



The Case For Vitamin D

Misnomers About UV and the
Positive Effects of the Sun

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OHSU Healthy TEAM
@OHSUHTHU

Healthy TEAM Healthy U (HTHU) is a health promotion program designed by OHSU employees, for OHSU employees.
Portland, Oregon ·
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OSHU Healthy Team Wants to Know If You Get Enough Vitamin D from UVB light?

The infographic is titled "Are you Vitamin D deficient?". It starts with "Sunlight" represented by a sun icon, which leads to "ULTRAVIOLET (UV)". A yellow bar represents UV light, which then branches into "TWO MAIN TYPES OF UV": "UVA" and "UVB".

- UVA**: Ages your skin
- UVB**: Burns your skin but also creates Vitamin D

Vitamin D is shown in a yellow circle. Its benefits are listed as:

- ESSENTIAL FOR bone health
- INFLUENCES cardiovascular disease, some cancers
- SUSPECTED EFFECT mood, arthritis

On the right side of the infographic, there is a text block: "From the sunlight, we get two types of ultraviolet rays: UVA and UVB. UVA is absorbed into the skin while UVB can burn the skin. However, UVB also makes Vitamin D, an essential component in bone health that also affects your mood. Do you get enough? Learn more here."

Below the text, it says "Credits": "Published by Unknown. Add credit" and "Designed by David McCandless + Follow".

At the bottom right, there is a "More Info" section with a dropdown arrow, listing: "Added: 2 years ago", "Rank: 137 of 2206 in Health", "Tags: health, vitamin d, sunlight", "Source: Unknown. Add a source", and "Incorrect or Missing URL? Let us know".

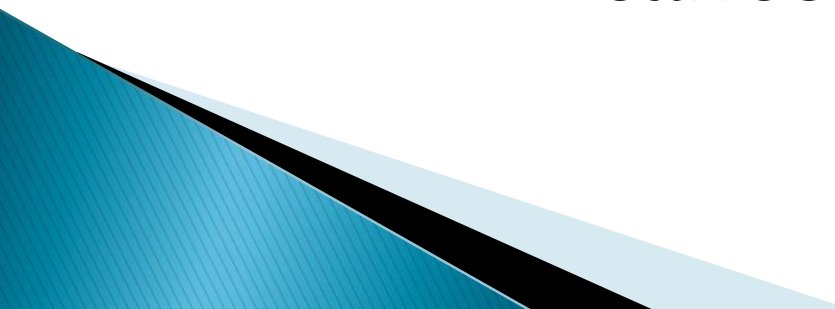
The infographic is displayed on a Visual.ly page titled "Get Enough Vitamin D?". The page shows 2K Views, 7 Likes, and 2 Comments. The user "admin" has liked the infographic, along with "kobemonster", "Surrey_Tai_Chi", and 4 others.

OHSU says “UVB may burn your skin, but it creates Vitamin D, which is essential for bone health, and positively impacts cardiovascular disease and SOME CANCERS. It also improves mood, arthritis, and helps with TEENAGE DIABETES.”

USA TODAY

Dr. Edward Giovannucci, a Harvard University professor at Dana-Farber Cancer Institute at Harvard Medical School, and one of the world's leading specialists on Vitamin D in the human body:

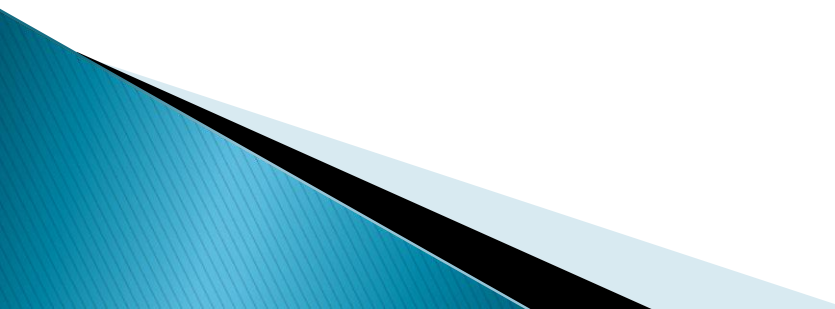
“Vitamin D from UV might help prevent 30 deaths for each one caused by skin cancer.”



"I would challenge anyone to find an area or nutrient or any factor that has such consistent anti-cancer benefits as **Vitamin D** – the data are really quite remarkable."

- Dr. Giovannucci, as keynote speaker at a recent American Association for Cancer Research seminar.

Infants who receive
vitamin D
supplementation (2000
units daily) have an 80%
reduced risk of
developing type 1
diabetes over the next
twenty years.



Shocking Vitamin D deficiency statistics:

32% of doctors and med school students are Vitamin D deficient.

48% of young girls (9–11 years old) are Vitamin D deficient.

Up to 60% of all hospital patients are Vitamin D deficient.

