



Vitamin D Presentation

With Darcie Hanson, RN & Clinical Coach
Healthcare Services, BCBS of WNY

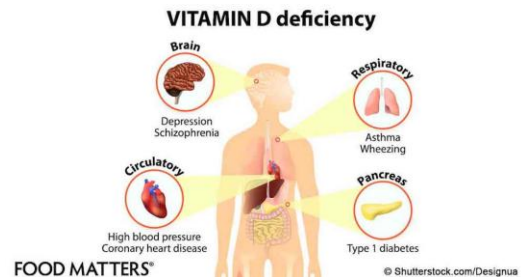
Wednesday, November 15th, 2017 at 1:00 PM

Vitamin D deficiency can have serious health effects on seniors and caregivers. Getting enough vitamin D through sunlight, diet or supplements can help prevent falls and fractures, autoimmune disorders, high blood pressure and even some cancers.

Vitamin D is essential for strong bones, and is produced by the body in response to sunlight. It helps the body absorb calcium, which is critical to bone strength and health.

This presentation explains what would happen if we are low on Vitamin D. We also will cover:

- How much vitamin D is good and is there such a thing as taking too much vitamin D
- Why Buffalo and Northern Cities are at risk for low vitamin D
- What causes people to have low vitamin D
- Risks of having low vitamin D & ways to test your amount of vitamin D
- Ways to increase your vitamin D
- Foods with vitamin D



Vitamin D Foods

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for this very informative and important
workshop today!

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Vitamin D

- Maintains Your Calcium Balance
- Aids Your Cell Differentiation
- Boosts Your Immunity
- Has a Role in Insulin Secretion
- Blood Pressure Regulation
- Helps Prevent Diseases

Did You Know?
Vitamin D is actually a hormone made by your body as you are exposed to sunlight!

Salmon is by far one of the most Vitamin D rich foods that you can consume. Half a fillet has more than 1,400 IU of Vitamin D.

A 2000 study reported in the Archives of Internal Medicine reports that 77 percent of Americans are vitamin-D deficient.

Vitamin D plays an important role in maintaining bone strength and keeping your body healthy. A human requires ten to fifteen minutes of sun exposure at least twice a week on the face, arms, hands, or back without sunscreen with a greater than 3 UV index for adequate amounts of vitamin D3.

The information on Preparing for SHIP is not meant to take the place of health care or services you may need. Please see your primary health care provider about any personal health concerns.