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**Sunburned!**  
**An Evidence-Based Update on**  
**UVB Lighting for**  
**Captive Exotic Species**

**FREE, live, interactive LafeberVet webinar**  
**RACE-approved for**  
**1 credit hour\***

Presenter: **Mark Mitchell**,  
DVM, MS, PhD, DECZM (Herpetology)

**Wednesday, March 18**  
**4 pm EDT** (New York) (UTC -04:00)  
What time is this in my time zone?

**REGISTER NOW**

Lighting is a critical component of animal husbandry. This presentation focuses specifically on ultraviolet B (UVB) radiation, which is essential for the synthesis of vitamin D<sub>3</sub>. Vitamin D plays a key role in calcium metabolism, skeletal health, and reproductive success. Although UVB provision has traditionally targeted reptiles, research demonstrates benefits across a wide range of species, including mammals, such as rabbits and guinea pigs, and psittacine birds. However, not all “full spectrum” bulbs produce equivalent UVB output, making accurate measurements, proper bulb selection, distance, and placement essential. While UVB lighting is important, excessive or inappropriate exposure also carries risks. Therefore, current recommendations favor limited daily exposure to balance the benefits and risks.

### Lecture Outline



- I. **Importance of lighting to animals**
  - A. Natural sun
  - B. Methods for obtaining
- II. **Experimental studies in captive animals**
  - A. Reptiles
  - B. Lagomorphs and rodents
  - C. Birds
- III. **Adverse effects from UVB exposure**
- IV. **Clinical recommendations**

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