

**QUESTION OF THE WEEK**

**Q:** What's all the fuss about vitamin D deficiency?



**Dr. Heather Auld**  
obstetrician/  
gynecologist  
with Physicians'  
Primary Care  
of Southwest  
Florida

Researchers may declare vitamin D the vitamin of the decade. Vitamin D is a fat-soluble vitamin that works with other minerals, vitamins and hormones for bone health. But did you know that vitamin D is extremely important for our immune system and cardiovascular system, as well as our neurological system?

Sunshine is the predominant way we make vitamin D, but the deficiency is still rampant even in the Sunshine State.

You may be at risk for vitamin D deficiency if you have osteoporosis, cancer, autoimmune problems, Alzheimer's, or have dark skin. Vitamin D3 is the best-absorbed form of vitamin D. Newer guidelines recommend supplementing with 1,000-2,000 IU per day. A level below 30 is deficient, but the optimum level is between 50 and 80. Do you know your level?

---

Dr. Heather Auld is an obstetrician/gynecologist with Physicians' Primary Care of Southwest Florida in the Park Royal office, 9021 Park Royal Drive, Fort Myers. Call 432-5858. [www.ppcswfl.com](http://www.ppcswfl.com).