

Free Seminar - Vitamin D update

Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN) invites you to a free seminar featuring Vitamin D experts:
Professor Robin Daly, Professor Caryl Nowson and Dr Michael Holick.

Date: Thursday 10 November 2011, 3.00-6.00pm

Venue: Building X, Lecture Theatre 12
Deakin University Burwood Campus, 221 Burwood Highway, Burwood

Program

Refreshments	3.00 – 3.25pm
Welcome – Professor David Crawford, Director C-PAN	3.25 – 3.30pm
Vitamin D status of Australian adults and its link to chronic disease: Findings from the AusDiab Prospective Study – Professor Robin Daly	3.30 – 4.00pm
Is it time to extend vitamin D fortification of Australian foods? – Professor Caryl Nowson	4.00 – 4.30pm
Keynote presentation: Vitamin D: A D-lightful solution for good health – Dr Michael Holick	4.30 – 5.30pm
Questions and discussion	5.30 – 5.55pm
Meeting wrap up	5.55 – 6.00pm

Parking and public transport

Car parking is available on campus. Casual visitors can use the \$1.00 per hour permit zones located in CP6, Level 1 off Holland Ave and CP12, Level 3 off Elgar Rd. You may also purchase a daily permit for \$5.00 and park in blue and red permit zones in designated car parking areas located around the campus. (Refer to map). Parking permits are available from permit vending machines located in car parks and/or entry roads. The permit vending machines accept coins or credit cards only, but do not give change.

Tram No. 75 stops right outside the campus on Burwood Highway.

Buses No. 767 and No. 732 travel via Deakin University. The No. 767 bus stops near both Box Hill and Jordanville train stations.

RSVP by Thursday 3 November 2011 for catering purposes

Online registration: www.deakin.edu.au/hmnbs/cpan

Email: julie.rankine@deakin.edu.au or phone 03 92446278

C-PAN gratefully acknowledges the Australian Mushroom Industry for sponsoring Dr Michael Holick's presentation and the refreshments.



Centre for Physical Activity and Nutrition Research

About the speakers**Professor Robin Daly**

Robin Daly, PhD., FASMF, is the Professor and Chair of Exercise and Ageing within the Centre for Physical Activity and Nutrition Research (C-PAN) at Deakin University. His research is focused on understanding the independent and combined effects of exercise and nutrition for optimizing musculoskeletal health and preventing chronic diseases. He is the lead investigator on the first national population-based study investigating the prevalence of vitamin D deficiency in Australia and related studies investigating the link between vitamin D and chronic diseases (type 2 diabetes, metabolic syndrome, kidney disease, and hypertension) and mortality in Australian adults. Professor Daly was an invited contributor on the recent position statement on Vitamin D and Health in Adults in Australia and New Zealand.

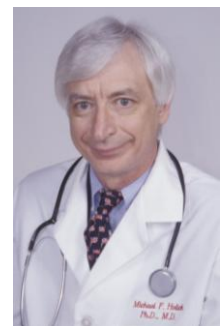
**Professor Caryl Nowson**

Professor Caryl Nowson (PhD, APD) holds the chair of Professor of Nutrition and Ageing, School of Exercise and Nutrition Sciences and is a team leader of the Food, Lifestyle and Health group within the Centre for Physical Activity and Nutrition Research (C-PAN) at Deakin University. Professor Nowson has a research program spanning more than 25 years which has focused on two major diseases of ageing, specifically nutrition related to hypertension, bone health and more recently vitamin D. Professor Nowson has published widely, demonstrating the effectiveness for dietary interventions.

**Dr Michael F. Holick, Ph.D., M.D.**

Michael F. Holick, Ph.D., M.D. is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Unit; and Director of the Bone Health Care Clinic and the Director of the Vitamin D, Skin and Bone Research Laboratory at Boston University Medical Center.

Dr. Holick has made numerous contributions to the field of the biochemistry, physiology, metabolism, and photobiology of vitamin D for human nutrition. As a graduate student he was the first to identify the major circulating form of vitamin D in human blood as 25-hydroxyvitamin D₃. He then isolated and identified the active form of vitamin D as 1,25-dihydroxyvitamin D₃. He participated in the first 21 step chemical synthesis of 1,25-dihydroxyvitamin D₃ that was used in the first clinical trials to treat renal osteodystrophy and inborn and acquired disorders in vitamin D metabolism including pseudovitamin D deficiency rickets. He determined the mechanism for how vitamin D is synthesized in the skin, demonstrated the effects of ageing, obesity, latitude, seasonal change, sunscreen use, skin pigmentation, and clothing on this vital cutaneous process. Dr. Holick authored *The UV Advantage in 2004* and *The Vitamin D Solution* in 2010.



