

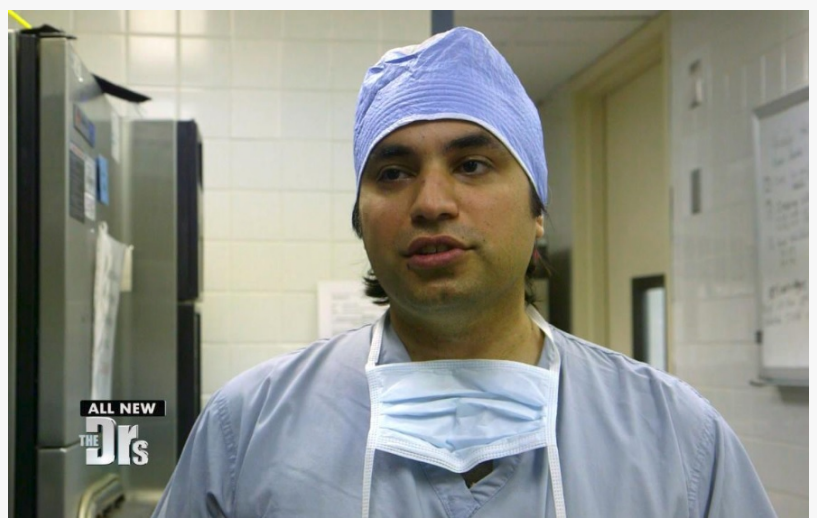
New Article by Plastic Surgeon Dr. Tansar Mir, "Vitamins and Supplements - Do They Really Work?"

We all want to look and feel our best. Many seem to believe that vitamins and other supplements can make a difference. Dr. Tansar Mir provides his thoughts.

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/EINPresswire.com/ -- Have you ever wondered why we need to take vitamins and supplements when our body can get them from the food we eat? Why do doctors prescribe them? To explain this subject, medical doctor and surgeon [Tansar Mir](#), MD has published an informational article in an easy-to-understand way. The complete article will be published on the Blog of Dr. Mir at

<https://tansarmirmd.home.blog/>



Dr Tansar Mir, New York, on television show The Doctors

It depends on the particular condition of a person. If a person takes a healthy balanced diet by strictly following a diet plan, they would not need to take vitamins and supplements. On the other hand, if a person's diet consists of beef burgers, greasy fries, and cheesy pizzas, their body will only receive a huge amount of simple carbs and fats which are not good for the body. Their body will lack essential vitamins and nutrients required for healthy growth. Overtime, they will develop problems for which their doctor will prescribe vitamins and supplements for them.

“

Vitamins and supplements are required by people under special circumstances. Taking vitamin pills without any reason can result in overdose and can lead to problems...”

Dr. Tansar Mir, Plastic Surgeon in New York

In older people, the need for vitamins and minerals increases. They develop bone-related diseases such as osteoporosis. Their doctor will recommend them to take calcium supplements along with vitamin D which helps in the absorption of calcium into the bones. Care must be

taken not to overdose. Taking more than the required amount will not quicken the recovery process. They must stick to the number of pills that the doctor has prescribed.

Here are some of the major vitamins and supplements that people require for maintaining their health.

Vitamin D

We all know the fact that the sun is a major source of vitamin D. When exposed to sunlight, our bodies convert the ultraviolet radiations into vitamin D. So, most people do not require vitamin D supplements because their bodies make enough of it from the sun. This doesn't mean that you damage your skin and get tanned by exposing your body in the sun. You only need to expose your skin for a small amount of time for your body to generate vitamin D. Moreover, the amount of skin exposed and the time of the day significantly affect the production of vitamin D. So who needs vitamin D supplements?

People who are bedridden and who wear clothing that does not expose their skin to the sun are the ones who require vitamin D pills. Moreover, newborn babies and children up till 4 years of age need vitamin D supplements.

Folic Acid

Folic acid supplements are prescribed by doctors to pregnant women. This helps in protecting the baby from defects such as formation of gap in the spinal cord.

Vitamins A and C

Usually doctors prescribe this supplement to children who are in the growing age. Some children trouble their parents while eating. They do not accept new foods and dislike food on the basis of color, texture and shape. This leaves them unable to maintain a balanced diet. That's why doctors prescribe these vitamins because they are essential for healthy body growth and development.

Iron Supplements

Iron is a major component of hemoglobin – a substance which gives blood its red color. It is present in the red blood cells. It transports oxygen from the lungs to all parts of your body. In case your body has a low level of iron, sufficient amount of oxygen does not reach all parts of your body and this makes you feel weak and dizzy. This condition is commonly known as anemia. Doctors prescribe iron supplements to anemic patients so that their iron levels return to normal.



Dr Tansar Mir operating on a patient in a publicized case, photograph by Susan Watts, New York Daily News



Dr Tansar Mir, New York, on television show The Doctors



BEWARE ILLEGAL BUTT INJECTIONS

Dr. Tansar Mir and his patient Mary join Dr. Oz to caution viewers about the long-term and debilitating dangers of butt injections and why surgery isn't a cure-all for botched procedures.

Dr Tansar N Mir, New York, on Dr Oz Show

Vitamins and supplements are required by people under special circumstances. Taking vitamin pills without any reason can result in overdose and can lead to problems. So, make sure that you and people around you are not taking vitamins and supplements without any reason.

About Dr. [Tansar Naveed Mir](#)

Dr. [Tansar N. Mir](#) is a plastic & reconstructive surgeon in New York. Dr. Mir received his Doctorate of Medicine with Recognition in Research from the State University of New York at Stony Brook School of Medicine after graduating from Franklin & Marshall College in Lancaster, Pennsylvania with his Bachelor of Arts in Neuroscience. Dr. Mir completed his internship and residency in General Surgery at Lenox Hill Hospital, New York, NY and his residency/fellowship in Plastic & Reconstructive Surgery with the Long Island Plastic Surgical Group through Nassau University Medical Center. Dr. Mir is a double board-certified Plastic and Reconstructive Surgeon who is certified by the American Board of Surgery and the American Board of Plastic Surgery.



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Videos:

<https://www.youtube.com/watch?v=qSIUivE7mVo>

The Doctors Television Show: Earlier this year we met Dakota who was disfigured by black market silicone butt injections. Watch as plastic surgeon Dr. Tansar Mir performs her silicone removal surgery. To see how the procedure transformed Dakota's life, see this video.

<https://www.youtube.com/watch?v=ZJlKM5iGaSs>

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