



What is Vitamin D Deficiency Dangerous and How to Diagnose it

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Abstract For most people, vitamin D is linked to the bones—given in the form of fish oil to children to prevent rickets, and TV commercials recommend it to the elderly to protect them from osteoporosis.

Key words: *Vitamin D, calcium, diseases, deficiency, symptoms.*

Introduction

Vitamin D regulates the absorption of calcium and phosphorus minerals, their blood levels and their entry into bone tissue and teeth. Together with vitamin A and calcium or phosphorus, it protects the body from colds, diabetes, eye and skin diseases. It also helps prevent dental caries and gum disease, helps fight osteoporosis, and speeds up the healing of fractures.

Determining the level of vitamin D is used to: diagnose disorders of calcium metabolism (with rickets, pregnancy, malnutrition and digestion, hyperparathyroidism, osteoporosis).

An analysis for vitamin D is performed to diagnose hypo- and beriberi, as well as a number of chronic diseases associated with a lack of this substance in the body. The procedure belongs to general clinical trials.

Why is it important to test for vitamin D?

Vitamin D maintains the level of inorganic phosphorus in the blood, prevents muscle weakness, increases the body's immunity, affects the cells of the intestines, kidneys and muscles, and is involved in the regulation of blood pressure and heart function.

Vitamin D is necessary for the functioning of the thyroid gland and normal blood clotting.

Vitamin D affects the absorption of calcium and magnesium, kidney function, the body's susceptibility to skin diseases and heart disease.

Vitamin D blocks the uncontrolled reproduction of body cells, which makes it effective in the prevention of oncological diseases (cancer of the breast, prostate, colon, pancreas, esophagus, ovaries, uterus, stomach and a number of other tumors).

The main symptoms of vitamin D deficiency / overdose

With an overdose of vitamin D, the following symptoms are observed:

- weakness
- loss of appetite



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- nausea
- constipation
- diarrhea
- sharp pains in the joints
- headaches and muscle pain
- fever
- increased blood pressure
- convulsions
- slow heart rate
- difficulty breathing
- development of osteoporosis
- demineralization of bone tissue
- deposition of calcium salts in organs, impeding their functions

Vitamin D deficiency symptoms

In the early stages, vitamin D deficiency manifests itself in the form of such symptoms:

- loss of appetite
- insomnia
- burning sensation in the mouth and throat
- weight loss
- blurred vision

In the future, the development of osteoporosis is observed. And in children it is rickets, spinal deformities, growth and developmental delay.

How to get tested for vitamin D?

Vitamin D tests are performed both by doctor's prescription and at the client's own request. Blood serum serves as a material for laboratory diagnostics. In order to take a blood test, the patient does not require special preparation.

Study preparation

The study is carried out in the morning, strictly on an empty stomach, that is, at least 8 hours should elapse between the last meal (preferably at least 12 hours). The day before blood donation, it is necessary to limit the intake of fatty foods, alcohol. Immediately before donating blood, you must refrain from smoking, do not drink juice, tea, coffee (especially with sugar), you can drink water.

Conclusion

Vitamin D is necessary for the functioning of the thyroid gland and normal blood clotting. Vitamin D affects the absorption of calcium and magnesium, kidney function, the body's susceptibility to skin diseases and heart disease.



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