

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Wound Care Medicine

Vitamins

Vitamin B1 is water soluble. It was discovered by Casimir Funk in 1912. Main sources include legumes, whole grain products, sunflower seeds, yeast and wheat germ . It is also in some meats especially pork and to lesser extents in other meats.

Chemically it is known as thiamin diphosphate. Its main function is to aid in the formation of energy within the cells of the body. The operation of nerves particularly the transmission of nerve impulses is in part controlled by thiamin. Certain enzymes that control carbohydrate metabolism need the vitamin.

Deficiency of thiamin results in a disease known as beriberi. One of the first symptoms is loss of appetite and then weight loss. Later, problems with the heart and the nervous system occur. There may be confusion, visual effects and loss of balance. Those most susceptible are alcoholics, and those with impaired absorption as in cancer patients, and people with gastric or intestinal problems.

Since vitamin B1 is water soluble it is hard to build up toxic amounts in the body. Even though the recommended amount is only 1 to 2 mg per day people have taken several hundred milligrams without toxic effects. When excessive thiamin is taken you will excrete it in the urine. Also some is broken down by the body by other processes. Toxic levels have usually been associated with intravenous administration. Convulsions, headache, cardiac dysfunction and shock have occurred with overdosing.

As with taking any other vitamin supplement you should check with your doctor before consuming extra vitamin B1. This is especially important if you plan on taking large amounts of the nutrient. If you do not require extra vitamins why take them and waist your money?

**The above represents the opinion of A. E. Haas, M.D.
Venice Wound Center, 492-4775**

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

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