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## D

URL of this page: also called: Cholecalciferol, Ergocalciferol Vitamins substances that your body needs to grow and develop normally. Vitamin D helps the body absorb calcium. Calcium is one of the main building blocks of bone. Lack of vitamin D can lead to bone diseases such as osteoporosis or rickets. Vitamin D also plays a role in your nervous, muscular and immune systems. You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms vitamin D naturally after exposure to sunlight. However, too much sun can lead to skin aging and skin cancer. So many people are trying to get vitamin D from other sources. Vitamin D-rich foods include egg yolks, sea fish and liver. Some other foods, such as milk and cereal, often add vitamin D. You can also take vitamin D supplements. contact your doctor to find out how much you should take. People, which may need additional vitamin D include elderly people breastfeeding infants People with dark skin People with certain conditions such as liver disease, cystic fibrosis and Crohn's disease People who have been obese or have had gastric bypass NIH: National Institutes of Health Administration Of Nutritional Supplements Vitamin D Test (National Library of Medicine) Also in Spanish ClinicalTrials.gov: Vitamin D (National Institutes of Health) Vitamin D is unique in that your skin actually produces it using sunlight. Light-skinned people and those who are younger convert the sun into vitamin D much better than those who are darker than the skin and over 50 years of age. Why is vitamin D so important? Vitamin D is one of the many vitamins our bodies need to stay healthy. This vitamin has many functions, including: Keeping the bones strong: Having healthy bones protects you from a variety of conditions, including rickets. Ricket is a disorder that causes children to have bones that are weak and soft. This is caused by the lack of vitamin D in the body. You need vitamin D, so calcium and phosphorus can be used to create bones. In adults, those with soft bones have a condition called osteomalacia. Assimilate calcium: Vitamin D, along with calcium, helps build bones and keep bones strong and healthy. Weak bones can lead to osteoporosis, loss of bone density, which can lead to fractures. Vitamin D once either taken orally or from sunlight exposure is then converted into an active form of vitamin. It is an active form that promotes optimal calcium from your diet. Dealing with parathyroid glands: Parathyroid glands work from minute to minute to balance calcium in the blood, dealing with the kidneys, intestines and skeleton. If you have enough calcium in your diet and enough active vitamin D, dietary calcium calcium and put good use all over the body. If calcium intake is insufficient, or vitamin D is low, the parathyroid glands will borrow calcium from the skeleton in order to keep the calcium in the blood within the normal range. What are the health effects of vitamin D deficiency? Getting enough vitamin D can also play a role in helping to keep you healthy by protecting yourself from the following conditions and possibly helping to treat them. These conditions may include: What are the sources of vitamin D? You can get vitamin D in a variety of ways. These may include: Exposed to the sun. About 15-20 minutes three days a week is usually enough. Through the food you eat. Through dietary supplements. What does sunlight have to do with getting enough vitamin D? There are health benefits to sunlight. Vitamin D is produced when your skin is exposed to sunlight, or rather ultraviolet B (UV-B) radiation that the sun emits. The amount of vitamin D that your skin does depends on factors such as: Season: This factor depends a bit on where you live. In areas such as Cleveland, Ohio, UV-B light does not reach Earth for six months of the year due to the ozone layer and the sun's zenith. Time of day: The sun's rays are the most powerful from 10 a.m. to 3 p.m. Amount of cloudiness and air pollution. Where you live: Cities near the equator have higher ultraviolet (UV) light levels. It is UV-B light in sunlight that causes the skin to make vitamin D. Melanin content in the skin: Melanin is a brown-black pigment in the eyes, hair and skin. Melanin causes skin tan. The darker your skin, the more sun you need in order to get enough vitamin D from the sun. What does your diet have to do with getting enough vitamin D? Vitamin D does not occur naturally in many foods. That's why some foods have added vitamin D. In fact, new food labels show the amount of vitamin D contained in a particular item of nutrition. It can be difficult, especially for vegans or people who have lactose intolerance, to get enough vitamin D from their diet, so some people may choose to take supplements. It is always important to eat a variety of healthy foods from all food groups. The vitamin content in different foods is shown in the following table. Vitamin D content of various FoodVitamin D content products in international units (IUs) per serving ofCord liver oil, 1 tablespoon1360Swordfish, cooked, 3 ounces566Salmon (sockeye) cooked, 3 ounces447Tuna, canned in water, drained, 3 ounces154Orange juice, fortified