

VITAMIN D WHAT YOU SHOULD KNOW

IT'S ESSENTIAL FOR GOOD HEALTH!

WHY IS VITAMIN D IMPORTANT?

- Aids the immune system
- Decreases risk of developing conditions such as multiple sclerosis, rheumatoid arthritis, cancer, heart disease, and osteoporosis
- Helps to maintain cognitive functions
- Helps to maintain a healthy body weight

VITAMIN D AND FALL RISK

- Studies have shown that people with a vitamin D deficiency and/or osteoporosis are at higher risk for falls.

IF YOU ARE AT RISK FOR FALLS

please speak to your physician and dietician regarding vitamin D deficiency and the need for a supplement.

DO NOT TAKE A SUPPLEMENT

without speaking to your physician first!

ASK YOUR PHYSICAL THERAPIST ABOUT A PROGRAM THAT IS RIGHT FOR YOU!

A complete fitness plan should include appropriate amounts of strength training, flexibility training, cardiovascular training, and balance training.

VITAMIN D DEFICIENCY RISK FACTORS

- Darker skin** ▶ If you have darker skin, you are at greater risk of vitamin D deficiency.
- Sadness/depression** ▶ Scientists evaluated the effects of vitamin D on the mental health of 80 elderly patients and found those with the lowest levels of vitamin D were 11x more prone to be depressed.³
- 50+ years old** ▶ As you age, your skin doesn't make as much vitamin D in response to sun exposure.²
- Overweight/obese** ▶ Vitamin D is a fat-soluble, hormone-like vitamin. When you are overweight, your body fat will collect it, so you will need more vitamin D than a slimmer person.²
- Achy bones** ▶ Many people who have complaints of aching bones and fatigue are misdiagnosed as fibromyalgia /chronic fatigue syndrome.
- Head sweating** ▶ Typically the first sign of vitamin D deficiency.⁴
- Stomach issues** ▶ If you have a gastrointestinal condition like Crohn's, celiac, or IBS, you may also have a lower absorption of Vitamin D.



References:

- ¹www.medicalnewstoday.com/articles/161618.php
- ²articles.mercola.com/sites/articles/archive/2014/05/28/vitamin-d-deficiency-signs-symptoms.aspx
- ³American Journal of Geriatric Psychiatry December 2006; 14(12): 1032-1040
- ⁴Mayo Clinic Proceedings June 21, 2013
- ⁵www.medscape.com/viewarticle/500874_4



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- HANDS-OCCUPATIONAL THERAPY
- NEUROLOGICAL CONDITIONS
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