

LA **HEALTH** NEWS

MARCH 2008 | ISSUE 84 | COMP

FOR YOUR LIFE

STRIKING OIL

Olive Oil's Amazing Health Benefits

Repairing Liposuction Defects

DR. NATHAN NEWMAN

HOTT CATT

DIET SECRETS FROM E! ENTERTAINMENT'S "THE DAILY 10" CATT SADLER

GRAIN TRAIN

10

Tips To Incorporate More Whole Grain Into Your Diet



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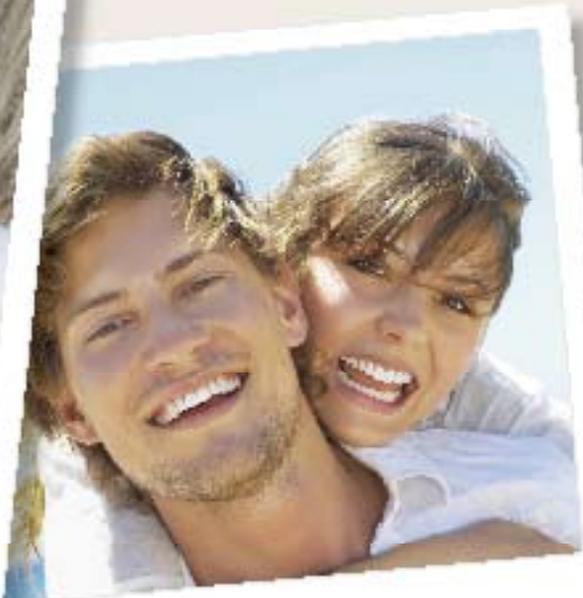


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editor's letter

Meat, Diet Soda Linked to Heart Disease

P EOPLE WHO EAT TWO OR MORE servings of red meat a day are much more likely to develop conditions leading to heart disease and diabetes, researchers reported last month. Eating two or more servings of meat a day increases the risk of suffering from a cluster of risk factors known as metabolic syndrome by 25 percent compared to those who had only two servings of meat a week, the researchers reported in the journal *Circulation*.

The symptoms of metabolic syndrome include excessive fat around the waist, high cholesterol, high blood sugar and high blood pressure.

The study also found that diet soda consumption was linked to these elevated risk factors for heart disease and diabetes, echoing the findings of a study published in July.

"When we found that diet soda promoted risk, we were surprised," said Dr. Lyn Steffen, an associate professor of epidemiology at the University of Minnesota.

"But then we thought about other behavior patterns," she added in a telephone interview.

"It may be associated with compensating for eating higher calorie food. People may say, 'I can eat this cookie because I am drinking this diet soda.'"

Lots of meat, fried foods and diet soda add up to heart disease, the researchers

Study conclusions add to a swelling body of evidence linking fast food with unhealthy lifestyles.

said, and the conclusions add to a swelling body of evidence linking fast food with unhealthy lifestyles.

Steffen's team examined the diets of 9,514 people in a study funded by the National Heart, Lung, and Blood

Institute. In a departure from related studies, this one went into a detailed look at precisely what people were eating.

Most were aged 45 to 64.

Based on a 66-item food frequency questionnaire, the volunteers were categorized into two groups: those with a "western-pattern" diet, heavy on processed meat, fried foods, red meat; and a "prudent-pattern" diet with more fruit and vegetables, with small amounts of fish and poultry.

After nine years, nearly 40 percent of those involved developed three or more of the factors linked to metabolic syndrome, they wrote. This was clear even when smoking and exercise were factored in.

Mark Ariel
Editor-In-Chief

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Yogurt May Take The Bite Out Of Gum Disease

Regularly eating yogurt and other foods with lactic acid may be good for your mouth, Japanese researchers report. Dr. Yoshihiro Shimazaki and colleagues found that consuming yogurt and lactic acid drinks was significantly associated with better periodontal health. "But, milk and cheese were not," Shimazaki said.

STROKE RISK HIGHER IN U.S. THAN EUROPE

Barriers to health care, bad habits and poor diet put U.S. adults at far greater risk of stroke than Europeans, researchers in the Netherlands said on Friday. U.S. women are twice as likely to have a stroke as European women, and American men have a 61 percent higher chance compared with European men.

SWIMMING EASES PAIN OF MYSTERY AILMENT

Swimming can significantly ease the debilitating pain of fibromyalgia, an ailment with no known cure, European researchers said. The condition mainly strikes women and can cause severe pain and tenderness in muscles, ligaments and tendons. Shoulder and neck pain is common, as are problems sleeping, anxiety and depression.

FDA APPROVES NEW BREAST CANCER DRUG

Regulators approved Genentech Inc's cancer drug, Avastin, for the treatment of breast cancer, adding a potentially significant new revenue source for the medicine. Genentech shares jumped nearly 9% in extended trading as most industry watchers had expected the FDA either to delay a decision or reject the medicine for this use.

STRESS MAY LIMIT WOMEN'S ABILITY TO FIGHT HPV

Among women with abnormalities on a Pap test, those who report high levels of daily stress appear to have a weakened immune response to a type of human papillomavirus, HPV16, that can cause cervical cancer. However, "It is premature to draw any conclusions regarding the effects of stress on immune response to HPV16 and the clinical implications of the observed association," emphasized Dr. Carolyn Y. Fang, of the Fox Chase Cancer Center, in Philadelphia, Pennsylvania.

VEGGIES, ALCOHOL MAY WARD OFF PROSTATE WOES

Men who want to avoid developing the benign but bothersome prostate enlargement that typically accompanies aging should cut their intake of fat and red meat, eat more vegetables, and have a couple of drinks a day, a new study suggests. As many as half of 50-year-old men have benign prostate hyperplasia (BPH), which causes frequent and sometimes painful urination, while up to 80% of 70 year olds have the condition, Dr. Alan R. Kristal of the Fred Hutchinson Cancer Research Center in Seattle and colleagues note in their report.

DIET TIED TO BREAST AND OVARIAN CANCER RISKS

A new study suggests that women who eat diets rich in meat and dairy may have a decreased risk of breast cancer, while those who bulk up on fiber, fruits and vegetables show a lower risk of ovarian cancer. The findings, published in the International Journal of Cancer, questions the role of diet in women's risk of the cancers.

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plant using several abusive techniques to make animals stand up and pass a pre-slaughter inspection. These included ramming cattle with forklift blades and using a hose to simulate the feeling of drowning.

"A recall of this staggering scale proves that it's past time for Congress and the USDA to strengthen our laws for the sake of people and animals," said HSUS president Wayne Pacelle.

Raymond said the recall stemmed from slaughter of cattle that could not stand at the time of slaughter, although they passed inspection earlier. Packers are required to alert USDA veterinarians in those cases so they can decide if the animal can be slaughtered for food.

In most cases, beef from downer cattle is barred from the food supply. The rule was adopted as a safeguard against "mad cow" disease, a deadly, brain-wasting illness. People can contract a version of the disease by eating tainted products. USDA said there are many other safeguards against mad cow.

Until now, the largest U.S. meat recall was 35 million lbs in 1999.

