

What to do in low vitamin d icd 10?

Generally the vitamin d in the human being is referred to as the portion of sunlight that a person intake on a regular basis. It is considered to be very important as per the experts and the nutritionists that the consumption of sunlight on regular basis for a long time is considered to be very important because it have the nutrients of the sunlight and also has vitamin d in it, which is very important for our human body because vitamin d is considered to be very important in regulating the blood circulation of the human body and also to increase the red blood cells of the human body.

In the International standard codes of diseases or we can also say that the I.C.D. standard codes also it is very clearly and also very deeply written about the [low vitamin d icd 10](#).



The deficiency of vitamin d in the human beings is only because of the less consumption or intake of the sunlight on a regular basis so if you are a person who is not going out in the sun and taking the vitamin d then you are in a risk and you are in a big problem because vitamin d is very important for the human body and it provides very important and necessary kind of the nutrients and other elements which are considered to be necessary for building up better human body and also to provide them a proper kind of energy to the person.

So if you are low vitamin d icd 10 then what all types of are the issues or problems that you might face are mentioned here in the article below. Have a look at the same and continue reading the article till the end of it in order to know more about the same.

Here are some of the major symptoms that will show you that you have deficiency of vitamin d or you are low vitamin d icd 10:

1. The person who has deficiency of vitamin d will face depression on a very frequent basis.
2. Anxiety can also be seen in the people who are low in the vitamin d.
3. Fatigue is also a very common symptom of deficiency of the vitamin d.
4. Kidney related issues are also one of the major symptoms of the deficiency of the vitamin d
5. Immune system disturbance is also seen while having vitamin d deficiency.
6. Psoriasis can also be one of the major symptoms of deficiency of vitamin d.

The deficiency of the vitamin d element in the human body is not because of the food or other type of the element that is being consumed by the person by mouth. But it is the only way or only vitamin, which is being consumed by the skin of the person and then the same is being given to the human body. Therefore, if a person is facing the deficiency of the vitamin d then the same can not be treated or is fulfilled by the food elements at all.

However, on the other hand, if a person wanted to keep up with the low vitamin d icd 10 then the same can be increased by the supplements in the form of the medications that can be taken and consumed by the people. But these types of the things are not suggested and are not liked by the people as it is not a natural source of the vitamin d and taking it from the sunlight is beneficial.