

PRESENTATION ON SUNLIGHT EXPOSURE AND VITAMIN- D STATUS IN BREASTFED INFANTS



Journal Club presentation was done by Dr. Rose Mary Dkhar PG-1 (PAED) under the guidance of guide Dr. Nahida M. Mulla MD (HOM), HOD (PAED) on the topic **SUNLIGHT EXPOSURE AND VITAMIN- D STATUS IN BREASTFED INFANTS.**

OBJECTIVES: To correlate the sunlight exposure in first 6 months to vitamin D status at 6 months of age in predominantly breastfed infants ;and to quantify the sunlight exposure required to achieve serum 25(OH) D level >20ng/ml, by 6 months of age.

Vitamin D deficiency has emerged as a pandemic affecting all ages including infants. The prevalence of vitamin D deficiency in Indian neonatal is reported between 86 to 100%, despite adequate availability of sunlight and adequate maternal calcium intake during antenatal period. Natural vitamin D synthesis remains ineffective mostly due to modern lifestyle where infants remain confined indoors during daytime, which is prime time for exposure to ultraviolet B rays.

The present study established a correlation between sun exposure during early infancy and serum 25(OH) D level in infants at 6months of age from northern india.Sun exposure between 10am to 3pm emerged as the best predictor of infants vitamin D status, in this study ,we could also estimate the duration of sun exposure required to achieve sufficient vitamin D levels in breastfed infants at 6months of age.

To conclude, there is a significant positive correlation between sunlight exposure and infants serum vitaminD , irrespective of maternal vitamin D levels.