

**For Immediate Release**

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## **Healthcare Workers Need More Vitamin D3 In Their High-Risk Jobs**

### **[And Most People Need More D3 Too]**

#### **Onset of COVID-19 Makes the Need Even More Urgent**

Says Dr. David C. Page of SmilePage® Health Institute, 501(c)(3) & [www.VDDKills.com](http://www.VDDKills.com)

**BALTIMORE, June 10, 2020 – Healthcare Workers already work in one of the highest-risk occupations, says Dr. David C. Page of SmilePage® Health Institute. In 2016, researchers found many healthcare workers suffer from Vitamin D Deficiency (VDD), a condition that greatly raises COVID-19 risk. [PMID: 27511337]**

The combination of low vitamin D and risky job makes it **crucial for all those working in a healthcare [and most other people] to be treated for diagnosed VDD before going back on the job.** New research says a Vitamin D blood-level under 31ng/ml (30-100ng/ml is normal) dramatically raises the risk of elevated COVID-19 symptoms, or even death.

**Vitamin D Deficiency (VDD) has been reported as a common high-risk factor for COVID-19** in Ireland, Italy, France, Spain, Greece, Germany, China, Iran, Switzerland, United Kingdom, Philippines, Indonesia, S. Korea and the U.S. The lower the Vitamin D blood-level, the worse COVID-19 tends to strike a person. Worldwide, 30-50% of people have VDD below 20ng/ml and 70-80% test below 30ng/ml. Both levels increase the risk of COVID-19, and hundreds of other illnesses and infections that can kill. <https://youtu.be/sfjwrlAg7W4>

**Key to fighting COVID-19 is to treat the decade-old ignored global pandemic of VDD.** Sadly, after 10 years, many people still have not had regular Vitamin D tests and unknowingly have deadly blood levels below a normal 30-100ng/ml range. Research shows VDD decreases immunity and increases the risks of many infectious diseases such as COVID-19. **COVID-19 discriminates against some very diverse groups of people** including diabetics, the obese, the elderly, nursing home residents, meat processors, Blacks, Hispanics and Native Americans. People in these groups have a much higher risk for severe COVID-19 sickness and death. Studies show these groups also have uniquely high rates of VDD or low blood levels of Vitamin D.

**Vitamin D3 and sunshine can greatly reduce dental staff's occupational infectious disease risk. The whole public can also benefit from taking this action.** Just \$20 to \$30 per-person per-year (\$10 billion for all in the U.S.) of Vitamin D3, combined with regular exposure to sunshine, can boost immune systems, improve mental health and overall health, reduce COVID-19 disparities and save lives. Together they may help us safely restart the economy in a matter of 30-45 days, potentially saving our economy. **Time to enjoy some sunshine!**

**If you are over 18 years old & your vitamin D blood level is under 31ng/ml, ask your doctor** if you can take 50,000<sub>IUs</sub> of safe Vitamin D<sub>3</sub> (not D<sub>2</sub>) twice in a week, for 2 to 4 weeks, and then 4,000<sub>IUs</sub> to 10,000<sub>IUs</sub> of safe over-the-counter Vitamin D<sub>3</sub> daily. Target a 25(OH)D blood level of 50 to 80ng/ml. Ask for a nutrient blood test to find other deficiencies that can harm your immune system like Vitamins A, B1, B6, C, D, E, & minerals magnesium, iron, copper, selenium & zinc. **If you are 18 or younger, ask a D-Doctor for proper D3 dosing.**

The SmilePage® Health Institute--SPHI, a 501(c)(3) purposes to support the mission of SmilePage® Corporation--SPC: a Maryland Corporation formed in 1998 to educate the public and healthcare professionals by relaying health-related information, breakthroughs and ongoing research. SPC accomplishes its primary mission using [www.SmilePage.com](http://www.SmilePage.com) (since 1998); the book *Your Jaws~Your Life* (2003)—with a section on Nitric Oxide (NO); [www.VDDKills.com](http://www.VDDKills.com) (since 2017); and the book *The Global Pandemic of VDD: King of ALL Silent Killers* (2018)—with over 800 NIH stored references for over 300 VDD related diseases. Dr. David C. Page is a 3<sup>rd</sup> generation Doctor of Dental Surgery in private practice since 1980. He is also a researcher, author, speaker and founder of SmilePage® Corporation.

See more on VDD at [www.VDDKills.com](http://www.VDDKills.com) & read *The Global Pandemic of VDD: King of ALL Silent Killers*

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