

<http://vitamind.ucr.edu/workshop.html>

VITAMIN D WORKSHOP

14th Workshop

Brugge, Belgium (October 4 - 9, 2009)

ARCHIVES

BOOK PUBLICATION

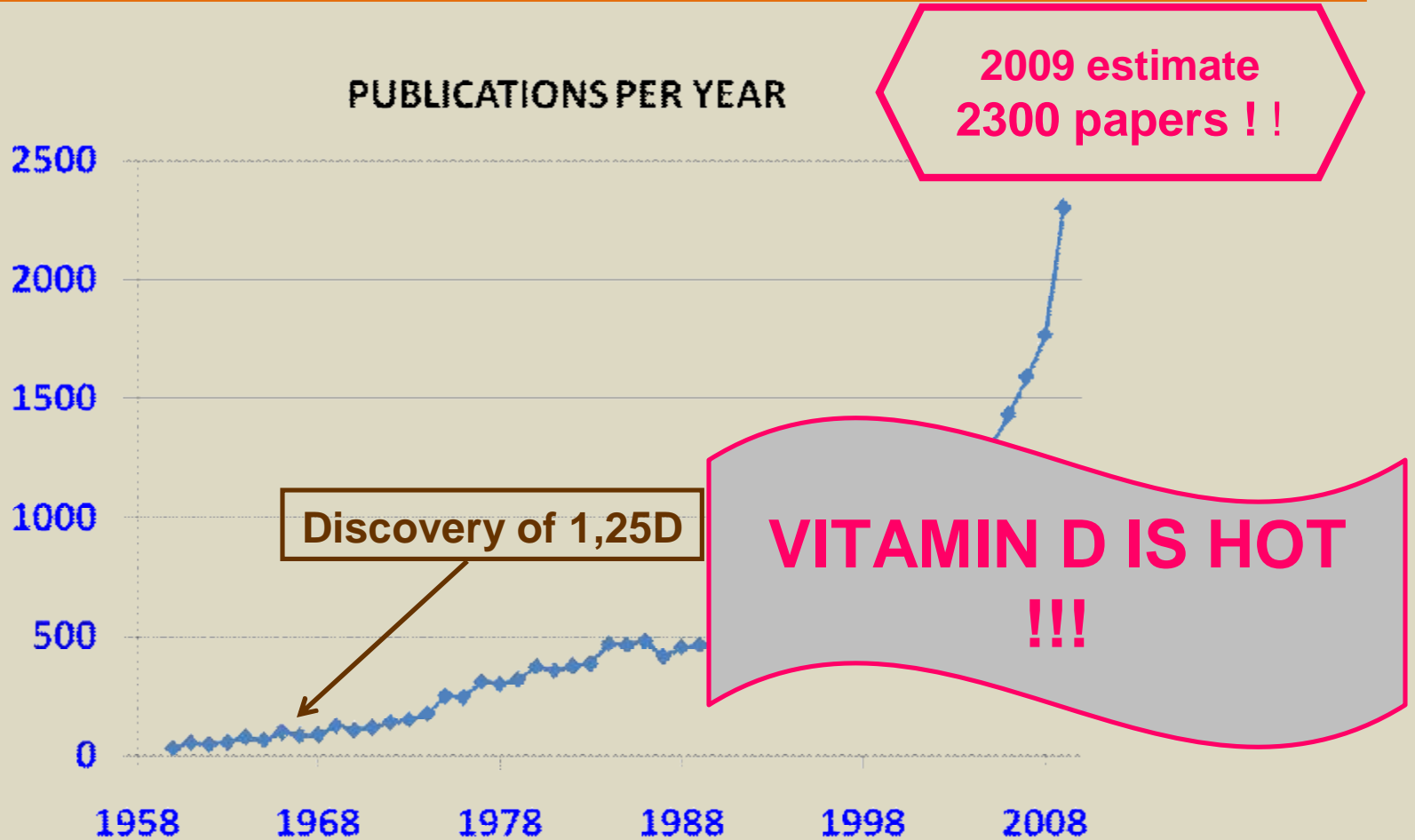
ABOUT VITAMIN D



The primary mission of the Vitamin D Workshop is to conduct scientific meetings on all topics related to vitamin D, but particularly those in which active current research is being conducted. The term 'vitamin D' is used in the broadest fashion including the parent vitamin D, its precursors, and synthetic analogs present in any biological system. Anyone interested in or conducting research on vitamin D is welcome to attend.

