

LA **WELL** HEALTH **NEWS**

September 2009 | ISSUE 102
COMPLIMENTARY

ABOUT YOUR LIFE

**SMALLVILLE'S
LOIS LANE**

**ERICA
DURANCE**

On Loving
Your Body

**STEM CELL
FACE SCULPTING**

Dr. Nathan Newman

HOW TO LOSE

20 POUNDS
IN **8**
WEEKS

**CEDARS-SINAI
MEDICAL CENTER**

**GENETIC
SCREENING**

Know Your
Risk Factors

**GROWING
YOUNG**


Dr. Anju Mathur

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Need To Know About

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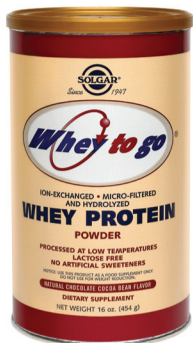
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editor's letter

Killing Cancer Stem Cells

Researchers have found a chemical that can kill breast cancer stem cells -- a kind of master cancer cell that resists conventional treatment and may explain why many cancers grow back.

Finding ways to destroy these cells could make cancer far easier to cure.

"There is a lot of evidence to suggest now that these cells are responsible for many of the recurrences that are observed after treatment has stopped," Piyush Gupta of the Massachusetts Institute of Technology and the Broad Institute, whose study appears in the journal *Cell*, said in a telephone interview last month.

The problem is that cancer stem cells are rare and difficult to study in the lab because they quickly change into other types of cells. And they are hard to kill.

"It wasn't clear it would be possible to find compounds that selectively kill cancer stem cells," Gupta said in a statement. "That's what we did."

To study the cells, Gupta's team first devised a method for stabilizing cancer stem cells in the lab and getting them to multiply. They then tested them against 16,000 natural and commercial chemical compounds to see which ones were able to kill the cancer stem cells specifically.

That turned up 32 contenders.

They narrowed down this list to a handful of chemicals, and tested these in the lab and in mice.

A chemical called salinomycin hit the target. It was 100 times more potent at killing breast cancer stem cells than the common chemotherapy drug called paclitaxel or Taxol.

Cancer stem cells treated with salino-

Cancer is the No. 2 killer of Americans, with about 560,000 deaths annually

mycin were far less able to start breast cancers when injected into mice than cancer stem cells treated by paclitaxel. And the treatment also appeared to slow the growth of tumors in the mice.

Gupta said it is not clear if salinomycin will emerge as the best drug compound for killing breast cancer stem cells -- or that it will be safe to use in people with cancer.

But the study offers a new roadmap for drug companies to isolate and test compounds capable of killing the cells.

"We now have an approach that can be used very systematically to find such compounds," he said.

Ultimately, he said it may be possible to treat cancers with dual therapies that wipe out the bulk of tumor cells and the tumor-cell making machinery many conventional treatments leave behind.

Cancer is the No. 2 killer of Americans, with about 560,000 deaths annually, topped only by heart disease, according to the American Cancer Society.

Mark Ariel
Editor-In-Chief



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Cedars-Sinai Medical Center Offering Genetic Screening for Persian Jewish Community



The Cedars-Sinai Medical Center's Medical Genetics Institute and Department of Pathology and Laboratory Medicine will be the first to offer genetic screenings for four common inherited disorders within the Persian Jewish population.

Screening tests resulting from advances in human genetics can detect the presence of genetic mutations connected to the four diseases through a simple saliva sample. The first 1,000 tests will be administered free of charge as part of a pilot program.

"Everyone of Persian Jewish descent should consider being tested," said David L. Rimoin, M.D., Ph.D., director of the Cedars-Sinai Medical Genetics Institute. "There is nothing to be fearful of in testing positive for being a carrier. The only negative

is in not knowing."

The four conditions being examined are:

- Pseudocholinesterase deficiency (anesthesia sensitivity): One in 10 Persian Jews are carriers for anesthesia sensitivity. In one in 100 couples, both partners will be carriers, which means their children would have a 25 percent chance of having the disorder. When the

condition is known to be present, complications can be avoided by selecting appropriate anesthetic agents.

- Congenital hypoadosteronism (salt-losing disorder): One in 30 Persian Jews are carriers, and one in 900 Persian Jewish couples are at risk of having

a child with this condition, a salt-losing disorder. The more severe forms can result in critical dehydration and shock in newborns. In less severe cases, children with the condition have poor weight gain, short stature, blood pressure irregularity, weakness, dizziness and salt cravings. If the risk is identified before birth, the fetus or newborn can be tested and treated early.

Normal life span, growth, and development are expected for affected individuals treated early with a simple, inexpensive on-going therapy.

- Polyglandular deficiency (multiple hormone deficiency): One in 50 Persian Jews are carriers for this multiple hormone

deficiency. The condition can be characterized by many symptoms, depending upon which glands are affected. While the symptoms may include skin infections, fatigue, muscle weakness, loss of appetite, hair loss and infertility, the disorder is easily treated with hormone replacement therapy.

- Hereditary inclusion body myopathy (hereditary muscle disorder/HIBM): This hereditary muscle disorder, also known as HIBM, is characterized by progressive muscle weakness of the arms and legs. One in 20 Persian Jews are carriers, and one in 400 couples are at-risk of having a child with this condition. The symptoms usually appear in the 20s and 30s with difficulty walking. Most individuals with HIBM become severely debilitated and lose their ability to walk about a decade after onset. Genetic counseling and prenatal diagnosis in early pregnancy are available to at-risk couples.

The program is a joint effort of the Cedars-Sinai's Department of Pathology and Medical Genetics Institute. The program is supported in part through a three-year grant from the Jewish

The first 1,000 tests will be administered free of charge as part of a pilot program

Community Foundation of Los Angeles.

The program includes measures to ensure the confidentiality of participants.

For more information contact Sue Lief at at (310) 423-4461.



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GETTING CLOSER

SPEED UP FLU DRUGS, SAYS WHITE HOUSE PANEL *By Maggie Fox*

Officials should help drug companies speed up the supply of swine flu drugs and vaccines, making at least some shots available by mid-September, White House science advisers said last month.

Calling the H1N1 pandemic “a serious threat to our nation”, they also urged the Food and Drug Administration to quickly decide on new, intravenous formulations of flu drugs, including current drugs such as Roche AG’s Tamiflu and GlaxoSmithKline’s Relenza but also BioCryst Pharmaceuticals’ experimental drug peramivir.

