

VITAMIN D



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VITAMIN D INJECTION

What is vitamin D?

Vitamin D is a group of related molecules that the body needs to help absorb calcium and phosphate.

These are substances that help keep the bones healthy and strong.

Vitamin D is somewhat unusual in that we obtain it from two different sources—sunlight and dietary sources.

Can you get enough vitamin D through your diet?

It is difficult to get enough vitamin D from food alone. However dietary sources of vitamin D include:

- oily fish, such as salmon, sardines and mackerel
- eggs
- fortified fat spreads

- fortified breakfast cereals
- powdered milk

What is vitamin D deficiency?

Vitamin D deficiency is when the body does not have enough vitamin D to properly absorb the required levels of calcium and phosphate.

Mild to moderate vitamin D deficiency can lead to bone pain and weakening of the bones ([osteoporosis](#)). This could make you more likely to fracture a bone if you had a fall.

More severe levels of deficiency can lead to the development of rickets in children and osteomalacia in adults.

Rickets, osteomalacia and vitamin D

Chronic severe vitamin D deficiency in children can disrupt the normal forma-



tion of bones, causing them to become soft and malformed and resulting in the condition known as [rickets](#).

Symptoms of rickets include:

- bone pain
- Deformities
- fragile bones vulnerable to fracture

Other health risks linked to vitamin D deficiencies are heart disease, bowel cancer, breast cancer, multiple sclerosis, and

diabetes.

50% of all adults have some degree of vitamin D deficiency.