



Vitamin D Deficiency

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Vitamin D deficiency is very common. Most commonly, it occurs when the skin is not exposed to enough sunlight. Almost no one consumes enough vitamin D from foods to prevent Vitamin D deficiency. So commonly it is mostly found among people who do not spend a lot of time outside, Those who may keep their bodies covered such as Muslim women, older people who live in nursing homes, breast fed infants who are not exposed to sunlight, and during the winter for people living in northern or southern latitudes.

Vitamin D deficiency can cause muscle aches, weakness and bone pain in people of all ages. In infants it can cause rickets, and in older people bone fractures may result from only a slight jar or a minor fall.

Many people need to take vitamin D supplements, because getting enough exposure to sunlight may be difficult, especially because the skin needs to be protected from the sun. Eating many different kinds fish, and drinking soy milk may help with some absorption of vitamin D, But food alone does not offer enough Vitamin D to meet our bodies requirements.

If you feel you maybe suffering from Vitamin D Deficiency Contact your local physician to be tested.