The President’s Council of Advisors on Science and Technology said the Department of Health and Human Services should tell manufacturers to begin to “fill and finish” H1N1 flu vaccines right away -- putting them into vials for shipment. “Such a decision would need to be taken almost immedi-

ately,” the group said in a report.

Most experts believe people will need two doses of the vaccine, delivered at least two weeks apart, to develop full immunity to the new H1N1 flu.

Pandemic H1N1 is circulating widely and experts expect it to worsen in the northern hemisphere’s autumn as students return to school. The council’s report says the virus, although moderate, could infect 30 percent to 50 percent of the U.S. population this

year, put 1.8 million into the hospital and kill anywhere between 30,000 and 90,000 people.

estimates published since H5N1 avian influenza emerged as a pandemic threat in 2003 and are based on previous flu pandemics, not on anything unique the H1N1 virus is doing.

Seasonal influenza kills an estimated 36,000 Americans every year and puts 200,000 into the hospital. Between 5 percent and 20 percent of the population gets the flu in average years.

But because this virus is new, more people are susceptible to it

Most experts believe people will need two doses of the vaccine, delivered at least two weeks apart, to develop full immunity to the new H1N1 flu

and the World Health Organization has been predicting for months now that a third of the world’s population, or 2 billion people, will

likely become infected.

likely become infected.

So governments are rushing to order vaccine. Last month the Department of Health and Human Services said only 45 million doses of the new H1N1 vaccine would be on hand for mass vaccination to start in mid-October, instead of 120 million previously forecast, with 20 million a week due after that.

“We still think mid-October is a good target for a major production to roll off,” HHS Secretary Kathleen Sebelius told reporters.

The Council also recommended a quicker decision on intravenous versions of flu drugs. People who are seriously ill can only be given drugs intravenously.

Tamiflu, a pill known generically as oseltamivir, is made by Roche under license from Gilead Sciences Inc. Relenza, which is inhaled, is known generically as zanamivir and is made by Glaxo under license from Biota Inc.

Drugmakers are working on intravenous formulations of both and BioCryst is working to perfect peramivir, which is designed to be given intravenously.

The advisers said the CDC should strengthen guidelines on when these drugs should be given. Tamiflu and Relenza can treat and prevent all types of influenza A if given soon enough but the World Health Organization says they should be saved for use only by people who are at high risk of serious complications or death, such as pregnant women and asthma patients.

And the panel said the government should take advantage of the pandemic to improve flu surveillance.

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Lots of Soy May Lower Breathing Problem Risks

Eating high amounts of soy could lower the risk of the breathing disorder known as chronic obstructive pulmonary disease, or COPD, researchers report.

Cigarette smoking is known to be the principle risk factor for COPD, Dr. Andy H. Lee of the Curtin University of Technology, Perth, Australia, and colleagues point out in their report in the journal *Respiratory Research*. "Other factors such as dietary and environmental exposures may protect against, or contribute to, disease development."

The investigators studied 278 COPD patients (244 men and 34 women) between the ages of 50 and 75 years who were diagnosed within the past 4 years. They also recruited 340 people (272 men and 68 women) without the disease.

Control subjects consumed more soy per day (about 60 grams) than patients with COPD (about 45 grams). The risk of COPD was significantly reduced among those who ate more soy.

THE RISK OF COPD WAS SIGNIFICANTLY REDUCED AMONG THOSE WHO ATE MORE SOY

Similar decreases in the risk of COPD were observed with higher intakes of tofu and bean sprouts. The more soy people consumed, the fewer breathing problems they had, particularly breathlessness.

"Habitual intake of soy foods ... can have an important impact on the cost to health care systems associated with the morbidity and death from this disease," Dr. Lee told Reuters Health. "Long-term follow-up studies are recommended to ascertain whether soy consumption can lengthen the survival of patients already diagnosed with COPD."

DASH DIET MAY PREVENT KIDNEY STONES

A diet widely recommended for lowering blood pressure may also curb people's risk of developing kidney stones, a new study suggests. The diet, known as Dietary Approaches to Stop Hypertension (DASH), advocates eating plenty of fruits, vegetables and whole grains, and moderate amounts of low-fat dairy and lean meat and fish. In the new study, adults with the most DASH-like diets had a 40 percent to 45 percent lower risk of developing kidney stones compared with those whose eating habits least emulated the DASH diet.

GOAL SETTING HELPS CUT DIABETES RISK

Adults may be able to reduce their risk of developing type 2 diabetes as they age simply by setting diet and exercise goals and sticking to those goals, study findings hint. Older men and women who self-monitored their behavior and set healthier diet and physical activity goals not only lost weight and body mass over a year, but maintained their losses after 3 years, researchers report in the journal *Diabetes Care*.

MORE EVIDENCE: FISH IS BRAIN FOOD

Older adults in developing countries who regularly eat fish seem to have a lower risk of dementia, a new study suggests. Researchers found the odds of having dementia generally declined

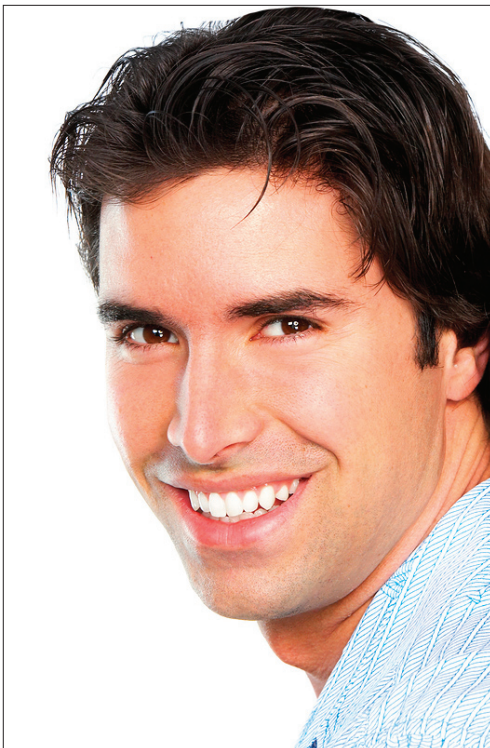


as fish consumption rose. For each increase in participants' reported fish intake -- from never, to some days of the week, to most or all days of the week -- the prevalence of dementia dipped by 19 percent.

Revolutionary Breakthrough in Hair Growth Treatment

RADIO FREQUENCY HAIR THERAPY PROMOTES NATURAL GROWTH OF HEALTHY HAIR

By Patrick Tsakuda



One of the major sources of hair loss is poor scalp blood circulation.

If your hair root does not get a constant and good supply of blood, lymph, oxygen and nutrients, it will shrink and die.