USDA said the Hallmark/Westland recall ranked

Inhumane Treatment

LATEST CALIFORNIA MEAT RECALL RANKED AS "MINOR HEALTH RISK"

By Charles Abbot & Christopher Doering

A CALIFORNIA MEATPACKER ACCUSED OF animal cruelty is making the largest U.S. meat recall on record -- 143 million pounds, the U.S. Agriculture Department said last month.

Most of the meat, raw and frozen beef products, probably has already been consumed, said USDA officials at a briefing. Some 37 million lbs were bought for school lunches and other federal nutrition programs. USDA said there was only a minor risk of illness from eating the beef.

Hallmark/Westland Meat Packing Co voluntarily recalled all of its beef produced since February 1, 2006. USDA said Hallmark violated rules against the slaughter of "downer cattle" -- that is, animals too ill to walk.

"This is the largest beef recall in the history of the United States, unfortunately," said Agriculture Undersecretary Richard Raymond.

Based in Chino, California, Hallmark/Westland has been closed since early February. Company officials were not immediately available for comment.

The Humane Society of the United States showed videotapes on January 30 showing workers at the

as a minor health risk because it involved a violation of inspection rules rather than proof of contamination. Most of the meat products recalled were beef, but a small amount was ground pork, according to the department.

Announcement of the recall will help the search for beef produced by Hallmark/Westland that may be held in freezer plants.

Senate Agriculture Committee Chairman Tom Harkin said in a statement that USDA must toughen its inspection measures before animals are slaughtered to prevent future occurrences.

"How much longer will we continue to test our luck with weak enforcement of federal food safety regulations?" said Harkin, an Iowa Democrat. "Federal regulations exist for a reason - to protect public health. For Hallmark/Westland to issue a recall that goes back two years indicates that violations may have been long-term."

Four senior Democrats in Congress, including Assistant Senate Majority Leader Dick Durbin, told the General Accounting Office last month to investigate the safety of meat in the school lunch program in light of the Hallmark/Westland case. ♣

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healthcare for all?

AMERICANS
SPLIT ON
"SOCIALIZED
MEDICINE"
ACCORDING
TO POLL

By Jason Szep

MOST DEMOCRATS SAY "SOCIALIZED medicine" would be better than the current U.S. health care system, while most Republicans say it would be worse, a poll by the Harvard School of Public Health revealed.

The poll highlights how most Americans expect the Democratic front-runners to pursue changes that would create a socialized medical system.

The survey revealed that one in three voters said they did not understand. But more than 70% said they understood it to mean "the government makes sure everyone has health insurance."

Nationwide, about 45% said they believed such a system would be better for the country, while 39% said it would be worse, according to 1,030 voters surveyed February 6 to 10. Both parties talk of reining in costs and expanding coverage to the nation's 47 million uninsured residents, but they are deeply divided about how to do it.

About 70% of Republicans said socialized medicine would be worse than the current system, while the same percentage of Democrats said it would be better. Among independent voters, 43% say they believe socialized medicine would be better and 38% worse. The poll, conducted by Harris Interactive for Harvard, had a margin of error of plus or minus 3 percentage points.

"These results suggest how polarizing the issue

of health care will be in the election," said Robert Blendon, professor of health policy and political analysis at the Harvard School of Public Health.

Republican candidates and policy strategists often accuse Democrats of advocating "socialized medicine," depicting such plans as entangled in bureaucracy and synonymous with a so-called single-payer government health care system.

The expression was used frequently by former Republican presidential candidate Mitt Romney to attack Democrat Clinton's plan for universal health insurance. During his campaign which ended earlier this month, Romney accused Democrats of pursuing "European-style socialized medicine," deriding it as "a government mandate" and inspired by "European bureaucracies."

In the poll, about 60% said the Medicare insurance program for seniors was a form of socialized medicine, and about 47% said the veterans health care system was socialized medicine.

Democrats say Republicans use the phrase as a scare tactic while mischaracterizing their plans, which call for expanding government-run health care and boosting Medicaid for the poor.

Republican plans typically focus on stimulating competition among insurance companies. The probable Republican nominee, Arizona Sen. John McCain, has proposed tax changes to make health care more accessible.

Democratic candidate Barack Obama says Republicans make the mistake of calling all Democratic plans "socialized."

"Those old categories don't work, and they're preventing us from solving the problems that the American people want us to solve," he said. ☩



get on the grain train

WHOLE GRAINS
CURB BELLY FAT,
INFLAMMATION,
REDUCE RISK
OF HEART
DISEASE

By Joene Hendry

CUTTING CALORIES HELPS people lose weight, but doing so by filling up on whole grains may be particularly heart-healthy, new research suggests.

In a study of obese adults at risk of heart disease, researchers found that those who trimmed calories and increased their whole-grain intake shed more belly fat and lowered their blood levels of C-reactive protein or CRP.

CRP is a marker of chronic, low-level inflammation in the blood vessels, and both abdominal fat and CRP, in excess, are linked to heart attack and stroke.

In contrast, dieters in the study who mainly ate refined grains, like white bread, were able to lose weight, but they trimmed less fat from the middle and showed no change in CRP.

The findings offer yet more incentive for Americans to opt for whole grains over highly processed versions, according to the researchers.

"This is the first clinical study to prove that a diet rich in whole grains can lead to weight loss and reduce the risk of several chronic diseases," Dr. Penny Kris-Etherton, the senior researcher on the study, said in a statement.

She and her colleagues at Pennsylvania State University report the findings in the *American Journal of Clinical Nutrition*.

In general, experts recommend eating whole grains – such as oatmeal, brown rice and barley – rather than refined grains, like white bread and other products made

TEN ESSENTIAL WHOLE GRAIN TIPS

- 1** To eat more whole grains, substitute a whole-grain product for a refined product - such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- 2** Incorporate brown rice or whole-wheat pasta in your diet. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- 3** Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- 4** Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- 5** Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- 6** Use whole-grain bread or cracker crumbs in meatloaf.
- 7** Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- 8** Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- 9** Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- 10** Add whole-grain flour or oatmeal when making cookies or other baked treats.



from white flour. Whole-grain foods retain more of the nutrients and fiber components of the grain.

This fact might explain why dieters in the current study showed added benefits when they ate whole grains, according to the researchers. For example, fiber-rich foods may have kept participants' blood sugar levels more stable throughout the day, and this, in turn, may have lowered their CRP levels.

Alternatively, CRP might have dropped because of the antioxidant nutrients that are present in whole grains but depleted in refined ones.

The study included 50 obese men and women who had metabolic syndrome, a collection of several risk factors for diabetes, heart disease and stroke - such as abdominal obesity, high blood pressure and high blood sugar.

All of the study participants cut calories for 12 weeks, but half were instructed to strive for whole grains, while the rest were told to choose refined grains. The whole-grain group was told to look for products with "whole grain" listed as the first ingredient on the label.

In the end, the average weight loss was about 8 to 11 pounds in both groups. However, the average CRP level dropped by 38 percent in the whole-grain group, while remaining unchanged in the refined-grain group. In addition, while both groups showed a similar change in waistline size, the whole-grain dieters showed a greater reduction in the percentage of fat around the middle.

The researchers recommend that consumers look at labels and be careful to choose products that are good sources of whole grain.

