

UPDATE ON COVID-19 September 2020

By

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I would like to complement everyone for successful social distancing, forming social bubbles, and using personal protection equipment correctly to lower the incidence of COVID-19 pandemic in Orange county. Governor Newsome has taken Orange county off the COVID-19 watch list!

In May, I wrote an article on the importance of using Vitamin D3 supplementation to improve survivability from the COVID-19 infection. I reported that those with vitamin D deficiency have higher risk of mortality from COVID-19 which causes the inflammation of the arteries. A randomized, clinical controlled study published in the Journal of Steroid Biochemistry and Molecular Biology, showed that the participants who received vitamin D3 supplementation did much better than the control group that did not receive any. Of those people in the control group (those who did not get the vitamin), all were admitted to the ICU and 2 died. Of the group that did get the vitamin, only one was admitted to the ICU and all were discharged without complication or death from the virus. There is IV remdesivir and dexamethasone effective treatment for the severe COVID19 infected ICU patients, Vitamin D3 seems to reduce/prevent the inflammatory complications. Those with the deficient levels of vitamin D also have a higher risk of developing cardiovascular disease, age related brain disease, osteoporosis, and autoimmune disease. The daily recommended dosage of vitamin D3 is 2000 international units daily. Vitamin D rich foods include salmon, mushrooms, tofu, egg yolk, and vitamin D2 enriched milk. However, vitamin D2 in the diet has to be activated in the skin by the sun which increases the risk of skin cancer. It is easier to take the vitamin D3 gel cap once daily.

Your family physician would be the best person to advise you on the amount of vitamin D3 that's best for you.