Reduction in blood to the scalp can be caused by tension or stress. Excess stress causes scalp tissue to tighten and reduces blood flow to the furthest parts of your body - feet, hands, and head. Capillaries become constricted and feed your hair roots less blood.

Crystals that form from sebum and hair perspiration can also cause poor scalp blood circulation. These crystals can plug up the follicles causing surrounding tissue to harden

and restrict the flow of blood to the follicle.

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cle. By eliminating the build-up of DHT and replenishing the nutrient levels, we are able to regenerate the weak unhealthy hair and promote new hair growth.

The RF Hair Therapy treatment program is simple and painless. Each session lasts 30-minutes and you will begin to see immediate results after 4 sessions. Your real hair!!!

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GROWING YOUNG

ANTI AGING MEDICINE: TO CONTROL YOUR HORMONES IS TO CONTROL YOUR LIFE

By Dr. Anju Mathur, The Angel Longevity Medical Center

There is a revolution going on in the field of medicine especially in complimentary and alternative medicine. Several physicians are becoming interested in handling the root cause of the aging pro-

cess. As the project of decoding human genome (the entire genetic material of the human cell) is now completed, major strides are being made in identifying particular genes responsible for turning on aging process. We may be close

to finding the one factor that turns on aging in humans!

As we age the body makes less and less of anti-oxidants naturally. The oxidative stress originating from the natural metabolic processes occurring in the body is unhandled and that damages the cellular components e.g. proteins, cell membranes etc. Handling the oxidative stress would be an effective way to handle the effects of aging.

The other major theories of aging are declining level of hormones, which in turn starts the aging process. So if we want to reverse aging, we would want these hormone levels to be that of a young person at the peak of his vitality and youth.

To control your hormones is to control your life. Balancing the hormones alters the expression of genes and thus aging itself. There are over 100 hormones pouring out in your blood stream every day. Hormones affect growth, lubricate joints, strengthen muscles, burn fat, maintain blood pressure, and maintain blood sugar. Hormones create and maintain memory, sex drive, virility, and fertility. Hormones wake you up in the morning and put you to sleep at night. Hormones regulate your heartbeat and metabolism.

The traditional view has been that aging is a process with inevitable complications such as cardiovascular disease, diabetes, cancer and dementia as well as steady decline of physical and cognitive function. But now we know all hormones across the board decline steadily and precipitously after age 40. The thus lowered hormones create the aging process and give rise to tremendous amount of

physical disability such as chronic fatigue, low energy, Fibromyalgia, memory loss, reduced vitality, reduced stamina, in general reduced enjoyment of life.

Growth hormone has been the most debated area of discussion as the ultimate anti-aging hormone. Growth hormone is produced by the pituitary gland, which is known as the "master gland" because it secretes many hormones that control the actions of other glands. It is needed in the body to maintain resilience youthfulness in the skin, bones, cartilage and hair etc. It promotes healing of cartilage, muscle, reduces fat, and creates a lean body, all the positive attributes of young life. After a person has reached adulthood, growth hormone maintains the youthfulness of the body.

The hormones are like a web, no hormone works alone. So we need to provide the body with balance of the various hormones. In essence one should strive to get all his hormones balanced as would be in the younger person of 35 years of age. This would minimize the effects of aging and would promote good health, vitality and longevity. Laboratory testing is necessary to initiate and monitor hormone replacement therapy optimally.

See your doctor and get your nutritional status evaluated and your hormones levels checked and start your journey back to youthfulness, vitality and vigor.

For more information, and a free consultation, contact Dr. Anju Mathur at The Angel Longevity Medical Center at 323-661-7661.





PERSONAL TRAINING FOR EVERYONE

TRAINER JEREMY GRUHLKEY PRIDES HIMSELF ON HELPING OTHERS REACH THEIR GOALS AND FITNESS POTENTIAL. *By Victor Melamed*

personal trainer for the last several years, Jeremy started Velocity to help others sort through all the myths and misconceptions and really get to the basics of what works. 'Too many people try to copy the workouts they see in magazines or diet the wrong way. There is a lot of misinformation floating around out there. A good personal trainer can really be a big help.'

Jeremy makes himself available to his clients as much as possible, gladly taking phone calls and emails from clients with fitness and nutrition questions. 'How can anyone really make changes in their life if they only have access to someone who will help them a couple hours a week?' he says. A regular blog on his website focuses on providing clear and accurate information and he provides daily tips

and motivation through his Velocity Facebook page. He even takes requests for blog topics through email and the Facebook page.

'The gym can be intimidating for some people,' says Jeremy. 'I like to get outside to local parks with my clients using functional exercises and simple equipment to burn fat and build lean, toned muscle.' That's true of both his 1 on 1 sessions and the regular Bootcamps he offers using 'full body circuit workouts that will reshape your body and keep you burning fat all day long.'

For more info you can call Jeremy at 818-212-6264 or stop by velocitypersonalfitness.com. You can find his Velocity Personal Fitness fan page on Facebook.

The philosophy of Velocity Personal Fitness is that there is a path to fitness for everyone,' says trainer Jeremy Gruhlkey. 'Everyone has different goals and challenges and my goal is to give them the information and structure they need to get to where they want to be.'

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Even modest fitness may extend lifespan, new study

People who stay even moderately fit as they age may live longer than those who are out-of-shape, a new study suggests.

The study, of nearly 4,400 healthy U.S. adults, found that the roughly 20 percent with the lowest physical fitness levels were twice as likely to die over the next nine years as the 20 percent with the next-lowest fitness levels.

That was with factors like obesity, high blood pressure and diabetes taken into account -- underscoring the importance of physical fitness itself, researchers report in the journal *Medicine and Science in Sports and Exercise*.

"Our findings suggest that sedentary lifestyle, rather than differences in cardiovascular

risk factors or age, may explain (the) two-fold higher mortality rates in the least-fit versus slightly more fit healthy individuals," lead researcher Dr. Sandra Mandic, of the University of Otago in Dunedin, New Zealand, noted in an email to Reuters Health.

She pointed out that nearly two-thirds of the least-fit study participants were not getting the minimum recommended amount of exercise -- at least 30 minutes of moderate activity, like brisk walking, on five or more days a week.

"These results emphasize the importance of improving and maintaining high fitness levels by engaging in regular physical activity," Mandic said, "particularly in poorly fit individuals."