"There are a lot of foods around that claim they contain whole grain but are not really major sources of whole grain," Kris-Etherton said. She suggested looking for foods like oatmeal, breakfast cereals made from whole grains, whole-wheat pastas, granola and popcorn for the best results in weight loss and health gains.

As a general rule, she said, consumers should buy grain products that are at least 51 percent whole grain. Products that put health claims about whole grains on their labels are required to contain at least that much whole grain. †



Feeling Fat May Be Worse For You Than Being Fat

OBESITY'S HEALTH EFFECTS COULD HAVE more to do with feeling bad about being fat than actually being overweight, a new study shows.

Researchers found the actual weight and perceived ideal weight was a better indicator of mental and physical health than body mass index (BMI) in 170,000 US adults.

Some researchers have suggested that stress due to stigmatization could be a factor in the health problems obese people have, such as high blood pressure and diabetes,

"The obesity 'epidemic' might have a lot more to do with our collective preoccupation with obesity than obesity itself," said leader of the study Dr. Peter Muennig of Columbia University in New York City.

STRESS DUE TO STIGMATIZATION A FACTOR IN TREATING OBESITY

Researchers found that the more dissatisfied a person was with his or her weight, the more "bad days" he or she had. People who felt they had to lose just 1% of their body weight had 0.1 more unhealthy days a month than those who thought their

weight was ideal. But people who wanted to lose 10% of their body weight reported 1.6 healthy days a month, and those who wanted to pare off 20% reported 4.3 unhealthy days.

It has been recognized that "fat" does not necessarily equal unhealthy. Nonetheless doctors often have a very visceral reaction when we see an obese person. This visceral reaction sets off a red light that tells this person to lose weight. Study suggests this is not the right way to approach obesity.

SUGARY DRINKS RAISE GOUT RISK

Sugar-sweetened soft drinks and fructose are strongly tied to an increased risk of gout in men. Diet soft drinks, by contrast, do not increase the risk. Sweetened soft drinks contain large amounts of fructose, a sugar derived from fruit, which increase levels of uric acid. These findings provide the first evidence that fructose and fructose-rich foods are important risk factors for gout. Further research is needed to see if these findings also apply to women, and if fructose is associated with cardiovascular disease related to high uric acid levels.

COOKING OIL SWITCH PRODUCES WEIGHT LOSS

Switching to a different type of cooking oil could help people pare off pounds, according to new research. People who used diacylglycerol oil instead of their regular cooking oil for a year lost an average 1.2 pounds, without dieting or exercising. The heavier a person was at the beginning of the study, the greater their reduction was in body mass index. Diacylglycerol appears to promote weight loss by helping the liver and small intestine burn fat more efficiently, according to researchers.

WEIGHT LOSS BY DIET OR EXERCISE BENEFITS HEART

Shedding excess pounds may restore some of the heart's youth, whether the weight loss comes from eating less or exercising more, a study suggests.

As people age, their body tissue accumulates collagen fibers, which causes tissue to stiffen. Among 25 healthy but overweight middle-aged adults, moderate weight loss appeared to restore some the heart's youthful elasticity—making it easier for the heart to relax between contractions and refill with blood.



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Reduced Exercise Capacity An Ominous Sign

PEOPLE WHO HAVE TROUBLE EXERCISING on a treadmill are at increased risk of suffering a heart attack or other heart-related event and of dying, according to results of a study.

“Exercise capacity” is one of many important prognostic factors measured during an exercise treadmill test, a simple procedure often performed in doctors’ offices. Among 9191 adults who had a treadmill test in a median of 2.7 years, 119 were hospitalized for heart attack and 259 for chest pain. Moreover, 749 required revascularization procedures to restore blood flow to the heart, and 132 patients died.

According to Dr. Pamela N. Peterson, of the University of Colorado at Denver and Health Sciences Center, people with low exercise capacity on the treadmill test had

more than a twofold increased risks. Low exercise capacity was also significantly associated with an increased risk of dying from any cause.

The study found those with lower exercise capacity were more likely to be female and to have other comorbid conditions such as diabetes and high blood pressure compared to individuals with greater exercise capacity.

A lower exercise capacity also led to chest pain on the treadmill and abnormal heart rate recovery -- a measure of how quickly the heart rate returns to normal after a period of exercise.

The findings have important implications that suggest “aggressive risk factor modification and close follow-up should be considered for patients with impaired exercise capacity.”

LOW EXERCISE CAPACITY IS ASSOCIATED WITH INCREASED RISK OF DYING

● STRENGTH TRAINING
● RELIEVES CHRONIC
● NECK PAIN

For women with chronic pain in the trapezius muscle, the muscle that extends along the back of the neck, high-intensity strength training targeting the neck and shoulder muscles provides long-lasting pain relief, new study results show. General fitness training, on the other hand, offers little benefit. The prevalence of chronic neck pain has increased as more workers spend long hours in front of a computer. Although physical exercise is usually recommended, the most effective type of program is unknown.

● EXERCISE KEEPS YOU
● YOUNGER, STUDY FINDS

People who keep fit are up to 9 years biologically younger than those who do not. Studies have shown that telomeres, region of repetitive DNA at the end of chromosomes, which protects the end of the chromosome from destruction, get shorter over time, suggesting the cells are ageing or dying. People who exercised more each week had longer telomeres than people who exercised less. These effects are associated with vigorous exercise 3 hours a week, not merely physical activity. Researchers believe exercise defends against the natural process called oxidative stress.

● AT-HOME WALKING
● REGIMEN BOOSTS
● FITNESS

An at-home, unsupervised exercise program can improve fitness and well being, Japanese researchers report. Adults instructed to walk aerobically for at least 20 minutes twice a week and to increase the total number of steps they walked daily showed significant gains in stamina, vitality and mental health after 32 weeks. While the health benefits of exercise are clear, most studies investigating these benefits have involved supervised workouts, which can be costly and inconvenient in real life.

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preventing work-related injuries

By Dr. Neda
The Health Clinic of
Southern California

THE TERM "ERGONOMICS" IS DERIVED FROM two Greek words: "ergon", meaning work and "nomoi", meaning natural laws. In recent years, ergonomists have attempted to define postures, which minimize unnecessary static work and reduce the forces acting on the body. Here are a few rules that could significantly reduce your risk of injury at work.

- Objects that you use most should be within arms reach.
- Objects used continuously should be placed between shoulder and knuckles height. The pressure that is caused on the low back by lifting

something continuously above your shoulder will inevitably lead to a back injury.

- If standing for long periods of time, a footrest should be used with one foot resting higher than the other. When standing or walking for long periods of time, hard surfaces should be padded or carpeted.
- Maintain the natural curves of your back. This position distributes your weight evenly and reduces back strain.
- Turn your entire body when moving from one task to another.
- Sit with your knees about level with your hips to relieve strain.
- Adjust your chair to the proper height.
- Make sure your computer is at eye level.

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New Implant To Fill Out Thin Lips, FDA Approved

IF YOU WANT TO PLUMP YOUR POUT, A NEW implant derived from pig intestines could offer a longer-lasting alternative to injections for filling out those thin lips, according to a study published in the Archives of Facial and Plastic Surgery.

