

# 19<sup>TH</sup> WORLD OBESITY CONGRESS

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### **Vitamin D, diabetes and cardiac mortality: Let the sunshine in**

Vitamin D levels appeared to be lower in diabetes mellitus type-2 patients than in the control groups as today many randomized control trials have shown that diabetes is also a leading cause of cardiovascular disease. Persons with diabetes are at greater risk for early cardiac mortality and for repeated events if they survive their first cardiac event. Recently, low serum concentrations of vitamin D have been associated with increased risk for cardiac events. Persons at risk for diabetes or metabolic syndrome have inadequate serum concentrations of vitamin D. This presentation will assess the evidence relative to the impact of vitamin D in the development of diabetes, metabolic syndrome and diabetes complications. Studies that address vitamin D and its impact on metabolic outcomes as well as possible mechanisms of action are provided. Finally, the assessment and suggested treatment for vitamin D deficiency is addressed. Effective detection and treatment of inadequate vitamin D concentrations in persons with diabetes or those at risk for diabetes may be an easy and cost-effective therapy, which could improve their long-term health outcomes as well as their quality of life.

### **Biography**

Karl J Neeser is currently a Professor at Chulalongkorn University College of Public Health Science, Thailand. He is also the Senior Lecturer at the American Academy of Anti-Aging Medicine A4M. He is an author of multiple scientific papers and is the author and co-author of many health books in the field of health prevention. He also works with scientists from Canada in the field of molecular resonance effect technology and its influence on human physiology. He is one of the Switzerland's leading Anti-Aging Research Scientist and the author of several anti-aging books.

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