

Department of Disease Control

Weekly Disease Forecast No.42_Vitamin B1 Deficiency (18-24 January 2016)

From the national disease surveillance system during 1 January 2015 – 14 January 2016, there were three reported incidents of severe vitamin B1 (thiamine) deficiency with a total of 42 patients and 9 deaths. The average case fatality rate was 21 percent.

In 2010 and 2014, there were reports of vitamin B1 (thiamine) deficiency in the Northeastern region with 118 patients and 2 deaths.



The Department of Disease Control, Ministry of Public Health, advises high risk people especially those with intense working activities which raise thiamine requirement, to have diet with good source of vitamin B1. Other risk groups are pregnant women, breast-feeding mothers, patients with chronic diseases such as chronic kidney failure and hyperthyroidism and patients receiving parenteral nutrition.

To prevent vitamin B 1 deficiency, one should eat varieties of the five food groups including meat, egg, unpolished rice, soy or other bean products, and vegetables. Avoid consuming raw fish, raw clams, and fermented foods.

Symptoms of Vitamin B1 Deficiency include anorexia, malaise, numbing sensation (paraesthesias) or weakness of the arms and legs and swelling of hands and feet. Severe illness can lead to heart failure and death.

For queries or additional information, please call DDC hotline 1422.

