



# THE SUNSHINE VITAMIN



PLEASE SCAN FOR  
THE LOCATION

## Aster HOSPITAL

We'll Treat You Well

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### DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

## GET YOUR DAILY DOSE OF VITAMIN D, FOR FREE!

- Want a lifelong free supply of Vitamin D? Here's what you need to do. Starting tomorrow, step out and soak up the sunshine for 10 minutes, between at 10am and/or 3pm (mid-day sunlight). Your body will absorb all the Vitamin D it needs for the day in just 10 minutes.

Vitamin D is one of the most important nutrients that your body needs to stay healthy. Right from keeping your bones strong to reducing the risk of cancer and preventing heart diseases, Vitamin D plays a very crucial role in your wellbeing

## THE SUNSHINE VITAMIN

- Vitamin D is a nutrient as well as a hormone that's produced when your bare skin comes in contact with the sun's rays, which is why it's called the Sunshine Vitamin. The best source of Vitamin D is the sun - simply because your body will automatically absorb just the required amount of the nutrient. When you take supplementary Vitamin D, your body will have to de-metabolise what's extra.

## VITAMIN D-EFENCE

- Vitamin D is the superstar among nutrients. It keeps you healthy in more ways than one. It helps your bones absorb Calcium and Minerals, keeps your teeth strong and reduces the risk of many kinds of cancers, heart diseases, depression, stroke, diabetes, hypertension, autoimmune diseases etc.

It is estimated that babies need 8.5 micrograms and children from the age of one year as well as adults need 10-20 micrograms of Vitamin D a day.

- Deficiency of Vitamin D can lead to several complications and disorders, including osteoporosis - a condition that makes your bones porous and weak, almost like sponge.

## STAY BONE HEALTHY

- Want healthier bones? In addition to helping your body absorb Calcium, it is Vitamin D that maintains the optimum serum Calcium - Phosphorous concentration, which is what ensures that your bones remain dense and strong.

- Deficiency of Vitamin D causes bones to become thin, brittle and extremely prone to fractures. Insufficient Vitamin D in children leads to a condition called Rickets, wherein the bones become soft. This condition is called Osteomalacia in adults.

- Apart from making sure that you get enough Vitamin D, here are three simple ways to build your bone strength.

## EAT HEALTHY AND ON TIME

- A nutritious diet that's rich in Calcium will do wonders for your bones. Include green, leafy vegetables; soya beans; soya milk; cow milk; fish like tuna, mackerel and sardine; nuts and eggs in your diet.

Drink 2 to 3 litres of water to keep your muscles hydrated.

## EXERCISE EVERYDAY

- Regular, moderate physical exercise helps your bones and muscles work without a problem. Exercise helps burn calories and keep your weight under control, which in turn will improve your body balance. The easiest exercise you can do is walk. 45 minutes of brisk walking everyday will keep your bones and your entire body fit and healthy.

## CORRECT YOUR POSTURE

- Bad posture can lead to serious orthopaedic disorders. It can also cause weakening in the muscles surrounding the bone. Here's what you need to do:
  - Stand and walk upright, without stooping
  - Don't slouch when you're sitting / working / watching TV
  - In case you need to sit for long hours at work, take a break every 45 minutes and move around

## ARE YOU VITAMIN D DEFICIENT?

Insufficient amounts of Vitamin D can present as various health problems. If you are experiencing any of the symptoms below, we recommend that you consult your doctor and do a Vitamin D blood check, immediately.

- Excessive sweating • Unexplained fatigue • Hair loss • Depression
- Loss of balance; falls • Chronic, unexplained pain

## WHAT DO YOU NEED TO DO TO PREVENT VITAMIN D DEFICIENCY? SIMPLE.

Starting tomorrow, get 10 minutes of sunshine every morning, between at 10am and/or 3pm (mid-day sunlight). Remember, soaking sunshine through glass windows is of practically no use as the UVB rays that help produce Vitamin D gets filtered.

So go ahead and get your free dose of Vitamin D, every day.