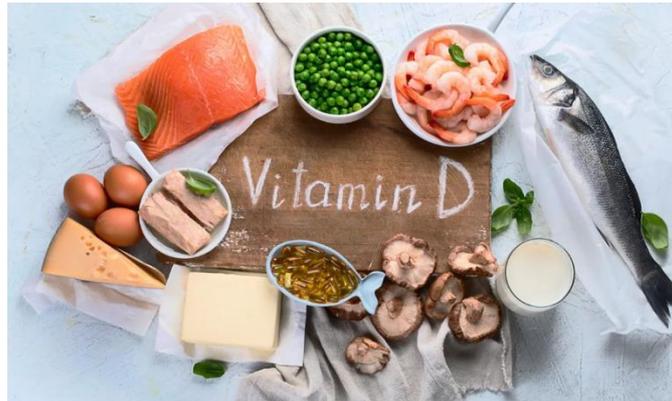


Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER
23 JULY 2020

Hello members,

Hope everyone is well and safe. We are now in Phase 3 of the governments exit plan. This phase had seen many facilities open up and as this Newsletter reaches you - hair salons, spas, nail bars and beauty counters will also be open. This must be relief for many of our female members who must have been counting down the days to get their nails done 😊

13th July 2020 saw the dental practices open nationwide for routine appointments. However, aerosol treatments are still not available. It has been announced by First Minister that Phase 3 will start to look into introducing these treatments but they are suspended till further notice.

While we continue to take measures to protect ourselves and others from infection, we should also continue to make positive changes to improve our health by good eating habits and good oral hygiene practice. During lockdown period everyone had been confined to their homes. Where some of us had the luxury of having a private garden to get some fresh air, many of us who live in apartments were restricted to get out often and lacked the much needed sunshine.

This week we will be looking at the importance of Vitamin D and the connection of Vitamin D to Oral health.

What is Vitamin D?

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods and is also produced in the body when the ultraviolet rays from sunlight strike the skin. It is also available as a supplement both orally and through injections.

Vitamin D is very vital to the human body as it helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.

Oral Health and Vitamin D

Vitamin D is very important for oral health. Vitamin D and phosphorus all play a vital role in the formation and maintenance of healthy teeth and gums in both children and adults. Calcium plays a role in making the jaw bones healthy and strong to hold the teeth in place. However, calcium needs phosphorus to maximise its bone strengthening benefits. Therefore, in easy terms calcium functions as a structural building block for bones, while, vitamin D facilitates the absorption of calcium in the body. A deficiency in Vitamin D can cause many serious problems. It can lead to dental caries, and weak or brittle teeth that easily break, chip, and crack.

Children and adults aged 1–70 need approximately 600 IU of vitamin D per day, and it can come from a combination of food sources and sunlight. Meanwhile, adults over 70 should aim for at least 800 IU (20 mcg) of vitamin D per day.

It's recommended that children aged one to four years should have a daily 10mcg vitamin D supplement all year round.

How to boost your Vitamin D intake?



1. Spend time in sunlight. Vitamin D is often referred to as “the sunshine vitamin” because the sun is one of the best sources of this nutrient.
2. Consume fatty fish and seafood.
3. Eat more mushrooms.
4. Include egg yolks in your diet.
5. Eat fortified foods.
6. Try a UV lamp.

Sunshine and Vitamin D

Vitamin D is the only nutrient your body produces when exposed to sunlight. When exposed to the sun, your skin can manufacture its own vitamin D. We each have vitamin D receptor cells that, through a chain of reactions starting with conversion of cholesterol in the skin, produce vitamin D₃ when they're exposed to ultraviolet B (UVB) from the sun.

Regular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get 10–30 minutes of midday sunlight, several times per week. People with darker skin may need a little more than this. Your exposure time should depend on how sensitive your skin is to sunlight.

During the current pandemic it has been very difficult for many people to go outdoors and elderly people are still advised to shield and only go out when necessary. The recommended daily value (DV) is 800 IU (20 mcg) of vitamin D per day from foods. If you don't get enough sunlight, your intake should likely be closer to 1,000 IU (25 mcg) per day.

Foods rich in Vitamin D



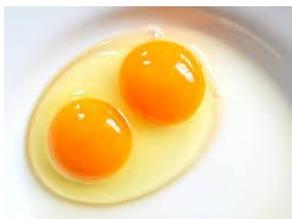
1. Salmon



2. Herring and Sardines



3. Canned Tuna



4. Egg Yolks



5. Mushrooms



6. Cereal and Oatmeal



7. Cows Milk



8. Soy Milk



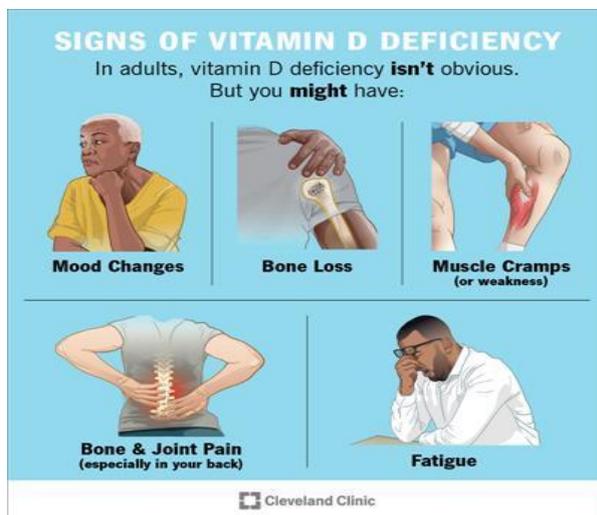
9. Orange Juice

What are the symptoms of Vitamin D deficiency?

Vitamin D deficiency means that you do not have enough vitamin D in your body. Many factors can lead to a deficiency in Vitamin D. Apart from the obvious factor being lack of exposure to sunshine and consumption of rich foods. Some factors are:

- **Age:** The skin's ability to make vitamin D lessens with age.
- **Skin color:** Dark-coloured skin is less able to make vitamin D than fair-coloured skin.
- **Human breast milk:** A woman's breast milk only contains a small amount of vitamin D. Therefore, infants who are breast fed are at risk of not receiving enough vitamin D.

There are many signs which can suggest that you may have a deficiency in Vitamin D. Some of these signs are:



Getting enough vitamin D may also play a role in helping to keep you healthy by protecting against the following conditions and possibly helping to treat them. These conditions can include:

- Heart disease and high blood pressure.
- Diabetes.
- Infections and immune system disorders.
- Falls in older people.
- Some types of cancer, such as colon, prostate and breast cancers.
- Multiple sclerosis.

Always speak to your GP if you feel you have any symptoms before taking any supplements.

Hope these tips helped you and will help make positive changes to your lifestyle.

Till next time, stay safe and happy and stay connected!!!!