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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

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FIRST LITHUANIA'S NATIONAL VITAMIN D GUIDELINES: THE KEY ASPECTS

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Despite the remarkably high prevalence of low vitamin D (VitD) status in various age groups in Lithuania, the country lacked official recommendations for the diagnosis, prevention, and treatment of VitD deficiency for many years, except the guidelines for rickets developed in 2015 (still not updated). In 2026, the final version of the first national VitD guidelines was prepared by the experts' panel. In line with similar documents, those original guidelines include sections that outline VitD risk groups, VitD status categorisation (deficiency, insufficiency, etc.) and recommend VitD dosages for both therapy and prevention. Notably, in contrast to many others, the prepared document also provides recommendations on various laboratory tests (apart from the assessment of serum 25-hydroxy-vitamin D levels) that may be useful when low VitD status is suspected or confirmed, as well as recommendations for cases in which treatment with VitD has failed.

Keywords: guidelines, prevention, supplementation, treatment, vitamin D