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PCOS NEWS

FALL FLING! MARK YOUR CALANDERS!



The PCOS Diet & Lifestyle Study will be taking a summer hiatus from our support group meetings, with the next scheduled meeting to occur on October 3, 2001 at 6:30pm. We will reconvene with a fall fling at a yet to be announced restaurant. As a token of our appreciation for your participation and continued support in the study, we would like to invite you to be our guests. Please RSVP to Sheila or Vanessa so we can make the appropriate arrangements. Come out and help support each other in your decision to turn over a new leaf!

FAQ's

Question: After 12-months, when I am finished my participation in the study, can I still come to the support group and receive the newsletter?

Answer: OF COURSE! We would be pleased to keep sending you the newsletter, and would love to see you at the support group meetings. Your continued support and efforts to finding an effective treatment for PCOS will help to support the women enrolled in the study - and you might even have a tip or two to share.)

WORDS TO LIVE BY

"If you think you can, or you think you can't, you're right."

- Henry Ford

PCOS MEDICAL FORUM

Sheila Laredo, MD



DOES PCOS EVER GO AWAY?

I have been asked more than once by women with PCOS the following question:

Does PCOS ever go away?

If you read last month's Medical Forum, then you know that the answer to this question is a difficult one because of the combined contributions of genetic risk plus environmental influences. At this time, we can't change your genes, but we can affect the environmental risk component.

A landmark study was published just last week in the renowned *New England Journal of Medicine*. This article has actually received a great deal of coverage in the press and I wanted to review it in this issue of Medical Forum. The article is entitled, "Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle among Subjects with Impaired Glucose Tolerance" and the authors (Tuomilehto et al) and study participants were from Finland.

In this study, which was a randomized controlled trial, participants had impaired glucose tolerance and were overweight. They were assigned to receive either no intervention (except for some brief informational pamphlets about lifestyle) or lifestyle intervention. The intervention included 7 visits to a "nutritionist" in the first year, and every 3 months after that. Not surprisingly, the group used a "heart-healthy" approach, with a low fat (and low saturated fat), higher carbohydrate (emphasizing complex carbohydrates) diet.

Three-day food records were used to provide individualized counseling. (This should sound familiar to you!). Participants were also advised to increase their activity level.

The goals of the intervention were modest too. They were attempting to achieve a 5% reduction from initial body weight. In the end, 43% of the lifestyle group achieved this goal compared with only 13% of the control group.

What was fascinating about this study was the actual weight loss achieved in the intervention group was relatively modest – on average about 9 pounds, compared to just over 1 pound in the control group. However, with this weight loss, the effects on diabetes risk prevention were profound. There was a 58% lower risk of Type 2 diabetes in the intervention group compared with the control group. The risk of diabetes was reduced 60-70% among those who lost more than 5% of their initial weight compared to those who did not, regardless of which group they were in.

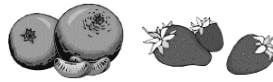
Why is this study important to you? As many as 31% of women with PCOS have impaired glucose tolerance, so this study will be directly applicable to those women. However, many women with PCOS even without impaired glucose tolerance have insulin resistance, and may be at longer-term risk of Type 2 diabetes mellitus as well. The mechanisms that apply to this population may apply to women with PCOS as well.

This study emphasizes the fact that modest and attainable lifestyle changes can and do impact health in a large and meaningful way. This is not the first study to show that weight loss with lifestyle can reduce risk associated with Type 2 diabetes, but it is the most well-designed, and thus the most definitive to date.

For us at the PCOS Diet and Exercise Study, this is a most encouraging result.

NUTRITION CORNER

Vanessa R. Speers, M.Sc.



Your mother always told you that breakfast was the most important meal of the day, however, many of us have gotten into the habit of skipping breakfast on a regular basis. If time is not on your side in the morning, smoothies can be a great solution to this challenge. To make a smoothie using fresh berries and any other fresh fruit you find at your local produce stand, all you need is a blender with the power to do some serious whirring, along with a tight-fitting lid (a must to keep your ceiling fruit-free). Once your equipment is ready, simply follow these directions:

1. Put frozen ingredients (ice cubes, frozen fruit, sorbet) in the blender. Make sure these items are golf-ball sized or smaller so they'll blend completely.
2. Add liquid ingredients.
3. Fasten the lid and press the start button. Use high speed for about 30 seconds.
4. Turn the blender on low speed and add powdered items. (They'll stick to the sides if you add them when the blender is off.)
5. Press the stop button and examine your drink. Add more liquid if needed. Check to see if any chunks are wedged on the bottom. Unjam them, put the lid back on and blend for 30 more seconds.

