



Healthy Her

Vitamin D and Your Heart Health

Jayne Morgan, M.D.

Cardiologist and V.P. of Medical Affairs, Hello Heart
Adj. Ass. Prof. of Medicine, Morehouse School of Medicine
Owner and Creator of The Stairwell Chronicles
Host of HealthyHer podcast / YouTube
Advisory Board Member, S.H.A.U.N. Foundation for Girls

Here's something I literally do every day for my heart health as a Cardiologist. Are you ready for it? I take Vitamin D. You are probably asking yourself what that has to do with heart health, and why a Cardiologist is not only speaking about it, but doing it herself.

Glad you asked.....

1. **Heart and Immune Health:** Vitamin D plays a role in immune regulation, helping the body respond appropriately to infections. Low levels are linked to higher inflammation, and high inflammation contributes to atherosclerosis (plaque build up in the arteries of your heart), a primary driver of heart attacks. It is midlife when immune resilience starts to decline, making adequacy even more important, especially for women.
2. **Heart and Vascular Health:** Vitamin D receptors are found in blood vessels and heart muscle and work to counteract hypertension. This means less heart strain and less vascular stiffness. Adequate Vitamin D stores also mean less arterial stiffness, again translating into LESS hypertension (elevated blood pressures).
3. **Bone Health and Fracture Prevention:** Vitamin D helps your body absorb calcium, which is essential for maintaining bone strength. After mid-life, especially menopause, bone loss accelerates, increasing the risk of both osteopenia and osteoporosis. In fact, adequate Vitamin D is associated with lower fracture risk, especially hip fractures in menopausal women. Of note however, calcium by itself does not work well without Vitamin D.
4. **Lipids Heart Health:** When Vitamin D levels are low, there is a higher correlation with elevated triglycerides (think fats), and visceral fat (fat around your middle section or waist). This type of fat distribution carries a higher risk for heart disease.

Bottom Line: Vitamin D supports cardiovascular health by improving blood pressure regulation, vascular function, inflammation, and metabolic control. It's not a cure, but correcting deficiencies removes a meaningful, and modifiable risk factor for heart disease, particularly in midlife and beyond.

See this Stairwell Chronicle

<https://www.instagram.com/reel/DSXXO5tET4I/?igsh=bmhxaTNmNjI5eDgI>

for a quick Vitamin D summary, plus other information about my personal heart health habits.