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Been reading a bit about the lung-health promoting properties of Vit. D. Feel fortunate to be fully retired in Texas which affords plenty of "D" with zero reliance on supplements. Don Many readers of The New York Times and Wall Street Journal yesterday were confused when a Times headline said, "Report Questions Need for 2 Diet Supplements," while the Journal's headline read, "Triple that Vitamin D Intake." However, despite drastically different headlines, both articles reported on the new Institute of Medicine (IOM) report that, for the first time in 13 years, issued new guidelines for vitamin D. Why the drastically different takes? Well, it is true that the IOM tripled the recommendations for vitamin D, moving the requirement from 200 IUs to 600 IUs. However, many experts have been advising much more, in the range of 800 to 1,000 IUs per day, an amount you can only get by popping a pill. Vitamin D is actually a hormone that is involved in the regulation of nearly 2,000 genes. A mountain of research over the past decade has linked higher blood amounts with a lower risk of many diseases, including cancer, heart disease, autoimmune disorders, infectious diseases (like flu and colds), and type 2 diabetes. In the literature, higher levels have been described as a blood concentration above 30 nanograms per millileter, and using this cutoff, most people fall short. But after reviewing the evidence, the IOM panelists found that a cutoff above 20 nanograms per millileter is sufficient, and using this figure, most people are meeting their needs. As for those studies linking higher levels of vitamin D to a host of health boosts, the IOM panelists said that based on their systematic review of the science, there isn't sufficient evidence to support the fact that consuming more than 600 IUs per day will further protect you from disease. For now, getting 600 IUs of vitamin D through fortified foods and supplements seems a safe route. If you've been taking more, check with your doctor for personalized advice. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io My Lung Surgery, Sept. 2015 I went to the cardiologist for my yearly check up. I have a leaky valve that we kept a watch on. During the visit I mentioned to my doctor that I had been having strong night sweats and could wring out my hair. He quizzed me and strongly insisted I get a chest X-ray ASAP so I did. I was a smoker so I usually had a chest X-ray every two years (so there was a base) and they found a spot in the lower 3rd lobe of my right lung. Then I had a CT scan and it was still there so I had to find a thoracic surgeon. He sent me for a PET scan and it was positive for cancer. Thirty-five days after seeing my cardiologist I had a right lobectomy. Even though the news threw me for a loop, I did go into surgery with a good positive outlook, and faith in my doctors, and the hospital. I was not as scared of the surgery as I was of telling family and friends. That meant that it was real. The next fear was of likely facing either chemo/ radiation. I was very fortunate that because of early detection the malignancy was stage one, and easily removed. I was cancer free! No further treatment necessary was the very best news possible. Six days after the surgery, even with everything going so well, I had an embolism and an afib attack which occasionally happens after lung surgery. Not every surgery goes as well as mine so I guess I had to have something to talk about. The recovery was not exactly a breeze, but it was doable and not as tough as I thought it would be. Of course there were those days. They passed. I am so very grateful for having such good support from doctors, hospital staff and of course family and friends. With early detection and a positive attitude outcomes like mine are more and more the norm. And yes, I have quit smoking! Show Your tax-deductible donation funds lung disease and lung cancer research, new treatments, lung health education, and more. Make a Donation Join over 700,000 people who receive the latest news about lung health, including COVID-19, research, air quality, inspiring stories and resources. Thank you! You will now receive email updates from the American Lung Association. No upcoming events near you I have exercise induced asthma exacerbated by heat. I suspect probably have asthma because my mom smoked her entire pregnancy. Therefore, when I became old enough I chose NEVER to smoke. Once I was a mom with a healthy baby girl, I could see how I made the right choice. I am also a respiratory therapist student with a career goal of education and prevention of lung disease. Show Your tax-deductible donation funds lung disease and lung cancer research, new treatments, lung health education, and more. Make a Donation Join over 700,000 people who receive the latest news about lung health, including COVID-19, research, air quality, inspiring stories and resources. Thank you! You will now receive email updates from the American Lung Association. No upcoming events near you dñh. dantri. discord. drive. dien may xanh. dự báo thời tiết. domino pizza. dịch covid

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