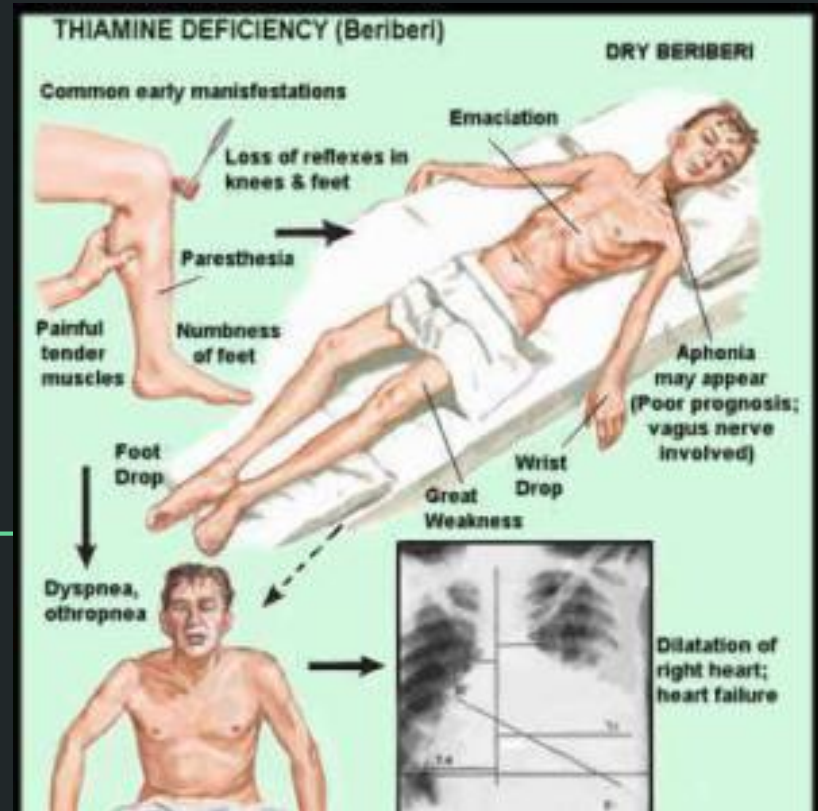


# Beriberi

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

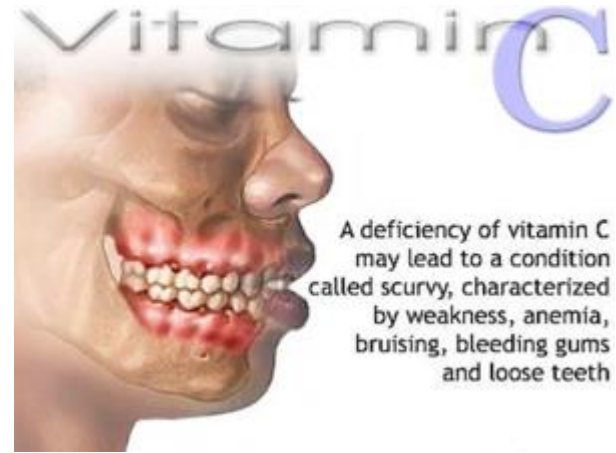
**cause:** deficiency of Vitamin C

**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

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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?

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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](#)



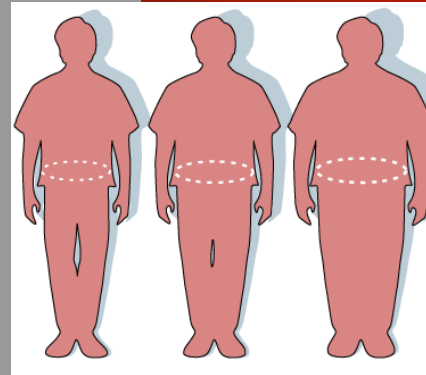
# OBESEITY



- 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.



