

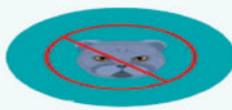
# STATETIMES

# SUNDAY

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## Vitamin D deficiency: Unusual symptoms that warn of low levels of this vitamin in the body

**F**at soluble vitamin, Vitamin D, is extremely important for the human body. Of all the benefits, vitamin D gives the most important one is its role in retaining calcium for the body and helping in strengthening bone health.

Interestingly, the body prepares vitamin D when the skin is exposed to sunlight. An individual can also enhance their vitamin D dose by taking supplements.

### What happens when your body does not have sufficient vitamin D?

Deficiency of vitamin D in the body affects the bones, causes bone issues, hampers the immunity of the body, leads to several cardiovascular diseases, causes autoimmune problems, marks the onset of neurological diseases, and causes infections.

It also leads to complications in pregnant ladies and is also a reason for certain types of cancers like those of breast, prostate and colon.

### What are the uncommon signs of Vitamin D deficiency?

Frequent illness is very common; however, its association with lack of vitamin D is not known to many. Since vitamin D supports immunity, lack of it affects the body's strength to fight against pathogens. As a result of which the individual falls sick very often.

Constant fatigue is another sign why you need to check your vitamin D levels. If you are tired all the time without any other explanation, vitamin D can be the reason behind it. This can affect your energy level and can also affect your mood towards taking up new work.

Depression is yet another potential indicator of lack of vitamin D. Constant fatigue and tiredness can take a toll on your mental health. Depression can affect these people easily.

Massive hair fall and poor hair growth. Less vitamin D affects the hair and not many of us know this. So next time, if you don't see any changes to your hair fall despite trying several medications and shampoos, do get tested for vitamin D.

Skin rashes and acne are also very common in people who do not have sufficient



vitamin D. In these people, the skin also ages pretty fast.

### Other signs of Vitamin D deficiency

Lack of vitamin D leads to bone fragility, osteoporosis, bone pain, muscle twitching, muscle weakness, extreme muscle pain, and stiffness in the joint.

### Who is at more risk?

People who have limited exposure to sunlight are likely to be more deficient in vitamin D. Diets low in vitamin D are more common in people who have milk allergy or lactose intolerance and those who consume an ovo-vegetarian or vegan diet, says a report.

Breastfed infants, older adults, people with dark skin, people with conditions that limit fat absorption, and people with obesity or who have undergone gastric bypass surgery are more likely to be deficient in vitamin D.

### As per a Harvard report, "People who are obese tend to have lower blood vitamin D levels. Vitamin D accumulates in excess fat tissues but is not easily available for use by the body when needed. Higher doses of vitamin D supplementation may be required to achieve a desirable blood level. Conversely, blood levels of vitamin D rise when obese people lose weight."

### What is the ideal intake of Vitamin D per day?

The ideal amount of vitamin D is 10-20 micrograms. However, for some individuals it can go up.

But it is advisable not to consume more than 100 micrograms of vitamin D.

Ideally, it is always good to consult doctors before you take any supplements.

### Vitamin D toxicity

While on one hand you should not let your body starve of vitamin D, on the other hand you should not overdo it.

Vitamin D toxicity is when the body is having excess vitamin D. It mostly occurs from overconsumption of supplements.

The signs of vitamin D toxicity are anorexia, weight loss, irregular heart beat, and hardening of blood vessels due to increased levels of calcium in the body.

## Parenting one-liners to discipline children

**P**arenting isn't a cakewalk. Rather it is an arduous task that requires a lot of effort and patience. Moments of vulnerability, insecurity, the feeling of not being good enough are very common and likely to arise from time to time. However, there are parenting hacks and tricks that can help you maintain a good rapport with your kids while also keeping them in order. Most of the time, the kind of language you use holds the answer to everything. That said, here are some one-liners that you as a parent can use to discipline kids without making them feel too bad about themselves.

### "I understand how difficult it is"

When it comes to parenting, it is not only about telling children what to do and what not to do, but is also about empathizing with them, their struggles and letting them know that you understand them. This sense of validation that you know how they're feeling and that you acknowledge why they're feeling what they're feeling gives them a boost and also helps them through difficult emotions.

### "It's okay to make mistakes"

Constructive criticism is one thing and nagging your child for every mistake they commit is another. No human is perfect and mistakes are inevitable. Now bringing it up again and again and criticizing your child over it only harms their confidence and their personality. That said, saying phrases like "It's okay to make mistakes", "There's always a next time", "We all have made mistakes in our lives" will make your child feel better and be more watchful in the future.

