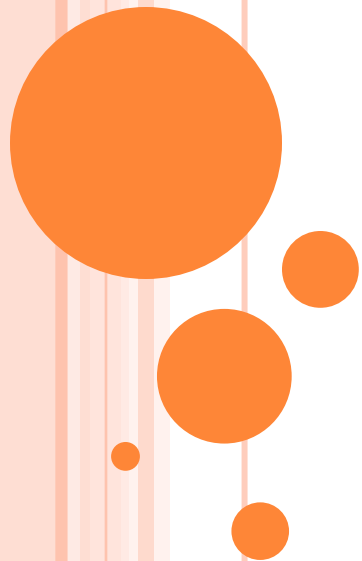


SCURVY



INTRODUCTION

- Scurvy is the name for a vitamin C deficiency [***ASCORBIC ACID***]
- It is often associated with sailors in the 15th to 18th centuries, when long sea voyages made it hard to get a steady supply of fresh produce. Many died from the effects.
- This is because vitamin C is needed for making collagen, an important component in connective tissues. Connective tissues are essential for structure and support in the body, including the structure of blood vessels.



CAUSES

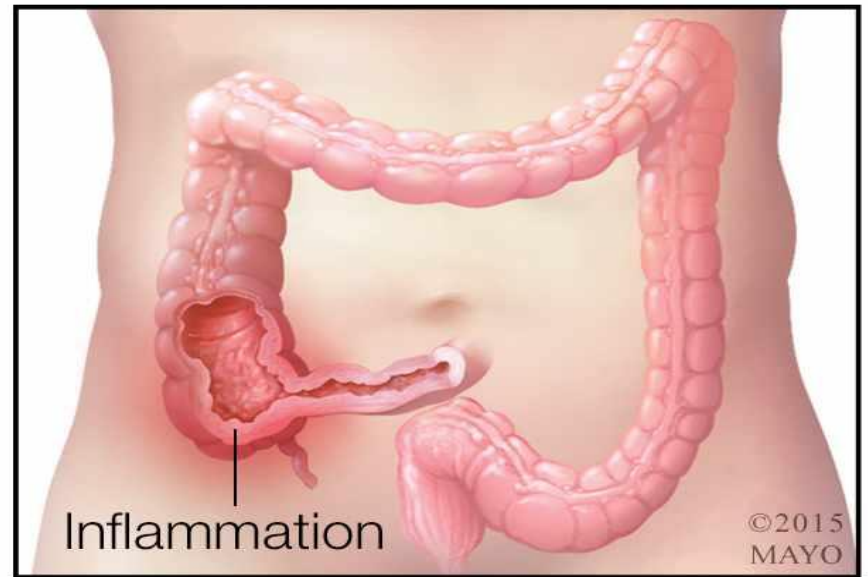
- Humans cannot synthesize vitamin C. It needs to come from external sources, especially fruits and vegetables, or fortified foods.
- Conditions, treatments, or habits that reduce the body's ability to absorb nutrients, such as Crohn's disease, ulcerative colitis, chemotherapy, and smoking, increase the risk





CHEMOTHERAPY

Crohn's disease



SYMPTOMS

- Symptoms and complications associated with long-term, untreated scurvy include:
- severe jaundice, which is yellowing of the skin and eyes
- generalized pain, tenderness, and swelling
- nausea
- diarrhoea
- fever
- painful joints and muscles
- premature stopping of bone growth (in babies and children).





Preventions

- Treatment is as simple as vitamin C supplementation. Children are usually treated with 100 mg a couple times a week initially, then daily.
- Adult dosing varies widely from 300 mg to 1000 mg daily. Some symptoms like fatigue can resolve within 24 hours and others may take weeks.
- Vitamin C rich foods include oranges, lemons, tomatoes, strawberries, and broccoli, Cabbage, spinach, Bell pepper





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thank you!