76% of pregnant mothers are severely vitamin D deficient, causing widespread Vitamin D deficiencies in their unborn children, which predisposes them to type 1 diabetes, arthritis, multiple sclerosis and schizophrenia later in life.

81% of the children born to these mothers were deficient.



Diseases and conditions caused by vitamin D deficiency:

–**Osteoporosis**

–Sufficient vitamin D prevents **prostate cancer, breast cancer, ovarian cancer, depression, colon cancer and schizophrenia.**

–"**Rickets**" is the name of a bone–wasting disease caused by vitamin D deficiency.

–Vitamin D deficiency may exacerbate **type 2 diabetes** and impair insulin production in the pancreas.

–**Obesity** impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D.

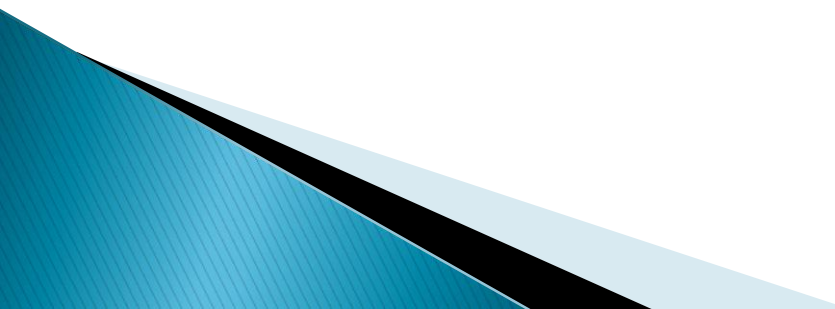
–Vitamin D is used around the world to treat **Psoriasis.**

–Vitamin D deficiency causes **schizophrenia.**

–**Seasonal Affective Disorder** is caused by a melatonin imbalance initiated by lack of exposure to sunlight.

– Chronic vitamin D deficiency is often misdiagnosed as **fibromyalgia** because its symptoms are so similar: muscle weakness, aches and pains.

The risk of developing serious diseases like diabetes and cancer is *reduced* 50% – 80% through simple, sensible exposure to sunlight 2–3 times each week.



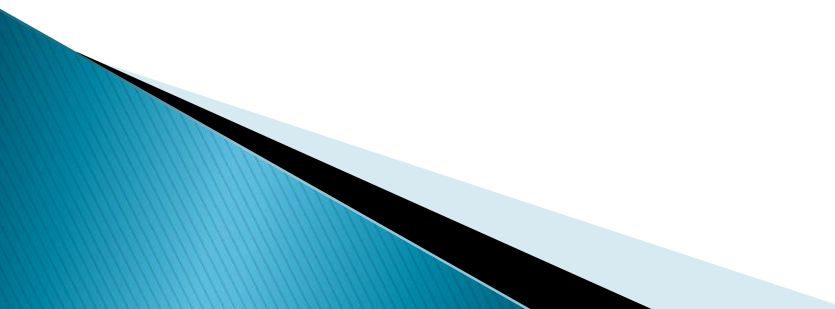
Vitamin D research may have doctors prescribing sunshine

**“Many people aren't
getting enough
vitamin D.**

**It's hard to get from
food and fortified milk
alone, and
supplements are
problematic.”**

USA TODAY
Dr. James Leyden

Dr. Oz says in the following short video clip that “the BEST way to get your Vitamin D3 is from regular, moderate UV exposure,” and that you CANNOT get enough unless you eat MASSIVE amounts of fish each day.



The Benefits of Vitamin D3

Diane Sawyer and Dr. Mehmet Oz on *Good
Morning America*

Dr. Mehmet Oz says that humans need 1,000 to 2,000 IU per day of Vitamin D. Are you skipping UV? Better have a shot glass of Cod Liver Oil each morning then.

Sources of Vitamin D

THE FIVE BEST SOURCES OF VITAMIN D **AFTER SUNLIGHT**



COD LIVER OIL
1,360 IU / 1 TBSP



MARGARINE
60 IU / 1 TBSP



EGG YOLK
25 IU



OILY FISH
285 IU / 100G



BEEF LIVER
46 IU / 100G

source: National Institute Of Health

David McCandless // Nov 2010 / v 1.0

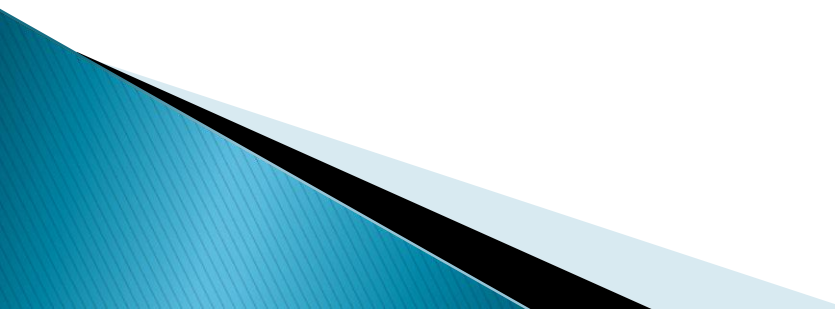
data: <http://bit.ly/vitaminD>

additional design: Joe Swainson, Matt Hancock, Stefanie Posavec

InformationIsBeautiful.net

You've heard that 'UV exposure causes cancer.'
Perhaps it makes a good soundbite, but the **FACTS** say otherwise.

