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Elsevier's *Maturitas* Publishes Position Statement on the Role of Vitamin D in Postmenopausal Women

Amsterdam, January 25, 2012 – [Elsevier](#), a world-leading provider of scientific, technical and medical information products and services, announced today the publication of a position statement by the European Menopause and Andropause Society (EMAS) in journal [Maturitas](#) on the role of vitamin D in postmenopausal women with summary recommendations.

Vitamin D deficiency is common and may affect up to 70% of Europeans. It is classified as a public health issue as it can contribute to many diseases especially osteoporosis. EMAS has risen to the challenge of increasing awareness of vitamin D deficiency to women and health professionals. The position statement describes the implications of vitamin D deficiency and provides clear recommendations on why and how adequate levels should be maintained.

Osteoporosis is a common condition in postmenopausal women leading to bone fractures. However there is now evidence that vitamin D deficiency is also associated with other medical conditions also important in older women. These include cardiovascular disease, diabetes, cancer, infections and neurodegenerative disease. The major natural source of vitamin D is cutaneous synthesis through exposure to sunlight with a small amounts also coming from the diet in animal-based foods such as fatty fish, eggs and milk. Levels of vitamin D are lower in those with poor sun exposure and in the winter. Obesity, malabsorption syndromes and certain medications (e.g. anticonvulsants, antiretrovirals) can also lower vitamin D levels. Regular sunlight exposure (without sunscreens) for 15 minutes, 3-4 times a week, in the middle of the day in summer can generate healthy levels. Supplements of vitamin D are recommended for those women who cannot obtain the required quantity through sun exposure and diet. The recommended daily allowance is 600 IU/day increasing to 800IU/day for those aged 71 years and older.

These and other recommendations presented in the EMAS position statement are published in article: "Vitamin D and postmenopausal health" by Faustino R. Pérez-López, Marc Brincat, C. Tamer Erel, Florence Tremollieres, Marco Gambacciani, Irene Lambinoudaki, Mette H. Moeng, Karin Schenck-Gustafsson, Svetlana Vujovic, Serge Rozenberg, Margaret Ree (doi:10.1016/j.maturitas.2011.11.002). The article appears in *Maturitas* Volume 71, Issue 1 (January 2012) published by Elsevier.

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About European Menopause and Andropause Society (EMAS)

The European Menopause and Andropause Society (EMAS) is an international society that promotes the study and dissemination of research into all aspects of midlife health and beyond in both men and women. Through its activities, EMAS aims to guarantee and provide the same standard of education and information throughout Europe on postreproductive health in both genders. The statutes of EMAS have been submitted to and accepted by the Swiss Authorities and the Society is now acknowledged by the Swiss Government and the International Menopause Society as the official Regional European Menopause Society. EMAS also belongs to the Council of affiliated Menopause Societies (CAMS) of the International Menopause Society (IMS). For more information go to: <http://www.emas-online.org/Pages/home.aspx>

About *Maturitas*

Maturitas is an international multidisciplinary peer reviewed scientific journal of midlife health and beyond, publishing original research, reviews, consensus statements and guidelines. The scope

encompasses all aspects of postreproductive health in both genders ranging from basic science to health and social care.

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