



## **GME Wellness Sub-Committee Newsbyte**

### **Let There be Light**

Seasonal affective disorder is a well-known side effect of living in the colder, overcast North. The closer to the North Pole one gets, the longer the dreary days last. As physicians we think about how the weather impacts our mood; however, our Northern counterparts may recommend patients buy UV lamps and write prescriptions for antidepressants.

Our fortunate Florida weather includes endless sunny Florida skies and access to beaches, trails, and outdoor activities! But what happened when COVID became our dreary cloud? How long will the effects of "COVID affective disorder" linger? Might we suggest UV exposure as a wellness prescription for ourselves and our patients? Living in Florida during this global pandemic, we still have access to outdoor activities. In fact, it's encouraged to go outside for small social gatherings.

Our prescription for "COVID affective disorder" would be to undergo light therapy by throwing open the curtains, sitting near windows, and taking socially distanced walks outside. Let's challenge ourselves and our patients to absorb Vitamin D the old-fashioned way...and don't forget the sunscreen!

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