

Rickets

Rickets is the softening and deformity of bones in children, often due to Vitamin D deficiency. It causes malformation of the bones in the legs and ribs as well as an increased risk of fractures.

Vitamin D promotes the absorption of calcium from the gastrointestinal tract. A deficiency of vitamin D makes it difficult to maintain proper calcium levels in bones leading to weakness and deformity. While rickets is considered rare today, a new study shows that subtle findings of rickets are fairly common in children who are vitamin D deficient.

