

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Microminerals

Microminerals are those substances required by the body in quantities of 100 mg a day or less. These include chromium, copper, fluorine, manganese and others. Some are considered essential minerals or trace elements and include iron, zinc, iodine and selenium.

The human body contains a total of around 3 grams of iron, mostly in the red blood cells. The remainder is in muscles and in some body enzymes. As with most substances, there is also a certain amount of minerals in storage. Good dietary sources include beef, fish and poultry. Other animal products as milk, cheese and eggs have some iron but certain dark green leafy vegetables, nuts, fruits and fortified cereals are better sources.

Iron deficiency results in a low blood count as anemia. Iron toxicity can damage the liver, heart and other areas. Once again a balanced dietary intake based on your particular needs should be determined.

The requirement for zinc is about the same for iron and the sources are meats, poultry and particularly seafoods as oysters. Eggs and cheese are good sources while most vegetables have lesser amounts of the nutrient. The functions of zinc are widespread and include growth, enzyme activities and the immune system.

A deficiency of zinc results in poor growth in children, abnormal healing, night blindness and even hair loss. Excessive zinc intake may cause abdominal cramps, nausea, vomiting, diarrhea. Chronic overdose causes anemia, abnormal cholesterol levels and problems with skin and bones.

Selenium deficiency causes heart, bone and joint problems. Iodine deficiency causes a goiter or thyroid gland enlargement. There will be growth retardation, neurological, muscular and mental problems.

I believe that perfectly healthy people on balanced diets do not need vitamin or mineral supplements but many doctors say that women of child bearing age will definitely require at least a minimal iron supplement.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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