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Nota di contenuto	Overview of key vitamin D modified conditions -- 1. Vitamin D deficiency in the 21st century: an overview; S.S. Oberhelman, T.D. Thatcher -- 2. Vitamin D in health of seniors; F. Lauretani et al -- 3. Vitamin D supplementation and public health policy; R. Babaria, R.R. Watson -- Vitamin D and musculoskeletal health -- 4. Vitamin D and fall risk; J. Basran et al -- 5. The beneficial effects of higher (adequate) vitamin D status on bone growth and muscle strength in children and adolescents; L.H. Foo, S.J. Whiting -- 6. Hypovitaminosis D and muscle strength; T. Songpatanasilp -- 7. Vitamin D and growth; H.T. Viljakainen, E. Hyppönen -- 8. Vitamin D and arthritis; U.J. Haque -- 9. High-dose vitamin D supplementation in the elderly; C.J. Bacon -- Vitamin D and chronic disease -- 10. Vitamin D deficiency and premature death; A. Zittermann, S. Prokop -- 11. Vitamin D and hyperparathyroidism in patients with chronic kidney disease; D. Hansen -- 12. Diseases affected by vitamin D: sun exposure; W.B. Grant -- 13. Immune modulation by UV: role of vitamin D; P.H. Hart, S. Gorman -- 14. Vitamin D and periodontal disease; N. Garcia et al -- 15. Vitamin D and cystic fibrosis; T. Pincikova, M. Flodström-Tullberg -- Vitamin D and infectious disease -- 16. Vitamin D and respiratory infections in infants and toddlers: a nutri-shine perspective; K.V. Balan et al -- 17. Vitamin D in HIV/AIDS: a role?; J.-P. Viard, J.-C. Souberbielle -- 18.

Vitamin D and tuberculosis; K. vinh quốc Luong, L.T.H. Nguyễn -- 19. Vitamin D and dental health; E. Jordan et al -- 20. Inflammation and vitamin D; X. Guillot et al -- Vitamin D and cancer -- 21. Vitamin D in the prevention and treatment of pancreatic cancer; T.C. Chen, K.C. Chiang -- 22. Vitamin D and melanoma; J.A. Newton-Bishop, J.A. Randerson-Moor -- 23. Vitamin D autocrine system and prostate cancer prevention and treatment; T.C. Chen -- 24. Vitamin D and esophageal cancer; H.G. Coleman et al -- 25. Monitoring in vivo immune modulation by vitamin D in multiple sclerosis; A.-H. Muris et al -- Vitamin D in chronic diseases -- 26. Vitamin D and insulin sensitivity; B. Larrick et al -- 27. Vitamin D and diabetes mellitus: where are we?; J. Liu -- 28. Vitamin D and cardiovascular risk: hype or new hope?; J.L. Anderson, J.B. Muhlestein -- 29. Vitamin D and transplantation; M. Courbebaisse et al -- 30. Vitamin D and bone health among people with epilepsy; R.A. Shellhaas et al -- Women and children -- 31. Neonatal effects of enhanced vitamin D and vitamin D for premature infants; H.K. Linke -- 32. Lactation and vitamin D; S.H. Taylor et al -- 33. Vitamin D replacement in pregnant women in developing countries; M.T. Sahu, M. Sahu -- 34. Vitamin D in pregnancy; D. Dror -- 35. Design and rationale of the VITamin D and OmegA-3 Trial (VITAL); S.S. Bassuk, J.E. Manson -- Index -- About the editor.

Sommario/riassunto

Research and clinical application of vitamin D has increased dramatically over the past decade stimulated by novel health promotion discoveries and documentation. This book brings together key researchers with their views focusing on the health promotion role of vitamin D. Such information is vital to clinicians, users of vitamin D supplements of all ages and those interested in public policy. The authors document and define many of the key health related roles of vitamin D. Its traditional application in bone and muscle health as well as therapy of arthritis is expanded and clarified with new research. A better understanding of the effects of vitamin D inadequacy is modelled using problems ranging from infant growth retardation to chronic kidney and periodontal disease. Uniquely the vitamin's role in resistance and treatment of infectious diseases is shown in examples ranging from HIV/AIDS to tuberculosis. Mechanistic understanding of vitamin D's actions is enhanced by looking into its effects on immune modulation and inflammation. Expansion of the role of sunlight in stimulating vitamin D production is discussed relative to the reduction in a variety of cancers. Clearly vitamin D is like a two edged sword with great benefits but also some risks. This book provides carefully defined examples of both situations.
