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PCOS NEWS

STUDY SUPPORT GROUP?

We're interested in helping you build a support network.



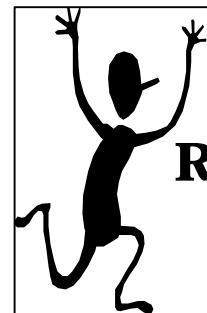
Due to many of you expressing your interest, we are undertaking as part of the PCOS Lifestyle Study, a support program for participating women. Women in your group will have the opportunity to meet together as frequently as once per month to exchange ideas, compare stories, and generally socialize. You will also have the opportunity to meet with the study staff. You can get helpful hints from Christine and Vanessa, and updates on PCOS from Sheila.

Please contact Vanessa or Sheila to express your interest! We need enough women interested in these support groups to be able to set them up! Please drop us an email or phone call indicating your interest and day of preference during the week. Thanks!

PCOS Study Update

**Overall, 20 Women
Have Now Been
Enrolled**

**We thank all women who are
helping to answer important
questions by participating!!**



**RUNNING
LATE?**

An appointment made with the study staff is time that is reserved especially for you to look after your needs. If you are unable to keep an appointment, we ask that you notify us 24-hours in advance so that the time can be offered to someone else. We understand that situations arise - please keep us informed with a phone call of your situation or if you will be 5 to 10 minutes late. Your cooperation is appreciated and will help to ensure that the study runs efficiently and you are seen on time.

PCOS MEDICAL FORUM

Sheila Laredo, MD

What do we know about lifestyle modification in women with PCOS?

Believe it or not, even though the medical community accepts intuitively that lifestyle improves the symptoms of PCOS, we don't really know how much benefit women are getting. There have been no controlled studies prior to the PCOS Lifestyle Study looking at whether exercise will help women with PCOS.



There have been some diet studies, but these have been short term, and very low calorie diets. As Christine has no doubt told you by now, those kinds of changes are almost impossible to maintain in the long term. Thus, it is important to study lifestyle interventions in a "real-life" setting and measure how much benefit can be obtained.

Other diet studies in women with PCOS show that insulin resistance (which is very important in causing at least some of the symptoms of PCOS) can be markedly improved with diet and weight loss. Improvement in blood cholesterol and triglycerides (fat) also occurs with weight loss, and male hormone levels may improve (become lower). This may translate to lower risk of heart problems and reduction in male-pattern hair growth.

One study shows that women who lose 5% of their weight have improvements in all these areas. For many women in the PCOS and Lifestyle study, this translates to a weight loss of less than 15 pounds. This may also result in more regular menstrual periods, which could impact on fertility.

This does not seem to work the other way around. For example, improvement in male hormone levels with "anti-androgen" medications (medications which reduce male hormone levels, or reduce the effect of male hormones) does NOT result in improved insulin resistance, or more regular menstrual cycles.

We can then conclude from this information that we need to find ways to improve insulin resistance to improve symptoms of PCOS. Medications only improve insulin resistance as long as they are taken. The ability to potentially improve symptoms over the long-term is exciting. The purpose of the PCOS Lifestyle Study is to determine to what extent this can be accomplished with diet and exercise.



RECEIPEES OF THE MONTH



Eggnog is a Yuletide favorite for many. But remember, when partaking in this beverage, regular Eggnog packs 4 teaspoons of fat per cup. Try a smaller cup, the low fat version or try hot apple cider or a low fat punch.

Holiday Punch

1 Liter Cranberry Juice
1 Liter Gingerale or Club Soda
or 500 ml white wine and 500 ml Club Soda
Ice
Fresh blueberries, raspberries and or orange slices
Mint leaves

In a punch bowl add the cranberry juice, add the fresh blueberries, raspberries orange rings and fresh mint leaves. Just before serving add ice and ginger ale or wine/club soda combination. The punch is refreshing and flavorful, low in fat.

