

## The Role of Vitamin D in Dental Implant Success

Vitamin D is crucial for the health of bones and teeth because it allows the body to absorb calcium, the primary element in both structures. If the body does not have enough vitamin D, it cannot absorb new calcium.

Without new calcium the body cannot make new bones or help maintain tooth enamel. This means the body will try to get the calcium it needs from its calcium stores which are the bones themselves. In other words, if one is not getting enough vitamin D the body will begin to dismantle its bones to obtain it.

Since dental implants depend on the body being able to form new bone around the implant one can see how a lack of vitamin D could result in bone growth prevention.

How much difference vitamin D may make for dental implants is yet unknown but animal studies show that it can have a large impact on the integration of titanium implants with bone.

The ISHSKO WELLNESS CENTRE offers testing for vitamin D co-factors, immune modulation and nutritional optimisation prior to tooth extractions & implant work in order to promote healthy bone & integration. The Immune Modulation test is booked with our Autonomic Response Therapist & Michelle O'Donnell after the Vitamin D test results are received back from the laboratory.

## Test Prices

### Vitamin D test - €80

Includes in-house blood spot test, lab postage & discussion with Nutritionalist to calculate daily dosage.

### Immune Modulation test - €180

**one tooth, additional tooth 85 euro** excluding supplement costs

Includes Autonomic Response Testing (A.R.T) to test the full spectrum of co-factors.

## Booking & Enquiries

To make a booking or enquire further about Optimum Vitamin D Levels please contact us at the centre on the details below:

**094 902 2469**

ISHSKO WELLNESS CENTRE  
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ishskoinfo@gmail.com

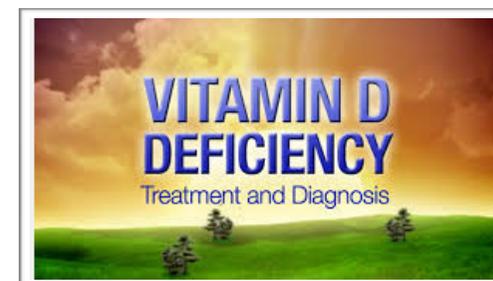
www.ishskowellnesscentre.com

## Consulting your GP

If you have any metal pins, artificial joints, implants or are on any medication please check with your Doctor before scheduling a session.



## Your Optimum Vitamin D Level



**'People living in Ireland DO NOT receive sufficient levels of sunlight to maintain the minimum level of vitamin D in the body. They are strongly advised to test levels and take a professionally calculated dosage of vitamin D with co-factors.'**

**While conventional media and medicine promote sun avoidance and use of sun screen lotions, doing so can actually be detrimental to our health and the cause of vitamin D deficiency.'**

## The Role of Vitamin D in Disease Prevention

A growing body of evidence shows that vitamin D plays a crucial role in disease prevention and maintaining optimal health.

**There are about 30,000 genes in the body and vitamin D affects nearly 3,000 of them, as well as vitamin D receptors located throughout the body.**

According to one large-scale study, optimal vitamin D levels can slash the risk of cancer by as much as 60 percent. Keeping levels optimised can help prevent at least 16 different types of cancer including pancreatic, lung, ovarian, prostate & skin cancer. Moreover, vitamin D can build our defences against cancer by:

- Enhancing the self-destruction of mutated cells which can replicate and cause cancer.
- Slowing down the production and spread of cancer cells.
- Helping in the differentiation of cells (cancer cells are not differentiated).
- Preventing the formation of new blood vessels from pre-existing ones which help to stop the progress of benign tumours turning into cancerous ones.

Vitamin D can also help reduce the risk of other conditions, including type 2 diabetes, chronic inflammation, age-related macular degeneration (the leading cause of blindness) and Alzheimer's disease.

While scientists refer to vitamin D as a vitamin, it is actually a steroid hormone obtained from sun exposure, food sources and supplementation. Common types of vitamin D are vitamin D2 & D3. Compared to D2, vitamin D3 is 87 percent more effective and a preferred form for addressing insufficient levels of vitamin D.

### Vitamin D Co-Factors

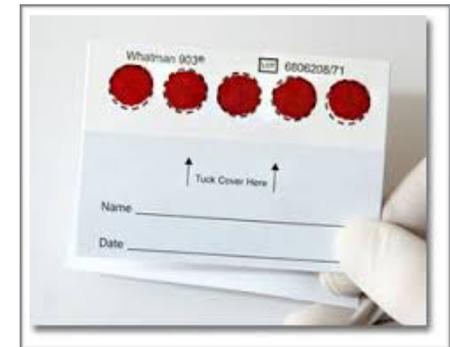
When supplementing vitamin D, it is also important to make sure we are getting the right amount of Calcium & Magnesium. Also Zinc, Boron, vitamin A & vitamin K2. These nutrients work together with vitamin D. Without them vitamin D will not be as effective and may even cause sickness.

25(OH)D Blood levels		
Vitamin D Status	ng/ml	nmol/L
Severely Deficient	0-10	0-25
Deficient	11-20	26-50
Insufficient	21-32	51-81
Adequate	33-49	82-124
<b>Optimum</b>	<b>50-65</b>	<b>125-163</b>
High, but not toxic	66-100	164-250
Toxicity possible	above 100	above 250

**'It is estimated that up to 85 percent of people have insufficient levels of vitamin D and are unaware of the deficiency.'**

### How do I get Tested?

Appointments can be made here at the ISHSKO WELLNESS CENTRE with our Nutritionist Michelle O'Donnell. We use the 25(OH)D test which indicates whether we have the correct levels of vitamin D in the body.



A simple spot blood test is carried out and sent to a laboratory for processing. This takes between 8-10 days for the results to be returned. Michelle converts the values and recommends the correct daily dosage according to the Vitamin D Council.

[www.vitamindcouncil.org](http://www.vitamindcouncil.org)

Re-testing is recommended 6 months after the first test to evaluate whether the dosage has brought the levels of vitamin D into the optimum range.