

ATTENTION TO ALL BREASTFEEDING MOTHERS PREVENTING RICKETS IN BREASTFED BABIES

WHAT IS RICKETS?

It is a disease of weak bones caused by low amount of vitamin D in the body. In the Northwest, rickets is usually due to too little sunlight on a baby's skin.

WHO IS AT RISK?

All babies who receive only breast milk for 6 months or more, all breastfed babies of color, premature babies, and infants weaned to vegan diets.

WHAT ARE THE SIGNS OF RICKETS?

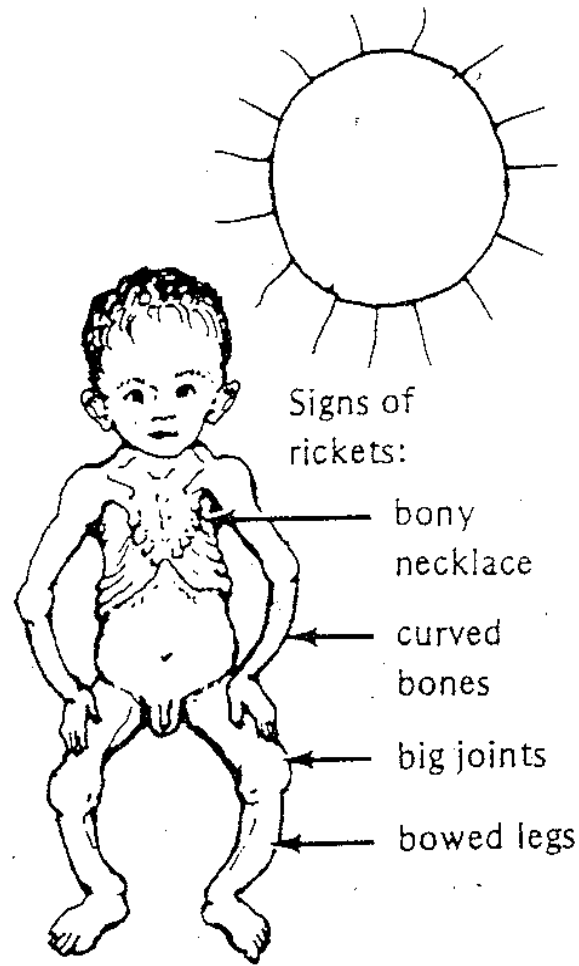
Weakness,
unable to stand or walk,
slow growth,
seizures,
irritability.

HOW CAN YOU PREVENT RICKETS IN YOUR BABY?

Since sun is limited in the Northwest, Vitamin D should be given once a day for as long as you live in the Northern part of the United States.

HOW DO YOU GET VITAMIN D?

Vitamin D is available at stores without a prescription. It comes in a preparation with other vitamins (vitamins A and C) called Tri-vi-sol. If you are on medical coupons, ask your doctor or WIC office for a prescription for Vitamins written as "medically necessary for exclusively breastfed infants to prevent rickets."



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