

Hello skin, it's me Vitamin D

We hear it all the time from our friends, colleagues and even parents, "Are you taking your vitamins? A vitamin would really help that." We get it, vitamins have a good reputation and each one has a laundry list of symptoms and illnesses it can help



Sarah Neumann SKIN HEALTH

treat. But do vitamins really help?

The simple answer: Yes. Vitamin D has long been known for keeping skin and bones healthy. From

a skin perspective your daily dose can reduce wrinkles and keep your skin soft, strong and smooth. But can it do more? New research says yes, too.

Researchers are looking into new and different ways Vitamin D benefits our body. Recent studies show that it can reduce the risk for melanoma in women at high risk for the disease.

A Stanford University research team tested women, 50 to 79 years old, with a history of nonmelanoma skin



cancer. They were given daily doses of Vitamin D and overall their risk of melanoma decreased by 55 percent.

Like anything good in life, moderation is the key. A little can help but too much can be harmful.

While it can be healthy to supplement your body's nutrients, a daily multi-vitamin isn't the cure for every illness and you can't rely solely on them to fix that lingering pain

or erase that wrinkle.

Always talk to your personal care physician to make sure you're taking vitamins for the right reasons and getting the right amount for you.

• Sarah Neumann, MMS-PA-C, has been practicing dermatology PA for 10 years. Her practice, Ahwatukee Skin and Laser, is located in Ahwatukee Foothills at 4425 E. Agave Road, Building 9, Suite 148. Reach her at (480) 704-7546 or visit www.ahwatukeeskincares.com.

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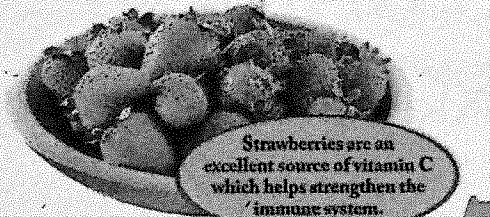
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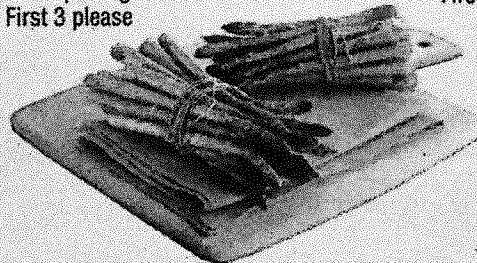


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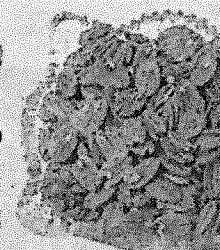
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