



The sun is coming out! We all hear that Vitamin D is good for us, but can we get too much of it? Sun damage can occur in nearly any type of weather (from UV rays, not temperature) so it is just as important to protect ourselves on cloudy, or cool days as on the hot sunny days ahead. All skin-types are at risk of developing skin cancer.

Isn't it good for my body to get a lot of vitamin D?

Your body can only produce so much vitamin D at a time, so overexposing yourself to the sun and UV rays does not give your body a reserve of Vitamin D.

How do I know how much UV exposure I might have on a given day?

Many weather apps have a UV index that can help you gauge the harmfulness of the sun rays on that day.

What can you do to protect yourself?

Studies have shown that sunscreen does not interfere with vitamin D production. Using sunscreen can help protect you from the UV rays and ultimately skin cancer. Anything over a 3 can harm skin.