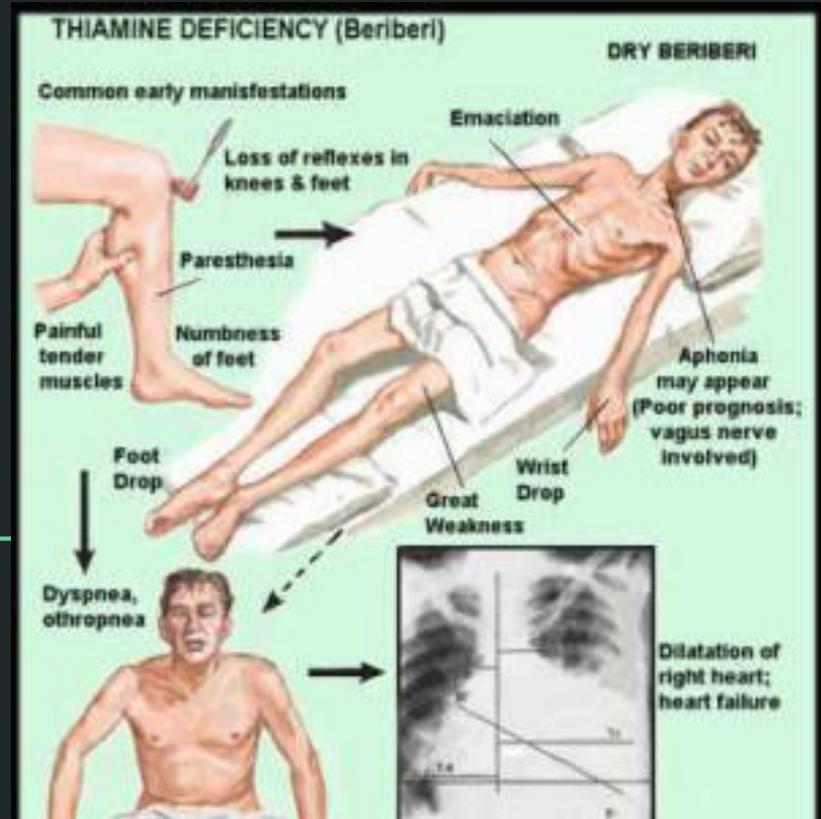


Beriberi

By: Austin Vigod, Griffin Connolly



Disease when the body does not have enough thiamine (Vitamin B1)

Cure - Change diet and ways of living

Treatment - Injections and supplements of Vitamin B1

Symptoms - Difficulty walking, loss of feeling in hands and feet, mental confusion, strange eye movements, tingling, vomiting

Signs - Swelling of lower legs, shortness of breath, increased heart rate

Causes - Diet with low amounts of Vitamin B1 and alcoholism can make it difficult for your body to absorb and store the vitamin

People in undeveloped countries with little access to foods that contain Vitamin



MARASMUS



Peyton Drift and Rebecca Reilly

WHAT IS IT? WHO IS AT RISK?

Marasmus is severe undernourishment causing an infant's or child's weight to be significantly low for their age. It consists of the chronic wasting away of fat, muscle, and other tissues in the body.

Marasmus is most common in children in developing regions, such as Africa, Latin America, and South Asia, where poverty, along with inadequate food supplies and contaminated water, are prevalent.

SYMPTOMS AND SIGNS

Chronic Diarrhea

Dizziness

Fatigue

Rapid weight loss

Vomiting

Growth retardation



CAUSE AND TREATMENT

The main cause of Marasmus is malnutrition. This is caused by nutritional deficiency, particularly calories and energy. Some other causes could be poverty, inadequate food supplies, contaminated water, poor and unbalanced diet, and vitamin deficiencies.

This can be treated by a vitamin B5 treatment as well as treatments for hypoglycaemia, hypothermia, dehydration, to overcome electrolyte imbalance and infections. Make sure patient is provided with the required proteins, vitamins, minerals and fats.

