

CLINICAL TIP OF THE MONTH

Iron preparation such as ferrous sulfate and ferrous gluconate are used to treat iron deficiency anemia and to prevent iron deficiency. Iron should be taken with a full glass of water on an empty stomach for optimal absorption. Stomach irritation/pain, nausea, and stomach cramping are common adverse effects of iron and may be minimized by taking iron with food. Antacids and calcium-containing supplements can decrease the absorption of iron; administer iron 2 hours before or 4 hours after antacids. Medications such as bisphosphonates

such as alendronate, levothyroxine, and certain antibiotics such as doxycycline and ciprofloxacin should not be given at the same time as iron due to decreased absorption of these medications, which may decrease their effectiveness. Iron must be kept out of reach of children due to the potential for severe iron toxicity if too much is ingested which can be fatal.

(Reference: Lexi Comp)

FEATURED HOME

GoldPine Home is a housing facility established to meet the needs of community seniors who cannot, or no longer want to live alone. At GoldPine, they believe the elderly should not have to leave their homes behind in order to receive the assistance they need. GoldPine is not just a "place," it is a way of life – your way of life. They want

you to keep the routine you are used to following, enjoy the food you are used to eating and be comfortable with your own furnishings brought from home. At GoldPine each day is a special occasion. Going on outings, cooking favorite foods – offering daily activities including exercise, ice cream socials, music, crafts and much more!



GoldPine Assisted Living Home

NUTRITIONAL TIP Heart Healthy Medical Nutrition Therapy (Part 2)

1. Eat more omega-3 fats (heart healthy fats):

- Good choices include salmon, tuna, mackerel and sardines. Aim to eat fish twice a week.
- Other foods with omega-3 fats include flaxseed (oil or ground), walnuts and canola and soybean oils.

2. Limit the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat.

If you should eat 2,000 calories per day, your fat intake can be between 50-75 grams (g) per day.

3. Get 20 g to 30 g of dietary fiber per day:

- Fruits, vegetables, whole grains and dried beans are good sources of fiber.

- Aim for 5 cups of fruits and vegetables per day.
- Have 3 ounces (oz) of whole grain foods every day.

4. Talk with your dietitian or doctor about what a healthy weight is for you.

5. Talk with your health care team to find out what types of physical activity are best for you.

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