

The background features abstract, colorful swirls in shades of green, purple, and blue, interspersed with yellow starburst shapes. The text is centered over this pattern.

FACTS ON LIFE STYLE DISEASES AND NUTRITION

DEFICIENCY DISEASES



VITAMIN DEFICIENCY DISEASES



INTRODUCTION

- We contract these diseases as a result of the way we live.
- Many are caused by Malnutrition.
- Malnutrition describes a partial or absolute deficiency of one or more of the essential nutrients, vitamins or minerals.
- In some cases it may be a deficiency in calorie intake.



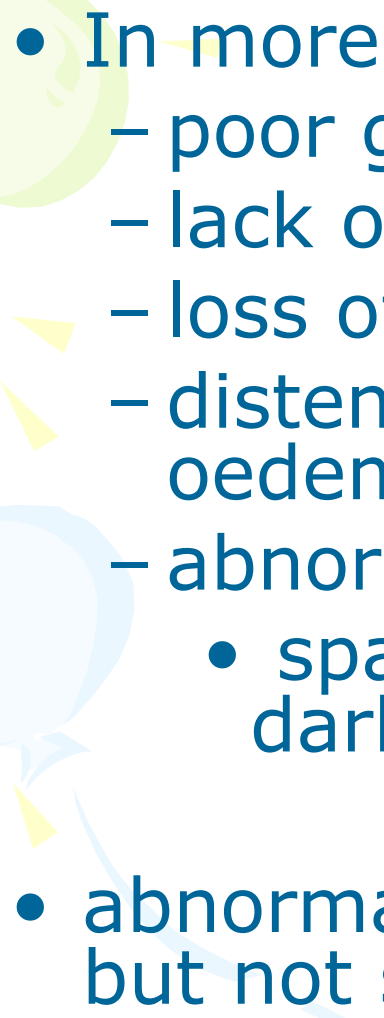
ANAEMIA

- There are many causes of anemia, including:
- Deficiency of iron, Vitamin B₁₂(pernicious anaemia) or Folic acid in the diet.
- The individual has less than the normal number of red blood cells or hemoglobin in the blood.
- This compromises the oxygen-transporting capability of the blood.
- Thus, individuals may tire easily, appear pale, develop palpitations, and experience shortness of breath.



KWASHIORKOR

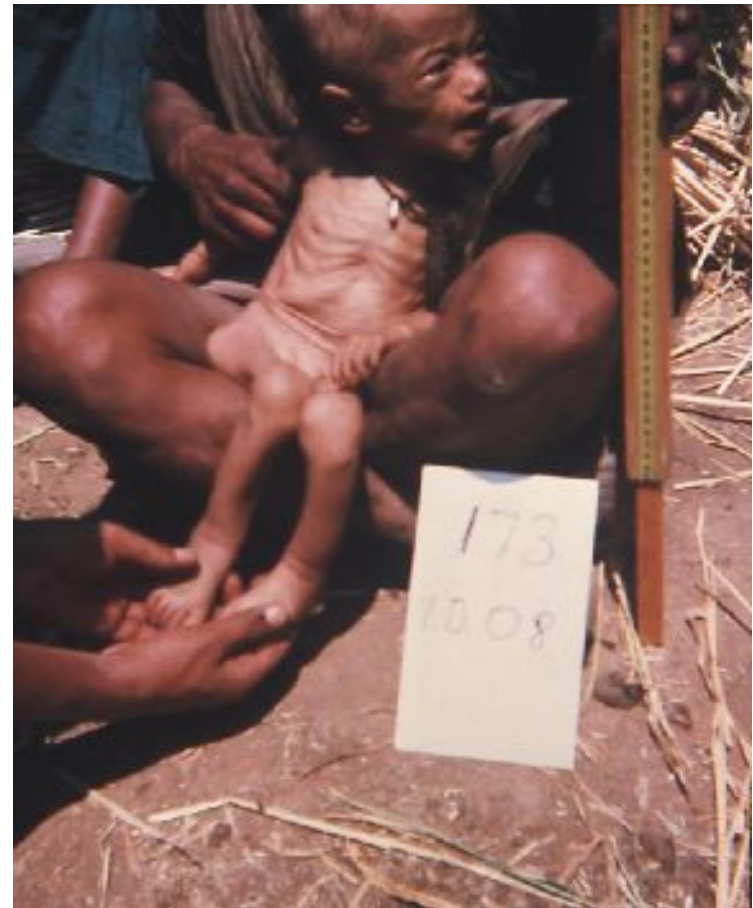
- This is also called protein malnutrition or protein-calorie malnutrition (PCM)
- It is caused by a lack of protein in the diet. Young children are more at risk.
- Symptoms include apathy (indifference), lethargy (drowsiness) and irritability

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- In more advance cases of the disease
 - poor growth
 - lack of stamina
 - loss of muscle
 - distended stomachs as a result of oedema
 - abnormal hair
 - sparse, thin, streaky red or grey in dark-skinned children
 - abnormal skin (darkening in irritated but not sun-exposed areas).

These children exhibit symptoms of kwashiorkor.

Marasmus

The symptoms of Marasmus are similar to those of Kwashiorkor. There is a loss of muscle mass. However,



RICKETS

- The bones fails to ossify.
- This is manifested by the distortion (bending) of the leg bones.
- This is a disease found in children.
- The child on the right is suffering from rickets.
- It is caused by a deficiency in Vitamin D, sunlight or Calcium.



Three balloons (green, blue, and purple) are positioned on the left side of the slide, each with yellow triangular streamers trailing behind them.

SCURVY

- Scurvy is caused by a lack of Vitamin C.



XEROPTHALMIA

- This is caused by a deficiency of Vitamin A.
- Deficiency of vitamin A. This causes the lacrimal glands (tear glands) to malfunction and to produce little or no tears.
- Vitamin deficiency Xerophthalmia begins with night blindness and dryness of the conjunctiva.
- This is followed by corneal xerosis (dryness of the cornea), and, in the late stages, to keratomalacia (softening of the cornea).

- This man is suffering from Xerophthalmia.





THE END