

## **Adult Vitamin D insufficiency (levels between 30 – 50)**

It is unlikely the symptoms you told your doctor about are related to your vitamin D blood level but it is still important this insufficiency is corrected.

Vitamin D is important for the functioning of a healthy body. Its role in maintaining bone and muscle health is extremely important. Low levels of vitamin D, if left untreated, can cause bone thinning leading to bone deformity or osteomalacia, to use the medical term.

In addition, vitamin D regulates levels of calcium and phosphate in your body, which are essential for the functioning of heart and other muscle tissue.

Our local prescribing guidelines recommend that you purchase vitamin D. This is particularly important for the following groups of people:

- Patients with a previous low impact fracture
- Patients with osteoporosis
- Patients taking medication which “line the stomach”
- Patients who have reduced sunlight on their skin, night workers, clothes that cover the whole body.
- Patients taking anti-epileptic medications
- Patients with malabsorption diseases – Crohn’s disease or ulcerative colitis

**We are not permitted to prescribe these maintenance tablets due to the NHS cost saving measures. You do not need to buy expensive brands; UK law requires all preparations to contain the same active ingredient (vitamin D) whatever the price.**

### **Correcting your vitamin D insufficiency**

A tablet containing 1000 units (25 microgram) tablet once a day is recommended for life to maintain a normal vitamin D level. These can be brought from supermarkets, health food shops or pharmacies. It is expected that if you take vitamin D every day your level will slowly rise to normal and be maintained.

Once you are taking your maintenance vitamin D tablets you cannot get too much vitamin D. We have included a general advice leaflet detailing lifestyle measures, that will keep your vitamin D levels nicely topped up along with the vitamin supplements you will be taking each day.

**Patients who are vitamin D insufficient are unlikely to be able to increase their level using lifestyle measures (diet rich in vitamin D/UV light exposure) alone.**

Once you have completed the above steps no further monitoring or repeat measurements of vitamin D or other blood tests are required. If your symptoms persist please get in touch.