

## Which patients do you test for Vitamin D deficiency?

1. Osteopenia/osteoporosis
2. Myalgias
3. Leg pain, leg cramps
4. Elevated alkaline phosphatase
5. Any female over 50
6. Patients with chronic kidney disease, female or male
7. Old patients with any of the following:
  - Chronic musculoskeletal pain
  - General muscle weakness
  - Little exposure to sunlight
  - Little dairy products consumption
8. Psoriasis

### Why psoriasis?

- The treatment for psoriasis (Dovonex) is a Vitamin D analogue.
- Read it in a journal article a few months ago- have seen one pt go into remission of his lesions after getting his Vitamin D level into the 60s , but another patient I tried it on did not respond.

Well, I had one 20 month old who walked late, with very abnormal gait, and hypermobile knees, and x-ray was consistent with rickets, so I tested her. She was exclusively breast-fed until 13 months old, without vitamin supplement and is African-American. According to the CDC, there are 9 out of 1 million kids with rickets in the US.