- Vitamins / Sun

The Benefit Of Sunlight

Living or working indoors for too long during the day may lead to vitamin D deficiency, which can cause muscle fatigue, osteoporosis, and depression in young people, according to Suc khoe & Doi song news site.

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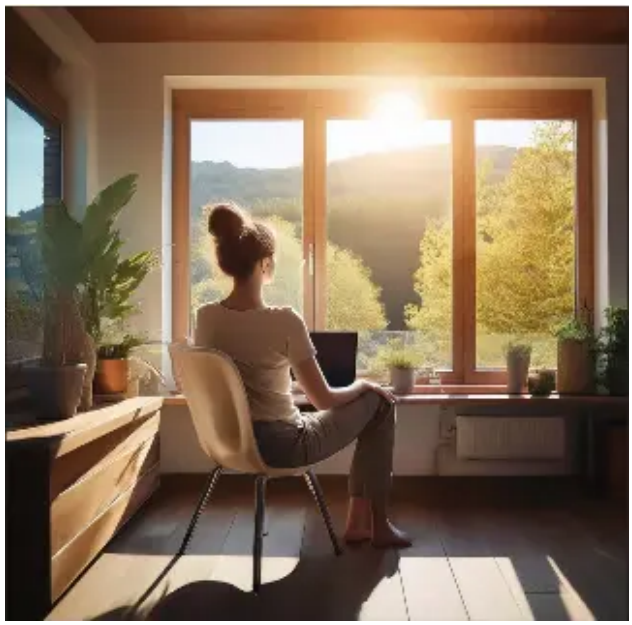
Nowadays, most people tend to spend their time indoors studying, working, or playing on electronic devices. This habit can lead to a deficiency of vitamin D, also known as "sunlight vitamin." According to endocrinologists, vitamin D deficiency has become a health problem for elderly people, the youth, and office workers.



Vitamin D deficiency and indoor lifestyle

Vitamin D is one of the few vitamins that can be synthesized by the body through sunlight. When the skin is exposed to ultraviolet B (UVB) light, the cholesterol in the skin is converted into vitamin D3 (cholecalciferol). If you spend most of your time indoors working or living, your body may not get enough UVB light to produce sufficient vitamin D. Additionally, air pollution, sunscreen, and indoor activities can block sunlight absorption, disrupting the process of vitamin D synthesis.

People at high risk of vitamin D deficiency include office workers, online students, city residents in cramped, dark spaces, women who use sunscreen or wear covered clothing, seniors, and individuals with obesity.

Vitamin D deficiency and consequences

Vitamin D supports the absorption of calcium and phosphorus and regulates the immune system, cardiovascular system, brain and hormones. The shortage of vitamin D may cause consequences as follows:

. Skeletal system: Vitamin D deficiency inhibits calcium absorption, causing osteoporosis and bone fracture.

. Immune system: Lack of vitamin D may increase the risk of respiratory infection, cold and flu, pneumonia and even autoimmune disease.
. Mental health and nervous system: Vitamin D deficiency may cause sleep disorders, fatigue, depression and distraction. . Cardiovascular system and metabolism: Vitamin D shortage may cause high blood pressure, type 2 diabetes, obesity and metabolic syndrome.
Safe, effective supply of vitamin D
Vitamin D supply is recommended to be done through natural sunlight and diets.
. Sunbathing: 15-20 minutes a day at 7 a.m. to 9 a.m., or at 3 p.m. to 4:30 p.m.
. Vitamin D-rich diets: Salmon, tuna, egg, liver, fresh milk, mushroom and whole grain.
. Drug administration: Following doctor's prescription.
. Outdoor activities can help synthesize vitamin D, boost resistance and improve the circulatory system and mood.
Vitamin D tests
You should undergo blood test to check the content of vitamin D in the body when you have such symptoms as bone pain, muscle fatigue, cold, flu, insomnia, minor depression, hair loss, dry skin, osteoporosis, bone fracture.
As vitamin D is considered "sunlight vitamin," all you have to do is taking time to do exercises outdoors and have a healthy diet in order to have healthier body, stronger bones and higher mood.