

PCOS NEWS

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MAY MINGLE



Wednesday May 22nd!

Come and join us for an evening of fun. Time and place are soon to be announced. RSVP to Shamali to reserve your spot now!



Study Update

To date, **78** Women
have been enrolled in
the PCOS Diet and Exer-
cise Study!



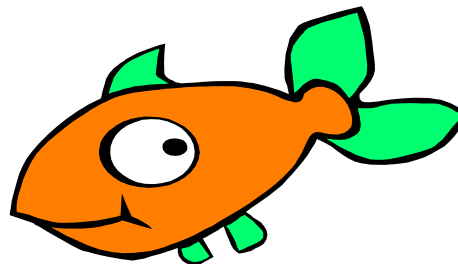
QUOTE OF THE MONTH

“A common mistake that people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools”.

— Douglas Adams

MEDICAL FORUM

SHEILA LAREDO, MD



Fish – Food for the Heart and Soul

We all know from our grannies that fish is good for you. There are studies showing the type of fats found in fish are particularly healthy. These are called omega-3 fatty acids. There have been studies that demonstrate that these omega-3 fatty acids can lower triglycerides in the blood, or blood fats. Increased levels of triglycerides have been shown to be associated with increased risk of heart disease.

What we didn't know until now is that granny was right when she said that fish is "brain food". Animal studies comparing rats fed low levels of certain omega-3 fatty acids to rats fed normal amounts demonstrate that the animals fed low levels take longer to learn tasks like escaping from a maze, and this is thought to be due to differences in brain development.

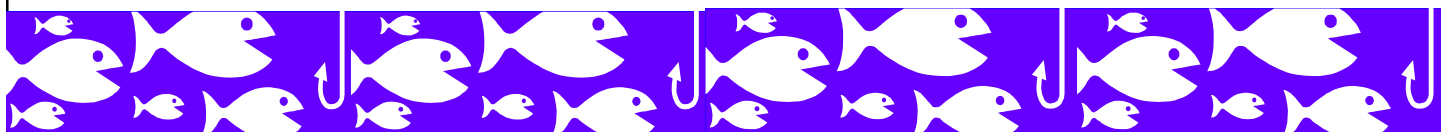
Recently, there was a study that assessed the effects of these fatty acids on depression. In this study, researchers recruited 20 volunteers with major depression, who were already taking anti-depressant medications, but continued to have significant symptoms after at least 3 weeks of treatment. Participants received either 2 grams of fish oil a day enriched in one particular type of omega-3 fatty acid, or placebo, for a total of 4 weeks.

What happened? By the end of the second week, differences between the two groups in depression scores were already evident. By the end of the study, 6/10 treated participants had at least a 50% reduction in depression scores, compared with only 1/10 in the placebo group. It is interesting not only that the fish oil worked, but the rapidity with which an effect was demonstrated. Anti-depressant medications can take many weeks to show maximal effect.

How might this work? There is one study that suggests that omega-3 fatty acids can increase the levels of serotonin found in the fluid that bathes the brain and spinal cord. Increasing brain serotonin is the major mechanism for the traditional anti-depressant drugs, and so it appears that omega-3 fats may work in the same way. There have been suggestions that rates of depression are lower in countries where consumption of fish oils is higher. Along these same lines, there are studies that correlate risk of depression with increased risk of heart disease. This is interesting since omega-3 fatty acid intake may be one of the links between depression and heart disease risk.

This study is preliminary, and involved a relatively small number of participants. In addition, the participants involved were a highly selected group. Nonetheless, the results are fascinating, because they have large dietary implications. Fatty fish, like tuna or salmon, which have large amounts of omega-3 fatty acids, may not only be beneficial in terms of reducing triglycerides and potentially impacting heart disease risk, but they may have implications for quality of life and brain functioning even for those who are not at increased heart disease risk.

The moral of the story: Eat your fish, and pay more attention to grandma!



Body Size Acceptance: Saying Yes To Your Mirror Image

Vanessa R. Speers, M.Sc.

In western countries, most people are constantly bombarded by TV shows, commercials, movies, and magazines that idealize thinness. The images of lean models and stars are identified by many with beauty, success, and value. There is intense pressure, both real and imagined, to imitate these physical ideals, a goal that most find difficult or impossible to achieve.

The dissatisfaction with one's body size that results is endemic in our society. Although body size dissatisfaction is usually associated with those who are overweight and is especially widespread among women, it is by no means limited to these groups. Nor do all overweight people have a poor body image. Anyone who does, however, may well be discouraged, unhappy, and low in self-esteem.

The way we react to our body when we look in the mirror can affect our mood and self-confidence so profoundly that the level at which we function throughout the day is diminished. A negative body image may also promote irrational eating patterns, some of which are dangerous. Even more commonly, it can cause us to set unrealistic goals: The resulting despair may block any efforts to achieve a healthy lifestyle. For all of these reasons, an increasing number of nutrition professionals are including body size acceptance among the tools they use in trying to achieve successful weight management.

What Is Size Acceptance?

Body size acceptance means adopting a more positive body image and learning to let go of immobilizing discontent with our body. It means discarding the "goal" of reaching supermodel weight, and sometimes even our "ideal weight" according to weight charts. It usually means learning to live with a weight that is above the cultural ideal. It means forgiving ourselves and recognizing that we deserve a chance to improve and change. If we can rethink our goal—describing it as becoming healthier rather than thinner—then we may gradually learn to accept our body as we develop a more active lifestyle and healthier way of eating.

