

VITAMIN D PANEL (VITAMIN D, 25-HYDROXY)

The Vitamin D panel is used to detect if you are deficient in Vitamin D. It has been understood for many years that Vitamin D plays a vital role in the body's ability to maintain strong bones. This fact is related to Vitamin D's regulation of calcium absorption which is vital for bone production and maintenance. Recent studies have also shown a strong link between low Vitamin D levels and the prevalence of many cancers such as breast, pancreatic, prostate and colorectal. While this research is still in the early stages, the results are very compelling.

Vitamin D is known as the "sunshine vitamin," because your skin makes it when you're out in the sun. People who lack daily sun exposure or who use sunblock when outdoors may be deficient in the vitamin. Sunblock is important in the prevention of skin cancer however as little as 15 minutes of sun exposure without sunblock can help you produce adequate Vitamin D levels. It's almost impossible to get adequate amounts from foods, despite fortification of dairy and some soy foods. The best way to know if you're getting enough vitamin D is to have a lab test which measures Vitamin D.

What should I do with my results?

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If any of your results were abnormal or out-of-range:

Your abnormal Vitamin D results could indicate you have either a deficiency or an insufficient amount of Vitamin D. Your physician may recommend supplementing your intake of Vitamin D; however, it is important to discuss your personal test results with your physician to understand the implications of your Vitamin D test results.

If your results were within normal range:

If your Vitamin D lab results were within normal range then it is recommended that you discuss the frequency of Vitamin D testing with your physician. Your physician can best recommend if and when you may require further Vitamin D testing.

