

NEW HORIZON MEDICAL

| JUNE 2023 |

Health Tip of the Month



SOAK UP THE SUN

Vitamin D deficiency is very common in this area of the country. If you have a history of vitamin D deficiency do not forget your supplements just because it is summertime! Most of us do not get enough sun exposure for adequate levels plus many of us are careful to limit that exposure with sunscreen and other barriers. That being said getting 10-15min of sunshine daily is great when possible.

Enjoy the nice weather while it is here. Bonus points for adding in some activity while getting a little sun on your skin!

IDEAS FOR PUTTING IT INTO PRACTICE

SOAK UP THE SUN BUT NOT TOO MUCH

Vitamin D is not an excuse to risk sun safety! Limit the exposure to 15min (30min max) daily.

MAKE SURE YOU GET YOUR CALCIUM

Vitamin D is essential for calcium absorption to help keep your bones strong. Do not forget to ensure you are getting enough calcium (ideally in your diet) to make this possible. Vitamin D plays a role in many other processes, but bone health is the best researched area.