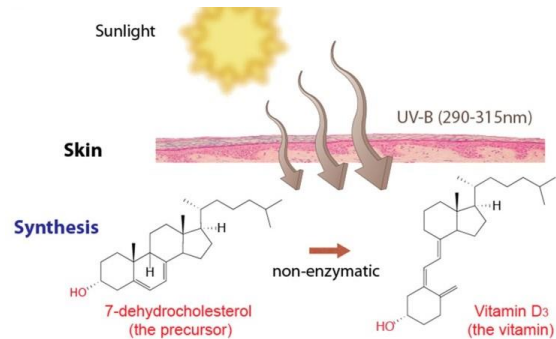


# Why You Might Consider Vitamin D Supplementation and Getting Vitamin D Levels Checked

Vitamin D is actually a steroid super **pro-hormone**, **similar in structure and function to sex steroid hormones (estrogens, progesterone and testosterone)**, and so unlike any other vitamin.

Although traditionally known to be important in regulation of calcium and bone differentiation, we now know vitamin D is incredibly important for virtually all of our vital systems. Vitamin D has a number of functions but one of these is a co-factor in gene transcription. It has shown to be important in immunity, regulation of inflammation, insulin resistance, and placental growth and regulation, among other functions. It seems to be particularly important for human reproduction, both male and female fertility, for the pregnancy, and the newborn and child.



Although we can make vitamin D from the sun, there are a number of factors why there is now a recognized global pandemic in vitamin D deficiency. This may be due to a variety of factors but avoidance of sun exposure, and widespread use of sunscreens are probably most important. We can also get some vitamin D from our diet, but food does not provide enough vitamin D. Some individuals or families may also require more vitamin D than usual because of genetic mutations affecting vitamin D metabolism.

[A December, 2018 public health advisory](#) has recognized the many adverse health effects associated with low sun exposure, including 'some specific cancers, multiple sclerosis, diabetes, cardiovascular disease, autism, Alzheimer's disease, and age-related macular degeneration.' The advisory concluded that 'non-burning UV exposure is a health benefit and—in moderation—should be recommended as such.'

Some of the conditions that are known or suspected to be associated with vitamin D deficiency include

## Fertility Issues:

- **Polycystic ovarian syndrome**
- **Fibroids**
- **Male fertility**
- **Female fertility**

## Pregnancy Issues:

- **Preeclampsia**
- **Preterm birth**
- **Fetal growth restriction**
- **Gestational diabetes**

### **Childhood and Newborn Issues:**

- **Autism**
- **Asthma**

For these reasons, you may consider taking vitamin D supplements and having your vitamin D level checked. Some authorities from the University of South Carolina suggest checking vitamin D levels 3 times during the pregnancy, but we believe once is enough if your vitamin D levels are adequate. The goal is achieve a vitamin D level > 30 ng/ ml and ideally > 40 ng/ml. If your vitamin D levels are low, you may need 4000-6000 IU/ day which is much more than available from a multivitamin and so requires specific vitamin D supplements (tablets, oral spray or skin patch).

More detailed information with references is available from an educational website, <https://YourWomensClinic.com>, provided by Dr. Nyberg.