



Podcast Show Notes

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Vitamin D in Children and Adults

This podcast discusses a very important vitamin: Vitamin D! Vitamin D plays a role in maintaining strong bones, but it also has numerous other effects on the body related to overall health and function from birth until death! Many may not be aware of how multifaceted the role of vitamin D is for multiple body systems to function well. They may also not be aware of how low their intake might actually be related to times of the year, lifestyle factors, or dietary consumption. Join us for a discussion of whether vitamin D is a vitamin or a hormone, differences between vitamin D2 and D3, and sources of vitamin D. Is the sun all you need? Will food provide what you need? Or, is there more to learn to make sure your vitamin D status is decent, not diminishing?

This CE course is relevant to medicine and nursing.

Episode 1 – Vitamin D and Your Health from Birth until Death

This podcast episode discusses Dr. Holick's professional journey that led him to identify the major circulating form and active form of vitamin D, the need for vitamin D from birth until death, effects of vitamin D on the immune system, and the overall "magic" of vitamin D!

Guest

Michael Holick, PhD, MD

- International expert on vitamin D metabolism, bone health, and skin and collagen matters
 - As a graduate student he was the first to identify the major circulating form of vitamin D as 25-hydroxyvitamin D3 and the active form as 1,25-dihydroxyvitamin D3.
 - He has been a professor of medicine, physiology, biophysics, and molecular medicine.
 - He has been a chief of endocrinology (diabetes and metabolism section), director of the General Clinical Research Center, and founder of a bone health clinic.
- Recognized physician, author, and scientist
 - Thompson Reuters recognized him as one of the most influential physician scientists in internal medicine in the world.
 - He has published more than 600 peer-reviewed articles including one of the most cited reviews in the New England Journal of Medicine: Vitamin D Deficiency.
 - He is a Fellow of the American Society for Nutrition and a Diplomate of the American Board of Internal Medicine.

Host

Leana McGuire, BS, RN

- She has extensive expertise with leadership development and executive coaching and a background in content development, visual performance, speaking, and podcast hosting.

Content Reviewer

Maria Morales, MSN, RN, CLNC

- She is a nurse planner for Colibri Group and a certified legal nurse consultant. She is a quality-focused, results-driven nursing education professional. As a continuing education leader with nurse executive experience in developing interprofessional educational programs, she supports healthcare workers with educational activities to help increase communication within the healthcare team.

Peer Reviewer

Daphne Essex, DNP, PMHNP-BC, FNP-BC

- She is a dual-certified psychiatric-mental health and family nurse practitioner with a doctoral degree with an emphasis on improving healthcare for underserved and diverse populations. She has worked in various settings throughout her career as a nurse practitioner to include emergency and correctional medicine, family practice, the active military, and the veteran community.

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(Errata, (2011), *The Journal of Clinical Endocrinology & Metabolism*, 96(12), 3908. <https://doi.org/10.1210/jcem.96.12.zeg3908>)

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Episode 2 – Vitamin D2, Vitamin D3, Sunshine, the Laboratory, Communication, and Me!

This episode continues the discussion regarding vitamin D and health. We explore D2 and D3, specifics around sun exposure and vitamin D, measuring vitamin D status, and communication between healthcare professionals regarding vitamin D status.

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