

Vitamin D & Obstetrics

- Improving Pregnancy & Childbirth

Come to the Wellcome Trust Conference Centre on May 17th and meet some of the world's foremost experts in Vitamin D and pregnancy, childbirth and infants

Hear about Level 1 Randomised Controlled Trials where large amounts of Vitamin D have been given to women during pregnancy. This resulted in significant reductions in gestational diabetes, pre-eclampsia and emergency C-sections – and larger, healthier babies.

Hear how a multi-disciplinary team in Birmingham has been working for more than 5 years to implement the UK Healthy Start programme of multi-vitamins for pregnant women and their babies, including their successes and the challenges encountered.

Hear about a large cohort study of the Vitamin D levels in children who were given Vitamin D in the first year of their life and their prevalence of type I diabetes assessed at age 31.

Hear about a recent study looking at Vitamin D levels in children from birth to 12 years of age, plus pregnant and lactating women. The response of these populations to large doses of Vitamin D will be compared to a control group.

Hear about research on the role that Vitamin D plays in many illnesses and especially gestational diabetes, plus toxicity and safe blood serum levels







Participate in an open discussion about new treatment guidelines and protocols

Share your knowledge and clinical experiences

Vitamin D & Obstetrics

– Improving pregnancy & childbirth

- 8:30 Registration
- 09:30 Chairman's opening remarks
Rufus Greenbaum, Vitamin D Project Manager, Systems Biology Laboratory
- 09:35 Vitamin D supplementation during pregnancy & breastfeeding
Results of Randomised Controlled Trials – effectiveness and safety.
Dr Bruce Hollis
- 10:30 UK Overview – Statistics about Vitamin D in the UK
Rufus Greenbaum
- 10:45 Discussion All
- 11:00 Break
- 11:15 Vitamin D supplementation during pregnancy & breastfeeding
Effects on gestational diabetes, plus a review of safe and toxic blood serum levels
Dr Reinhold Vieth
- 11:45 Studies on the effects of Vitamin D in mothers and children, covering pregnancy, birth and later life
Dr Elina Hypponen
- 12:15 Results from Vitamin D tests on a large cohort of pregnant women, breastfeeding mothers and children
Carole Baggerly
- 12:30 Lunch
- 1:30 Birmingham programme to increase the uptake of Healthy Start Vitamins
Eleanor McGee
- 2:00 Current health Policy in the UK
Dr Oliver Gillie
- 2:30 Higher Vitamin D reduces adverse pregnancy outcomes for both mother and baby
Dr William B Grant
- 3:00 Break
- 3:15 Seasonal effects of Vitamin D in young girls and mothers in India
Dr Vandana Jain
- 3:45 Clinical experiences in a UK hospital
Dr David Grimes
- 4:15 Panel Discussion All
- 4:55 Closing Remarks
Mike Fischer - Director, Systems Biology Laboratory
- 5:00 End

