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## Supplemental Analysis:



Many people take supplements to enhance vitality, protect against the evils of aging and because their best friends swear by them. Most of these supplements may help and in most cases don't harm us. After reviewing some of the more recent data, there are a few points to be aware of when considering supplements. Here are a few that have been a topic of discussion in medical circles:

### *Beneficial:*

**Aspirin**—A dose of 162 mg of aspirin (2 baby or ½ of a regular aspirin) has been shown to be beneficial in protecting people  $\leq 65$  from initial cardiovascular events. After age 65, 81mg of aspirin has been shown to be protective. The risk is causing stomach bleeding. This can be minimized by using enteric coated aspirin, taking it with food and with acid blocking agents.

**Calcium**—Data shows that calcium supplementation can reduce fractures. 1,000-1,200mg is recommended daily but our body can only absorb 500-600mg at a time, therefore the dose should be split. Medications that can reduce calcium absorption include diuretics, steroids, acid blockers and Digoxin. In addition, people need to be aware that taking calcium can reduce the absorption of other medications including some antibiotics (fluoroquinolones such as Levaquin and Cipro; tetracycline) iron and atenolol.

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**Vitamin D**—Recently publicized and reviewed in our spring 2008 newsletter. Almost all of us in Seattle are deficient in this vitamin that requires sunlight for about 15-20 minutes daily for adequate synthesis. It may play a role in cancer prevention, diabetes prevention, and proper immune function as well as for proper absorption of calcium. We should take about 800mcg daily given our location with higher amounts if deficient.

### *Not Beneficial:*

**Gingko Biloba**—Recent data confirms previous data that there does not seem to be any cognitive benefit in supplementing with Gingko. Along with several other supplements, Gingko can have some anticoagulant effects.

**Vitamin E**—Despite some observational data and high hopes, vitamin E has yet to show any verified health benefit. Data suggesting an increase in death rate in people on Vitamin E has similarly not been verified. The bottom line remains that we have no data supporting its use nor confirming its harm.



Many people are on thyroid supplement. When taking thyroid medication, it is important to be aware of a few other common medications and supplements that can interfere with absorption of thyroid hormone. Normal acid is needed for optimal absorption of thyroid hormone. Acid-blocking agents such as Prilosec, Prevacid, Pepcid-AC and others can reduce the amount of thyroid getting into the body. While the thyroid dose can be adjusted to overcome this if there is constant dosing, you should avoid antacid and other agents that will suddenly change the pH in the stomach. Supplements such as calcium, magnesium and iron can also reduce the amount of thyroid absorption as can some antibiotics like Cipro. Often times, separating the thyroid from other medications and supplements can minimize any interaction.



### Emergency Phone Numbers:

For the most part, our phone system has been effective and reliable. However, it has come to our attention that there is no way to reach us in the event of a power outage. As a result, we would like to provide you with an emergency number. (425) 646-5830. This number will route you through the answering service for the Overlake Senior Health Center and should be used only if the phone system is not working.

### Electronic Medical Records:

In the further effort to catch up with the 21<sup>st</sup> century, Bellevue Medical Partners PLLC will be instituting electronic medical records as we head into the new year. This is certain to test the limits of our ability to multi-task and should be comical to everyone except the poor doctors. Bear with us...or come by and you can enjoy watching us suffer! Karen and Ali will be selling popcorn up front.

*Ali's getting married!*

Wedding bells will be ringing April 7<sup>th</sup>. Ali and Matt are planning a beautiful ceremony on the beach in Maui.



- Please note that our office will be operating with a skeleton crew April 6-9<sup>th</sup>. Dr. Williams and Karen will also be in Maui, which leaves Dr. Kaner here to run the office. *There will be no prescheduled appointments for April 6-9.* Linda will be manning the phones, Dr. Kaner will be available for same day visits or phone consults only.

### Contact us:

If you prefer email as a source of communication, here's our info:\*

For general office information contact:  
[Ali@BellevueMedicalPartners.com](mailto:Ali@BellevueMedicalPartners.com)

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\*NOT TO BE USED FOR URGENT OR TIME SENSITIVE MATTERS.

