

Preventing Vitamin Deficiencies for Older Adults

As you age, vitamin deficiencies are common and can lead to physiologic, psychological, and social changes. This can be due to the natural aging process, poor nutritional intake, loss of appetite, or side effects of something, such as pain or depression. Getting the appropriate amount of nutrients can help increase energy levels, strength, and cognition for participation in activities of daily living, hobbies, and so much more. Both vitamin rich food and supplements can help prevent deficiencies! Below is a chart to reference how proper nutrition or vitamin deficiencies can inhibit or enhance our daily performance.



Important Considerations & Resources:

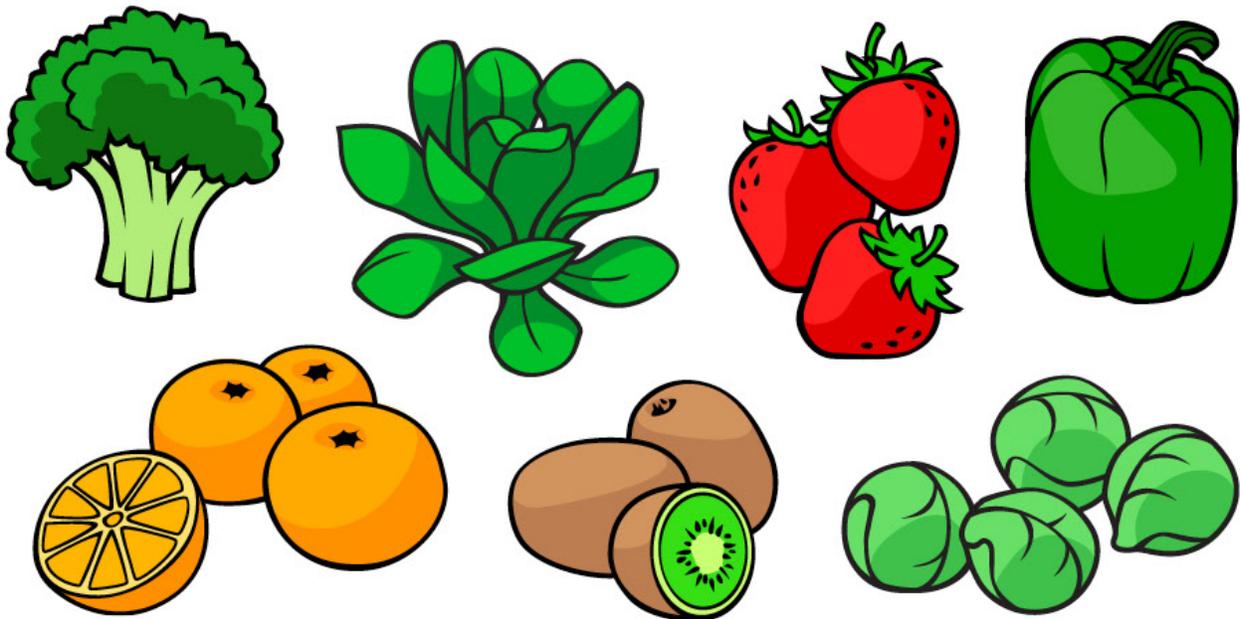
- What vitamins does your body need? This vitamin deficiency test is FREE and examines possible deficiencies based on your symptoms: <https://freevitamindeficiencytest.com/def.php>
- For signs and symptoms of vitamin deficiencies: <https://www.livestrong.com/article/394753-how-to-test-for-vitamin-and-mineral-deficiencies/>
- Always consult a doctor before taking any supplements or increasing vitamin intake. While they have many benefits, they may also present adverse risks and side effects.
- When taking medications with supplements, take note of any advisories. Do not take supplements in place of medication without consulting a doctor or pharmacist first. A pharmacist can both address concerns when mixing supplements with medications or stopping medications.
- Before, during, or after surgery, supplements can produce unwanted effects. Inform your doctor or surgeon of the supplements you are taking prior to surgery.
- For more information, the FDA has several recommendations and considerations: <https://www.fda.gov/food/information-consumers-using-dietary-supplements/tips-older-dietary-supplement-users>

Important Vitamins to Maintain a Healthy Lifestyle:

	What does it do/how can it help me?	What can this deficiency lead to?	What foods have it?
Calcium	Increases bone density and strength.	Decreased bone density, strength, and mobility, and increased falls and fractures, and increased chance of osteoporosis	Dairy products, dark leafy greens.
Vitamin B6	Allows for protein absorption and increases cognitive function	Decreased brain function, dry and scaly skin	Fish, liver, potatoes, starchy veggies
Vitamin C	Allows for protein absorption, wound healing, and contains antioxidants to help fight disease	Rough, bumpy, dry, and damaged skin, easy bruising, slow wound healing, painful and swollen joints, weak bones	Bright fruits and veggies
Vitamin D	Increases bone health and strength	Increased fall and hip fracture risk, increased risk of vascular disease and cognitive decline, functional deterioration, muscle pain, and increased mortality	Time outside in the sun, fish, orange juice and milk
Vitamin E	Fights off diseases, supports immune system functioning	Difficulty with walking, coordination, muscle pain or weakness, and visual disturbances	Nuts, seeds, vegetable oils, whole grains, eggs, kiwis
Magnesium	Helps regulate blood pressure and glucose levels	Osteoporosis, insomnia, and diabetes	Plant and animal food sources, dark leafy greens, nuts, seeds, whole grains

Vitamin-Rich Recipes:

- <https://www.foodnetwork.com/healthyeats/recipes/2012/11/high-vitamin-c-recipes>
- <https://www.myvitamins.com/articles/recipes/our-top-6-vitamin-rich-recipes/>
- <https://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition/>
- <https://www.tasteofhome.com/collection/food-with-vitamin-d/>



Supplements:

Why should I take supplements?

- As we age, our body absorbs less nutrients from food.
- Foods with the vitamins we need may be difficult to make or even chew. Sometimes supplements may be an easier option.
- Our bones become brittle as we age, and supplements can help increase our bone strength and maintain density. They can also help improve strength, cognition, energy levels, and so much more!
- Medications can flush out important nutrients before our body can absorb them. Supplements can help our body replenish these lost nutrients.

Will Medicare cover my supplements?

- Some supplements may be covered, but your doctor can also prescribe supplements to help treat certain conditions. For more information, call your primary care physician or healthcare insurance provider.
- For more information:
<https://www.medicareadvantage.com/resources/vitamins-for-elderly>

Where can I find my supplements?

- Many local groceries carry supplements. If you have any questions, you can consult with the store's pharmacist.

What about multivitamins?

- Multivitamins are supplements that contain a combination of vitamins, minerals, and other nutrients that can benefit your health.
- Multivitamins can be available in pills, powders, capsules, liquids, and many other forms.



If you begin taking supplements, and have difficulty remembering when to take them, Check out this supplement checklist. Fill out your recommended supplements, how often you should take them, and record in the chart!

Supplement Checklist:

	Supplement(s)	AM	PM
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

"Are you a multivitamin?
Because you have
everything I need."

