

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 K in detail. It was discovered around 1935. It is found in some fatty foods as olive and soybean oils but there are vegetables with higher levels. Good concentrations are found in broccoli, kale, turnip, brussels sprouts, cabbage and lettuce, your favorite foods. Other sources are asparagus, celery, peas and even coffee. Lesser amounts are in meats, fish, butter, cereal, fruits and even milk. You can see that this vitamin is fairly common.

The vitamin is also manufactured by the bacteria that normally live in your gastrointestinal tract. Deficiencies are therefore rare. It is known to occur in newborn infants and adults taking antibiotics for long periods of time if other sources are inadequate.

There are a group of compounds that are known as vitamin K and are called phyloquinones and menaquinones. They function in the blood clotting process. Coagulation requires the interaction of over a dozen chemicals and vitamin K is needed for your body to manufacture four of them. Vitamin K is also involved with the proper function of the kidney and bones. Every vitamin seems to have a main role and several lesser functions in your body's metabolism.

While deficiency is uncommon so is toxicity. If you are on blood thinners that interfere with the function of vitamin K then taking extra vitamins may thicken your blood. Here again it is best to ask your doctor before taking any 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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