

Juvenile Arthritis Awareness

Here is a short clip discussing Juvenile Arthritis for July's Awareness Month



VezaHealth is fortunate to be able to partner with Children's Hospital of Colorado and offer their expertise to all health plan participants.

Whether your child's needs are rheumatology related or not, our partnership with Children's Hospital providers is an option available to you!

A Journey of Healing and Strength

A VezaHealth Plan Participant had multiple rib fractures and a displaced fracture of her left clavicle after falling off of a horse. Her main goal was to become healthy again and feel better after not being able to be active and losing muscle strength after her injury. She also wanted to avoid future surgery.

VezaHealth coordinated a remote second opinion with a partnering Physical Therapist.

The participant received multiple recommendations during her virtual visit. This included: pain relief techniques, how to use kinesiology tape, type of cardio she could do, sleeping and sitting wedges to make her more comfortable, breath work, pelvic floor exercises, core activation techniques, stretches and strengthening exercises. The Physical Therapist also provided a handout listing all of this information with instructions and pictures.

Participant Feedback: "This was awesome!! So nice to have these options available to me to keep me active. I truly appreciated the help and recommendation from the Physical Therapist!"



Finishing Life Well: Cori Zavada, J.D.

Are you D'ficient?

Vitamin D is an essential vitamin that your body uses to maintain the balance of calcium in your blood and bones thereby impacting normal bone development and maintenance. However, and almost more importantly for some, it plays a big role in your nervous system, musculoskeletal system, and your immune system.

Have you been led to believe that you get enough vitamin D through sun exposure and your diet? Do you wear sunscreen? Do you live in the Sun Belt or do you live in the Upper Peninsula of Michigan? Do you even know where the UP is? Have you ever had your blood drawn to determine if you are vitamin D deficient?

As a matter of course, I have my blood drawn at least twice a year. I am fascinated by the fluctuation of certain markers and I am at that age where it is worth testing a variety of markers. Vitamin D deficiency is generally defined by vitamin D levels below 20 ng/ml. A standard range is between 30-100 ng/ml. The highest my reading has ever been was 74.2 which was drawn in the summer. The lowest reading I have ever had was 49.1. This was taken last winter. It is important to point out that last winter I was taking a vitamin D supplement and I was taking 15,000 IU per day. I can't even image what my level would have been if I was relying on sunlight and diet alone.

I currently take 5-10,000 IU per day during spring and summer months and I increase it to 15,000 IU during the fall and winter. Without supplements I would clearly be vitamin D deficient, as are approximately 35% of all adults in the US. Some symptoms individuals can experience when they are vitamin D deficient include, but are certainly not limited to, muscle weakness, bone pain, fatigue, mood changes (depression), hair loss, weight gain, not sleeping well, hypocalcemia, and hypophosphatemia.

I am certainly not recommending that you take supplements or that you take a certain dosage. What I am recommending is that you know what your vitamin D level is and that you monitor it from time to time, especially if you are experiencing symptoms that can't otherwise be explained.

Finish Life Well,

Cori

If VezaHealth is part of your health plan, we are available at no cost to you. If not, please have your HR Director contact us today!

The VezaHealth newsletter is not medical advice. Only seek medical advice from a qualified physician.