



Danny Peraic

Focus report on Vitamin D

DOB 02/11/1972 (50 Yrs)
Sex Male
Requested 28 Oct 2023
Collected 02 Nov 2023, 10:06 am
Reported 03 Nov 2023, 07:51 am
Referred by Dr Elaine Owen
Phone
Lab ID 397623192

1 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.

2 Your result

TEST NAME YOUR RESULT

Vitamin D

Result
107 nmol/L

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12.5 30 50 76

250

WHAT ARE WE TESTING FOR?

The liver partially activates vitamin D through a process known as hydroxylation. This test measures the levels of 25 hydroxylated vitamin D.

Reference

Severe deficiency
(<12.5)

Moderate deficiency
(12.5-29)

Mild deficiency
(30-49)

Adequate
(50-75)

Healthy
(76-250)

High
(>250)

3 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.

4 More information

More information can be found at

www.labtestsonline.com.au or <http://www.cancer.org.au/preventing-cancer/sun-protection/vitamin-d>