Hypervitaminosis

Objectives
1. List the two vitamins most often associated with hypervitaminosis in children
2. Describe the major lifethreatening effects of these hypervitaminoses

Discussion

Hypervitaminoses A and D have been described in children. Their occurrence is rare, in
the US, dietary aberrations are most often responsible for cases of hypervitaminosis A,
but an epidemic of hypervitaminosis D was reported following excess fortification of
vitamin D in milk. Both are lifethreatening on an acute basis; vitamin A from increased
intracranial pressure and vitamin D from hypercalcemia (two deaths were recorded in a
patient ingesting the hyperfortified milk). If a child with hypervitaminosis A survives,
evidence of increased bone turnover may be found with periosteal reaction and physeal
lesions. Tenderness may be noted over the affected bones.

References

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