STUDY RESULTS EMPHASIZE THE IMPORTANCE OF ENGAGING IN REGULAR PHYSICAL ACTIVITY

EXERCISE, CUTTING CHOLESTEROL HELP FIX FATTY LIVER

Exercise can help people with an increasingly common type of liver disease improve their health, even if they don't lose weight, a study shows. A related study shows that people with this condition, known as non-alcoholic fatty liver disease (NAFLD), may want to cut down on cholesterol and protein. People with NAFLD have high levels of liver enzymes, indicating damage to the liver; fat bellies; and insulin resistance.

WEIGHT LIFTING GOOD FOR WOMEN WITH LYMPHEDEMA

Women who develop arm swelling following surgery for breast cancer -- a bothersome condition known as lymphedema -- derive significant benefits from participating in a slowly progressive weight lifting program, a study shows. This finding, the researchers say, runs contrary to "guidance from commonly accessed cancer-information Web sites, which suggests that the risk of lymphedema is decreased by avoiding lifting children, heavy bags, or other objects with the affected arm."

INTENSE EXERCISE MAY CURB CANCER DEATHS IN MEN

Men who exercise hard are less likely to die from cancer, according to a Finnish study.



Researchers measured men's physical activity in metabolic units (METs or metabolic equivalents of oxygen consumption). METs are a measure of energy expenditure. The men were 53 years old, on average, at

follow-up. The researchers found that an increase of 1.2 METs in the average intensity of leisure-time physical activity was associated with a 15 percent decrease in the relative risk of cancer-related death

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A photograph of a man and a woman smiling and holding a large slice of watermelon. The man is on the left, shirtless, with a necklace. The woman is on the right, wearing a black lace top. They are both looking at the watermelon slice. The background is a light green wall.

20 POUNDS IN 8 WEEKS

YES YOU CAN! A LITTLE MOTIVATION, A FEW LIFESTYLE
CHANGES, AND YOU CAN LOSE THOSE POUNDS FASTER
THAN YOU THOUGHT *By Patrick Tsakuda*

While it's not entirely a walk in the park - it's not extremely difficult either. You can lose 20 pounds in 8 weeks - as long as you're motivated.

Motivation is the key. So whatever it is that keeps you on track - that's what you have to continually tell yourself. Whether it's to improve your health and life style, or to look fabulous at an upcoming holiday event or vacation - plant it in the forefront of your mind and don't let it go.

Here are a few pointers to help you achieve your weight loss goal.

POSITIVE ATTITUDE

You have to begin to love yourself for who you are and know that you deserve the greatest things in life, including good health. Don't hang out with people that are not motivated or do not have the same goals as you, because it will make it hard to succeed.

CHANGING IT UP

Diet-wise, simple substitutions can make a world of difference. For example:

- Replace cola or sugary drinks with bottled water.
- Replace Potato Chips with Quaker Oats Rice Snacks,
- Choose grilled or baked chicken, or turkey, over other red meats.
- If you're eating out at a burger joint, order a kids burger with meat and cheese. It's just enough to satisfy your craving, without going overboard on calories.
- Snacks: Go for Sugar Free Jello, or yogurt, cheese sticks, or just a simple piece of sugar free gum. It's not about starving yourself; it's about making healthier choices.

SMALLER MEALS

Eat at least 5-6 smaller meals rather than eating three heavy meals. It will keep the pace of your metabolism.

CARB CONTROL

Regardless of your body type, keeping carbs under control helps

in the weight-loss department. It does not mean you need to do Atkins, but if you currently consume 500 grams of carbs a day, you will probably lose weight at a faster rate by consuming around 150/200 grams of carbs a day.

MORE VEGETABLES

Not the starchy ones, such as corn and potatoes, but the non-starchy veggies, such as greens, cauliflower, avocado, mushrooms. Try to incorporate vegetables into most of your meals.

BROWN OVER WHITE

Select brown rice instead of white rice, and whole wheat bread instead of white. Also, when possible, eat your grains whole instead of ground up into flour. Some people find a "no white diet" to be an easy way to cut back on carbs -- no potatoes, white rice, white sugar, or white flour.

DRINK WATER

Drinking lots of water will keep your body hydrated. It also helps in the proper absorption of nutrients in your body causing a good digestion. You can also drink lots of fruit and vegetable juices to reduce unnecessary pounds of weight from the body.

WORKING OUT

Cardio workouts at least three times a week are extremely beneficial. Don't like treadmills? Not really into the gym? Well, there are many other options. Swimming, running, hiking, bicycling, yoga and even kickboxing can help you burn those extra calories. If you are fed up with a particular type of exercise or sport, then switch to something else.

If you've never been to a gym and up until now you've more or less been a couch potato - here are a few tips to incorporate fitness into your everyday life.

- Take the stairs at work instead of the elevator.
- Park further away from your workplace.
- Walk for 30 minutes during your lunch hour.



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Even “Safe” Ozone Levels May Be Hard On The Lungs

Ozone concentrations below the current U.S. clean-air standard may still temporarily impair lung function, even in healthy young people, a small study suggests.

Ozone has been linked to inflammation in the lungs, and to breathing problems. Researchers found that when 31 young adults exercised at various levels of ozone exposure over several hours, participants’ average lung function began to deteriorate when ozone concentrations stood at 70

parts per billion (ppb). That is below the current U.S. National Ambient Air Quality Standard (NAAQS), which states that people should be exposed to ozone levels of no more than 75 ppb, averaged over 8 hours.

The findings essentially suggest that if healthy young adults exercise outside at ozone levels of 70 ppb for several hours -- taking a long hike, for instance -- about half will suffer respiratory symptoms like coughing or pain during deep breathing, researchers said.

OZONE HAS BEEN LINKED TO INFLAMMATION IN THE LUNGS, AND TO BREATHING PROBLEMS

Typically, summer ozone levels hover between 50 and 60 ppb in the U.S., according to a 10-year study by the U.S. Environmental Protection Agency.

The findings are based on exercise tests of 31 non-smokers between the ages of 18 and 25.

As for whether the clean-air standard for ozone should be lowered, researchers said that the data from this study and other recent ones need to be analyzed before any recommendations can be made.

LIMITING ALLERGY TRIGGERS MAY CUT KIDS’ RISK

Children who are genetically vulnerable to asthma may be less likely to develop the disease if their exposure to a variety of allergy triggers can be limited, a research review suggests. It is best to try to limit high-risk children’s exposure to all potential allergens in the environment, including keeping children’s surroundings clear of tobacco smoke, furry pets and dust mites. The latter can be controlled by regular household cleaning and keeping the home free of dust traps like curtains, pillows and “cuddly” toys.

