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Considerations for Healthy Life Choices
(also available at www.primarycareak.com/)

- A fitness program that includes flexibility, stamina, strength and balance. Aerobic exercise improves circulation in the brain as well as to the heart (Brainrules.org). Resistance exercises help preserve muscle which we begin to lose after age 35. Flexibility helps prevent injury: “**you don’t get old and stiff; you get stiff and then you get old**”. Fitness 45 minutes/day or more, at least 5 days a week is ideal, but **any amount** is salutary to your mental alertness and physical vigor.
- A nutrition commitment that is balanced, tasty, updated with ethical science.
 - Dr. Greger’s, *How **Not To Die***, and his *cookbook* are excellent.
- Adequate hydration: drink enough water. Depending on the amount of activity one-half to two-thirds of your weight in pounds should be matched by ounces of water daily. (e.g. if you weigh 150 lbs. drink at least 75 ounces of water or fluids/day).
- Do not smoke anything; do not chew tobacco. Minimal alcohol intake.

More than 30 billion dollars are spent annually on supplements, vitamins, disingenuous diets with more than 90,000 products on the market. 95% are a mix of factual inaccuracy, hype, and potential serious harm. Prior to starting anything, you should review your choices with the physician whom you trust with your care.

The best and first source for all vitamins and minerals is your diet (see Greger’s book), one rich in fruits and vegetables, nuts and whole grains, and which avoids processed foods. Food intolerances, aging, some medical conditions, or side effects of medications can make certain supplements advisable. **Look for the USP** label on products; it helps assure a level of quality and consistency. Consumer Reports accurately notes that aggressively marketed brands touting better absorption, higher quality **are not in fact better than USP** generic brands and they are much more expensive.

1. A multivitamin (MVI) with trace elements (e.g. Costco’s Kirkland USP labeled multivitamin). Trace elements should never be taken in ‘mega-doses’.
2. B vitamins. Certain conditions require B12 and folate supplementation. B vitamins are included in the multivitamin. Get advice from your physician.
3. Vitamin C. Much has been written but foods are still the best source. Supplementation should be avoided with gout, or iron storage disease.
4. Vitamin D is a common deficiency; frequently it is a reasonable supplement. 1000IU for children, 2000IU for adults is safe for nearly everyone. Your vitamin D level can be measured accurately; talk to your physician. At least 8 major health problems have been linked to Vitamin D deficiency.
5. Vitamin E. Do not supplement beyond MVI or do so with almonds.

6. Calcium. 1200 mg/day **from food sources** for calcium (e.g. milk products, yogurt...). If your diet falls short of 1200mg/day, please supplement only that amount that brings you to 1200mg/day. Take calcium supplements with food.
 7. A low dose aspirin/day. Clotting disorders, blood thinners, stomach problems, asthma/allergies can all be contraindications; discuss with your physician.
 8. Fish oil. Much has been written here as well. Wild Alaska Salmon is one excellent source. This topic deserves discussion with your physician. Supplements help mitigate 'dry eyes', a common problem.
 9. Coenzyme Q 10 is an interesting product. As a supplement for anyone taking a statin (a commonly used category of medications for cholesterol management) and in certain medical conditions it can be beneficial.
 10. Age Related Eye Disease Study (AREDS) II formula supplement is recommended for anyone with macular degeneration or with a genetic risk for it.
- Costco is most consistently the least expensive source for all the above.

Many other considerations (e.g. glucosamine, saw palmetto, milk thistle...) should be discussed according to your interest. Specific hormonal replacement (e.g. thyroid, estrogen, progesterone, testosterone...) should be individualized based on symptoms, risk factors, exams, accurate testing, and measurable end points. Recommendations should be based upon ethical reproducible research and unbiased evidence-based reviews.

- **Pregnancy:** folic acid, prenatal vitamins
- **Infants/ children:** for breastfed infants Vitamin D until weaning and iron from 4 months
- **Midlife and older:** supplemental B12, Vitamin D, calcium, MVI; discuss with physician.
- **Bariatric surgery/conditions interfering with absorption:** fat soluble and B vitamins iron, calcium, zinc, copper, multivitamins and minerals.
- **Crohn's, Celiac, or inflammatory bowel disease:** Discuss with your doctor what multivitamins and minerals are right for you
- **Osteoporosis:** Vitamin. D, calcium, magnesium
- **Age-related macular degeneration:** AREDS II (see # 10 above)
- **Medications (long-term) Proton Pump Inhibitors:** Vitamin B12, calcium, magnesium
- **Metformin:** Vitamin. B12
- **Restricted/ poor eating patterns:** MVI, Multiminerals, Vitamin B12, Vit. D, Magnesium

Reliable web sites for accurate information

CDC.gov Brainrules.org FamilyDoctor.org NutritionFacts.org MayoClinic.org

The PCA website, 650 KENI website, Itunes, have archived podcasts of Dr. Kiessling's weekly radio program, in its 30th year on A.M. 650 every Tuesday at 2:06 p.m. For 30 minutes he answers questions from callers, reviews current research, offers credible recommendations, and exposes inaccurate harmful advice. **Google: "Kiessling radio podcasts"**.