Vitamin D: ultraviolet light and well-being of older people

Veleva, B.I.

Stellingen behorend bij het proefschrift

VITAMIN D, ULTRAVIOLET LIGHT AND WELL-BEING OF OLDER PEOPLE

1. Wellbeing may also have a protective role in health maintenance (adapted from Steptoe A. et al. Lancet 2015).
2. Vitamin D and sun exposure are modifiable risk factors in disease prevention.
3. Vitamin D is a regulating hormone that modulates multifactorial processes, promoting the balance and maintenance of human health.
4. The physiology of aging makes older people particularly susceptible to vitamin D deficiency.
4. In nursing home residents, weekly vitamin D supplementation with cholecalciferol capsules (5600 IU, equivalent to 800 IU daily) results in a 25(OH)D serum concentration ≥ 50 nmol/L, regardless of gender, age, BMI, renal function, sun exposure, comorbidity, medication or mobility status (this thesis).
5. Elderly care physicians and general practitioners differ in terms of adherence to Dutch Health Council advice concerning vitamin D supplementation in people aged 70 years and above. These differences are, however, shaped by differences in the target population: frail nursing home residents versus healthier community-dwelling older people (this thesis).
6. As a risk factor for all-cause death, avoidance of sun exposure is of a similar magnitude to smoking (adapted from Lindqvist et al. Journal of Internal Medicine 2016).
7. The nursing home population is at particular risk of sun deprivation.
8. The systematic review of observational studies and RCTs revealed a positive effect of UV light on mood, depressive scores and seasonal affective disorders (this thesis).
9. UV light has a positive effect on the restless/tense behaviour characteristic of advanced dementia (this thesis).
10. Spending more time outside, combined with checking the blood pressure and adjusting antihypertensive medication for older people in the summer, might be worthwhile due to the possible suppressive effect of UV on blood pressure (this thesis).
11. Amongst people with dementia, spending more time outside should be stimulated and incorporated into daily activities as a component of a healthy life style program.