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3302003-National Pathology Group

Shining the light on health

CORRESPONDENT
IN JOHANNESBURG

WE ARE all aware of the dangers of over-exposure to the sun. However, insufficient exposure to sunlight can be equally detrimental. It can lead to a vitamin D deficiency and the countless problems associated with it, such as rickets, osteoporosis, fragile bones and muscle and bone pain.

Dr Stan Zail, a member of the National Pathology Group (NPG), says that people often underestimate the importance of vitamin D. "Vitamin D is one of the most important vitamins, yet it is overlooked until one develops a bone disease. Only then do people begin to realise how important it really is. Vitamin D is an essential factor in calcium balance," he said.