Scurvy

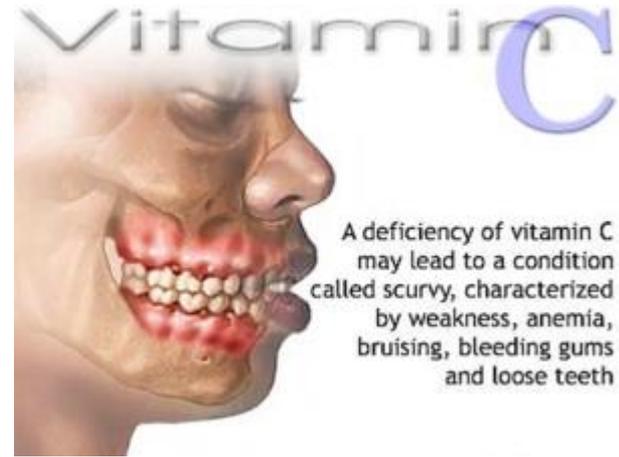
cause: deficiency of Vitamin C

symptoms/ signs: Initially fatigue followed by spots on skin, spongy gums, bleeding from mucous membrane, advances to yellow skin loss of teeth

At Risk: Pirates

Treatment/ cure: Scurvy is curable by eating vitamin C rich foods (most fruits and vegetables)

Prevention: eating a diet that is rich in vitamin C (most fruits and vegetables)





Xerophthalmia

By Sopitha Thayaparan
Katie Moyle



Cure:

- No cure for this disease.

Treatment:

- A Higher Vitamin A intake/ Certain antibiotics.
- and sunglasses are recommended.
- Have a regular diet.

Symptom/Signs:

- Irritation of the eyes.
- Light sensitivity.
- Night blindness.

Cause

Chronic vitamin A deficiency plagues many developing regions of the world, with its most tragic consequences seen in young children. The term xerophthalmia (xeros-dry, ophthalmia-eye) refers to the eye diseases specifically caused by vitamin A deficiency.

Who's affected?

Third World Countries and less developed nations are at risk.



Pellagra

Cause: The most common cause of pellagra is not having enough niacin

Prevalence: individuals most at risk for developing pellagra are alcoholics, people suffering from anorexia, and people with digestive problems

Signs/Symptoms: thick, scaly pigmented rash on skin exposed to sunlight, swollen mouth and bright red tongue, vomiting and diarrhea, headache, apathy, fatigue, depression, disorientation, memory loss

Pellagra

Treatment: Eat foods that contain niacin. Good sources of niacin include red meat, fish, poultry, fortified breads and cereals, and enriched pasta and peanuts.

Cure: Can be effectively cured with intravenous or oral niacin or [nicotinamide](#)



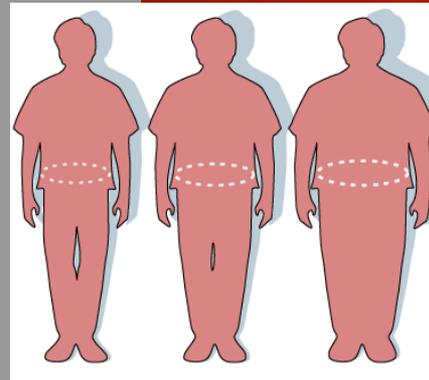
OBEESITY



- Obesity is usually self-diagnosable
- The main sign of obesity is excessive body fat
- People who are obese may experience pain in their back or joints, rashes in the folds of their skin, insomnia, snoring, binge eating, depression, fatigue, or pot belly.



