

Are You Getting Enough? Empowering Health with Vitamin D

November 1st - Symposium Program



Celebrating International Vitamin D Day

The overarching goal is to help make all Canadians Vitamin D sufficient through improved understanding of Vitamin D and companion nutrients as provided from experts in the field.

Nov 1, 2024 - Online Only (Pre-Registration Required)
Nov 2, 2024 - In-Person Only Blenheim (Chatham-Kent), Ontario

Scan to Learn More and to Register



Nov 1st online event



Nov 2nd in-person event

Learning Objectives of the Symposium

1. Learners will increase their knowledge of Vitamin D in health and wellbeing
2. Learners will understand the importance of Vitamin D testing using various analytical methods
3. Learners will appreciate the clinical applications of Vitamin D
4. Learners will recognize the populations at special risk of Vitamin D deficiency
5. Learners will gain knowledge of the interdependence of Vitamin D with other nutrients
6. Learners will understand Vitamin D sufficiency and its non-calcemic roles in regulating immune function

Continuing Education Credits may be available.

Vitamin D Task Force and Organizing Committee

Members:

Chair: Dr. Bonnie Mallard (Immunologist, Professor UoGuelph, Dept. Pathobiology)
bmallard@uoguelph.ca

Co-Chair: Dr. Kanji Najatsu (Pharmacologist, Emeritus Professor Queen's University)
nakatsuk@queensu.ca

- *Dr. Gerry Schwalfenberg* (MD, Adjunct Prof UoAlberta, Long-time Vit D advocate)
 - *Dr. Linda Rapson* (MD, Pain Clinics in Toronto, Long-time Vit D advocate)
 - *Dr. Reinhold Vieth* (Vit D Expert, Emeritus Professor, Faculty of Medicine, UoT)
 - *Dr. Aileen Burford-Mason* (Immunologist and Vit D Expert, retired Professor, UoT)
 - *Dr. Phil Britz-McKibbin* (Chemist, Mass Spec Expert, Professor McMaster)
 - *Dr. Niel Karrow* (Immunotoxicology and immunogenetics, Professor UoG)
 - *Dr. Armen Charchoglyan* (Biotechnologist, Mass Spec Expert, UoG)
 - *Dr. James Lunney* (Chiropractor, Former MP in BC, Long-time Vit D Advocate)
 - *Dr. Sha'alah Ivory* (PhD-Business and Law, Editor-in-residence, former Ont Midwife)
 - *Susan Beth Martin* – (Ontario Pharmacist)
 - *Shelly Chruscik* (Registered Nurse, Ontario)
 - *Joan Huigenbos* – (Organizational support)
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Symposium Program:

List of confirmed speakers and timetable (9am-5:30pm) may vary slightly on day of event.

Morning Session. Moderator - Dr. Mallard (Professor of Immunology and Immunogenetics, UoGuelph)

1. Dr. Reinhold Vieth: Professor, University of Toronto Faculty of Medicine. Title - *TBA*. Topic – Dr. Vieth will kick off the conference with a keynote address and provide background on the role of vitamin D in health.

9am-9:45 with 15 minutes for questions.

2. Dr. Phil Britz-McKibbin: Professor, McMaster University, Department of Chemistry and Chemical Biology. Title - *Rapid normalization of Vitamin D3 deficiency in critically ill children: Insights into precision nutrition*. Current Research and Clinical Trials on Vitamin D.

10-10:20am with 10 minutes for questions

Zoom Morning Break (Student Posters 10:30-10:50am)

3. Dr. Gerry Schwalfenberg: Edmonton Family Physician and Adjunct Professor UoAlberta. Title - *Vitamin D through the Life Cycle*. Vit D from clinical MD perspective of 40 years

10:50-11:10am with 10 minutes for questions.

4. Dr. Niel Karrow: Professor, UoGuelph, Department Anim. BioSci.

Title - *Genetic and epigenetic variants that predetermine individual Vitamin D status*. Insights into the genetic and epigenetic regulation of Vitamin D.

11:20-11:40am with 10 minutes for questions (May be recorded.)

Zoom Lunch Break (Student posters 12:00-1:00pm)

Afternoon Session. Select either Workshop 1 or 2

Workshop 1 Breakout Room – An Immunological Perspective

Moderator Dr. Nakatsu (Professor Emeritus, Pharmacology, Queen's University)

1. Dr. Byram Bridle: Associate Professor of Viral Immunology and Cancer Biology, UoGuelph. Title - *The Immune System, Cancer and Vitamin D*.

1-1:30pm with 15 minutes for questions

2. Dr. Linda Rapson: Toronto Physician, UoT Assistant Professor. Title - *Vitamin D and Pain*. The role of Vitamin D and other nutrients in pain management.

1:45-2:15pm with 30 minutes for questions

Workshop 2 Breakout Room – A Clinical Perspective

Moderator Dr. Swalfenberg (MD) and/or Dr. Mallard (University of Guelph)

1. Dr. Armen Charchoglyan: Biotechnologist, Dept Molecular Biology and Genetics, UoGuelph. Title - *Measuring Vitamin D using Mass Spectrophotometry, ELISA, and Lateral Flow Assay: Which Test to Use and When*. How to accurately measure Vitamin D with a brief demo on measuring Vitamin D at home or in-clinic.

1:00-1:30 with 15 minutes for questions

2. Dr. Aileen Burford Mason: Immunologist and Orthomolecular Nutritionist. Title – *To Test or Not to Test: Current Controversies and Recommendations on Vitamin D Testing*.

1:45-2:15 with 15 minutes for questions

2:15-3:00pm discussion with Drs. Charchoglyan, Burford-Mason and Swalfenberg

Zoom Afternoon Break (Student Posters 3:00 – 3:45pm)

Final Afternoon Key Note Talk

Dr. Michael Holick (MD, PhD): *Title-TBA. Proposed Topic - A Global Perspective on Vitamin D: Past, Present and Future Challenges*.

3:45-4:30pm with 15 minutes for questions

Afternoon Panel Discussion.

4:45pm – 5:30pm

Closing Remarks Professor Mallard

5:30pm

