

Vitamin D

Vitamin D, sometimes called the sunshine vitamin, is a hormone produced in the body after exposure to sunlight or from consuming certain foods and supplements. Vitamin D helps maintain normal blood levels of calcium and phosphorous. It aids in the absorption of calcium, helping to form and maintain strong bones, and modulate neuromuscular, immune and other cellular functions.

What is vitamin D deficiency?

Vitamin D deficiency has long been known for its association with rickets in children. Now, it is also being associated with an extensive and growing list of other medical conditions including:

- Osteoporosis
- Heart disease
- Cancer (breast, prostate, colon)
- Autoimmune diseases including type 1 diabetes and multiple sclerosis
- Schizophrenia

When do I need to get tested?

You should be tested if you meet one of the following criteria:

- If you have abnormal calcium, phosphorus and/or parathyroid hormone levels
- When you have evidence of bone disease or bone weakness
- If your healthcare provider suspects you might have a vitamin D deficiency
- Prior to starting drug treatment for osteoporosis
- To periodically monitor treatment of a vitamin D deficiency

What should I do if my results are abnormal or out of range?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If any of your results were abnormal or out-of range: Abnormal vitamin D results could indicate you have either a deficiency or an insufficient amount of vitamin D. Your healthcare provider may recommend supplementing your intake of vitamin D; however, it is important to discuss your personal results with your healthcare provider to understand the implications of your vitamin D test results.

If your results were within normal range: If your results fall within the normal range, it is recommended that you discuss the frequency of vitamin D testing with your healthcare provider. Your healthcare provider is best suited to advise you on a timetable for all screening tests.

What other resources are available to learn more about my health and laboratory tests?

- Centers for Disease Control and Prevention: cdc.gov
- Lab Tests Online: labtestsonline.org
- WebMD: webmd.com

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.



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