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Recommended dietary supplements (RDAs) for vitamins reflect how much of each vitamin most people should get every day. RDAs for vitamins can be used as targets for each person. How much of each vitamin you need depends on your age and gender. Other factors, such as pregnancy and your health conditions, are also important. The best way to get all the daily vitamins you need is to eat a balanced diet that includes a wide variety of fruits, vegetables, fortified dairy foods, legumes (dried beans), lentils and whole grains. Dietary supplements are another way to get the vitamins you need if the food you eat doesn't add enough vitamins. Dietary supplements can be useful during pregnancy and for special health problems. If you take supplements, do not take more than 100% RDA if you are under the supervision of a provider. Be very careful when taking a large number of fat-soluble vitamin supplements. These include vitamins A, D, E and K. These vitamins are stored in fat cells, and can build up in your body and can cause harmful effects. Page 2 Updated by: Emily Wax, RD, CNSC, University of Virginia Health Care, Charlottesville, VA. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and A.D.A.M. Editorial Team. Editorial update 09/30/2020. Page 3 Medic rash is called dermatitis, which means inflammation of the skin. Contact dermatitis is caused by things to which your skin touches, for example: Chemicals in elastic, latex and rubber products Cosmetics, soaps and detergents Dyes and other chemicals in clothing Used, oak or sumac Seborrheic dermatitis is a rash that appears in patches of redness and scaling around the eyebrows, eyelids, mouth, nose, trunk and behind the ears. If this happens on the scalp, it is called dandruff in adults and the cradle of the cap in infants. Age, stress, fatigue, extreme weather, oily skin, sparse shampooing and alcohol-based lotions exacerbate this harmless but annoying condition. Other common causes of rashes include: Eczema (atopic dermatitis). It tends to happen in people with allergies or asthma. The rash is generally red, itchy, and scaly. Psoriasis. It tends to occur as red, scaly, itchy spots through the joints and along the scalp. Nails can also be affected. Impetigo. Common in children, this infection is from bacteria that live in the upper layers of the skin. It seems that red ulcers, which turn into blisters, slime, then for honey-colored crust. Shingles. Painful blisters skin diseases caused by the same virus as chickenpox. The virus can lie dormant in your body for many years and reappear as shingles. It usually affects only one side of the body. Childhood diseases such as chickenpox, measles, roseola, rubella, foot-and-drool, fifth disease and scarlet sooths. Drugs and insect bites or stings. Many medical conditions can cause a rash as well. These include: Page 4 Dinulos JGH. Dermatological Interventions. In: Dinulos JGH, ed. Habif Clinical Dermatology: A A Guide to diagnosis and therapy. 7. ed. Philadelphia, PA: Elsevier; 2021:kapa 27. High WA, Tomasini CF, Argenziano G, Zalaudek I. Basic principles of dermatology. In: Bologna JL, Schaffer JV, Cerroni L, eds. Dermatology. 4. ed. Philadelphia, PA: Elsevier; 2018:chap 0. Pfenninger JL. Skin biopsy. In: Fowler GC, eds. Pfenninger and Fowler primary care procedures. 4. ed. Philadelphia, PA: Elsevier; 2020:chap 26. Page 5 Gailani D, Wheeler AP, Neff AT. Rare coagulation factor deficiencies. In: Hoffman R, Benz EJ, Silberstein LE, et al, eds. Hematologists: Basic principles and practices. 7. ed. Philadelphia, PA: Elsevier; 2018:kap 137. Hall JE. Hemostasis and a lot of blood. V: Hall JE, ed. Guyton and Hall's medical physiology textbook. 13. Philadelphia, PA: Elsevier; 2016:chap 37. Nichols WL. 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Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and A.D.A.M. Editorial Team. Page 8 Updated by: David C. Dugdale, III, MD, Professor of Medicine, Department of General Medicine, Department of Medicine, University of Washington School of Medicine, Seattle, WA. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and A.D.A.M. Editorial Team. Page 9 Updated by: Todd Gersten, MD, Hematology/Oncology, Florida Cancer Specialists & Research Institute, Wellington, FL. Reviews provided by VeriMed Healthcare Network. Also reviewed by David Zieve, MD, MHA, Medical Director, Brenda Conaway, Editorial Director, and A.D.A.M. Editorial Team. Page 10 How chemotherapy is given Fedfly depending on the type of cancer and where it is located, chemotherapy drugs can be administered in various ways, including: Injections or shots into the muscles Injected or shots under the skin Connection to the artery in a vein (intravenous, or IV) Pills taking the mouth Steat the fluid around the spinal cord or brain When chemotherapy is administered for an extended period of time, a thin catheter can be placed in a large vein near the heart. This is called central The catheter is located during a minor operation. There are many types of catheter, including: Central venous catheter Central venous catheter with port Percutaneously inserted central catheter (PICC) Central line can remain in the body for a long time. It will need to be rinsed on a weekly to monthly basis to prevent the formation of blood clots inside the central line. Various chemotherapy drugs can be administered simultaneously or consecutively. Radiation therapy can be taken before, after, or during chemotherapy. Chemotherapy is most often given in cycles. These cycles can last 1 day, several days, or several weeks or more. There will usually be a rest period when there is no chemotherapy between each cycle. The rest period can last for days, weeks or months. This allows the body and blood count to recover before the next dose. Often chemotherapy is given in a special clinic or hospital. Some people are able to receive chemotherapy in their home. If there is home chemotherapy, home nurses will help with medications and IV. A person receiving chemotherapy and their family members will receive special training. DIFFERENT TYPES OF CHEMOTHERAPY Different types of chemotherapy include: Standard chemotherapy, which works by killing cancer cells and some normal cells. Targeted treatment and immunotherapy focus on specific targets (molecules) in cancer cells or cancer cells. Side effects of chemotherapy This drugs travel through the blood throughout the body, chemotherapy is described