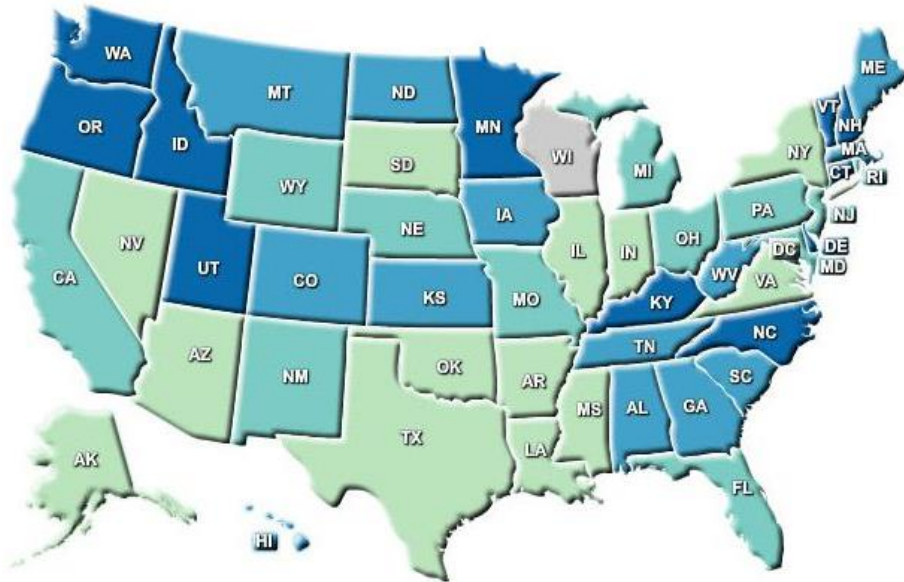
In reality, the facts say that regular UV exposure **LOWERS** the incidence rate of skin cancer, as the following CDC map demonstrates.



Incidence Rates* by State, 2009†

Rates by State for Other Types of Cancer

- All Cancers Combined
- Breast
- Cervical
- Colorectal (Colon)
- HPV-Associated
- Lung
- Ovarian
- Prostate
- Uterine



7.0-17.7 17.8-20.3 20.4-23.0 23.1-32.6 Data Suppressed

Color on Map	Interval	States
	7.0 to 17.7	Alaska, Arizona, Arkansas, District of Columbia, Illinois, Indiana, Louisiana, Mississippi, Nevada, New York, Oklahoma, South Dakota, Texas, and Virginia
	17.8 to 20.3	California, Florida, Maryland, Michigan, Missouri, Nebraska, New Jersey, New Mexico, Ohio, Pennsylvania, Rhode Island, and Wyoming
	20.4 to 23.0	Alabama, Colorado, Georgia, Hawaii, Iowa, Kansas, Maine, Massachusetts, Montana, North Dakota, South Carolina, Tennessee, and West Virginia
	23.1 to 32.6	Connecticut, Delaware, Idaho, Kentucky, Minnesota, New Hampshire, North Carolina, Oregon, Utah, Vermont, and Washington
	Data Suppressed‡	Wisconsin

Please note that delays in reporting melanoma cases to cancer registries are more common since they are usually diagnosed and treated in non-hospital settings such as physician offices.

*Rates are per 100,000 and are age-adjusted to the 2000 U.S. standard population.

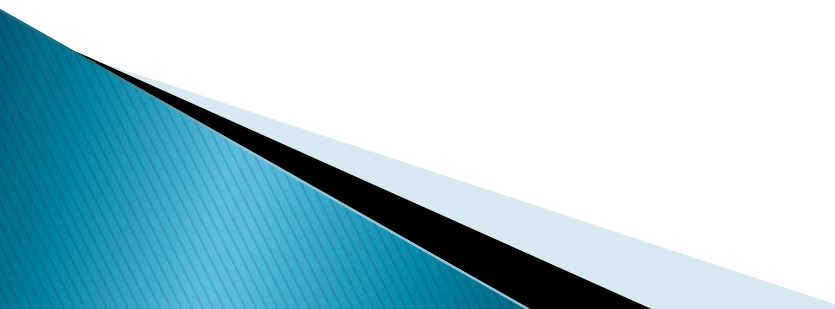
‡Data are suppressed at the state's request.