"We think there is a viable product here," Dr. Edmund A. Pribitkin of Thomas Jefferson University in Philadelphia. The implant Pribitkin and his team studied, Surgisis, is approved by the FDA and has been shown to be safe and effective when used in other parts of the body. He and his colleagues implanted eight patients with one strand of the material per lip. Under local anesthesia, the researchers made entry and exit incisions for the implant on either side of

the lip, after which they inserted the implant and closed the incisions with a single stitch each.

"What would ideally happen is that it would be replaced by the body's own tissue," he said. "Short-term lip augmentation was achieved in all 8 patients. Four patients requested an additional implant upon follow up, while one of them required a third. Only one patient developed an infection after the procedure. Pribitkin and his team are conducting additional studies of Surgisis to treat folds and wrinkles in the face, as well as longer-term follow-up of patients who underwent lip augmentation. "We think it gives an alternative to people who are getting injections."

IMPLANT MAY OFFER A LONGER-LASTING ALTERNATIVE TO INJECTIONS

SIGN SPOTS MOST MALIGNANT MELANOMAS

Identifying pigmented moles that look different from a person's other moles - the "ugly duckling sign" - is a practical way to spot malignant melanoma skin cancer, doctors say. The ugly duckling model is based on the observation that moles, or "nevi," in the same individual tend to resemble one another and that malignant melanoma often deviates from the individual's mole pattern. Identification of the ugly duckling showed good diagnostic accuracy for the detection of malignant melanoma skin cancer, even among non-MDs, the investigators report.

ONLINE CONTACT LENS BUYERS MAY PUT EYES AT RISK

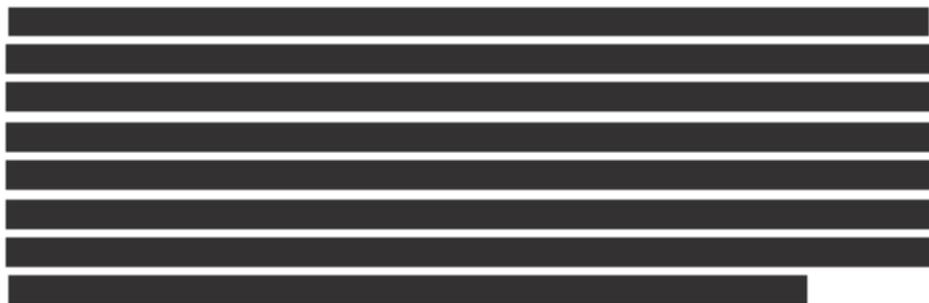
People who buy contact lenses online may be less careful about their eye health than those who buy from their doctors. A study suggests those who buy their lenses online or at a store were less likely to follow certain recommendations on contact safety. Lens wearers who bought from their doctor were more likely to have had an eye exam, make sure their prescription was filled accurately, and the lenses fit properly. The findings suggest that some consumers are putting their eye health at risk.

LASER MAY PROTECT SMILES BY REVERSING GUM DISEASE

Laser therapy for severe gum disease may help regenerate the diseased tissue that normally secures the teeth, a study suggests. Among 6 patients who had one tooth treated with a laser and another by traditional means, the laser-treated tooth showed evidence of new connective tissue growing within the gums around the tooth. The findings add to evidence that laser-assisted therapy is a viable alternative to traditional treatment of severe gum disease.



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As of this writing, there are thousand of products claiming to stop hair loss and regrow healthy new hair, all "guaranteed," no risk, and your money back. **DON'T BE FOOLED!** The only products available and approved by the FDA to regrow hair, are Rogaine and Propecia. The only device approved by the FDA is the Low Level Cool Lasers, producing a 93% reported success rate of hair regrowth. How does it work? Laser diodes increase blood flow by 55%, bringing much needed nourishment and oxygen to the dying follicle, and stop hair loss in 93% of the trial subjects tested and approved by the FDA.

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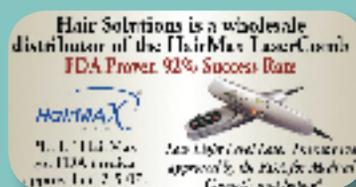


guessing games. We actually examine your scalp with a high tech computer. This allows us to see the entire scalp on the screen, eliminating the "will I" or "won't I" really grow hair questions. The computer makes it very clear. If you have living follicles, we can regrow your hair. We also suggest blood work that might detect hormone imbalance, low iron, copper levels, etc. We do a thorough history, so there are no disappointments. In severe cases, we send hair samples to the leading Trichologist in the United States, Vetta Thompson. Every 24 visits we review your progress using the computer to compare your before treatments and what we see after.

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By Maggie Smith

PEOPLE WHO USE PLENTY of olive oil in their diets may be helping to prevent damage to body cells that can eventually lead to cancer, new research suggests.

In a study of 182 European men, researchers found evidence that olive oil can reduce oxidative damage to cells' genetic material, a process that can initiate cancer development.

They say the findings may help explain why rates of several cancers are higher in Northern Europe than in Southern Europe, where olive oil is a dietary staple.

They also support advice to replace saturated fats from foods

Virgin olive oil may be particularly effective at lowering heart disease risk because of its high level of antioxidant plant compounds.

like meat and butter with vegetable fats, particularly olive oil, said study co-author Dr. Henrik E. Poulsen, of Copenhagen University Hospital in Denmark. He and his colleagues report the findings in The FASEB Journal, a publication of the Federation of American Societies for Experimental Biology.

The study included healthy men between the ages of 20 and 60 from five European countries. For two weeks, the men consumed a quarter cup of olive oil throughout each day. At the end of the study, they showed an average 13 percent reduction in a substance called 8oxodG, which is a marker of oxidative damage to cells' DNA.

Such damage occurs when byproducts of metabolism called reactive oxygen species overwhelm the body's antioxidant defenses. Olive oil contains a number of compounds, called phenols, believed to act as powerful antioxidants.

However, those compounds didn't seem to account for the drop in DNA oxidative damage, according to Poulsen's team. The men in the study used three different olive oils with varying levels of antioxidant phenols, and oxidative damage declined regardless of the phenol content.

Instead, the researchers suspect that the monounsaturated fats in olive oil are behind the effect.

The findings, they say, suggest that olive oil may be part of the reason that certain cancers, including breast, colon, ovarian and prostate cancers, are less common in Mediterranean countries than in Northern Europe.

In related news - when it comes to heart health, virgin olive oil may have an edge over other vegetable fats, new research suggests.

Reporting in the Annals of Internal Medicine, European researchers say virgin olive oil may be particularly effective at lowering heart disease risk because of its high level of antioxidant plant compounds.

In a study of 200 healthy men, the researchers found that virgin olive oil - rich in antioxidants called polyphenols -- showed stronger heart-health effects than the more extensively processed "non-virgin" variety.

The findings suggest that virgin olive oil has more going for it than its supply of heart-healthy monounsaturated fat, according to the study authors. Polyphenols, they say, may account for some of the health benefits that have been attributed to the oil.

In fact, virgin olive oil is the only vegetable oil that's rich in polyphenols, Dr. Maria-Isabel Covas, the study's lead researcher, told Reuters Health.

"All vegetable oils other than virgin olive oil are submitted to a (refining) process in which polyphenols are practically lost," explained Covas, a researcher at the Municipal Institute for Medical Research in Barcelona, Spain.

