



DEAR SIR / MADAM

**SUNLIGHT EXPOSURE AND VITAMIN D STATUS IN THE UK'S AGEING POPULATION**

We are writing to ask for your help with a research study that we are carrying out to look at the vitamin D and sun exposure levels of healthy adults aged 65-84.

Vitamin D is essential for calcium absorption and the maintenance of healthy bones. Severe vitamin D deficiency leads to increased risk of fractures in later life. Most of the body's vitamin D is made in the skin following exposure to sunlight. We want to measure the amount of vitamin D in your blood and your level of sunlight exposure in summer and winter. We also want to see how much vitamin D you can make when following national recommendations on sunlight exposure.

The study will take place over 7 months. For one week in summer and winter, you will be asked to complete brief diaries about your sunlight exposure and diet. You will also wear a badge to measure your sunlight exposure. The following week a blood sample will be taken to measure your vitamin D level. Following this, a group of volunteers will receive a 6 week course of simulated sunlight exposures and provide weekly blood samples to measure vitamin D.

This study will be carried out at the Photobiology Unit, Salford Royal Hospital and you must be able to make your own way here for study visits. The study has been approved by a University of Manchester Research Ethics Committee.

**If you are interested in taking part in this study then please contact Jo Osman, Senior Research Nurse, Photobiology Unit, Salford Royal Hospital for more information.**

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We hope that you will be able to help us with this research.

Yours sincerely

Prof Lesley Rhodes  
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University of Manchester and Salford Royal Hospital