

# VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

*Cosmetic, Reconstructive, Face, Breast, and Hand Surgery*

## **Wound Care Medicine**

### **Vitamins**

Vitamins A, D, E and K are the fat soluble nutrients. Today I will discuss A and D in detail. Both were discovered around 1920. Both are found in fatty foods as beef and liver. Good levels are also in milk, butter, cheese and some fish as tuna and sardines.

Chemically vitamin A is in the form of retinol, retinal or retinoic acid. Associated compounds include beta and alpha carotene and some others. The major function is to help the eye form light receptor pigments to aid in night vision. Night blindness may result from inadequate intake of the vitamin. The nutrient also aids in the growth of skin and nerve tissue as well as bone growth. It helps with the immune system that fights infection and disease.

If you think that high amounts of the vitamin are good for you then think again. There is a condition called hypervitaminosis A. This is a toxic condition. Here again if a little is good a lot more is not necessarily better.

The chemical name for vitamin D is cholecalciferol. It regulates the minerals in bone particularly calcium. A lack of the nutrient in children results in bone malformations. It is known as rickets. In adults there is a thinning of the bones called osteomalacia.

As with vitamin A excess intake of D is toxic. It may cause the accumulation of calcium in the heart, lungs and kidneys among other places. If a little is good a lot is not necessarily better. I keep saying this because it is a very common misconception.

Check with your doctor before taking supplemental vitamins. People with poor dietary habits and those with certain health conditions will need extra vitamins but do not take them haphazardly. Get instructions appropriate for your personal needs.

**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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