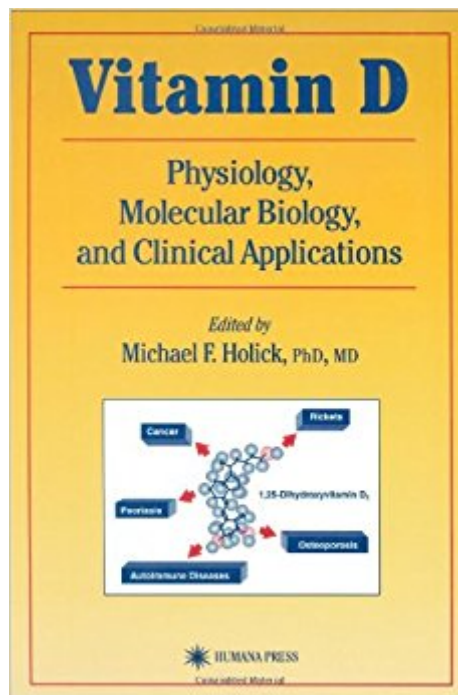




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# Vitamin D: Physiology, Molecular Biology, And Clinical Applications (Nutrition And Health)



## Synopsis

A comprehensive, highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites. Topics range from the most recent recommendations for vitamin D intake to new approaches for the treatment and prevention of vitamin D deficiency and the development of active vitamin D drugs to treat psoriasis and cancer. The book authoritatively reviews the relationship between sunlight exposure, vitamin D, and increased risk of colon and breast cancer; how vitamin D is made in the skin; and the sequence of events that leads to its activation by the kidney. Also examined are the biological functions of 1,25-dihydrovitamin D3 on the intestine and bone, as well as other tissues, such as skin, the immune system, prostate, and breast, and vitamin D's molecular mechanism of action on the cell membrane and nucleus. Vitamin D: Physiology, Molecular Biology, and Clinical Applications will serve as an authoritative day-to-day source for all those health care professionals, internists, dermatologists, house staff, and basic scientists who seek today's clearest understanding of the broad role of vitamin D in human health.

## Book Information

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## Customer Reviews

". . . well organized with an extensive, current bibliography and excellent diagrams, some of which are in color. . . This book will be a useful reference for anyone in the healthcare field. The chapters are focused on individual topics to provide the broadest information. This book would be a valuable addition to many libraries, both individual as well as academic. "-Doody's Health Sciences Book

Review Journal. Winner of one of the 250 Best Health Science Books of 1999! "the editor aptly chose authors with both clinical and research expertise in their respective areas of vitamin D Biology. The chapters are well organized, adequately annotated and current. . . This excellent book clearly has greatest utility as a resource and reference to specialists, but non-specialists could benefit from the chapters on clinical applications. Health professionals involved in setting public health initiatives and policy could gain invaluable insight into future strategies for disease prevention with the possible role of vitamin D supplements and fortification in the prevention and treatment of cancer and other diseases."-The Quarterly Review of Biology " In summary, this is a comprehensive , well-edited volume devoted to the rapidly expanding knowledge on vitamin D. Each chapter is extensively referenced . The book not only provides in-depth information on the far-reaching biological effects of this hormone, but also leaves the reader with many ideas concerning future developments. In view of our aging population, which is prone to develop osteoporosis, autoimmunity and cancer, detailed information on vitamin D in addition to its role in bone formation appears essential. The book is a masterly survey and is recommended as a reference. In addition, it provides fascinating reading."----Retinoids "The editor has assembled an impressive series of contributors who each have dealt with a specific aspect of Vitamin D function...a very comprehensive and quite detailed book, which should serve as a useful reference text for those interested in both clinical and basic aspects of Vitamin D metabolism...Dr. Holick has produced a book which will represent a valuable source of reference material for cell biologists and clinicians alike."-Cell Biology International "This comprehensive, up-to-date book reviews the wide spectrum of vitamin D's biologic functions and clinical applications...This book is a clearly written, well-illustrated, useful resource for dietetics professionals, nutritionists, physicians, other health care professionals, and, in particular researchers/scientists with a specific interest in vitamin D."-Journal of the American Dietetic Association "This book is a comprehensive, highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites. Topics include recent recommendations for vitamin D intake to new approaches for the treatment and prevention of vitamin D deficiency. The book authoritatively reviews the relationship between sunlight exposure, vitamin D, and increased risk of colon and breast cancer." - Lavoisier Librairie