TRAFFIC POLLUTANTS MAY FUEL ADULT ASTHMA

A new study provides more evidence that breathing in traffic-related pollutants is unhealthy -- for kids and adults. Study results showed that adults most impacted by traffic-related particles had “50 to 100 percent higher risks” of developing asthma, compared to those living at residences with low levels of traffic-related pollutants.

SMOKING MAKES MS WORSE

Patients with multiple sclerosis (MS) with a history of smoking cigarettes had more destruction of brain tissue and more brain atrophy (wasting) than MS patients who never smoked, according



to a recent study. In MS, the body’s own immune system mistakenly attacks and damages its own myelin sheath, a fatty coating that protects nerve cells in the brain and spinal cord. MS can cause symptoms ranging from blurred vision, loss of balance, poor coordination and vague tingling to blindness and paralysis. There is no cure for the disease.



10 Alzheimer's Warning Signs

THE ALZHEIMER'S ASSOCIATION IS THE LEADING VOLUNTARY HEALTH ORGANIZATION IN ALZHEIMER CARE, SUPPORT AND RESEARCH.

Not all of these signs mean that a person has Alzheimer's, but they do indicate the need to seek medical help. Following are the most common warning signs.

For more information about the 10 warning signs and early detection and diagnosis, contact the Alzheimer's Association at 877.IS.IT.ALZ (877.474.8259) or visit www.alz.org/10signs.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's.

You can support its efforts to find a cure by participating in fund-raising events, like the Alzheimer's Association Memory Walk on November 1. For more information about Memory Walk, visit www.alzla.org/mw or call (323) 930-6228.

Memory loss that disrupts everyday life is not a normal part of aging. It may be a sign of Alzheimer's disease, a fatal brain disease that gets worse over time and causes changes in thinking, reasoning and behavior.

Although the disease is more common in people 65 and older, it can also strike those in their 30s,

40s and 50s.

The following 10 warning signs, recently updated by the Alzheimer's Association, are common changes that might point to Alzheimer's or another dementia. Early detection and early diagnosis are important because they provide the best opportunities for treatment, support and planning for the future.

- 1 Memory changes that disrupt daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

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Long-Term Tea Drinking May Cut Stroke Risk

There could be good news brewing for tea drinkers: Drinking tea consistently -- particularly two kinds -- is linked to a significantly lower risk of stroke, according to a study of people in southern China.

In a study of the tea drinking habits of 838 Chinese men and women, Dr. Andy H. Lee, of Curtin University of Technology in Perth, Australia, and colleagues found that those who reported drinking at least one cup of tea per week for more than 30 years had a 60 percent lower risk of ischemic stroke.

Ischemic stroke occurs when oxygen-delivering arteries in the brain become partially or completely blocked. It's unclear why tea would protect against stroke, but the authors

of the study note that previous research has suggested that tea or its components might reduce high blood pressure and other risk factors.

STUDY LINKS DRINKING GREEN AND OOLONG TEAS WITH LOWER ISCHEMIC STROKE RISK

Those who drank more than 2 cups of tea daily had about a 40 percent lower risk of such strokes, and the risks were even lower in those who drank 2 cups daily of particular teas: Their study in the journal *Stroke* links drinking green and oolong teas with 72 and 79 percent lower risk

for ischemic stroke, respectively.

"Tea is a safe and healthy beverage," Lee told Reuters Health. To obtain optimal benefits, "long-term tea drinking should be encouraged," he said.

DOCTORS USE, RECOMMEND SUPPLEMENTS

Doctors and nurses commonly take vitamin, mineral, and other dietary supplements themselves, and recommend the same to their patients, results of a survey indicate. Yet, most of the 900 physicians and 277 nurses surveyed admitted having no formal education or training on the use of dietary supplements, according to the survey. The findings suggest a desire for improved education on the use of dietary supplements.

POTASSIUM CUTS KIDNEY STONES IN KETOGENIC DIETERS

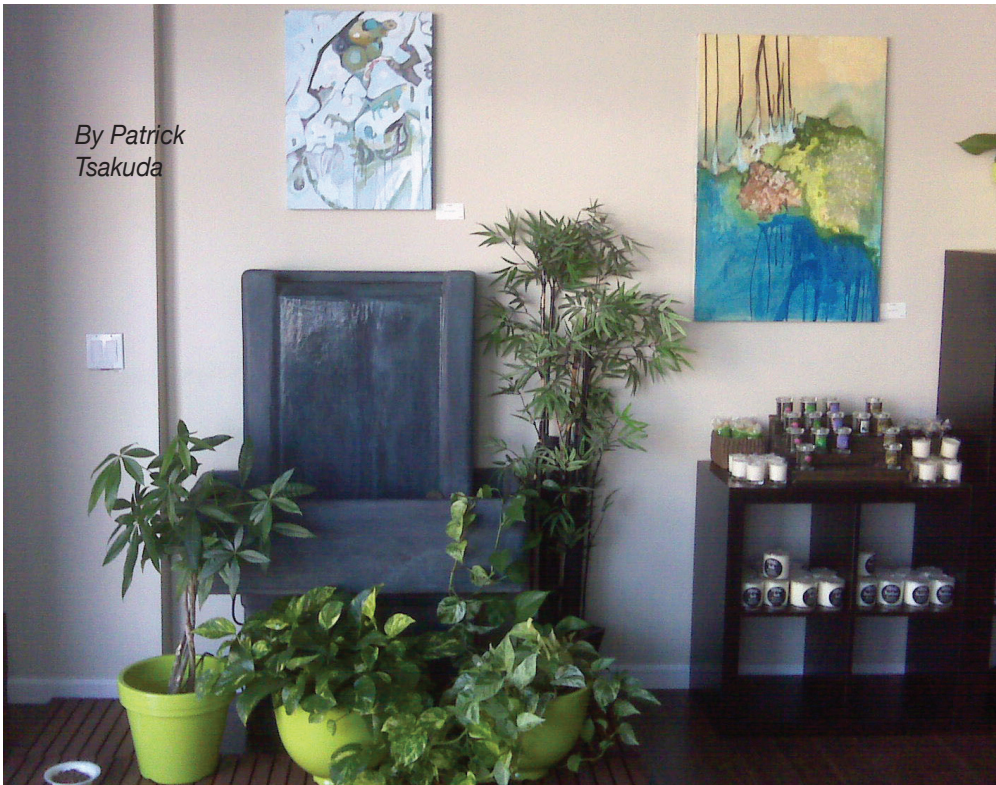
Children on the high-fat ketogenic, or "K diet" to control epileptic seizures can prevent the painful kidney stones that the diet can sometimes cause if they take a daily supplement of potassium citrate the day they start the diet, doctors have found. "We can confidently say this is a safe and powerful way to prevent kidney stones, and it should become part of standard therapy in all ketogenic dieters," investigators said.

