

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Vitamins

Vitamins A, D, E and K are the fat soluble nutrients. Today I will discuss E in detail. It was discovered around 1920. It is found in some fatty foods as beef and some fish but there are vegetables with higher levels. Good concentrations are found in fruits and leafy vegetables, also wheat, barley and oats. Cooking oils, salad dressing and mayonnaise are good food sources. Many foods contain vitamin E.

The chemical name is tocopherol. Its main function is that of an antioxidant. It protects the covering of the body's cells. There are different types of cells for every body part as liver cells, muscles cells, brain cells and skin cells to name just a few. Vitamin E may help stabilize the cornea cells of the eye preventing cataract development. Atherosclerosis or hardening of the arteries may be lessened with good levels of vitamin E. There may be some anticancer benefits however the evidence for this is not that strong. The evidence that vitamin E is good for healing and minimizing scar formation is also lacking.

Those with diabetes may benefit from good levels of tocopherol as it helps the function of insulin. The vitamin can stabilize cholesterol levels. Iron toxicity is actually treated with extra vitamin E.

Deficiency of vitamin E is rare in our population. People with chronic liver disease, cystic fibrosis and some rare genetic disorders are at risk for low levels. The symptoms include retinal degeneration, anemia, muscle weakness and several problems with the nervous system.

Vitamin E toxicity is uncommon. Symptoms are interestingly similar to those of the vitamin deficiency. There is muscle weakness, visual disturbances and fatigue, also gastrointestinal symptoms as nausea, diarrhea and flatulence. High doses may also interfere with the function of other fat soluble vitamins and in particular can thin the blood excessively.

Even though it may be safe to take some extra vitamin E one would still recommend that you get your doctor's opinion when taking any extra vitamins.

**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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