†Source: U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999-2009 Incidence and Mortality Web-based Report*. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2013. Available at: <http://www.cdc.gov/uscs>.

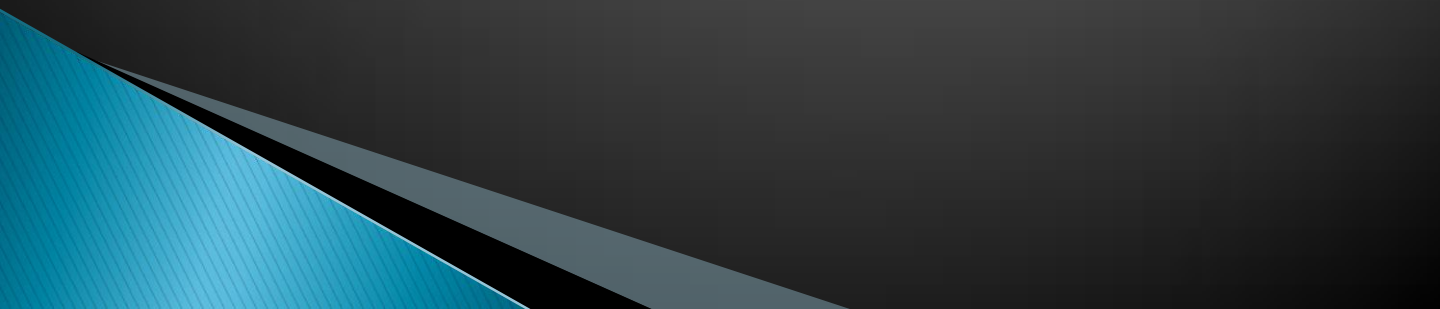
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4770 Buford
MS K-64
Atlanta, GA
800-CDC-1
(800-232-4
TTY: (888)
 Contact C

In fact, the Sunshine States (California, Hawaii, Arizona, Texas) have a much LOWER incidence of melanoma cases, per the CDC. »

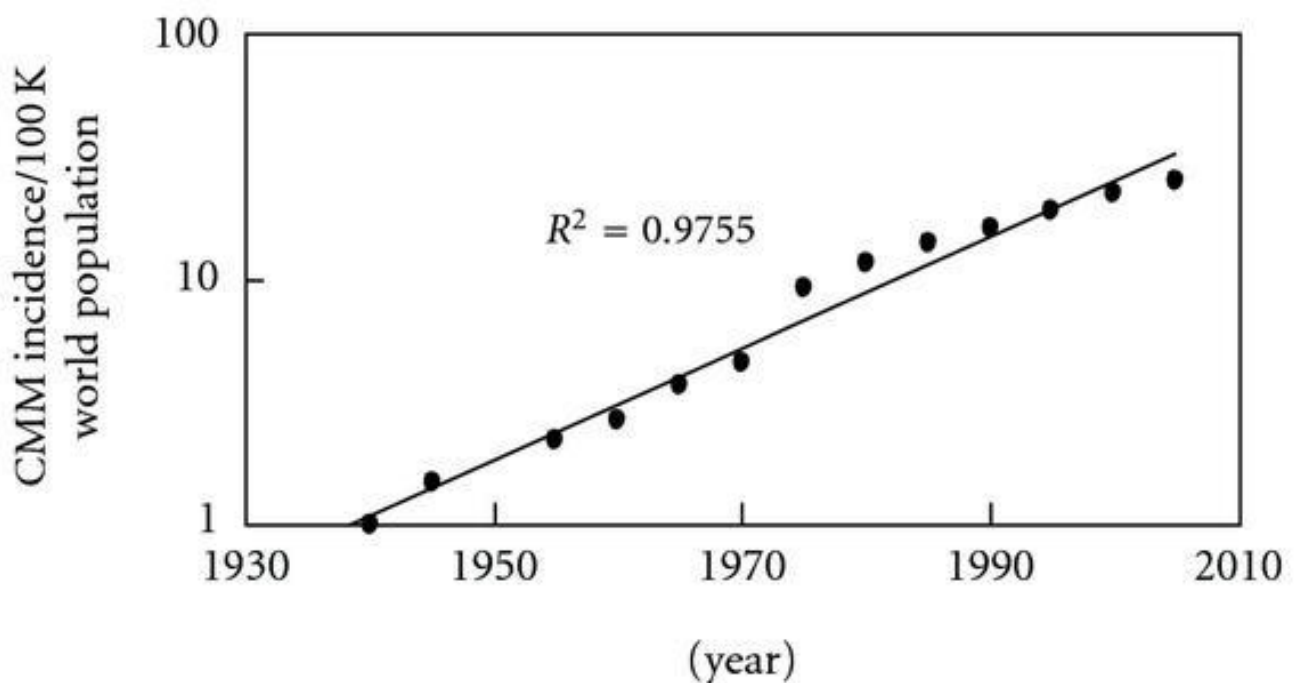
The following 40 second video explores the linear growth of four different types of cancer around the world since 1940. It seems clear that the increases are related to global conditions that have nothing to do with tanning beds.



