



VIP MedSpa Clinic News

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Medical News

Study: Memory Influences Food Choices

New research examined whether memories of particular foods could influence everyday dietary choices.

Could A High-Fiber Diet Reduce Diabetes Risk?

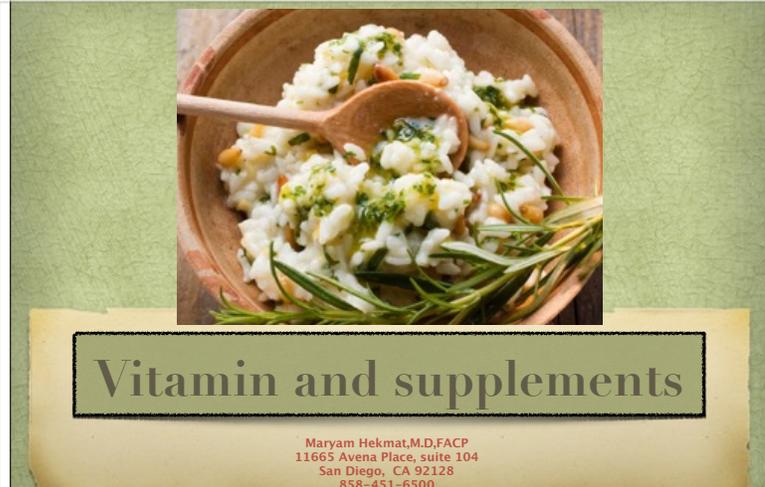
A new study examined how consuming a diet high in fiber impacts the risk of developing type 2 diabetes.

Could Yoga Help Reduce MS Symptoms?

New research evaluated the impact of yoga as a complementary therapy in patients with multiple sclerosis.

Could Soy Supplements Improve Asthma outcomes?

New research explored whether supplementation with soy could be used to improve outcomes in patients with poorly controlled asthma



Vitamin and supplements

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Vitamins and Supplements

Vitamin A (Retinol)

Vitamin A is a fat-soluble vitamin that comes from two sources: Retinoids, such as retinal and retinoic acid, are found in animal sources such as liver, kidney, eggs, and dairy products. Carotenoids, such as beta-carotene (which has the highest vitamin A activity) are found in plants such as dark or yellow vegetables and carrots.

A major biologic function of vitamin A is in the visual cycle.

Research also suggest that vitamin A may reduce death from measles, prevent some type of cancer, aid in growth and development, and improve immune function.

Vitamin A is included in most multivitamins and the U.S. recommended dietary allowance (RDA) for adults is as

Are Depressed Patients at Greater Risk for Parkinson's Disease?

Results of a recent study shed light on the long-term risk of Parkinson disease in patients with depression.

Could Peppermint Oil Help Mitigate IBS Syndromes?

Results of a recent study highlight the potential of peppermint oil for the dietary management of irritable bowel syndrome.

Statins Reduce Stroke Risk in Healthy Older Adults

Researchers evaluated the effects of lipid-lowering drugs in participants with no history of vascular events on risk of stroke and coronary heart disease.

Could Skipping Meals Raise the Risk of Pre-diabetes?

Researchers evaluated the impact of skipping meals on insulin resistance, glucose production, and abdominal fat.

Salt-Rich Diet Linked To Headache Severity

Researchers examined dietary sodium intake on the frequency and severity of headaches.

follows: 900 micrograms daily (3000 IU) for men and 700 micrograms (2300 IU) for women.

Vitamin A deficiency is rare in developed nations but remains a concern in developing countries. Prolonged deficiency can lead to Xerophthalmia (dry eye) and ultimately to night blindness or total blindness, as well as to skin disorder, infections (such as measles), diarrhea, and lung disorder.

Vitamin B₁ (Thiamine)

Thiamine was one of the first compounds recognized as a vitamin.

Dietary sources of thiamine include beef, brewer's yeast, legumes (bean, lentils), milk, nuts, oats, oranges, pork, rice, seeds, wheat, whole-grain cereals, and yeast.

Thiamine is involved in many body functions, including: nervous system and muscle function, digestion, and carbohydrate metabolism.

Very little is stored in the body and depletion can occur in 14 days.

