

The 411 on Vitamins (*Interview Transcripts*)

Anne Orzechowski, Family Medicine APRN, OSF HealthCare

“Some vitamins are water soluble, some are fat soluble. If you take too much of any water soluble vitamins like B-12 and vitamin C, your kidneys will excrete it and you will urinate it out. For some fat soluble vitamins, if you take too much your body will hold onto it and that can affect your chemical balance, electrolytes, and calcium balance. So you don’t want to just take a ton of those.” (:28)

Anne Orzechowski, Family Medicine APRN, OSF HealthCare

“You really are not going to have signs that you are deficient in vitamin D, so you are really not going to know. We care about it when you get older or when you are of post-menopausal age because it affects bone absorption and osteoporosis. So you may not notice if you are deficient in vitamin D, but it is extremely common in the northern hemisphere.” (:27)

Anne Orzechowski, Family Medicine APRN, OSF HealthCare

“We tend to just feel how we feel and are used to it, so if we are a little fatigued we just kind of plow through the day. But I think it’s a great idea to get your labs drawn once a year to check if you’re anemic, make sure your electrolytes are fine, check your liver and kidneys, make sure your blood sugar is at a good level, and make sure your vitamin D is not super low. So I think just getting your blood drawn once a year is a really beneficial way to be proactive about your health, and then we can kind of talk and see what supplements you might be interested in and which ones can really benefit you.” (:34)

Anne Orzechowski, Family Medicine APRN, OSF HealthCare

“The jury is still out. There are a few that are not recommended, but one that probably won’t hurt or harm you is just a multivitamin because not everybody eats seven to nine servings of fruits and vegetables per day. That’s one that you can generally take and feel good about.” (:18)