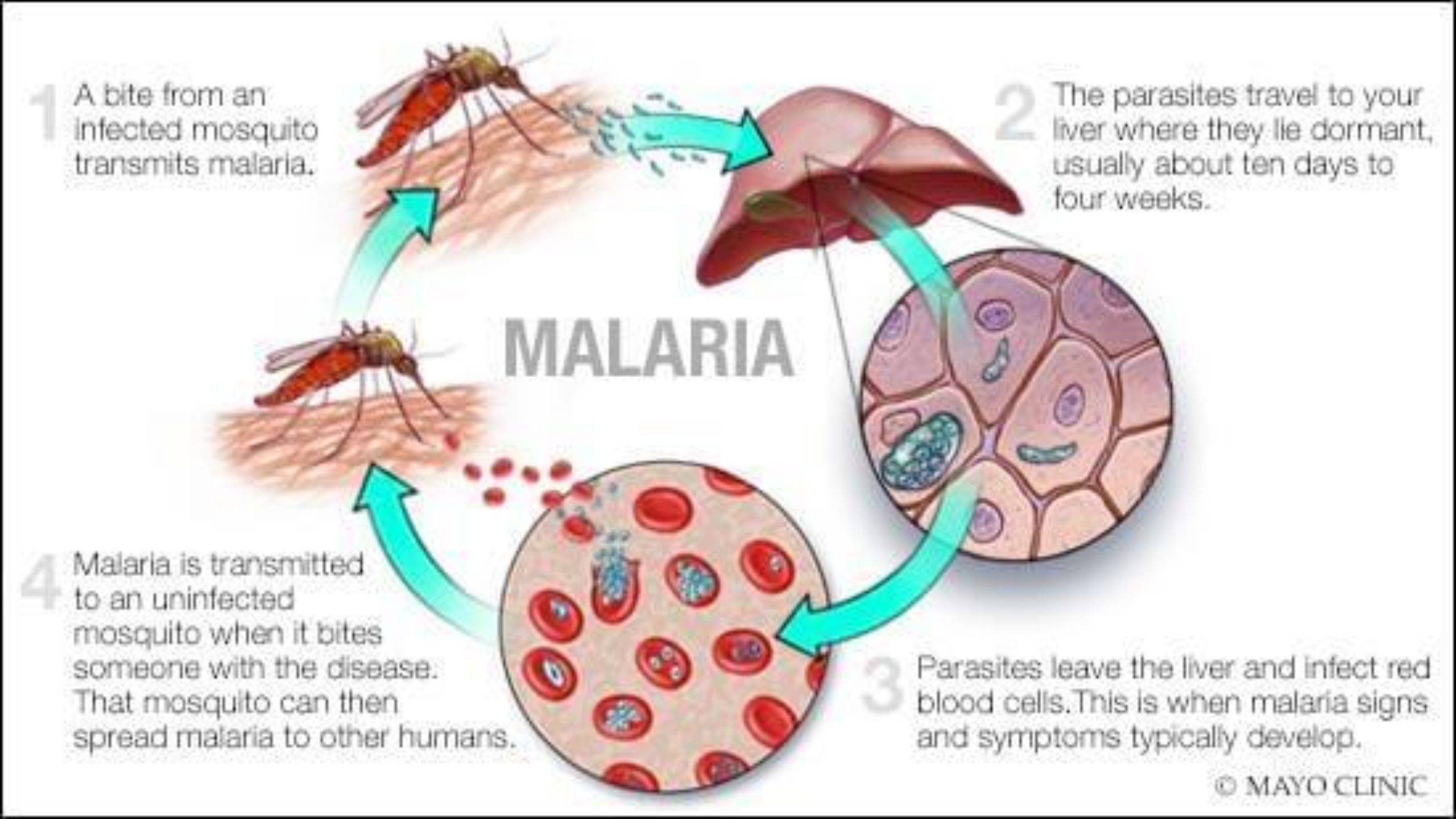
MALARIA

- Malaria is a potentially deadly disease caused by parasites transmitted through the bites of infected mosquitoes.
- Its prevalent in tropical and subtropical regions, leading to symptoms like fever, chills, and flu-like illness.
- Severe cases can result in organ failure and death if not treated promptly.


1 A bite from an infected mosquito transmits malaria.
2 The parasites travel to your liver where they lie dormant, usually about ten days to four weeks.
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3 Parasites leave the liver and infect red blood cells. This is when malaria signs and symptoms typically develop.
4 Malaria is transmitted to an uninfected mosquito when it bites someone with the disease. That mosquito can then spread malaria to other humans.
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Cause of Malaria

- Malaria is caused by parasites of the plasmodium genus.
- When infected mosquitoes bite humans, they transmit the parasites into the bloodstream, leading to malaria.

Site of infection in Malaria

- In malaria, the parasites primarily infect the liver and red blood cells.
- After being transmitted by mosquitoes, the parasites travel to the liver, where they multiply and mature before re-entering the bloodstream and infecting red blood cells.

Mode of transmission of Malaria

- Malaria is primarily transmitted through the bite of infected female Anopheles mosquitoes.
- When these mosquitoes bite humans to feed on blood, they can transmit the malaria parasites(Plasmodium) into the bloodstream, leading to infection.

Symptoms of Malaria

- The symptoms of malaria typically include fever, chills, sweating, headache, muscles aches, and fatigue.
- In more severe cases, malaria can lead to complications such as anemia, organ failure, and even death, particularly if left untreated.
- Different types of malaria parasites can cause variations in symptoms and severity.

Treatment

- The treatment of malaria typically involves antimalarial medications, which can vary depending on factors such as the type of malaria parasite, the severity of the infection, and the patients age and medical history.
- Commonly used antimalarial drugs include chloroquine, artemisinin-based combination therapies(ACTs), mefloquine, and others.
- Treatment regimens may involve a combination of medications and can be administered orally and intravenously.
- Its crucial for patients to complete the full course of treatment as prescribed by a healthcare professionals to ensure complete eradication of the parasites and prevent recurrence.

Essential Nutrients needed during Malaria

- During malaria, its important to maintain adequate intake of essential nutrients to support the body's immune response and recovery. Some essential nutrients that may be particularly important during malaria include:

1. Iron: Malaria can lead to anemia due to the destruction of red blood cells. Iron supplementation may be necessary, especially if anemia is present.
2. Folate(VitaminB9): Malaria infection can deplete folate levels in the body. Adequate folate intake is important for red blood cell production and overall health.
3. Vitamin A: Vitamin A plays a role in immune function and can help support the body's defenses against malaria infection.
4. Vitamin C: Vitamin C is an antioxidant that supports immune function and can help reduce inflammation associated with malaria.
5. Protein: Adequate protein intake is important for maintaining muscle mass and supporting immune function during illness.
6. Fluids: Staying hydrated is crucial during malaria to prevent dehydration, especially if experiencing fever, sweating, or vomiting.

It's essential to consult with a healthcare professional for personalized advice on nutrition during malaria as individuals needs may vary based on factors such as the severity of infection and pre- existing health conditions.