

**Flu shots have arrived for everyone!** Your next question may be – is it too early to get a flu shot? I just checked the CDC website and confirmed that per the CDC they don't feel there is a time that is too early to give the flu shot. Per the CDC it will provide protection for the whole year whenever you get it. For more information about the flu shot (and no it can't give you the flu) see our newsletter from last year. Click [http://www.northsidefammed.com/Page\\_2.php](http://www.northsidefammed.com/Page_2.php) for last years newsletter to review from our website and you can find all of our previous newsletters on our website.

### **So when can I get my flu shot?**

You have 3 options

1. We have a limited number of slots every day if you want to just come in for a flu shot but please call ahead (same day in most situations) to make sure we can accommodate you.
2. If you are planning on a follow up visit in the next 2 months or so we can just do it while you are here for your visit.
3. We will be having a Flu shot clinic on Saturday September 17th but again please call us so we can provide a time for you to minimize your wait. If you can't make that day let us know and if the demand is there we may open up another Saturday.

### **Saturday appointments are coming back!!!**

With the arrival of twins at the Banka household, there has been a temporary decrease in availability of Saturday appointments. But, Erika plans to be back in late September and either Erika or I will be available for appointments on Saturday September 17<sup>th</sup>-

## **Coenzyme q10 (coq10)- Does it provide the Energy we need?**

### **What is coenzyme q10 (coq10)?**

It is a vitamin like substance that is found throughout the body with the highest concentrations in the heart, liver, kidney, and pancreas. It is thought to be an anti-oxidant. It can be found but only in small amount in mostly meats and seafood. Much of it is made by the body itself but several conditions can prevent or decrease production of it. Coq10 is a necessary part of a chain of events in the powerhouse of the cell, the mitochondria. Without coq10, ATP production can't be made and that is where 95% of the energy of the body comes from. Now, it sounds very important doesn't it? Maybe that is why it is the 3<sup>rd</sup> most purchased supplement behind multivitamins and fish oil. But the fact of the matter is that a true Coq10 deficiency is felt to be very uncommon. It has claims of extending life, helping prevent muscle aches from taking statins and many other condtions- read on and see what it is useful for! Sources- NIH-

[www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y), Wikipedia on coenzyme q10, [www.mayoclinic.com/health/coenzyme-q10](http://www.mayoclinic.com/health/coenzyme-q10)

### **For what things is coq10 definitely helpful?**

We believe it is helpful for deficiencies in coq10 which are very rare and for those who have mitochondrial disorders it is also likely helpful. Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y)

### **What things could coq10 be helpful treating....**

**Congestive heart failure-** It may be helpful for congestive heart failure along with other medications but the data is controversial.

**Decreasing risks of heart problems after a recent heart attack-** Studies suggest a significant decrease in heart-related events if started within 72 hours of a heart attack.

**Preventing problems in the blood vessels after a heart bypass-** taking coq10 one week before the bypass surgery MAY help reduce risk of blood vessel damage.

**Migraine Headaches-** While it doesn't help at the time of a migraine there are studies to suggest it can reduce the frequency of migraines by 30% and the number of days with nausea from migraines by 45%.

**High Blood Pressure-** Some studies suggest it may lower blood pressure – you can try it but don't stop any blood pressure medications without first discussing with your provider.

**Parkinson's-** only some benefit is noted in early Parkinson's at slowing disease.

Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y)

### **What about taking it to protect against muscle aches while on statins and helping cholesterol?**

In theory this makes a lot of sense. Data suggests that the levels in the blood of coq10 can be reduced by 40% with the use of statins, but there is no clear proof this recommendation is worthwhile. Nevertheless, given the safety of coq10 and the importance in many cases of staying on a statin, it is worth trying. Also, there is some preliminary data that the ldl (bad cholesterol) may be made less harmful by coq10. It is though that coq10 makes it less likely to form plaque in the arteries that can lead to heart attack and stroke.

Source- Wikipedia on coq10

### **When is taking coq10 likely not worth it- unless future studies show otherwise?**

Dental disease prevention (there is conflicting information on this one), extending life- (while coq10 is lower in the elderly it hasn't proven to be a fountain of youth yet) and physical performance improvement (don't put it in your protein shake). Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y)

### **The jury is still out if coq10 helps the following-**

Diabetes control, asthma treatment, breast cancer, male infertility, chest pain prevention. Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y), [www.mayoclinic.com/health/coenzyme-q10](http://www.mayoclinic.com/health/coenzyme-q10)

### **Is coq10 safe and what are its side effects?**

We believe it is likely safe for adults to take and may be safe for children but you should first talk to a physician. It is likely best not to take if pregnant or breast feeding. Some mild side effects include rash, nausea, decrease in appetite, vomiting, and diarrhea. Lastly, it may cause low blood pressure so watch that closely and discuss with a physician before starting. Sources- NIH-

[www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y),  
[www.mayoclinic.com/health/coenzyme-q10](http://www.mayoclinic.com/health/coenzyme-q10)

### **With what medications should I be careful?**

**Warfarin (coumadin)-** it may increase or decrease the risk of blood clots and make warfarin less effective so make sure you get your levels monitored regularly and discuss with your doctor.

**Blood pressure medications-** it can cause low blood pressure so watch your blood pressure closely

**Chemotherapy-** since it is an antioxidant it may reduce the effectiveness of chemotherapy so discuss with your cancer Dr. Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y)  
[www.mayoclinic.com/health/coenzyme-q10](http://www.mayoclinic.com/health/coenzyme-q10)

### **How much should I take?**

There are reports that coq10 is safe up to 1200mg in adults but that doesn't make it the ideal amount. To reduce side effects it is likely best to try taking smaller doses 2-3x daily. For most conditions between 100 to 200mg total in a day is a good idea. But for migraines 100mg 3x daily is probably best and the same with Parkinsons, and male infertility. Sources- NIH- [www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y](http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html?print=y), [www.mayoclinic.com/health/coenzyme-q10](http://www.mayoclinic.com/health/coenzyme-q10)