D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM

HEALTH BULLETIN December

FROM

THE DOCTOR'S DESK

Dear students,

Have you noticed that in past few years people are becoming more and more conscious about the requirement of **Vitamin D**. This is because of the increasing awareness about the health problems of vitamin D deficiency. Vitamin D deficiency is the most common Nutritional deficiency in the world.

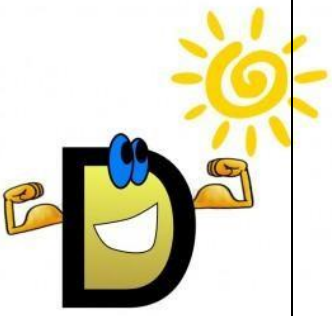
In this month's Health Bulletin we will improve our knowledge about various aspects of **Vitamin D ("Sunshine" Vitamin)**.

- **What is Vitamin D?**

Vitamin D is a fat- soluble vitamin. The specialty of this Vitamin is that it can be produced endogenously (within the body) when ultraviolet rays from the sunlight fall on the skin. 80% of Vitamin D needed can be obtained through adequate exposure to sunlight.

- **Why children need Vitamin D?**

Vitamin D has various functions in the body-



- Helps in absorption of calcium thus helping in bone-building process
- Helps the body to fight against infection
- Maintains the immune system of the body
- Helps in prevention of heart disease, diabetes and certain cancers

- **What are the causes of Vitamin D deficiency?**

- Decreased exposure to sun (UV rays-B)
- Decreased nutritional intake (strict vegetarian diet)
- Age (common in elderly)
- Malabsorption diseases
- Chronic liver disorders

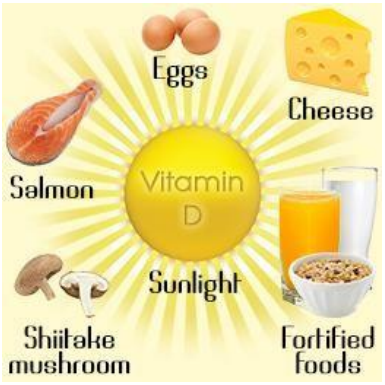
- **What are the factors that decrease the production of Vitamin D obtained from sun?**

- Skin melanin content (dark skinned need more exposure)
- Cloud or smog cover (decreases ultraviolet radiation exposure)
- Sunscreen applied (SPF > 8 decreases UV radiation exposure)
- Window glass (UV radiation does not penetrate glass)

- **What are the sources of vitamin D?**

The cheapest and most easily available source is **SUNLIGHT.**

The other dietary sources are-



- Fish
- Fish and cod liver oil
- Liver
- Mushroom
- Egg yolk
- Milk and dairy products
- Fortified foods- dairy and grain products

- **Which test is done to identify Vitamin D deficiency?**

The most accurate way is to measure 25-hydroxy Vitamin D levels in blood. A level less than 20 nanograms / millilitre is considered as deficiency of Vitamin D in body.

- **What are the signs of Vitamin D Deficiency?**

- Frequent aches and pains
- Frequent fractures
- Muscle weakness
- Rickets

- **What is the daily requirement of Vitamin D?**

Daily requirement of Vitamin D is 400 IU to 600 IU .

- **How can we prevent the deficiency of Vitamin D?**

- Adequate exposure to sunlight (daily 10-15min) preferably in the morning hours before 10am and after 4pm in the evening.
- Consume Vitamin D rich food as advised above.

GO OUTSIDE AND GET SOME SUNSHINE