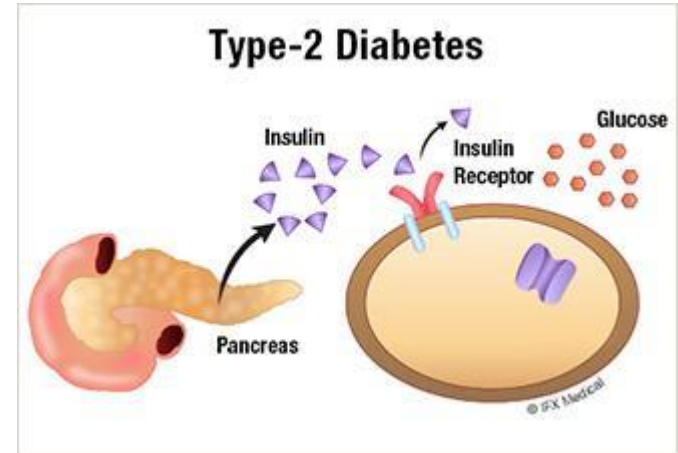
# Diabetes (Type 2)



# 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**

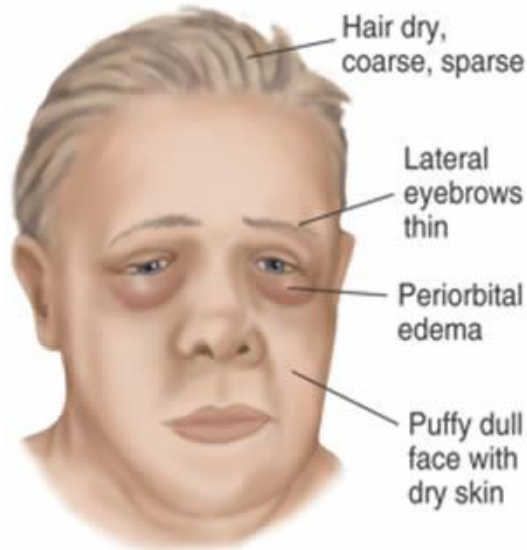
# **Cretinism**

**(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

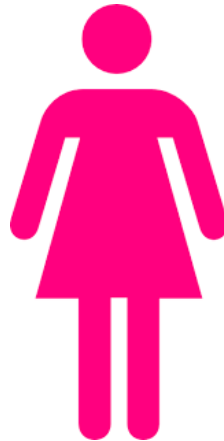
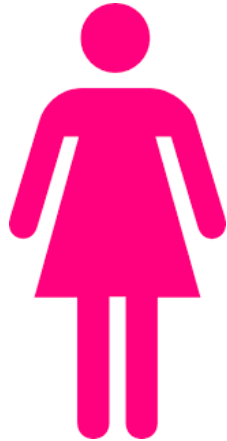
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If caught early cretinism can be treated by use of Thyroxine, the hormone which those affected by cretinism lacks.

# Prevalence

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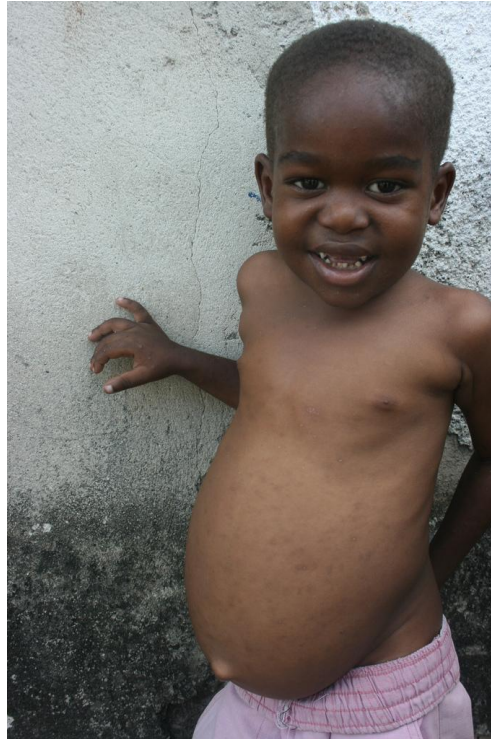
Cretinism affects people seemingly without a pattern, although 1 out of every 3000 births a person with cretinism is born but about 2 times as many girls are affected in relation to the amount of boys affected.





# 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)

A decorative network diagram in the top-left corner, featuring a complex web of interconnected nodes and edges. Some nodes are highlighted with blue circles, and some edges are solid blue lines, while others are gray.

