

COMPILED BY  
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## Vitamin D and Chronic Pain

1. Vitamin D deficiency has been implicated not only in musculoskeletal disorders, but also in:

- a. metabolic diseases (e.g. diabetes)
- b. chronic pain
- c. cancers (colon, prostate, and breast)
- d. hypertension
- e. all of the above

2. This study confirms a causal association between Vitamin D deficiency and Chronic Pain.

- a. True
- b. False

3. Causes of Vitamin D deficiency include all those listed except for:

- a. insufficient UVB exposure
- b. medications (e.g. glucocorticoids, anti-convulsants)
- c. liver and kidney disease

- d. strict vegetarianism
- e. all of the above can cause Vitamin D deficiency

4. A recent meta-analysis found that use of Vitamin D supplements (300-2,000 iu/day) was associated with a reduction in all cause mortality.

- a. True
- b. False

5. The best indicator of Vitamin D status in serum is:

- a. 25(OH)D (calcidiol)
- b. 1,25(OH) 2 D (calcitriol)

6. The physiologically active form of Vitamin D is:

- a. 25(OH)D (calcidiol)
- b. 1,25(OH) 2 D (calcitriol)