Journal Article Spotlight:

DOs and medical students for inspiration, connection, and medical education.

interested students!

excited to be working with each and every chapter to foster the newest generation of sports medicine students in 2017. The local SAOASM chapter will be led by student president, Ryan Hoopes from the University of Illinois College of Medicine at Urbana-Champaign.

The SAOASM is happy to introduce our newest student chapter that was recently approved for UIWSOM Sports Medicine! The AOASM and SAOASM are so excited to welcome UIWSOM.

Vitamin D: Not Just Another Letter

John Dougherty, DO, FACOFP, FAOASM, FAODME

1-4, with pre-conference workshops on April 29 and 30.

The report focuses on Dr. Michael Henehan, FAOASM, President-Elect, and Senior Author of the article. It discusses the importance of vitamin D and its role in the human body, particularly in relation to athletes and performing artists. Vitamin D deficiency can lead to osteoporosis and rickets, and it plays a crucial role in bone metabolism. Other diseases linked to vitamin D include severe hypertension in pregnancy, type 2 diabetes, and multiple sclerosis. The article also highlights the significant and growing market for vitamin D supplements, driven by emerging research and media articles. The market has been described as a "multi-billion-dollar sales and testing juggernaut," and it has made a lot of money for companies like Viita, led by Michael Holick, a Boston University endocrinologist who is credited for turning vitamin D into a popular "E Sports" from fellowship program director from NYIT, Hallie Zwibel, DO.

Recent studies have found that vitamin D levels are often low, particularly in indoor athletes closely, since the sun is irrefutably involved in our body's production of vitamin D. However, the relationship between vitamin D and athletic performance is complex. Recent studies have shown that vitamin D deficiency is not a pandemic, and the evidence for its benefits in athletic performance is mixed. Additionally, the use of vitamin D supplements to improve athletic performance has been questioned, particularly in the absence of controlled trials showing clear benefits.

So, what do we do now? The takeaway here is we need to watch our performers and elite athletes and dancers who primarily train indoors. Performance in all fields is tied to fitness and strength when treated for vitamin D deficiency. However,. ..

The CAOM Foundation has distributed a video of Dr. Warren Bodine, DO, on supra-spinatus syndrome and its role in shoulder pain.

SO be a good doc and get those athletes to the lab pronto!

But take the vitamin D research and news media articles with a grain of salt. Be aware of the growing market for vitamin D supplements, driven by emerging research and media articles. The market has been described as a "multi-billion-dollar sales and testing juggernaut," and who has made a lot of money from his pharmaceutical companies. Check financial disclosures on authors of research you cite.

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