

CGH Workplace Wellness Newsletter

June 2020

Vitamin D and Your Health

It's a good thing that social distancing does not mean that we must stay indoors all the time. In fact, it might be a good idea to go outside and seek out a bit of the "Sunshine Vitamin", better known as Vitamin D.

Vitamin D has many health benefits. Most people know that it's important for bone health, but it also plays a role in a healthy immune system and some evidence suggests that low vitamin D levels make people more susceptible to respiratory infections.

Your body can make its own Vitamin D with sun exposure. When you think of the sun your first thought might be about the damage it can do. And too much can cause several kinds of serious health issues. But small amounts, especially early in the day before it's at its brightest, can be good for you in some ways.

How much is enough? This answer is different for everyone. It depends on your skin tone, age, health history, diet, and where you live. In general, scientists think 5 to 15 minutes - up to 30 if you're dark-skinned - is about right to get the most out of it without causing any health problems. You can stay out longer and get the same effect if you use sunscreen. Talk to your doctor about what's right for you.

Vitamin D can be obtained from diet. It is naturally present in salmon, tuna, and trout and many dairy products are fortified with Vitamin D.

Vitamin D is also available as a supplement. To maintain a healthy blood level, the Institute of Medicine recommends children under age 1 year take in 400 international units (IUs) and people ages 1 year to 70 years take in 600 IUs. People over age 70 should get 800 IUs a day.

Beware of taking too much in supplement form as high levels can be toxic. A blood test can determine if you have health levels of Vitamin D.



Upcoming Events

Sponsored by the
CGH Health Foundation

June screenings and programs are cancelled due to COVID-19 social distancing requirements.

*Thursday, June 4 at 1:30 p.m. on Facebook Live
Dr. Young Song will appear with Dr. William Bird to discuss the Urolift procedure to treat prostate enlargement.*

Please note that videos of past "Growing Healthier" programs are available for viewing on the CGH website under the Education and Resources tab.

All CGH clinics are now open. If you need to reschedule an appointment or elective procedure, please call your provider's office.

Join Dr. William Bird every Thursday at 1:30 p.m. on the CGH Facebook page for a live Q&A about the coronavirus pandemic.

If you would like to donate face masks or other personal protective equipment (PPE) for use by health care workers please call (815) 632-5324 or email donatematerials@cghmc.com.

COVID-19

*Health and Wellness
Please visit the Foundation tab at www.cghmc.com for family friendly resources to help your family eat, exercise, and feel better this summer.*

Need to Talk?

B-CALM

(888) 332-2256



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For questions regarding CGH Workplace Wellness services contact Sherry DeWalt; 815-625-0400, ext. 5716, or sherry.dewalt@cghmc.com
For questions regarding other services/projects the CGH Health Foundation offers please contact Joan Hermes, Executive Director; 815-625-0400, ext. 5672 or joan.hermes@cghmc.com or visit www.cghmc.com/foundation. CGH Health Foundation is a 501(C)3 corporation.