

Rickets

Also called: osteomalacia

A softening and weakening of bones in children, usually due to inadequate vitamin D.

Very common

More than 10 million cases per year (India)



Treatable by a medical professional



Requires a medical diagnosis



Lab tests or imaging always required



Chronic: can last for years or be lifelong

Lack of vitamin D results in reduced absorption of calcium and phosphorus. Difficulty maintaining proper calcium and phosphorus levels in bones can cause rickets.

Symptoms include delayed growth, bow legs, weakness and pain in the spine, pelvis and legs.

Treatment includes exposure to sunlight, a diet rich in vitamin D and calcium, supplements, medication or possibly surgery.

Ages affected



Symptoms

Requires a medical diagnosis

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People may experience:

Pain areas: in the bones

Muscular: cramping, flaccid muscles, or muscle weakness

Developmental: short stature or slow growth

Also common: acquired deformity of chest and rib, bone fracture, bow legs, cavity, deformity of the skull, physical deformity, or sweating

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but

doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Apollo Hospitals and others. [Learn more](#)