

For Immediate Release

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**The Centers for Disease Control and Prevention Needs More Prevention.
Vitamin D₃ Can Boost Immune Systems and Mental Health, and Save Money.**

Says Dr. David C. Page of SmilePage® Health Institute, 501(c)(3)

The CDC has ignored the Global Pandemic of Vitamin D Deficiency (VDD) for way too long!

Baltimore, Md., March 18, 2020 – In his second book, *“The Global Pandemic of VDD: King of All Silent Killers,”* Dr. David C. Page of SmilePage® Health Institute explains how a pandemic of VDD, proclaimed for over a decade, increases the risks of over 300 ills including cancer, CVD, diabetes & hypertension. Sadly, the CDC has missed, dismissed or ignored publications in the National Institutes of Health database calling for VDD action. In 2008, VDD was called “a worldwide problem with health consequences.” [PMID: 18400738] In 2015, a medical journal published that to under treat VDD “is a serious public health blunder.” [PMID: 26071153] In 2017, “The Big Vitamin D Mistake” stated “actions are urgently needed to protect the global population from VDD.” [PMID: 28768407]

IMMUNE SYSTEMS: It is time Centers for Disease Control & Prevention takes preventive action to treat VDD. Vitamin D₃ is critical to having a good immune system. In 2009, researchers looking into the 2009 outbreak of *H1N1 swine flu influenza* recommended strongly that all health-care workers and patients be tested & treated for VDD to prevent *respiratory infection*. [PMID: 20102323] In 2014, it was published that *vitamin D boosts the immune system* against infection. [PMID: 19389235]

MENTAL HEALTH: In 2014, an analysis of many studies concluded safe vitamin D is as effective for *relief of depression* as antidepressant medicine. [PMID: 24732019] In 2015, VDD was noted to be an independent risk factor for *anxiety*. [PMID: 26977917] In 2012, researchers found *depression* worse in those with VDD. [PMID: 22790678] In 2015, VDD was reported to significantly increase the *risk of anger, anxiety, psychiatric distress, poor sleep quality, depression and worry in adolescents*. [PMID: 26203431] In 2016, VDD was found to be 4.7 times more common in outpatients with *bipolar disorder, schizophrenia, and/or schizoaffective disorder*. [PMID: 27662458] In 2014, researchers reported finding VDD was more common and worse in “*suicide attempters*.” [PMID: 25240206]

HEALTHCARE COSTS: In 2008, researchers reported finding *overall health care costs 39% higher* in veterans with VDD. [PMID: 19149342] In 2010, researchers found VDD in veterans *increased costs of infections by 500% & length of hospital stay by 400%*. [PMID: 20056018] In 2011, researchers found sick hospital patients with VDD at admission had *higher rates of sepsis blood infection* and VDD was a notable predictor of *all-cause mortality*. [PMID: 21242800] In 2011, researchers stated “VDD is a *global pandemic* associated with *increased health care costs*.” [PMID: 21702395]

CDC ACTION: It is time for the CDC to diagnose and treat global VDD. A “normal” 25(OH)D blood test result range is 30-100 ng/ml, but 50-80 ng/ml may be best. Vitamin D₃ is very safe, simple and effective VDD treatment. A year’s supply of Vitamin D₃ & a good multi-vitamin with minerals costs \$20-40 per person, per year. Taken together daily, they promote health & boost immune systems.

PEOPLE ACTION: Ask your doctor if you can take 50,000_{IUs} of safe D₃ twice in a week (not D₂), as soon as possible, then 4,000_{IUs} to 10,000_{IUs} of Vitamin D₃ daily. Target a 25(OH)D blood level of 50 to 80ng/ml. Ask your doctor for a nutrient blood test to find any other deficiencies that can harm the immune system, including Vitamins A, B6, C, D, E, and minerals Iron, Copper, Selenium and Zinc.

Read more of the above cited studies. Go to www.PubMed.gov and put the PMID# in the search bar.

See more at: www.VDDKills.com & www.VitaminDWiki.com & www.sunarc.org.