Libyan international medical university, Faculty of pharmacy The effect of poor nutrition on human appearance

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1.Introduction

Malnutrition is a serious condition that happens when your diet does not contain the right amount of nutrients. It means "poor nutrition" and can refer to: under nutrition not getting enough nutrients.



4. Complication

- Muscle function.
- Heart and respiratory functions.
- Digestive system function.
- Immune system function.
- Neurological problems due to vitamin B12 deficiency.

2.Causes

- Economic and social problems.
- loss of appetite.
- Mental health problems.
- Gastrointestinal diseases.
- Disorders caused by drinking alcohol.
- Thyroid gland problems.

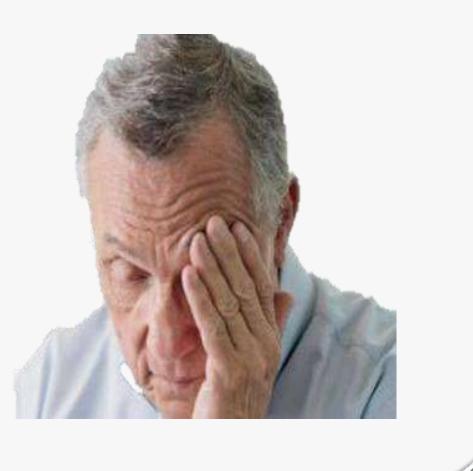


5.Treatment

- Diet modifications.
- Take nutritional supplements.
- In advanced cases, feeding tubes are installed.
- Taking some medications such as Megestrol, Tetrahydrocamabinol, Metoclopramide.

3.Symptoms

- Weight loss.
- Loss of fat and muscle mass.
- A swollen stomach.
- Delayed wound healing.
- Difficulty concentrating.



7. Reference

- https://www.msdmanuals. com/home/disorders-ofnutrition/undernutrition/un dernutrition
- https://www.medicalnewst oday.com/articles/322220

6.Conclusion

Malnutrition refers to getting too little of certain nutrients. It can lead to serious health issues, including stunted growth, diabetes and heart disease. Malnutrition affects billions of people worldwide.