

G6PD Deficiency: Common Triggers

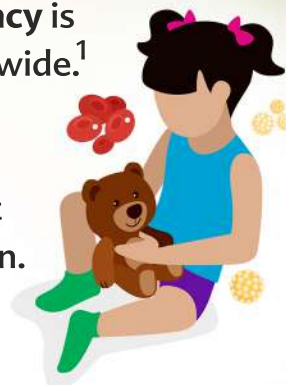


Glucose-6-phosphate dehydrogenase (G6PD) deficiency is a genetic condition that affects almost 400 million worldwide.¹

In the Philippines, the incidence of G6PD deficiency is 4.5 to 25.7%.²

A child with this condition lacks the G6PD enzyme that protects the red blood cells (RBCs) from early destruction.

The lack of it makes RBCs vulnerable to a breakdown which can lead to anemia.³



What to avoid:^{3,4}

Foods



Fava beans, Soya products, Red wines, Legumes, or Tonic water

Chemicals



Naphthalene (found in mothballs and some toilet deodorant)

Antibiotics



Sulfonamides, Co-trimoxazole, Chloramphenicol

Anti-malarials



Chloroquine, Primaquine

Other Medications



Aspirin, Methyldopa, Large doses of vitamin C

The information included in this material is for informational purpose only. Always seek medical advice for any concerns about health and nutrition.

References:

- World Health Organization (WHO). Updating the WHO G6PD classification of variants and the International Classification of Diseases, 11th Revision (ICD-11). WHO resource page. Available at: <https://www.who.int/malaria/mpac/mpac-october2019-session7-updating-G6PD-classification.pdf>. Accessed 13 July 2021.
- Padilla C, et al. Screening for glucose-6-phosphate dehydrogenase deficiency using a modified formazan method: a pilot study on Filipino male newborns. *Pediatr Int* 2003;45:10-15.
- The Royal Children's Hospital Melbourne (RCH). G6PD deficiency. RCH resource page. Available at: https://www.rch.org.au/kidsinfo/fact_sheets/G6PD_deficiency/. Accessed 5 July 2021.
- Nagalla S. Glucose-6-Phosphate Dehydrogenase Deficiency Treatment & Management. Medscape resource page. Available at: <https://emedicine.medscape.com/article/200390-treatment#d10>. Accessed 5 July 2021.



For more information
on G6PD Deficiency,
please scan the code