Even "ordinary" olive oil has a lower polyphenol content, she noted, because it's a mixture of virgin olive oil and a more-processed form of the oil. †



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Laser Acne Treatment

NEW LASER TECHNOLOGY FOR ACNE TREATMENT PROVIDES HOPE FOR THIS FRUSTRATING, CHRONIC CONDITION

By Dr. Mina Mortezaei

ALTHOUGH ACNE REMAINS LARGELY A CURSE of adolescence, about 20% of all cases occur in adults. It occurs in both sexes, although teenage boys tend to have the most severe cases and women are more likely to have mild to moderate forms into their 30s and beyond. Over 60 million Americans suffer from acne and unfortunately, many have difficulty finding a treatment that works. There are many manual exfoliants, harsh chemical peels, over-the-counter cleansers and oral medications to treat persistent acne; yet most still suffer from breakouts. Recent technology has added lasers as the newest and a more effective form of acne treatment.

The most recent FDA-approved laser for acne treatment is called Isolaz(tm). Rated as one of the 3 hottest products at the 2007 American Academy of Dermatology conference, Isolaz(tm) uses a breakthrough technology called Photopneumatics(tm) (Photo = light-based, Pneumatics = vacuum). It is one of a kind in many ways. First, it is painless

when compared with other lasers and the treatments are quick and extremely safe involving no downtime. It is the also only system that purifies deep pores from the inside by using a vacuum device, destroying acne causing bacteria along the way. The FDA has cleared this device to treat both comedonal and pustular acne. Clinical studies have shown immediate results within 24-48 hours, including reduced redness, clearing of skin discoloration and immediate drying/flattening of blemishes. Studies have also shown Isolaz to be more effective than other lasers on non-responders to traditional therapies including patients who had tried topicals, antibiotics and other lasers.

For more information, please visit www.isolaz.com and www.abmmmedical.com.

Dr. Mina Mortezaei is one of 2 board certified physicians at ABM Medical Clinic in Sherman Oaks and West Hills. Call (818)888-8042 and visit www.abmmmedical.com for more information.

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By Bruce Beard, DDS

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REPAIRING LIPOSUCTION DEFECTS

CORRECTING UNDESIRE
LIPOSUCTION RESULTS TAKES SKILL, KNOWLEDGE AND EXPERIENCE

By Nathan Newman

WHAT HAPPENS WHEN YOUR LIPOSUCTION results are not what you desired? Advanced cosmetic surgery techniques can be used to fix the problem and get you bikini ready. Liposuction has evolved greatly in the last few years; it has gone from being one of the most dangerous to one of the safest and most popular cosmetic procedures carried out today. Advanced cosmetic surgery techniques today can be used to lipo-sculpt the body or fix adverse result of previous surgery. Achieving good cosmetic surgery results begins with your surgeon's knowledge, experience, artistic abilities, expertise and ability to listen to you, the patient.

TYPES OF LIPOSUCTION DEFECTS

Most liposuction mistakes are related to the technique and experience of the surgeon. Each liposuction modality, such as suction assisted lipoplasty (SAL), ultrasound assisted lipoplasty (UAL), such as Vaser, power assisted lipoplasty (PAL), soft-tissue advanced rotary sculpture system (STARS), and laser assisted lipoplasty (LAL) such as Smart Lipo or Cool Lipo, is associated with certain risks. To minimize risk and optimize results with any liposuction method, it is essential to use a true tumescent technique. When results of your surgery are imperfect, liposuction defects may appear as uneven, lumpy, bumpy, hollow, depressed or indented "hill and valley-like" areas with or without skin color changes.

FIXING UNWANTED RESULTS

Most unwanted liposuction results could be corrected with the advanced cosmetic surgery methods available today. In most cases the correction can be carried out in one session under local anesthesia. Lipo-correction methods include:

- Liposculpture
- Liposhifting & fat repositioning
- Fat grafting, fat injections, fat transfer
- Micro-liposuction
- Ultrasonic therapy
- Mesotherapy (chemical lipolysis)
- Scar release, sub scission
- Laser treatments

In order to achieve a smooth contour, specially designed instruments and low power suction machines are used for corrective sculpturing. Depending on the type and extent of correction needed, fixing the defects may require a combination of these techniques in a series of correction procedures to achieve the final results.

When unwanted liposuction results occur, it is critical that an expert who understands and has the knowledge and experience in correcting liposuction defects carry out any attempted correction. †



Dr. Nathan Newman is a renowned surgeon in Beverly Hills who is on the forefront of advanced cosmetic surgery. 310-273-3344 or www.orchidsurgery.com



Seawater Spray May Provide Cold Relief

FOR PARENTS WORRIED ABOUT HOW TO treat children's colds now that some medicines have been called into question, the answer may be a dose of salt water.

A nasal spray made from Atlantic Ocean seawater eased wintertime cold symptoms faster and slowed cough and cold symptoms from returning among children ages 6 to 10, researchers in Europe reported. It may be that the salt water has a simple mechanical effect of clearing mucus, or it could be that trace elements in the water play some more significant role, said Dr. Ivo Slapak at the Teaching Hospital of Brno in the Czech Republic.

The study involved 390 children with uncomplicated cold symptoms. Some children were given standard treatments such as nasal decongestants. Others re-

ceived those same medications plus the saline nasal wash, which the authors said "preserves the concentrations of ions and trace elements at levels comparable with those of seawater."

The noses of children given the spray were less stuffy and runny the second time they were checked, the study said. And eight weeks after the study began, those in the saline group had significantly fewer severe sore throats, coughs, nasal obstructions and secretions than those given standard treatments. Fewer children in the saline group had to use fever-reducing drugs, nasal decongestants and mucus-dissolving medications or antibiotics, the researchers said. In addition children who used the salt spray were sick less often and missed fewer school days.

SALT WATER
MAY BE EFFECTIVE
IN CLEARING
MUCUS

VITAMIN C MAY HAMPER ADAPTATION TO EXERCISE

Taking vitamin C can blunt the body's response to endurance training, a new study in humans and rats shows. Exercisers take the antioxidant to protect their muscles from the oxidative stress that results from physical exertion. However, researchers found, oxidative stress may actually help the body to build endurance by forcing muscles to adapt. The men who didn't take vitamin C showed a 22% increase in their body's ability to take up and use oxygen during exercise, compared with just a 10.8% increase for the men given vitamin C.

DAYTIME NAPS MAY ENHANCE MEMORY SKILLS

Taking a 45-minute nap during the day appears to help the brain process some information to memory, research suggests. A nap has a beneficial effect on performance across multiple tasks, particularly for subjects who learned the material more strongly before sleep. In contrast, a nap does not have the same enhancing effect in subjects who learned poorly prior to sleep. Among students deemed high-performers in the initial tests, those who napped performed better than non-nappers.

YOGA HELPS SURVIVORS OF NATURAL DISASTERS

A 1-week yoga program reduced stress and anxiety among survivors of the tsunami that hit the Indian Ocean islands in December 2004. Researchers from India conducted a stress management program a month after the tsunami occurred. 47 adults of different cultural backgrounds were enrolled in an 8-day intensive "Vivekananda yoga" program consisting of loosening exercises, physical postures, regulated breathing and guided relaxation for 1 hour every day. Fear, anxiety, sadness, sleep disturbances and respiratory rates were significantly reduced after the yoga program, according to the study.