VITAMINS MAY LOWER HEART DISEASE RISK

People who take a multivitamin and vitamin E nearly every day for 10 years seem to have a slightly lower risk of death from heart disease, study findings hint. Those who take vitamin E and C supplements may also have a lower risk of death overall in a five-year period, while those who take vitamin C may have a lower risk of death from cancer, researchers note. The findings "should be interpreted cautiously because healthy behaviors" - some of which may not have been measured - "tend to be more common in supplement users than in nonusers," the authors note.



By Patrick
Tsakuda



10 Things You Should Know About The ORGANICS: Herbal Nutrition Center

People are raving about the ORGANICS: Herbal Nutrition Center on La Cienega Blvd. With internet reviews ranging from "... beautiful, chill and tranquil," to "top notch, great decor, smells like a high class spa, with great customer service to top it all off," Organics is quickly becoming one of the preferred retail outlets for all things natural and organic.

- 1 They provide safe access to medicinal cannabis (complimentary gift item for first-time patients)
- 2 They offer affordable all natural, organic/vegan products and supplements
- 3 They offer Hemp-based products; such as, "Hemp-Eze," "Earthy Body"
- 4 They stock Aromatherapy items candles, crystals, etc.
- 5 They have unique, hard-to-find yoga accessories
- 6 They offer an awesome children's wellness line called

In addition to a wide variety of medicinal marijuana, Organics also offers vitamins & herbal supplements, aromatherapy products, organic cotton clothing, organic health & beauty products, yoga accessories, organic/natural/vegan snacks & beverages and more!

Here are the top ten things you should know about the ORGANICS: Herbal Nutrition Center

- "Shear Miracles"
- 7 They stock amazing all natural pet products, including shampoos and conditioners
- 8 They have really cool Organic Cotton T-shirts
- 9 They have awesome artwork by local artists featured on their walls
- 10 It's a totally serene, peaceful environment with truly friendly service

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Some Plastic Surgeons Fall Short On Hand-Washing

Plastic surgeons rely on their hands for a living, but not all of them are clear on how to best keep those hands clean, a small study suggests.

In a Web-based survey of 122 U.S. facial plastic surgeons, researchers found that only half -- 53 percent -- knew that alcohol-based rubs are considered the best agent for killing bacteria on hands that appear unsoiled.

They fared better when it came to the best management of visibly dirty hands. In such cases, soap and water is the cleansing method of choice -- something that three-quarters of the surveyed plastic surgeons knew.

Far fewer, however, could correctly identify all the situations in which they should clean their

hands. Only 42 percent said they should do so before and after contact with a patient, and before and after using examination gloves.

THE MOST EFFECTIVE WAY TO PREVENT THE SPREAD OF POTENTIALLY DEADLY INFECTIONS

Hand-washing practices have come under scrutiny recently, as they are the most effective way to prevent the spread of potentially deadly infections in the hospital. The Centers for Disease Control and Prevention and the Joint Commission, which evaluates and certifies hospitals and other health care organizations, have made hand-washing a priority in their guidelines.

Plastic surgeons are not alone in their lack of hand-washing know-how. Studies have shown that healthcare workers' adherence to hand-hygiene guidelines is generally "abysmal."

SKIN CREAM PROMOTION WARNING

Regulators have warned Galderma Laboratories that certain promotions made misleading claims about a cream to treat facial discoloration. The FDA said two visual aids used to promote Tri-Luma Cream "suggest uses ... that have not been approved by FDA" and "omit and minimize important risk information for the drug." Tri-Luma is approved to treat moderate to severe melasma, a discoloration of a woman's face seen with pregnancy or use of oral contraceptives.

LASER TREATMENT FOR SUN-DAMAGE

A procedure using a topical solution made by DUSA Pharmaceuticals Inc and laser treatment stimulates collagen production and helps rejuvenate sun-damaged skin, researchers said. Researchers tested photodynamic therapy that combines DUSA's Levulan, a clear solution dabbed onto the skin to increase its sensitivity to light, and so-called pulsed dye laser treatment using brief flashes of a single wavelength of light. They found that the therapy increased production of collagen -- a protein that helps provide skin its texture and elasticity -- and promoted the thickening of the top layer of the skin.

LOVE YOUR BODY

Women who accept their bodies, flaws and all, are more likely to eat healthily or intuitively, recent research shows.



This suggests that women's typical reasons for dieting -- dissatisfaction with their bodies -- may backfire. "... Women think that they can best lose weight and feel better if they are first dissatisfied with

their bodies," investigators said. "Rather, this research shows that adopting a positive body image is more likely to be associated with healthy eating."

Stem Cell Face Sculpting

WHAT YOU NEED TO KNOW ABOUT THIS UNIQUE AND INNOVATIVE PROCEDURE. *By Dr. Nathan Newman*



The field of medicine is entering a new era with the use of stem cell technology. As with any new technology there is much confusion about stem cells. The ethical and non-controversial use of stem cells from your own body fat, known as autologous adult adipose derived mesenchymal stem cells, has come of age, while the ethically controversial embryonic stem cells is still being studied and developed. Below are the most commonly asked questions by my patients about this unique and innovative method for sculpting your face and body.

What are stem cells from fat?

Non-embryonic adult stem cells are found most concentrated in the fat. Adult stem cells remain dormant (non-dividing) until they are activated by a normal need for more cells, or by disease or tissue injury. Serving as part of the repair

and maintenance system, they can theoretically divide without limit to replenish others. When activated, the stem cell in the fat has the potential to either remain a stem cell or become a fat cell, a muscle cell, a bone cell, a cartilage cell, or a nerve-covering cell.

Does it leave scars?

No. There are no scalpel knives used in the procedure. Specially designed blunt instruments are used to inject the fat and stem cells to sculpt the body areas as desired.

Does it make my face look fat?

No. The procedure restores the youthful look by restoring the 3-dimensional balance to the face.

Do I need to be put to asleep?

No. The procedure is minimally invasive and does not require general anesthesia. For very anxious patients, an oral sedative may be given.

Is it safe?

Yes. Since it is your own fat there is no allergic or adverse reaction that can happen from the fat stem cells. Also, since there is no need for general anesthesia, serious risks associated with being put to sleep are eliminated.

Is it painful?

