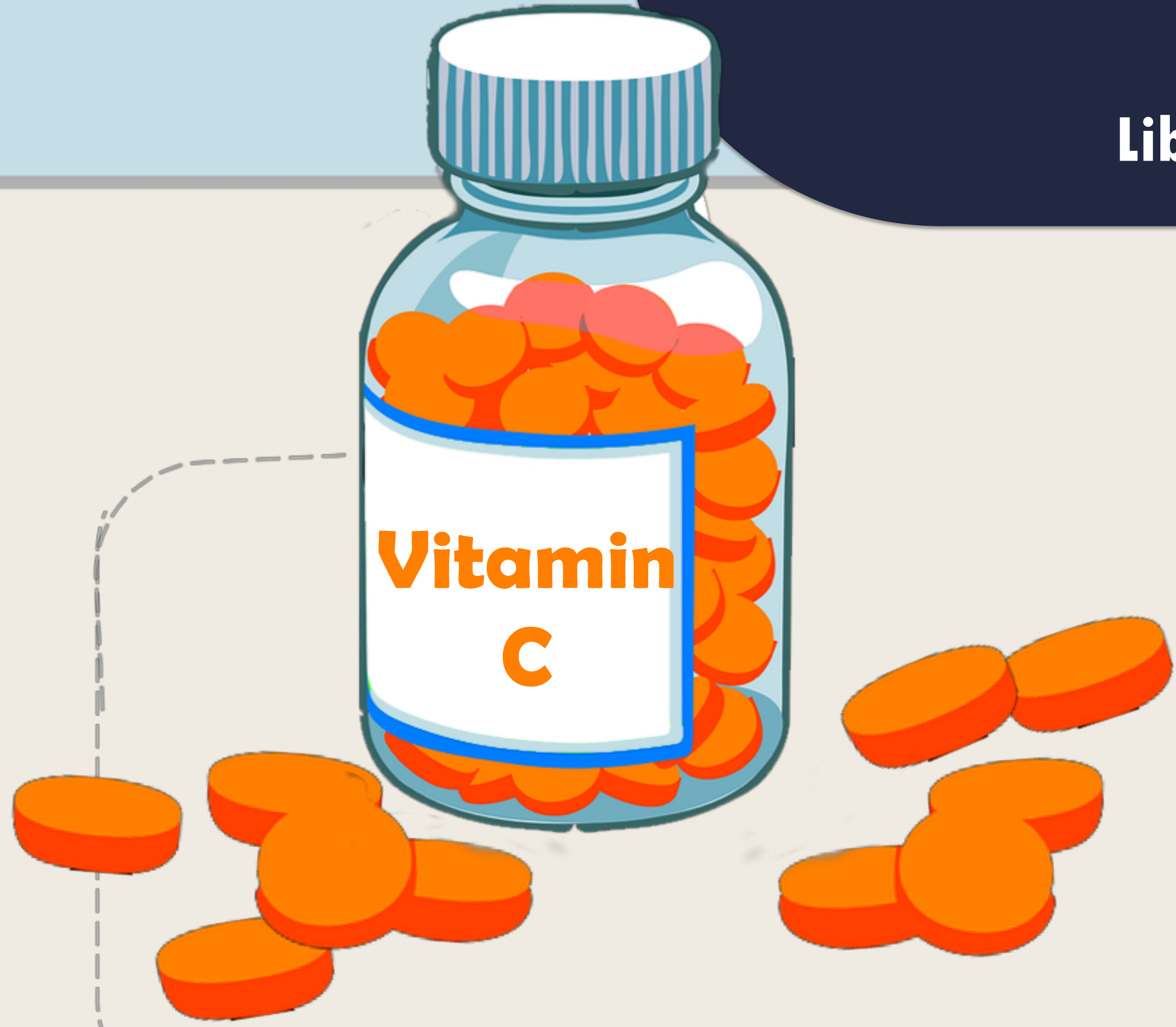


INABILITY TO WALK DUE TO SCURVY

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Introduction

Scurvy is a rare nutritional disorder that has been described for at least 500 year, it caused by a prolonged deficiency of vitamin C intake that results in several metabolic abnormalities, including defective collagen synthesis and impaired tissue repair.¹

What happens when you get scurvy?

