

**Record of Blood Tests:**

Date of Blood Test	Blood Result	Advice

**Further Information:**

Genomel website: [www.genomel.org](http://www.genomel.org)

NICE Clinical Melanoma Guideline (2015) [www.nice.org.uk/guidance/ng14](http://www.nice.org.uk/guidance/ng14)

**Please ask if you require information on sun protection.**

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Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 646791

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

# Sun Protection and Vitamin D after diagnosis of Melanoma

## Skin Cancer Service

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Introduction

After a diagnosis of melanoma it is advisable to reduce the amount of time that you spend in the sun and to avoid sun burn. This is for two reasons:

1. Approximately 1 in 10 melanoma patients develop another melanoma.
2. Sun burn may stop your immune system working as it should which might be important after your diagnosis of melanoma.

## Vitamin D

However, since the sun helps your body to make Vitamin D, reducing the time you spend in the sun may reduce the level of Vitamin D in your body. This might be bad for your health (although having too much Vitamin D may also be harmful). Vitamin D is needed for healthy bone and muscles and may have many other health benefits. There is also some evidence that Vitamin D may also be important after a diagnosis of melanoma but further research is needed to confirm this. Many patients with melanoma often have low Vitamin D levels at the time of their diagnosis. This may be because patients with melanoma are more likely to have skin which burns and have already covered up their skin to protect it.

## Our Advice:

Around the time of your diagnosis you will be offered a blood test to measure the level of Vitamin D in your blood. This can be done at the Phlebotomy (blood test) Department at the hospital on the day of your outpatient appointment. Once the result is available, we will write to you to let you know your Vitamin D level and suggest the best available advice for you.

## If your levels are low (between 30—75 nmol/l):

If your levels are low we will suggest that you should take a supplement of Vitamin D without calcium. Whilst Vitamin D3 is available in some foods such as fatty fish (such as wild salmon or mackerel) and in mushrooms, plus is also added to some foods such as breakfast cereals, breads or yoghurts, it is very difficult to get enough from diet alone. This is especially true for vegetarians. Vitamin D tablets (400IU or 10mcg) can be bought from your local chemist, or health food shop.

**If you have kidney disease, a high calcium level, kidney stones or heart disease, please discuss with your GP before taking any supplementation.**

## If your levels are very low (less than 30nmol/l):

If your levels are very low, we will ask your GP to prescribe you a higher strength of Vitamin D. You should have a blood test to re-check your Vitamin D after 6 months.

## If your levels are normal (between 75—150 nmol/l):

If your Vitamin D levels are normal, no Vitamin D tablets are required.

## If your levels are very high (greater than 150 nmol/l):

If your Vitamin D levels are high, you should not take any Vitamin D.