Most of my patients report feeling mild pressure during the injection that is controlled with local anesthesia and some soreness in the areas treated for about 1 to 2 weeks after the procedure that does not require pain medication.

How long is the recovery?

You will be able to resume your normal daily life immediately, limited by the degree of swelling that you experience after the procedure. Most patients have noticeable swelling in the areas treated from 3 to 10 days depending on the extent of the procedure and individual healing response.

How long will the results last?

The results should last for about 5 to 10 years. The results are affected by your lifestyle, habits and genetics. Smoking and weight fluctuations diminish the results.

How will it look over time?

Since it is your own live tissue, it will be undetectable and will change along with the rest of the surrounding tissues it is found in. In addition to having restored the 3-dimensional balanced proportions to your face, the stem cells help rejuvenate the look and texture of the overlying skin, restoring your youthful glow.

How is it different from fat injections?

Fat grafting injection results are dependant on the technique used. The technique used is a major fac-

tor in how much viable fat cells are transferred to the desired area. In the stem cell face sculpting procedure, I use a unique patent-pending process, which allows me to double or triple the number of stem cells that are going to be used to reposition the fat and to sculpt the face back to its naturally healthy and youthful appearance. This unique process generates better results, last longer and rejuvenates the facial structures as well as the skin over it.

How much does it cost?

The stem cells face sculpting costs can start at \$5,500 up to \$9,500, depending on the extent of sculpting to be done. The cost of the stem cell face sculpting is a fraction of the cost of older methods of cosmetic surgery since it does not require general anesthesia and takes less time to perform. Also, the entire face (forehead, eyes, nose, cheeks, laugh lines, lips, jowls, and chin) can be done all at the same time with the stem cell enhanced fat. Each area would otherwise entail a separate procedure that costs thousands of dollars. The average cost of older methods of facial surgery ranges from \$15,000 to \$40,000.



Dr. Nathan Newman is a world-renowned cosmetic surgeon in the forefront of Advancing cosmetic

surgery. He is the innovator of the Stem Cell enhanced face-lift and sculpture procedure. This method has led him to apply his unique stem cell rejuvenation technique to other parts of the body (Stem Cell Vaginal Rejuvenation and Stem Cell Hand Rejuvenation). You can contact Dr. Newman at info@NathanNewmanMD.com or at 310-273-3344.



CANNABIS CANCER PREVENTION STUDY

RESEARCHERS HAVE FOUND THAT LONG-TERM POT SMOKERS WERE ROUGHLY 62 PERCENT LESS LIKELY TO DEVELOP HEAD AND NECK CANCERS THAN PEOPLE WHO DID NOT SMOKE POT *By Victor Melamed*

You've heard about using marijuana and drugs derived from it to keep some of the side effects of toxic cancer chemotherapy in check. But what if smoking marijuana for 10 to 20 years could actually protect against certain tumors?

In a study, researchers have found that long-term pot smokers were roughly 62 percent less likely to develop head and neck cancers than people who did not smoke pot.

The new study featured 434 patients with head and neck cancers, which include tumors in the mouth, tongue, nose, sinuses, throat and lymph nodes in the neck, and 547 individuals without these cancers seen in the Greater Boston area from December 1999 to December 2003.

After factoring out the impact of smoking, drinking, and other factors that might influence the results, smoking marijuana from once every two weeks to three times every two weeks, on average, was associated with about half the risk of head and neck cancer, compared with less frequent use.

Those who took up pot smoking at an older age appeared to have less risk of these cancers than those who started it at a younger age.

Compared to people who never smoked pot, those who began smoking marijuana between the ages of 15 and 19 years were 47 percent less likely to develop head and neck cancer, while users who began at age 20 or older had a 61 percent reduced risk, Kelsey and colleagues found.

It's unclear why marijuana would prevent cancer, if in fact the study is borne out by others, but the authors note that chemicals in pot called cannabinoids have been shown to have potential antitumor effects. Other studies have linked marijuana use to a reduced risk of some cancers, such as cancer of the prostate, and now head and neck cancer.

It's also been suggested that smoking pot may help stave off Alzheimer's disease and help combat weight loss associated with AIDS, and nausea and vomiting associated with chemotherapy in cancer patients.

Overall, however, research on the effects of marijuana on human health is mixed. Some studies have suggested the drug can increase a person's risk of heart attack or

stroke and cause some cancers such as lung cancer.

In the journal *Cancer Prevention Research*, the researchers emphasize that further research from larger studies is needed to verify this link. Moreover, even if marijuana use were found to protect against these cancers, the risks of use may still outweigh this benefit, they say.

"Marijuana is an entry-level drug and can be associated with later use of more serious addictive drugs, as well as other risk behaviors," warn Dr. Karl T. Kelsey, from Brown University, Providence, Rhode Island, and colleagues.

Any policy regarding marijuana use should take this into consideration "and should not be made based on one study's results," they note.

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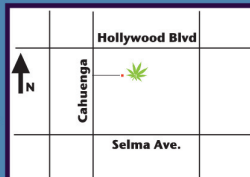
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LOVE THE BODY YOU'RE IN

ERICA DURANCE, SMALLVILLE'S LOIS LANE, ON MIXING UP YOUR WORKOUTS, CARB CONTROL AND LOVING AND ACCEPTING WHO YOU ARE *By Mark Ariel*

Erica Durance joined the Superman legacy by portraying the iconic Lois Lane in "Smallville."

Alberta, Durance is dual citizen of Canada and the United States. She has guest starred in the television series

in the television movie "Final Verdict." She also starred in the Lifetime Television movie "Marry Me" and is gearing up for production on the feature film "Ecstasy." Other feature film credits include "The Butterfly Effect 2" and the thriller "Stranded" for Lifetime Television.

Fitness-wise Durance believes variety is the key. "I try to mix-up my workouts and do something different everyday. One day I focus more on my abs, the next day on my legs... however I usually do at least 20 minutes of cardio at the beginning of every workout," Durance tells ***LA Health News***. "I also try to go to a yoga or pilates class a few times a month... the main idea is not to do the same thing all the time," says Durance.

While Durance does not follow a strict diet plan, she believes in following a few basic rules. "I'm careful with carbs, particularly late at night, and I eat lots of protein and lean veggies. Aside from that, I don't believe in denying myself anything. If I crave something - I'll go for it, in moderation," explains Durance.

One of the main ways of finding the right balance, says Durance, is loving and accepting who you are. "Growing up I always wanted to be 5'3" and petite. In my mind's eye I was a ballerina," confides Durance. "Over the years I had to learn to accept the fact that I'm 5'8" with an athletic build. Coming to terms with my body type makes it easier to maintain a healthy lifestyle."

