# Danny Peraic

Focus report on Vitamin D

**Danny Peraic** 7 Salina Rise

Ferntree Gully VIC 3156

DOB

02/11/1972 (50 Yrs) Male

Sex

28 Oct 2023

Requested Collected

02 Nov 2023, 10:06 am 03 Nov 2023,07:51 am

Reported Referred by

Dr Elaine Owen

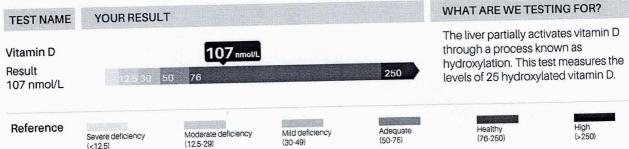
Phone

397623192 Lab ID

## Tell me about Vitamin D testing

- Vitamin D is a hormone used by the human body to create and maintain healthy bones
- It helps to prevent conditions such as osteoporosis
- More than 90% of our vitamin D is created through the skin's exposure to direct sunlight, that is, skin that is not protected by clothing, sunscreen or glass.
- In Australia, vitamin D deficiency is more common in southern states, where there are fewer hours of sunlight during winter. The increase in vitamin D deficiency has been associated with the success of the 'Sun Smart' campaign, encouraging us to decrease our exposure to the sun's harmful UV rays
- The challenge for all Australians is to get enough 'safe' sun exposure, without increasing their risk of skin cancer.

### Your result



#### What next?

#### Your result is healthy:

@ Well done!

Keep up the good work, but make sure to remain 'sun smart'.

#### Safe Sunlight

Safe sunlight involves getting direct UV sun exposure on exposed parts of your skin (eg face and arms) on either side of the peak UV periods of the day.

UV does not pass through glass, so Vitamin D cannot be generated by sitting indoors.

In Victoria, people with moderately fair skin can get most of their vitamin D requirements by getting the following exposure on their bare face and arms (i.e. without sunscreen).

Best time for safe sunlight (Melbourne)

Dec - Jan

Jul - Aug

Before 10am or after 2pm

12 midday

6 - 8 minutes

25 minutes

People with deeply pigmented skin may need three to six times longer exposure.

## More information

More information can be found at www.labtestsonline.com.au or http://www.cancer.org.au/preventing-cancer/sun-protection/vitamin-d