



News Articles Videos Images Books Search
 Health & Medicine Mind & Brain Plants & Animals Earth & Climate Space & Time Matter & Energy Computers & Math Fossils & Ruins

Science News

[Share](#) [Blog](#) [Cite](#) [Print](#) [Email](#) [Bookmark](#)

Vitamin D Insufficiency May Be Present In Pediatric Patients With Low Bone Density

ScienceDaily (June 5, 2008) — Vitamin D insufficiency is common in adults and is emerging in the world of pediatrics. A mild degree of vitamin D deficiency, also known as vitamin D insufficiency, causes rickets in children and can be treated with increased amount of nutritional vitamin D intake as well as increased sun exposure.

See Also:
Health & Medicine
 • Vitamin
 • Dietary Supplement
 • Osteoporosis
 • Leukemia
 • Cholesterol
 • Bone and Spine

Reference
 • Rickets
 • B vitamins
 • Osteoporosis
 • Vitamin D

A new study conducted by physicians and researchers at Nationwide Children's Hospital, is the first study to investigate vitamin D insufficiency in pediatric patients with low bone density.
 According to the study, published in the June issue of Pediatrics, among the 85 patients studied, 80 percent had a vitamin D insufficiency. All the patients had a history of bone fragility or underlying chronic medical conditions that put them at a risk of osteoporosis, which is not just an adult disease, but is seen in children and can originate during childhood. Vitamin D insufficiency may contribute to low bone mass or even

make the underlying metabolic bone disease worsen if not treated. Vitamin D is essential in bone growth and mineralization in children and adults.

The study's lead author, Sasigam Bowden, MD, a pediatric endocrinologist and attending physician in the Metabolic Bone Clinic at Nationwide Children's explains, "We need to check vitamin D levels in all patients with history of multiple fractures or low bone density and treat the vitamin D problem if the levels are low. The supplementation of vitamin D should be a priority in the management of pediatric patients with osteoporosis or osteopenia in order to optimize their bone health and potentially prevent fractures."

Potential factors that may account for vitamin D insufficiency in various chronic medical conditions include low vitamin D intake and decreased sun exposure. Four studies in Europe found that 80 percent of healthy children and adolescents had insufficient vitamin D levels in the winter.

"Due to the number of recent studies of healthy children or adolescents with a high prevalence of vitamin D insufficiency, the public should be aware of the fact that it is common, especially living in high altitude," said Bowden, also an assistant professor of Pediatrics at The Ohio State University College of Medicine. "Sometimes our vitamin D levels get low at the end of winter due to less exposure to sunlight, but if we take a multivitamin D supplement, or consume an adequate amount of vitamin D from dietary sources such as vitamin D fortified milk or orange juice, we should be okay throughout the entire year."

Email or share this story: | [More](#)

Story Source:

Adapted from materials provided by Nationwide Children's Hospital.

Need to cite this story in your essay, paper, or report? Use one of the following formats:

- **APA** Nationwide Children's Hospital (2008, June 5). Vitamin D Insufficiency May Be Present In Pediatric Patients With Low Bone Density. *ScienceDaily*. Retrieved March 12, 2010, from <http://www.sciencedaily.com/releases/2008/06/080602075750.htm>
- **MLA**

Ads by Google

Injured Due to Fosamax?
 As Seen on ABC News, If You've Been Injured From Fosamax Call For Help www.SokoloveLaw.com

Vitamin D3 5000 IU
 Discount Price - only pennies a day New Guidelines - 5000 IU/day www.1-VitaminD.com

Pediatric BMT
 Fred Hutchinson Cancer Research Ctr Pioneering New Treatments and Care SeattleCCA.org/PediatricTransplants

Vitamin Deficiency Info
 Find Info on Causes, Symptoms, Treatments & More - Faster w/Bing™ www.Bing.com