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LA RESIDENT JORGE Ochoa and professional runner Wilson Chepkwony from Kenya have something in common. Both men sought help from Foot Solutions, in order to cross the finish line injury free in this years LA Marathon. Foot Solu-

tions, a worldwide foot care health and wellness company, with a location right here in West LA, has been instrumental in helping countless runners achieve their running goals despite biomechanical conditions which could have otherwise sidelined them.

Ochoa, a customer of Foot Solutio, suffered from plantar fasciitis, which causes acute heel pain. He also often experienced knee problems when running long distances. The solution for Ochoa was a pair of custom biomechanical arch supports which

were made especially for his unique foot pattern and are designed to restore healthy foot function. The arch supports made for Ochoa are unique because they promote proper foot mechanics while supporting the foot throughout the gait cycle. They are also calibrated for individual body weight; foot flexibility and activity level which helps take the pressure off other body parts like Ochoa's knees.

Likewise Foot Solutions elite runner Wilson Chepkwony, wears custom Foot Solutions arch supports to correct his over pronation which used to cause him painful Achilles issues. Chepkwony also uses a unique training method, introduced to him by Foot Solutions. The training method, called Balanced Walking, which utilizes Nordic Poles and Chung Shi shoes, takes the stress off overused muscles, joints and tendons.

Runners at all fitness levels can find out the best way to stay injury free by visiting Foot Solutions in Los Angeles at 10873 W. Pico Blvd., phone 310-234-3338. †



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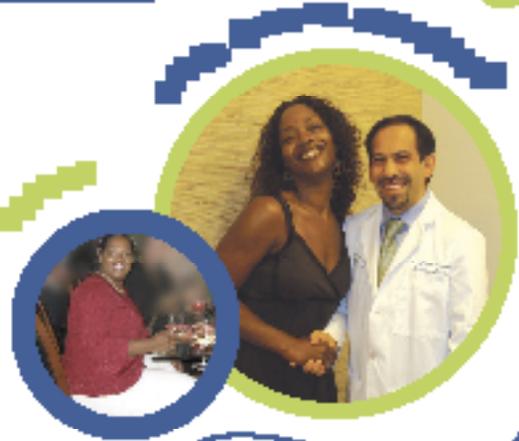
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Cutting Down On Salt Could Help Kids Stay Trim

GRADUALLY REDUCING THE AMOUNT OF SALT in processed foods could help fight childhood obesity, UK researchers say.

In a survey of 1,688 children aged 4 to 18, Dr. Feng J. He and colleagues from the University of London found that as the children's salt intake rose, their fluid consumption increased, with sugar-sweetened soft drinks accounting for nearly one third of their liquid intake.

Cutting salt intake in half would mean kids gulped down 2.3 fewer sugary drinks a week, or 244 fewer empty calories, the researchers estimate. "It's another good reason for children to reduce their salt intake," He told Reuters Health.

Cutting down on sodium has already been shown to significantly reduce chil-

dren's blood pressure, she added, which in turn will make them less likely to develop hypertension in later life.

Investigators analyzed information on salt and fluid intake over a seven-day period from a national UK survey on diet in young people. Average salt intake ranged from 4.6 grams daily for 4 year olds to 6.8 grams daily for 18 year olds, he and her colleagues found. For each additional gram of salt a child consumed, total fluid intake increased by 100 grams, with sugar sweetened soft drinks accounting for 27 grams of the total.

"Most people do not realize that in most developed countries approximately 80% of salt intake is from salt hidden in food," He noted in an interview.

APPROXIMATELY 80% OF SALT INTAKE IS FROM SALT HIDDEN IN FOOD

PREGNANCY STRESS SCHIZOPHRENIA LINK

Children born to mothers who experience severe stress in the first trimester of pregnancy are at increased risk for developing schizophrenia later in life, new research shows. The link between first trimester stress and schizophrenia in offspring is "consistent with other evidence from whole populations exposed to severe stressors but requires replication in larger samples to allow examination of, for example, sex differences," the researchers point out. Nonetheless, they conclude, "Our findings suggest that environment may influence neurodevelopment at the fetoplacental-maternal interface."

WEIGHT PERCEPTION PROBLEM POINTERS

Many parents of children classified as overweight or even extremely overweight do not perceive their child as being excessively heavy, with some wrongly believing that their child is "about the right weight," new research suggests.

In addition, if the parent fails to perceive a weight issue, odds are the child will also fail to see a problem. These findings are "important" and "troublesome," researchers say, because recognition that a child is overweight is a critical first step to making diet and lifestyle changes to promote weight loss. "Addressing misperceptions of weight by adolescents and their parents may be an important first step to improving weight in these patients," conclude the researchers.

ZINC HELPS WITH KIDS' DIARRHEA

Treatment with zinc supplements can cut the severity and duration of acute or persistent diarrhea in children, a study shows. Further research, however, is needed to determine exactly how zinc produces its anti-diarrheal effects, the researchers note in the February issue of Pediatrics. Diarrhea kills more than two million people each year, the World Health Organization estimates.



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Exercising Breathing Muscles May Aid Seniors

OLDER ADULTS MAY BE ABLE TO EXERCISE more easily if they give the muscles that control breathing their own workout, research suggests.

In a study of healthy, moderately active older adults, researchers found those who used an inspiratory muscle trainer to work on their breathing muscles were able to boost their capacity for exercise. An inspiratory muscle trainer is a small device that applies resistance as the user inhales through a valve. This essentially makes the breathing muscles work harder and become stronger. Past studies have found that this therapy can help people with heart failure or chronic obstructive pulmonary disease to breathe easier.

The study included 18 moderately active men and women who were an aver-

age of 68 years old. The researchers had half the study participants use a breathing-muscle trainer every day for eight weeks, under supervision. The rest used an identical-looking “sham” device for comparison. After eight weeks, the participants who used the real device had made gains in breathing-muscle strength and were performing better on treadmill tests. However, “normal” aging also comes with a decline in respiratory function, which can make exercise challenging. If older adults are deterred from exercising, then their overall physical health may decline more rapidly.

The new findings suggest that inspiratory muscle training might be useful for healthier older adults as well, Dr. Susana Aznar-Lain, the lead researcher on the study, said.

THERAPY CAN HELP PEOPLE WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

LOW VITAMIN E TIED TO PHYSICAL DECLINE

Older adults with low levels of vitamin E are likely to see a steeper deterioration in physical function over a 3-year period than those with higher vitamin E levels. Vitamin E, being a powerful antioxidant, may protect against DNA and muscle damage, atherosclerosis, and neurodegenerative disorders. Researchers note that a sufficiently high level of vitamin E “can be easily reached through diet, from sources such as almonds, tomato sauce, and sunflower seeds among others.”

DIET AFFECTS WEIGHT TRAINING SUCCESS

Getting enough protein and moderate amounts of fat from food may help older men’s muscles respond better to weight training. Among 45 older men who went through a strength-training program, those with more protein in their diets had greater short-term increase in testosterone levels right after their workouts. This hormonal response was related to greater gains in muscle mass over 21 weeks of weight training. This does not, however, mean that older men should take protein supplements. Instead, the study suggests protein from food is enough.

