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## **Vitamin D Deficiency Treatment in Dubai, UAE**





## Vitamin D Deficiency in Dubai

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According to various news outlets, Vitamin D Deficiency is rife in Dubai, and if you're having rheumatology treatment it's even more important to monitor how much you receive. Vitamin D comes from **sunlight**, the **foods** you eat and your overall lifestyle. Finding out how to get more of this vital vitamin in your life is a step towards becoming healthier.

Get enough Vitamin D. The daily requirement is 1000 IU. This is usually obtained by exposure in the sun – about 15 **minutes per day** for very light skinned people. More pigmented skins may find it hard to absorb the vitamin D and you may require a supplement or fortified foods. Why is everyone in sunny Dubai in the UAE (United Arab Emirates) deficient in vitamin D

## What Are The Risks of Vitamin D deficiency Treatment in Dubai, UAE?

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Vitamin D deficiency Treatment in Dubai, UAE has been linked to **mood disorders, chronic diseases**, and autoimmune diseases over the years, and it's not just you who can be affected. Newborns whose mothers don't get enough Vitamin D are more susceptible to developing both types of Diabetes and indeed Schizophrenia, Asthma, and **Developmental Disorders**.

In fact, children who lack Vitamin D intake in the first decade of their lives are more prone to developing Multiple Sclerosis in later life.

Expert care for Arthritis, Lupus, and Autoimmune diseases.