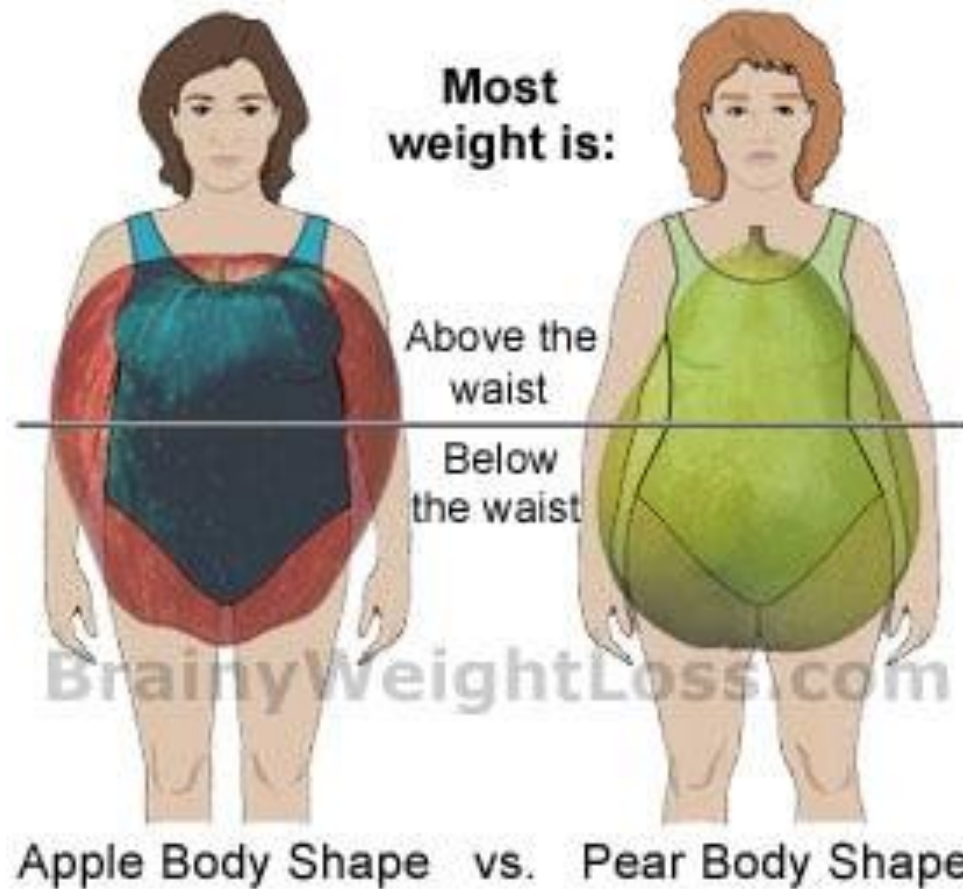




Clinical Assessment of Nutritional Deficiencies



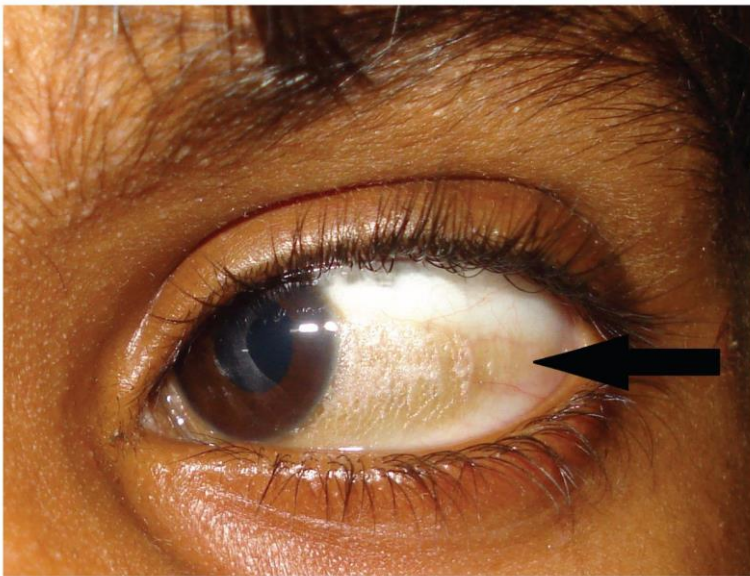
BODY FAT ACCUMULATION BASD ON BODY SHAPE



