

## **WHAT IS VITAMIN K?**

Vitamin K is a group of structurally similar, fat-soluble vitamins that the human body requires for complete synthesis of certain proteins that are prerequisites for blood coagulation and which the body also needs for controlling binding of calcium in bones and other tissues

## **CAUSES OF VITAMIN K DEFICIENCY**

Vitamin K deficiencies in newborns are associated with vitamin K deficiency bleeding or VKDB (also known as hemorrhagic disease of the newborn). This can cause excessive bleeding and bruising and, in severe cases, can lead to fatal bleeding into the brain.

## **SYMPTOMS OF VITAMIN K DEFICIENCY**

- Easy bruising.
- Oozing from nose or gums.
- Excessive bleeding from wounds, punctures, and injection or surgical sites.
- Heavy menstrual periods.
- Bleeding from the gastrointestinal (GI) tract.
- Blood in the urine and/or stool.

### **Treatment for vitamin k deficiency**

(8) Th + Ch

(4) Thyroid