



Canadian Medical Associations Announce Support of Vitamin D Scientists' Call to D*Action for Testing and Higher Serum Levels

*The Ontario Society of Physicians for Complementary Medicine and the Section of Complementary and Integrative Medicine of the Ontario Medical Association have become the first public health organizations to officially endorse and pledge their support for the GrassrootsHealth Scientists' Call to D*action.*

([PRWEB](#)) June 06, 2011 -- The Ontario Society of Physicians for Complementary Medicine and the Section of Complementary and Integrative Medicine of the Ontario Medical Association have become the first public health organizations to officially endorse and pledge their support for the GrassrootsHealth Scientists' Call to D*action. The D*action project is aimed at large scale testing and getting vitamin D serum concentrations to 100-150 nmol/L.

According to Dr. Robert Banner, Chair of the Section, "We have to pay attention to the health of our patients. Our group will actively help patients get the testing and education they need for their health with vitamin D. It is vital to be proactive with people's health to prevent diseases that may happen 10 or more years down the road. Treatment of Vitamin D deficient patients has yielded tremendous benefit."

40-75% of the world's population is vitamin D deficient. More than 1 billion people worldwide are affected at a tremendous cost to society in terms of lives and healthcare. The GrassrootsHealth Scientists' Call to D*action is a plan designed to help solve the global vitamin D deficiency epidemic. The D*action program was developed and endorsed by 40 international top vitamin D researchers. It calls for people to ensure they have optimal vitamin D serum levels of between 100-150 nmol/L to help prevent serious diseases.

Vitamin D deficiency puts one at risk for osteomalacia, rickets, falls, tuberculosis, psoriasis, multiple sclerosis, inflammatory bowel disease, type-1 diabetes, high blood pressure, increased heart failure, myopathy, breast and other cancers. It is projected that the incidence of many of these diseases could be reduced by 20% to 50% or more, if the occurrence of vitamin D deficiency and insufficiency were eradicated by increasing vitamin D intakes through increased UVB exposure, fortified foods or supplements.

It is recommended that everyone have their vitamin D level tested and make sure it is between 100-150 nmol/L. Join the Scientists Call to D*action.

About Grassroots Health

GrassrootsHealth (GRH), a nonprofit public health research organization, works to quickly elevate public health messages from science into practice. GRH joins with vitamin D scientists to aggregate knowledge and best practices and then spread the word to medical practitioners and individuals in order to change public opinion and create healthier life choices and prevent disease. More information on the Scientists' Call to D*action can be found on <http://www.grassrootshealth.net>.

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