age-related diseases."

Research suggests that humans require higher serum levels of vitamin D than previously thought, for optimal health and disease prevention.

Deficiency usually results from inadequate sun exposure; spending little time outdoors, living too far from the equator, using sunscreen to prevent skin cancer, and aging are among a few of the common reasons. Dietary sources provide limited quantities of vitamin D, which include the flesh of fish (such as salmon, tuna, and mackerel) and fish liver oils.

Consequently, supplementing with vitamin D has become the method of choice to ensure optimal levels of vitamin D.

Speaker Details:

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