

Let's Talk About Teeth

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D FOR DENTAL HEALTH

Recent research has found that vitamin D confers more health benefits than was once thought. The most recent finding shows that babies born to mothers with low vitamin D levels may be at increased risk for tooth enamel defects and early childhood decay. This is important because researchers found that only 10.5 % of the women studied during their second trimester of pregnancy had adequate vitamin D levels. With this study in mind, women of childbearing age may want to be sure that they are eating foods that are rich in nutrients, including vitamin D. If necessary, supplemental vitamins/minerals may be considered. Vitamin D is necessary for the intestines to absorb dietary calcium. Vitamin D comes from food and is also produced by the skin upon exposure to sunlight.

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