In the role of the feisty Daily Planet reporter, Durance plays Lois as a street-smart, tough young woman who bonds with the Kent family, much to Clark's (Tom Welling) dismay.

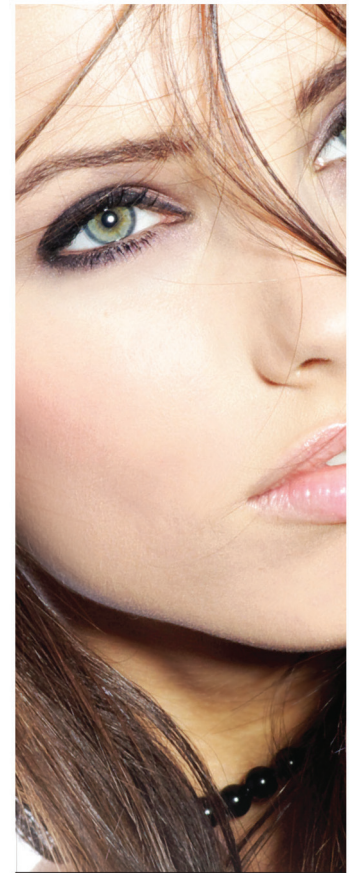
Growing up in Three Hills,

"Stargate SG-1," "The Chris Isaak Show," "Andromeda" and "Tru Calling." She also starred in the 2004 pilot "Gramercy Park" and guest starred in the fantasy series "The Collector."

Durance can next be seen



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THE SECRET TO BEAUTIFUL SKIN *By Ramona Cyr*

Dr. Smoothie Brands understands the importance of good health and feeling good. Since 1997, exceptional, fine products have been created and manufactured that nourish both body and soul.

The secret to the success lies within the natural ingredients used in each product. Here are some commonly asked questions regarding skincare.

How important is collagen in our bodies?

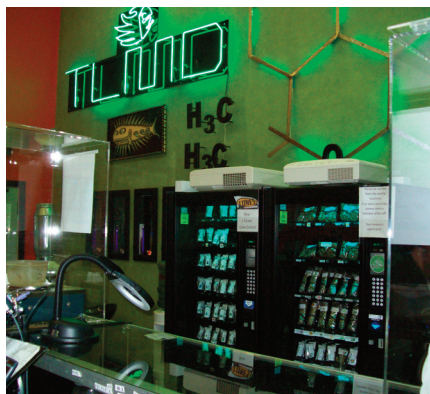
Collagen is very important to our bodies. Collagen is the major fibrous protein in the human body and is the most abundant protein in nature. Collagen attributes about 30% of the total human

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Got Your Text, I'm on the Phone

MULTI-TASKERS' ARE BAD AT ONE THING: MULTI-TASKING By Amy Norton

People who text-message while listening to an iPod while reading the newspaper probably think they are good at "multi-tasking." They are wrong, according to a study published last month.

Researchers at Stanford University found that college students who made a habit of immersing themselves in various media at once were not very skilled at tests of memory, attention and, ironically, "task-switching."

In a nutshell, "they're terrible at multi-tasking," Dr. Clifford Nass, one of the researchers on the work, told Reuters Health in an interview.

The findings, published in the online edition of the Proceedings of the National Academy of Sciences, are surprising, the researchers admit.

The findings also suggest that today's array of devices that make multi-tasking possible, and supposedly easy, may not be a good thing.

Going into the study, Nass

said, he and his colleagues assumed that "heavy multi-taskers" must have some innate ability that allowed them to handle several tasks at once.

Maybe they were good at filtering out irrelevant distractions from their environment, the re-

"SOCIETY IS DEVELOPING TOOLS ALL THE TIME TO MAKE MULTI-TASKING EASIER... THE QUESTION IS WHETHER THAT'S A GOOD THING"

searchers hypothesized.

But a simple cognitive test of such filtering -- where test-takers were asked to focus on the characteristics of a group of red triangles while ignoring a few extraneous blue triangles -- showed that multi-taskers performed more poorly than people who were not prone to media multi-tasking.

The same was true when study participants took a test that measures the brain's ability to organize and file away information,

and when they took a test of task-switching. The multi-taskers were actually slower to shift their attention from one test task to another.

The study included 262 college undergraduates who filled out questionnaires on their media use -- how often they went online,

watched TV, read, listened to music, emailed and text-messaged, and how often they did a few of those things at once.

Students classified as either heavy or light media multi-taskers then took the series of cognitive tests.

While the results suggest that heavy multi-taskers are not actually good at what they do, the reasons for that are not clear, Nass said.

Overexposure to too many

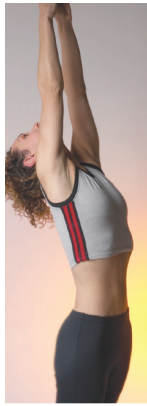
media distractions may be at fault -- or it may be that people who are "born bad multi-taskers" are, ironically, more drawn to doing it.

It's possible, according to Nass and his colleagues, that heavy multi-taskers tend to have a generally "exploratory" orienta-

tion: they simply like to gather lots of information, even if that means sacrificing their performance on the task at hand.

But whether heavy media multi-tasking causes the differences seen in this study or not, Nass said, the implication would seem to be the same: "Heavy multi-taskers should stop doing it."

"Society is developing tools all the time to make multi-tasking easier," he said. "The question is whether that's a good thing."



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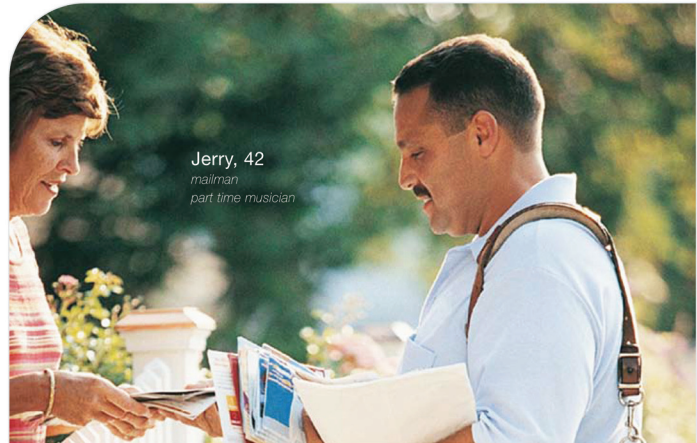
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