**A Case of Scurvy in Malaysia: A Reminder of an Ancient Disease in a Modern Era**

Safuan Sufaat Suhaimi, R. Periyanayaki A/P R.M Ramanathan

Emergency Department, Hospital Cyberjaya

**Introduction**: Scurvy, a disease of severe vitamin C deficiency historically associated with sailors, persists as sporadic cases globally despite improved access to fresh fruits and vegetables. We present a case of scurvy in Malaysia, emphasizing the condition's relevance in modern times.

**Case Description**: A 2-year, 9-month-old boy presented with progressive bilateral lower limb swelling and weakness over three months, initially misdiagnosed and treated ineffectively at multiple centres. Upon assessment in our centre, the child was revealed to be a picky eater, avoiding fruits and vegetables. Clinically, the child was noted to be cachexic, pale, with a limping gait, and petechial rashes were seen over bilateral lower limbs. The child also posed a flexion deformity of the bilateral lower limbs. Other systemic examination was unremarkable. Full Blood Count revealed Hb 7.2 with other parameters within normal range. X-ray of bilateral lower limbs showed generalized osteopenia with wimberger ring sign consistent with hypovitaminosis C features. Vitamin C supplementation was initiated, and subsequent testing confirmed the diagnosis with serum ascorbic acid levels <5umol/L.

**Discussion**: Scurvy, an ancient disease, remains relevant due to dietary inadequacies even in the modern era. Vitamin C is crucial for collagen synthesis, and its deficiency leads to musculoskeletal manifestations such as joint pain, swelling, and weakness, along with anemia and characteristic radiographic findings. These symptoms, as seen in our patient, include swelling and pain in the lower limbs, petechiae, and radiographic evidence of hypovitaminosis C. Treatment involved oral Vitamin C supplementation and physiotherapy, with prompt improvement observed in our patient as he was able to walk subsequently

**Conclusion**: This case highlights the persistence of scurvy and the importance of early recognition, particularly in at-risk populations. Socioeconomic factors significantly impact healthcare access and outcomes. Comprehensive dietary assessments are essential to avoid misdiagnosing this easily treatable condition.

**Keywords**: Scurvy, Pediatric, Socioeconomic factors