Related Stories

Low Vitamin D Levels May Be Common In Otherwise Healthy Children (July 10, 2007) — Many otherwise healthy children and adolescents have low vitamin D levels, which may put them at risk for bone diseases such as rickets. African American children, children above age nine and with ... > [read more](#)

Nearly Three-Quarters Of Youths With Diabetes Insufficient In Vitamin D (Dec. 19, 2008) — Three-quarters of youths with type 1 diabetes were found to have insufficient levels of vitamin D, according to a new study -- findings that suggest children with the disease may need vitamin D ... > [read more](#)

Vitamin D Deficiency In Infants And Nursing Mothers Carries Long-Term Disease Risks (Dec. 29, 2008) — Once believed to be important only for bone health, vitamin D is now seen as having a critical function in maintaining the immune system throughout life. The newly recognized disease risks associated ... > [read more](#)

Lack Of Vitamin D Causes Weight Gain And Stunts Growth In Girls (Dec. 11, 2008) — Insufficient vitamin D can stunt growth and foster weight gain during puberty, according to a new study. Even in sun-drenched California vitamin D deficiency was found to cause higher body mass and ... > [read more](#)

Increasing Number Of Americans Have Insufficient Levels Of Vitamin D (Mar. 24, 2009) — Average blood levels of vitamin D appear to have decreased in the United States between 1994 and 2004, according to a new ... > [read more](#)

Ads by Google

Vitamin D Supplements
 Help Keep Bones & Teeth Strong Buy 2 Get 3 Free- Ships in 24hrs! www.Puritan.com/VitaminD

Vitamin D3 Supplements
 High Potency Vitamin D3 Supplements Order at Life Extension® and Save! www.lef.org

Just In:
 Aquatic 'Dead Zones' Add to Climate Change

Science Video News



Sunscreen In A Pill
 Dermatologists recognize the benefits of a compound called astaxanthin. Found in red ocean plants and animals such as salmon, astaxanthin is the most. ... > [full story](#)

- [Orthodontists Diagnose Sleep Apnea More Easily with X-Rays](#)
- [Paleontologists Teach Medical Students About Fossil Tumors](#)
- [Industrial Hygienists Create Instant Test To Identify Traces Of Crystal Methamphetamine](#)
[more science videos](#)

Breaking News

... from NewsDaily.com



- [Glenn Close has genes mapped](#)
- [Scientists find "mother" of all skin cells](#)
- ["Personal" study shows gene maps can spot disease](#)
- [SpaceX aborts rocket engine test](#)
- [Scientists say UK risks losing innovation edge](#)
[more science news](#)

In Other News ...

- [China calls U.S. a hypocrite over human rights](#)
- [Leave yuan to us, China tells Obama](#)
- [Obama to tap Yellen for Fed vice chair: source](#)
- [New York's "Ground Zero" workers reach deal on claims](#)
- [Toyota discounts boost sales](#)
- [Sen. Reid's family injured in car accident](#)
- [Democrats move closer to healthcare deal](#)
- [Billionaire Pinera](#)

Find with keyword(s):

Enter a keyword or phrase to search ScienceDaily's archives for related news topics, the latest news stories, reference articles, science videos, images, and books.

Copyright Reuters 2008. See [Restrictions](#).

Free Subscriptions ... from ScienceDaily

Get the latest science news with our free email newsletters, updated daily and weekly. Or view hourly updated newsfeeds in your RSS reader:

[Email Newsletters](#)

[RSS Newsfeeds](#)

Feedback ... we want to hear from you!

Tell us what you think of the new ScienceDaily -- we welcome both positive and negative comments. Have any problems using the site? Questions?

Your Name:

Your Email:

Comments:

Click button to submit feedback:

[About This Site](#) | [Editorial Staff](#) | [Awards & Reviews](#) | [Contribute News](#) | [Advertise With Us](#) | [Privacy Policy](#) | [Terms of Use](#)
Copyright © 1995-2009 ScienceDaily LLC — All rights reserved — Contact: editor@sciencedaily.com
Part of the iVillage Your Total Health Network