



**PERSONAL
HEALTH
PARTNERS**

918-872-9499

**Preparing for
Your Lab Test**

- ◇ Fast at least 4 hrs, preferably 6-8 hrs, before your test
- ◇ You may drink water, in fact it is preferred
- ◇ You may drink black tea or coffee
- ◇ You may take your medications

Did you know.....

- The further you live from the equator, the longer it takes your body to produce Vitamin D from sunlight.
- Chronic Vitamin D deficiency is often misdiagnosed as fibromyalgia because the symptoms are so similar: muscle weakness, aches & pains.
- 40% of the U.S. population & 32% of doctors & med students are Vitamin D deficient

Partner's Health Page

Special Issue * 2014

Eat Rite Edition

Eat Rite Testing Event
Monday Oct 6th & Tuesday Oct 7th
7:30—10 am
2425 W I-40, Amarillo, TX 79109
For an appointment call: (806) 353-7476

What You Don't Know CAN Hurt You !

Your body can tell you many things about your health, without you asking for the information. Sometimes aches, pains & symptoms come too late for you or your doctor to act on underlying issues. Becoming proactive in your own health and wellness can be a way to prevent these issues from becoming life threatening or chronic. Your blood can tell you things that you would otherwise never know; and we all know that "what you don't know" *can* actually hurt you.

In June 2014, a health screening conducted for 664 Oklahoma residents revealed some startling findings. Among other screening tests, Hemoglobin A1C testing was performed on participants ranging in age from under



40 to over 70, with 45% females and 55% males. This particular group had been tested annually over the previous 10 years and 10% of them were already aware that they were diabetic.

10% had an HgbA1C of greater than 6.3% and would be considered diabetic
 36% of those with >6.3% were unaware they were diabetic
 62.5% of those who stated that they were diabetic had an HgbA1C >7% and would be considered uncontrolled diabetics
 67% had an HgbA1C of between 5.3% & 6.4% and would be considered at high risk for diabetes

People in the tested age range most frequently develop Type 2 Diabetes which can cause multiple, serious health problems. Diabetes is more likely to develop in those with a family history but many people do not exhibit the classic symptoms of diabetes and can go for months or years without knowing. Some of these symptoms include extreme thirst, frequent urination, weight loss, increased hunger, and extreme fatigue. For many, however, the only indication that they are diabetic is the result of a blood test.

For many years, health care providers depended on the urine glucose/ ketone test, blood glucose and glucose tolerance testing to confirm and track diabetes. Since 1976 a test called HgbA1C, Hemoglobin A1C or "Glycated Hemoglobin" has been



recommended as a preferred screening tool for diabetes. This test measures the average blood glucose level present over a period of about 3 months. It can also be performed at any time during the day, eliminating the need to fast. Moreover, it is intrinsically more accurate than the results of a blood glucose, which measures only the glucose level at the time the blood is drawn.

Uncontrolled, diabetes can be a killer and can lead to debilitating, chronic diseases such as heart disease, kidney failure, nerve degeneration and blindness. Preventing diabetes, and controlling it, is the only way to decrease the risk of developing these during your lifetime.



**PERSONAL
HEALTH
PARTNERS**

8010 S 101st E Ave, Suite
200

Tulsa, OK 74133

&

30 E Campbell St, Suite 270

Edmond, OK 73034

Main #: 918-872-9499

1-800-547-5855

Fax: 918-893-1294

E-mail:

nan.bernton@urhealthpartner.com

We're on the WEB
www.urhealthpartner.com

**For more information, or
to schedule an event,
contact:**

**NAN BERTONE RN
CLINICAL DIRECTOR
918-872-9499**

Vitamin D plays a major role in keeping our bones healthy, especially in the young and in our later years. Several studies also indicate that low levels of Vitamin D affect our immune system as well as being associated with multiple sclerosis and some forms of cancer. While lack of Vitamin D does not actually cause these diseases it can leave the body unable to fight them off. Your body relies primarily on sunlight to convert Vitamin D to something called "calcidiol" in the liver. This is what is measured in blood serum to test Vitamin D status. Calcidiol is converted to "calcitriol" which regulates calcium and phosphate to promote proper bone health.

What You Don't Know (cont.)

Controlling blood sugar requires a combination of lifestyle changes and possibly some medications. Medication alone is not usually effective on its own. The following lifestyle changes are recommended for everyone wishing to prevent diabetes; and required for anyone with an HgbA1C over 5%:

Increase Physical Activity

Regular, moderate exercise such as walking or swimming at least 4-5 times per week is most beneficial

Reduce Excess Body Fat

Losing even 10-15 pounds can reduce blood glucose levels and reduce insulin resistance

Eat Healthier

Cut down on refined or processed foods

Decrease "high glycemic" foods such as white bread, biscuits, soda pop, potatoes, white rice, sweets, sweetened breakfast cereals and sugar

Increase "low glycemic" foods such as whole wheat bread, whole grains (oatmeal), fresh fruits & vegetables, beans, protein rich foods such as nuts & seeds, and healthy fats such as avocado

As a general rule, decrease the size of your portions and eat smaller portions of high glycemic foods and larger portions of low glycemic foods

If you are a diabetic, track your HgbA1C approximately every 3-6 months

If you are not diabetic, have your HgbA1C performed annually or if you exhibit any of the signs or symptoms of diabetes

The Role of Vitamin D in Good Health

Low blood levels of Vitamin D are associated with increased mortality, especially in older women. They are also closely linked to diseases related to immune system deficiencies such as influenza viruses, tuberculosis and possibly even HIV. Diseases linked directly to vitamin D deficiency include rickets in children as well as osteomalacia and osteoporosis in adults. This causes softening, low density and small holes in the bones, making them more susceptible to injury.

In recent years many people have avoided exposure to the sun and have increased the use of sunscreen in an effort to prevent skin cancer. This has contributed to an increase in Vitamin D deficiency. As there are not a lot of foods that contain Vitamin D naturally, many foods are now being fortified with it and there has been an increase in the use of supplements. However, there are large numbers of people who are unaware that they have a deficiency and they run the risk of serious disease, and injuries such as hip fractures, as they get older.

What Can You Do?

Don't avoid the sunlight all the time - it is the still the primary source of Vitamin D. A sunscreen with a SPF of 8 can block absorption of Vitamin D by 95% and taking supplements will not work properly without some sun exposure. As little as 30 minutes of sun exposure can produce large amounts of Vitamin D.

Eat foods that contain Vitamin D such as mushrooms (portabella & shitake), alfalfa, fish liver oil, fatty fishes (catfish, salmon, sardines, tuna), eggs and beef liver. Drink fortified milk exposed to UV light.

Know your Vitamin D level and check it periodically. The normal level for some reference labs is 30.0-100.0 ng/ml. For some older people it should be higher than that to prevent brittle bones.

If advised by a physician, naturopath or nutritionist; take the proper supplements recommended for your age and gender. However, supplements are not always easily absorbed by mouth.

Like many vitamins, it is possible to take too much of a good thing. Taking large amounts of supplements may seem to be the way to stay healthy but Vitamin D can cause issues if taken in large quantities. By visiting with a nutritionist or Naturopath (ND), you can get the advice you need to set you on the right path to making sure you have the balance of vitamins that is right for your age and gender. They will also advise you on the testing you may need as a baseline. Getting the lab test on a regular basis, so you can track your levels and measure your success, is also a good idea.

