**VITAMIN D**

**ARE YOU GETTING ENOUGH?**

**DO YOU...**

GET OUT IN THE SUN EVERYDAY?

WITHOUT YOUR SKIN COVERED?

**IF NOT...**

you may be at risk of **low vitamin D**

and may need **vitamin D supplements**

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**LOW VITAMIN D INCREASES YOUR RISK OF FALLS AND INJURY**

If you live in an aged care home, speak to your GP about vitamin D

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### KEY FACTS

- **VITAMIN D IS ESSENTIAL FOR STRONG BONES AND MUSCLES**
- **LOW VITAMIN D LEVELS LEAD TO AN INCREASED RISK OF FALLS AND INJURIES**
- **VITAMIN D SUPPLEMENTS ARE EFFECTIVE IN INCREASING VITAMIN D LEVELS**
- **PEOPLE LIVING IN AGED CARE HOMES OFTEN HAVE LOW VITAMIN D**

For more information see resources online at sydney.edu.au/medicine/cdpc/resources