LOW TESTOSTERONE TIED TO BROKEN BONES

Men 60 years and older with low levels of testosterone in the blood are at increased risk for fractures due to the bone-thinning disease osteoporosis. In study, testosterone levels were measured using tandem mass spectrometry, a test known for providing accurate results. The analysis included 609 men followed for about 6 years. A total of 149 fractures occurred in 113 men. After accounting for major risk factors for fractures, such as a prior fracture, thin bones, and smoking, low testosterone remained a risk factor for fracture.



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By Joyce Barwick

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and the Optifast Milk Shakes are delicious. Hunger typically goes away after the first week or so. Some patients may also choose to add an appetite suppressant. Many patients report they are more energetic than they have been for a long time.

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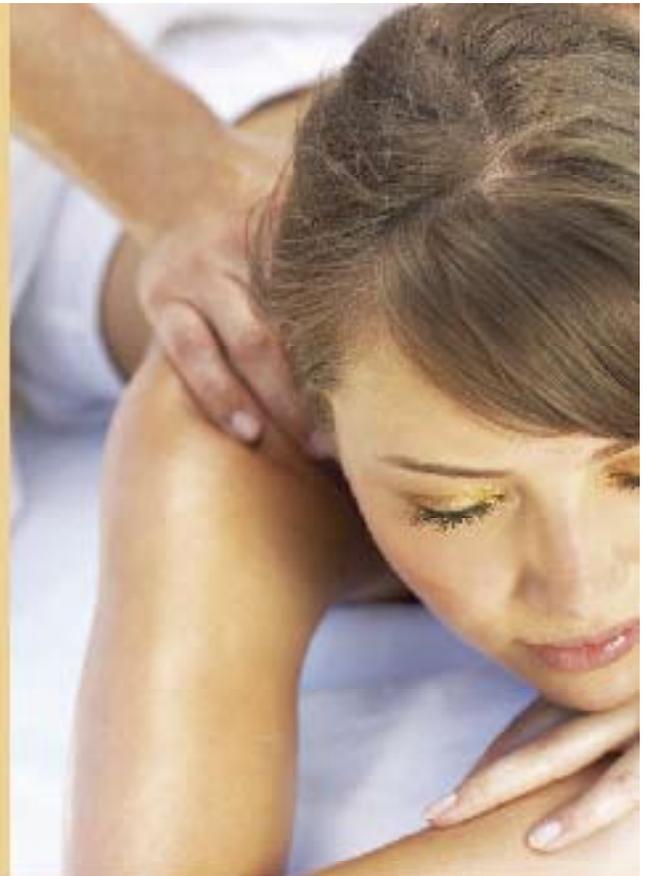
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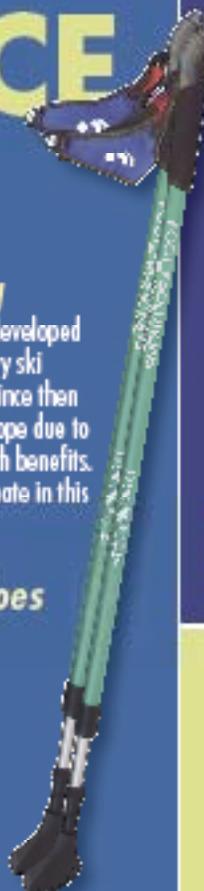


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People suffering from chronic pain syndrome can often benefit from physical therapy and rehabilitation, affording them temporary to long term relief of their pain symptoms. Drug therapy involving medications such as anti-inflammatory drugs, adjuvant analgesics and Opioids, can be very benefi-

cial for the medical management of pain. Nonpharmacologic treatment options for the management of chronic pain syndromes, such as physical therapy and conditioning, occupational therapy, transcutaneous electrical nerve stimulation (TENS), neural blockade, acupuncture and acupressure, steroidal injections, and relaxation and stress management techniques also play a fundamental role in pain management.



Pain management is just a matter of listening to your body to figure out the source and to do something about it. If you are suffering from chronic pain, call California Sports and Rehab Center at 1-877-527-3715. We can help you deal with the pain at a clinic nearest you. ☩



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By Andrew Gray

NO SOLDIER LEFT BEHIND?



THE COLLECTION OF OLD RED-BRICK BUILDINGS and a big 1970s concrete structure on the edge of Washington does not usually make headlines like the White House or the Capitol, half a dozen miles away.

That changed a year ago after reports that wounded soldiers were living in rat-infested housing and facing a nightmarish bureaucracy while being treated at Walter Reed Army Medical Center, America's flagship military hospital.

The shocking Washington Post stories prompted a flurry of sackings, investigations and promises of change. A year later, wounded soldiers and hospital staff report big improvements but the battle for disability claims still causes frustration.

"The biggest thing is the bureaucracy, the red tape," said 34-year-old Army Sgt. Maurice Burden, sitting on the bed in his room at Walter Reed. "It just seems to take so long." Burden has been at the hospital since soon after a bomb blast in Iraq tore off half his left leg in September 2005, undergoing treatment and trying to navigate a labyrinth of paperwork to leave the Army and determine the compensation he will receive.

The scandal at Walter Reed was never really about the immediate medical care for troops, which has been widely praised. Living conditions were sometimes poor, particularly in one building, but seem to have proved relatively easy to fix.



The image of soldiers, both psychologically damaged and physically wounded, living in limbo for months or years as they try to get a ruling on their future status and compensation was one of the most troubling in the Washington Post series.

The heart of the problem was a system overwhelmed by the number of soldiers wounded in Iraq. Thanks to modern medicine and swift evacuation from the battlefield, more soldiers are surviving their wounds than ever before.

Walter Reed has treated more than 7,400 troops wounded in the Iraq and Afghanistan wars. Many needed long-term outpatient care and the hospital struggled to keep track of them, get them to appointments, and guide them through the bureaucracy.

Burden, who shows his prosthetic limb of plastic and metal while he speaks to a visiting reporter, a hospital press officer and the sergeants who follow his case, hopes to start a security company after he finally leaves Walter Reed. When the hospital was struggling, his paperwork was lost. He disappeared from the system and no one seemed to notice.

"It's this thing of 'the squeaky wheel gets the oil,'" said Burden, of Goldsboro, North Carolina, who served with the U.S. Army's 3rd Infantry Division.

"I wasn't squeaky enough."

Burden and others live in a residence hall previously used by hospital staff. Their rooms have flat-screen TVs and Apple computers. No one lives now in run-down Building 18, across the road from Walter Reed, which featured in the Washington Post stories.

In another room in the same hall, where electric guitar music echoes along the white and orange cor-

ridor, Specialist Joshua Nielson says one unimpressive sergeant used to be responsible for keeping track of many outpatient soldiers.

Compassion and common sense were also in short supply. "I could barely put my clothes on but there was a big issue with me not wearing a uniform," said 22-year-old Nielson of Manzanola, Colorado, who lost an eye and had an arm shattered by a bomb in Iraq in January 2007.

In response to the criticism last year, the Army created a brigade dedicated to helping the outpatients. Many of its soldiers are not medics but they are responsible for the wounded troops' welfare and guide them through the system.

