



Chart prepared by: Garland CF, Baggerly CA

**Legend:**

All percentages reference a common baseline of 25 ng/ml as shown on the chart.  
 %'s reflect the disease prevention % at the beginning and ending of available data. Example: Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 50 ng/ml vs the baseline of 25 ng/ml.  
 The 'x's in the bars indicate 'reasonable extrapolations' from the data but are beyond existing data.

**References:**

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Chart "Disease Incidence Prevention by Serum 25(OH)D Level" prepared by Dr. C.F. Garland, 10-16-08

## SUNLIGHT -questions

- 1. Does your chosen lifestyle include activities giving you 10-15 minutes of direct sunlight at least 3 or 4 times per week?
  1. Say ‘I’m intentional about improving my health with vitamin D and sunshine by letting sunlight into the home. I will open the curtains/blinds and maybe even adding more windows to the home.’
- 2. I’m intentional about improving my health with vitamin D and sunshine by:
  - a. Taking walks during lunch hour / be in sunshine for 10-15 minutes 3 or 4 times a week.
  - b. Taking 2000 IUs of vitamin D3 daily
  - c. Planning fun activities in the sunshine during **all** seasons
  - d. Telling others about the importance of Vit. D3 use.
- 2. Do you know friends or family who have the SAD or perhaps the “I-don’t-want-to disease” during winter and will not cooperate with any health plan? How can you help them?
- 3. Have a family council and think of some sun and fun thing(s) to do during the spring, summer, autumn, and even in the winter.