



## Vitamin D and Peripheral Artery Disease

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How has your New Year been so far? Our last article was on New Year's resolutions; did you make any and if you did how are things going? Is it better this time around or have you seem to have slipped back into that "same old routine?" Did you ever get your Vitamin D level checked last year? Maybe you should put it on your list and stick to it this time. What is Vitamin D? Vitamin D is a fat-soluble nutrient that is naturally present in only a few foods. Fortified foods like milk, orange juice and commercial breakfast cereals provide most of the vitamin D in the American diet. Vitamin D refers to two precursors: D3 (cholecalciferol), which is produced in the skin upon exposure to sunlight, and D2 (ergocalciferol), which comes from dietary sources, especially oily fish, egg yolks, mushrooms, green leafy vegetables and liver. As we have been telling you for the last year now, Vitamin D is essentially a life vitamin and it is very important that you take the steps necessary to raise your blood levels of it. Have you heard of PAD (peripheral artery disease)? PAD develops when fatty deposits accumulate in the inner linings of the artery walls, cutting off blood and valuable oxygen flow to the legs, arms and elsewhere. The classic complaint is painful cramping in the hips, thighs, or calves that occurs during exercise or walking and eases a few minutes after stopping. When the



leg blockage is severe, pain is more constant. Severe PAD can also slow the healing of wounds to the feet and in severe cases, may lead to amputation. PAD is a marker for atherosclerosis elsewhere in the body. An estimated 8 million Americans have PAD.

A new research study by scientists and researchers at the Albert Einstein College of Medicine of Yeshiva University in New York found that people with low levels of Vitamin D in their blood experience an increased risk for this dreadful condition. The researchers based the findings on a U.S. government health survey involving 4,839 adults who had their blood vitamin D levels measured and underwent a screening method for PAD that assesses blood flow to the legs. The people in the lowest 25 percent of vitamin D levels were 80 percent more likely to have PAD than those in the highest 25 percent, the researchers said. "Participants in the survey who had the lowest vitamin D levels had a much higher prevalence of PAD, said Dr. Michal Melamed who led the study. PAD is regularly diagnosed among adolescent men and women and this new research should not be taken lightly. What we see here is another disease that is likely to rear its ugly head when a patient's blood level of Vitamin D

is low. If you have a friend or loved one who has been complaining of these symptoms, it is imperative that you use a proactive approach with them and get them to see their doctor ASAP. Better yet give your Valentine some Vitamin D3 along with the other candies and trinkets this year!

So exactly what is the current recommended daily intake of Vitamin D3? Would you believe 400 IU (internal units). Recently 18 scientists signed a statement recommending new daily intake levels of Vitamin D be raised. The consensus among UC (University of California) scientists who signed this statement is that 2000 IU per day of vitamin D3, is the appropriate intake for most adult Americans. One of the scientists Anthony Norman, said "Our consensus on vitamin D is intended to support public health action; the amount of research that is currently available provides us enough information to release such a consensus at this time." Previously, experts have noted that about one billion people are estimated to be vitamin D deficient with children and adults in Europe at particular risk, even more so since very few foods are fortified with the vitamin. Moreover, researchers from the American University of Beirut-Medical Center, Lebanon said earlier this year that current recommendations for children should be raised to 2,000 IU in order to boost bone health and provide long-term health benefits.

What about diabetes? (Next month's article) I'll give you a hint, it has something to do with Vitamin D. Have you noticed how diabetes has increased dramatically in the last 20 years? Many different analogies or theories are floating around about why residents of northern latitudes are experiencing increased risks of many types of cancers and diseases. I am not a doctor, but I can see the writing on the wall. I just got back from purchasing a couple of bottles of Vitamin D3 2000iu (internal units) because even though I tan 3 times a week, I feel I can never get enough Vitamin D.

At Club Sun we have all the heat and light you need to adequately and naturally produce Vitamin D within your body. Vitamin D3 is produced naturally in your body when your skin absorbs the UVB light ray from the sun or a tanning bed. One session in a high performance bed will naturally make between 5000-10000 IU of D3 in your body. Also the winter here has been dreadful and the warmth and light of a tanning bed cannot be beat when it comes to cold cloudy Montana winters. We're Smart Tan certified to make your tanning experience an enjoyable one. Our custom comfortable salons have earned us the "International Salon of the Month" for July 2008 from the International Tanning Association. We "are spreading sunshine daily" and have plenty of it to go around. We look forward to seeing you soon!

