

5. How To Know If There is Deficiency of Calcium and Vitamin D?

Vitamin D is vital for calcium absorption. Calcium deficiency can occur silently with no or minimal symptoms. The fracture with minor injury over the age of 50 years raises the alarm that Osteoporosis from vitamin D and calcium deficiency may be present. Calcium and Vitamin D deficiency is suspected if there are following signs and symptoms:

- Muscle aches, bone pain, specifically in the neck and back
- Weakness and tiredness, dizziness, and brain fog
- Inadequate calcium in the body can cause high blood pressure. In pregnant women, and an increased risk of preeclampsia.
- Vitamin D and calcium deficiency leads to poor skin health-dry, scaly skin, psoriasis, eczema, and brittle nails which break easily
- Coarse hair and hair that are falling out in patches.
- Slight 1-2 inches height loss, more than one inch in a year
- Unexpected bone fractures with minor injury- wrist, ankle, spine, and hip fracture.
- Stooped posture is a sign of advanced Osteoporosis because of thinning and narrowing of vertebral bones.
- Deficiency of Vitamin D can cause an increased risk of infections and low energy levels.

The risk of calcium deficiency increases during pregnancy, lactation (breastfeeding) in growing children because of increased demand for calcium. In elderly over the age of 65, calcium deficiency occurs because of decreased absorption from the digestive tract.

Vitamin D deficiency can be confirmed by doing blood levels of Vitamin D as outlined above. However, it is impossible to diagnose calcium deficiency by blood testing because only a tiny fraction of 1% calcium is in blood, and the rest remains stored in the bones.

Doctors typically order bone density (DEXA) scans instead of calcium blood levels to check if bone thinning is present.