

Increasing Vitamin D Levels May Cut Heart Disease Risk.

The [Los Angeles Times](#) (3/16, Roan) reports, "Raising the amount of vitamin D in the blood appears to help some people -- at least those deficient in the vitamin -- reduce their risk of heart disease by about 30%," according to research presented at the American College of Cardiology annual meeting. In the past, "researchers have been uncomfortable randomizing people with low vitamin D into a group that...does not" receive treatment, because deficiency "can contribute to weaker bones and" has "been associated with increased risks of several diseases, including several types of cancer."

The [Salt Lake Tribune](#) (3/16, May) reports that researchers reported that "patients who increased their vitamin D levels to 43 nanograms per milliliter of blood or higher reduced their risks of the chronic diseases." Currently, 30 nanograms is "considered 'normal.'"

Meanwhile, researchers also found that "patients who raised their vitamin D levels were 33% less likely to have a heart attack, 20% less likely to develop heart failure, and 30% less likely to die between" visits to their physician, [WebMD](#) (3/15, Laino) reported. [HealthDay](#) (3/15, Dotinga) also covered the story.