



## Dietary Supplements and Health Conditions

Do you take dietary supplements and have diabetes, heart disease, hypertension, high cholesterol or are overweight? Do you have more than one of these conditions? If you answered yes and have not discussed the supplements you actually consume, with your doctor, you may be at risk.

Did you know some supplements such as Vitamin K can affect blood clotting? Anyone who takes medication to reduce blood clotting should be concerned about eating foods rich in Vitamin K such as kale, spinach, collard greens, Swiss chard, mustard greens.



Some supplements have the opposite effect and increase the thinning of the blood such as Vitamin E. Some can actually change how other drugs are used or metabolized in the body. Depending on the health condition, these interactions can be hazardous to health.

Supplements that prevent or exaggerate or render useless the intended benefit of prescribed drugs, can literally cause life threatening results. For safe aging, before using any dietary supplements, discuss the use or intended use with each treating physician and/or specialist. Remember, as circumstances change, it is important to keep all doctors informed of supplemental use. Any new prescribed medications should be considered in combination with supplemental use.