



Extreme Religious Perceptions and Vitamin D

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Dear Editor-in-Chief

The major rout of vitamin D biosynthesis (Calcitriol) in human body starts with the direct recipient of sunlight (UV-B) through the skin (1). Now, deficiency of vitamin D has a negative impact on bone health, muscular system, fertility and immune system. Besides, vitamin D deficiency more likely to be a risk factor for many life-threatening and debilitating illnesses such as various types of cancer, osteoporosis, infectious diseases, type I and II diabetes mellitus, autoimmune disease and many other consequences (2-3).

Because of their ideology and religious beliefs, many Muslim women cover most part of their body with a veil, called (Hejab). In some cases, they take extreme actions and cover even their hands and the whole face. In the extreme behaviors, their body becomes deprived of receiving direct sunlight and, vitamin D. If this does not compensate through alternative ways, such as, appropriate nutritional diets, or complementary preparations, it can put the Muslim women's health into the challenge. Thus, through a simple and inexpensive para clinical estimation of the blood vitamin D level (4) in veiled women, it might be possible to take preventive steps and keep these women from possible afflicting to the above-mentioned diseases.

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