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VITAMIN D

Vitamin D is a fat-soluble vitamin which is essential for the absorption of calcium and phosphorus to build and maintain bone mass. Besides helping calcium build strong bones, vitamin D helps regulate the immune system, the neuromuscular system, reduces inflammation, prevents malignant cell growth and levels your mood. Too little vitamin D results in soft bones in children (rickets) and fragile misshapen bones in adults (osteomalacia). Vitamin D deficiency has now been linked to breast cancer, colon cancer, prostate cancer, heart disease, depression, and weight gain.

The body naturally makes vitamin D through skin exposure to sufficient sunlight, however in northern climates like Maine skin production of vitamin D is greatly diminished in the winter months. Fortified foods provide the most vitamin D in the American diet, as very few foods naturally contain the vitamin. There are various supplements of vitamin D and the recommended form is vitamin D3.

Before starting to take supplements make sure you talk with your health care provider, as too much vitamin D can cause nausea, constipation, and other side effects. Vitamin D also can interact with other medications you may be on.

Stay healthy this fall and winter by getting fresh air and sunlight as often as you can. A quick walk at lunch or raking the leaves on the weekend provides more than just exercise!

PATIENT'S RESULTS

"I have been very satisfied with my physical therapy results here. When I first started, I was a little discouraged and assumed that at 56 my mobility was being lost and I would just have to live with it as an "age" thing. I have always been very strong and physical and found it hard to accept that I could hardly get upstairs or out of my car without bracing myself with something (banister/ car door frame). I no longer have to live with the pain or even more important to me, the mobility issue. I run upstairs, pivot as I get out of my vehicle and crawl around with my grandchildren!" K.N.

RESULTS IS COLLECTING CANNED GOODS FOR MANNA!

Results Physical and Occupational Therapy will have donation boxes set up in both locations to collect non perishables to donate to Mike and Mike's Manna Food Drive for the month of November. Please help to ensure that the shelves are well stocked for the holidays!

Hunger happens everyday in Maine.

Thousands of Maine citizens lack food security, and many go hungry for periods of time each year. Please support this worthy cause and make a donation of whatever you can at either location. All donations will be dropped off to the Mike and Mike's Manna Food Drive .



Cheesecake Pumpkin Pie

2 PKG (8oz each) Cream cheese	1/2 cup sugar
1/2 tsp vanilla	2 eggs
1/2 tsp cinnamon	dash of nutmeg
	1 graham cracker crust

Cool whip whipped topping

Mix cream cheese, sugar and vanilla with mixer on medium speed until well blended. Add eggs, mix until blended. Remove one cup of batter, stir in pumpkin and spices. Pour remaining plain batter into crust. Top with pumpkin batter. Bake at 350 degrees for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours. Garnish with cool whip!! Happy Thanksgiving!!

What is diabetes? It is a health problem that occurs when there is too much sugar in your blood. This happens because your body is either no longer able to make insulin or your body is not able to properly use the insulin that it makes. Insulin is needed to help your body use the sugar for energy. World Diabetes Day takes place on 11-14-08 to help raise awareness of the growing concern and rapid rise in diabetes around the world. You can learn more and see a list of warning signs of diabetes at www.worlddiabetesday.org

