

- Vitamins

Is vitamin D worth the hype?

The Manila Times · 7 Jun 2023 · C4

WHETHER due to long work hours or to escape the hot and humid weather, Filipinos tend to seek shelter indoors as much as they can. The downside to this, however, is a vitamin D deficiency risk.



A study revealed that out of 369 randomly selected Metro Manila office workers, 58-percent were Vitamin D-deficient. Vitamin D helps keep the body healthy in many ways, but how much do you really know about what vitamin D can do for your body, and is it really worth all the hype?

First, take a look at the different health benefits of vitamin D.

Vitamin D helps the body absorb calcium and phosphorus which are key minerals for bone and oral health. It may also help increase muscle strength, which in turn helps prevent falls and fractures in older people.

Vitamin D also supports the immune system and helps in the prevention of autoimmune diseases such as lupus, which can cause chronic inflammation and damage in several tissues and organs. In a report, Clinical Nutrition Support Specialist Dr. Mercedita Macalintal shared that vitamin D is important for bone health, as well as keeping infection and inflammation at bay. A study by Harvard Health also revealed that people with the lowest serum levels of vitamin D were more likely to suffer from strokes and heart diseases compared to those with the highest levels of the vitamin. A separate study by Harvard Health also reported that vitamin D can reduce cancer cell growth, help control infections, and reduce inflammation which helps minimize the risk of developing chronic diseases like cardiovascular disease, type 1 diabetes, tuberculosis, and certain types of cancer.

Finally, have you heard that extra calcium and vitamin D may have an appetite-suppressing effect that may support weight loss? According to a study from the British Journal of Nutrition, people who took daily calcium and vitamin D supplements lost more weight and fat mass than people who only followed a diet plan.

To ensure you have enough vitamin D in your body, eat a balanced diet, take vitamin D supplements, and have ample exposure to the sun for about 15 to 30 minutes. Consult your doctor for your annual check-up and they may include a simple blood test to detect a vitamin D deficiency, X-ray examination to check the strength of the bones, and other necessary tests. A simple vitamin D deficiency can be the root of many health conditions. While contracting a serious illness is already concerning, the corresponding medical bills are yet another potential problem. Protect your health and finances by securing a health protection plan from AXA Philippines. For more information, visit [axa.com.ph](https://www.axa.com.ph).