

months	Headache	Excess thiamine
Neck		
Thyroid not visible, palpable in midline	Thyroid enlarged, may be grossly visible	Iodine
Eyes		
Clear, bright	Hardening and scaling of cornea and conjunctiva	Vitamin A
Good night vision	Night blindness	Vitamin A
Conjunctiva—pink, glossy	Burning, itching, photophobia, cataracts, corneal vascularization	Riboflavin
Ears		
Tympanic membrane—pliable	Calcified (hearing loss)	Excess vitamin D
Nose		
Smooth, intact nasal angle	Irritation and cracks at nasal angle	Riboflavin Excess vitamin A
Mouth		
Lips—smooth, moist, darker color than skin	Fissures and inflammation at corners	Riboflavin Excess vitamin A
Gums—firm, coral pink, stippled	Spongy, friable, swollen, bluish red or black, bleed easily	Vitamin C
Mucous membranes—bright pink, smooth, moist	Stomatitis	Niacin
Tongue—rough texture, no lesions, taste sensation	Glossitis	Niacin, riboflavin, folic acid
	Diminished taste sensation	Zinc
Teeth—uniform white color, smooth, intact	Brown mottling, pits, fissures	Excess fluoride
	Defective enamel	Vitamins A, C, D; calcium; phosphorus
	Caries	Excess carbohydrates
Chest		
In infants, shape almost circular	Depressed lower portion of rib cage	Vitamin D
In children, lateral diameter increased in proportion to anteroposterior diameter	Sharp protrusion of sternum	Vitamin D
Smooth costochondral junctions	Enlarged costochondral junctions	Vitamins C, D
Breast development—normal for age	Delayed development	See under General Growth; especially zinc
Cardiovascular System		
Pulse and BP within normal limits	Palpitations	Thiamine
	Rapid pulse	Potassium Excess thiamine
	Arrhythmias	Magnesium, potassium Excess niacin, potassium
	Increased BP	Excess sodium
	Decreased BP	Thiamine Excess niacin
Abdomen		
In young children, cylindric and prominent	Distended, flabby, poor musculature	Protein, calories
	Prominent, large	Excess calories