

# Vitamin k



**ASSIGN  
BUSTER**

The Wonder Vitamin People need different kinds of vitamin in order to stay healthy. Vitamins differ in their effect on the body. They are usually found in the food people eat, and are especially needed for the body's sustenance. However, there is one vitamin that newborn babies need and is injected hours after birth: vitamin K. Known to prevent bleeding in the brain, vitamin K has gained worldwide popularity and has been the subject of research in the past few decades. Discovered in 1929 by the Danish scientist, Henrik Dam, vitamin K has been known as the coagulation vitamin. Its name vitamin K comes from the German word "koagulations." In his experiment, Henrik Dam (1935) investigated what will happen to chickens if their diet will include a very small amount of cholesterol. Later, after several weeks, Dam found severe bleeding among the chickens, thus discovered the need for the coagulation vitamin. At present, vitamin K is introduced to newly born babies hours upon birth in order to prevent bleeding in the brain. Babies are said to have very low levels of vitamin K in their body after they are born (Croucher & Azzopardi, 1994). Breastfed infants are more prone to the deficiency because infant formulas have high levels of vitamin K compared to breast milk. Croucher and Azzopardi (1994) mention that due to low levels of coagulation vitamin in their body, late haemorrhagic diseases have been discovered in breast fed infants who received a single oral dose of vitamin K. As such, repeated dosage is recommended for breastfed babies as a standard practice in many countries such as the U. K. and the U. S. Golding, Greenwood, Birmingham and Mott (1992) report a decreased risk of cancer among infants whose mothers were given vitamin K during labor. However, there is a tendency for the presence of intramuscular vitamin K compared with babies who were given oral vitamin K and those who did not receive

vitamin K at all. To date, there are contentions regarding the injection of vitamin K as such may result in intramuscular vitamin K. Therefore, oral administration and injection under the skin are more preferred (" Vitamin K Injection," n. d.). Aside from its benefit in preventing brain hemorrhage after birth, vitamin K is also good for preventing bone fracture, postmenopausal bone loss, and calcification of arteries. Vitamin K also helps regulate blood clotting, and protects the liver and prostate from cancers (" Vitamin K" n. d.). Excellent sources of vitamin K include spinach, green beans, asparagus, mustard greens, Brussels sprouts, kale, and broccoli. Other food sources include carrots and green peas. Vitamin K is especially needed by individuals with high vitamin deficiency. This could be traced when a person experiences excessive bleeding, menstrual bleeding, gum bleeding, nose bleeding, easy bruising, and other forms of bleeding and wounding. Bone weakening and fracture are also indicative of the need for vitamin K doses. However, the administration of vitamin K should be made by a physician, and should be done only when the need is diagnosed. The many benefits of vitamin K make it a wonder vitamin for babies and adults alike. Hence, administration of vitamin K should be recommended in the whole world, especially for breastfed infants. However, careful consideration of the means for administration should be considered to avoid risks of intramuscular presence of the vitamins, which could later result in other problems. In addition, pregnant women should be aware of the benefits of vitamin K. Thus, health workers dealing with future mothers should incorporate the teaching of vitamin K, its benefits, sources, and administration after birth. Furthermore, there should be added campaigns and research on the benefits of vitamin K in order to promote its administration and intake among babies

and adults who demonstrate need of the wonder vitamin. References

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