

Editorial

Do we Need to Investigate for Vitamin D Levels in Patients Going for Correction?

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Hallux valgus corrective procedure is a common among orthopaedic surgeons. Majority of vitamin D comes from the sun. More than 50% of the populations are reported to be having vitamin D insufficiency/deficiency due to lack of adequate sun exposure [1,2]. Low levels of vitamin D are associated various medical conditions [1]. Vitamin D can help with fracture healing [3].

The role of low vitamin D in the foot and ankle has been reported [2,4]. Literature is scarce with the role of hallux valgus corrective procedure and vitamin D. The patient can benefit from vitamin D investigation since it has been shown that patients treated for low levels have good outcomes following ankle fractures [4].

Adults with low levels of vitamin D can present in various forms. Laboratory investigations will help with determining the values and prompt management.

Presumptive high dosage of vitamin D replenishment therapy can be used [2]. There are various regimes which are used to treat low levels [5]. One should use the regime that contains high levels of vitamin D. Treating low levels of vitamin D can be beneficial to the bone and other medical conditions.

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