Debunking Medical Myths: Do Newborns Need The Vitamin K Shot?

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What is the vitamin K Shot?

The vitamin K shot helps blood coagulate in infants after birth.

Why is blood coagulation important?

Infants are at increased risk to bleed into their gut and brain due to vitamin K deficiency bleeding (VKDB).

Can I wait to give my child the Vitamin K shot?

No, it is recommended the vitamin K shot be administered within the first 6 hours of life.

Can infants get vitamin K naturally?

No, Newborn babies have low vitamin K levels at birth and breast milk is also deficient in vitamin K.

Vitamin K Deficiency Bleeding Facts

1/5 Vitamin K deficiency bleeding mortality rate
2/5 with VKDB suffer long term neurological damage
1/60 infants without the vitamin K shot experience VKDB

Vitamin K Deficiency Bleeding Myths

Myth Origins

A 1992 study by Golding et al. reported that infants who received the vitamin K shot were 3x more likely to develop childhood leukemia. No studies to date have been able to replicate these findings.

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K shots increase my child’s likelihood of developing leukemia</td>
<td>There is no association between exposure to Vitamin K administration as an infant and the subsequent development of leukemia</td>
</tr>
</tbody>
</table>

Myth | Fact
--- | ---
The incidence of childhood cancer has increased since the approval of the Vitamin K shot in 1961 | There was no increase in childhood cancer from 1948 to 1990, indicating no association between vitamin K and cancer.