



Oslo, Rica Holmenkollen Park Hotel

Vitamin D, Sun and Health

Monday, April 28th

10.00 – 12.15 Do you know your vitamin D level?
Give a blood sample - we give you an answer before you leave the conference April 29th

10.00 – 11.30 Registration

11.30 – 12.15 Lunch

12.15 – 12.30 Welcome

12.30 – 13.00 History of vitamin D
Johan E. Moan (Norway)

13.00 – 13.45 UVB, vitamin D and cancer
William B. Grant (USA)

13.45 – 14.10 UVB radiation and vitamin D levels
Mantas Grigalavicius (Norway)

14.10 – 14.25 Break

14.25 – 15.10 The relevance of the vitamin D endocrine system for carcinogenesis and progression of skin cancer
Jörg Reichrath (Germany)

15.10 – 15.55 Why it is enzymology that makes vitamin D so unique in nutrition and in endocrinology
Reinhold Vieth (Canada)

15.55 – 16.15 Break

16.15 – 17.00 Preventive measures to improve vitamin D status
Armin Zittermann (Germany)

17.00 – 17.15 UVB, vitamin D and autism
William B. Grant (USA)

17.15 – 18.00 Mysteries of vitamin D or anecdotes about vitamin D and health
Michael F. Holick (USA)

19:30- 20.00 Aperitif

20.00 Dinner



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08.30 – 09.15 Vitamin D, neurocognitive functioning and immunocompetence
Michael F. Holick (USA)

09.15 – 09.30 Mental conditions under the sun
Elisabeth Dramsdahl (Norway)

09.30 – 09.45 The sun shines differently at the Dead Sea
Marco Harari (Israel)

09.45 – 10.00 Break

10.00 – 10.45 Vitamin D and cardiovascular disease
Armin Zittermann (Germany)

10.45 – 11.30 Comparison of vitamin D2 and vitamin D3 supplementation in raising serum 25(OH)D levels
Reinhold Vieth (Canada)

11.30 – 12.30 Lunch

12:30 – 13.15 How to evaluate the conflicting results of various vitamin D studies
William B. Grant (USA)

13.15 – 13.45 The balance – Vitamin D versus skin cancer
Johan E. Moan (Norway)

13.45 – 14.30 UV exposure, vitamin D and skin cancer – How much sun do we need?
Jörg Reichrath (Germany)

14.30 – 14.50 Panel Discussion Feel free to ask questions to the invited speakers
Asta Juzeniene (Norway)

14.50 – 15.00 END