Symptoms of vitamin C deficiency can start to appear after 8 to 12 weeks, early signs include a loss of appetite, fatigue and irritability, within 1 to 3 months there's signs of anemia, bone pain, edema, petechiae, gum disease and loss of teeth.²



Figure1 Pinpoint haemorrhage



Figure2 Scorbutic gum

Case Presentation

A 6 years old boy presented with a 6-month history of inability to walk, dietary history was significant in that he was drinking only milk during the last 3 years.

Examination of the chest cage revealed pectus excavatum with scorbutic rosaries.

X-ray showed the classical appearance of scurvy with a thin cortex and scurvy line.

A vitamin C assay showed a markedly low level of 0.5 mg/L.³



Figure3 Photo of the chest cage with pectus excavatum and scorbutic rosaries

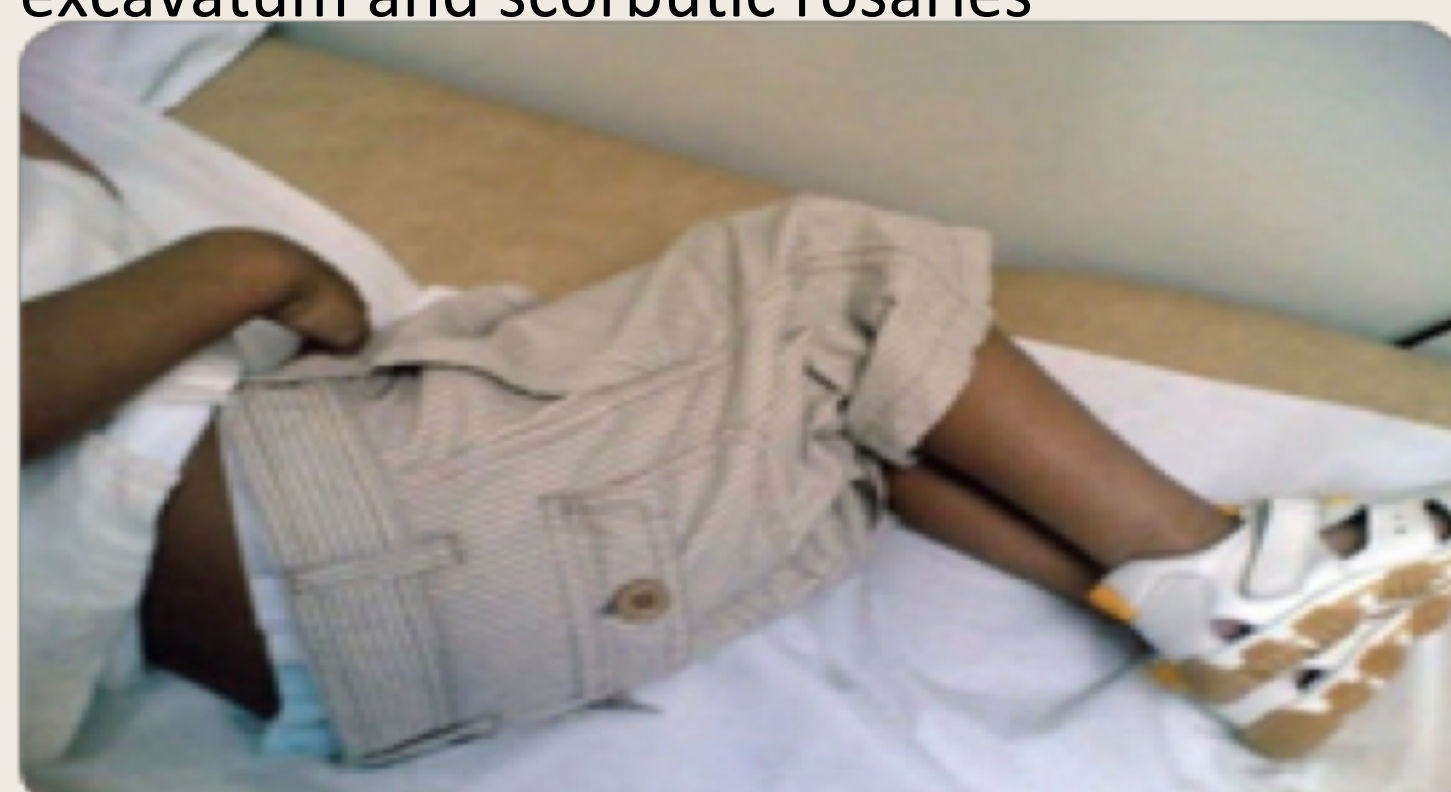


Figure4 The child in flexion posture



Figure5 X-ray of the lower and upper limbs (arrow indicates scurvy line)