Thiamine is used as part of a treatment for metabolic disorders and thiamine deficiency symptoms, as well as in alcoholics.

Vitamin B₃ (Niacin)

Vitamin B₃ can be found in many foods, including yeast, meat, fish, milk, eggs, green vegetables, and cereal grains.

FDA has approved niacin for use in treating vitamin B₃ deficiency (pellagra), which includes symptoms of skin inflammation, dementia, and diarrhea.

Human research has shown that niacin is effective and relatively safe for treating high cholesterol levels. Limited evidence shows that niacin may help with clogged arteries and heart disease. Side effects commonly related to higher

33% of US Adults Have Metabolic Syndrome

Using data from the National Health and Nutritional Examination Survey, researchers investigated trends in the prevalence of the metabolic syndrome.

Could Nuts and Olive Oil Protect Cognitive Function?

Researchers compared cognitive function scores of individuals assigned to a Mediterranean diet against those eating a low-fat diet.

Could PTSD Cause Premature Aging?

New research explored a possible association between post-traumatic stress disorder and accelerated aging.

Are Diabetes and Alzheimer's Disease Linked?

New research explored a possible connection between diabetes and elevated blood sugar and the risk of developing Alzheimer's disease.

Daily Soda Increases Risk of Type 2 Diabetes

Researchers evaluated the beverage consumption of 25,639 UK adults to determine the impact of sweetened beverages on type 2 diabetes incidence.

doses of niacin are itching and flushing, and stomach upset. Niacin may also cause liver problems, increased blood sugar, and hormone changes.

Vitamin B6 (Pyridoxine)

Vitamin B6 is involved in the process of making serotonin and norepinephrine, which are chemicals that transmit signals in the brain. It is also involved in the formation of myelin, a protein layer that forms around nerve cells.

Vitamin B6 deficiency in adults may cause health problems affecting the nerves, skin, circulatory system.

Vitamin B6 deficiency can occur in kidney failure, alcoholism, liver scarring, overactive thyroid, heart failure...

Major source of vitamin B6 includes cereal grains, legumes, vegetables (carrots, spinach, peas, and potatoes), milk, cheese, eggs, fish, liver, meat, flour. Vitamin B6 is often used with other B vitamin in Vitamin B complex formulas.

Taking vitamin B6 supplements with folic acid and vitamin B12 has been shown to be effective for lowering homocysteine levels which is a risk factor for heart disease.

Vitamin B12 (Cyanocobalamin)

Vitamin B12 is an essential water-soluble vitamin that is commonly found in a variety of foods, such as fish, shellfish, meat, eggs, and dairy products. Vitamin B12 is important in DNA synthesis. Vitamin B12 is bound to the protein in food. Acid in the stomach releases B12 from protein during digestion. Once released, B12 combines with a substance called intrinsic factor (IF) before it is absorbed into the bloodstream.

The human body stores several years of vitamin B12 in the liver, so low levels in the body are rare. Decrease in vitamin B12 levels are more common in the elderly, HIV-infected persons, and vegetarians. Inability to absorb vitamin B12 from the intestinal tract can cause a type of anemia called

pernicious anemia. Fever and symptoms of “excessive sweating “ have been reported with anemia due to low levels of vitamin B12.

For vitamin B12 deficiency, 125-2000 micrograms of cyanocobalamin has been taken by mouth daily for up to 2.5 years or longer.

Vitamin C (Ascorbic acid)

Vitamin C is water-soluble vitamin, which is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels .

Dietary sources of vitamin C includes fruits and vegetables, particularly citrus fruits such as oranges.

Many uses for Vitamin C have been proposed but evidence of benefits in scientific studies is lacking. In particular, research on asthma, cancer, and diabetes remains inconclusive, and a lack of benefit has been found for the prevention of cataracts or heart disease.

The use of vitamin C in the prevention or treatment of colds remains controversial. Overall, vitamin C lacked an effect on the development of colds and on cold symptoms. However, the duration of the cold shortened slightly.

Vitamin D

Vitamin D refers to two forms which is important in humans: Vitamin D2, which is made by plant, and vitamin D3, which is made by human skin when exposed to sunlight. Foods may be fortified with D2 or D3.