CHRISTINE'S CORNER

Christine Mehling, MSc

For some people the Holiday Season is a difficult time because of the celebrating and socializing that is associated with the season and the cornucopia of delicious and fattening foods. For many, it is hard to turn down their holiday favorites.

Here are some tips to keep you on the straight and narrow...

Motto for the Holiday Season: Mainly Moderation!!

Don't go hungry to a party or family get together. Your will power may be stretched to the limit and you may end up eating more of the richer foods that you promised yourself you wouldn't eat a lot of. Have a snack before you go. A small sandwich, fruit, cereal or yogurt are just a few ideas to consider.

You don't have to avoid all your favorites. Instead, just try a small sample of richer foods, while focusing mainly on the fruits and vegetables and lower fat and more nutritious items that are available.

Savor the flavor of your favorite food items. Enjoy the texture, smell and taste of the food, but have a little rather than a lot.

Don't keep a lot of the tempting foods in the house. Buy what ever you need for the occasion shortly before you need it! Otherwise, you may end up "sampling" the items earlier than needed and end up having to buy more!!!

Remind yourself that the Holiday Season is not only one day but lasts for several weeks. So pace yourself and enjoy a little over several occasions.

Remember each day is a brand new start!!! So if you over indulge just try again the next day!!!!



HOT TOPICS: BEAT THE CLOCK

Vanessa Speers, MSc

Imagine what you could do with an extra hour everyday to take care of yourself. The key to finding more time is getting organized. For every hour you spend planning, studies show you gain three or four down the road. The first step is to identify all those time robbers that nibble at your life. Here are some examples and possible solutions...

Time Eaters at Home

- **Clutter:** The average person spends 8 months just opening junk mail. Handle each piece of paper once: Do what it refers to, refer it to someone else, file it or toss it.
- **Information:** Reduce the talking, phone calls, e-mail, Internet browsing, news reports, etc. Be more selective about what you want or need to know.
- **Telemarketers:** Too many interruptions from sales calls? Ask the callers to remove your name from their call lists.
- **Doing it all:** Share the domestic responsibilities. If you need help, speak up.

Time Eaters at Work

- **Phone calls:** Before making a call, write a mini agenda to keep you focused. To avoid phone tag or long conversations, e-mail can save time.
- **Returning phone calls:** Schedule a time during the day (i.e. end of day or first thing in the morning) to return most of your non-urgent calls rather than returning calls as soon as they come in; this can reduce interruptions and give you a sense of control.
- **Gabfests:** Gossip and chatter are part of the workplace, but be aware of what your time costs — and gag the gabbing.
- **Interruptions:** Reduce them and save hours every week. One hour of uninterrupted time is worth 2 hours of interruptions.
- **Finding stuff:** Most workers spend 30 minutes a day just looking for misplaced information. Tidy up your work station. Before you file something think, Where would I look for this?

Time Eaters on the Go

- **Shopping:** The average person spends a full day a week in stores and in traffic getting there. Group your errands to reduce the number of trips you must make.
- **Waiting for your doctor or dentist:** You could use the time resting and relaxing. You could read old copies of People or gaze at the angelfish. Or you could call in advance to see if your provider is on schedule.
- **Keep To-Do Lists:** It's an easy way to control your time and stay organized. If you're endlessly rushed for time, write down the activities you must do at home and at work every day. Arrange them by order of importance and set deadlines beside them. Then make a to-do list of things you want to do. They're important too.
- **Tackle tasks step-by-step:** If the task is complicated or unpleasant, break it into a series of smaller jobs.
- **Get help:** It isn't faster and easier to do everything yourself. Delegate when you can.

Once you have "found" more personal time, make the most of it — take care of yourself, your worth it!



WALKING DO'S AND DON'TS

Watch your posture...

- Walk tall, looking forward.
- Keep your head up and shoulders back.
- Take quick, comfortable steps.
- Reach out with your hip, knee and heel with each stride.
- Keep your elbows slightly bent.

Don't...

- Slouch.
- Swing your hips.
- Arch your lower back.
- Swing your arms like a windmill.
- Flap your elbows like chicken wings.

