



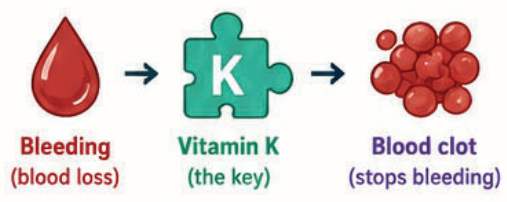
VITAMIN K: A SMALL NUTRIENT THAT PREVENTS BIG PROBLEMS



Protecting newborns from Vitamin K Deficiency Bleeding (VKDB)
(Hemorrhagic Disease of the Newborn)

1 WHAT DOES VITAMIN K DO?

Vitamin K helps the **liver** make proteins that are essential for **blood clotting**.



Think of Vitamin K as the **GLUE** that helps stop the leaks.

2 WHY ARE NEWBORNS AT RISK?

Newborns are born with very low levels of Vitamin K.

They don't get much Vitamin K from mom before birth.

Their gut (which helps make Vitamin K later) isn't developed yet.

Breast milk has very little Vitamin K.

It can take weeks for their bodies to build up safe levels.

Because of this, their blood doesn't clot as well as an older child's or adult's.

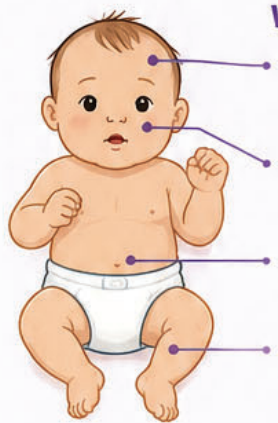
3 WHAT IS VKDB?

Vitamin K Deficiency Bleeding (VKDB) happens when a baby does not have enough Vitamin K and their blood can't clot properly.

TYPES OF VKDB

- Early**
First 24 hours
(rare, often linked to maternal medications)
- Classic**
Days 2-7
(bleeding from umbilical cord or circumcision)
- Late**
2 weeks to 6 months
(most dangerous)

WHY IT'S SERIOUS



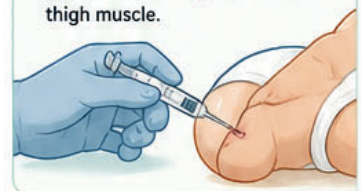
- Bleeding in the brain**
Can cause brain damage, seizures, or even death.
- Bleeding from the nose, mouth, or gums**
- Internal bleeding**
(you can't see it)
- Easy bruising or bleeding from the belly button, skin, or other areas**



The scary part: Sometimes the **FIRST SIGN** is a **BRAIN BLEED**, with no warning.

4 THE SIMPLE PROTECTION: VITAMIN K SHOT

Right after birth, babies usually get a Vitamin K injection in the thigh muscle.



- ✓ Quickly raises Vitamin K levels
- ✓ Protects for months
- ✓ Safe and has been used for decades
- ✓ Prevents most cases of VKDB completely

5 WITH vs. WITHOUT VITAMIN K

WITH VITAMIN K SHOT

Blood clots well
Baby is protected from dangerous bleeding.

VS.

WITHOUT VITAMIN K SHOT

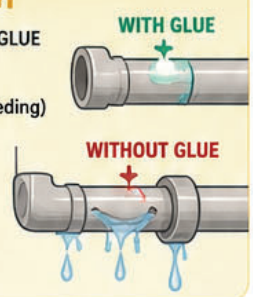
Blood doesn't clot well
High risk of severe bleeding, especially in the brain.

SIMPLE ANALOGY

Think of Vitamin K like **GLUE** for your blood.

With glue → leaks (bleeding) get sealed.

Without glue → leaks keep going.



THE BOTTOM LINE

- Newborns start life with very little Vitamin K.
- Without it, they can have dangerous internal bleeding, especially in the brain.
- A simple shot at birth is safe, quick, and can prevent serious problems or death.

IMPORTANT TO KNOW

- Vitamin K shots do NOT cause autism. (Extensive research has shown no link.)
- The American Academy of Pediatrics recommends a Vitamin K shot for all newborns.
- Oral Vitamin K drops are an option in some countries, but multiple doses are needed and protection may not last as long.

♥ A tiny shot today can protect a baby's tomorrow. **Vitamin K = Protection.** It's that simple.