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## Debunking Medical Myths: Vitamins and Supplements always make you Healthier

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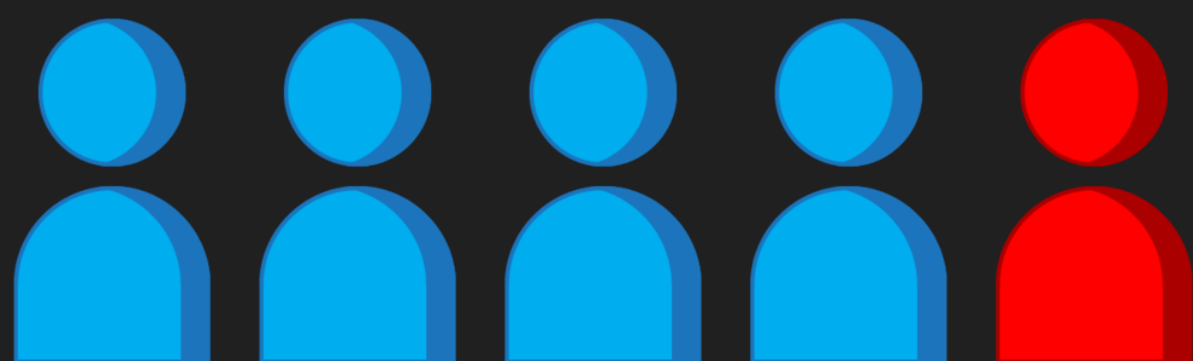
# Vitamins and Supplements always make you *healthier*.

As future physicians, we can provide evidence-based information on the possible benefits and risks of supplementation

## 4 out of 5 Americans take a Vitamin or Supplement

Yet only 21% have a nutritional deficiency. (1)

Pregnant women are recommended to take supplements due to increased nutritional demand.



## Pregnant Women and Supplementation

Pregnant women are a specific population that can greatly benefit from supplementation during pregnancy. Daily folate and iron supplementation is recommended to prevent birth defects.

- 400 mcg folate
- 27 mg of iron



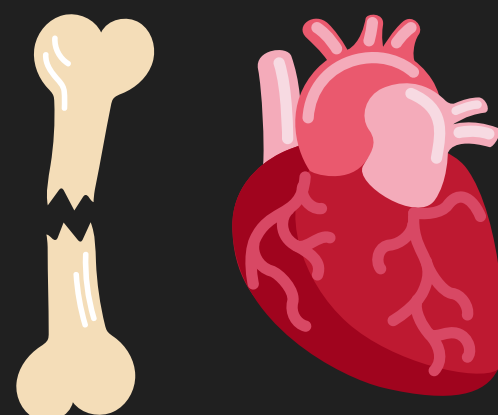
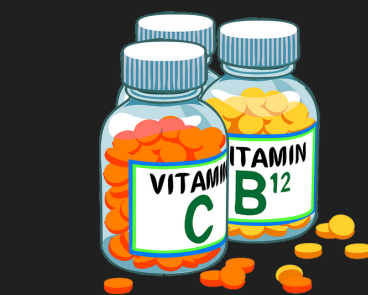
## Vitamin A

Research suggest vitamin A supplements have a significantly increased (16%) risk of cancer incidence. (4)

High doses increase risk of mortality. (4)

## Vitamin C, Vitamin D, Calcium, and Multivitamins

DO NOT show significant prevention of cardiovascular disease or stroke in the general population, nor do they lower risk of fractures among older adults. (2,3)



## HOW DO YOU NAVIGATE TAKING SUPPLEMENTS or VITAMINS



- CONSIDER YOUR DIET!
  - Are you eating balanced meals?
  - Do you have access to enough food?



- USE YOUR PHYSICIAN AS A RESOURCE!
  - Request blood work to evaluate deficiencies!
  - Ask about doses!



- RESEARCH THE VITAMIN AND BRANDS YOU WANT TO TAKE FOR ADVERSE EFFECTS!

## References

- (1) Poll finds 86% of Americans take vitamins or supplements yet only 21% have a confirmed nutritional deficiency. American Osteopathic Association. <https://osteopathic.org/2019/01/16/poll-finds-86-of-americans-take-vitamins-or-supplements-yet-only-21-have-a-confirmed-nutritional-deficiency/>. Published July 19, 2019. Accessed December 2, 2021.
- (2) Jenkins DJA, Spence JD, Giovannucci EL, et al. Supplemental Vitamins and Minerals for CVD Prevention and Treatment. *J Am Coll Cardiol*. 2018;71(22):2570-2584. doi:10.1016/j.jacc.2018.04.020
- (3) Zhao JG, Zeng XT, Wang J, Liu L. Association Between Calcium or Vitamin D Supplementation and Fracture Incidence in Community-Dwelling Older Adults: A Systematic Review and Meta-analysis. *JAMA*. 2017;318(24):2466-2482. doi:10.1001/jama.2017.19344
- (4) Schwingshackl L, Boeing H, Stelmach-Mardas M, et al. Dietary Supplements and Risk of Cause-Specific Death, Cardiovascular Disease, and Cancer: A Systematic Review and Meta-Analysis of Primary Prevention Trials. *Adv Nutr*. 2017;8(1):27-39. Published 2017 Jan 17. doi:10.3945/an.116.013516