

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Wounds - Minerals

Minerals important for nutrition are divided into those used in larger amounts and those required in lesser amounts. They are the macrominerals and the microminerals. The larger group contains elements as calcium, chloride, magnesium, phosphorus, potassium, sodium and sulfur.

We all know that too much sodium contributes to high blood pressure and to the retention of body water and fluids. Yet it is a necessary element of the diet. It is just so commonplace that taking extra is rarely required.

When I was playing football in high school they offered us salt tablets because sweat has an elevated salt content. As it turns out sweat is high in salt if your diet is that way. If you consume a minimal amount of salt in your diet then your sweat will contain minimal salt. I believe that the original Gatoraide had more salt in it than it does today. We just do not need as much salt in our diet as we thought some years ago.

Calcium is the major component of teeth and bones. It is found in good concentrations in milk, cheese, ice cream, yogurt, salmon, clams, broccoli, legumes and dried fruits. Taking up to 2.5 grams per day is probably safe for normal adults but constipation and kidney stones have been known to result from excessive consumption.

Chloride, magnesium and phosphorus are commonly found in all sorts of foods. Deficiencies are rare as are toxicities.

In most macrominerals the abnormalities that do occur are in diseased individuals as the alcoholic, those with hormonal imbalance and patients with severe gastrointestinal or kidney problems to name a few. Normal individuals are unlikely to require dietary supplements. I suggest you save your money. If you have any concerns ask your doctor or dietary consultant.

The above represents the opinion of A. E. Haas, M.D.

Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center

Just call us directly. No referral needed unless required by your insurance company

836 Sunset Lake Blvd # 103, Venice, FL 34292
(941) 492-4775