

Soundbite script – The link between vitamin D supplements and high blood pressure in older people

Dipti Sabharwal, family practice physician, OSF HealthCare

"The main role of vitamin D is it helps with calcium homeostasis. So that's maintaining your calcium levels in the body. Calcium has many roles. It helps contract your blood vessels, and then it helps relax them as well. If we have normal amounts of vitamin D, then the calcium is working well, so the muscles can continue working normally." (:23)

Dipti Sabharwal, family practice physician, OSF HealthCare

"So very commonly, we use it for patients who have seasonal affective disorder or depression, especially during the winter months. We give them photo therapy or light therapy to help with the vitamin D levels in the body, and that has also shown to help with depression." (:16)

Dipti Sabharwal, family practice physician, OSF HealthCare

"If you have a lot of calcium, it can increase the risk of kidney stones. It can cause constipation and belly pain. Those are some common side effects." (:10)

Dipti Sabharwal, family practice physician, OSF HealthCare

One thing to keep in mind is that vitamin D supplements alone are not going to help lower blood pressure. It's really exercise and diet. Those are the two things that someone can do on their own to help lower blood pressure naturally." (:12)