

CLINICAL APPLICATIONS OF SPECTRACELL'S MICRONUTRIENT TESTS IN AGING PATIENTS

Chronic illness, heavy use of medications and periods of lengthy hospitalization are often underlying causes of nutritional deficiency in the aging and elderly. In addition, lifestyle factors, immobilization, isolation and physiological factors associated with aging compound the risks and affect the ability of the older person to meet nutritional needs to digest, absorb, utilize or excrete nutrients that are ingested. It is widely recognized that physiological changes associated with aging can compromise the nutritional status of the older person and influence nutritional requirements. Without a vehicle to accurately identify these changes, we risk failing to deliver appropriate nutritional recommendations. With the diagnostic information gathered by SpectraCell's MicroNutrient Testing, clinicians can focus on intracellular deficiencies that may have an impact on chronic disease conditions such as Alzheimers, arthritis, cardiovascular disease, cancer and diabetes.

DRUGS AND THEIR EFFECT ON NUTRITIONAL STATUS

DRUGTYPE	BRAND NAME	NUTRIENT LOSS
ANTACIDS	Pepcid, Tagemet, Zantac Prevacid, Prilosec	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc Vitamin B12
ANTIBIOTICS	General Aminoglycosides (gentomycin, neomycin, streptomycin), Cephalosporins, Penicillins Tetracyclines	B vitamins, Vitamin K, friendly beneficial intestinal bacteria Calcium, Zinc, Magnesium, Iron, Vitamin B6
ANTI-DIABETIC DRUGS	Dymelor, Micronase, Tolinase Glucophage	Coenzyme Q10 Coenzyme Q10, Vitamin B12, Folic Acid
ANTIDEPRESSANTS	Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan, Norpramin	Vitamin B12, Coenzyme Q10
ANTI-INFLAMMATORIES	Aspirin & Salicylates Advil, Aleve, Anaprox, Dolobid, Feldene, Lodine, Motrin, Naprosyn, Orudis, Relafen Betamethasone, Cortisone, Dexamethasone, Hydrocortisone, Methylprednisolone, Prednisone	Vitamin C, Folic Acid, Iron, Potassium Folic Acid Vitamins C, D, Folic Acid, Calcium, Magnesium, Potassium, Selenium, Zinc
CARDIOVASCULAR DRUGS	Apresoline Catapres, Aldomet Corgard, Inderal, Lopressor, Betapac, Tenormin, Sectral, Blocadren	Vitamin B6, Coenzyme Q10 Coenzyme Q10 Coenzyme Q10, Melatonin
DIURETICS	Lasix, Bumex, Edecrin Enduron, Diuril, Lozol, Zaroxolyn, Hygroton	Vitamins B1, B6, C, Magnesium, Calcium Potassium, Zinc, Sodium Magnesium, Potassium, Zinc, Coenzyme Q10, Sodium
CHOLESTEROL LOWERING AGENTS	Lescol, Lipitor, Mevacor, Zocor, Pravacol Colestid, Questran	Coenzyme Q10 Vitamins A, B12, D, E, K, Beta-Carotene, Folic Acid, Iron
HORMONE REPLACEMENT (HRT)	Evista, Prempro, Premarin, Estratab	Vitamins B2, B6, B12, C, Folic Acid, Magnesium, Zinc
ULCER MEDICATIONS	Tagamet, Pepcid, Axid, Zantac Prevacid, Prilosec	Vitamins B12, D, Folic Acid, Calcium, Iron, Zinc, Protein Vitamin B12, Protein

NUTRIENTS SPECIFICALLY IMPORTANT TO AGING PATIENTS

In addition to common depletions by various drug treatments, these nutrients have extra significance to aging patients:

CoQ10	Various cardiovascular problems, weak immune system, low energy
Calcium	Heart & blood pressure irregularities, osteoporosis, tooth decay
Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
Potassium	Irregular heartbeat, muscle weakness, fatigue, edema
Vitamin B6	Increased cardiovascular disease risk, depression, sleep disturbance
Vitamin B12	Increased cardiovascular disease risk, anemia, tiredness, weakness
Folic Acid	Cardiovascular disease, birth defects, cervical dysplasia, anemia
Vitamin E	Hearing disease risk, weak immune system, increased free radical damage
Carnitine	Elevated blood lipid levels, abnormal liver function, muscle weakness, less energy, impaired glucose control