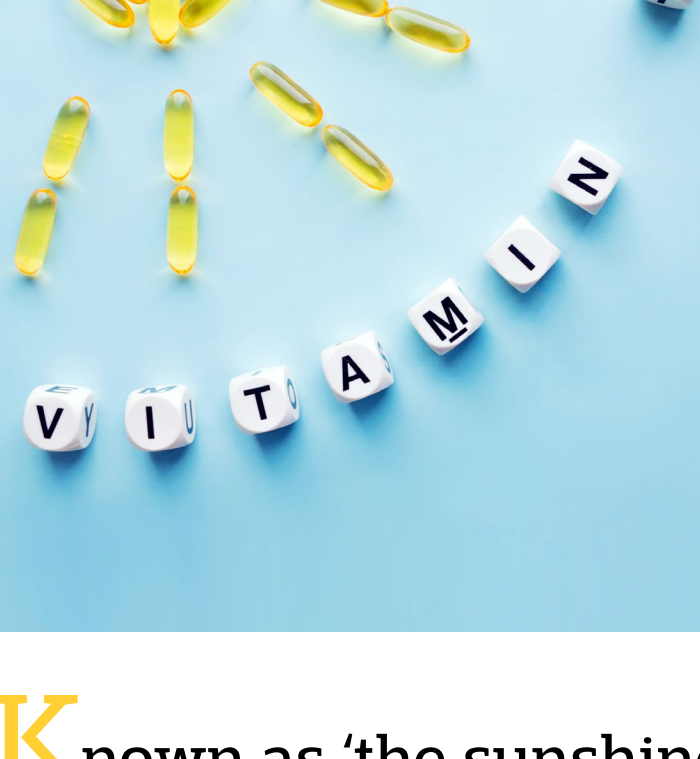


UNDERSTANDING VITAMIN D LEVELS

AND HOW TO STAY SUN SAFE



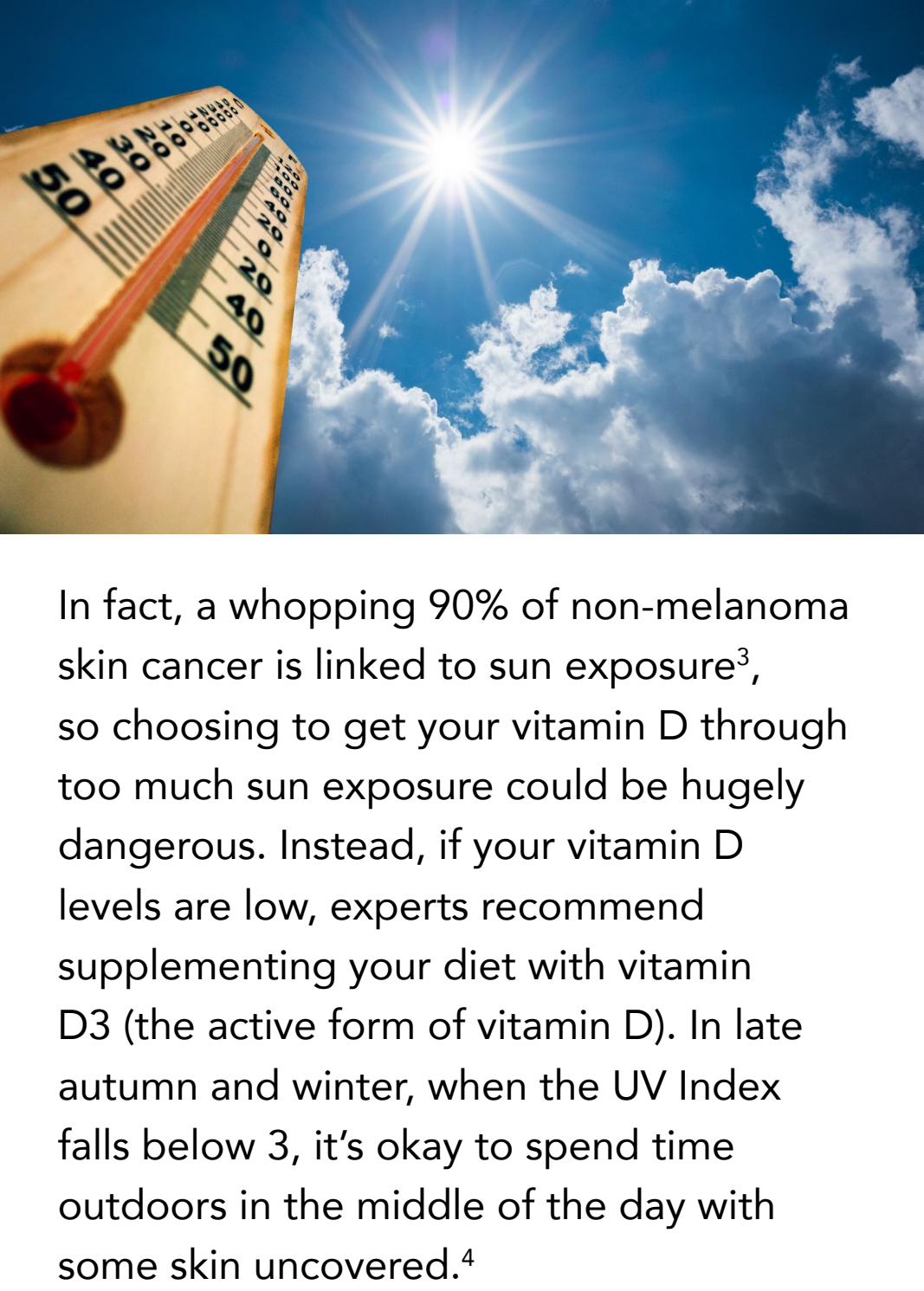
Known as ‘the sunshine vitamin’, vitamin D is essential to our bodies. It enhances:

