

(Circulation of 32.2 million - PARADE is carried by more than 510 Sunday newspapers)

HealthyStyle

Cheat Sheet: Sugar and Heart Disease, Yo-Yo Diet News, Katie Lee's Thai Chicken Salad

1. Sugar and Heart Disease

In the first study of its kind, researchers at Emory University in Atlanta have linked added sugar consumption to a rise in known risk factors for heart disease. "The more added sugars a person consumed, the worse their good cholesterol and triglyceride levels [blood fats] were," says Dr. Miriam Vos, co-author of the study. "When you put our research together with the fact that sweeteners are empty calories, it's clear we should be looking for ways to cut back." Cane sugar and high-fructose corn syrup are the most common forms of added sugar.

2. Good News for Yo-Yo Dieters

Losing weight lowers your risk of diabetes, heart disease, and some cancers. But as any dieter will tell you, maintaining weight loss can be the hardest part. There is good news, though: **A study from the University of Missouri has shown that many of the negative effects of regaining weight can be countered with exercise.** Participants who exercised even as the pounds crept back maintained improvements in their glucose tolerance, cholesterol, and blood pressure. The non-exercise group saw virtually all of the benefits disappear. "This supports a growing body of scientific literature that suggests the metabolic benefits of exercise regardless of weight status," lead researcher Tom R. Thomas says.

3. Eat Right Recipe - Thai Chicken Salad

by Katie Lee
(See article for recipe)

4. How safe is it to...

* Leave your sunglasses at home?

"Ultraviolet radiation from sun exposure has been linked to cataracts, age-related macular degeneration, and cancers on the eyelids," says Dr. Jessica Ciralsky of New York-Presbyterian Hospital/Weill Cornell Medical Center. "Wearing sunglasses is the best way to protect your eyes. Look for glasses that protect against 95% to 100% of the UV-A and UV-B rays. They don't have to be expensive to work."

* Use homeopathic medicine?

"Homeopathic remedies are highly diluted. They are generally considered safe and unlikely to cause severe reactions," says Dr. Josephine P. Briggs of the National Center for Complementary and Alternative Medicine. Research on their efficacy remains limited, though. "Do not use homeopathy as a replacement for proven conventional care or postpone seeing a doctor about a medical problem," Dr. Briggs warns.



HealthDay

Impulsive Behavior, Drinking Decline in Early Adulthood

Biggest improvement occurs between 18 and 25, researchers say

Posted: June 2, 2010

(HealthDay News) -- A new study may reassure parents about what they believe -- or hope -- is true: Teenagers tend to mature as they get older.

The longitudinal study found that as teens become young adults, many -- but not all -- will find that their tendency toward impulsive behaviors decreases, along with the amount of alcohol they consume.

The finding is the product of a study published in the August issue of *Alcoholism: Clinical & Experimental Research*, based on research co-authored by **Andrew K. Littlefield, a doctoral student in clinical psychology in attendance at the University of Missouri.**

"Traits related to impulsivity tend to normally decrease from late adolescence into early adulthood, approximately from ages 18 to 35," Littlefield said in a news release.

The authors analyzed data concerning 489 college students at risk for alcohol abuse because of a family history of alcoholism.

Over the course of 15 years, starting in their freshman year at a public university, the students were assessed for developmental changes and drinking patterns.

"Of most importance, our findings suggest that individuals that made the steepest decreases in impulsivity also made the sharpest decreases in alcohol use and alcohol-related problems from ages 18 to 25," said Littlefield.

"Many researchers and clinicians think of personality as an incredibly stable construct that does not change across time," he added. "However, these findings provide clear evidence that at least some individuals undergo significant changes in impulsivity across time."

"Future studies could examine why some individuals make significant changes in impulsivity across time whereas other individuals' level of impulsivity remains relatively stable," Littlefield added. Such information, he said, could help with the development of new treatment approaches.

More information

For more on age and alcohol abuse, visit [U.S. National Institute on Alcohol Abuse and Alcoholism.](#)

ST. LOUIS POST-DISPATCH



Aging Successfully Conference at Saint Louis University provides new insights into aging

By **Dr. John Morley**

The 21st Aging Successfully Conference at Saint Louis University was held yesterday and today. Over 300 health care professionals attended. Some of the highlights include:

Professor Jean Woo from Hong Kong, stressed how important environment can be in aging successfully. Similar findings have come from our group in Saint Louis. A poorly upkept area leads to much greater disability, independent of socioeconomic status. Her findings also reinforced that weight loss in older persons leads to poor outcomes. She has found that green tea increases telomere length. Telomeres are important in maintaining cells and slowing aging. Finally she showed that the Chinese Diet rich in tofu has equivalent effects to the Mediterranean diet in maintaining health into old age. This is despite the fact that it is very high in salt.

