

Further Reading

Nutritional Deficiencies and Disorders.

Inadequate or excess nutrients in the body leads to malnutrition.

Two forms of malnutrition are undernourishment and over nourishment. Undernourishment refers to lack of adequate nutrients in the body, this leads to nutritional deficiencies.

Overnourishment results from excessive intake of certain nutrients, this leads to disorders.

Factors Contributing to Nutritional deficiencies and disorders

- Poverty
- Ignorance
- Cultural and religious Practices
- Parasites
- Natural calamities
- Corruption
- Lifestyle

Common Nutritional Deficiencies.

Kwashiorkor

This is a nutrient deficiency disease that is caused by lack of proteins and energy in the diet. It is common among children who do not get sufficient proteins in the diet

Signs and symptoms of Kwashiorkor

- Water retention in the body leading to oedema
- Lack of appetite
- Muscle wasting
- Stunted growth
- Skin lesions

Management of Kwashiorkor

- Provide a high energy diet followed by a diet rich in proteins
- Treat the wounds
- Provide plenty of vitamins and minerals in the diet

Marasmus

This is as a result of inadequate intake of energy and proteins leading to starvation,

Signs and symptoms of marasmus

- Extreme weight loss
- General body weakness
- Child is alert and has excess appetite
- Paleness of the eyes and hands
- Wrinkled skin on thighs

- Dry and scaly skin
- Management of Marasmus
- Treat any infections that may have occurred
- Provide a high protein diet
- Provide adequate nutrition

Rickets

This is a condition caused by lack of vitamin D, phosphorus and calcium in the diet. Rickets occur in children while osteomalacia occurs in adults

Signs and symptoms of Rickets

- General body weakness
- Bow-legs or knock- knees
- Pot belly
- Delayed development of motor skills
- Pain in the spine, pelvis and legs

Management of Rickets

- Increase intake of calcium, phosphorus and vitamin D

Common Nutritional Disorders.

Obesity

This is a state in which one exhibits excessive body weight. It leads to other health related risks such as hypertension, heart diseases and liver malfunction. Occurs when people consume more energy foods and lack physical exercises

Management of Obesity

Obesity can be prevented and managed by;

- Change in lifestyle
- Management of diet
- Physical exercises

Hypertension

This refers to long term hypertension. It leads to heart attack and stroke. It is as a result of smoking diabetes, obesity and excessive intake of sodium

Signs and symptoms of hypertension

- Shortness of breath
- Rapid Heart Beat
- Poor vision
- Headache