



# TO YOUR HEALTH



Carleton-Willard Out-Patient Clinic

100 Old Billerica Road, Bedford MA 01730

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## Making a Case For Vitamins

By Susan Cusson, NP



“Should I take a multivitamin”? This question comes up a lot. Almost half of all Americans do take

some form of daily vitamin/mineral supplement. Is there any scientific evidence to support this or is it a waste of money? Research is mixed but overall shows no benefit to the general population in preventing serious illness.

So why do so many doctors recommend multivitamins? In the ideal world, we'd all eat a diet rich in nutrient dense foods such as fruits and vegetables, getting all the essential vitamins and minerals we need for optimal health. In reality, over two-thirds of Americans fail to meet the Estimated Average Requirement (EAR) for vitamins D, E and K and about 40% fall short with vitamins A and C. In large part, these shortfalls results from inadequate intake of fruits, vegetables and whole grains.

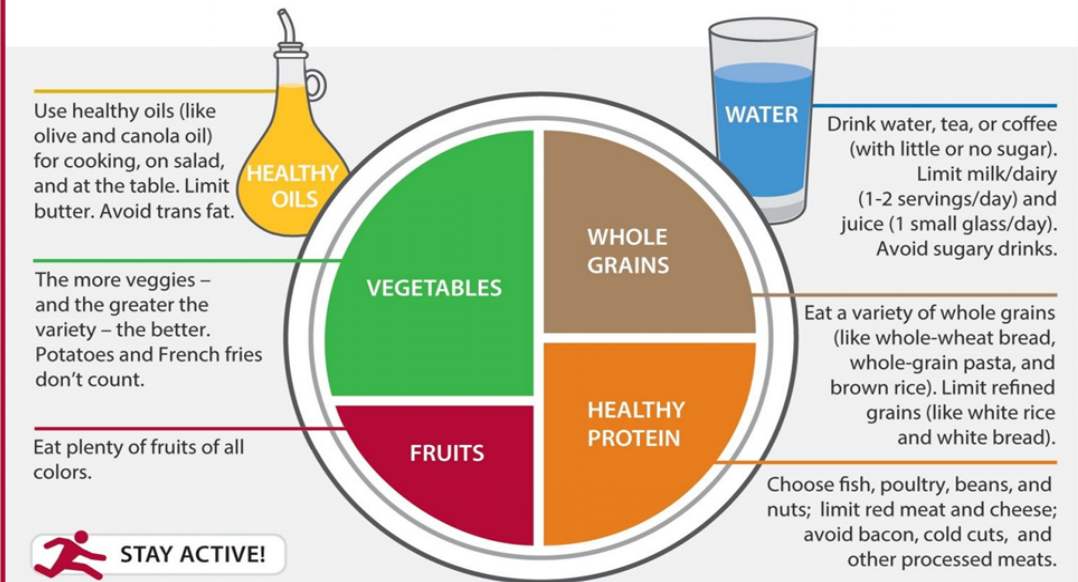
So when it comes to preventing serious diseases, there's not

enough scientific evidence to recommend a daily multivitamin. But, when it comes to filling the gaps in our diet, taking a daily supplement is a prudent thing to do.

There is no particular multivitamin that is best for everyone. The decision to take supplements should be tailored to each individual's particular needs. Talk with your healthcare provider or dietician to help decide what's best for you. Small changes in dietary intake may be enough to fill in some of the gaps. For instance, if you need more calcium, have you tried Greek yogurt?

Eating a healthy diet should always be first and foremost. Let the Healthy Eating Plate be your guide.

## HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



## A Note on Vitamin D: The “sunshine vitamin”



In New England, during the winter especially, it's nearly impossible to get enough vitamin D from the sun. While many foods are fortified with calcium and vitamin D, that's usually not enough either. Many studies have shown risks associated with vitamin D deficiency as well as great health benefits to taking a vitamin D supplement. It's important to get the right amount. Unless otherwise advised, 800-1000 IU's/day is thought to be sufficient. If you're taking more, it might be wise to have a conversation with your healthcare provider to see if it's the right amount for you.



## Health Education Lecture

### “Relieving Pain with Medicines: Myths & Realities.”

Most of us are hesitant to take pain medicine even when we are suffering. Barbara Chenoweth, NP will discuss the range and types of pain medicines, how they are used, precautions, and myths & realities about addiction. Bring your questions for what is certain to be an interesting, thought provoking discussion.

Wednesday, March 23, 2016  
10:30 to 11:30 am  
Center Auditorium.

## Share Your Life's Journey!

The Legacy Project was established in 2010 as part of the Living Fully, Dying Well program. This opportunity to create a video about your life is open to all Residents. Susanne Saunders wrote an open letter to share her thoughts with Carleton-Willard Residents. She found the project particularly meaningful for herself and her family and wanted to encourage others to take advantage of this opportunity.

*“For all those who wondered why all my grandchildren were here last week, it was to say goodbye to grandma. I've come to the end of my treatment for cancer.*

*About a year ago, Marcia Feldman persuaded me to talk about my life in front of a camera. Marcia did a great job producing a DVD of the interview, and I can't thank her and the crew that taped it enough. It was hard work, but I urge all of you to take advantage of it while you can.*

*Now, each grandchild has watched the tape with me, and I learned the impact I had on each of them and them on me. Instead of a sad farewell to grandma, it was all positive...It was a very cheerful goodbye, and I learned what I had done for my grandchildren, which one seldom learns. Don't delay. Take advantage of Marcia's efforts.*  
-With thanks to all, Sue Saunders”

If you are interested in exploring your own Legacy video, please contact Marcia Feldman. She can be reached by calling her at x1389 or email at [mfeldman@cwvillage.org](mailto:mfeldman@cwvillage.org).