- In order to treat obesity one must change their lifestyle by: Physical exercise, Weight loss, Low carbohydrate diet, Low fat diet, Dietary fiber
- Some people take Prescription weight-loss medications
- Some people may get weight-loss surgery
- More than two-thirds (**68.8 percent**) of adults are considered to be overweight or obese. More than one-third (**35.7 percent**) of adults are considered to be obese. More than 1 in 20 (6.3 percent) have extreme obesity. Almost 3 in 4 men (74 percent) are considered to be overweight or obese.
- **30 percent** of the world is now overweight or obese, no country immune. Almost a third of the world is now fat, and no country has been able to curb obesity rates in the last three decades, according to a new global analysis. Researchers found more than 2 billion people worldwide are now overweight or obese.

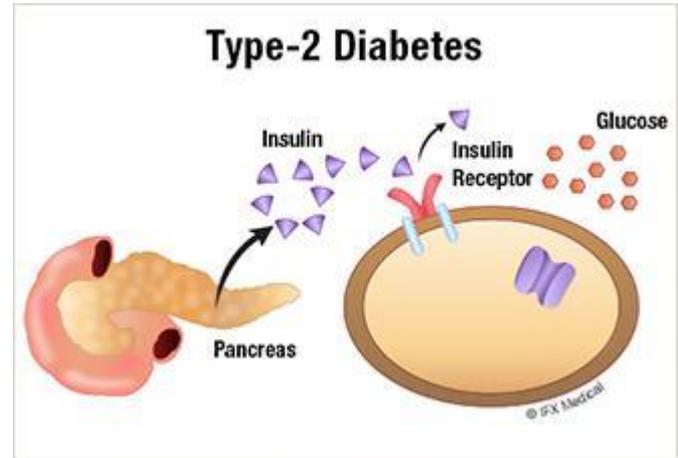


Diabetes (Type 2)

Cause

Type 2 diabetes is caused by the cells in the body not making and using insulin correctly

The pancreas makes extra insulin to try and fight this but this causes the blood sugar to build up in the body



Signs and symptoms of diabetes

- Peeing frequently
- Tingling / numbness in hands and feet
- Being thirsty a lot
- Blurry vision

People at risk most commonly have a family history of diabetes or are obese

Treatment and Cure

As a treatment, insulin shots are available

Insulin shots control the body's blood sugar

There is no medicinal cure for type 2 Diabetes.

To get rid of diabetes, you need to:

Change your eating habits drastically

Lose a ton of weight



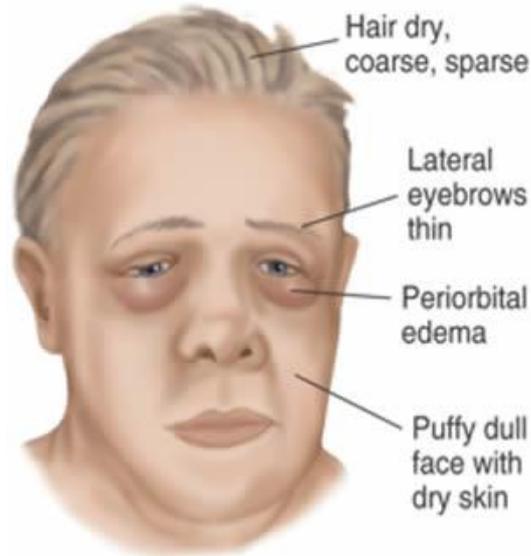
Nick and Kevin 3A

Cretinism

(Dwarfism due to lack of Thyroxine)

What is Cretinism

Cretinism is a birth defect due to a lack of thyroxine which is a hormone produced by the thyroid.



Symptoms/Signs

- ❖ Coarse Dry Skin
- ❖ Stunted Skeletal Growth
- ❖ Dwarfism
- ❖ stunted physical/mental development
- ❖ Excessive sleeping
- ❖ Poor feeding patterns



Treatment

If caught early cretinism can be treated by use of Thyroxine, the hormone which those affected by cretinism lacks.