"It's improved a lot in the last year," said Nielson, a quietly spoken soldier with metal-rimmed glasses who has now recovered enough to wear his green combat fatigues. The brigade has more soldiers to keep track of outpatients and boasts many combat veterans, in the hope that their experience will help them bond with their charges.

Sgt. Andrew Buchanan, 25, recalls getting little guidance when he arrived at the hospital after being wounded in a bomb blast in Iraq in May 2006.

"I used to run around this hospital on my crutches before and I had no idea who to go see," said Buchanan, of Watertown, Wisconsin. "I would end up stopping at five different clinics before I found out where I needed to go."

Buchanan now has a trio of people -- a staff sergeant, a nurse and a doctor -- to oversee his case. And the hospital has a gleaming new clinic for wounded warriors. Photographs of the different U.S. states adorn its walls.

The clinic is a symbol of the resources the Army has poured into the care of wounded soldiers in the past year but what about the bureaucracy at the heart of the original scandal?

The image of soldiers, both psychologically damaged and physically wounded, living in limbo for months or years as they try to get a ruling on their future status and compensation was one of the most troubling in the Washington Post series.

The Pentagon has started a pilot program to standardize and speed up disability evaluations. But its target of 245 days to complete the process still seems a long time to wait.

Col. Chuck Callahan, deputy commander at Walter Reed, said the Army had substantially reduced the backlog of disability evaluation cases but acknowledged there were still problems.

The Pentagon, Army and Department of Veterans Affairs, which provides healthcare to ex-soldiers, have electronic record systems that cannot talk to each other, he said. ☩



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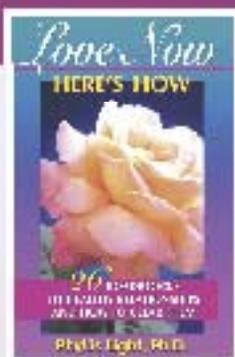
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Being Outdoors Effecting Environmental Awareness

NATURE-BASED RECREATION IS LOSING its appeal for the general population, judging by the continuing decline in the number of people visiting national parks, research shows.

According to past studies, the time children spend in nature determines their environmental awareness as adults. Less contact with nature may result in current and future generations having less interest in biodiversity and conservation issues.

To gauge people's interest in nature, Oliver Pergams of the University of Illinois, Chicago, and Patricia Zaradic of the Environmental Leadership Program, Bryn Mawr, Pennsylvania examined trends in visits to national parks in the US, Japan, and Spain. They used data available over the past century, as well as the number of hunting, camp-

ing, and hiking permits issued annually.

The most reliable measures of nature-based recreation suggest that declines in per capita nature recreation began between 1981 and 1991, and are proceeding at a rate of about minus 1.2% per year. To

date, the total decline has been 18 to 25%. "Only day hikes, which represent a small proportion of United States park visits, have increased," noted Pergams and Zaradic.

Pergams and Zaradic think "videophilia" – a preference for indoor media activities over outdoor recreation – is one possible reason for the decline in nature-based recreation. "The effects of videophilia on childhood development are substantial and include obesity, attentional disorders, lack of socialization, and poor academic performance," they warn.

LESS CONTACT WITH NATURE MEANS LESS INTEREST IN CONSERVANCY

ANTI-TOBACCO EFFORTS FALL SHORT

The Congress and President George W. Bush have stymied efforts to tighten regulation of tobacco and discourage smoking and states have not spent nearly enough to battle cigarettes, the American Lung Association said. The group implied that heavy lobbying and spending by tobacco companies was influencing at least some politicians. Nearly 21% of Americans smoke – a total of 45 million people. Over 438,000 die from tobacco-related diseases each year.

BREATHING DIRTY AIR MAY LOWER KIDS' IQ

Kids who live in neighborhoods with heavy traffic pollution have lower IQs and score worse on other tests of intelligence and memory than children who breathe cleaner air, a new study shows. The effect of pollution on intelligence was similar to that seen in children whose mothers smoked 10 cigarettes a day while pregnant, or in kids who have been exposed to lead, Dr. Shakira Franco Suglia of the Harvard School of Public Health in Boston, the study's lead author, told Reuters Health. She and her colleagues call for further research on the effects of pollution on the development of intelligence in children and on cognitive decline for people of all ages.

BIRD FLU THREAT STILL REAL, SCIENTISTS SAY

The world cannot afford to be complacent about the H5N1 bird flu virus despite its failure to trigger a human pandemic four years after sweeping across most of Asia, experts say. The latest outbreaks in India underscored the need for constant vigilance against a virus endemic in birds. People become infected only rarely, but the fatality rate is still high. Of the 351 human cases recorded since 2003, a total of 219 have died.



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The Los Angeles Skyline Goes Red For Women!

Each year, early in February, we celebrate National Wear Red Day. It's a day when we remind ourselves of the importance of our hearts. It's a day when we remember that without the hard work that our hearts do for us each and every day, we'd never be able to work, play, enjoy our lives. It's also a day when we remember that heart disease is the nation's leading killer of women, taking the lives of nearly 500,000 of our mothers, daughters, sisters, and friends annually.

This year, National Wear Red Day was held on February 1st, and across the nation, buildings and monuments lit up in celebration and in support of the fight against heart disease in women. Here in Los Angeles, an unprecedented twelve buildings, including legendary City Hall, showed support for the fight against heart disease in women.

Thanks to L.A. City Councilmember Wendy Greuel, a strong supporter of the Go Red For Women campaign, City Hall (pictured) lit up in beautiful red for the first time ever. The other eleven skyscrapers throughout downtown Los Angeles showed their Go Red spirit by lighting giant hearts in their windows – truly a breathtaking display of support for the lifesaving Go Red message.

The following buildings lit up in support of National Wear Red Day and Go Red For Women:

- ▼ LOS ANGELES CITY HALL
- ▼ METROPOLITAN WATER DISTRICT BUILDING
- ▼ 601 S. FIGUEROA
- ▼ 333 SOUTH HOPE (BANK OF AMERICA PLAZA)
- ▼ 725 SOUTH FIGUEROA (ERNST AND YOUNG PLAZA)
- ▼ 865 SOUTH FIGUEROA (TCW BUILDING)
- ▼ 801 SOUTH FIGUEROA
- ▼ 5900 WILSHIRE (PEOPLE'S BANK BUILDING)
- ▼ 5670 WILSHIRE
- ▼ 800 WILSHIRE
- ▼ 515 SOUTH FLOWER (CITY NATIONAL PLAZA)
- ▼ 444 SOUTH FLOWER (CITIGROUP CENTER)

The Los Angeles Division of the American Heart Association wishes to give special thanks to Councilmember Wendy Greuel, IBEW Local 11, Brookfield Properties, The Ratkovich Company, Mani Brothers, Manulife Financial, Equity Office Properties, Thomas Properties Group, City National Bank, Carolyn Presley at Continental Colorcraft, Location Managers' Guild of America, and Julius Shulman. Special thanks also to Los Angeles Goes Red For Women cause sponsor Huntington Hospital.

So, thank you all. Your support is invaluable in helping us reach the public with Go Red For Women's lifesaving message.



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