

The J.F.K. Health and Welfare Fund, Inc.

J.F.K. International Airport

Jamaica, New York 11430

A Nonprofit Local Social, Civic, and Fraternal Association of U.S. Customs and Border Protection Employees.

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Web Site :<http://www.jfkhealthandwelfare.org>

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Your Health

Vitamin D: A key to lifelong good health.

Recent studies have revealed that Vitamin D levels in the general population is deficient and often very much so. The following information is provided only as a guide and should not be solely relied upon.

My personal physician informed me that 60% of his patients over the age of 50 have deficient levels of Vitamin D. To give you an idea how important Vitamin D is, I could outline information on every point below with a very brief summation. To do that would require a good number of pages. I will concentrate on key points and then anyone can "search" out the studies for all the particulars if they so desire.

Let me start by first saying "normal levels" are not "Optimal levels". To explain just what this means take Blood Pressure as an example. "Normal" range would be 120 to 129 over 80 to 89. Reading of 130 over 90 and above are considered elevated. 140+ over 100+, of course, is problematic. But, someone with a BP of under 120 over 80, say 115 over 70, would be optimal.

The "normal range for Vitamin D3 is 30-100 ng/mL. Less than 20 ng/mL is indicative of Vitamin D deficiency and between 20 and 30 ng/mL suggests insufficiency. However, recent studies suggest that optimal levels should be in the 60 to 70 ng/mL range.

Before you run out and buy a Vitamin D3 supplement, please have your doctor check your Vitamin D3 levels especially if you have sarcoidosis, tuberculosis, or lymphoma as oral supplementation may not be desirable for you.

Vitamin D Dose Recommendations

Age Dosage

Below 5 35 units per pound per day

Age 5 - 10 2500 units

Adults 5000 units

Pregnant Women 5000 units

WARNING: There is no way to know if the above recommendations are correct. The ONLY way to know is to have your blood tested

You might need 4-5 times the amount recommended above. I know two people who were recently put on 25,000 IU per day.

Ideally your blood level of OH D should be 60 to 70 ng/ml.

Now, for just the results of recent studies without going into the details:

1. Vitamin D boosts life span
2. Vitamin D decreases the likelihood of skeletal diseases (osteoporosis) in the elderly and stress fractures in preadolescent and adolescent girls.
3. Deficiency in Vitamin D is serious and will increase your risk of breast and prostate cancer and autoimmune diseases like MS, rheumatoid arthritis and lupus.
4. One billion people world wide are not getting enough Vitamin D and 70 percent of children and adults in the US are Vitamin D deficient or insufficient.
5. Certain drugs will prevent the absorption of Vitamin D. Ask your doctor.
6. 15 minutes of sun exposure gives you 20,000 IU of Vitamin D. This is why it is called the "sunshine vitamin"
7. Vitamin D can lift your mood and protects those susceptible to seasonal affective disorder from becoming depressed
8. Vitamin D can help in managing chronic musculoskeletal pain.
9. Vitamin D boosts ICU survival rates. Higher levels of Vitamin D = higher survival rates overall.
10. Vitamin D has been found to shrink the size of uterine tumors.
11. Vitamin D, might prevent and fight Crohn's disease, a chronic inflammatory bowel disorder.

All told, research indicates that Vitamin D protects your health in the following ways: 40% lower rate of colon cancer. 24% lower rate of breast cancer. 33% lower risk of heart disease. Higher scores on memory tests. 55% lower risk of type 2 diabetes. Better lung function in asthmatics who have good levels of Vitamin D . Proper levels of Vitamin D reduced hip fractures by up to 50% and 93% of those who had hip fractures were deficient in Vitamin D. (Two studies came up with very similar results. One in Austria and one in England.) The lower the levels of Vitamin D = more cases of flu and colds. The farther you live from the equator the greater your risk of MS and depression. (less sunshine)

All in all, Vitamin D has a lot going for it and very little down side in terms of adverse side effects. It is inexpensive, and for the most part very safe, but again, check your levels and see what your doctor recommends. Calcium, Magnesium and Zinc supplements should be taken with Vitamin D3.

Yours in good health

Ray Ciccolilli