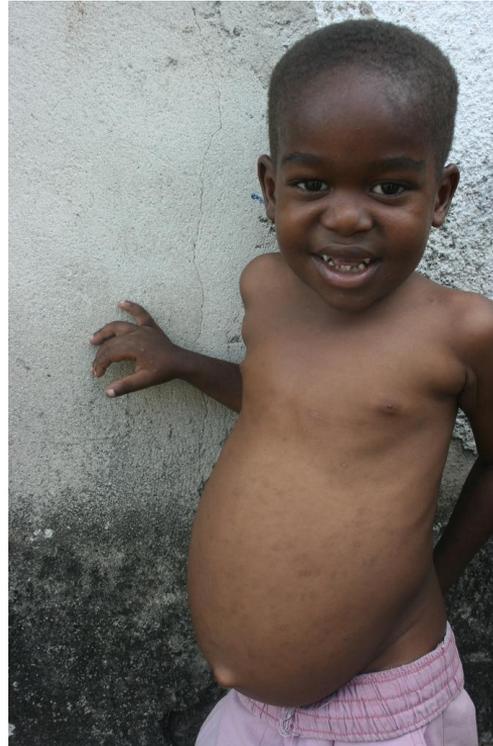
Prevalence

Cretinism affects people seemingly without a pattern, although 1 out of every 3000 births a person with cretinism is born but about 2 times as many girls are affected in relation to the amount of boys affected.



Kwashiorkor

By: Gavin S, Mike D, and Lucas G



Symptoms/Signs

swelling of the ankles and feet

distended/swollen abdomen

enlarged liver

thinning of hair

loss of teeth

skin pigmentation



Treatment

Can be treated by adding protein to diet

add nutritious calories

Cure

no real cure other than fixing diet and eating more calories
and protein

Prevalence

Geographical areas that have limited food resources (Third world countries)



Goiter

by: Faraz Khan and
Joey Lockwood



What is it ? And how do you get ? Can I Treat It ?



- ⦿ Goiter is the swelling of a gland in the neck called the thyroid. The thyroid gland rests in front of the windpipe and is responsible for making and secreting hormones that regulate growth and metabolism.
- ⦿ Iodine deficiency is the major cause of goiter worldwide.
- ⦿ More economically developed countries deal with Goiter less than poorer ones.
- ⦿ Iodine is inconsistently present in plant foods, vegan diets may lack sufficient iodine
- ⦿ In serious cases treatment is used with a synthetic replacement of thyroid hormone. The dosage of synthetic thyroxine is upped depending on whether normal thyroid function has been restored or not.
- ⦿ If the goiter is small and thyroid function is normal, treatment is not usually offered.



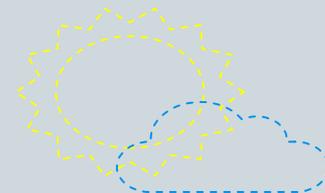
SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change line color, width and style.

Isn't that nice? :)

Examples:



