



Vitamin A: For Healthy Eyes and Bodies



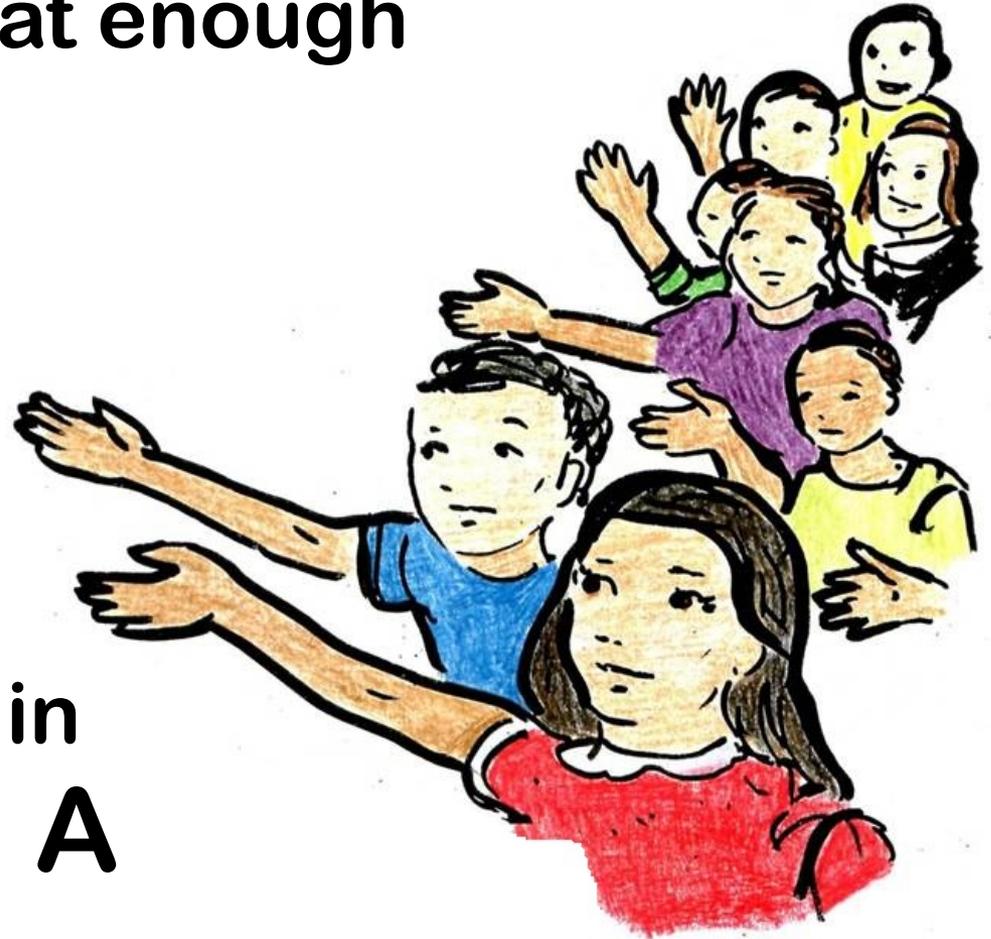
MALNUTRITION

Including Vitamin A deficiency



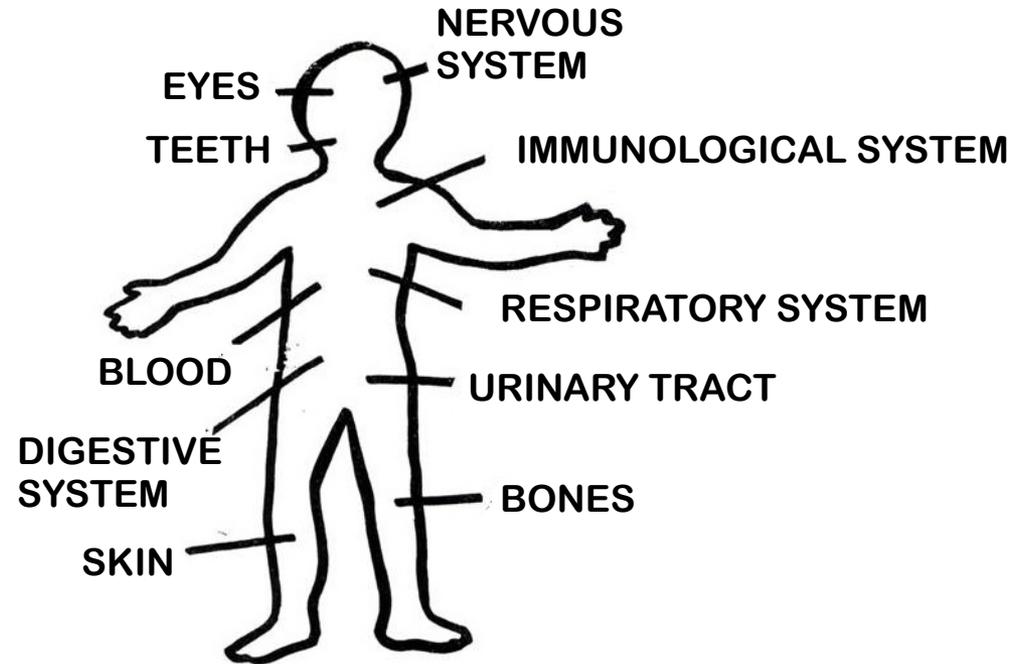
is one of the reasons that many children get sick and die.