FROM PUB MED

Publications with "vitamin D" in Title or Abstract



13th Workshop consensus for vitamin D nutritional guidelines

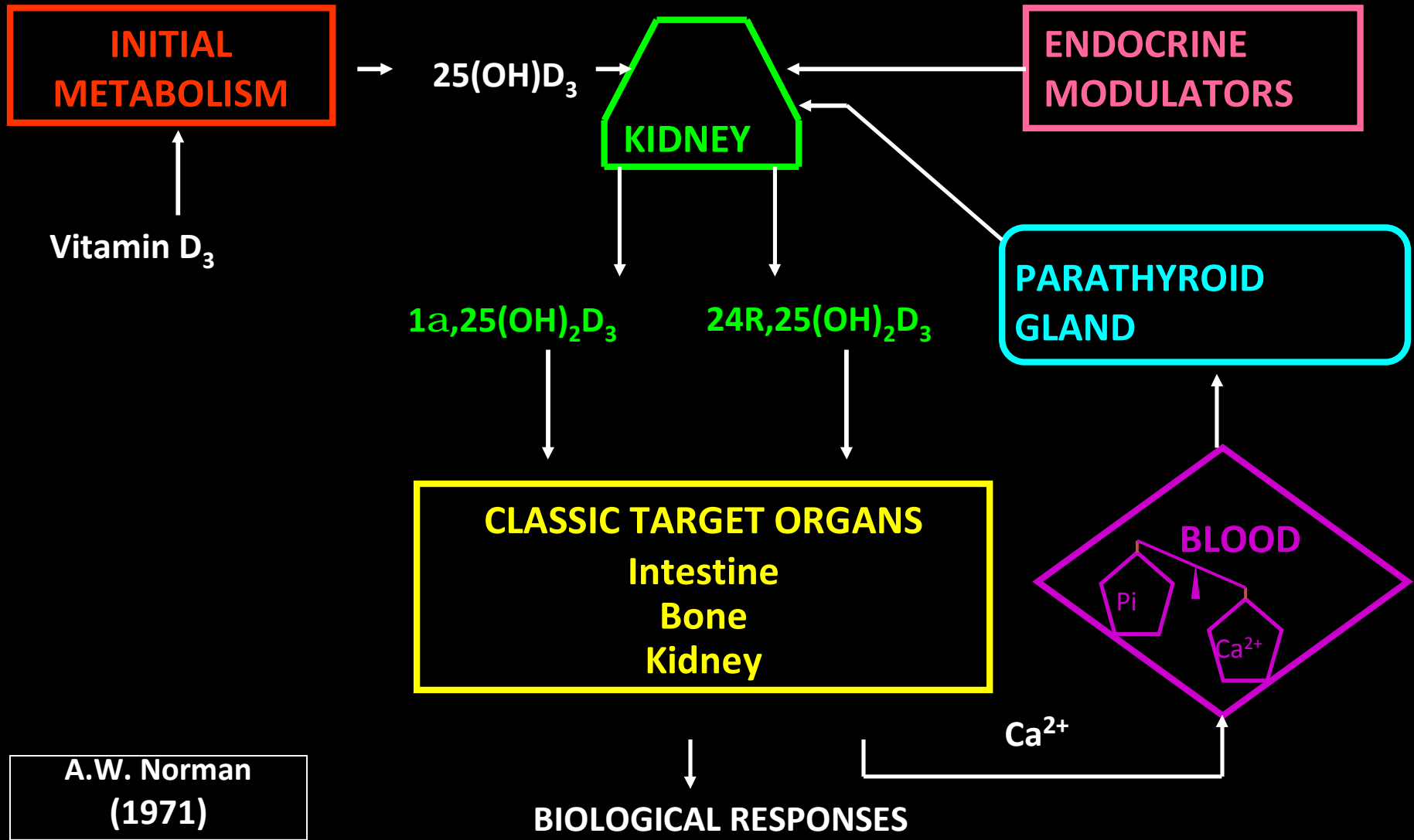
Anthony W. Normana, *, Roger Bouillon b,1, Susan J. Whiting c,2, Reinhold Vieth d,3, Paul Lips e,4 [JSBMB **103**: pp 204 (2007)]

