

VITAMIN D IN PREGNANCY

Vitamin D is essential for good health and in pregnancy a mother's vitamin D level is important for the health of her baby. If it is too low, the baby grows less well, and can develop abnormally shaped bones or have seizures soon after birth. We also think it could be important for the development of organs like the heart and brain.

Women with very low vitamin D can develop weak bones that break more easily, and they can have bone and muscle pains.

We all get a little vitamin D from the food we eat, but most of our vitamin D is made in our skin, when we expose it to sunlight. People who come from sunnier parts of the world have darker skin to protect them from the strong sun. Because the sun is very strong, they still make enough vitamin D in their skin and stay healthy.

In Melbourne people who cover up when outdoors or stay indoors a lot, and most people with dark skin, do not make enough vitamin D.

WHAT DO YOU NEED TO DO ABOUT THIS?

The good news is that vitamin D deficiency can be prevented and treated by taking vitamin D.

When you attend the antenatal clinic you should:

- Ask the midwife or doctor to organise a blood test for you, to see whether you are low in Vitamin D

Follow the doctor or midwife's recommendations about taking vitamin D.

FIITAMIIN D IYO UURKA

Somali version

Fiitamiin D lagama maarmaan ayuu u yahay caafimaadka hooyada uurka leh, ilmaha caloosha lagu sidaana fiitamiin Ddu muhiim ayey u tahay caafimaadkiisa. Haddii fiitamiin Ddu hoosayso ilmaha koriinkiisuna waa hooseeya, wuxuuna yeellan karaa lafa u kora si aan caadi ahayn ama wuxuu yeellan karaa cudurka qalalka wax ka yar ka dib dhalashada. Waxaanu kaloo u malaynaynaa inay muhiim u tahay horumarka xubnaha ilmaha sida wadnaha iyo maskaxda.

Dumarka fiitamiin Dda ku jirtaa hoosayso waxay yeellan karaan lafa daciifa oo si sahala ku jaba, waxayna yeellan karaan muruqyo iyo lafa xannuun.

Waxaan dhamaanteen ka hellaa cuntada aan cuno xooggaa fiitamiin D ah, fiitamiinka intiisa badanse waxaa sameeya maqaarka, marka qoraxdu ina ku dhacdo. Dadka ka yimaada meelaha qoraxdu ku badan tahay waxay leeyihiin maqaar madaw oo ka ilaaliya xoogga qoraxda, laakiin qoraxdu xoog ayay leedahay wayna ka samayn karaan fiitamiin D, markaasna lafahoodu waxay ahaadaan kuwa caafimaad qaba.

Melbourne dadka isdaboolla markay banaanka joogaan ama wax badan joogaan guriga gudihiisa, dadka madaw badankood, ma sameeyaan fiitamiin D ku filan.

Maxaad u baahan tahay inaad ka ogaato midaan?

Waxaa akhbaar wanaagsan ah fiitamiin yarida waa laga hortegi karaa iyadoo la qaadanayo fiitamiin D.