

25 June 2020

Dear Patient,

I am writing to you because you have been prescribed a maintenance dose of Vitamin D by your GP. **Please read this letter carefully so that you know about some future changes to your treatment.**

The Bradford District and Craven CCG guidance is that long term vitamin D supplementation should be purchased by the patient over the counter where possible.

How will this affect you?

Your practice based pharmacist has reviewed your record. In accordance with the CCG guidance recommendations your prescription for maintenance vitamin D has been stopped and we recommend that you purchase a vitamin D supplement.

Diet and Lifestyle

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth. It is important to maintain both dietary vitamin D and vitamin C. Vitamin D can be found naturally in some foods including oily fish, red meat, liver and egg yolks, fortified foods-such as most fat spreads and some breakfast cereals. Vitamin C can be found in dairy products, green leafy vegetables, soya beans, tofu and nuts.

The body can make vitamin D from direct sunlight on the skin. From late March and to the end of September most people should be able to get all the vitamin D they require from sunlight. Between October and early March we do not get enough vitamin D from sunlight and this is when supplementation with vitamin D is of greatest importance.

Sun exposure: It is important for children and adults to safely expose commonly uncovered areas of the skin (such as the forearms and hands) for short periods when in strong sunlight. Please note sunscreen should be applied for longer skin exposure to sun.

Coronavirus update: The NHS advice is to take 10 micrograms of vitamin D a day to keep bones and muscles healthy, if you are staying indoors most of the time you will not be getting enough vitamin D from sunlight. There have been some reports that vitamin D reduces the risk of coronavirus. However currently there is not enough evidence to support this.

Purchasing vitamin D

Vitamin D maintenance products are widely available to purchase with strengths ranging from 800 to 2000 units. They are available from your supermarket, health food shop or local pharmacy. Their cost can be as little as per £1.24 per month. You should purchase the strength that has been previously prescribed to you. Products that are halal, suitable for vegetarians, kosher, peanut allergy and soya allergy compatible are readily available. We strongly recommend that you continue with your vitamin D supplementation.

If you have questions about your new prescription, please contact my team.

Yours sincerely



Dr Junaid Azam