

Vitamin D. What you need to know and when you should have a blood test

Vitamin D helps bones retain calcium. We can get the amount of vitamin D we need from our diet, but for it to do its job, we need exposure to sunlight. Severe vitamin D deficiency increases the risk for bone fractures so, sometimes, a blood test is needed to measure vitamin D levels.



Who needs testing for vitamin D testing?

It is only necessary in those who suffer from a condition that puts them at risk for severe vitamin D deficiency, such as:

- Severe kidney disease.
- Severe liver disease.

- Osteoporosis.
- Gastrointestinal diseases: Crohn's disease, cystic fibrosis, celiac disease, gastric surgery.
- Long-term treatment with **medications** that lower vitamin D levels: antiretrovirals, corticosteroids or antiepileptics.

Individuals receiving high-dose vitamin D treatment for more than 6 months should also be tested.

How often should monitoring be performed?

A blood test is recommended four months after beginning treatment with vitamin D supplements at normal doses. There is no need for any more monitoring after that even if treatment continues.

When is vitamin D testing not necessary?

Generally speaking, if you do not have a condition that puts you at risk for vitamin D deficiency, no testing is needed.

The information contained here is informational and not intended to replace medical advice offered by your physician. If you have any questions, please ask your doctor or call 061/Salut Respon.