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# Vitamin D deficiency: Have you gone outside today?

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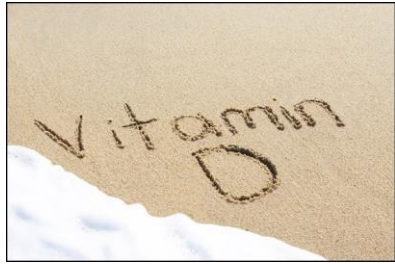
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## What do you need to know about vitamin D?

- Vitamin D makes your bones and teeth strong.
- You can get Vitamin D from some foods and sunlight.
- Vitamin D helps the body bring in calcium.
- Not having enough is called vitamin D deficiency.
- Half of adults do not have enough vitamin D

### Answers:

1. True
2. True
3. False

## True or False

1. Vitamin D can be found in egg yolks.
2. Wearing sunscreen will stop your body from taking in vitamin D.
3. Kids who play outside a lot will not have enough vitamin D.

(answers on previous page)

### References

- Cole Dr., Zoe. *Treatment Of Vitamin D Deficiency In Adults*. 1st ed. 2017. Web.
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- Vitamin D. (2016, February 11). Retrieved from <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>



THE UNIVERSITY OF  
SOUTHERN MISSISSIPPI.

COLLEGE OF NURSING

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Patient Education Brochure  
Reading level 5.0



Vitamin D  
Deficiency



Have you gone  
outside today?



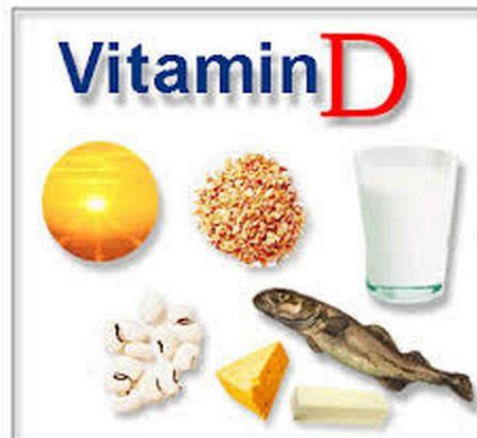
## Are you getting enough vitamin D?

- 0-12 months: 400 international units every day
- 1-70 years old: 600 international units every day
- 71 years old and older: 800 international units every day

## How do I get enough vitamin D?

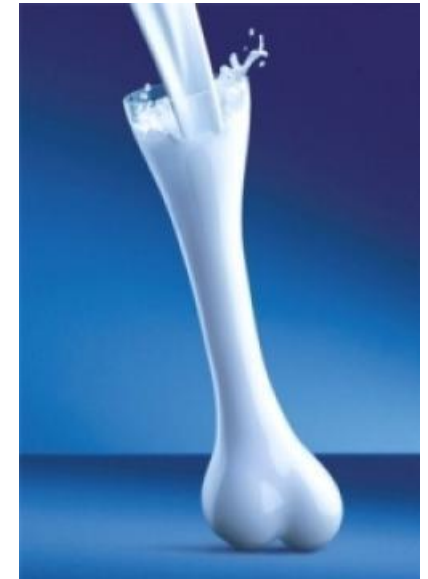
You can get the amount you need from:

- Fish: Salmon
- Egg Yolks
- Milk with added vitamin D
- Cereal with added vitamin D
- Sunlight



## Symptoms

- Bone pain
- Muscle weakness
- Low levels of vitamin D in the blood



## What are some risk factors?

- Older adults
- Darker skin tones
- Obesity
- People who do not go outside often

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- Sunscreen
- Certain medicines
- Diseases that stop the body from taking in vitamin D
  - Crohn's Disease
  - Celiac Disease

## Treatments? (Choose One)

- Go outside more often
- Eat more foods that have vitamin D
- Drink milk or juices that have vitamin D
- Take a vitamin D pill