

[IMAGE]

## **Vitamin D Deficiency May Contribute to Musculoskeletal Pain**

Musculoskeletal pain, or pain that affects the bones and muscles in the body, is a common complaint among all segments of the population. Still, despite the high incidence and potential consequences of such pain, precise diagnosis and effective treatment are not always easily attained. What's more, extremely low levels of vitamin D (known as hypovitaminosis D) may be partly responsible for causing some musculoskeletal pain that goes undetected, which can often lead to more severe consequences, including softening of the bones.

In order to determine the prevalence of hypovitaminosis D in patients suffering from musculoskeletal pain, researchers examined 150 patients (ages 10-65) with musculoskeletal pain who had no known health conditions that would decrease the production or absorption of vitamin D, or otherwise account for their pain.

The study found that 55 percent of individuals younger than age 55 had exceptionally high rates of vitamin D deficiency, while 28 percent of patients had severely deficient vitamin D levels. The deficiencies were similar for both men and women.

The moral of the story? Don't underestimate the role that vitamins and nutrition play in maintaining health and well being. For more information on the benefits of vitamins, visit [www.chiroweb.com/find/archives/nutrition/vitamins](http://www.chiroweb.com/find/archives/nutrition/vitamins).

### *Reference:*

Plotnikoff GA, Quigley JM. Prevalence of severe hypovitaminosis D in patients with persistent, nonspecific musculoskeletal pain. Mayo Clinic Proceedings 2003;78, pp1463-70.

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