**A global perspective – a brief look at growth
in four types of cancer around the world from
1940–present**



CMM incidence since 1940 world population



Notice that global Melanoma rates have grown steadily since approximately 1940 – long before tanning beds were invented (note – the first commercial tanning salons came into vogue in the 1980's).



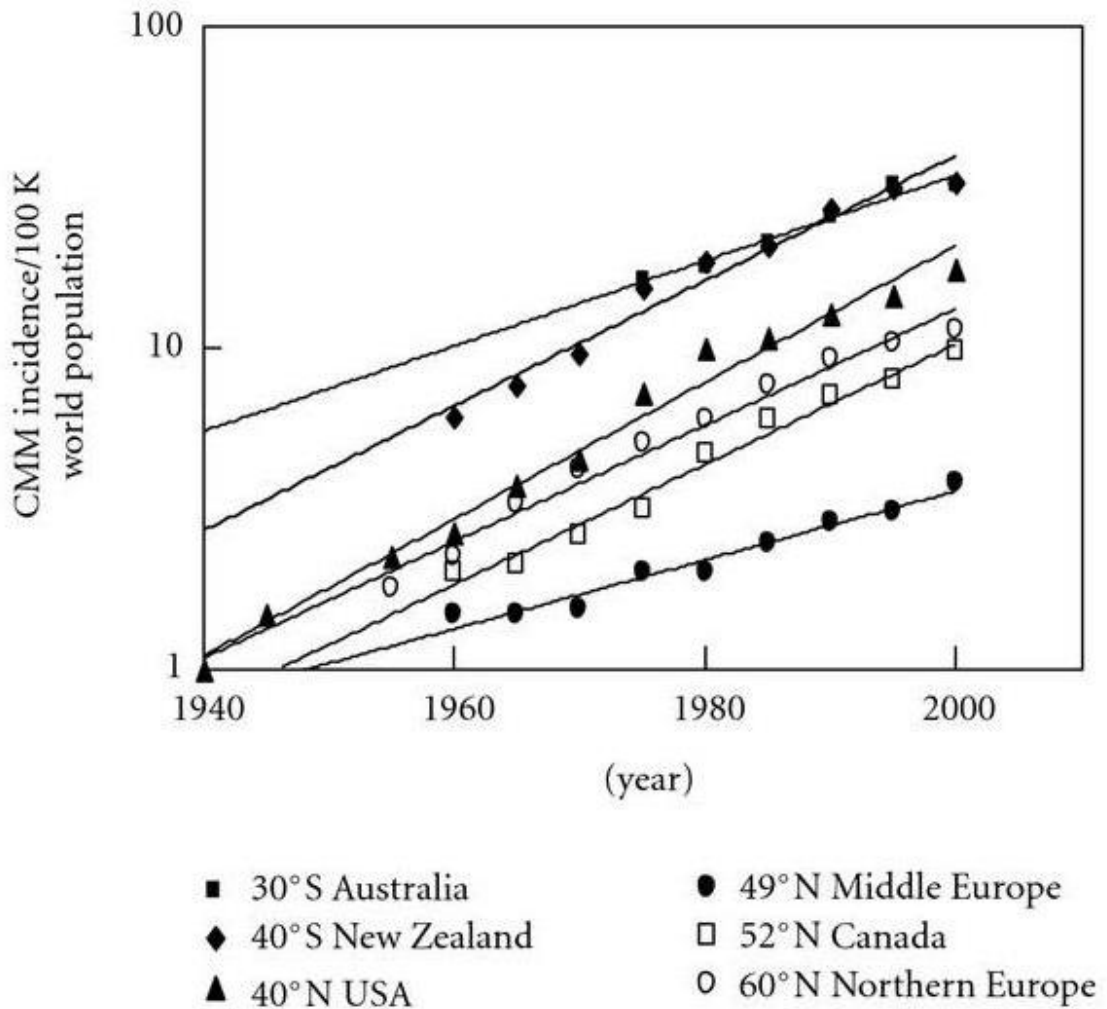
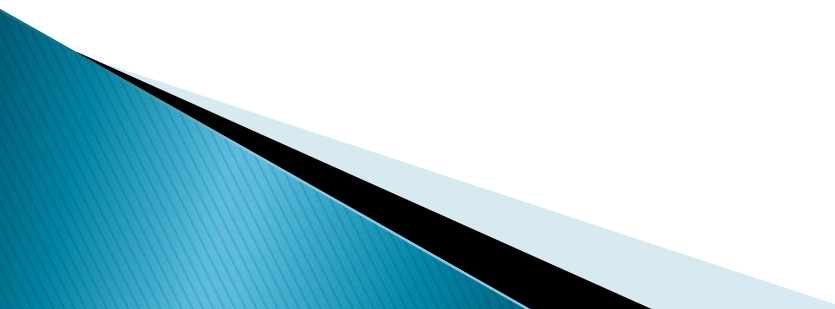


Figure 1: Temporal exponential increase in the incidence of CMM by latitude worldwide. Note that on Zealand (40°S) and Northern Europe (60°N) have linear rates of increase.

