RRH Library Newsletter, April 2009

Libraries at Rochester Regional Health

Follow this and additional works at: https://scholar.rochesterregional.org/rrhpubs

Part of the Health Sciences and Medical Librarianship Commons

Recommended Citation

This Newsletter is brought to you for free and open access by RocScholar. It has been accepted for inclusion in Rochester Regional Health authored publications and proceedings by an authorized administrator of RocScholar. For more information, please contact Lisa.Buda@rochesterregional.org.
**AMERICANS DEFICIENT IN VITAMIN D**

Recent research has shown that 75% of Americans are deficient in vitamin D. A large study in the March 23, 2009 issue of Archives of Internal Medicine reveals that this deficiency is most likely due to sun avoidance and increased use of sunscreen.

Low levels of vitamin D are associated with lower bone mineral density in adults and an increase in bone fractures. New research has shown a link between low vitamin D levels and an increased risk of cancer, heart disease, depression, infection and overall poorer health.

If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library staff member.