Symptoms/Signs

Swelling of the Neck

Tight feeling in throat

Trouble Breathing and

Swallowing



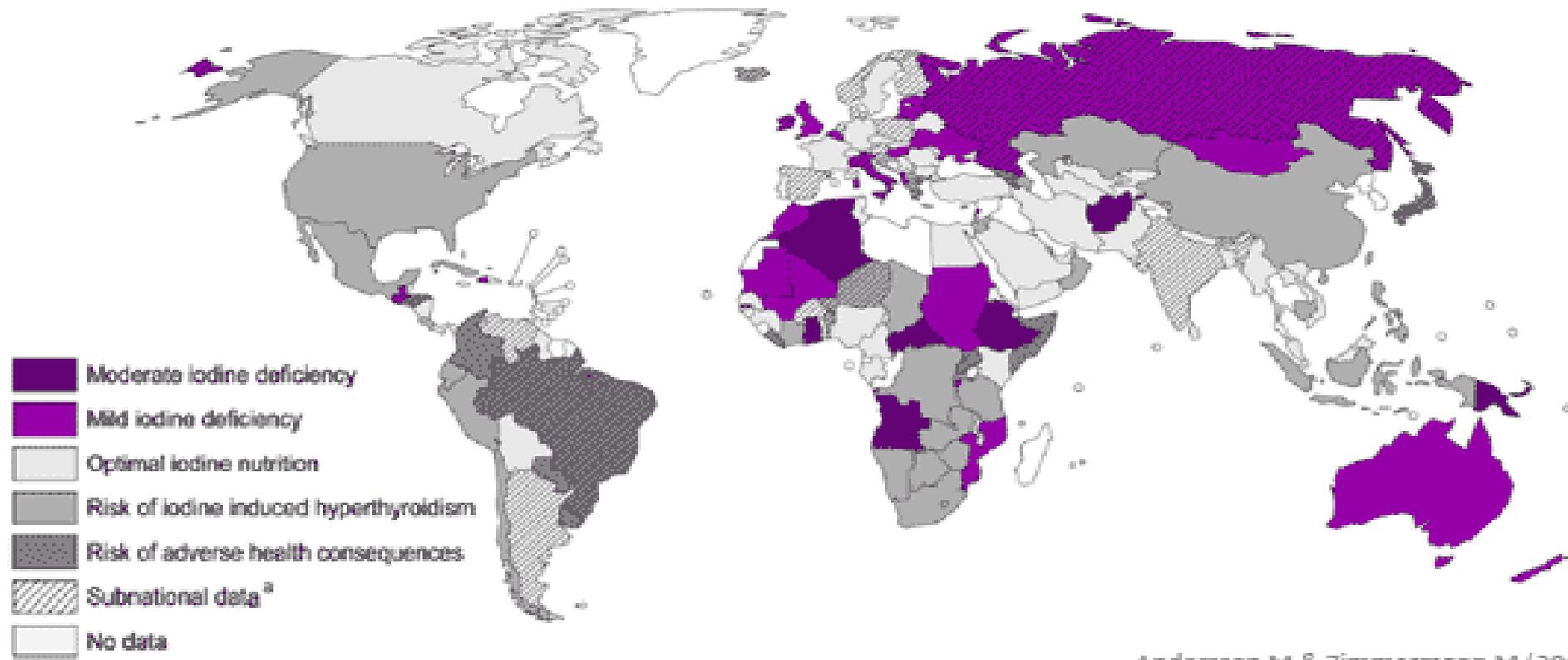
Causes and People at Risk



Goiters are caused by iodine deficiency. The lack of iodine in the body forces the thyroid to enlarge because not enough hormones are being made.

People in developing countries are





Andersson M & Zimmermann M (2011)

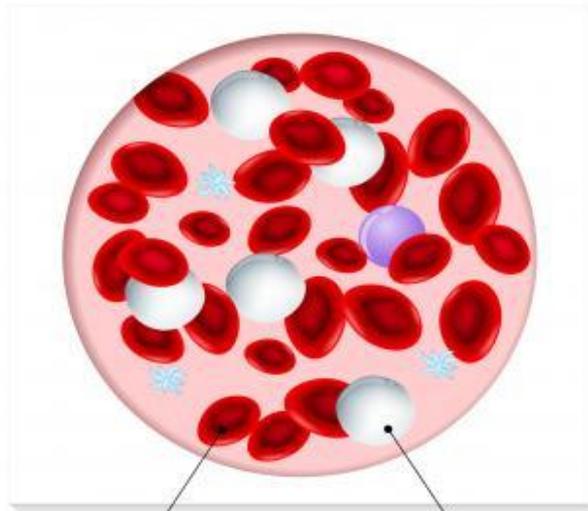
Anemia

Natalie Haszu & Nicole Frederick

What is Anemia?

Anemia is a medical condition in which the red blood cell count or hemoglobin is less than normal.

