

A vitamin D-lightful summer

Run time - :29

ANCHOR LEDE

Summer is a time to soak up the sun, a primary source of vitamin D. Should you be concerned that you're getting too much or too little vitamin D? Tim Ditman of OSF HealthCare has more.

~~~

OSF provider Maddy Draper says if you know your body and take the usual precautions like wearing sunscreen, you should have a worry-free summer.

\*\*\*SOT\*\*\*

Maddy Draper (DRAY-per), APRN  
OSF OnCall

**"The average person will get it through the sun. If you live in a cold and dark environment, you're at higher risk for vitamin D deficiency. People farther away from the equator are higher risk." (:15)**

Try for 10 to 15 minutes of sun three times per day.

I'm Tim Ditman.

~~~

ANCHOR TAG

If you have symptoms of too much or too little vitamin D or just have a concern, talk to your primary care provider. Symptoms include muscle aches, nausea, vomiting, a rapid heartbeat and kidney damage.