with vitamin D, 1 cup137Milk, vitamin-fortified, 1 Fortified with 20% of the daily cost of vitamin D, 6 ounces80Sardines, canned in oil, drained, 2 sardines46Liver, beef, cooked, 3 ounces42Egg yolks, 1 large41Cereal, fortified with 10% of the daily cost of vitamin D, 1 cup40Cheese, Swiss, 1 ounces6 ounces6 Vitamin D. Medical professionals. Diet supplement Newsletter. National Institutes of Health. Office of Food Supplements. August 7, 2019. It is important to check the labels of products, as the amount of vitamin D added varies when it is artificially added to products such as orange juice, yogurt and margarine. How much vitamin D do you need? In healthy people, the amount of vitamin D needed per day varies depending on age. The chart below shows the oft-quoted recommendations of the Institute of Medicine, now the Department of Health and Medicine of the National Academy of Sciences, Engineering and Medicine. It is important to know that these are general recommendations. If your doctor checks your blood level, he or she may recommend higher or lower doses based on your individual needs. If you have osteoporosis, your doctor may suggest a blood test of your vitamin D level. For many elderly patients, a vitamin D supplement containing somewhere between 800 and 2000 IU daily, which can be obtained over the counter, can be safe and beneficial. It is important to talk to your doctor about your individual needs. People by Age Recommended Dietary Allowance (IU/day)Upper Consumption Level (IU/day)Infants 0-6 Months 4001,000Infants 6-12 Months 4001,500Children 1-3 Years6002,500Children 4-8 Years OldPeople over the age of 70,000,0002,000People over the age of 70, 14-50 years old, pregnant/feeding 6004,000 th refers to adequate intake against the recommended dietary benefit of other age groups. What causes vitamin D deficiency? Vitamin D deficiency can be caused by specific diseases such as cystic fibrosis, Crohn's disease, and coeliac disease: These diseases do not allow the gut to absorb enough vitamin D through supplements. Weight loss surgery. Weight loss surgeries that reduce the size of the stomach and/or bypasses part of the small intestine make it very difficult to consume enough certain nutrients, vitamins and minerals. These people should be carefully monitored by their doctors and should continue to take vitamin D and other supplements throughout their lives. Obesity: A body mass index of more than 30 is associated with lower levels of vitamin D. Thick cells contain vitamin D isolated so that it is not released. Vitamin D deficiency is more likely in obese people. Obesity often makes it necessary to take large doses of vitamin D supplements in order to reach and maintain normal levels of D. Kidney and liver disease: These diseases reduce the amount of enzyme needed to alter vitamin D in the form that is used in the body. Lack of this enzyme leads to insufficient levels of active vitamin D in the body. more factors can lead to vitamin D deficiency? Age: The skin's ability to take vitamin D decreases Age. Mobility: People who are at home or rarely outdoors (e.g. people in nursing homes and other facilities) cannot use the sun as a source of vitamin D. Skin color: dark-colored skin is less capable of making vitamin D than colored skin. Human breast milk: A woman's breast milk contains only a small amount of vitamin D. Often infant formulas also include only a small amount of D as well. Therefore, infants run the risk of not getting enough vitamin D. This is especially true for infants who are fed only breast milk. Can medications cause vitamin D deficiency? Yes. Vitamin D levels can be reduced with some medications. These include: Always tell your doctor about medications you are taking and any vitamin D supplements or other supplements or herbs/alternative health products that you are taking. What are the signs and symptoms of vitamin D deficiency? Acute vitamin D deficiency causes rickets, which manifest in children as incorrect patterns of growth, muscle weakness, bone pain and joint deformity. It's very rare. However, children who lack vitamin D can also have muscle weakness or pain and painful muscles. Lack of vitamin D is not so obvious in adults. Signs and symptoms may include: Fatigue. Bone pain. Muscle weakness, muscle pain or muscle cramps. The mood changes like depression. The last time the review was reviewed by a medical professional at the Cleveland Clinic 10/16/2019. Fitzgerald PA Links. Fitzgerald P.A. Fitzgerald, Paul A. Endocrine Disorders. In: Papadakis MA, McPhee SJ, Rabow MW. Papadakis M.A., McPhee S.J., Rabow M.W. Eds. Maxine A. Papadakis, et al. Current Medical Diagnosis - Treatment 2019 New York, NY: McGraw-Hill; . Bender D.A. Bender D.A. Bender, David A. Micronutrients: Vitamins and Minerals. In: Rodwell VW, Bender DA, Botham KM, Kennelly PJ, Vale. Rodwell V.W., Bender D.A., Botham K.M., Kennelly PJ, Weil P Eds. Victor W. Rodwell, et al. Illustrated biochemistry Harper, 31e New York, NY: McGraw-Hill. National Institutes of Health Of the Food Supplements Authority. Vitamin D. Access 8/24/2020. Medical Institute. DRIs for Calcium and Vitamin D. Access 8/24/2020. 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