

MENOPAUSE UPDATE – NOVEMBER 2008

Hi all,

I came across information on Vit. D (from an excellent source...The North American Menopause Society Journal) that I feel compelled to share with you.

In the past several years it has become clear that Vit. D. plays a role "in the function of essentially all major organs." In pre and post menopausal women Vit. D deficiency contributes to "osteoporosis, breast cancer, and colon cancer." In addition, in postmenopausal women, "muscle weakness, postural instability, falls, osteoporotic fractures, cognitive impairment, depression and ultimately, the frailty syndrome become expressions of the deficiency state."

"In post menopausal women, deficiency is exacerbated by the loss of estrogen..." The requirement for Vit. D in healthy adults is estimated to be 3,000 to 5,000 IU daily of D3 (cholecalciferol).

I hope this finds you well,

Nancy Siskowic