Vitamin D is found in many foods, including fish, eggs, fortified milk, and cod liver oil. The sun also adds to the body's daily production of vitamin D, and as little as 10 minutes of exposure is thought to prevent deficiency.

The major role of vitamin D is to maintain normal blood level of calcium and phosphorous. It helps the body absorb calcium, which forms and maintains strong bones and improves bone health and decrease fractures. Vitamin D may also protect against osteoporosis, high blood pressure, cancer, and other disease.

In children, vitamin D deficiency causes rickets (softening or weakening of the bones). In adults, vitamin D deficiency can lead to osteomalacia, which causes weak bones and muscle.

Vitamin E

Vitamin E is fat-soluble vitamin with antioxidant properties.

Foods that contain vitamin E include eggs, fortified cereals, fruit, green leafy vegetable (spinach), meat, nuts oils, poultry, vegetable oils (corn, cottonseed, soybean, sunflower), olive oil, wheat germ oil, and whole grains.

Vitamin E has been studied for the prevention or treatment of many health conditions. However, there is a lack of strong evidence to support its use for any disease at this time, aside from vitamin E deficiency.

Concerns have been raised about the safety of vitamin E supplementation, particularly in high doses. An increased risk of bleeding may occur in people taking blood thinners, or those with vitamin K deficiency.

Evidence suggests that regular use of high dose vitamin E supplements may increase the risk of death from all causes by a small amount, although research is unclear. Caution is advised.

Vitamin K

Vitamin K is necessary for normal clotting of the blood.

Vitamin K is found in various foods including green leafy vegetables, meat, and dairy products. If you eat a balanced diet containing these foods, you should be getting all the vitamin K you need. Little vitamin K is lost from foods with ordinary cooking.

If you are taking anticoagulant medicine (blood thinner), the amount of vitamin K in your diet may affect how well these medicines work. Your doctor or health care professional may recommend changes in your diet to help these medicines work better.

Lack of vitamin K is rare but may lead to problem with blood clotting and increased bleeding. Your doctor may treat this by prescribing vitamin K for you.

Vitamin K is routinely given to newborn infants to prevent bleeding problems.

Supplements: Nutrition in a pill?

The dietary guidelines for American make it clear that your nutritional needs should be met primarily through your diet.

For some people, however, supplements maybe a useful way to get nutrients they might be lacking but before you go shopping for supplements, get the facts on what they will and won't do for you.

Supplements Vs. Whole foods

Supplements aren't intended to be a food substitute because they can't replicate all of the nutrients and benefits of whole foods, such as fruits and vegetable. So depending on your situation and your eating habits, dietary supplements may be worth the expense.

Whole foods offer three main benefits over dietary supplements:

1. Greater Nutrition
2. Essential fiber
3. Protective substances

Who needs supplements?

If you're generally healthy and eat a wide variety of foods, including fruits, vegetables, whole grains, legumes, low-fat dairy products, lean meats and fish, you likely don't need supplements.

The dietary guideline recommend supplements— or fortified foods in the following situation:

- + Women who may become pregnant should get 400 micrograms a day of folic acid from fortified foods or supplements, in addition to eating foods that naturally contain folate. Women who are pregnant should take a prenatal vitamin.
- + Adults age 50 or older should eat foods fortified with vitamin B12, such as fortified cereals, or take a multivitamin that contains B12.
- + Adults age 65 and older who do not live in assisted living or nursing homes should take 800IU of vitamin D daily to reduce the risk of falls.

+ Dietary supplements also may be appropriate if you:

- Don't eat well or consume less than 1600 calorie a day.
- Are a vegan or a vegetarian who eats a limited variety of foods.
- Don't obtain two to three servings of fish a week. If you have difficulty achieving this amount, some experts recommend adding a fish oil supplements to your daily regimen.
- Have a medical condition that affects how your body absorbs or uses nutrients, such as chronic diarrhea, food allergies, food intolerance, or a disease of the liver, gallbladder, intestine or pancreas.
- Have had surgery on your digestive tract and are not able to digest and absorb nutrients properly.
- Talk to your doctor about which supplements and what doses might be appropriate for you.
- Be sure to ask about possible side effects and interactions with any medications you take.

