

Vitamin C2D: Co-operate to Dominate

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Our dynamically changing lifestyle has certainly taken an avid interest in health and nutrition. We no longer just eat to live, we want to eat right, eat good, eat healthy, and be well. People are taking note of the possible hereditary conditions their families suffer from and taking a conscience step towards ensuring its delayed onset or avoiding it completely. This can only be achieved through a good diet and exercise routine.

While one can monitor calories and food servings, another extremely important aspect of our diet are nutrients such as VITAMINS. There has been a notable increase in their deficiencies, according to WHO, "It is estimated that vitamin and mineral deficiencies affect at least one third of the world's population. They are much more prevalent in developing countries but are not unknown in developed countries." One of the major reasons, today for such deficiencies is the lack of awareness.

To be healthy - one must understand all aspects of diet and supplement the requirements accordingly. "Go low on carbs, adequate on vitamins and high on protein!" - the basic mantra for all individuals for a regular/standard routine who need more energy and wish to add on less fat.

With all that said, how does one realise they are deficient in certain vitamins? Do they have symptoms? Should you get regularly tested? Do Vitamin Deficiencies have a family history? Which are the most important vitamins?

There are a large number of vitamins, but they are all equally important. One can understand that based on their function in the body. You can then choose between your eyesight, bone density, or immunity. We won't judge you on that

One of the most common deficiencies seen today is that in Vitamin C and Vitamin D. Data collected from National Health and Nutrition Examination Survey (NHANES) in 2007-2010 confirms from a test pool of 16,000 Americans are below the

Estimated Average Requirement (EAR) EAR : 94% percent of Americans deficient for vitamin D and 39 percent for vitamin C!

What do these vitamins help in? What are their benefits?

We need vitamin C (also known as ascorbic acid) for the growth and repair of tissues. It helps the body make collagen, a protein required to construct skin, cartilage, tendons, and ligaments. It also is crucial for healing wounds, and for repairing and maintaining bones and teeth. It is also one of many antioxidants that can protect against the damage caused by free radicals, as well as toxic chemicals and pollutants.

Vitamin D is required to maintain normal blood levels of calcium and phosphorus. Its main function is to help absorb calcium, which in turn is essential for the formation of a strong skeletal structure.

Do these vitamins have any specific deficiencies?

A severe vitamin C deficiency is known as scurvy, a disease resulting from the breakdown of collagen. Scurvy affects bone and muscle strength and it cripples the immune system causing fatigue and lethargy. Other long-term health conditions due to the lack of this vitamin include blood pressure, certain cancers and heart conditions.

Rickets and osteomalacia are classic vitamin D deficiency diseases. Rickets is seen in children and causes a softening or weakening of the bones. Osteomalacia affects adults, which causes weak bones and muscles. Elderly/obese people with limited sun exposure are also more prone to vitamin D deficiency.

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