

Rickets

FACTS:

- Rickets is a bone disorder caused by a lack of enough calcium and vitamin D. This disease can be prevented by the use of a good formula containing adequate amounts of calcium and vitamin D.
- Physical signs include bow legs, pigeon chest, delayed teething, and abnormal fractures. Children with rickets have bones that are soft and weak.
- If not corrected while the child is growing, skeletal deformities and short stature may be permanent.
- The physical signs of rickets can also be signs of other bone or kidney diseases. Children with suspected rickets should be seen by a doctor to determine if these other possible conditions are present.



Bowed legs are a sign of rickets.



Children with rickets have bones that are weak.



TREATMENT:

- **Foods high in calcium should be offered to children with rickets. Calcium is found in milk, dark green vegetables, tofu, sesame seeds, cheese and yogurts.**
- **Make sure all infant formula contains Vitamin D. Milk and yogurt for older children should be enriched with Vitamin D.**
- **Sunlight is a source of Vitamin D for the body. Children should be outside daily and exposed to the sunlight to obtain Vitamin D. Sunbaths may also help.**
- **If corrected while a child is young and still growing, any skeletal deformities usually disappear over time.**
- **Severe cases of rickets can cause scoliosis and may require surgery.**



Children with rickets need lots of foods with calcium and Vitamin D.



Rickets can be corrected with a proper diet.