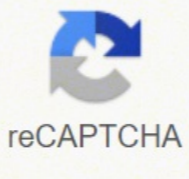
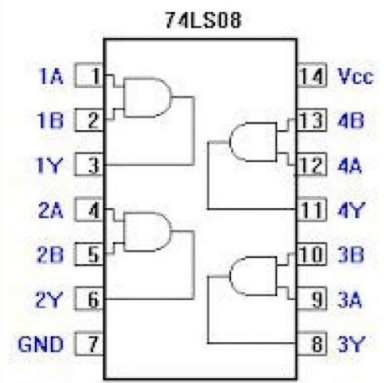




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**Women
Age 40 to 50**

**What vitamins
should I take?**



The **highlighted choices** are the ones we'd consider most important—so if you feel negative toward supplementation, at least choose these in your multi and supplements.

Vitamins **Optimum**

| | |
|-------------------------|---|
| A | More than 1,250 IU twice a day is too much (unless you have an eye condition called wet macular degeneration) |
| B6 | 2 mg twice a day |
| B12 | 400 mcg twice a day (25 mcg) |
| C | 400 mg twice a day (remember it's water-soluble, so you need several doses over the day), or 50 mg twice a day if you're taking a statin drug (for example, Zocor, VYTORIN, Lipitor, Pravachol, or Crestor) |
| D3 | Make sure you get the D3; 500 IU twice a day |
| E | 200 IU twice a day (400 IU of mixed tocopherols is the form of vitamin E I favor). Reduce this to 50 IU twice a day from supplements if you're taking a statin drug. |
| F (folate) | 200 mcg twice a day (folic acid or folate, or folacin, which is sometimes listed as vitamin B9) |
| Thiamin | 12.5 mg twice a day |
| Riboflavin | 12.5 mg twice a day |
| Niacin | At least 15 mg twice a day, preferably more (check with your doctor if you're taking a statin drug) |
| Biotin | 150 mcg twice a day |
| Pantothenic acid | 150 mg twice a day |

Minerals

| | |
|------------------|---|
| Calcium | 600 mg three times a day in divided doses (you cannot absorb more than 600 mg at a time so need to space out) |
| Magnesium | 200 mg twice a day |
| Selenium | 100 mcg twice a day |
| Zinc | 7.5 mg twice a day |
| Potassium | Four fruit servings plus a normal diet should do it. |

Additional vitamin-like substances you should get daily (once a day):

| | |
|-------------------|---|
| Lycopene | Ten tablespoons of tomato sauce a week (400 mcg) should do it. |
| Lutein | A leafy green vegetable a day (40 mcg) should do it. |
| Quercetin | Healthy portions of onion, garlic, celery, or lemon juice in addition to the above at least once a day should do it. |
| Omega-3 | either 1 gm of distilled fish oil or 6 walnuts, preferable 25 to 30 minutes before lunch and before dinner, or both (we like both); or 600 mg of DHA supplement (from algae), or 2 ounces of fatty fish a day |
| Cinnamon | 1 half teaspoon a day |
| Red Pepper | As much as you want (more is better for appetite suppression) early in the day |
| Turmeric | As much as you want but at least 1/2 teaspoon of strong mustard or a curry dish a day |

Choices you might consider (talk to your doctor about these, and all choices):

| | |
|-------------------------------|--|
| Coenzyme Q10 | 200 mg a day if on a statin, or hypertensive or diabetic |
| Aspirin | 162 mg a day (check with your doctor) with 2 glasses of warm water |
| Coffee & Green tea | 2 or more cups of each |

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When a finger gets stuck in the folded position, it may seem that your hand is holding a trigger and that's when this condition gets its name. You can do this in your doctor's office. In open-trigger surgery, the doctor will anesthetize your hand and make a small cut at the base of your finger. In other cases, you may need repeated injections to resolve your symptoms. Photo Courtesy: Grace Cary/Getty Images Trigger finger (also called stenosing tenosynovitis) is a condition where it is difficult to fully bend or straighten one or more of your fingers. You will do this procedure in an operating room. These drugs are available without a prescription. The trigger finger most commonly affects the ring finger. Resource links: A "Trigger Finger" via Mayo Clinic "Trigger Finger" via OrthoInfo (American Academy of Orthopedic Surgeons) "Trigger Finger and Thumb" via Cleveland Clinic "Trigger Finger (Stenosing Flexor Tenosynovitis) - Activator" via UpToDate MORE THAN SYMPTOMFIND.COM Next Steps If the symptoms of your trigger finger were caused by repetitive movements, they can come back when you start doing these activities again. You don't need any tests to get a diagnosis - your doctor can check your trigger finger with a simple physical examination of your hands and talking to you about your symptoms. Common symptoms of trigger finger include: Pain, stiffness, or a sensation of snapping or snapping when you bend your finger/Fingers that get stuck or locked in a folded position or that you cannot fully straightenA swollen or irregular area in the palm of your hand Pain in the palm of your hand or at the base of your hand Affected fingers that gets worse when you try to hold something Science Photo Library/Getty Images

When your fingers get stuck in the folded position, you may find that you need to straighten them again. 3. The movements never stop. If you are having trouble straightening your fingers, you may want to see a doctor. The doctor may recommend surgery. But before taking NSAIDs, talk to your doctor about your medical history to ensure that these medicines are safe for you. Both of all keep the affected finger extended and allow the angry tendness to rest and heal. When it affects the thumb, it is called the trigger thumb. Over time, this irritation can cause scars and nodules of shape (bumps) along the tendon. But you are at greater risk of trigger if you have arthritis, rheumatoid arthritis or diabetes surgery for carpal tunnel weekrome has spent much time doing activities involving repetitive movements with your hands – how to play a musical instrument to heal The trigger finger: Treatments and Therapies Photo courtesy: Shurtl / Getty Images Treatments for the desire of finger to reduce the irritation and pain around your tendons and restore the range of motion in your fingers. 2. There are two different procedures that may be effective for the trigger finger: in percutile release surgery (through the skin), the doctor will sprinkle the palm of your hand and will use It is a needle to gently break the cicatricial tissue blocking the movement of your tendon. Your doctor can give you a photo of steroid medication in the tend sheath. When tendons or sheaths get angry, they swell - and this swelling prevents tendons from sliding easily into their sheaths. Learn about the top five trigger finger treatments: 1. Good news is that treatments can relieve the pain of the trigger finger and restore your range of motion. Most people have less pain and a better range of movement on their fingers after surgery. Photo Courtesy: Nastasic / Getty Images, In most cases, it is not clear what causes irritation. Splints Your Members can recommend attaching a splint to the affected finger or recording two fingers together. Together, you can make a plan retho retho edop mu reuqlauQ .5 .etnemavon etnemervil odnevom es sofĂm sa rarit e samotnis sues ratart finger, but itĂĂĂs more common in women and older adults. Rest Giving your hands a break from activities that can put stress on your tendons can sometimes help to ease symptoms. Trigger finger affects about two in 100 people in the United States. For most people, symptoms tend to be worse in the morning and improve as you gently move and use your hands throughout the day. In some cases, a single steroid injection is all you need. This makes it even harder for the fingers to move freely and leads to the popping or snapping sensations of trigger finger. They may also refer you to a specialist called a physical therapist for help with stretching and hand exercises. If splinting interferences with your daily activities, you can wear the splint only at night. night.

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