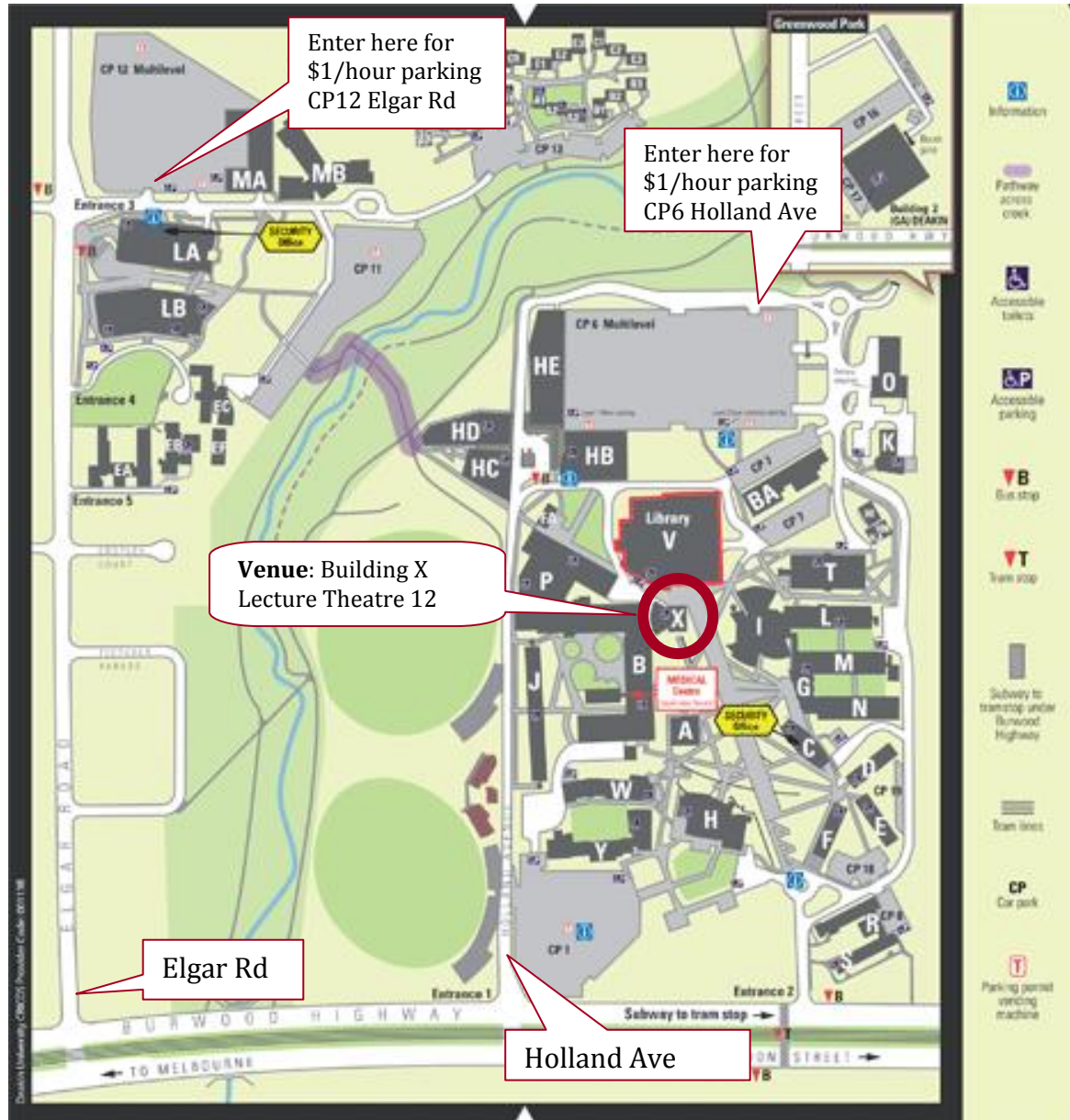
C-PAN



DEAKIN
UNIVERSITY AUSTRALIA

Deakin University CRICOS Provider Code: 00113B

Centre for Physical Activity and Nutrition Research



CP = Car Park

