

The effect of poor nutrition on human appearance

Esraa alomami 3401, Shada boqpha 3392, Abubakr almabrok 3609, Ayoub bouzride 3684

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 .



2. Causes

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



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-of-nutrition/undernutrition/undernutrition>
- <https://www.medicalnewstoday.com/articles/322220>

4. Complication

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

5. Treatment

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

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.