- bone growth
- boosts the immune system
- helps to reduce disease

A Vitamin D deficiency can increase your risk of conditions such as osteoporosis and other potential diseases¹

While small amounts of vitamin D can be absorbed from foods such as oily fish, liver and eggs, the primary source of Vitamin D is sunlight, which helps your body manufacture vitamin D.²

Your skin needs a certain amount of sunlight to allow this important process to happen. However, baking in the sun or using tanning beds is not the answer because it can increase your risk of sun damage and skin cancer, including melanoma.



In fact, a whopping 90% of non-melanoma skin cancer is linked to sun exposure³, so choosing to get your vitamin D through too much sun exposure could be hugely dangerous. Instead, if your vitamin D levels are low, experts recommend supplementing your diet with vitamin D3 (the active form of vitamin D). In late autumn and winter, when the UV Index falls below 3, it’s okay to spend time outdoors in the middle of the day with some skin uncovered.⁴

Can your body still produce vitamin D if you’re wearing sunscreen?

Many people wrongly believe that sunscreen may inhibit the body’s production of vitamin D. However, a new study showed an increase of vitamin D in participants during a week of cloudless weather, with a very high UV index, even when sunscreens were used properly and prevented sunburn.⁵

So, short answer wearing sunscreen won’t stop you getting enough vitamin D. But remember, over-exposure to the sun is NEVER recommended, because of the increased risk of skin cancer, including melanoma. If you’re concerned about your vitamin D levels, talk to your doctor about taking supplements.

And if you’re concerned that you’ve been getting too much sun, we recommend a thorough check-up of your skin and moles to detect any signs of skin cancer early – when it’s most treatable.

Full References and article here:

1.2. Skin.cancer.org: <https://www.skincancer.org/skin-cancer-prevention/sun-protection/vitamin-d/>

3.4. AU: Melanoma Institute Australia: <https://www.melanoma.org.au/understanding-melanoma/melanoma-facts-and-statistics/>

NZ: <https://www.melanoma.org.nz/facts-risk-factors>

5. Cancer Council: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/vitamin-d>

Article is from the MoleMap Online Summer Wellness Guide:

https://molemap.s3.amazonaws.com/images/Summer-Wellness-NZ.pdf?utm_source=EID63_Jan_mediwell_summer_wellness&utm_medium=Social&utm_campaign=EID63_Jan_mediwell_summer_wellness