Professor Deb Tolson from Glasgow, described how the major soccer teams in Glasgow had collaborated with them to produce reminiscence groups for older men with Alzheimer's Disease. She also showed how organized team work led by nurses can markedly improve the health of older persons throughout Scotland.

Professor Marilyn Rantz from the University of Missouri, Columbia, talked about TigerPlace. This is a high tech series of apartments for frail older individuals. Technology is used to unobtrusively track their behaviors. It can recognize when they have falls or sleep poorly. This allows older persons to live independently for much longer periods.

Professor Stan Birge from Washington University developed the theses that hip fractures have as much to do with poor thought processes as they do with bone density. He stressed the importance of having adequate vitamin D. He also pointed out that hip protectors can decrease hip fractures. However it appears that a number of products on the market are poorly made and do not provide protection.

Dr Julie Gammack from Saint Louis University talked about the importance of exercise for older persons. She had completed a study where using pedometers helped to increase activity in older persons. She reinforced that older persons need to do all 5 forms of exercise. These are aerobic, resistance, balance, stretching and flexibility (yoga).



Wednesday, June 02, 2010

Higher Protein Breakfasts Help Teens Manage Hunger

PARK RIDGE, Ill., June 2, 2010 /PRNewswire via COMTEX/ ----According to a report in the Journal of the American Medical Association, nearly one in three American children are overweight or obese, which increases their risk for developing obesity-related chronic diseases such as diabetes, high blood pressure, heart disease and cancer.(i) New research in adolescents demonstrates that a protein-rich breakfast, containing eggs, improves appetite control and additional research shows that a higher protein diet may help obese adolescents manage weight.

Protein for Breakfast Helps Teens Control Appetite

In a recent study published online in the International Journal of Obesity researchers examined the impact of a protein-rich breakfast on adolescents who traditionally skipped breakfast. When the study participants ate a protein-rich breakfast the researchers observed that the teens were less hungry and ate approximately 130 fewer calories at lunch.

"We observed that eating breakfast, regardless of composition, led to increased feelings of fullness (satiety). However, when the adolescents ate a breakfast rich in protein, they also experienced a reduction in hunger, thus maximizing the beneficial effects of protein," says **Heather J. Leidy, Ph.D., assistant professor at the University of Missouri and study author.** "This study supports similar findings in adults that showed that when adults ate breakfast meals containing high-quality protein foods, including eggs and lean Canadian bacon, they had a greater feeling of satiety throughout the day compared to when protein was eaten at lunch or dinner."

Additional Research

Another study published in The Journal of Pediatrics demonstrated that severely obese adolescents who followed a high-protein, low-carbohydrate diet had significantly lower body mass index (BMI) after 13 weeks and were also able to maintain weight loss after six months versus those who followed a low-fat diet.(iii) The obese adolescents who followed the high-protein, low-carbohydrate diet also experienced greater fat mass loss and reductions in triglyceride levels.

"These findings are important because they arm teens and their families with practical advice that can be implemented at home," says Dave Ellis, R.D., C.S.C.S., a nutrition consultant who works with athletes and families. "Protein-rich foods, such as eggs, can keep individuals satisfied longer, helping them consume fewer calories throughout the day."

Making the Most of Breakfast

Kids and teens need protein to grow and stay healthy. High-quality protein food sources like eggs provide the building blocks they need to grow and the energy they need to stay focused throughout the day. As the school year comes to a close, it is important to set healthy summer habits starting with a nutrient-rich breakfast. Chef Jeffrey Saad, a father of two, shares the following breakfast recipes, for an affordable, nutritious and delicious breakfast from scratch in minutes:

Mini Breakfast Pizzas - Top a toasted English muffin with pizza sauce, scrambled eggs, a sprinkling of cheese and a dash of oregano for a breakfast even the pickiest eaters will love.

Breakfast Quesadillas - Quick breakfast quesadillas with a little cheese and Canadian bacon are sure to hit the spot. Speed things up by scrambling your eggs in the microwave!

