

# D+Health

A Study of Vitamin D & Health



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## The D-Health Trial Newsletter

Welcome to the first D-Health newsletter. We hope you enjoy finding out who we are and hearing more about the study.

### OUR TEAM

The D-Health Trial is led by a panel of scientists and doctors, headed by chief investigator Associate Professor Rachel Neale.

The frontline team includes Catherine Baxter, our extraordinary project manager, and several project officers who answer your telephone calls and help to keep your data up to date. They are Kym Watson, Jill Wood, Linda Rosengren and Melissa Brown. We do get very busy at times, so please bear with us if it is sometimes difficult to get through. We will always try to return your call within one working day.



(left to right): Linda Rosengren, Melissa Brown, Kym Watson, Rachel Neale, Catherine Baxter, Jill Wood .

### ANY QUESTIONS, CONCERNS OR IDEAS?

Send an email or give us a call and we will be happy to help.

If you are involved with an organisation and your members would like to learn more about vitamin D, please let us know - we may be able to come and give a talk. And we're always keen to hear from you if other members of your organisation might decide to join D-Health!



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Help  
with our  
recruitment!  
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# OUR RECRUITMENT DRIVE

The D-Health Trial aims to recruit 25,000 Australians to help us put vitamin D on trial. You are now one of almost 5000 people who have joined us. We are thrilled with the response, but still have a long way to go.



We have invited an equal number of men and women to take part and the same number of people from each state. The chart shows that Queensland is in the lead, with the most people enrolled in D-Health. In every state, with the exception of NSW, there are more women than men. **We hope to see other states catch up to Queensland in the next six months.**

You can help us with recruitment by spreading the word

If you have friends or family aged 60-84 who might be eligible to take part, please encourage them to visit our website or give us a call. We would love to hear from them. If you would like some 'Refer-a-Friend' cards, please let us know.



## CANCER COUNCIL RECOMMENDATIONS FOR SUN EXPOSURE DURING WINTER

Skin cancer is the most common cancer in Australia and costs our health care system over \$500 million per year. To reduce the risk of skin cancer, the Cancer Council Australia recommends that we use sun protection, such as hat, clothing, sunscreen, when the ultraviolet index (UVI) is greater than 3. In southern parts of Australia the UVI stays below 3 in some months so you don't need to worry about sun protection (see the table below). Instead, the Cancer Council Australia recommends that you try and spend two to three hours a week soaking up some sunshine, so feel free to enjoy your lunch in the sun. For more information go to: <http://www.cancer.org.au/preventing-cancer/sun-protection/vitamin-d/how-much-sun-is-enough.html>

Location	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Darwin	11	12	11	6	8	7	7	9	11	11	11	10
Brisbane	11	10	9	6	4	3	3	5	7	8	10	11
Perth	11	10	8	5	3	2	2	4	6	8	9	10
Canberra	10	9	7	5	3	2	2	3	5	7	9	10
Sydney	10	9	7	5	3	2	2	3	5	7	8	8
Adelaide	11	10	7	5	2	2	2	2	5	7	9	10
Melbourne	9	9	6	4	2	1	1	2	4	6	8	9
Hobart	8	7	4	3	1	1	1	2	3	4	6	7

Average maximum UVI at selected locations in Australia\*. The blue shaded area shows months when sun protection is usually not necessary at different locations.

\* Gies P, Roy C, Javorniczky J, Henderson S, Lemus- Deschamps L, Driscoll C. *Global Solar UV Index: Australian Measurements, Forecasts and Comparison with the UK. Photochemistry and Photobiology, 2004; 79(1): 32-39*



### Staying in the trial if you have a new health condition

Quite a few people call to ask us if they can stay in the trial if they have been diagnosed with a new health condition such as cancer. If this happens to you, staying in the trial is very unlikely to cause you any harm and we would greatly value your continued participation. Your information is very important to us.