as a full-body treatment. As a result, chemotherapy can damage or kill some normal cells. These include bone marrow cells, hair follicles, and cells in the mucous membrane of the mouth and digestive tract. When this damage occurs, side effects may occur. Some people who receive chemotherapy: The side effects of chemotherapy depend on many things, including the type of cancer and which drugs are used. Each person reacts to these drugs differently. Some newer chemotherapy drugs that better target cancer cells can cause fewer or different side effects. Your healthcare provider will explain what you can do at home to prevent or treat side effects. These precautions include: Be careful with pets and other animals to avoid catching infections from them Eat enough calories and protein to keep your weight up Preventing bleeding, and what to do if bleeding occurs Exchetermination and drinking safely This thinking hands with soap and water you will need to have follow-up visits with your provider during and after chemotherapy. Blood tests and imaging tests such as X-rays, MRIs, CT scans, or PET scans will be performed on: Monitor how well chemotherapy works Watch for damage to the heart, lungs, kidneys, blood and other parts of the body If you are like most children, you probably heard at least one parent say: Don't forget to take a vitamin! or Eat a salad - it's full of vitamins! But what exactly are vitamins? Vitamins and minerals are substances that in the food we eat. Your body needs to function properly so you can grow and develop as much as you should. As for vitamins, each of them has a special role. For example: Vitamin D in milk helps your bones. Vitamin A in carrots will help you see at night. Vitamin C in oranges helps your body heal if you get an incision. B vitamins in whole grains help your body produce energy from food. Vitamins hang in water and fat There are two types of vitamins: fat soluble and water soluble. When you eat foods that contain fat-soluble vitamins, vitamins are stored in adipose tissue in your body and liver. They wait around in your body fat until your body needs it. Fat-soluble vitamins are happy to stay in your body for a while - some stay for a few days, some up to 6 months! Then, when it's time for their use, the special carriers in your body take them where they are needed. Vitamins A, D, E and K are fat-soluble vitamins. Water-soluble vitamins are different. When you eat foods that have water-soluble vitamins, vitamins don't get stored as much in your body. Instead, they travel through your bloodstream. Whether your body does not use comes out when you urinate (pee). So these kinds of vitamins should often be replaced, because they will not delay! This crowd of vitamins includes vitamin C and a large group of vitamins B - B1 (thiamine), B2 (riboflavin), niacin, B6 (pyridoxine), folic acid, B12 (cobalamin), biotin and pantothenic acid. Vitamins Feed your needs Your body is one powerful machine that is able to do all kinds of things on its own. But when it comes to vitamins, it can use some help. That's where the food comes in. Your body is able to get the vitamins it needs from the foods you eat because different foods contain different vitamins. The key is to eat different foods to get an assortment of vitamins. Although some children take a daily vitamin, most children do not need one if they eat a variety of healthy foods. Now let's take a closer look at vitamins - from A to K: Vitamin A This vitamin plays a really big role in sight. It's great for night vision, like trick-or-sitting on Halloween. Vitamin A will also help you see the color, from the brightest yellow to the darkest purple. In addition, it helps your body fight infections by strengthening the immune system. Which foods are rich in vitamin A? milk enriched with vitamin A liver orange fruits and vegetables (such as cantaloupe, carrots, sweet potatoes) dark green leafy vegetables (such as kale, collards, spinach) B vitamins There is more than one B vitamin. Here is a list: B1, B2, B6, B12, niacin, folic acid, biotin and pantothenic acid. Whew - that's quite a group! B vitamins are important in metabolic (say: meh-tuh-BAH-lik) activity - that is, they help make energy and set it free when your body needs it. So the next time you run to third base, thank those B vitamins. blood of blood that carry oxygen throughout the body. Every part of your body needs oxygen to function properly, so these B vitamins have a really important job to do. Which foods are rich in vitamin B? whole grains such as wheat and oats fish and seafood poultry and meat egg dairy products such as milk and yogurt leafy green vegetable beans and peas Vitamin C This vitamin is important for keeping body tissue such as gums, bones and blood vessels in good condition. C is also the key if you get an incision or wound as it will help you heal. This vitamin also helps the body to resist infection. That is, even if you can not always avoid the disease, vitamin C is a little harder for your body to become infected with the disease. Which foods are rich in vitamin C? citrus fruits like oranges cantaloupe strawberries tomatoes broccoli cabbage kiwi fruit sweet red peppers Vitamin D No bones about it - . . . vitamin D is the vitamin you need for strong bones! It's also great for making strong teeth. Vitamin D even lends a hand to an important mineral - it helps your body absorb the amount of calcium it needs. Vitamin D is produced in the skin when exposed to sunlight, or you can get it from the foods you eat. Which foods are rich in vitamin D? milk enriched with vitamin D fish egg yolks liver enriched with vitamin E cereals Everyone needs E. This hard working vitamin protects your cells and tissues from damage. It is also important for the health of red blood cells. Which foods are rich in vitamin E? whole grains such as wheat and wheat oats sprouts leafy green vegetable oils such as sunflower, rapeseed, and olive egg yolk nuts and seeds vitamin K Vitamin K is clotmaster! Remember the last time you kept your share? Your blood did something special called blood clotting. This is when some cells in the blood act as glue and stick together on the surface of the incision to help stop bleeding. Which foods are rich in vitamin K? Leafy green vegetable dairy products such as milk and yogurt broccoli soy oil When your body gets this vitamin and the others it needs, you will feel A-OK! A-OK!

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