

# HALIFAX Vitamin D

## Disease Prevention Symposium

REDUCE  
FLU  
BY  
60%

REDUCE  
BREAST CANCER  
BY  
75%

The Halifax Vitamin D – Disease Prevention Symposium is a **FREE** event designed to help educate healthcare professionals and raise awareness about Vitamin D (The Sunshine Vitamin) and its many benefits related to health and wellness. Learn from top Vitamin D researcher, Dr. Robert Heaney, Professor of Medicine, Creighton University and author of over 400 original papers.

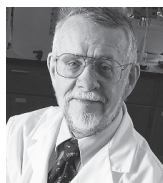
The WHO has established that non-communicable diseases (NCDs) are the leading cause of death in the world, and the majority of these deaths are attributed to cardiovascular diseases, cancer, chronic respiratory diseases and diabetes. These are the exact diseases that respond so dramatically to optimal Vitamin D levels.

It's time to consider new innovative solutions and take action. "Vitamin D may represent the single most cost effective medical intervention we have today", Dr. Greg Plotnikoff.

**Fact:** Nova Scotia has the highest rate of cancer in Canada and one of the lowest levels of Vitamin D producing sunshine in the summer.

**Fact:** Optimal Vitamin D levels could prevent 18,000 women (75%) from getting breast cancer and could prevent 15,000 men and women (67%) from getting colon cancer, in Canada.

### FEATURING:



**Dr. Robert P. Heaney, M.D.**  
Professor of Medicine, Creighton University, Omaha, NE. World Leading Vitamin D Researcher, and author of over 400 original papers.



**Carole A. Baggerly**  
Breast cancer survivor and director of Grassrootshealth.net, a public organization exclusively dedicated to increasing awareness of Vitamin D benefits, especially breast cancer reduction.

**Fact:** 10% of pregnant women are affected by complications (infections, pre-term labour, preeclampsia) and approximately 50% of those could be prevented with optimal Vitamin D levels.

**Fact:** Maintaining Vitamin D levels in the range of 100-150 nmol/L has been linked to reducing the risk of Asthma, Upper Respiratory Infections, Dental Caries and Type 1 Diabetes in children, Heart Disease, High Blood Pressure, Breast Cancer, Prostate Cancer, Colon Cancer, Osteoporosis, Multiple Sclerosis, Colds, Flus in the population.

**When:** Wednesday March 21<sup>st</sup>, 7pm – 10pm

**Where:** Dentistry Building  
Room 3156  
5981 University Avenue  
Halifax, NS

**RSVP:** [vitdsym@gmail.com](mailto:vitdsym@gmail.com) subject "register" and list your name and title in the email. Or find us on [facebook.com/CanadaVitaminDSymposium](https://www.facebook.com/CanadaVitaminDSymposium) to register for the **FREE** event.



**Dr. Marc Sorenson, EdD**  
Founder of the Sunlight Institute ([www.sunlightinstitute.org](http://www.sunlightinstitute.org)) and author of "Vitamin D3 and Solar Power for Optimal Health".



**Dr. Carol Wagner, M.D.**  
Professor of Pediatrics, Division of Neonatology in the Department of Pediatrics, Medical University of South Carolina, Charleston, SC, USA. Board-certified in Neonatal-Perinatal Medicine. Active translational researcher in the area of Vitamin D and human milk.

Donations gratefully accepted on behalf of GrassrootsHealth for the fight against Vitamin D deficiency in Canada.