

Fast Facts

Rickets

- Also called osteomalacia
- When the bones in children soften or weaken
- Most common reason is a lack of vitamin D for an extended period of time
- Your body needs vitamin D to absorb calcium and phosphorus, when it isn't able to do this, the bones get weak
- Two main sources of vitamin D are sunlight (the skin produces it when exposed to sunlight) and certain foods
- Some children have conditions that increase their chances of having it due to the inability to properly absorb vitamin D, including celiac disease, inflammatory bowel disease, cystic fibrosis and kidney problems
- Others at higher risk are individuals with darker skin since it has more melanin, which lowers the ability to create vitamin D from sunlight, living in northern latitudes where there is less exposure to sunlight, a mother having vitamin D deficiency during pregnancy, premature birth, a baby that's breastfeed only or taking certain medications (ex. antiseizure or antiretroviral)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Delayed growth-Delayed motor skills-Muscle weakness-Pain in spine/pelvis/legs-Bowed legs/knock knees-Thickened wrists/ankles-Breastbone projection	<ul style="list-style-type: none">-Vitamin D and calcium supplements-Treat any other disorders-Braces or surgery for skeletal deformities	<ul style="list-style-type: none">-Exposure to sunlight (10-15 minutes daily)-Consume vitamin D rich foods (fish oil, egg yolks, salmon, tuna, mackerel, milk, cereal, fruit juice)

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