CLINICAL SIGNS OF VITAMIN DEFICIENCIES

Vitamin A Deficiency

Bitot's spot

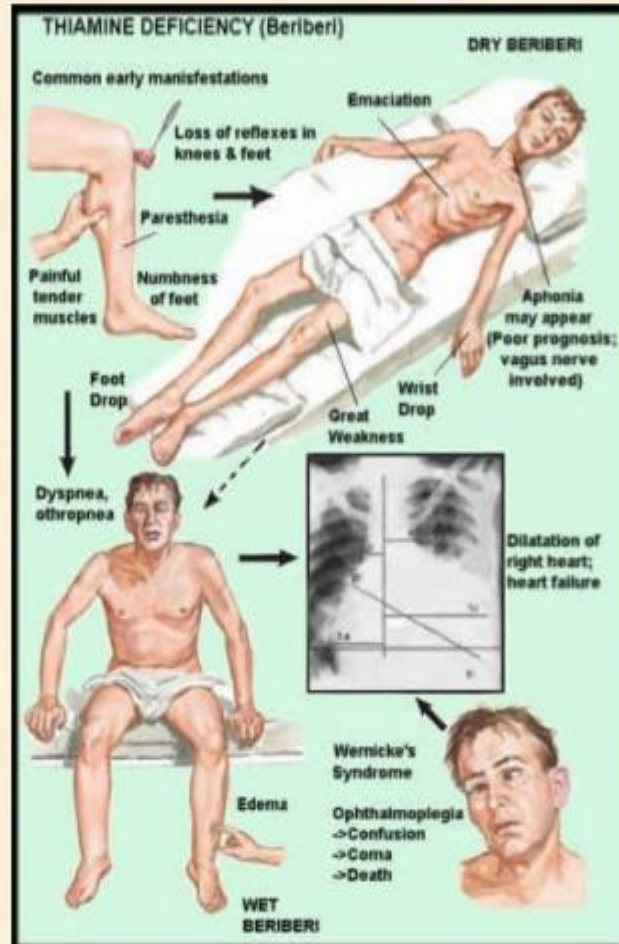


Xerophthalmia



Beriberi

Vitamin B1 (Thiamine) deficiency



Vitamin B2 (Riboflavin) Deficiency (Ariboflavinosis)

Glossitis



Cheilosis



Vitamin B3 (Niacin) Deficiency – *Pellagra*

Clinical 4D's – Dermatitis, Diarrhea , Dementia, Death



Vitamin B7 (Biotin) Deficiency

Alopecia areata :

Male pattern baldness



Female pattern hair loss



Vitamin B9 (folic acid) and Vitamin B12 (Cobalamin) deficiency

Pale skin



Vitamin C (ascorbic acid) deficiency

Scurvy



Vitamin D deficiency

By Reilly

Rickets



Vitamin E deficiency

Blurred vision



Ataxia



Fatty acid deficiency

"Snow flake" dandruff essential fatty acid deficiency of skin.