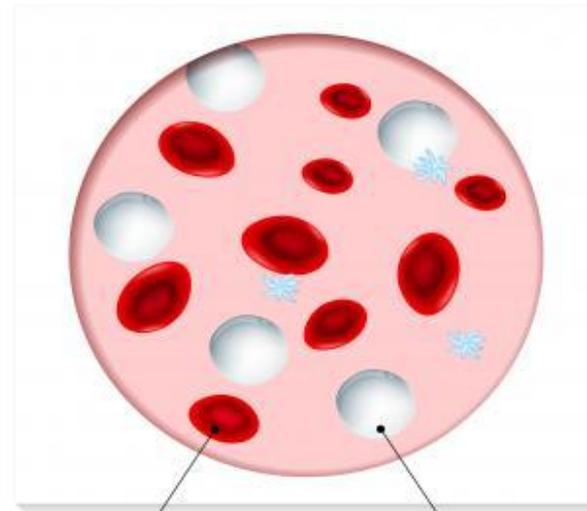
Normal



Red blood cell

White blood cell

Anemia



Red blood cell

White blood cell

What are the causes?

Anemia can be caused by blood loss.

Anemia can be caused by decreased or faulty red blood cell production.

Anemia can be caused by destruction of red blood cells.

Is Anemia curable? & what is the treatment

Because Anemia has many underlying causes, it's not always curable.

Most cases are curable for the cases caused by an iron deficiency.

Sickle cell anemia cannot but, treated.

It can be treated by taking iron supplements

Signs & Symptoms

Fatigue

pale skin

low blood pressure

brittle nails

confusion

headache

Prevalence

By eating certain nutritional foods you can prevent Anemia.



Anemia



Normal blood





Rickets

Lack of Vitamin D



Cause

Lack of Vitamin D



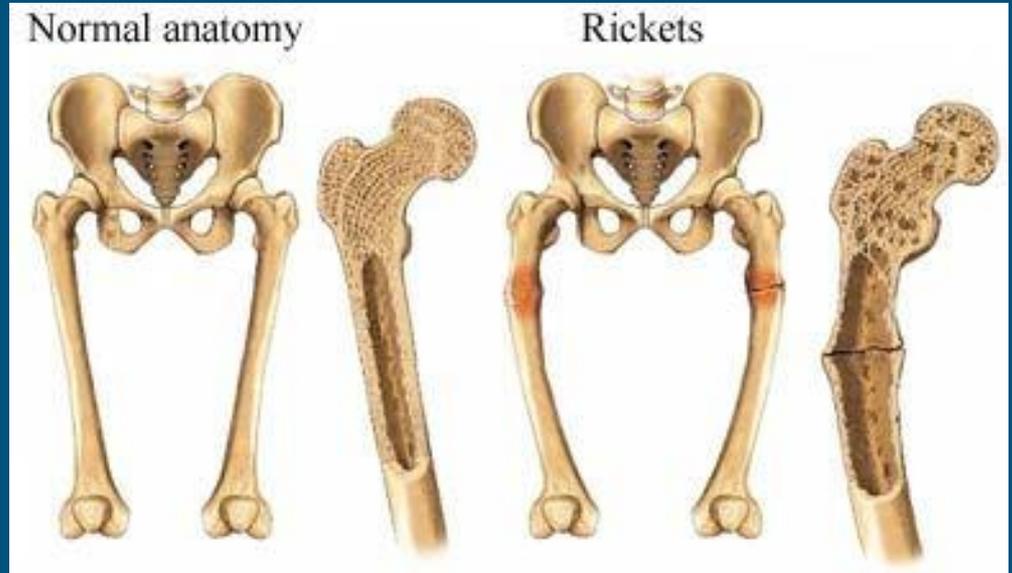
Symptoms and Signs

Delayed growth

Bowed legs

Weakness

Pain in the spine, pelvis, and legs



Treatment

Add vitamin D to your diet

Add Calcium to your diet

Possibly surgery



Curable?

Yes it's curable

Within months



Who's at risk?

Very young children ages 0-5 in less developed countries.