In Vitamin D: Physiology, Molecular Biology, and Clinical Applications, Second Edition, leading researchers provide a comprehensive, highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites. Topics range from the most recent recommendations for vitamin D intake to new approaches for the treatment and prevention of

vitamin D deficiency and the development of active vitamin D drugs to treat psoriasis and cancer. The book demonstrates the significant role that vitamin D has in maintaining good bone health and the prevention of osteoporosis, an important health problem for adults over the age of fifty. In addition, it authoritatively reviews the relationship between sunlight exposure, vitamin D, and increased risk of colon and breast cancer; how vitamin D is made in the skin; and the sequence of events that leads to its activation by the kidney. Also examined are the biological functions of 1,25-dihydrovitamin D3 on the intestine and bone, as well as other tissues, such as skin, the immune system, prostate, and breast, and vitamin D's molecular mechanism of action on the cell membrane and nucleus. The first edition of *Vitamin D: Physiology, Molecular Biology and Clinical Applications* was the benchmark in the field when published in 1999. This new and expanded volume continues to include extensive, in-depth chapters covering the most important aspects of the complex interactions between vitamin D and other dietary components, the ongoing debate concerning the best indicator of optimal vitamin D status and its nutrient requirements, and the impact of less than optimal status on disease risk. *Vitamin D: Physiology, Molecular Biology, and Clinical Applications, Second Edition* is designed and organized not only to be an up-to-date review on the subject, but also to provide medical students, graduate students, health care professionals and even the lay public with a reference source for the most up-to-date information about the vitamin D deficiency pandemic and its clinical implications for health and disease. --This text refers to an alternate Hardcover edition.

I looked forward to this book for over a year as I waited for it to be published. The importance of vitamin D is very significant and I have great respect for Michael Holick. This is an expensive book which unfortunately is only a collection of articles written by a variety of authors. Don't get me wrong, there is a ton of information in this book. However, I am disappointed that more basic data is not available or clearly presented. I thought this would be \*the\* authoritative source for what natural 25-OH-D levels are in humans living under evolutionary natural conditions. This is touched on in a few spots, but there is no summarizing section to organize and present information. Perhaps most disappointing is that this book once again shows us that despite extensive research, we still have only a weak understanding of metabolism. Basic information is still very much lacking (or presented in a manner which leaves out too many important details, making the data impossible to draw solid conclusions from). This is a great book to study, but not a terribly good reference book (too difficult to quickly find the information you are looking for).

This is a technical book on vitamin D. Dr. Holick is a pioneer on this subject. He led the way in this field since 1990s. I came across vitamin D by pure serendipity. I realized how rudimentary was the medical knowledge on vitamin D presented in medical books. Up to this date, this new knowledge has not made it into the curricula of medical schools. Then I came across an article that was published by Dr. Holick in The Lancet "Redefining vitamin D deficiency" in 1998. Since then, I never looked back and this new knowledge on vitamin D changed the way I practice medicine and my patients are grateful for it. In this book, you will learn that vitamin D is not only to enhance bone density, but it is also a vital vitamin to maintain muscle strength, mass (to prevent falls), and that vitamin D has a vital role in preventing most cancers and preventing auto-immune disorders such as type 1 diabetes, multiple sclerosis. A recent study on telomerase has found that vitamin D might even enhance longevity. If you feel tired, and suffer from chronic fatigue, aches and pains, and "everything" has been checked and "normal", it is time your doctor checked 25, hydroxy vitamin D to make sure that your vitamin D is between 32-100 ng/ml and that you are taking adequate vitamin D. This book is written for doctors, clinicians, and researchers. Shirwan Mirza, MD

I was looking for the details of vitamin D actions in the body and I was not disappointed. This book came out in April 2010 and is a wealth of "in the weeds" details about the known and suspected actions of vitamin D. A lot is known and a lot more is yet to be known with precision. The actions of vitamin D are pervasive and are being studied at a dizzying pace, internationally. Dr Holick's book chronicles key areas of interest. After 30 years as a family physician, I couldn't help but to begin employing vitamin D strategies into practice.

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