

Why vitamin D matters during cancer treatment (Broadcast)

INTRO:

VITAMIN D MAY BE BEST KNOWN FOR KEEPING BONES STRONG... BUT IT CAN ALSO PLAY AN IMPORTANT ROLE IN SUPPORTING THE BODY DURING CANCER TREATMENT.

TAKE VO

UNDERSTANDING YOUR VITAMIN D LEVELS IS ONE OF THE FIRST STEPS IN SUPPORTING YOUR OVERALL HEALTH DURING TREATMENT. VITAMIN D IS A FAT-SOLUBLE VITAMIN WHICH SUPPORTS BONE HEALTH... IMMUNE FUNCTION AND RECOVERY... MAKING IT A CRUCIAL PART OF CANCER CARE.

THERE ARE TWO FORMS OF VITAMIN D: D2 AND D3. JEANNA BROUWER... AN OUTPATIENT ONCOLOGY DIETITIAN WITH OSF HEALTHCARE CANCER INSTITUTE... SAYS OUR BODIES UTILIZE VITAMIN D3 MORE EFFICIENTLY THAN D2. VITAMIN D3 IS NATURALLY FOUND IN ANIMAL-BASED FOODS... INCLUDING FATTY FISH.

TAKE SOT | JEANNA BROUWER | OUTPATIENT ONCOLOGY DIETITIAN | OSF HEALTHCARE CANCER INSTITUTE

"When we're deficient, our body isn't functioning to the ideal level that we need it to," Brouwer says. "We don't have the ideal immune system that can help us during cancer treatment. So, if we're deficient, we want to start there and bring it up to a healthy level."

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FOR SOME PEOPLE... SUPPLEMENTATION BECOMES EVEN MORE IMPORTANT DEPENDING ON THEIR DIAGNOSIS AND TREATMENT PLAN. SPECIFICALLY... PEOPLE GOING THROUGH A-D-T THERAPY AFTER A PROSTATE CANCER DIAGNOSIS... WILL OFTENTIMES BE RECOMMENDED TO TAKE VITAMIN D SUPPLEMENTS.

HOWEVER – IT'S ALWAYS IMPORTANT TO TALK OVER ANY SUPPLEMENTATION WITH YOUR MEDICAL CARE TEAM FIRST.