

# Health & Wellness

## Diabetes Awareness month

There is an international clinical research trial sponsored by Tolerx, Inc and funded by the Juvenile Diabetes Research Foundation. Some of the doctors and diabetic educators in our region have been informed of this trial, Tolerx's Phase 3 candidate, otelexizumab (an anti-CD3 antibody targeting autoimmune type 1 diabetes).

This could be the first disease-modifying agent for Type 1 Diabetes since insulin was discovered in 1921. We are in the process of bringing forth an innovative short-term treatment option that could halt the autoimmune attack that causes Type 1 Diabetes, thus impacting the long-term complications from the disease.

The economic burden of diabetes complications was estimated to be \$174 billion in 2007. The Diabetes Control and Complications study has demonstrated that preservation of endogenous insulin or c-peptide secretion can substantially reduce the long-term complications of Type 1 Diabetes, therefore having a significant economic effect.

Data presented at ADA on otelexizumab demonstrated that 4 years after a single course of therapy, patients were making significantly more endogenous insulin than control patients,

creating a real potential to reduce the long-term complications from the disease and reduce this tremendous economic weight. We are currently conducting DEFEND, a phase 3 study of otelexizumab. There is great information on our website [www.defendagainstdiabetes.com](http://www.defendagainstdiabetes.com) or [www.tolerx.com](http://www.tolerx.com). For information on World Diabetes Day, November 14, please visit [www.worlddiabetesday.org](http://www.worlddiabetesday.org).

**R**esearchers at the University of Toronto reported that a group of foods, each known to lower blood cholesterol levels, can together cut it as much as some prescription medications. Dubbed the Portfolio Eating Plan, the regimen includes almonds, soy, fiber, and margarine fortified with plant stanols and sterols (found in products such as Take Control or Benecol).

Since the FDA approved fortification with these cholesterol-lowering substances in 2000, a growing number of products include them, including orange juice and chocolates.

### Sweet Spiced Almonds

1 cup sliced almonds, 1/3 cup brown sugar, 1 tsp cinnamon, 1/2 tsp ground coriander, 1/2 tsp ground cumin, 1 large egg white, lightly beaten. Combine all, then egg. Spread on foil-lined sheet coated with cooking

spray. Bake 325 degrees for 10 minutes. Stir, bake an additional 15 minutes or until crisp. Transfer to a wire rack and cool mixture. Break almond mixture into small pieces. Makes 2 cups. Store at room temp in an airtight container for up to one week.

Almonds are a good source of vitamin E and monounsaturated fats. Enjoy!

### Cool, Creamy, Chocolatey...now Lightened Up!

This recipe is for that famous, frozen chocolate dessert in the mid '90s with a flakey crust, dark chocolate filling, and light, whipped topping sprinkled with ground nuts and cocoa...only healthier. Crust: 1 1/4 cups flour, 1/4 cup powdered sugar, 6 tbs chilled butter, cut into small pieces, 1/4 cup finely chopped pecans, toasted, cooking spray.

Filling: 1 cup powdered sugar, 1/2 cup 1/3 less fat cream cheese (softened), 1/2 cup fat-free cream cheese (softened), 1 (8oz) carton frozen reduced calorie whipped topping, thawed and divided, 3 cups 1% low-fat milk, 2 (3.9oz) packages chocolate instant pudding milk, unsweetened cocoa (optional).

Preheat oven to 325; prepare crust: combine flour and 1/4 cup sugar in a food processor; pulse 2 times or until combined. Add butter, pulse 10 times or until it resembles coarse meal. Stir in pecans. Firmly press mixture into bottom of a 13x9 inch baking pan coated with cooking spray. Bake at 325 degrees for 20 minutes or until lightly browned. Cool completely. Filling: Place 1 cup sugar and cream cheeses in a medium bowl; beat with a mixer at medium speed until fluffy. Fold in half of whipped topping. Spread cream cheese mixture on cooled crust. Cover loosely; refrigerate 1 hour.

Combine milk and pudding mix in a large bowl; beat with a mixer at medium speed for 2 minutes. Cover and refrigerate 1 hour or until pudding is set. Spread the pudding mixture

over cream cheese layer. Spread remaining half of thawed whipped topping over pudding layer. Cover and chill for one hour. May be frozen overnight. Sprinkle with cocoa, if desired. Cut into 15 pieces. This is a wonderful holiday dessert, carries easily to parties, family dinners, or potlucks. You will love the tender, flavorful crust. It will become a family favorite.

