



Has Kecia Gaither Written About Vitamin D?

Yes, **Dr. Kecia Gaither** has **extensively written and spoken about Vitamin D**, particularly in relation to pregnancy and maternal health. As a double board-certified physician in OB/GYN and Maternal Fetal Medicine, she has become a prominent advocate for Vitamin D supplementation during pregnancy.

Dr. Gaither's Vitamin D Advocacy and Publications

Dr. Gaither has addressed Vitamin D in multiple formats and venues:

Media Appearances and Interviews: She has been featured in numerous video interviews specifically focused on Vitamin D, including a recent September 2025 interview titled "Why Vitamin D Matters in Pregnancy". She has also appeared on the "Vitamin D with Dawn Dai" podcast in 2023, where she discussed the epidemic surrounding Black maternal health and the importance of Vitamin D. ^[1] ^[2]

Professional Commentary: Dr. Gaither regularly provides expert commentary on Vitamin D for leading national consumer health outlets including CNN, FOX NEWS, Prevention Magazine, Parents Magazine, Women's Health Magazine, and Forbes Health. She has been quoted in various publications emphasizing the importance of Vitamin D supplementation. ^[3]

Scientific Advisory Role: She serves on the medical scientific advisory committee of Organic & Natural Health, an organization dedicated to promoting nutritional supplementation, with a particular focus on Vitamin D research. ^[4] ^[5]

Key Messages About Vitamin D

Dr. Gaither consistently emphasizes several key points about Vitamin D:

Pregnancy Benefits: She advocates that Vitamin D is "inexpensive yet powerful," regulating homeostasis across multiple body systems. In her clinical practice, she notes that Vitamin D plays a critical role in reducing the risk of preterm labor, which is particularly significant in her Bronx practice where high-risk pregnancies are common. ^[1]

Clinical Practice: In her practice, every pregnant patient has their Vitamin D levels assessed, and if deficiencies are identified, she ensures appropriate supplementation. She has stated, "I don't see a downside to telling pregnant women to take vitamin D". ^[6] ^[4]

Health Beyond Pregnancy: Dr. Gaither explains that Vitamin D influences mental health, immune function, bone health, and cardiovascular stability, making it a cornerstone of comprehensive prenatal care. ^[2] ^[1]

Research and Evidence-Based Approach

Dr. Gaither's advocacy is grounded in scientific research. She frequently cites studies showing that pregnant women who maintain vitamin D levels of 40-60 ng/ml experience a reduction in preterm births by up to 60%. She has noted that vitamin D deficiency has been correlated with increased risk of preterm labor, particularly among women of color who may have reduced vitamin D production due to melanin inhibiting normal vitamin D synthesis.^[2] ^[4]

Demographic Focus: She particularly emphasizes the importance of Vitamin D supplementation for women of color and those living in climates with limited sunlight exposure.^[5] ^[2]

Through her various publications, media appearances, and clinical practice, Dr. Kecia Gaither has established herself as a leading voice in promoting Vitamin D awareness, particularly for maternal and fetal health outcomes.



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