Hard-cooked Eggs - Hard cooking eggs ahead of time is a great way to save time during the week. Just slice and add to a sandwich or eat as-is for a nutritious start to the day.

To learn more about high-quality protein and the nutritional benefits of eggs, visit the Egg Nutrition Center at www.enc-online.org.

THE WALL STREET JOURNAL

MU MENTION PG.2

Patent Fast Track Proposed

By AMY SCHATZ

Inventors frustrated with waiting for a decision on their applications from the U.S. Patent and Trademark Office may soon be able to pay for expedited review under a proposal to be announced Thursday.

U.S. Patent and Trademark Office chief David Kappos is proposing a new three-track system for patent applications that would allow applicants to pay an undisclosed amount on top of the standard \$1,090 filing fee to jump to the front of the line for expedited reviews.

"Not every application needs to go at the same speed. Some need to go fast and some need to go more slowly," Mr. Kappos said in an interview. The system will allow applicants to essentially select which innovations are the most important for patent examiners to tackle first, Mr. Kappos said.

The proposal, which following a public comment period could go into effect next year, would be a major change for the Patent and Trademark Office, which has mostly reviewed applications on a first-come, first-served basis.

Other government agencies offer similar expedited services, including the State Department, which offers expedited passport processing for a \$60 fee.

Multi-track reviews are part of a broader effort by Mr. Kappos and the Obama administration to improve the office, which has struggled with funding shortfalls and complaints from businesses about the rising backlog of unresolved applications.

Last year, it took 34.6 months on average for patent applications to be reviewed compared to 26.7 months in 2003. The proposal is a tacit acknowledgment the patent office may not be able to spend its way out of the backlog.

Corporations have long pressed for a stronger, more efficient Patent Office, citing delays in patent reviews that hold up product development and stall expansion plans. Patent Office approval of less-than-novel patents has in some cases led to years of costly litigation.

Examination fees are low compared to the cost of patent attorney fees and it might be worth the money to get a faster decision, said Louis Foreman, an inventor and founder of Enventys, a Charlotte, N.C., product design and engineering firm, and member of a patent office advisory board.

"It makes it difficult for an entrepreneur to build a business and hire people if it could be three years before their patent even issues," said Mr. Foreman.

Over the past year, the patent office has experimented with limited expedited processing. It has offered expedited processing to inventors who agree to drop one application and for applicants seeking patents for "green tech" ideas.

"A major problem with the current system is that the backlog delays everyone and there is no easy mechanism to speed-up the process," said **Dennis Crouch, an Associate Law Professor at the University of Missouri School of Law and author of the Patently-O Law Blog**. "I have some hope that the "Three-Track" program will be helpful."

Companies could pay extra to fast-track their applications and have examiners complete patent reviews in about a year. Officials haven't decided how much expedited processing would cost. The middle track would be similar to the system used now, which includes a \$755 fee when a patent is issued and periodic fees to keep the patent in effect.

The slowest track would allow companies and inventors to pay a smaller fee and essentially park their applications for up to 30 months before the patent review begins. That might help inventors who haven't perfected their applications yet or who aren't sure if there's a market for their innovations, the office said.

Q. Todd Dickinson, executive director of the American Intellectual Property Law Association said the slowest route potentially creates problems, such as the way it would allow companies to hide applications from competitors. Requiring publication of all patent applications within 18 months of filing would help alleviate that problem, he said.

Inventors with less financial resources might also feel left behind. Some independent inventors have complained that Mr. Kappos understands the needs of large companies better than start-ups. He was previously IBM Corp.'s top intellectual-property lawyer.

Patent-office officials say the proposed fast-track plan won't leave small inventors behind because they already receive a 50% discount on fees. Inventors in the second lane should also see faster processing times as some applications move into the slowest lane, officials said.

"There's a component of this proposal that a rising tide lifts all boats," said Mr. Kappos. "It's like having someone in the butcher shop get out of line in front of you."

Corrections & Amplifications

U.S. Patent and Trademark Office chief David Kappos is proposing a new three-track system for patent applications that would allow applicants to pay an undisclosed amount on top of the standard \$1,090 filing fee to jump to the front of the line for expedited reviews. An earlier version of this article said it was a standard \$545 filing fee.

Write to Amy Schatz at Amy.Schatz@wsj.com