

# Light and health

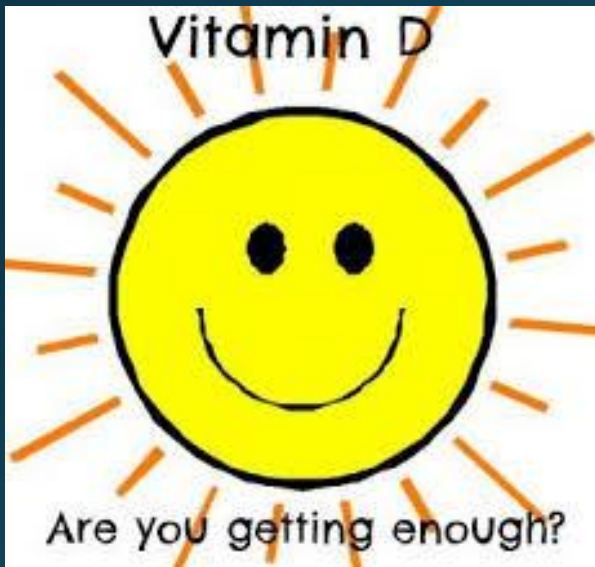
Let there be light

# Vitamin D

- A fat-soluble vitamin
- Naturally present in very few foods
- Available as a dietary supplement
- Essential for bone health
- Protects against colds and fights depression



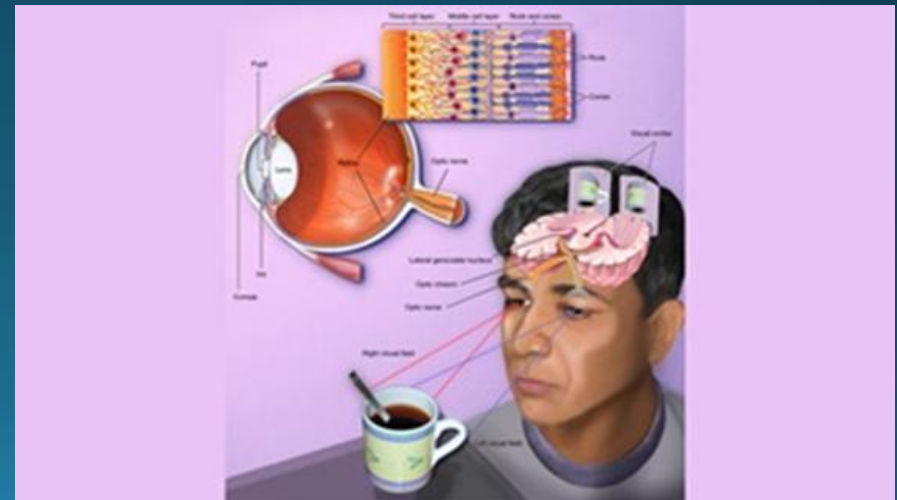
- Sunlight spurs the body to make vitamin D
- The sun is less likely to provide your daily needs at higher latitudes
- Vitamin D deficiency may resort to UV-emitting lamps and bulbs





# VISION

- Vision begins with light passing through the cornea
- As in a camera, the image on the retina is reversed: Objects above the center project to the lower part and vice versa. The information from the retina — in the form of electrical signals — is sent via the optic nerve to other parts of the brain, which ultimately process the image and allow us to see.



