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Vitamin D, Diabetes and Cardiac mortality: Let the sunshine In

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Vitamin D levels appeared to be lower in Obese People and Diabetes Mellitus Type 2 Patients as today's ongoing research shows. Patients with Diabetes are at greater risk for early cardiac mortality and for repeat events if they survive their first cardiac event. Persons at risk for Diabetes or Metabolic Syndrome have inadequate serum concentrations of Vitamin D. Today there is great evidence relative to the impact of Vitamin D in the development of Diabetes, Metabolic Syndrome, Diabetes complications and the pathogenesis of Vascular Disease. Many cellular processes are maintained by Vitamin D. Vitamin D maintains normal resting levels of calcium and ROS in the beta cells, acts to reduce inflammation, which is a major process

in inducing insulin resistance. When Vitamin D is deficient, many of these processes begin to decline and this sets the stage for the onset of diseases such as Diabetes and Vascular Disease. Furthermore, Vitamin D also has a very significant role in maintaining the epigenome. Epigenetic alterations are a feature of Diabetes by which many diabetes-related genes are inactivated by hypermethylation. Effective detection and treatment of inadequate Vitamin D concentrations in persons with Diabetes or those at risk for Diabetes may be an easy and cost-effective therapy which could improve their long-term health outcomes as well as their quality of life.

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