# Goiter

**by: Faraz Khan and  
Joey Lockwood**

A decorative network diagram in the bottom-right corner, similar to the one in the top-left, showing a network of nodes and edges with some blue highlights.

# 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.



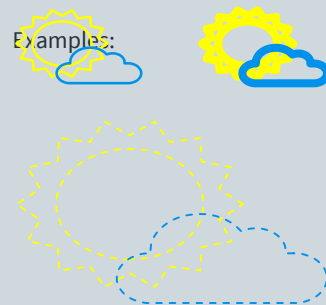
**SlidesCarnival icons are editable shapes.**

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

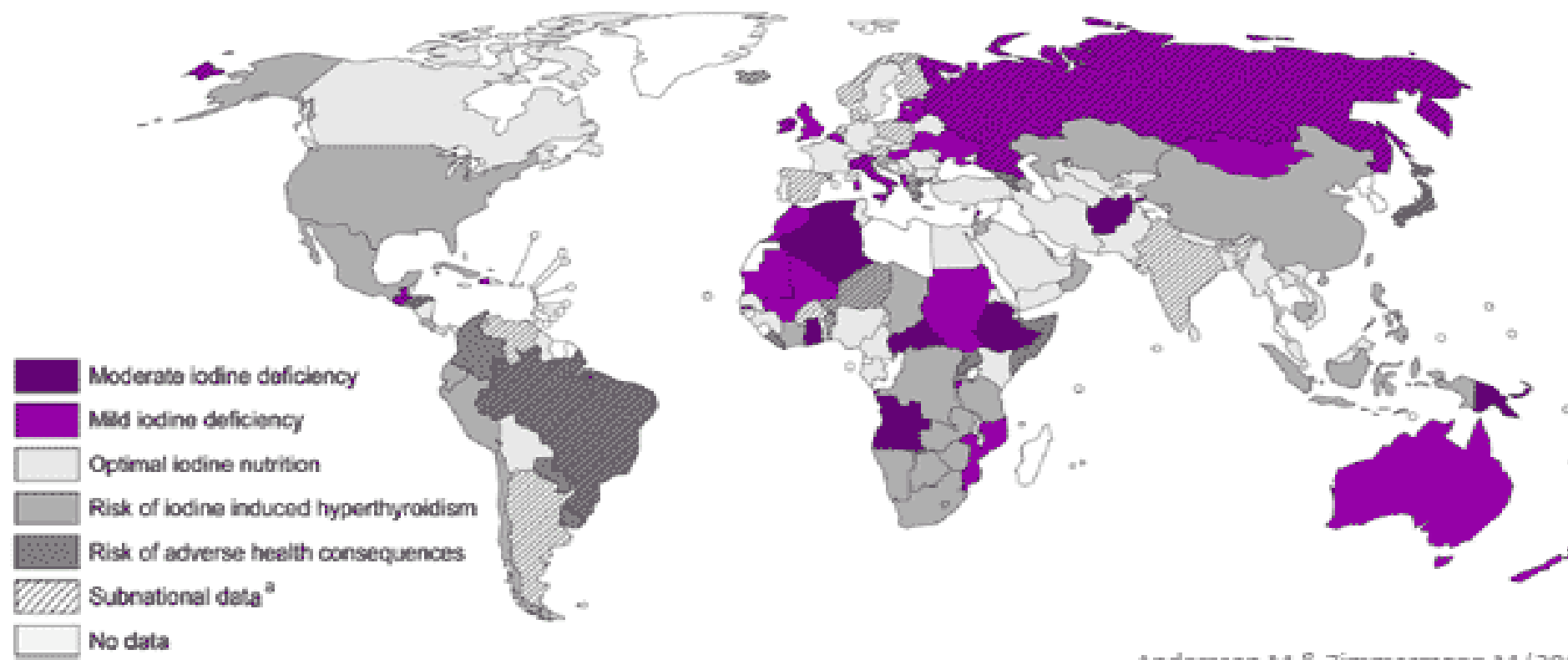
Swallowing



# 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)

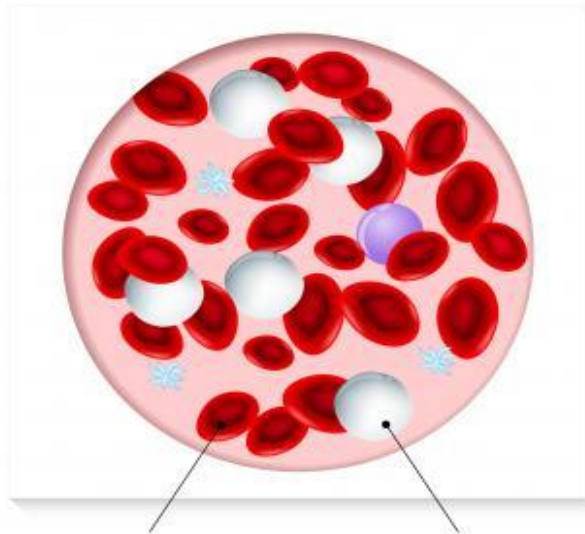
# Anemia

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.

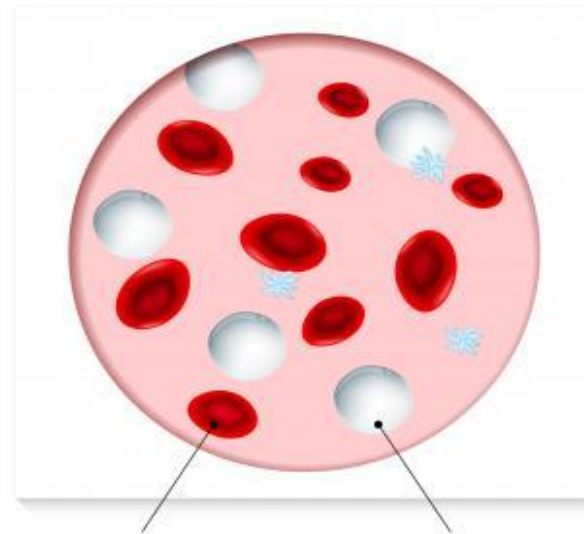
