

Vitamin D & Obstetrics – Improving Pregnancy & Childbirth

Advance Information – programme subject to change

Vitamin D and its critical role in pregnancy, infancy and childhood will be discussed at a high-level conference on May 17, 2011 at the Wellcome Centre in London, UK.

(more at: www.vitaminassociation.org/events.html)

Speakers include some of the world's leading researchers on vitamin D deficiency in infants and children.

Professor Bruce Hollis will discuss findings from his recent research on vitamin D supplementation during pregnancy and breastfeeding. He is the director of Paediatric Sciences at the Medical University of South Carolina and has studied vitamin D metabolism and nutrition for the past 35 years. He has published significant scientific papers on the biomarkers of Vitamin D in the body as they relate to a number of illnesses and has co-authored a book with Dr Carol L. Wagner & Dr Sarah N. Taylor, published in June 2010:

New Insights into Vitamin D During Pregnancy, Lactation & Early Infancy

Professor Reinhold Vieth is Professor of Nutritional Sciences and Laboratory Medicine and Pathobiology at the Mount Sinai Hospital in Toronto, Canada. His current research focuses on the roles played by vitamin D in many illnesses and especially gestational diabetes, plus toxicity and safe blood serum levels.

Professor Hollis and Professor Vieth will release findings of their recent work on what mothers and health professionals need to know about vitamin D – information that they hope will help clarify new guidelines for safe sun exposure, supplementation and suitable dietary sources of vitamin D.

Dr Elina Hypponen is Reader in Epidemiology and Public Health at the MRC Centre for Child Health in London. She will talk about her studies on the effects of Vitamin D in mothers and children during pregnancy, birth and in later life.

Dr Eleanor McGee will talk about the work being done, and the challenges encountered, in the community in Birmingham, UK to try and solve the deficiency of Vitamin D in mothers, babies and children. She chairs a working group that pulls together representatives from Public Health, Paediatric Endocrinology, Community Paediatrics, Community Dietetics, Health Visiting, Midwifery, General Practice, Pharmacy and Patient Involvement.

Dr William B Grant of the Sunlight, Nutrition And Health Research Center in San Francisco will talk about reducing the burden of disease through adequate intake of Vitamin D and the epidemiologic evidence for supporting the role of maternal Vitamin D deficiency as the major risk factor for a number of infant illnesses.

Carole Baggerly set up Grass Roots Health after she met with researchers in the University of California, San Diego and discovered the significant role that Vitamin D plays in the prevention and cure of many illnesses. She has recently set up a number of Community Health projects in the USA which takes advice from expert doctors about Vitamin D and delivers it to both Health professionals and the public.

Dr Oliver Gillie will talk about current Public health policy in the UK

Dr David Grimes will give an overview of the work that he is doing in Blackburn Hospital and his experiences in spreading his messages to General Practitioners in Manchester and North-West England area.

He is the author of a book: **Vitamin D & Cholesterol - the importance of the sun**

Vitamin D is a hormone that regulates more than a tenth of human genes and plays a key role in skeletal health as well as ensuring that cells throughout the body function. The sun is the primary source. Vitamin D deficiency is associated with osteoporosis, some cancers, multiple sclerosis, diabetes, insulin resistance, hypertension, heart disease, respiratory infections, muscle weakness, mood and cognitive function plus infectious diseases such as influenza.

There is strong evidence that higher levels of Vitamin D lead to easier conception, easier pregnancy, less gestational diabetes, less pre-eclampsia, reduced risk of emergency C-sections and an easier delivery, followed by less depression in the mother and a larger, healthier baby. There is also evidence that the risk of Type-1 Diabetes in the child is reduced and that the child will have stronger bones and teeth.

The re-emergence of childhood rickets in the UK has recently highlighted concerns about vitamin D deficiency. It is only recently that there has been any acknowledgement that mothers and babies could both be vitamin D deficient. Unlike North America, the UK does not have any significant fortification of the food supply with Vitamin D.

As the population becomes more compliant with messages about "sun safety", and as lifestyles become more sedentary and less time is spent outdoors, it is not surprising to see vitamin D levels dropping across the population. In some circles there is talk of a world-wide epidemic of vitamin D deficiency.

Come and hear some of the world's most foremost experts in this subject report on their research and their recommendations.

There will be ample time for discussion, where you can share your clinical experiences, review current UK guidelines and protocols, and discuss public policy.

Please make a note of the date in your Diary.
Registration is now open.

You can see more at: www.vitamindassociation.org/events.html

Cost, including refreshments and PDF copies of the presentations, is:

| | Standard | Concessions | Students |
|--------------------------------------------|------------------|-------------|----------|
| Early booking, before May 12 th | £199 | £ 80 | £40 |
| May 13 th onwards | £249 | £100 | £50 |
| | (All plus VAT) | | |

Concessionary rates are offered for small charities, students, unfunded individuals and those in similar circumstances. If you find the charge for tickets a barrier to attending, please let us know and we will do our best to see if you can be included.

Purchase Orders will be accepted provided a copy is received before the event.
Please contact: info@vitamindassociation.org or telephone: +44 (0) 20 3286 1284

Video recordings of the sessions will be made available to those who cannot attend, approximately 30 days after the event. The cost of these will be £49 plus VAT