Vitamin D: Not Just Another Letter

Vitamin D is one of the hotter topics in medicine today. We understand the role vitamin D plays in osteoporosis and bone mineralization, but the list of conditions associated with vitamin D deficiency seemingly grows by the day. Furthermore, several trials looking at cancer, heart disease, and falling in the elderly have been cited as potential causes of vitamin D deficiency.

Many recent studies indicate that elite athletes and dancers have improvement in muscle strength when treated for vitamin D deficiency. Judoka athletes (94%) were deficient in vitamin D. Many other studies indicate insufficiency or deficiency in indoor athletes closely, since the sun is irrefutably involved in our body’s production of vitamin D.

In the fall and winter when the days are shorter, vitamin D deficiency is expected to rise since we perform our outdoor activities the least. Performed from dawn to dusk without any sun exposure for months at a time, particularly in the fall and winter, is common; therefore, the risk of vitamin D deficiency is substantially high. Performing artists such as dancers and musicians seem to have a higher risk of vitamin D deficiency.