### Care for your Skin

Winter is drawing near and our skin has yet to recover from the hot sun of summer. Dry skin, brown spots, crepepaper skin, there is help and relief. Get your face in shape now.

Bleach the brown spots. Skin lightener does not actually make the skin white; it simply helps to lighten accumulations of unwanted color. Dr. Sarnoff recommends using an over-the-counter product that contains kojic acid in combination with hydroquinone, Retin-A, and a mild steroid cream, which is useful for stubborn brown spots and blotchy brown discoloration.

A moisturizer with AHA or facial serum with hyaluronic acid can plump up dry skin around the eyes, making skin instantly appear less wrinkled. Continued use may help stimulate the production of new collagen, a protein that helps give skin its texture and appearance.

A daily face cream with moisturizers and Retin-A will not only smooth facial lines but enrich and replenish tired, dry skin. Be sure your face cream has UV protection even during the winter. Yes, you can burn while skiing in the wintertime. [www.skincancer.org](http://www.skincancer.org)

### Infant Massage & Nurturing Touch for the Young Child

Join Brandy Astwood, independent child birth educator, doula, and founder of the Motherlode Holistic Connection, for a very special 'how-to' evening workshop. Research has proven the many benefits and importance of infant massage, as well as nurturing touch for young children...and now you can learn it, too!

You won't want to miss this very special opportunity! Take home your own massage oil! Workshop will be held on Thursday, November 19, at 6:00 pm, at the Health & Human Services Building in Sutter Creek. To RSVP, please call The Resource Connection at 209-223-1624.

**Antioxidant**, protein rich wild berry smoothie. 1 cup frozen blueberries, 1/2 cup pomegranate juice, 2 cups apple juice, 6oz soft tofu, 1/2 frozen banana. Blend all together. Makes 3 servings, 144 cal each.



### Adding Flaxseed to Everyday Recipes May Reduce Prostate Cancer Risks

Flaxseed, research shows, might reduce prostate cancer risks. "It's the omega 3 fatty acids and the lignan present in flaxseed that led us to look at flaxseed's prostate cancer prevention properties," says Wendy Demark-Wahnefried, Ph.D., R.D., professor of behavioral science at M. D. Anderson and head researcher for a recent study on flaxseed's potential role as a power food.

When using flaxseed in recipes, keep an open mind. It's easier to make flaxseed a daily dietary staple when it is consumed in a variety of creative ways. Here are some easy ways to get going with flaxseed:

- Try crackers or tortilla chips with flaxseed baked in; they have a pleasant nutty taste.
- Add ground flaxseed to cookies, muffins or cornbread recipes. Its mild and nutty flavor tastes great in peanut butter cookies, or in almost any baked good.
- Add ground flaxseed to yogurt or cottage cheese.
- Sprinkle flaxseed over your salad, or mix it into salad dressing.
- Sprinkle flaxseed over oatmeal, cold cereal or grits.
- Mix flaxseed into pancake or waffle batter. It also perks up your maple syrup.
- Stir ground flaxseed into juice, water, sports drinks or smoothies.
- Sprinkle flaxseed over soup.
- Stir flaxseed in applesauce, jellies and jams.
- Mix flaxseed in with low-fat mayonnaise before putting it on a sandwich.

Research shows that cancer risks, including the risk for prostate cancer, may be reduced by 30 to 40 percent if people ate a more plant-based diet. This healthy diet includes fruits, vegetables, whole grains, beans, nuts and seeds – including flaxseed; one tablespoon a day should be fine.

### Nutritious, Healthy Snacks

Handful of almonds; one-inch cube of Gouda cheese; 6 dried apricot halves; sliced cucumbers, two wedges of Laughing Cow cheese; energy bar like Larabar Cherry Pie; 3 cups of air-popped popcorn; low-fat Greek Yogurt with chopped walnuts and honey; steamed artichoke; hard-boiled egg; one whole-wheat English muffin with peanut butter.

Snacking keeps your metabolism humming, helps you eat less at mealtimes, and ensures you get all the nutrients your body needs.

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