### "I have trouble understanding you when you talk like that"

"Stop talking like that", "shut up", "Stop whining/arguing" are phrases that can escalate your child's behavioral problems. A better alternative is telling them that you can't understand them when they talk in a negative tone. Once they start speaking to you more normally and respectfully, listen to them and respond patiently.

### "Tell me what the problem is and we will resolve it together"

Just because your child is acting up or misbehaving doesn't mean you leave their side, or yell at them or worse, give them the silent treatment. Instead communicate. Ask them what the problem is and propose to find a solution together. This way your child will most likely feel at ease and more supported.

### "How do we ask?"

It could be exhausting to constantly remind your child about manners and etiquettes. This could lead to breakdowns and sudden bursts of anger. You may even yell or nag them for being undisciplined. But it's not the right way to approach. A simple one-liner "How do we ask?", "What do we say?", "What did I say earlier?" can be a very subtle yet effective way to remind children of their responsibilities. However, how you ask these questions is also very important. Do not shout or yell or frown, rather give them a shoulder pat and soften your tone. Avoid being scoldish or a nag.



## Protect your home from electrical mishaps this festive season

**T**he festive season ushers in the yearly tradition of house renovations, improving décor, gadget purchases, and interior styling.

However, we frequently overlook the most important factor, which is the "electrical health" of our homes. Old plugs, damaged sockets, poorly maintained power tools, damaged cords, subpar wires & other components can cause serious electrical dangers and catastrophic accidents. According to the National Fire Protection Association, electrical shocks and large-scale fires are caused by faulty or broken electrical equipment 69 percent of the time. Unfortunately, people frequently ignore or are unaware of this important fact, which can have fatal consequences.

As the festive season draws near, it is crucial to put safety precautions in place at home so that celebrations can go off without a hitch.

### Good quality wires and cables

Investing in high-quality wires and cables is one approach to preventing electrical accidents in your homes. Today, we hardly ever consider the wire quality and frequently opt for a standard PVC-insulated wire over a better-insulated wire. Look for wires that can withstand higher temperatures in case of a fault.

Wires that have Low Smoke Zero Halogen (LSOH) insulation are ideally suited in such incidents. These wires do not release any toxic mixture of gas, acid, and smoke following an electrical/fire catastrophe. Additionally, it is crucial to adhere to local regulations for electrical wiring safety and to be aware of any power outlet that might require maintenance.

### Check your decorative lights for damage

Decorative festive lights can brighten the season, but they also carry a risk of shock and fire. Hence, it is important to spend extra time performing a safety check before putting up decorative lighting to safeguard your family and property. The festive lights may experience regular wear and tear damage over time, posing an electrical threat. Examine each pair of lights, whether they are new or old, for frayed or exposed wires, broken or cracked sockets, or loose connections.

Discard ruined sets and always replace burned-out bulbs as soon as possible with ones of the same wattage. Do not drape them over curtains or festoons which can catch fire with extended exposure.

### The electrical safety of your property starts and ends with the switchboard

Direct contact with live parts can result in electric shocks which can occur when someone touches an exposed live conductor as a result of a damaged insulation of the wire. The first line of defence against electric shock from indirect contact are fuses and circuit breakers. Hence, it is important to check all the switchboards on a regular basis to avoid any electrical mishaps. Do not use fuse wires more than the recommended amperage.

### Overloading results from connecting additional devices or loaded circuits

Consumers use more appliances for a variety of activities and decorative lights to highlight the beauty of their houses during celebrations. To offer flexible electrical power wires to appliances or devices, the function of extension cords becomes crucial. Excessive electrical current passes through extension boards due to intensive consumption, which might harm the appliances or equipment.

To prevent overloading, it is advisable to remove inactive devices and distribute electrical requirements. Hire an electrician to install new outlets if your current ones are not the right kind for your appliances. Additionally, before utilising a broken appliance or tool, think about replacing it because doing so could put you at risk, especially if the item is attached to an extension board.

It is wintertime and Geysers will be used extensively. Ensure that the Geysers come with a temperature cut off feature to prevent overheating. Do not leave the Geyser switch on overnight for heating. Ensure that it is switched on about 10-15 minutes before use. The water will be sufficiently hot enough to be used.

The best practice would be to call a qualified Electrician and have a check on the entire wiring lines for leakages, faults. It is worth your life.

