

OSTEOMALACIA

Osteomalacia is softening of bones to excess accumulation of organic bone due to vitamin D deficiency. Vitamin D is needed for the absorption of calcium. Thus a deficiency in vitamin D results in calcium deficiency.

CAUSES

1. Less exposure to sunlight.
2. Poor nutrition - food deficient in vitamin D.
3. Malabsorption.
4. Certain diseases - chronic renal failure.
5. Certain drugs - anti-epileptics, anti-convulsants.
6. Continuous dialysis - rarely.
7. Poverty.
8. Multiple pregnancies.
9. Common in women of reproductive age.

SIGN AND SYMPTOMS

1. Dull bone pains - ribs, upper thigh, lower back and legs.
2. Muscle pains.
3. Muscle weakness - difficulty in climbing stairs.
4. Pain on pressure on the bones.
5. Fractures.
6. Deformities of the back bone.
7. Weight loss.
8. Loss of appetite.
9. In young children - poor sleep, restlessness, headache, nausea, dizziness, nervousness, diarrhea. Later may develop "Bow legs" and or change of curvature of spine (kyphoscoliosis).

DIETARY MANAGEMENT

1. Avoid:
 - Avoid bony injuries, to prevent fractures.

CONSUME

- Get your daily dose of sunlight. Spending 5 to 10 minutes in the sun is sufficient for proper Vitamin D synthesis in the body.
- Consume foods rich in vitamin D:
 - egg yolk and fish liver oils are rich source.
 - Liver, veal, beef, oyster, salt water fish - mackerel, kipper, herrings, salmon, sardines and tuna.
 - Dairy products like - cream, butter, cheese, fortified milk and margarine, yogurt.
 - Plant foods are low in vitamin D.
- Breast milk and formula, milk and dairy, eggs, green leafy vegetables, sesame seeds and tofu are rich in calcium.
- You can take vitamin D supplements - cod liver oil, fortified milk.
- Vitamin D injections into the muscles can be taken under your physician's guidance.

CONSULT PHYSICIAN

- consult your physician immediately if any of the above signs and symptoms are observed as deformities once formed cannot be corrected.
- In case of malabsorption consult your physician immediately.
- If you develop any complications such as fractures see your physician immediately.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PROBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .

