



To remedy the low vitamin D levels they are seeing, doctors are beginning to recommend supplements to their patients, and more of the vitamin than recommended by national guidelines. That is largely because research over the past decade has increasingly suggested that vitamin D plays a far bigger role in overall health than previously believed.

Aside from its well-known reputation for building and maintaining strong bones, vitamin D could be tied to cancer prevention and cardiovascular health, and some researchers are looking into a connection between vitamin D deficiency and gum disease, said Dr. Mark Ryder, chair of the division of periodontology at the UCSF School of Dentistry.

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