	<p>Professor Bruce Hollis is the director of Paediatric Sciences at the Medical University of South Carolina and has studied vitamin D metabolism and nutrition for the past 35 years. He will discuss findings from his recent research on vitamin D supplementation during pregnancy and breastfeeding.</p>
	<p>Dr Reinhold Vieth is Professor in the Department of Nutritional Sciences, and the Department of Laboratory Medicine and Pathology, University of Toronto. He is an internationally recognized expert on the clinical nutrition of vitamin D as well as its pharmacology and safety. His research has followed vitamin D from the basic science lab to bone health and osteoporosis and cancer. His current focus includes the role of vitamin D deficiency in gestational diabetes and multiple sclerosis, including clinical trials of vitamin D treatment.</p>
	<p>Dr Elina Hyppönen is a Reader in Epidemiology and Public Health at the UCL Institute of Child Health. She has an interdisciplinary academic training, with degrees in epidemiology, medical statistics, nutrition and public health. She is an author for over 50 high profile publications/book chapters, and currently runs several large projects with focus on evaluating short- and long-term health effects of vitamin D.</p>
	<p>Carole Baggerly set up www.GrassRootsHealth.net after she met with researchers in the University of California, San Diego and discovered the significant role that Vitamin D plays in the prevention and treatment of many illnesses. This presentation will address the findings from a subset of the study population, children in the birth-12 years of age population and pregnant and lactating women. The dose-response curves of these populations will be compared to the total group of 3500.</p>
	<p>Eleanor McGee is the public health nutrition lead at Birmingham Community Healthcare NHS Trust, running the UK Healthy Start Vitamin D project. They are offering all pregnant women, new mothers with a child under one and children under four-years-old free vitamins for the first time ever.</p>
	<p>Dr Oliver Gillie is a scientist and writer. He is former medical correspondent of The Sunday Times and former health editor of The Independent. His work over the last eight years has been to pass on information about vitamin D insufficiency to scientists, doctors, and journalists and to lobby government and organisations such as Cancer Research UK for a rational evidence-based public health policy on sunlight and Vitamin D. More at: www.healthresearchforum.org.uk</p>
	<p>Dr William B Grant runs the Sunlight, Nutrition and Health Research Center www.sunarc.org This is devoted to research and education relating to the prevention of chronic disease through changes in diet and lifestyle. Dr Grant has identified 100 types of disease for which vitamin D reduces risk. He will talk about the estimated health benefit of increased vitamin D status and how it reduces the economic burden of disease in Western Europe.</p>
	<p>Dr Vandana Jain will speak about the high prevalence of Vitamin D deficiency and secondary hyperparathyroidism among healthy term breastfed 3 month-old infants and their mothers in sunny India. She will also review Vitamin D deficiency in adolescent girls, pregnant women and small for gestational age infants, plus the role of Vitamin D deficiency in infant hypocalcemic seizures, florid rickets and cardiomyopathy.</p>
	<p>Dr David Grimes is a consultant Gastroenterologist at Blackburn Hospital in the UK. In his book Vitamin D and cholesterol – the importance of the sun he writes about treating many immigrants from South Asia to the UK and their children. He shows the importance of Vitamin D for the developing foetus and the implications for infections, diabetes, heart disease, liver disease and Crohn's disease. You can see more at: www.vitamindandcholesterol.com</p>

Vitamin D Association

The Vitamin D Association is working to help solve many health problems where lack of sunlight, and therefore lack of Vitamin D, is implicated.

More at: www.vitamindassociation.org

Booking Arrangements

To book places, please use the online booking form at:

www.vitamindassociation.org/events

Cost, including refreshments and PDF copy of the presentations is:

	Standard	Concessions	Students
Early booking, before May 12 th	£199	£ 80	£40
May 13 th onwards	£249	£100	£50
	(All plus VAT)		

Purchase Orders will be accepted provided a copy is received before the event.

Please contact: info@vitamindassociation.org or telephone: +44 (0) 20 3286 1284

Video recordings of the sessions will be made available approximately 30 days after the event. The cost of these will be £49 plus VAT

Concessionary rates for small charities, students, unfunded individuals and those in similar circumstances are available. If you find the charge for tickets a barrier to attending, please let us know and we will do our best to see if you can be included.

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Location

Vitamin D & Obstetrics – Improving Pregnancy & Childbirth will be held in the main lecture theatre of the Wellcome Trust Conference Centre in London

CPD certified

This event is CPD certified



Other Events

Other events are in planning

More information at: www.vitamindassociation.org/events

Vitamin D & Obstetrics – Improving Pregnancy & Childbirth

Vitamin D and its critical role in pregnancy, infancy and childhood will be discussed at a high-level conference on May 17, 2011 at the Wellcome Centre in London, UK.

(more at: www.vitamindassociation.org/events)

Speakers include some of the world's leading researchers on vitamin D deficiency in infants and children.

