

SCURVY

Meaning: Scurvy is a disease caused by a deficiency of vitamin C, characterized by symptoms such as weakness, anemia, and gum disease, often occurring in situations where fresh fruits and vegetables are lacking.

1. The sailors on the ship developed scurvy after months of being at sea without fresh fruits and vegetables.
2. In the 18th century, scurvy was a common ailment among sailors due to vitamin C deficiency.
3. The doctor recommended a diet rich in citrus fruits to prevent scurvy during the long voyage.
4. Symptoms of scurvy include fatigue, swollen gums, and bruising, all of which are signs of vitamin C deficiency.
5. Despite being rare today, scurvy can still occur in people with severely restricted diets.
6. Sailors in the 18th century often suffered from scurvy due to a lack of fresh fruits and vegetables.
7. The symptoms of scurvy can include fatigue, swollen gums, and joint pain.
8. To prevent scurvy, it is essential to consume foods rich in vitamin C regularly.
9. Historically, the discovery that citrus fruits could cure scurvy revolutionized naval health practices.
10. Despite its rarity today, scurvy can still occur in individuals with extremely restricted diets.

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