

MICHIGAN PHYSICIANS GROUP

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Vitamin D deficiency may be dangerous



1. **Vitamin D** May Help Prevent Diabetes. A very large population-based study in Europe demonstrated the powerful effect of vitamin D supplementation in protecting children against the development of type I diabetes.

2. **Vitamin D** Provides Essential Immune Support.

3. **Vitamin D deficiency in younger women is associated with increased risk of high blood pressure in mid-life.** Vitamin D deficiency, is endemic in a sample of Arab-American women living in Michigan.

5. **Vitamin D can reverse coronary disease.** If you live in the northern US (states like Massachusetts, New York, Pennsylvania, Wisconsin, Michigan, the Dakotas, etc.), Canada, or northern Europe, there's a high likelihood that you're deficient. Men with low levels of vitamin D and testosterone, on the other hand, were not at heightened risk for heart disease or osteopenia.

6. **Vitamin D is the key to calcium absorption.** When there is a deficiency, there is always a negative effect on bone density. In children, such a deficiency can lead to rickets, in adults, to osteomalacia. Both of these are bone softening conditions.

7. **Symptoms of vitamin D deficiency include musculoskeletal pain and weakness** that may be confused with fibromyalgia or chronic fatigue syndrome. The main contributing factor to vitamin D deficiency is inadequate sunlight exposure.

8. **Low Vitamin D may lead** to some of the bone problems related to hypothyroidism. It was thought that one of two mechanisms may explain the low levels of vitamin D in patients with hypothyroidism.

Talk to your Doctor a simple blood sample can be analyzed in our lab to find out level of Vitamin D!

