



(Clockwise from bottom left) Salutatorian Kaya Doolaege, Shelby Brannon, Taylor Hammers, Elizabeth Webb, Dean Hearn, Jeffery Foster and (center) Valedictorian Alejandro Robles.

Siskiyou Community Health Center is now offering the specialty...
Endocrinology

Today's Topic: Vitamin D
 by Kim Waller, PA-C, CCD, CDE

Now that summer is approaching it's a good time to talk about Vitamin D.

Vitamin D is sometimes called the "sunshine vitamin" because it's produced in your skin in response to sunlight. Your body produces Vitamin D naturally when it's directly exposed to sunlight.

Vitamin D helps regulate the absorption of calcium and phosphorus, and helps facilitate a normal immune system. Getting a sufficient amount of Vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases. If you don't get enough Vitamin D, you have an increased risk of having thin and brittle bones in your later years.

Foods that contain Vitamin D include:

- Salmon, Tuna, and Mackerel are high in Vitamin D
- Cheese and egg yolks have small amounts
- Milk, orange juice and yogurt have Vitamin D added to them (called fortified)

Symptoms of a Vitamin D deficiency in adults include:

- Tiredness, aches and pains, and a general sense of not feeling well
- Severe bone or muscle pain or weakness that may cause difficulty climbing stairs or getting up from the floor or a low chair
- Stress fractures, especially in your legs, pelvis, and hips

Your health care provider can diagnose a Vitamin D deficiency by performing a simple blood test.

Kim Waller, PA-C, CCD, CDE is accepting referrals for Endocrinology patients. Speak to your primary care provider for a referral.

Siskiyou Community Health Center
 MEDICAL | DENTAL | PHARMACY | WALK-IN CLINIC
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