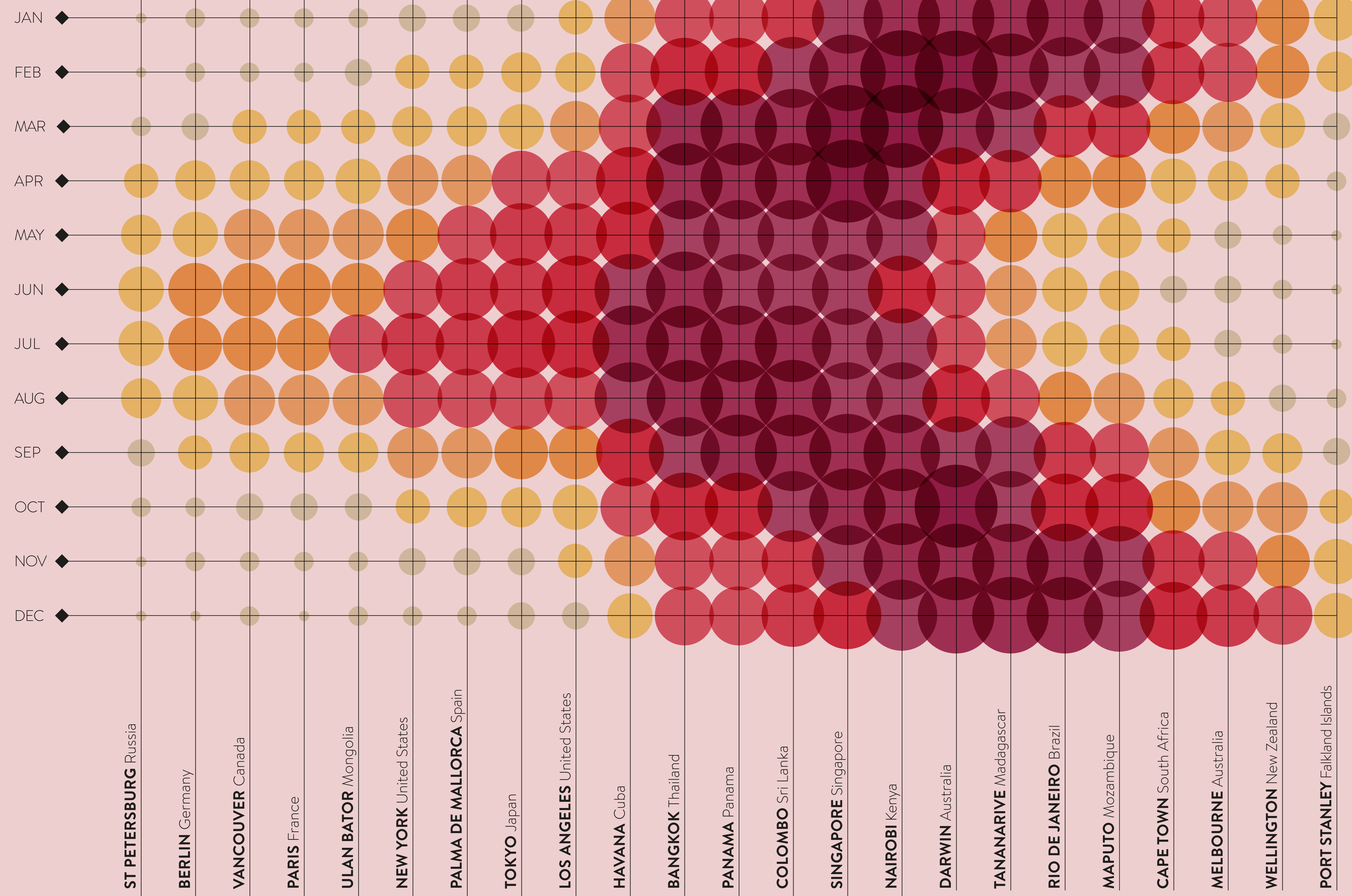


BALANCING VITAMIN D EXPOSURE AND SUN CARE

SKIN CANCER

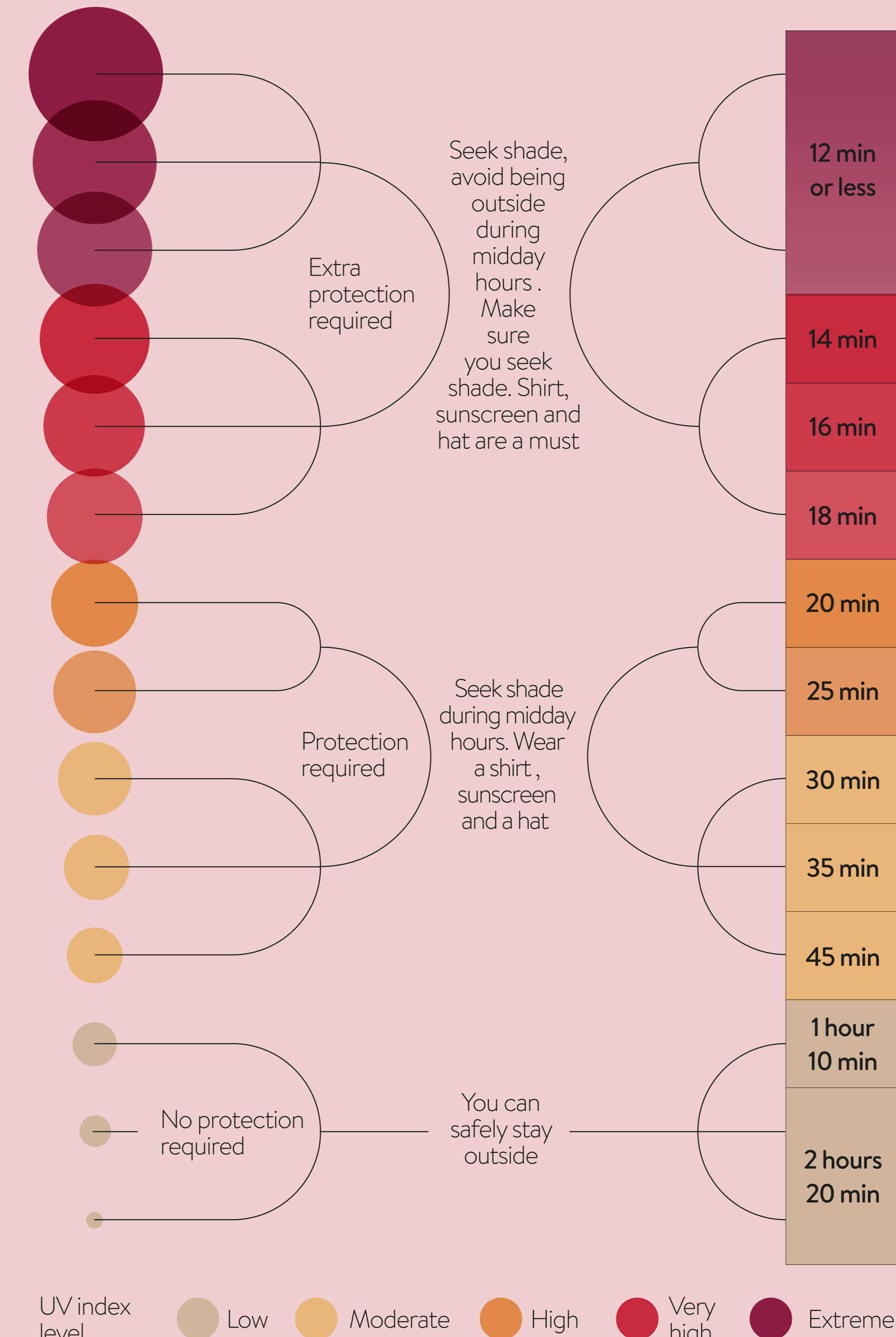
Skin type is a major factor when determining how at risk you are from skin cancer due to over-exposure to the sun. Due to their relative lack of skin pigmentation, fairer populations generally are at much higher risk than those with darker skin. Naturally darker people can usually safely tolerate relatively high levels of sun-exposure without burning or greatly increasing their skin cancer risk, though they are still not immune.

From the countries mentioned in the list below, New Zealand and Australia have the highest rates of skin cancers, while Sri Lanka and Singapore have the lowest, according to data from the World Health Organization



UV INDEX LEVELS

FORECAST OF UV RADIATION AT THE TIME WHEN THE SUN IS HIGHEST IN THE SKY



*Standard erythemal dose is an erythemally weighted radiant UVR equivalent to 100 Jm⁻²
Source: World Health Organization/International Agency for Research on Cancer

SUFFICIENCY OF VITAMIN D ACROSS THE WORLD

NO DATA

INSUFFICIENT MOST OF THE YEAR

INSUFFICIENT AT LEAST ONE MONTH

SUFFICIENT ALL YEAR

INSUFFICIENT AT LEAST ONE MONTH

Source: Cell defenses and the sunshine vitamin, Tavera-Mendoza/White

EXPOSURE TO VITAMIN D

TOO MUCH SUN CAN RAISE DISEASE RISK, WHILE TOO LITTLE RISKS VITAMIN D DEFICIENCY

