

Fast Facts

Scurvy

- Caused by a lack of ascorbic acid, or vitamin C, in the body
- Usually the result of not getting enough of it in your diet since your body can't produce it
 - Vitamin C is essential for helping the body absorb iron and produce collagen
 - Collagen is used in connective tissues (key element in structure and support in the body)
- Vitamin C plays a role in the immune system, metabolism of cholesterol, and synthesizing neurochemicals for energy production (ex. dopamine, norepinephrine, epinephrine, and carnitine)
- Symptoms of scurvy don't appear until 8 – 12 weeks after the deficiency starts

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Early:</i></p> <ul style="list-style-type: none"> -Loss of appetite -Weight loss -Fatigue -Irritability -Lethargy <p><i>Middle:</i></p> <ul style="list-style-type: none"> -Anemia -Pain -Swelling/edema -Petechiae (small red spots on the skin from bleeding underneath) -Corkscrew hairs -Gum disease/tooth loss -Poor wound healing -Shortness of breath -Mood changes -Depression <p><i>Late:</i></p> <ul style="list-style-type: none"> -Generalized edema -Severe jaundice -Hemolysis (destruction of red blood cells) -Sudden/spontaneous bleeding -Neuropathy -Fever -Convulsions -Death 	<p><i>Vitamin C Supplements:</i></p> <ul style="list-style-type: none"> -Given by mouth or injection -Take 1,000 to 2,000 milligrams (mg) each day for first few days -For the following 7 days, take 500mg each day -After that, take 100mg each day for the next 1 to 3 months -Symptoms usually start improving within 24 hours of starting treatment 	<ul style="list-style-type: none"> -Take in vitamin C in your diet via foods that contain it: oranges, lemons, strawberries, blackberries, guava, kiwi, papaya, tomatoes, carrots, bell peppers, broccoli, potatoes, cabbage, spinach, paprika, liver, and oysters -Breads and cereals are enriched with it -Take supplement instead <p><i>Recommended Daily Dosage:</i></p> <ul style="list-style-type: none"> -40mg for newborns to 6 months -50mg for 7 – 12 months -15mg for 1 – 3 -25mg for 4 – 8 -45mg for 9 – 13 -75mg (men) and 65mg (women) for 14 – 18 -90mg (men) and 75mg (women) for ≥ 19 -85mg for pregnant women -120mg for breastfeeding women -35mg extra per day for smokers

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