

Symptoms That Show Vitamin D Deficiency in Body

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Editorial

Vitamin D deficiency means that your body does not have enough vitamin D. Vitamin D is unique in that your skin actually uses sunlight to produce it. Fair-skinned and young people convert vitamin D to vitamin D much better than people over the age of 50 in the dark. Vitamin D is one of the many vitamins our body needs to stay healthy. This vitamin has many functions, including:

Keep Bones Strong: Healthy bones protect you from a variety of illnesses, including rickets. Rickets makes children's bones weak and soft. It is caused by a deficiency of vitamin D in the body. Vitamin D is required to be able to use calcium and phosphorus for bone building. In adults, the presence of softened bone is a condition called osteomalacia.

Calcium Absorption: Vitamin D, along with calcium, helps build bones and keeps them strong and healthy. Weak bones can lead to osteoporosis, and low bone density can lead to fractures. Vitamin D is converted to active vitamins after ingestion or exposure to sunlight. It is this active form that promotes the optimal absorption of calcium from your diet.

How the parathyroid glands work: The parathyroid glands work in minutes to balance calcium in the blood by communicating with the kidneys, intestines, and skeleton. If you have enough calcium in your diet and enough active vitamin D, calcium is absorbed from your diet and is often used throughout your body. If calcium intake is inadequate or vitamin D is deficient, the parathyroid glands "borrow" calcium from the skeleton to keep blood calcium in the normal range.

Proper intake of vitamin D can also play a role in maintaining good health by preventing the following illnesses and, in some cases, helping with treatment. These conditions include:

- Heart disease and high blood pressure.
- Diabetes.
- Infectious diseases and immune system disorders.
- Fall of the elderly.
- Some cancers such as colon cancer, prostate cancer, and breast cancer.
- Multiple sclerosis.

You can get Vitamin D in several ways. These include:

- sun exposure. Usually, about 1520 minutes three days a week is sufficient.
- Through the food you eat.
- Through dietary supplements.

In healthy people, the daily amount of vitamin D required depends on age. The figure below shows frequently cited recommendations from the Institute of Medicine, which is now the Department of Health Medicine of the National Academy of Science and Technology Medicine. It is important to know that these are general recommendations. When your doctor does a blood test, he or she may recommend higher or lower doses depending on your individual needs. Vitamin D supplements can be adjusted individually based on the results. For many older patients, taking 800-2000 IU daily of vitamin D supplements that can be taken without a prescription can be safe and beneficial. It is important to talk to your doctor about your individual needs.

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