

ASHBY ADVISOR

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Hope everyone is staying well through the holiday season. Some quick note on current research in healthcare.

I know you are probably “Sick” of the Vitamin D information but here are a couple of items you can be aware of in your health care/prevention program. First, some people do not easily convert sunlight into Vitamin D in the body. Especially as we get older. Also, the darker your skin color, the less conversion there is to Vitamin D. This is why being in the sun does not necessarily raise Vitamin D levels significantly. I’ve read articles saying that just some short exposure to the sun in the summer months will take care of your D needs. Not necessarily true. The best studies I’ve seen show that the best way to get adequate Vitamin D is to supplement it. Higher blood levels of Vitamin D. are always shown to be beneficial in any disease study.

Now, that being cleared up, let’s go to a new study on Vitamin D and congestive heart failure. Researchers found a gene variant that affects an enzyme critical to activating Vitamin D. to be used in the body. Patients in this group also had high blood pressure and were twice as likely to develop congestive heart failure (CHF). Screening tests may be available for this in the future. So even though some people have adequate D levels their body doesn’t use it properly. There is no test available for this to the public at this time.

And one last statistic: before you drink that eggnog: 43% of American’s are on track to obesity by 2018, cost to health care \$344 billion.

So after the holidays are done you’ll be doing your best to lose a few pounds of holiday cheer. This means more exercising.

Do yourself a favor. If you are going to work with a trainer please have them keep the exercises basic, especially if you have any previous injuries or haven’t worked out in a while. Some trainers tend to push too hard. Remember they have to keep their job by finding creative ways to exercise.

Also it would be good to get checked out in the office for potential problems. Let’s try to avoid some injuries.

Have a wonderful year!

Quote of the month “The mark of a motivated man is to distinguish a setback from defeat.”