VITAMIN D_3 REQUIREMENTS (IN HEALTH & DISEASES) FOR FETAL, NEONATAL, LOW BIRTH WEIGHT, VERY LOW BIRTH WEIGHT

SAJID MAJEED HAMEED

Pharmacist, Iraqi Ministry of Health – Saladin Health Directorate – Medical Rehabilitation Hospital – Head of Antimicrobial Resistance Control Unit
E-mail: sunpharma74@yahoo.com

Abstract - This presentation will provided advanced understanding of several aspects of vitamin D in childhood in various age conditions

Objectives:-

1. Definition of vitamin D deficiency in early life, & effects of it on skeletal system, immunity, & effect it's on exercises capacity
2. Role of profound effect of vitamin D during fetal development
3. Exploration & estimated daily vitamin D requirement during childhood
4. Timing of early vitamin D supplementation **&** its effect on skeletal growth and the health of very low-birth-weight child
5. Relationship between vitamin D &Ca+ intake & status, as well as the status of other minerals especially phosphorus & Mg, which are crucial for development of rickets
6. Vitamin D deficiency in critical pediatric conditions (Obese, Chronic Renal Failure, Liver Disease, Inflammatory Bowel Disease)
7. Compliance with vitamin D intake recommendation

Vitamin D is important for bone and muscle health. Vitamin D helps the body absorb calcium and phosphate from food, which are important for healthy and strong bones. Only a few foods (some types of fish) naturally contain vitamin D, and it is hard to get enough vitamin D from food alone. Margarine, baby formula and some types of milk have added vitamin D, but most people only get about a quarter (or even less) of their vitamin D needs from food. Most vitamin D is made in the skin when it is exposed to the sun. As well as causing problems with bones and muscles, there is evidence that low vitamin D is linked to other health problems including: a higher risk of bowel cancer, heart disease, high blood pressure, stroke, problems with immunity (how the body fights infections) and autoimmune diseases (including diabetes).