

Media Release

29 November 2016

Scurvy Cases Show Australians Still Starving Quality Nutrients

Complementary Medicines Australia (CMA) highlights the importance of vitamin C as an essential element in supporting optimal health, following publication of a research paper in the journal *Diabetic Medicine* illuminating that scurvy has been detected in a number of patients at Sydney's Westmead Hospital.¹

The authors found that several patients with long-running unhealed wounds were cured by a simple course of vitamin C, and therefore stressed the importance of a diet rich in fresh fruit and vegetables, and warned against overcooking foods which is likely to destroy essential vitamins including the vitamin C.

Mr Carl Gibson, Chief Executive Officer of CMA said: "Too many Australians today are relying on a diet of Tea, Toast and Takeaways - getting a healthy diet filled with all the essential vitamins and minerals is at the cornerstone of good health; however, in reality no one eats perfectly all the time. Nutritional supplements act to fill in the gaps in a diet that is lacking in sufficient vitamins and minerals."

"The latest report from the Australian Bureau of Statistics (ABS), which was the first detailed information on Australia's eating habits in 15 years, also highlighted that the typical Australian is eating plenty of food but is still starving of quality nutrients. Based on self-reporting, just 6.8 per cent of the population met the recommended usual intake of vegetables and just over half, at 54 per cent, met the recommendations for serves of fruit," said Mr Gibson.

A lack of vitamin C in the diet results in the defective formation of collagen and connective tissues, which can lead to bruising, bleeding gums, loose teeth, joint pain and impaired wound healing.

Whilst supporting individuals' decisions to supplement vitamin C, CMA strongly advocates following instructions and dosage guidance on labels, as with any medication, and to seek advice from a healthcare provider.

ENDS

¹ Christie-David, D. J. and Gunton, J. E. (2016), Vitamin C deficiency and diabetes mellitus – easily missed? *Diabet. Med.* Accepted Author Manuscript. doi:10.1111/dme.13287

For Media Interviews or Further Information Contact:

CMA, Chief Executive

Carl Gibson

+61 457 028 974