Most malnourished
children do not eat enough
food



that is rich in
VITAMIN A

Vitamin A Deficiency



Can harm the entire body.

One of the first signs of Vitamin A deficiency can be



Night Blindness

A child who does not get enough Vitamin A may stop playing when daylight fades, even when other children are still active.

What are other danger signs in the eyes?

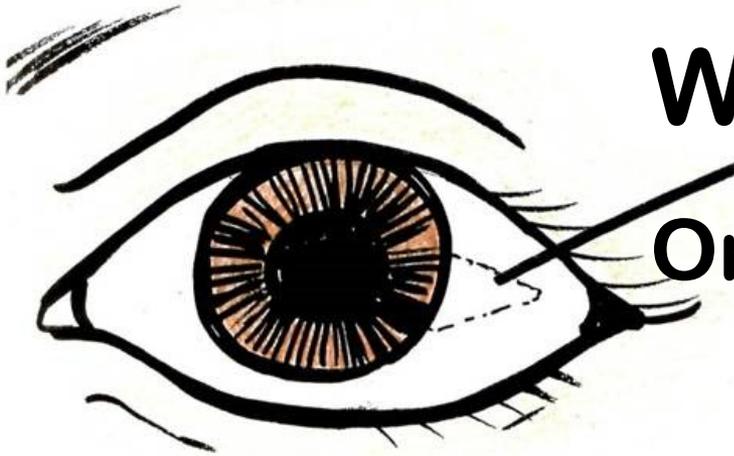
Dry eyes

Xerophthalmia

White spots

On the ball of the eyes

**And Cloudy then
Bulging Cornea**



Vitamin A deficiency



Is the most common
cause of permanent
blindness in children
in many countries.

Children suffering from Vitamin A deficiency also suffer more:

Pneumonia



Diarrhea



**Measles
and
Parasites**

Mega doses of Vitamin A up to 200,000 IU capsules save the eyes and lives of children and are:



**BUT INTOXICATION
CAN OCCUR IF USED
IMPROPERLY**

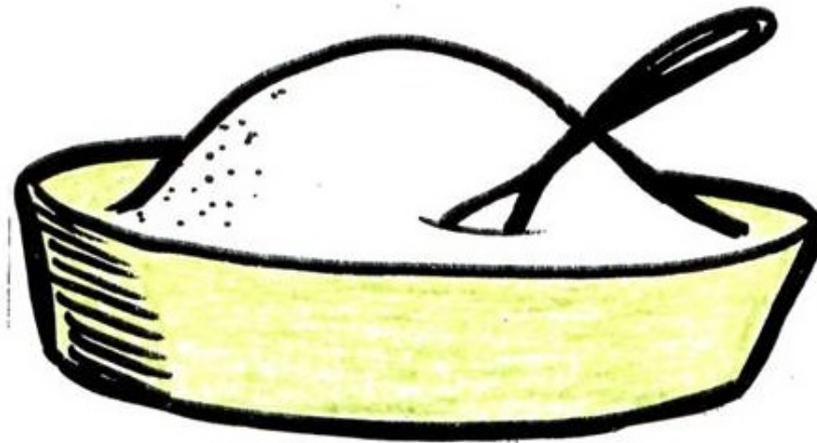
Children should never take more than 200,000 International Units per month, except in severe cases such as the measles, pneumonia, severe malnutrition or xerophthalmia (For children under 1 year a maximum of 100,000 IU)

A record of the Vitamin A usage should be kept.

Pregnant women should never take vitamin A in mega doses, but they should eat a diet rich in Vitamin A.

After childbirth they can take a capsule.

