

MUTUAL OFFICE

Medical Review Portfolio

Physician Review of a Client-Submitted Healthcare Article

This demonstration shows how Mutual Office reviews a healthcare article submitted for publication. The review focuses on clinical accuracy, evidence, patient safety, terminology, and readability while preserving the author's original intent.

Submission type Patient-facing health article	Review requested Clinical and editorial medical review	Reviewer Physician-led review
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Client-Submitted Article

Vitamin D Deficiency: Symptoms, Testing, and Treatment

Vitamin D is an important nutrient for strong bones, muscles, and overall health. When vitamin D levels are low, people often develop symptoms such as fatigue, low mood, muscle weakness, bone pain, hair loss, and frequent infections.

Anyone who feels tired or has muscle aches should consider getting a vitamin D blood test. A 25-hydroxyvitamin D test can determine whether your vitamin D is low, and many adults should have this checked regularly.

If your vitamin D level is below 30 ng/mL, you are deficient and should take a high-dose vitamin D supplement. Many people can safely take 5,000 IU of vitamin D daily until their level returns to normal.

Sunlight, vitamin D-rich foods, and supplements can all help improve vitamin D levels. Correcting deficiency can improve energy, strengthen bones, support immunity, and may reduce the risk of many chronic diseases.

If you think you may be deficient, ask your healthcare professional for a blood test and advice about the right dose for you.

Client's requested outcome: Please review the article for medical accuracy and advise whether it is suitable for publication, with suggested changes where needed.

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Physician Review & Editorial Recommendations

Overall assessment

The article has a useful patient-education purpose, but several statements should be revised before publication. The main concerns are presenting nonspecific symptoms as evidence of deficiency, recommending routine testing for people with symptoms without clinical context, using a fixed diagnostic threshold as though it were universally applicable, and recommending a high supplement dose without adequate qualification.

Symptoms	Fatigue, low mood, muscle aches, and other symptoms are nonspecific. They can occur with many conditions and should not be presented as a reliable way to identify vitamin D deficiency.
Testing	The article recommends testing based on common symptoms and suggests regular testing for many adults. Current guidance does not support routine 25(OH)D screening in generally healthy adults without established indications.
Laboratory threshold	The statement that below 30 ng/mL automatically means deficiency is too categorical. Different organizations use different approaches to vitamin D status, and the 2024 Endocrine Society guideline does not define a universal serum threshold for sufficiency or deficiency in healthy people.
Supplement dose	The recommendation to take 5,000 IU daily is too broad for a general patient article. Dose and duration should depend on the clinical situation; high-dose supplementation should not be presented as appropriate for everyone.
Claims about benefits	The article links correction of vitamin D status with energy, immunity, and prevention of many chronic diseases. These claims should be narrowed because evidence for disease prevention in generally healthy people is uncertain.

Recommended Revision

Vitamin D is important for bone and muscle health. Some people are at increased risk of vitamin D deficiency, including people with limited sun exposure, certain dietary patterns, conditions affecting absorption, or problems with vitamin D metabolism.

Symptoms alone cannot reliably tell you whether your vitamin D level is low. Fatigue, muscle pain, and weakness can have many causes. If deficiency is suspected because of a person's risk factors or clinical circumstances, a healthcare professional can decide whether testing is appropriate.

Blood testing for 25-hydroxyvitamin D is used when vitamin D status needs to be assessed. Routine testing is not recommended for every healthy adult, and interpretation should take the clinical context and the laboratory method into account.

Vitamin D supplementation may be appropriate for people with an established indication, but the dose should be individualized. Taking more vitamin D is not necessarily better, and high doses can cause harm. A healthcare professional can advise on the appropriate preparation, dose, and duration when treatment is needed.

A balanced diet, appropriate physical activity, and adequate intake of vitamin D and calcium are important for bone health. People concerned about deficiency should discuss their individual risk factors and symptoms with a healthcare professional.

Publication Recommendation

REVISION RECOMMENDED BEFORE PUBLICATION

The article is suitable as a starting point, but the claims about symptoms, routine testing, diagnostic thresholds, high-dose supplementation, and broad health benefits should be revised. After these changes, it can provide a more balanced and clinically appropriate patient-facing explanation.

Evidence framework: Endocrine Society, Vitamin D for the Prevention of Disease Clinical Practice Guideline (2024); NIH Office of Dietary Supplements, Vitamin D Health Professional Fact Sheet.

Mutual Office | Physician-led healthcare content services by Dr. Zahid Iqbal, MBBS, MBA, CHQP.

Portfolio Demonstration — This sample illustrates our medical review process using a representative client-style submission. It is not individualized medical advice.