Mix-and-Match Smoothie Guide

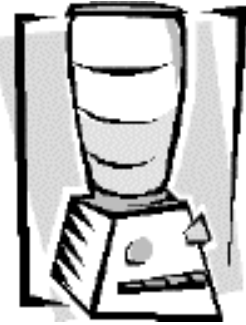
To make your own signature smoothie for one, follow this simple smoothie-making guide. Choose the suggested amounts of ingredients listed and toss them in your blender. Start with a half-cup of crushed ice or ice cubes. You can add more if needed.

<p><u>Fruit (select two or three)</u> 1 medium, peeled orange 1/2 banana 1 cup strawberries (fresh or frozen) 1 cup cubed cantaloupe 1 medium kiwifruit 3/4 cup pineapple 1 cup blackberries (fresh or frozen) 1 cup raspberries (fresh or frozen) 1 cup sliced mango 1 cup cubed papaya 1 medium peach 1 medium nectarine</p>	<p><u>Juice (use a half-cup)</u> orange grapefruit pineapple cranberry guava prune tomato carrot kiwi-strawberry</p>
<p><u>Protein supplements (optional; select one)</u> 3/4 cup nonfat, plain yogurt 3/4 cup soy milk 3/4 cup milk 1 scoop soy protein powder</p>	<p><u>Frozen treats (optional; select one)</u> fruit sorbet sherbet fat-free frozen yogurt reduced-fat ice cream</p>
<p><u>Flavorings, fiber and other extras (optional; select up to two)</u> 1 tsp. cocoa powder 1 tbsp ground flaxseed 2 tbsp ground nuts 1 to 2 tbsp peanut butter 1/2 tsp grated rind from an orange, lemon or lime dash of vanilla, cinnamon or nutmeg</p>	

Strawbana Tofu Treat

- 1 cup ice
- 3/4 cup frozen or fresh strawberries
- 1 medium banana
- 1/2 cup crumbled, soft tofu (1 percent fat)
- 1/2 cup orange juice
- 1 tbsp honey

Put all ingredients into a blender (ice first), then blend until smooth. Serves 2.



Beta Blast

- 3 small ice cubes
- 2 apricots (sliced and pitted)
- 1/2 papaya (frozen in chunks)
- 1/2 mango (frozen in chunks)
- 1/2 cup carrot juice
- 1 tbsp honey

Add ingredients (except for honey) to blender in the order listed, then blend on high speed for 30 seconds. Add honey and blend a few seconds more.

Option: Add orange juice for a thinner consistency.

Per serving: 200 calories; less than 1 g fat; 480% of RDA for vitamin A (as beta-carotene); 150% of RDA for vitamin C.



Soy Smoothie

In a blender, add:

- 1 oz (one scoop) isolated soy protein powder
 - 1 cup fresh berries (strawberries, blueberries, etc.)
 - 1 orange
 - 4 ice cubes
 - 1/2 cup nonfat vanilla frozen yogurt
 - 1 tsp honey
 - 2 to 3 drops of vanilla flavoring
- Blend on high until smooth. Drink immediately. Serves 1.

MOTIVATIONAL MATTERS...

...21 BITS OF GOOD ADVICE

Vanessa R. Speers, M.Sc.

One of my best friends, who is learning the art of practicing medicine in Dublin, passed these bits of good advice onto me from across the pond. I pass them on to you for two reasons. First, these bits of advice remind us that we have more control over our lives than we might think – make the choice to live the full and complete life that makes you happy and healthy. Second, these bits of advice point out that we shouldn't sweat the small stuff – because mostly all of it is small stuff. Keep up the good work!

21 Bits of Good Advice

1. No one can ruin your day without YOUR permission.
2. Most people will be about as happy as they decide to be.
3. Others can stop you temporarily, but only you can do it permanently.
4. Whatever you are willing to put up with is exactly what you will have.
5. Success stops when you do.
6. When your ship comes in.... make sure you are willing to unload it.
7. You will never "have it all together."

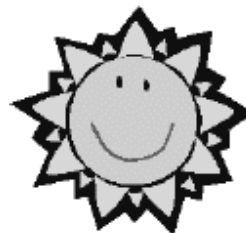


8. Life is a journey... not a destination. Enjoy the trip!
9. The biggest lie on the planet: "When I get what I want I will be happy".

10. The best way to escape your problem is to solve it.

11. I've learned that ultimately, 'takers' lose and 'givers' win.

12. Life's precious moments don't have value, unless they are shared.



13. If you don't start, it's certain you won't arrive.

14. We often fear the thing we want the most.

15. He or she who laughs..... lasts.

16. Yesterday was the deadline for all complaints.

17. Look for opportunities... not guarantees.

18. Life is what's coming.... not what was.

19. Success is getting up one more time.

20. Now is the most interesting time of all.

21. When things go wrong..... don't go with them. –