



LUCKNOW ACADEMY OF PEDIATRICS



O.R.S. DAY & WEEK CELEBRATION 2018
From 25th to 31st July 2018
ORS DAY - 29th July 2018

"ORS-ORS ALL THA DAY, KEEPS DEHYDRATION AT BAY"



Role of Zinc in ORT

In addition to using a glucose–hypo-osmolar ORS formulation for rehydration, present guidelines also indicate that a 10-14 day course of Zn should be administered. This recommendation is based on several observations that demonstrated that Zn supplementation resulted in a 12–25 % reduction in acute diarrhea in children . Total body stores of Zn in humans are normally quite low and diarrhea results in Zn losses. However, it has not been unequivocally established whether Zn supplementation in acute diarrhea is efficacious only in Zn-deficient children or in both Zn-deficient and Zn-surfeit children. If Zn treatment reduces diarrhea only in Zn-deficient children, then the mechanism of Zn's action would likely represent correction of a Zn micro-nutrient deficiency. In support of this possibility are experimental observations that small intestinal function is abnormal in Zn-deficiency and that intestinal fluid secretion is both enhanced in Zn-deficiency and corrected by Zn administration . In contrast, if Zn treatment of diarrhea is also effective in Zn-surfeit children (as well as in Zn-deficient children), correction of a Zn micro-nutrient deficiency would not be an adequate explanation for both observations. It would then be necessary to postulate that Zn would also be efficacious as an anti-diarrheal agent, i.e., that Zn could enhance fluid and Na absorption and/or inhibition fluid and Cl secretion. Indeed, recent studies have demonstrated that Zn can enhance Na absorption via virtue of stimulation of NHE3 function and can inhibit cyclic AMP-induced Cl secretion by functioning as a basolateral K channel blocker .

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Awareness Activity