



WHAT ARE SIGNS OF VITAMIN D DEFICIENCY?

Severe deficiency can cause a disease called Rickets that causes children to have Bow Legs, rib deformities and osteoporosis that can lead to bones that break easily. However, studies show that children with Vitamin D deficiency may have no symptoms yet have osteopenia (weaker bones) on X-rays. They seem healthy, but are at increased risk for fractures (broken bones).

Newer research suggests that having "insufficiency" of Vitamin D is associated with the development of Childhood Diabetes. Research also suggests that Vitamin D is important in optimizing the immune system, so in theory, children who are Vitamin D deficient may develop recurrent infections and be at increased risk for childhood cancers such as leukemia.