Why Vitamin K Is Recommended at Birth

Hi, it's Dr. Ott. I am here for a quick topic about vitamin K at birth for newborns today. It can be a really quick, I see a little bit of a trend in some parents declining vitamin k and I wanted to give you a background about why we recommend vitamin for all newborn babies.

Our vitamin comes largely from intestinal bacteria, helpful, healthy, happy, good intestino bacteria also known as our microbiome.

How Vitamin K Prevents Dangerous Bleeding

Vitamin K is an absolutely essential part of our clotting cascade. That means it helps our bodies stop bleeding. So some number of babies when they do not get vitamin K are at risk for vitamin k deficiency bleeding of the newborn.

Now terms of percentages, it's hard to say because most babies actually get their vitamin K at birth, but we are looking at the range of one to 2% and there is no early warning sign.

The first warning might be a seizure because your baby has had a significant bleed in their brain.

Risks of Deficiency and Lack of Warning Signs

it is not casual to me as a pediatrician. I have seen this happen. It is very disturbing. Some parents don't want to get a shot because it just feels invasive and they want So, it's not harmful.

Addressing Safety Concerns and Cancer Myth

There was once in the early 90s, a single study never replicated that suggested a possible theoretical link between vitamin K and an increased risk of already rare childhood cancer.

It was never repeated again. This is not something we see the vast majority of our population gets vitamin K at birth because we know that it saves babies lives.

So that is my two minute, two cents on vitamin k at-birth.

Closing Thoughts and Invitation for Questions

Ask me a question. Feel free to put it in the comments. I am happy to field them if it helps you. All right. Take care.