

Zeit für gute Vorsorge ...



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## Target values for vitamin D therapy

For familial diseases with vitamin deficiency:	Target 75 nmol/l
Otherwise :	Target 50 nmol/l
Overdose:	ex 150 nmol/l

### familial diseases with vitamin deficiency are:

- Breast, intestinal or prostate cancer
- High blood pressure, cardiovascular disease Diabetes
- Osteoporosis
- Auto-immune diseases (also rheumatism) and other

### Balanced vitamin D therapy:

- Therapy/dosage in coordination with the season:  
Daylight Summer time: April to September
- Winter time: October to March

Vitamin D therapy always with calcium intake (e.g. for the prevention of kidney stones)