

WERNICKE'S ENCEPHALOPATHY (KORSAKOFF'S PSYCHOSIS)

It is a disease caused by deficiency of vitamin B1 (thiamine).

CAUSES

- 1) Poor consumption of vitamin B1.
- 2) Chronic alcoholism.

SIGN AND SYMPTOMS

- 1) Eye Signs- weakness of muscles of eye resulting in double vision, squint, and sometimes no movement of eyes.
- 2) Inability to stand or walk without support, and imbalance while walking
- 3) Confusion, inattentiveness, sluggishness, indifference to surroundings.
- 4) Drowsiness.
- 5) Increased heartbeats with palpitations, difficulty in breathing, lowered blood pressure can occur due to heart involvement.

DIETARY MANAGEMENT

Avoid:

- Avoid alcohol.

CONSUME

- 1) Increase consumption of thiamine:
 - a. Thiamine is found in almost all foods of animal and plant origin. Fats oils and sugars do not contain thiamine.
 - b. Lean meat especially pork, fish, dairy products, poultry, egg yolk.
 - c. Cereals, pasta, whole grains like rice and wheat germ, dried beans, peas and soybeans
- 2) Fruits are poor source of thiamine.
- 3) Thiamine supplements can be taken as prescribed by your physician.

CONSULT PHYSICIAN

- If any of the above sign and symptoms are noticed consult your physician immediately. Immediate injectable administration of thiamine is essential.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .