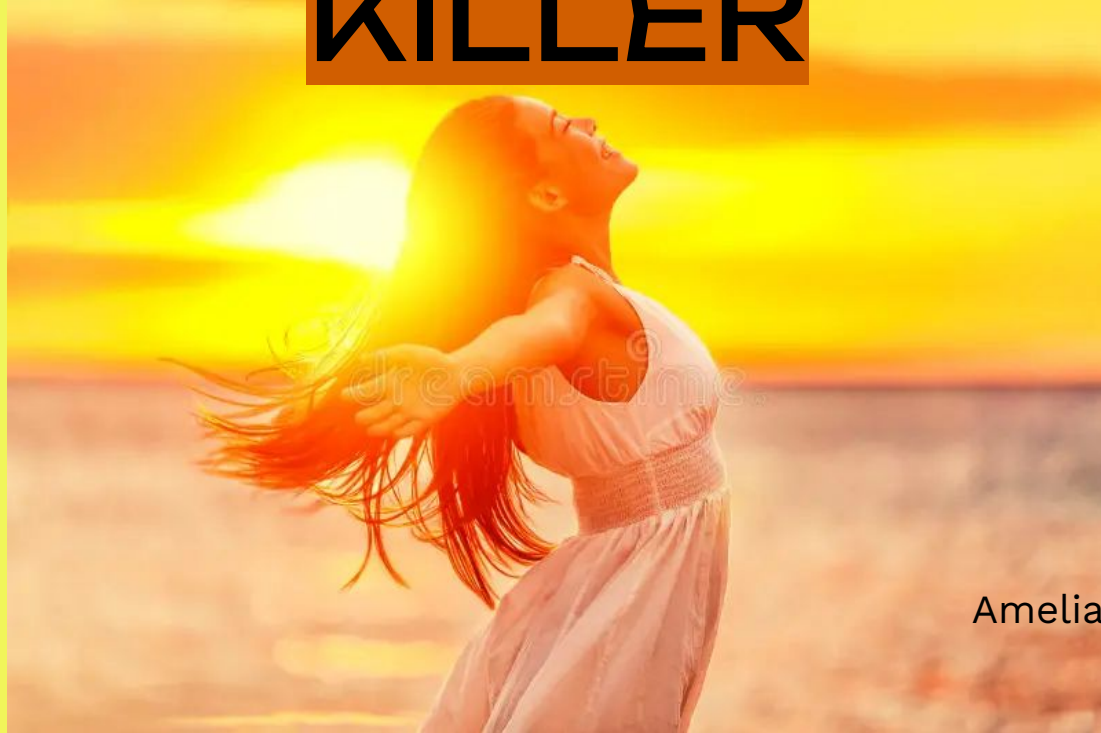


# Sunshine: Our not-so-secret **KILLER**

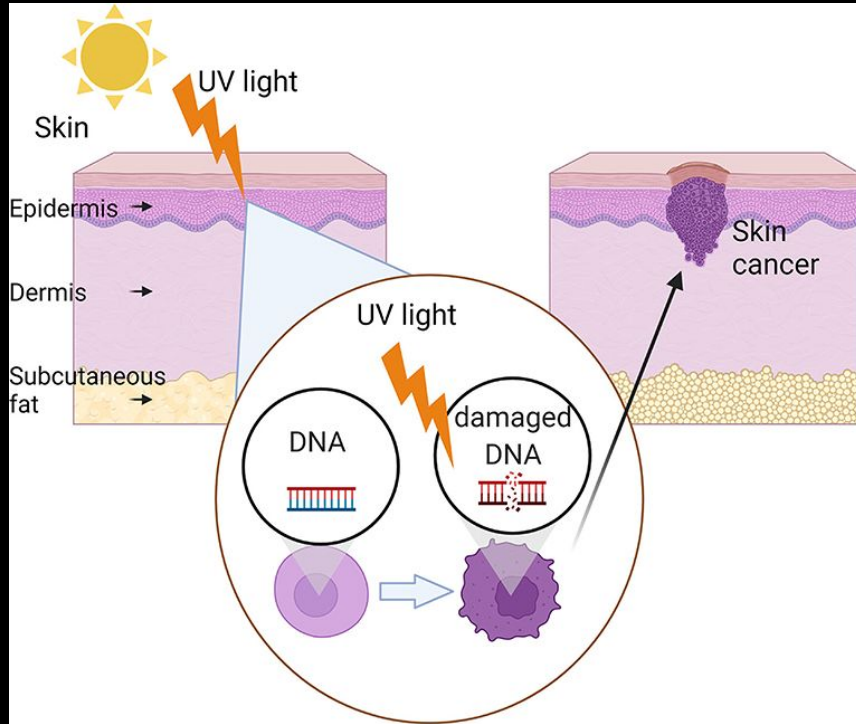


Amelia Ubben

# We've All Heard it Before...



# Uv rays are the number one contributor to melanoma



# UV RISK AT WESTMONT COLLEGE

- Open outdoors campus
- Beach and mountain proximity
- Nice weather
- “Study outside” culture



- Is anywhere safe?
- How common is melanoma?
- What about Vitamin D?



# Sike!

The sun is good



Too much sun exposure is dangerous, but it is important to get sun exposure for mood stabilization and vitamin D intake.

35% of adults are vitamin D deficient, which poses risks:

- Osteoporosis
- Cancer
- Depression
- Muscle weakness
- Death