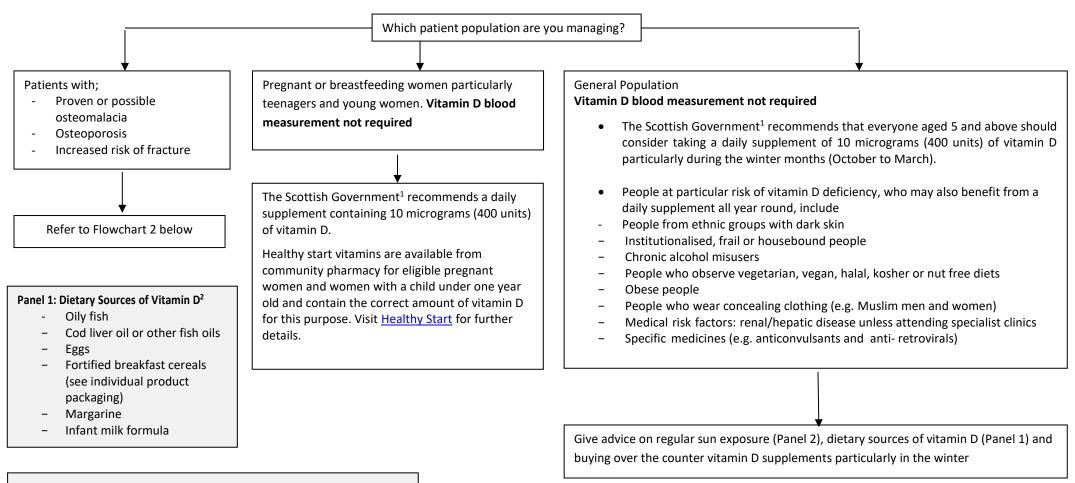


## Flowchart 1 – Vitamin D: Prevention & Treatment of Deficiency in Adults



## Panel 2: Sun exposure advice <sup>3</sup>

When possible, only a limited amount of time should be spent in strong sunlight. People who choose to expose their skin to strong sunlight to increase their vitamin D status should be aware that prolonged exposure (for example, leading to burning or tanning) is unlikely to provide additional benefit. Exposing commonly uncovered areas of skin such as forearms and hands, for short periods when in strong sunlight provides vitamin D. (Longer periods of exposure may be needed for those with darker skin.)

## References

- 1. Scottish Government, Scientific Advisory Committee on Nutrition (SACN) advice available here
- 2. BMJ 2010; 340 doi: http://dx.doi.org/10.1136/bmj.b5664 (Published 11 January 2010) Cite this as: BMJ 2010;340:b5664 Diagnosis and management of vitamin D deficiency
- 3. NICE 34 Sunlight exposure: risks and benefits available here.