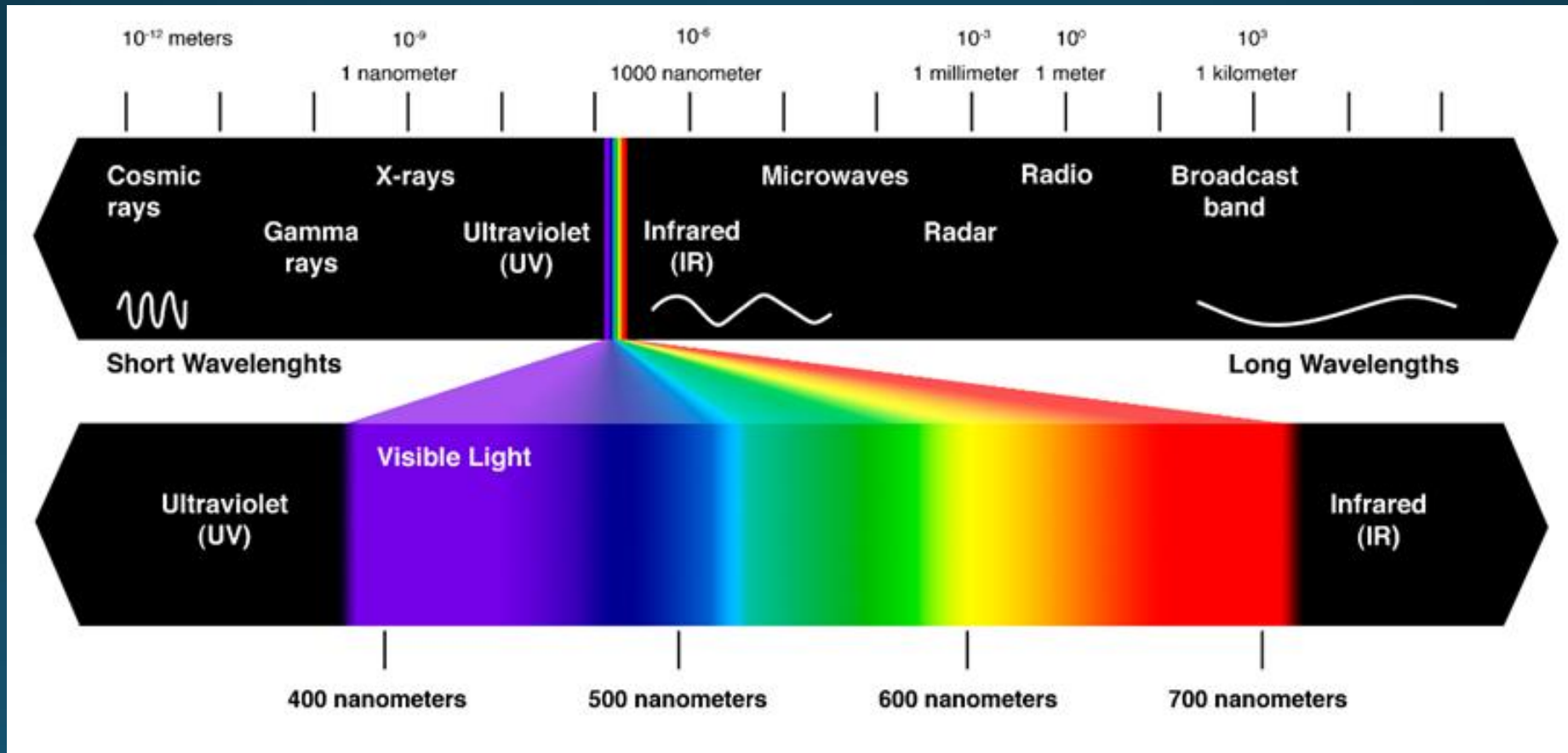
# PROTECTION

- Indoor wear glasses
- Outdoor wear sunglasses
- If your vision is blurry, visit eye doctor



# UV RADIATION

Ultraviolet (UV) is an electromagnetic radiation with a wavelength from 10 nm to 400 nm.



# ADVANTAGES

- Detection of finger and footprints
- Medical therapy
- Disinfectant



# DISADVANTAGES

- Sunburn
- Sunstroke
- Allergy





# ILLNESSES

- RICKETS



- SAD



- PHOTOPHOBIA



- SUN ALLERGY

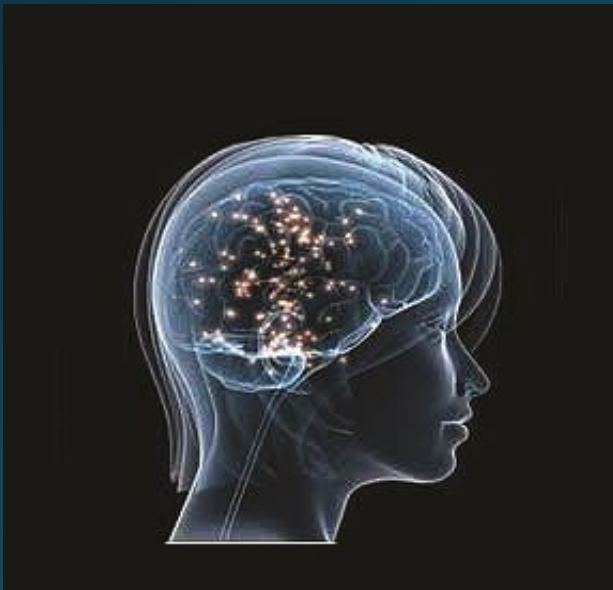


- SKIN CANCER



# HAPPINESS

- More light on life can make us feel happier and more vital.



- Our bodies run on circadian rhythm-an internal clock that is triggered by light

# HAPPINESS IS

...somehow having a feeling  
of peace, love and light  
in this dark world.



- Lack of light can trigger depression in many known as Seasonal Affective Disorder (SAD)
- It is common to feel a slump in mood when the hours of sunlight shrink

Thank you for your attention!