“Scientists and nutrition experts at the 13th vitamin D Workshop agree that about half of the elderly in North America and two-thirds of the rest of the world are not getting enough vitamin D to maintain healthy bone density, lower their risks for fractures and improve tooth attachment.”

“The consensus of vitamin D nutritional experts present at the vitamin D Workshop is that current governmental guidelines in all countries with respect to how much daily vitamin D is required simply to maintain bone health and health in general are too low and do not reflect the many scientific advances made in vitamin D and hormone D research over the past 10 years.”

VITAMIN D ENDOCRINE SYSTEM - 1971

Calcium Homeostasis



A.W. Norman
(1971)

THE TISSUE DISTRIBUTION OF THE NUCLEAR $1\alpha,25(\text{OH})_2\text{D}_3$ RECEPTOR (VDR) DEFINES THE SCOPE OF THE VITAMIN D SYSTEM

Adipose

Adrenal

Bone

Bone Marrow

Brain

Breast

Cancer Cells (many)

Cartilage

Colon

Eggshell Gland

Endothelium

Epididymis

Ganglion

Hair Follicle

Intestine

Kidney

Liver (fetal)

Lung

Muscle (cardiac)

Muscle (smooth)

Osteoblast

Ovary

Pancreas b Cell

Parathyroid

Parotid

Pituitary

Placenta

Prostate

Skin

Sperm

Testis

Thymus

Thyroid

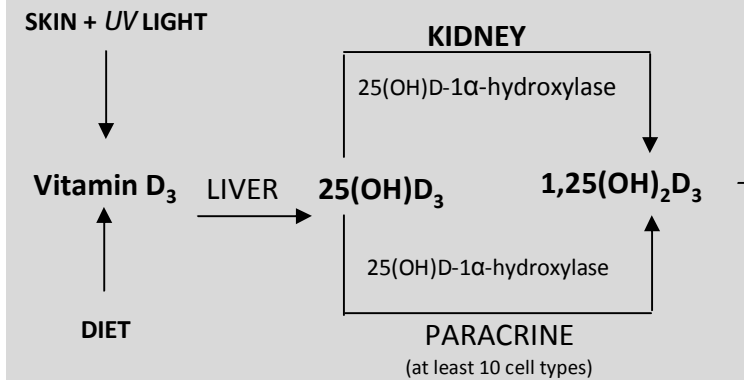
Uterus

Yolk Sac (birds)

(1969 – 2008)

Many Labs

CONTRIBUTIONS OF VITAMIN D TO GOOD HEALTH



Comments:

