



Vitamin K



Bleeding can be manifested in different ways:

- ▶ Bruising of the body
- ▶ Sudden cerebral hemorrhage
- ▶ Bleeding in the mucous membranes, for example, bleeding in the lips, nose, eyes, and genitals
- ▶ Small blood clots under the nails
- ▶ Bleeding in the skin, nose, gastrointestinal tract, or other areas

▶ Fat Malabsorption ◀

Fat absorption leading to vitamin K deficiency may be seen in people with celiac disease, cystic fibrosis, bowel or bile duct disorders, and those who have had bowel surgery. Newborns are at risk for vitamin K deficiency if:

- ▶ Breast milk is deficient in vitamin K.
- ▶ Vitamin K is not well transferred from the placenta to the baby.
- ▶ The liver of a newborn does not use vitamin K effectively.
- ▶ In the first few days of life, babies do not produce vitamin K2 alone.

▶ Side Effects Of Vitamin K ◀

Vitamin K can interfere with several common medications, including anticonvulsants, antibiotics, cholesterol-lowering drugs, and weight-loss drugs.



▶ Treatment Of Vitamin K ◀ Deficiency

Oral medication is used to treat vitamin K deficiency.

Dosage for adults is between 1 and 25 mg. Typically, the required dose is about 1 to 10 mg, which is to prevent anticoagulants' complications in producing vitamin K in the body.

It is recommended that babies be given a shot of 0.5 to 1 mg of vitamin K1 at birth.

▶ Food Sources Of Vitamin K ◀

Vitamin K1 is found in large amounts in leafy green vegetables such as cabbage and beans.

Other sources include vegetable oils and some fruits.

Sources of manganese or K2 include meat, dairy products, eggs, and fermented soybeans.



Vitamin K



Vitamin K

Vitamin K deficiency causes bleeding in infants, which is called VKDB-induced bleeding disorder.

► Vitamin K ◀

There are two main types of vitamin K: Vitamin K1 (phylloquinone) is obtained from plants. Vitamin K2 (menaquinone) is naturally produced in the intestinal tract and acts similarly to K1. Vitamin K1 is converted to the storage form of vitamin K2 by bacteria in the large intestine when eating vegetables. It is absorbed in the small intestine and stored in adipose tissue and the liver. Vitamin K plays an essential role in blood clotting. The body needs this vitamin to produce proteins that are used during the clotting process. Vitamin K deficiency is rare in adults. The body has a good function in recycling vitamin K in the body. However, some conditions and some medications can interfere with the absorption and production of vitamin K and cause deficiency. Vitamin K deficiency is prevalent in infants.

► Health Benefits of Vitamin K ◀

- Numerous studies have shown that Vitamin K supports strong bone retention, bone density, and reduces fractures' risk.



- Increased levels of vitamin K in the blood are associated with increased memory in the elderly.



- It may lower blood pressure and prevent heart disease.
- It reduces the risk of stroke.

► Symptoms Of Vitamin K ◀ Deficiency

The main symptoms of vitamin K deficiency are excessive bleeding. Keep in mind that bleeding may occur even in areas other than incision or wound.