Further, this chart demonstrates systematic increase in the incidence of CMM by latitude worldwide since 1940, and in many of these regions, there simply are no tanning salons. Correlation is not Causation!



As the following CDC chart shows, since 1999, death rates of Caucasian men from melanoma are more than twice that of Caucasian women, regardless of what you have been told. If tanning beds are to blame, does this make LOGICAL sense to you?

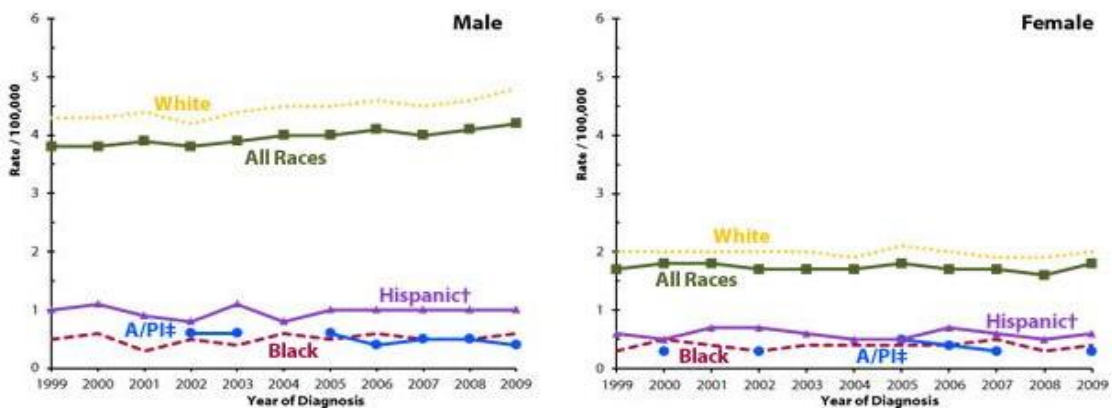


CDC Death Rates from Melanoma by Race/Ethnicity and Gender

Death Rates by Race/Ethnicity and Sex

From 1999–2009, the rate of people dying from melanoma of the skin has varied, depending on their race and ethnicity. The graph below shows that in 2009, white people were more likely to die of melanoma of the skin than any other group, followed by Hispanic, black, and Asian/Pacific Islander people. American Indian/Alaska Native data are not available.

Melanoma of the Skin
Death Rates* by Race/Ethnicity and Sex, U.S., 1999–2009



Mortality source: U.S. Mortality Files, National Center for Health Statistics, CDC.

*Rates are per 100,000 persons and are age-adjusted to the 2000 U.S. standard population (19 age groups – Census P25-1130). Death rates cover 100% of the U.S. population.

†Hispanic origin is not mutually exclusive from race categories (white, black, Asian/Pacific Islander, American Indian/Alaska Native).

*Statistics are not shown for <16 deaths.

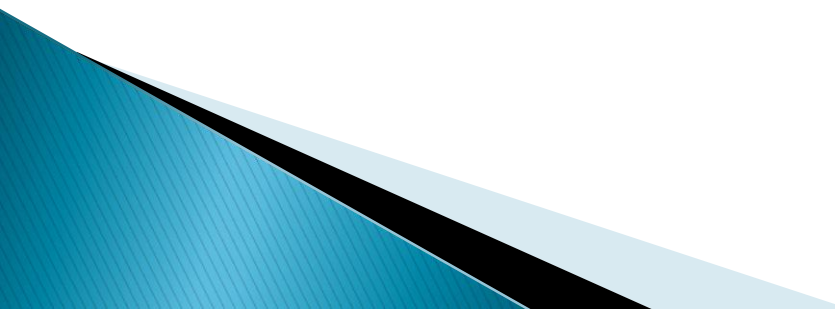


Page last reviewed: January 18, 2013

Page last updated: January 18, 2013

Content source: Division of Cancer Prevention and Control, National Center for Chronic Disease Prevention and Health Promotion

**As the following CDC
chart indicates,
Melanoma rates among
Caucasian females
have not increased in
the US
since 2005, regardless
of what you have been
told.**



CDC Skin Cancer Rates by Race, Ethnicity and Gender

cdc.gov/cancer/skin/statistics/race.htm



Centers for Disease Control and Prevention
 CDC 24/7: Saving Lives. Protecting People.™

