

Newsletter

ALL ABOUT VITAMIN D



Compiled by: Cerballiance Editorial Board

UPDATE ON VITAMIN D

Vitamin D is a fat-soluble vitamin that exists in 2 forms: **D2 (Ergocalciferol)** of vegetable origin, **D3 (Cholecalciferol)** of animal origin.

It has a dual origin: food and endogenous

- 30 to 40% of the daily needs come from food sources mainly: Cod liver oil, fatty Fish, and Egg yolk.
- The rest, i.e. 60 to 70%, comes from the synthesis in the skin under the action of UVB rays from the sun which transforms Cholesterol into vitamin D3.
- The amount synthesized is dependent on the time of day, the season, the latitude, the exposed surface, the pigmentation of the skin and the use or not of sunscreen.
- Exposure to the sun for 30 minutes a day is considered sufficient to meet daily vitamin D requirements.

Vitamin D has 2 functions in the body:

- Ensure the balance between Phosphorus and Calcium in our body by regulating their absorption at the Intestinal level and their reabsorption at the Renal level, under the control of a hormone: PTH (Parathormone)
- Skeletal bone mineralization.

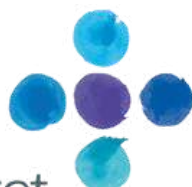
Vitamin D deficiency causes:

- Rickets in children, characterized by Bone deformities with delayed Ossification, Gait disturbances and Tetany.
- Osteocalcin in Adults, the symptoms of which are bone and muscle pain.



Are you getting the correct dosage of Vitamin D?

The populations at risk are children during the growth period, pregnant women during the winter period, the elderly, those with kidney failure and those on dialysis, and in general people who do not expose themselves to the sun at all.




Are you getting the correct dosage of Vitamin D?:

The populations at risk are children during the growth period, pregnant women during the winter period, the elderly, those with kidney failure and those on dialysis, and in general people who do not expose themselves to the sun at all. The dosage of vitamin D is carried out by a simple blood test which measures the blood concentration of total Vitamin D (D2 + D3). Recommended normal values are between 30 and 70 ng/ml.

What can you do if you have a Vitamin D deficiency?

Only your attending physician can determine if this dosage is useful for you and if it is necessary to prescribe Vitamin D supplementation.

Here are 5 main situations for which this dosage is recommended and covered by Health Insurance.

1. During a diagnostic process aimed at confirming or ruling out Rickets.
 2. The diagnostic process is aimed at confirming or ruling out the condition, Osteocalcin.
 3. During outpatient follow-up of Adult Renal transplant recipients beyond three months after transplantation.
 4. Before and after obesity surgery.
 5. When assessing and caring for older people prone to repeated falls.
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References:

1. Update on Vitamin D from Cerba Healthcare, [Accessed on 17 September.]

