

Joydens Wood Pharmacy

2 Birchwood Parade, Wilmington, Kent, DA2 7NJ

Tel & Fax: 01322 522711

Email: joydenswoodpharmacy@aah-n3.co.uk

Opening Times

Monday 9am - 6.30pm

Tuesday 9am - 6.30pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

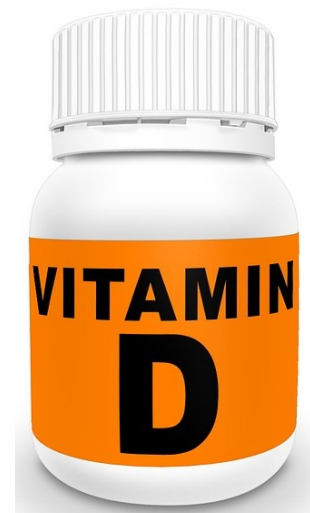
Friday 9am - 6.30pm

Saturday 9am - 4.00pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for May 2018

1. Why do I need vitamin D?
2. What does a lack of vitamin D cause?
3. Where do I get vitamin D from?
4. Who should take vitamin D?
5. How much vitamin D should I take?
6. How long should I spend in the sun?
7. What about winter time?
8. Can I use sun beds for vitamin D?
9. What is the upper limit for vitamin D?
10. What happens if I take too much vitamin D?



Answers on the bottom of page two

Why is Vitamin D important?

Vitamin D is essential for healthy bones. You need vitamin D to help your body absorb calcium and phosphate from your diet. These minerals are important for healthy bones, teeth and muscles. A lack of vitamin D can cause your bones to become soft and weak which can lead to bone deformities. In children for example a lack of vitamin D can lead to rickets. In adults it can produce osteomalacia causing bone pain and tenderness.

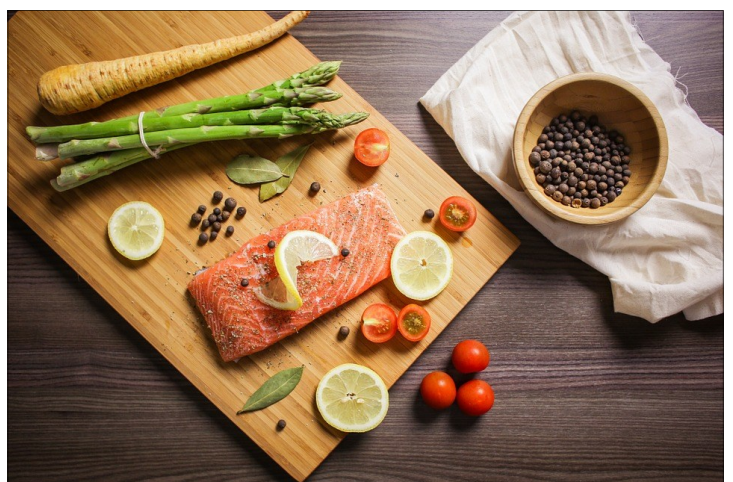
How do I get Vitamin D?

Your body creates vitamin D from direct sunlight on your skin when you are outdoors. In the UK from around late March to the end of September you can get most of your Vitamin D from sunlight, but you can also get it from a small number of foods including oily fish like salmon, mackerel, herring and sardines, red meat and eggs

Manufacturers must add vitamin D to infant

formula milk by law, but vitamin D is also added to some breakfast cereals, fat spreads and non- diary milk alternatives. The amounts added to these products can vary and may only be added in small amounts.

How long should I spend in the



sun?

As explained above most people can make enough vitamin D from being out in the sun daily for short periods with their forearms, hands or lower legs uncovered and without sunscreen from late March to the end of September especially from 11 am to 3pm.



It is not

known exactly how much time is needed in the sun to make enough Vitamin D to meet your body's requirements because there are a number of factors that can affect how vitamin D is made such as your skin colour or how much skin you expose.

If you are of African, African-Caribbean or of south Asian origin you will need to spend longer in the sun to produce the same amount of vitamin D as someone with lighter skin, but you must be careful not to stay out too long in case you burn.

How long it takes your skin to go red or brown varies from person to person. Cancer research UK has a useful tool where you can find out your skin type and see when you might be at risk. The longer you stay in the sun the greater your risk of skin cancer.



Who

should take vitamin D supplements?

Your body can't make vitamin D if you are sitting indoors by a sunny window because ultraviolet B (UVB) rays (the one that your body needs to make vitamin D) can't pass through the glass. So, the list of people who require vitamin D supplementation is as follows:

- ◆ People who are housebound or in residential care will need vitamin D supplements
- ◆ People who cover up when they are outside
- ◆ As babies under 12 months should be kept out of direct strong sunlight, they will need supplementation even if they are breastfed or have less than 500ml a day of infant formula.
- ◆ All children aged 1 to 4 even if they spend time outside.
- ◆ Anyone aged over 5 during the months of September to April should take 10 mcg a day.

Too much vitamin D can cause an abnormally high blood calcium level leading to nausea, constipation, confusion, abnormal heart rhythm and even kidney stones so adults, including pregnant and breastfeeding women, the elderly and children 11-17 are advised not to take more than 100 mcg of vitamin D daily. Children under 10 should not take more than 50 mcg a day and babies under 12 months should not be given more than 25 mcg per day.

If you would like to know more about vitamin supplements in general or buy ones most suited to you and your family, talk to our trained team which specialises in keeping you and your family healthy.

Answers: Q1, Vitamin D helps your body absorb calcium and phosphate from your diet. Q2, Your bones to become soft and weak. Q3, Direct sunlight, oily fish, red meat and eggs. Q4, All children from birth to 5 years old and anybody who doesn't get out much. Q5, For most people 10 micrograms (mcg) a day. Q6, In the UK the majority of people only need to be outside for short periods with bare arms and legs from April to September. Q7, During the winter you have to rely on food sources. Q8, This is not recommended because of the risk of skin cancer. Q9, Adults shouldn't take more than 100 mcg a day and children no more than 50 mcg. Q10, Over a long period of time it can cause a build-up of calcium.