

RICKETS

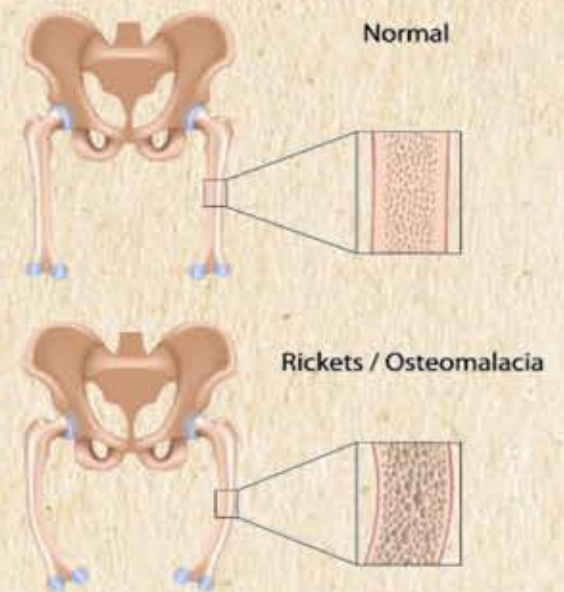
Rickets is a disease of growing bones where defective mineralization occurs in both bone and cartilage of epiphyseal growth plate. The condition is associated with biochemical abnormalities, bone deformities, developmental delays, impaired growth and sometimes even seizures

TYPES

- ❑ **NUTRITIONAL RICKETS**
deficiency of vitamin D
- ❑ **KIDNEY RICKETS**
due to kidney damage
- ❑ **HYPOPHOSPHATEMIC RICKETS**
bones become pliable leading to the inability of the kidneys

COMMON

AGE 6 TO 24 YEARS,
VEGETARIAN, DARKER SKIN
COLOR, GEOGRAPHICAL
LOCATION (LITTLE EXPOSURE
TO SUNLIGHT), HEREDITARY
RICKETS.



★ SYMPTOMS ★

- ❑ **PAIN OR TENDERNESS IN THE BONES OF YOUR ARMS, LEGS, PELVIS, OR SPINE**
- ❑ **DEFORMITIES IN TEETH**
- ❑ **IMPAIRED GROWTH AND SHORT STATURE**
- ❑ **BONE FRACTURES**
- ❑ **MUSCLE CRAMPS**
- ❑ **SKELETAL DEFORMITIES**

★ TREATMENT ★

- ❑ **DIET**
vitamin D foods, supplement.
- ❑ **THERAPHY**
exposing self to sunlight at least 60 mins a week
- ❑ **BRACES & CORRECTIVE SURGERY**
external fixators, intramedullary nails, Kirschner's wires, plates and casting.



PREVENTION

LET SUNLIGHT SHINES THE
HEAD AT LEAST 60 MINS

CONSUME VITAMIN D

MONITORED BY
DOCTORS/SPECIALIST

