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Vitamin D & Bone Health

Keeping your bones strong at every age

PATIENT INFORMATION LEAFLET



Vitamin D helps the body absorb calcium for strong bones and muscles. Vitamin D deficiency is very common in Pakistan, even with plenty of sunshine, especially in people who stay indoors or cover the skin.

1 Signs of deficiency

- Often no symptoms
- Aching bones, back pain
- Muscle weakness or cramps
- Tiredness
- Fractures from minor falls (osteoporosis)

2 Getting enough vitamin D and calcium

- Safe sunlight on face and arms for 15–30 minutes, several days a week (avoid burning)
- Foods: eggs, oily fish, fortified milk and cereals
- Calcium: milk, yoghurt, cheese, lassi, green leafy vegetables, chana
- Supplements as advised by your doctor — based on a blood test

3 Protect your bones

- Weight-bearing exercise: walking, stairs
- Prevent falls: good lighting, remove loose rugs, proper shoes
- Stop smoking and avoid excess tea or cola

⚠ When to get medical help

- Do not take very high-dose vitamin D injections repeatedly without blood tests — too much can raise calcium dangerously
- A fracture after a minor fall — ask about a bone density (DEXA) scan

TIP Women after menopause and people on long-term steroids should ask about bone health checks.

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