Another way to combat Vitamin A Deficiency is Vitamin A Sugar fortification

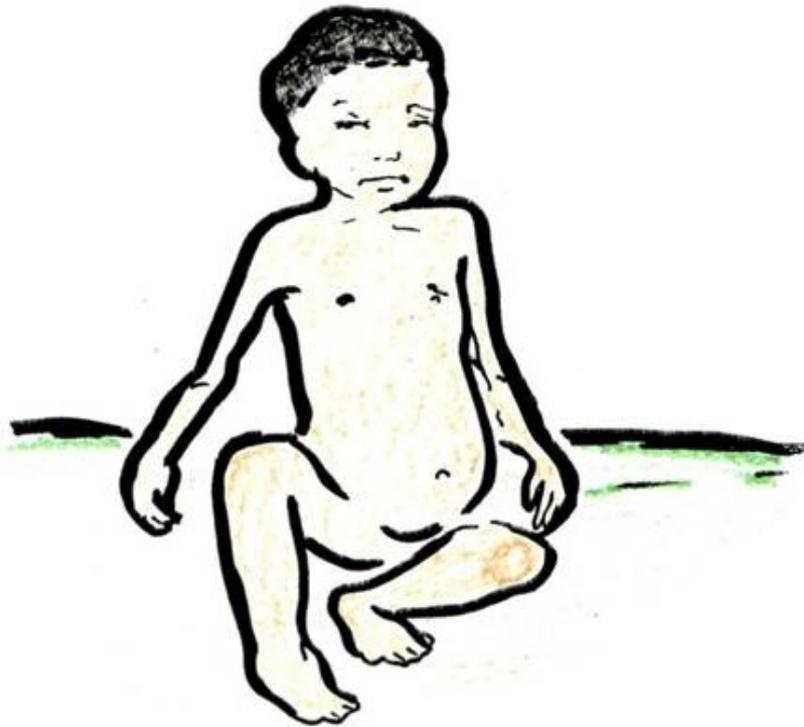


**This can and does save the sight
and the lives of many children.**

When a child who is malnourished especially with Vitamin A deficiency becomes sick with diarrhea, pneumonia or measles that child has a higher risk of dying or becoming



There are different types of severe malnutrition



Kwashiorkor



Marasmus

There is a higher risk of malnutrition for:



- Children of undernourished mothers
- Children fed with a bottle instead of breast fed
- Children from 6 months to 6 years old
- Children who in their homes do not have sufficient clean water and sanitary latrines.

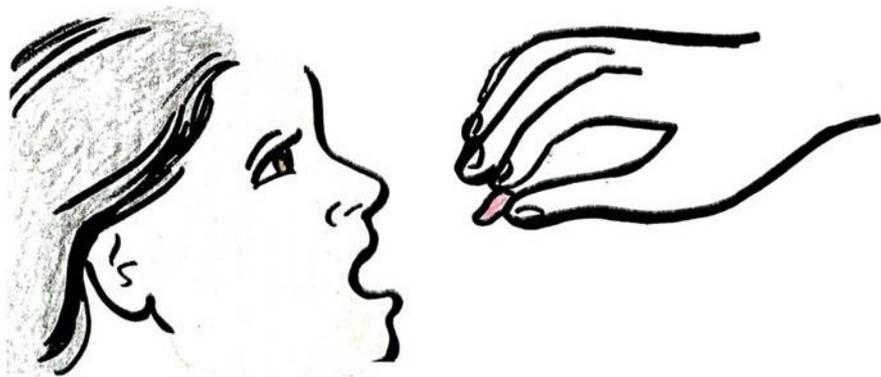
Severe malnutrition is very dangerous, but sometimes children actually look normal even when they are failing to get enough food that is rich in vitamins and minerals called MICRONUTRIENTS.

We call this “HIDDEN HUNGER”

It is more common than severe malnutrition, and is the biggest cause of preventable death from infection in children around the world.

We can combat HIDDEN HUNGER in many ways - Including fortifying food in the home, eating eggs, fruits, vegetables, and using vitamin A capsules





VITAMIN A MEGADOSE CAPSULE

Treatment to Follow

Children with “xerophthalmia”:

-Immediately provide 200,000 (UI) of Vitamin A capsule orally (100,000 for children under one year old). Tomorrow- repeat dose. Repeat dose again for 1 to 4 weeks.

Children with frequent diarrhea, measles, minor respiratory infection or severe malnutrition:

-200,000 (UI) of Vitamin A in capsule orally (100,000 for children under 1 year of age)

Preventative dose:

- Children (1 year and older) take 200,000 UI Vitamin A every 3-6 months
- Infants (6-12 months) 100,000 UI of Vitamin A orally every 3-6 months (1/2 of a 200,000 UI capsule)

What can families do to improve their diet?



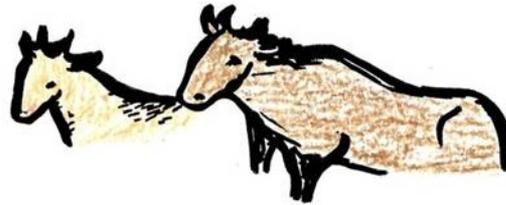
Breed chickens or guineas to have meat and eggs.

Use iodized salt.



Create family gardens.

Breed cows, goats and rabbits.



Breastfeeding.

Raise or catch fish.

Do not drink liquor or smoke.

What foods can we start giving children 6 months and older?

Foods rich in Vitamin A along with proteins and fats.



Small and infant children need proteins like eggs and beans for growth, and fats like oil so that their brains are developed for maximum intelligence.