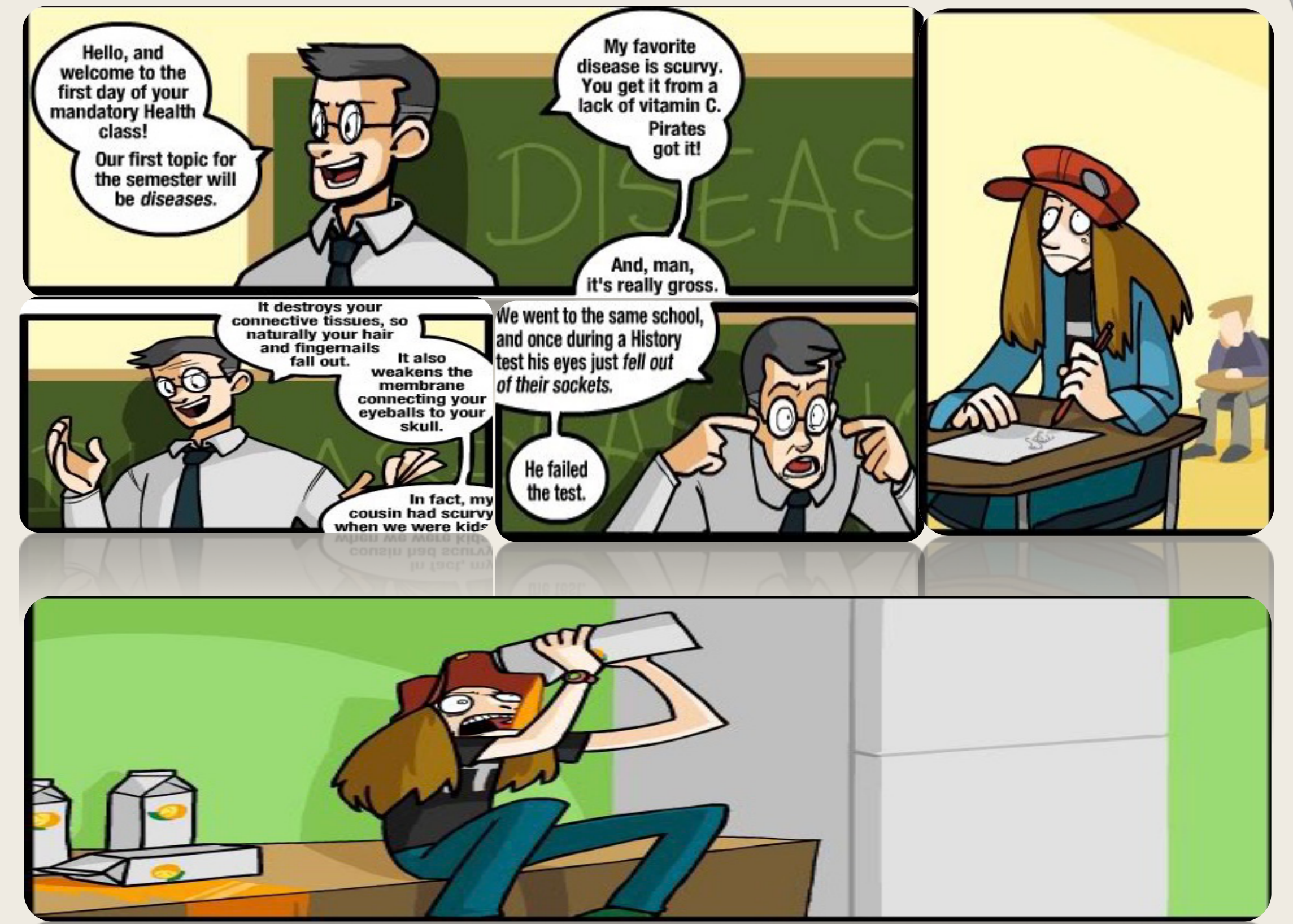


Figure6 Definition of the problem

Discussion

Scurvy can present to neurologist with different manifestations, the best evidence to confirm the diagnosis is the response to vitamin C supplementation with resolution of the manifestation of the disease within a few days.⁴



Figure7 Bleeding gum

Conclusion

- Vitamin C is a necessary nutrient that helps the body absorb iron and produce collagen.
- Scurvy is relatively easy to treat – the person simply needs to increase their daily intake of vitamin C.⁴

References

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