



Dr Eamon Laird

*Nutrition Lecturer and Lifestyle Health
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Eamon Laird BSc, PGDip, PhD, is a Research Fellow, a member of the Irish Section Committee of the Nutrition Society and a member of the Scientific Sub-Committee of the FSAI. Eamon completed his PhD at Ulster University in 2012 investigating vitamin D and health and over the last 10 years has specialised in micronutrient status, chronic disease, inflammation and ageing, lifestyle and mental health at various institutions including Trinity College Dublin and University of Limerick. His work has appeared in numerous national and global media including CNN, New York Post, BBC and RTE and his work has contributed to the new recent vitamin D guidelines for the population. Eamon is also a recent alumni member of the European Nutrition Leadership Platform (ENLP).

Eamon is contributing to a number of nutrition projects across the Island of Ireland and collaborates with all the major institutions. He is also supervising current PhD students in the area of vitamin D.



Hard arteries, soft bones – exploring the calcium, vitamin D and vitamin K triangle

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With increasing age, also comes the rise in the risk of chronic conditions including osteoporosis, cardiovascular disease, diabetes and cognitive decline. With the older adult population (>50 yrs) expected to exceed over 30% in the coming decades, these conditions will place significant pressure on healthcare systems with major social and economic impacts. Many of these conditions of ageing can be delayed or the progression slowed with lifestyle interventions which are low risk, low cost and high return. Vitamin D has over the last decade associated with osteoporosis, inflammation, cognition, diabetes and mortality. Vitamin K even more recently has been suggested to be the 'new vitamin D' in the coming decade with numerous studies showing associations with bone health and disease.

This lecture will explore current knowledge on vitamin D, calcium and vitamin K with a focus on bone health and the tripartite relationship in the maintenance of bone health and potential implications for other body systems.