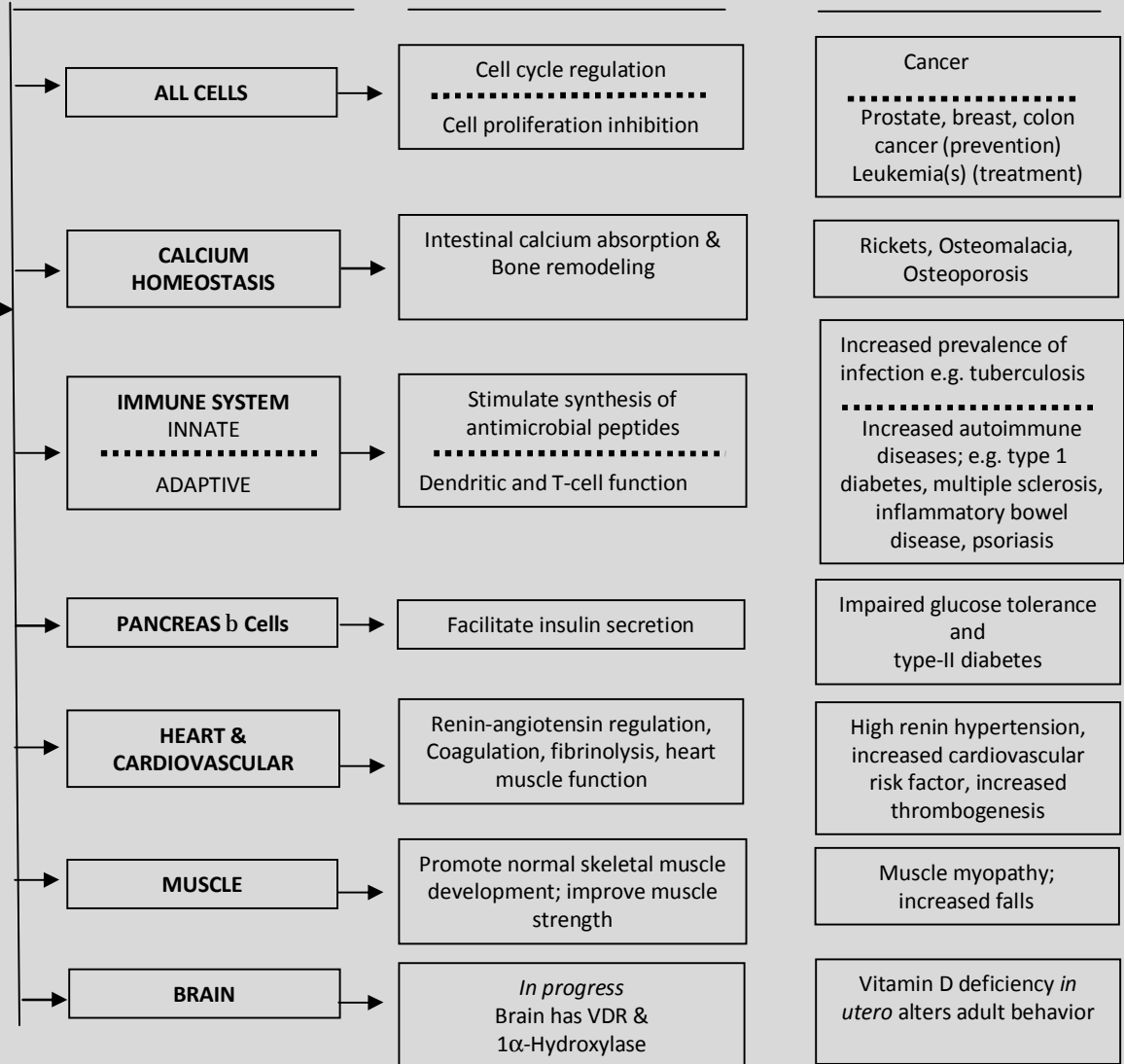
Vitamin D itself is biologically inactive. It is a precursor of $1\alpha,25(\text{OH})_2\text{D}_3$.	Serum $25(\text{OH})\text{D}_3$ is a marker of vitamin D nutritional status. Its serum level should be 30 – 70 ng/ml	$1\alpha,25(\text{OH})_2\text{D}_3$ is a steroid hormone that produces biological responses via binding to its receptor (VDR) in at least 37 tissues.
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Serum 25(OH)D		Nutritional Descriptor
ng/ml	nmoles/L	
< 5	<12	Severe D deficiency
< 10	< 25	Vit D deficiency
10 - 20	25 – 50	Vit D insufficiency
>30 40	60-100	Vit D sufficiency
Ø100	Ø250	Risk for toxicity

PHYSIOLOGICAL SYSTEMS

BIOLOGICAL RESPONSES

VITAMIN D DEFICIENCY RELATED DISEASES



AWN 2009

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Thank You !!

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