



Vitamin D Deficiency

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Vitamin D, also known as “calciferol,” is one of the four fat soluble (dissolve in fat) vitamins (A, D, E, and K) stored in body tissues. Vitamin D is the only vitamin that can be synthesized by the human body. Your own body can produce vitamin D in the skin when exposed to sunlight, namely the ultraviolet B radiation (UVB). Other sources of vitamin D include dietary supplements and food such as fortified milk, fortified cereals, fatty fish, cod-liver oil, mushrooms, and egg yolks.

Importance of Vitamin D

- Prevent bone fractures.
- Prevent falls in older people and osteoporosis.
- Reduce the risk of cancer, especially colon cancer, prostate cancer, and breast cancer.
- Protect against heart disease, including high blood pressure and heart failure.
- Reduce your risk for multiple sclerosis.
- Improve your mood.
- Improve your lung function.

Risk Factors

- Having dark skin.
- Being elderly.
- Being overweight or obese.
- Not eating much fish or dairy.
- Always using sunscreen when going out.
- Staying indoors.

Symptoms

- Fatigue and tiredness.
- Bone loss.
- Bone and back pain.
- Hair loss.
- Depression.
- Muscle pain.
- Impaired wound healing.

Treatment

- Take Vitamin D supplements.
- Exposure to sunshine.
- Eat foods that contain vitamin D.

Prevention

- Ensure all health professionals recommend vitamin D supplements
- Increase access to vitamin D supplements
- Raise awareness among health, social care and other relevant practitioners of the importance of vitamin D
- Raise awareness of the importance of vitamin D supplements among the local population
- Monitor and evaluate the provision and uptake of vitamin D supplements
- Develop national activities to increase awareness about vitamin D

References

- http://www.aubmc.org/Documents/publications/patient_info/vit-d.pdf
- <https://www.healthline.com/nutrition/vitamin-d-deficiency-symptoms>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2835491/>
- <https://www.bjfm.co.uk/prevention-of-vitamin-d-deficiency>

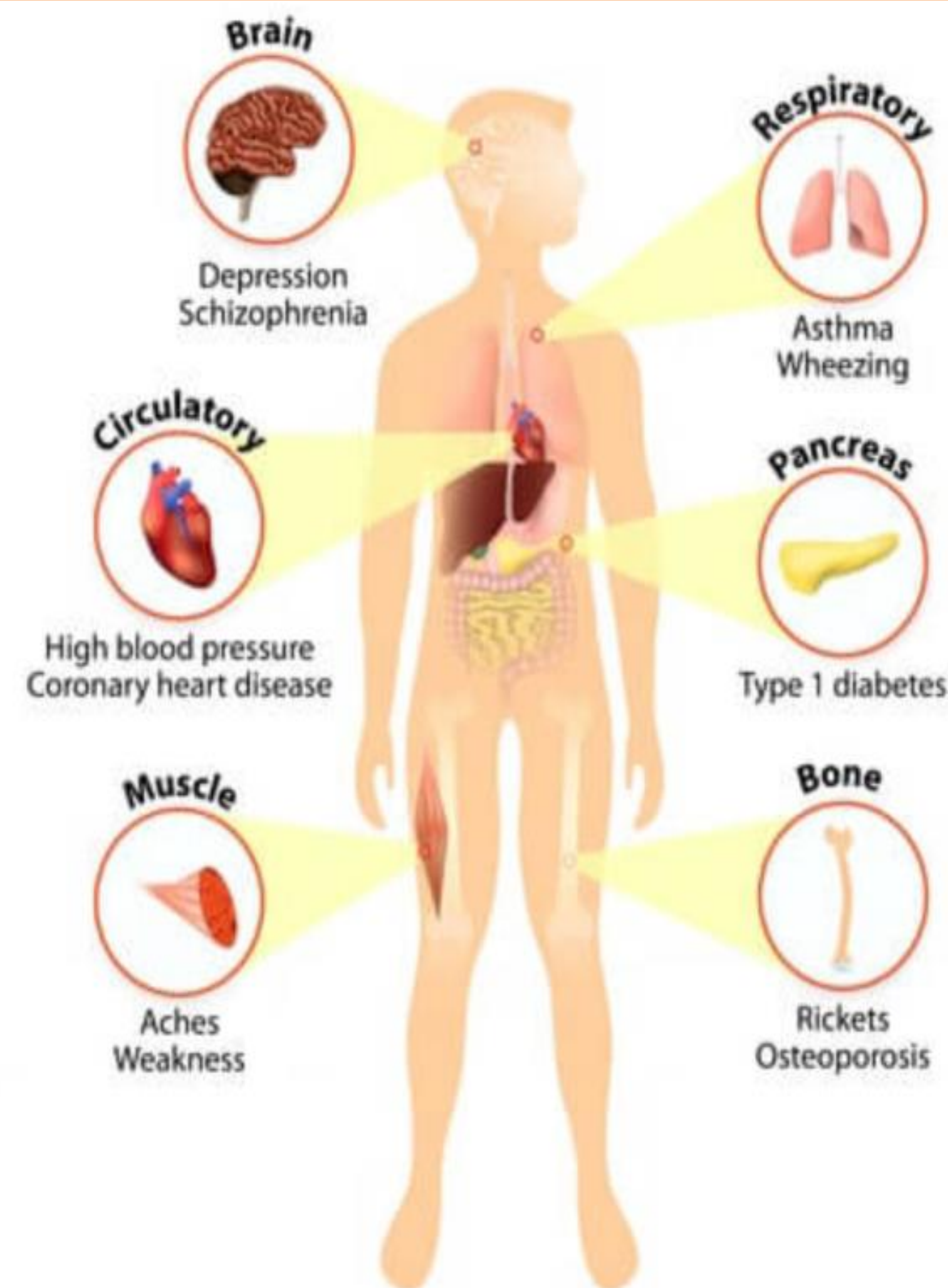


Figure 1 : Shows Vitamin D deficiency symptoms