



Vitamin D and skin cancer

Information for patients from your Macmillan Skin Cancer Nurse

This leaflet explains the importance of Vitamin D for patients diagnosed with skin cancer.

We hope this leaflet answers some of the questions you may have. If you have any further questions or concerns, please speak to your Skin Cancer Clinical Nurse Specialist or your GP.

What is Vitamin D and why do we need it?

Vitamin D helps regulate the amount of calcium and phosphate in the body. We need these nutrients to keep our bones, teeth, and muscles healthy.

For more information on Vitamin D go to the NHS web site. (<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>)

Where do we get Vitamin D?

- Vitamin D is found in **some foods**, such as oily fish and breakfast cereals. However, it is very difficult to get enough from your diet alone.
- The main source of Vitamin D is from **sunlight**. From late March to the end of September, most people will get enough Vitamin D from the sun. This is why people who avoid sunlight, such as people diagnosed with skin cancer, are more likely to have a Vitamin D deficiency. But between October and early March we do not make enough vitamin D from sunlight.

What are the symptoms of Vitamin D deficiency?

Most people with Vitamin D deficiency will have no symptoms. However, if your levels of Vitamin D are very low, you may have the following symptoms:

- tiredness; and
- pain in your muscles or bones.

What can I do to prevent Vitamin D deficiency?

Vitamin D deficiency is very common, especially in:

- the winter months; and
- in people with darker skin types, who spend a lot of time indoors or covered up.

The government recommends that all adults take a supplement containing 10mcg of Vitamin D each day. This is especially important during the autumn and winter months. It is also important for people who avoid the sun, such as those diagnosed with skin cancer.

Usually one tablet a day, all year round, will provide the recommended daily Vitamin D allowance.

We do not routinely test for Vitamin D levels using a blood test.

Can I take Vitamin D with my normal medication?

It is important to speak with your GP or pharmacist before you start taking Vitamin D supplements. They can confirm whether taking Vitamin D will affect any other medication you are taking.

Further information

If you have any questions about Vitamin D and your condition, please speak to your Skin Cancer Clinical Nurse Specialist or your GP.

More information on Vitamin D is available on the NHS web site. (<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>)

[Web site last accessed 11 December 2025]

What do you think of this leaflet?

We welcome feedback, whether positive or negative, as it helps us to improve our care and services.

If you would like to give us feedback about this leaflet, please fill in our short online survey. Either scan the QR code below, or use the web link. We do not record your personal information, unless you provide contact details and would like to talk to us some more.

Giving feedback about this leaflet



<https://www.smartsurvey.co.uk/s/MDOBU4/>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**
Telephone: 01227 868605
Email (ekhuft.patientvoice@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

Reference number: Web 475

First published:
May 2020

Last reviewed:
October 2025

Next review date:
February 2029

Copyright © East Kent Hospitals University NHS Foundation Trust.