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New era of Vitamin D: Puzzles and promises

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Abstract

Vitamin D deficiency has re-emerged as one of the leading health concerns in the recent years. Although lately the link between vitamin D deficiency and rickets in children or osteomalacia in adults hasn't alarmed the heath care world, but its link to various chronic disorders such as cardiovascular disease, obesity, hypertension, diabetes, metabolic syndrome, progressive renal disease, immune disorders, cancer, and various neurological conditions has become the highlight. The dilemma is what is next? How far have we come to identify the true effect of Vitamin D on these different systems in the body and what are the measures that were taken so far to overcome these problems? Most health care providers and health centers had recognized the importance of vitamin D deficiency, but lack adequate guidance as to how to approach this situation. As the first step, it has to be approached at multiple levels, industries to individuals. The goal would be to optimize the intake and maintain it with minimum effort and expense. Focus of this lecture will be to provide new data on health outcome of vitamin D deficiency with the emphasis on cardiac and renal risks and its long-term consequences. Also, will specify outline of available treatment options based on recent reports from scientific journals.