**Sunshine 'reduces MS risk'**

Parents are continually being told to keep their children out of the sun.

But new research has discovered that higher exposure to sunlight in childhood reduces the risk of multiple sclerosis (MS) in later life.

MS is known to be more common in countries at higher latitudes, which generally have lower levels of ultraviolet radiation; the light waves produced by the sun.

An Australian study has discovered that people exposed to an average of two or more hours of sun a day in the summer between the ages of six and 15 were less likely to develop the disabling neurological condition.

Researchers at the University of Tasmania said their findings suggested that insufficient ultraviolet radiation may influence the development of MS.

More than 130 patients with MS and 272 controls took part in the study.

Participants were asked about the amount of sun they were exposed to in the past, measures taken to protect against the sun, use of vitamin D supplements and other factors thought to be associated with the condition.

Skin damage and skin colour were also assessed.

The study, published in the British Medical Journal, found that those with the greatest amount of skin damage also had the lowest risk of the disease.

The associations persisted even after adjusting for fair skin and exposure to sun after onset of the disease.

Read more: <http://www.dailymail.co.uk/health/article-191711/Sunshine-reduces-MS-risk.html#ixzz4W14X7mCI>   
Follow us: [@MailOnline on Twitter](http://ec.tynt.com/b/rw?id=bBOTTqvd0r3Pooab7jrHcU&u=MailOnline) | [DailyMail on Facebook](http://ec.tynt.com/b/rf?id=bBOTTqvd0r3Pooab7jrHcU&u=DailyMail" \t "_blank)