

It All Begins with Vitamin D

written by Eugene L. Heyden, RN. | September 12, 2018



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Last fall I was invited to be the lead author of a “scholarly” paper discussing vitamin D and reproductive issues, for possible acceptance by a major research publication. Writing in “scholarly mode” is not what I’m used to. I’m used to fun! Well, fun doesn’t cut it for the scientific and health care community. Since I did not want this opportunity to pass, I eagerly accepted the challenge, put on my scholarly hat, and began reading tons of papers and writing thousands of words. The first draft took a

number of weeks, and with the invaluable contributions of my co-author, and a going back and forth many times between us to get things right, a finished product emerged several weeks later. The article was submitted to and accepted by [Journal of Steroid Biochemistry and Molecular Biology](#), under the title ***Vitamin D: Effects on human reproduction, pregnancy, and fetal well-being***. About 8 months later, it is now in print. I am, understandably, thrilled. “*Congratulations, Gene!*” (I said this to myself repeatedly, and still do.) Would you like to read the article? You can. A link will be provided momentarily.

Now about my co-author: He is an impressive gentleman. You can meet him by following this link: <https://www.visualcv.com/sunil-wimalawansa-md-phd-mba>. He is a Former Chief of Endocrinology, Metabolism & Nutrition and Professor of Medicine, and served in this capacity for over 20 years. He also served for several years as Professor and Chief of Endocrinology at Robert Wood Johnson Medical School, New Brunswick, New Jersey. He is also the President & Chair, Board of Directors of several non-profit organization. There are more achievements I could mention here, a lot more, but we don't have all day. Dr. Wimalawansa has authored or co-authored several hundred research publications. A partial list of his publications appears here: [Dr. Sunil J. Wimalawansa \(0000-0003-1096-8595\) \(orcid.org\)](#). Apparently, he never sleeps.

Back to the article in question. This article tells the story of the crucial role vitamin D plays in the very beginnings of life—fertilization, implantation, normal placental development, and proper fetal development. Of course, maternal vitamin D deficiency threatens all this, and can lead to infertility, pregnancy loss, preeclampsia, and abnormal fetal well-being. The negative effects of maternal vitamin D deficiency may extend beyond birth. Autism serving as an example.

You may be a little afraid of a “scholarly” research paper. But you don't need to be, at least not this one. It is *easy* to read. I think you will enjoy it and find it well worthwhile. To read, click here: [***Vitamin D: Effects on human reproduction, pregnancy, and fetal well-being***](#). Unfortunately, this article is not available free of charge. However, my co-author and I wrote a similar article (just for you) that is available without cost. Check it out! [Vitamin D Deficiency-Related Reproductive Consequences](#).

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