

A lack of Iodine during infancy causes condition called CRETINISM in which mental and physical development is severely impaired.

PREVENTION

Iodized salt-widely used for prevention of goitre. Level of Iodization has been fixed not less than 30 ppm at production point and not less than 15 ppm at consumer level PFA.

MOST ECONOMICAL CONVENIENT AND EFFECTIVE MEANS OF MASS PROPHYLAXIS

OR

IODISED OIL-INJECTION 1-2 ml given 1/m to adult Lower dose for children given every three years.

For Details Please Contact:

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Fetal Iodine deficiency effects



Cong Hypothyroidism

IODINE DEFICIENCY

INFORMATION BROCHURE

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IODINE DEFICIENCY

Iodine is an important trace element. It is required for synthesis of thyroid hormone (thyroxine) which control normal heart function, nerve impulse and rate of body growth and metabolism.

Adult body contains 50 mg of iodine out of which about 8 mg is concentrated in thyroid gland since thyroid gland weights 0.05% of body weight it is evident that concentration is intense.

In India alone over 167 million population is at risk of Iodine Deficiency disorders. Forty four million actually have goitre and 2.2 million suffer from Cretinism. With every passing hour 10 children are born who will not attain their optimal mental and physical growth due to Iodine deficiency.

SOURCES

- Abundantly is seafood, (eg: sea fish, sea salt)
- Milk, meat and cereals are common source.

- some green leafy vegetables especially spinach are good source of Iodine.

Daily intake of Iodine is met by well balanced diet and drinking water (normal requirement 0.10 mg to 0.14mg).

DISTRIBUTION

Certain hilly regions of Jammu & Kashmir, Himachal Pradesh, Uttar Pradesh, Bihar, Bengal, Sikkim, certain parts in Aurangabad, Madhya Pradesh, Kerala are goitrogenic region. In fact, surveys over past 3 decades have shown that not a single state in the country which is free from Iodine deficiency.

But sporadic goitre is a mystery because it occurs in areas where Iodine is adequate. Food such as cabbage, cauliflower, radish, turnip contain potentially dangerous progoitrin substance believed to inhibit normal uptake of Iodine by tissues. During cooking however offending enzyme is destroyed.

EFFECTS OF DEFICIENCY

The IDD (Iodine deficiency disorders) form spectrum of abnormalities which include goitre, intellectual disabilities, deaf mutism, squint, difficulties in standing or walking normally and stunting of limbs.

If the organism does not take enough iodine, that directly affects the thyroid gland function. Deficiency of iodine leads to goitre (enlargement of thyroid gland).

In cases of severe and prolonged deficiency however may result into deficient thyroid hormone resulting in Myxoedema – condition characterised by dry skin, loss of hair, swelling of face, weakness of muscles, diminished vigour and mental sluggishness.

A lack of iodine during early pregnancy can lead to “Nervous cretinism” as Iodine is required for early development of nervous system before the baby (foetal) thyroid appear in third month of gestation. The Iodine deficient women frequently suffer abortions and even still birth and their children may be born mentally deficient or CRETINS.