



D.A.V. PUBLIC SCHOOL, SECTOR 48-49,
UPPAL'S SOUTHEND, GURGAON

HEALTH BULLETIN-December - 2015

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?**

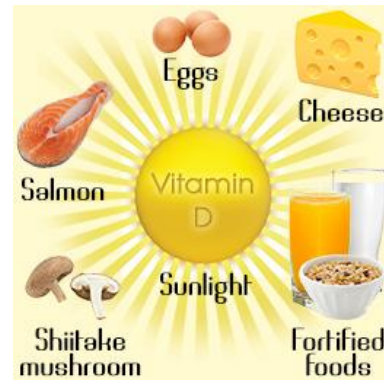
- Skin melanin content(dark skinned need more exposure)
- Cloud or smog cover(decreases ultraviolet radiation exposure)
- Sunscreen applied(SPF > 8 decreases UV radiation exposure)
- Window glass(UV radiation does not penetrate glass)

➤ **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**