Size Acceptance and Improved Health

The American Dietetic Association suggests a combined approach to weight management, which includes body size acceptance:

- Maintaining a healthy diet.
- Maintaining a moderately active lifestyle.
- Adopting a positive body image and improving self-esteem.
- Achieving and maintaining a steady, healthy body weight.
- Adopting a positive body image can bring about a marked improvement in one's attitude toward food. With higher self-esteem, it becomes easier to rid oneself of self-destructive eating patterns and to maintain a sensible way of eating. It then, in turn, becomes easier to reach and maintain a healthy body weight, which is very important for preventing the health risks of obesity.
- Research shows a clear correlation between obesity and various chronic diseases such as diabetes, hypertension, and cardiovascular disease. The good news is that even a modest weight loss of 10% of one's body weight can produce notable health benefits, such as improved blood sugar level in those with diabetes, decreased blood pressure, and reduced lipid levels. This means that even if we don't reach our ideal weight according to standardized weight charts, we can still reach a weight that will reduce the risk of the health hazards of obesity.

Recipes of the Month

Vegetarian Enchiladas

1 tsp.	Garlic, minced (1 clove)
1 cup	Onion, chopped
1 cup	Eggplant, peeled and cut into 1/2 inch cubes
1 cup	Zucchini, diced
1/4 cup	Yellow squash, diced
1/4 cup	Red pepper, diced
1/2 tsp.	Chili powder
1/2 tsp.	Cumin
1/4 tsp.	Basil
dash	Black pepper
4	Whole-wheat tortillas
4 Tbsp.	Low sodium salsa
	Vegetable cooking spray

1. In large, nonstick skillet coated with cooking spray, sauté onion and garlic for 2-3 minutes over medium heat.
2. Add eggplant, cover, and cook 10 minutes.
3. Add zucchini, yellow squash, red pepper, chili powder, cumin, basil and black pepper. Cook an additional 5 minutes until vegetables are tender. Remove vegetables from skillet and set aside.
4. Heat one tortilla on both sides in nonstick skillet.
5. Stuff tortilla with 1/2 cup vegetable mix, roll and place in baking dish. Repeat with other three tortillas.
6. Top each enchilada with 1 tablespoon cheese and 1 tablespoon salsa.
7. Bake at 375 for 15 minutes.

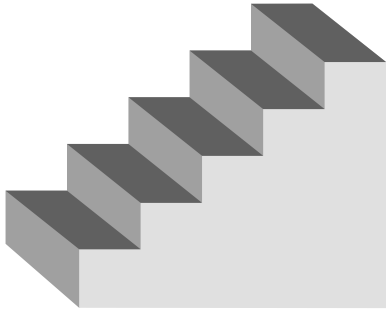
1 Enchalidas = 3g fat, 33g CHO, 7g Pro

Thai Dressing

1/4 cup	Japanese rice wine vinegar
1/4 tsp.	Thai roasted chili garlic paste <small>(available in a specialty market)</small>
2 tsp.	garlic, finely minced <small>(1-2 cloves)</small>
1 Tbsp.	scallions, thinly sliced
1 cup	unsweetened orange juice
1/4 cup	lite soy sauce
1 tsp.	sugar

Blend all ingredients with a wire whisk and allow to chill thoroughly.

Makes 1.5 cups. 1 Serving Size (1 Tbsp) = 5 kcals, negligible fat, 1g CHO, 0.5g Pro



SIZE ACCEPTANCE - Some First Steps

When it comes to weight management, keep in mind that there is no quick solution or magic pill. It takes time and patience to develop a positive body image and achieve a healthy lifestyle, and it's important that everyone progress at his or her own pace. Here are some practical steps to get started.

1. Try out a new way of thinking: Make health, not appearance, your weight management priority. Work toward changing to a healthier lifestyle, not toward losing weight.
2. Focus on adopting healthy eating habits rather than "going on a diet." Diets are temporary goals, and their results are usually just as fleeting.
3. Don't let that number on the scale affect your mood or dictate the way that you evaluate your personality and talents. Take time to remind yourself of your good qualities and to appreciate yourself as a person. You'll remember why others appreciate you, too!
4. Take the time to focus on the good things about your body. They may include your beautiful eyes, or your strength or flexibility. Realize what your body's potential is.
5. Make moderate physical activity part of your new healthy lifestyle. The key is to find something that's fun for you. Start small, and work up to greater challenges. As you meet new goals, you'll see that exercise can build self-confidence in ways that nothing else can. And most of all, exercise helps you know and appreciate your body for what it can do.
6. Once you're on the way to caring about your body, you may find that you have a new appreciation for healthy eating. Enjoy picking out healthy foods and trying new recipes.
7. Don't be concerned with what others think about you and the way you look. Aim for healthy weight management for yourself and for all it can do to improve your life.

Basic Tenets of Size Acceptance

- Human beings come in a variety of sizes and shapes. We celebrate this diversity as a positive characteristic of the human race.
- There is no ideal body size, shape, or weight that every individual should strive to achieve.
- Every body is a good body, whatever its size or shape.
- Self-esteem and body image are strongly linked. Helping people feel good about their bodies and about who they are can help motivate and maintain healthy behaviors.
- Appearance stereotyping is inherently unfair to the individual because it is based on superficial factors which the individual has little or no control over.
- We respect the bodies of others even though they might be quite different from our own.
- Each person is responsible for taking care of his/her own body.
- Good health is not defined by body size; it is a state of physical, mental, and social well being.
- People of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle.

