

## Current Health News

### **Too Little Sunlight, Vitamin D May Raise Colon Cancer Risk**

MONDAY, July 5, 2021 -- New research finds that countries with more cloudy days tend to have higher colon cancer rates. Lower levels of vitamin D, the "sunshine vitamin," may be to blame. So, boosting your vitamin D levels through exposure to sunlight could help reduce your risk of colon cancer, according to researchers at the University of California, San Diego.

### **Hearing Impairment Tied to Poorer Physical Function**

FRIDAY, July 2, 2021 -- Hearing impairment is associated with significantly poorer physical function and faster declines in physical function among older people over time compared with those with normal hearing, according to a study published online June 25 in *JAMA Network Open*.

[www.drugs.com/news](http://www.drugs.com/news)

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