



HOW IS VITAMIN D INVOLVED IN PREVENTING CHILDHOOD DIABETES?

The full answer is not yet available. A very large study showed Vitamin D supplementation in infants during the first year of life resulted in lifelong protection from Type 1 (Childhood) Diabetes. Also, children who are newly diagnosed with Childhood Diabetes are more likely than their peers to be Vitamin D deficient.

Childhood Diabetes is likely to be triggered by a viral infection in genetically susceptible children. Possibly, Vitamin D modulates the immune system so that it doesn't overreact to the virus and cause destruction to the cells in the pancreas that make insulin. Another possibility is that susceptibility to Childhood Diabetes may involve a variant in the Vitamin D receptor that becomes less of a problem if there are sufficient levels of Vitamin D. New research is rapidly emerging but it appears that optimal Vitamin D levels protect children from developing Childhood Diabetes.