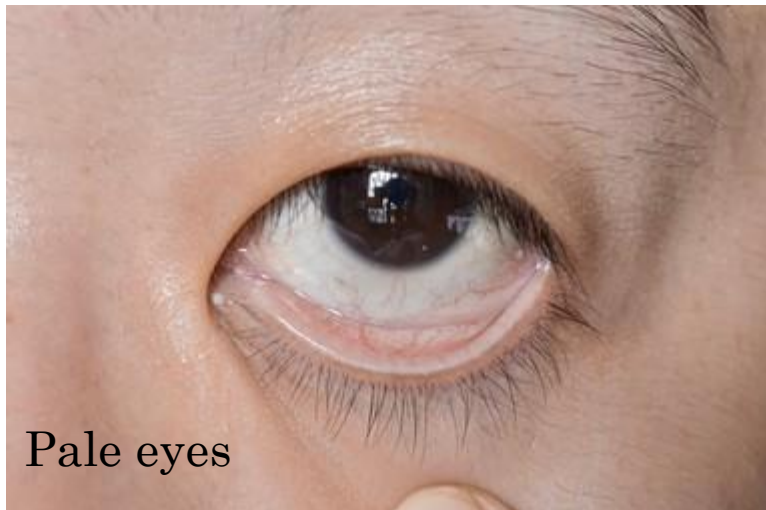


Iodine deficiency

Goitre



Iron deficiency



Calcium deficiency



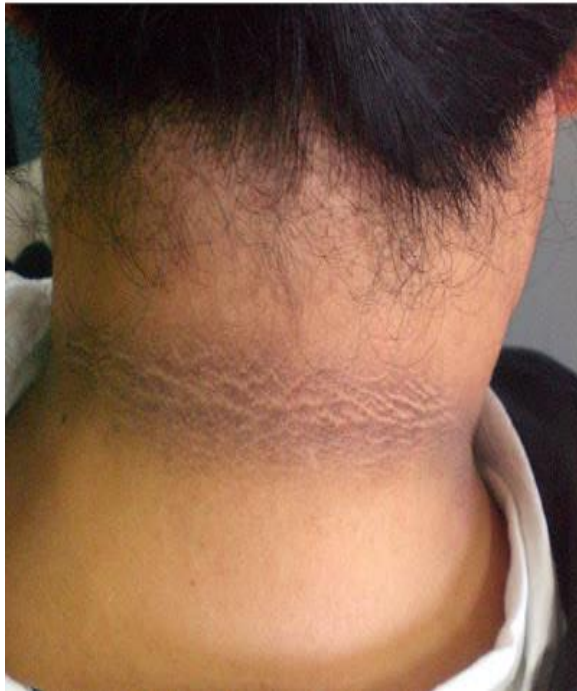
Brittle nails



 Tooth Decay



Acanthosis Nigricans



Hirsutism



Skin tags

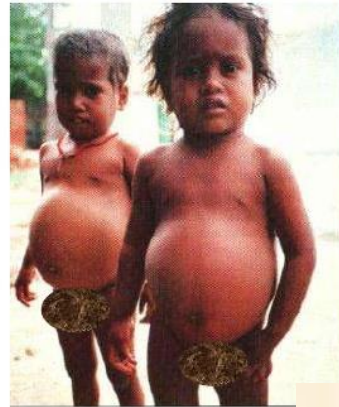


PROTEIN ENERGY MALNUTRITION



Marasmus

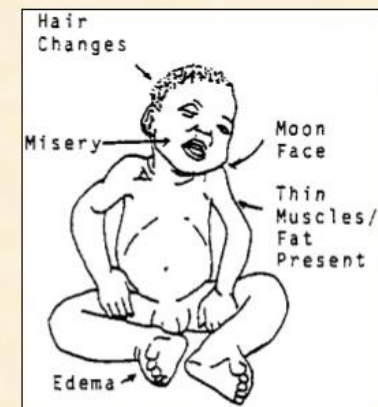
Kwashiorkor



Protein-energy malnutrition (PEM)

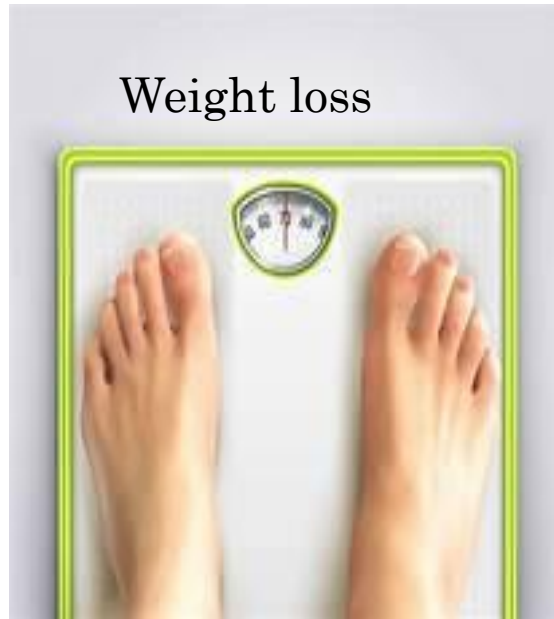


Marasmus



Kwashiorkor

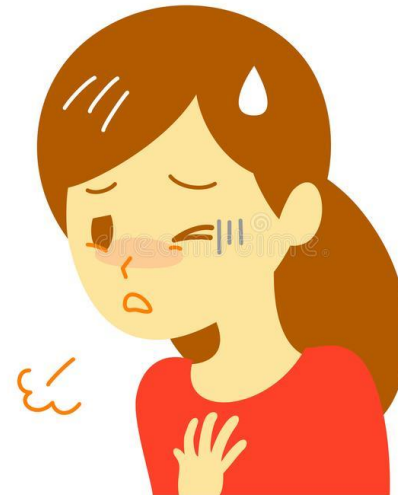
DIABETES



Cardio Vascular Disease



Breathing difficulty



Liver diseases

Yellow eyes and nails



PCOD



Hirsutism



Acne



Weight gain

