

News from Northside Family Medicine!




Saturday appointments going full force!

We want to thank you for your continued support. Saturday appointments are filling up weekly so make sure you make your appointment soon. Don't hesitate though to call if you need a same day appointment on a Saturday. While we can't guarantee it like on weekdays, we will do our best to accomodate you.

Supplements what's the buzz all about? Are they a good thing?

What is a supplement?

CONNECT WITH US:

 [CLICK HERE IF YOU LIKE NORTHSIDE FAMILY MEDICINE!](#)
CHECK US OUT AT
WWW.NORTHSIDEFAMMED.COM

SHARE THIS EMAIL:



CONTACT US:

12207 Pecos St. Suite 800
Westminster, CO 80234
(303) 428-8536
Our email address is
northsidefammed@gmail.com but
first make sure you are familiar and

According to the [Dietary Supplement Health and Education Act \(DSHEA\) of 1994](#), a dietary supplement is a product that contains substances like vitamins, minerals, foods, botanicals, amino acids and is intended to supplement the usual intake of these substances. Dietary supplements are found in pill, tablet, capsule, powder or liquid form and are meant to be taken by mouth. (taken from about.com). Some examples of dietary supplements include a multivitamin, Airborne, Creatine, Calcium and Vitamin D, probiotics, glucosamine, and many other things.

A word about supplements

Before reading any of this I want to be clear that our office is not against the use of supplements as they can have significant potential benefits for many people. We just feel it is important for you to be educated about the conditions surrounding supplements and would urge you to discuss them with your healthcare provider before taking them. Generally speaking, information from a friend or someone who is trying to sell you them and likely has little support for the claims they are making. Our job is to try to “first do no harm” and if we can help you make informed decisions in the supplement realm then we are doing our job. Ultimately, it has and always will be your decision on what to do. We try to provide what information we have at that time, but it is you who gets to make the decision of what you put into your body.

What the FDA does with supplements

Supplements are a class of items that claim to have certain properties to treat certain diseases and problems. However, the claims made by supplements do not need to prove their claims through rigorous scientific testing. All supplements carry the warning on the label that they cannot claim to treat, prevent or cure a specific disease. **Does this mean that supplements are worthless? The answer is no.** However, you need to keep in mind several things about supplements. One, there is no regulation of any of the companies to prove safety of the products or prove their claims. The FDA does not routinely test any of the supplemental products. If there are any problems reported with any products the FDA relies on “voluntary” information that the companies provide to bring any safety into question. The good news is that since 2006 the companies are required to report any significant adverse

agree with our online consent form at www.northsidefammed.com!

Supplements Continued

How does supplement regulation compare with pharmaceuticals (the medications- that are usually prescribed)?

It is clear that the pharmaceutical industry has not had the best track record for being always forthright in information about their medications or their safety. That being said, they are at least monitored by the Food and Drug Administration (FDA) and rigorous studies including, in most cases, over a thousand people (in general and usually more) have to be conducted and approved by the FDA to release a medication out to the general public. And when problems arise, action is taken to remove the drugs or put our appropriate warnings. Does that mean the system is perfect and there is no more that could and should be done to ensure safety – of course not. But to put it into perspective when it comes to supplements, none of this monitoring or regulation is in place to make sure the products they supply are safe, consistent, and effective. Before supplements are sold nothing is needed and no further monitoring of safety is required after the supplements are being sold to the public.

What supplements should I buy?

Before starting any supplements I believe a discussion with your treating healthcare provider is important to at least better gauge the safety of the supplement and its efficacy. I would also urge you to be very comfortable

effects that are reported to them to the FDA but that relies on the user of a supplement to report an adverse effect to the manufacturer. The FDA just asks that they are notified that a supplement is being marketed when it is advertised or sold to the public. Unless it contains an ingredient that is new to the market since 1994, a supplement manufacturer does not need to even tell the FDA why they think it should be safe. No significant data about the new ingredient is required, the FDA just asks that the supplement ingredient be justified by the manufacturer to be “reasonably” safe. (Information taken from the FDA website one link <http://www.cdc.gov/eid/content/16/11/1661.htm>)

How does supplement regulation compare with pharmaceuticals (the medications- that are usually prescribed)?

It is clear that the pharmaceutical industry has not had the best track record for being always forthright in information about their medications or their safety. That being said, they are at least monitored by the Food and Drug Administration (FDA) and rigorous studies including, in most cases, over a thousand people (in general and usually more) have to be conducted and approved by the FDA to release a medication out to the general public. And when problems arise, action is taken to remove the drugs or put out appropriate warnings. Does that mean the system is perfect and there is no more that could and should be done to ensure safety – of course not. But to put it into perspective when it comes to supplements, none of this monitoring or regulation is in place to make sure the products they supply are safe, consistent, and effective. Before supplements are sold nothing is needed and no further monitoring of safety is required after the supplements are being sold to the public.

Our stance on supplements and your treatment at Northside Family Medicine- Your opinion is the final word on supplements

The proof of the claims for many supplements is minimal at best and just because they may be natural alternatives for things you need to remember that substances such as arsenic are also natural. While at low levels the natural substances may have showed no problems, at higher regular doses that you may get in a supplement, they may cause significant problems. Please don't get me wrong, I

with the source (manufacturer) of your supplements to make sure they are consistent- this should be somewhat easier given a 2007 FDA requirement for supplements to ensure purity, quality, strength, and composition but I am not certain about the enforcement of this. This is beyond the scope of this discussion but looking into reputable societies that adequately self govern the supplement industry and sticking with those supplements would be a good idea.

Upcoming supplements we will highlight- We want your input!!!

In the coming months I would like to highlight several different supplements that are out on the market and examine their benefits and potential risks. Next month we will talk about probiotics- a group of microorganisms that are made with the hope of helping your GI tract (your gut), your immune system, and by some claims many more things. By all means if you have one supplement in particular that you are curious about let us know and we will try to provide you with some information about the supplement either via email, on facebook, or in our newsletter. to feel as though your opinion doesn't count in your own care- it is the most important factor and if you don't believe what we think then the chances are you won't do it anyway. So please use us to advance your information about your health but ultimately the choice is always yours. Thanks again for your trust.

Online scheduling and same day appointments are great

am not against supplements, there are many helpful things with a decent amount of studies to prove safety and efficacy and can be very helpful for many issues and we will try to go over many supplements in the coming months.

Lastly, remember that as healthcare providers we want to open a dialogue with you about what your thoughts are about your health. We don't ever want you to feel as though your opinion doesn't count in your own care- it is the most important factor and if you don't believe what we think then the chances are you won't do it anyway. So please use us to advance your information about your health but ultimately the choice is always yours. Thanks again for your trust and please let us know what you think!

More newsletters are on the way!

This is our Eighth newsletter and we are trying to touch on important topics for lots of our patients. But please let us know if you have other thoughts or things you would like to include especially if you have ideas about a supplement or another topic to address. We'd love to hear from you!

benefits at Northside Family Medicine.

Many of our patients are already taking advantage of online scheduling. If you forget to call during office hours or run into a problem in the middle of the night and want to make sure you get an appointment the next day you can schedule it online. Even if an appointment isn't available online just call us after 830AM and before 3PM on a normal business day during the week and we'll get you in that day. Any time of the day just go to our website www.northsidefammed.com and follow the easy instructions to schedule online any time.

The greatest compliment you could ever give us is the referral of your family and friends. We thank you for your trust. Northside Family Medicine

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)

from ac- up to 4/15/10 last 18 months



Copyright (C) 2011 Northside Family Medicine, PC All rights reserved.