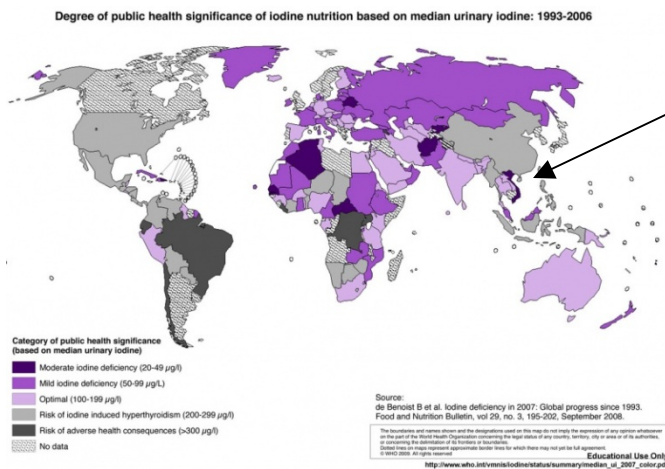


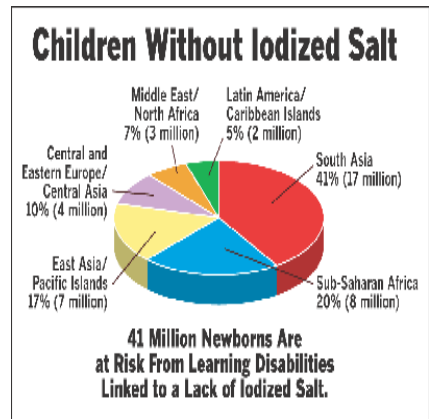
Iodine

Iodine is an element that is needed for the production of the thyroid hormone. If you don't have enough iodine in your body, you cannot make enough thyroid hormone. There are 3 thyroid hormones is responsible for the regulation of your bodies metabolism. Together, these hormones act on almost every part of your body, from helping your bones grow to the development of cells. The body does not make iodine, so it is an essential part of your diet. The most severe forms of iodine deficiency can cause goiters and intellectual disabilities. Iodine deficiency is the worlds leading cause of preventable mental impairment. It significantly reduces the mental capacity and work potential. It causes babies to be born dead, physically disabled or with severe brain damage.



Vietnam has one of the highest rates of iodine deficiency in the world.

In 2006, the WHO classified iodine deficiency as a significant public health problem in Vietnam. It is estimated that 180 000 children per year are born with a mental impairment because their mothers were iodine deficiency during pregnancy. It is estimated that the goiter rate in Vietnam is 11%. In countries where the goiter rate is more that 10%, more moderate forms of iodine deficiency are estimated to be so widespread as to lower the average national IQ by as much as 10-15 percentage points. Iodine can be added to salt, which can reduce the incidence of iodine deficiency. Iodized salt is available in Vietnam, but a study by the Central Urology Hospital shows that less than 50% of households have access to these products.



Sources of Iodine:

The human body cannot make iodine, so that your body's requirement has to come from your diet or supplements. Iodine is found naturally in cheese, cow's milk, eggs, ice cream, yoghurt, saltwater fish, seaweed, shellfish, soy milk, and soy sauce. The most important source of iodine in many people's diet,

however, is iodised salt. Iodised salt is available in almost every country in the world, and has effectively and efficiently reduced the incidence of iodine deficiency. Iodised salt has been available in Vietnam for 20 years. The Vietnamese government launched a national program in 1993 to reduce the incidence of iodine deficiency through the use of iodised salt. They declared the program a success in 2005 due to falling rates of goiters, and iodine related intellectual disabilities, and closed the program. Since then, levels have been steadily rising again.



Iodised Salt



Saltwater fish



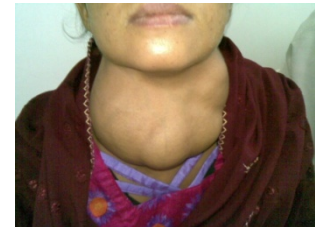
Dairy



Soy Sauce

Iodine deficiency:

Iodine deficiency can cause many problems across the lifespan. It can cause spontaneous abortions, stillbirths, congenital abnormalities, deaf mute, goiters, hypothyroidism and mental retardation in infants and children, primarily because of iodine deficiency in the mother during pregnancy. In adults it can cause retarded physical development, impaired mental function, hypothyroidism, hyperthyroidism and goiters.



What to do if you are deficient in iodine:

The first thing you should do is check whether you are using iodised salt or not. If you are not using iodised salt in your cooking, then you should switch immediately.