Vitamin Deficiencies (II): B3, C and D

Pellagra, scurvy and soft bones: the classic pictures of niacin, vitamin C and vitamin D deficiency

B3 Niacin (B3)

pellagra, the 3 Ds: dermatitis (photosensitive), diarrhea and dementia · also in carcinoid syndrome and Hartnup disease

C Vitamin C

scurvy: bleeding gums, perifollicular petechiae, poor wound healing, follicular hyperkeratosis, fatigue

D Vitamin D

rickets in children, osteomalacia in adults · hypocalcemia, hypophosphatemia, proximal muscle weakness

3 Ds
Pellagra: dermatitis, diarrhea, dementia

Bleeding gums
+ poor healing: scurvy (vitamin C)

Soft bones
Rickets (child) or osteomalacia (adult)

Osteomalacia: high alkaline phosphatase, low calcium and phosphorus, high PTH · in osteoporosis bone biochemistry is normal