Professor Bruce Hollis will discuss findings from his recent research on vitamin D supplementation during pregnancy and breastfeeding. He is the director of Paediatric Sciences at the Medical University of South Carolina and has studied vitamin D metabolism and nutrition for the past 35 years. He has published significant scientific papers on the biomarkers of Vitamin D in the body as they relate to a number of illnesses and has co-authored a book with Dr Carol L. Wagner & Dr Sarah N. Taylor, published in June 2010: **New Insights into Vitamin D During Pregnancy, Lactation & Early Infancy**

Professor Reinhold Vieth is Professor of Nutritional Sciences and Laboratory Medicine and Pathobiology at the Mount Sinai Hospital in Toronto, Canada. His current research focuses on the roles played by vitamin D in many illnesses and especially gestational diabetes, plus toxicity and safe blood serum levels.

Professor Hollis and Professor Vieth will release findings of their recent work on what mothers and health professionals need to know about vitamin D – information that they hope will help clarify new guidelines for safe sun exposure, supplementation and suitable dietary sources of vitamin D.

Dr Elina Hyponen is Reader in Epidemiology and Public Health at the MRC Centre for Child Health in London. She will talk about her studies on the effects of Vitamin D in mothers and children during pregnancy, birth and in later life.

Carole Baggerly set up Grass Roots Health after she met with researchers in the University of California, San Diego and discovered the significant role that Vitamin D plays in the prevention and treatment of many illnesses. She has recently set up a number of Community Health projects in the USA which takes advice from expert doctors about Vitamin D and delivers it to both Health professionals and the public.

Eleanor McGee will talk about the work being in done, and the challenges encountered, in the community in Birmingham, UK to try and solve the deficiency of Vitamin D in mothers, babies and children. She chairs a working group that pulls together representatives from Public Health, Paediatric Endocrinology, Community Paediatrics, Community Dietetics, Health Visiting, Midwifery, General Practice, Pharmacy and Patient Involvement.

Dr Oliver Gillie will talk about current Public health policy in the UK

Dr William B Grant of the Sunlight, Nutrition And Health Research Center in San Francisco will talk about reducing the burden of disease through adequate intake of Vitamin D and the epidemiologic evidence for supporting the role of maternal Vitamin D deficiency as the major risk factor for a number of infant illnesses.

Dr Vandana Jain will talk about the high prevalence of vitamin D deficiency and secondary hyperparathyroidism among healthy term breastfed 3 month-old infants and their mothers in sunny India. She will also present a brief review of data regarding vitamin D deficiency in adolescent girls, pregnant women and small for gestational age infants, plus the effects vitamin D deficiency in infant hypocalcemic seizures, florid rickets and cardiomyopathy.

Dr David Grimes will give an overview of the work that he is doing in Blackburn Hospital and his experiences in spreading his messages to General Practitioners in Manchester and North-West England area. He is the author of a book: **Vitamin D & Cholesterol - the importance of the sun**

Vitamin D is a hormone that regulates more than a tenth of human genes and plays a key role in skeletal health as well as ensuring that cells throughout the body function. The sun is the primary source. Vitamin D deficiency is associated with osteoporosis, some cancers, multiple sclerosis, diabetes, insulin resistance, hypertension, heart disease, respiratory infections, muscle weakness, mood and cognitive function plus infectious diseases such as influenza.

There is strong evidence that higher levels of Vitamin D lead to easier conception, easier pregnancy, less gestational diabetes, less pre-eclampsia, reduced risk of emergency C-sections and an easier delivery, followed by less depression in the mother and a larger, healthier baby. There is also evidence that the risk of Type-1 Diabetes in the child is reduced and that the child will have stronger bones and teeth.

The re-emergence of childhood rickets in the UK has recently highlighted concerns about vitamin D deficiency. It is only recently that there has been any acknowledgement that mothers and babies could both be vitamin D deficient. Unlike North America, the UK does not have any significant fortification of the food supply with Vitamin D.

As the population becomes more compliant with messages about "sun safety", and as lifestyles become more sedentary and less time is spent outdoors, it is not surprising to see vitamin D levels dropping across the population. In some circles there is talk of a world-wide epidemic of vitamin D deficiency.

Come and hear some of the world's most foremost experts in this subject report on their research and their recommendations.

There will be ample time for discussion, where you can share your clinical experiences, review current UK guidelines and protocols, and discuss public policy.

You can see more at: www.vitamindassociation.org/events

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