

Nutrition for DCs: Vitamin D ~ 2 Hrs

Learning Objectives: Understand the importance of Vitamin D to patient health and wellness and how to find and correct deficiency safely.

Hour One:

- Vitamin D testing, which test to order, what are the normal ranges.
- How to supplement properly with vitamin D.
- Alternatives to oral supplementation.
- Understand which patient groups are at high risk of being vitamin D insufficient.
- Know what symptoms to look for in the vitamin D insufficient patient.

Hour Two:

- Learn which conditions are made worse by vitamin D insufficiency.
- Review which diseases are caused by severe vitamin D deficiency.
- Biochemistry of vitamin D from UVB exposure in the skin to liver and kidney conversions.
- Discuss the overdose risks and other possible dangers of vitamin D supplementation.