***Normal***



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

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Lack of Vitamin D



# Symptoms and Signs

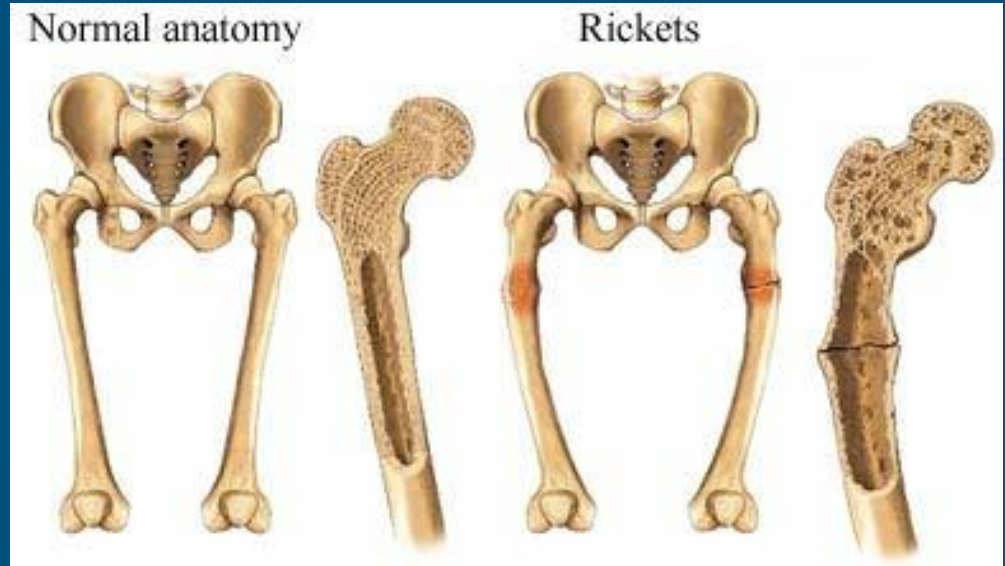
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Delayed growth

Bowed legs

Weakness

Pain in the spine, pelvis, and legs



# Treatment

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Add vitamin D to your diet

Add Calcium to your diet

Possibly surgery



# Curable?

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Yes it's curable

Within months





# Who's at risk?

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