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Skin Cancer

Skin Cancer

Basic Information

Statistics

► Rates by Race and Ethnicity

Rates by State

Trends

Behavior Rates

What CDC Is Doing

Related Links

Choose Your Cover Campaign

Rates by Race and Ethnicity for Other Types of Cancer

All Cancers Combined

Breast

Cervical

Colorectal (Colon)

HPV-Associated

Lung

Ovarian

Prostate

Uterine

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Skin Cancer Rates by Race and Ethnicity

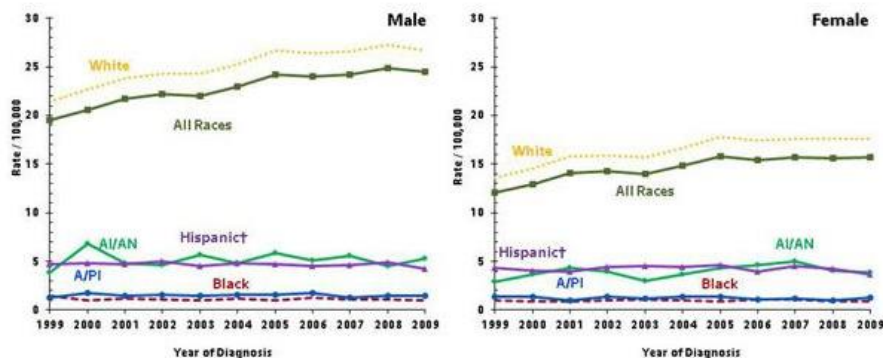
The rate of people getting melanoma of the skin or dying from melanoma of the skin varies by race and ethnicity.

Incidence Rates by Race/Ethnicity and Sex

"Incidence rate" means how many people out of a given number get the disease each year. The graph below shows how many people out of 100,000 got melanoma of the skin each year during the years 1999–2009. The year 2009 is the most recent year for which numbers have been reported. The melanoma of the skin incidence rate is grouped by race and ethnicity.

The graph below shows that in 2009, white people had the highest rate of getting melanoma of the skin, followed by American Indian/Alaska Native, Hispanic, Asian/Pacific Islander, and black people.

Melanoma of the Skin
Incidence Rates* by Race/Ethnicity and Sex, U.S., 1999–2009



Incidence source: Combined data from the National Program of Cancer Registries as submitted to CDC and from the Surveillance, Epidemiology and End Results program as submitted to the National Cancer Institute in November 2011.

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Contact Us:

- Centers for Disease Control and Prevention, Division of Cancer Prevention and Control, 4770 Buford Road, Atlanta, GA 30354
- 800-CDC-1111 (800-232-6233) TTY: (888) 232-6233
- [Contact Us](#)

Moreover, “Indoor workers get 3 to 9 times less UV than outdoor workers,



BUT

they get more melanomas.”

So, How Much Sunlight Do You Need?

In Decent Exposure

HOW MUCH **SUNLIGHT** DO YOU NEED PER DAY TO MAKE VITAMIN D?

SUMMER



10 MINS

SPRING / AUTUMN



20 MINS

WINTER



30 MINS

WHERE?



OUTSIDE!

UVB does not penetrate glass

HOW?



FACE, ARMS, LEGS or BACK

No sunscreen
(factor 15+ diminishes Vit D synthesis by 99%)

WHO?

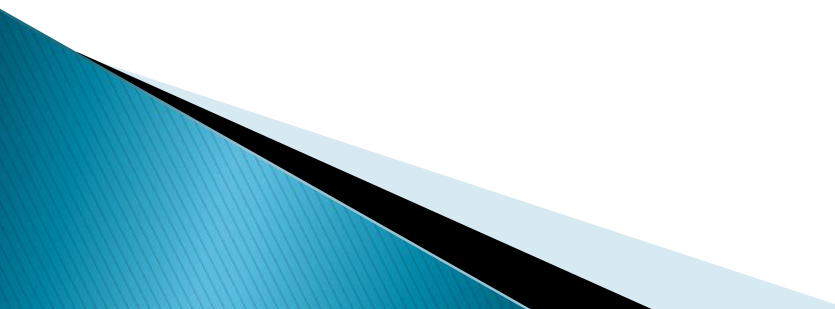


DARKER SKIN

Requires longer exposure

source: Australian Cancer Council, National Institute Of Health

Dr. Michael F. Holick, Chief of Endocrinology and Nutrition and Professor of Dermatology at Boston University, who made the landmark discovery on how Vitamin D works in the human body, explains in this next short clip how the new thinking encourages moderate UV exposure for young and old alike, to ensure both long-term health and a positive outlook on life.

