



## Enhanced Medical Care

*Modern Care...traditional commitment*

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Supplementation with vitamins and supplements has been a matter of controversy in the medical field. The medical community agrees that it has been inadequately trained in the field of nutrition. In recognition of the increased importance of nutrition in maintaining health as we age, we have been attending nutritional conferences that present innovative research in this field. There are some very exciting developments. We would like to share some promising research discussed at the recent conference we attended. A great body of recent scientific literature focuses on Vitamin D. Many studies show similar results. Sufficient levels of Vitamin D in the blood reduce risk of several types of cancer, osteoporosis, and enhance the absorption of calcium. Other less scrutinized reports extend this list to include cardiovascular disease, psoriasis and quicker wound healing. Enhanced Medical Care has implemented an annual screening program. This requires a simple blood test. You may set up an appointment at your convenience, or wait until your next visit. We will ensure your vitamin D levels reach sufficient levels (greater than 30 ng/mL). If your vitamin D level is low, we will prescribe a dose of vitamin D that is appropriate for your level and then retest your blood until an optimal serum vitamin D level is achieved. For more information, I have attached a link: <http://ods.od.nih.gov/factsheets/vitamind.asp> . Our next newsletter will focus on the burgeoning new field of Nutrigenomics. That is, how does your diet influence your genetic expression? We have more ability to regulate our genes than previously thought. Stay tuned for our next newsletter.