

VITAMIN D - THE ULTIMATE ANTI-AGING HORMONE

The lives of thousands of Australians could be at risk due to a dramatic increase in Vitamin D deficiency, according to specialist pathologist, Dr Ian Katz.

Dr Katz said Vitamin D deficiency is on the increase even in Australia where our outdoor lifestyle used to ensure everyone had adequate levels.

"Vitamin D is created naturally by the skin when it's exposed to sunlight but increased our fear of skin cancers has left many people with drastically low levels of Vitamin D," Dr Katz said.

A speaker at the 4th Annual 2010 Conference in Anti-Aging and Aesthetic Medicine in Melbourne on 20-22 August, Dr Katz said that increasingly Vitamin D is being seen as a vital ingredient for maintaining health and slowing the ageing process.

"It has long been known that Vitamin D was important for the development and maintenance of healthy bones but increasing evidence shows that Vitamin D plays a major role in regulating many systems of the body.

"More recently research has shown that Vitamin D is integral in regulating blood pressure with increased numbers of high blood pressure reported during winter when people receive less natural sunlight.

"We have evidence to show that most people suffering from heart disease are also chronically low in Vitamin D .

"Vitamin D also plays a key role in the secretion of insulin by the pancreas which may be important in the prevention and management of diabetes.

"Many studies have found that Vitamin D can provide protection against a majority of cancers.

"It has also been shown to be an important factor in the function of the immune system and has been shown in the right quantities to be beneficial in preventing the flu.

"With all this evidence now pointing to Vitamin D being an essential ingredient in so many systems of the body it is important for physicians and patients to be aware of the need for testing and treatment.

"If deficiency in Vitamin D exposes patients to increase risks for cancer, high blood pressure, heart disease, weak immune system then checking patients levels should be a routine part medical care.

"Once confirmed Vitamin D deficiency can be treated with supplementation of Vitamin D3 which is available in tablet form.

"Faced with this increasing body of evidence we can no longer ignore Vitamin D as an essential ingredient in maintaining health and longevity," Dr Katz said.

For more information or to register for the Conference visit www.a5m.net or phone +61 3 9813 0439.

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