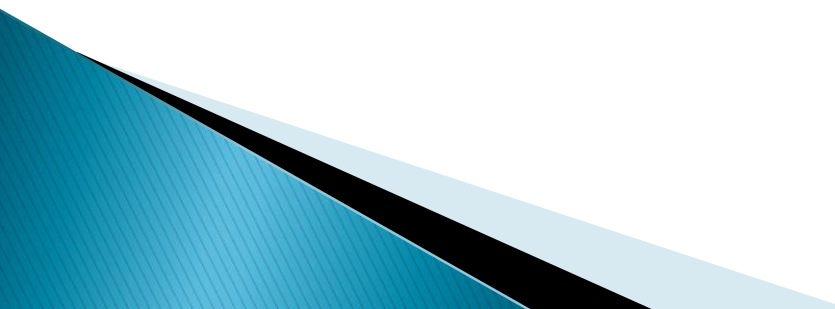


Sunshine Sunbeds Vitamin D

with Dr. Michael F. Holick
Chair of Endocrinology, and
Professor of Dermatology
Boston University

In the world's most extensive study on the potential causal connections between UV and melanoma later in life, the World Health Organization found that of 100,000 women studied for eight years, .002 who did not tan at all developed melanoma, vs .003 of women who tanned frequently.

This is hardly damning evidence, especially given the positive effects of Vitamin D, and is not "75% greater risk of developing melanoma later in life if tanning when young," as you have been told.

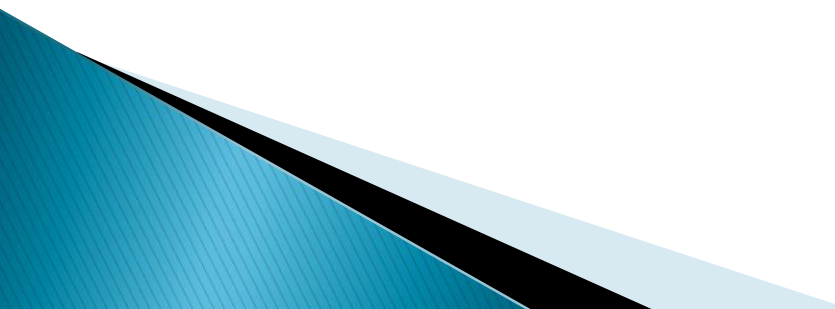


The same 2009 World Health Organization study also concluded, “Epidemiologic studies to date give *no consistent evidence* that the use of indoor tanning facilities in general are associated with the development of melanoma or skin cancer.”

Again, correlation is not causation!

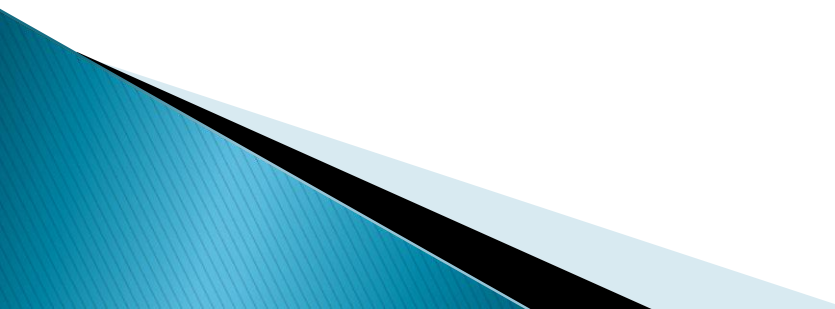


You've heard that "40–60% of all teenage girls use indoor tanning facilities", but that statistic is not based in reality.



You have heard tanning beds compared to “cigarettes”, but in reality, they should be compared to red wine, microbrews, and smoked salmon.

Other comparisons are merely inflammatory rhetoric. Let's keep our focus on the **FACTS** surrounding this issue.



OSHU Healthy Team Wants to Know If You Get Enough Vitamin D?

The infographic is titled "Are you Vitamin D deficient?". It starts with "Sunlight" and a sun icon, leading to "ULTRAVIOLET (UV)" represented by a yellow bar. Below this, it says "TWO MAIN TYPES OF UV" and shows two boxes: "UVA" and "UVB". Under "UVA" is the text "Ages your skin". Under "UVB" is "Burns your skin" and "but also creates". This leads to a yellow circle labeled "Vitamin D". To the right of the Vitamin D circle are three bullet points: "ESSENTIAL FOR bone health", "INFLUENCES cardiovascular disease, some cancers", and "SUSPECTED EFFECT mood, arthritis".

From the sunlight, we get two types of ultraviolet rays: UVA and UVB. UVA is absorbed into the skin while UVB can burn the skin. However, UVB also makes Vitamin D, an essential component in bone health that also affects your mood. Do you get enough? Learn more here.

Credits

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Rank: 137 of 2206 in Health

Tags: health, vitamin d, sunlight

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Vitamin D Video Final Edit.wmv

REMEMBER – Even OHSU says “UVB may burn your skin, but it creates Vitamin D, which is essential for bone health, and positively impacts cardiovascular disease and SOME CANCERS. It also improves mood, arthritis, and helps with TEENAGE Diabetes.” UV is not the enemy in moderate, controlled doses – so let’s work together to ensure we can all get enough Vitamin D.