

# Get Into betterHEALTH!

with Dr. Derek Lee

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May 2005: In this issue!

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## Chicken Marsala

1/8 tsp	black pepper
1/4 tsp	salt
1/4 C	flour
4	(5 oz total) chicken breasts, boned, skinless
1 Tbsp	olive oil
1/2 C	Marsala wine
1/2 C	chicken stock, fat skimmed from top
1/2	lemon, juice only
1/2 C	mushrooms, sliced
1 Tbsp	fresh parsley, chopped

Want flavor without lots of salt and fat? Try this dish, which combines wine, lemon juice, and mushrooms into a delicious sauce.

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside.
3. To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir, reduce heat, and cook for about 10 minutes, until sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over chicken.
5. Cover and cook for about 5–10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

Yield: 4 servings  
Serving size: 1 chicken breast with 1/3 cup of sauce  
Each serving provides:  
Calories: 285  
Total fat: 8 g  
Saturated fat: 2 g  
Cholesterol: 85 mg  
Sodium: 236 mg  
Total fiber: 1 g  
Protein: 33 g  
Carbohydrates: 11 g  
Potassium: 348 mg

Let's see how this new recipe feature will work out. Any feedback would be much appreciated. I've got a ton of these "Healthy Recipes" on file. If you have any you'd like to submit or other recipes you'd like to see, just e-mail me a request at [drlee@yourbetterhealthguide.com](mailto:drlee@yourbetterhealthguide.com)! Enjoy...Dr. Derek Lee.

## ● Supplement of the Month, "Super EFA Liquid"

Last month's supplement, black walnut, for seasonal allergies was very well received! Keevan W., who has had severe allergies for over a decade, "Couldn't believe the results. My stuffy, runny nose and sneezing disappeared in less than 2 days. I had no side effects. I'd recommend this to anyone!" The supplement below is another gem. It helps to lower cholesterol, blood pressure as well as muscle and joint aches and pains...

### ***Liquid EPA-DHA Formula***

Super EFA Liquid is a great tasting, concentrated and pharmaceutical grade fish oil preparation containing high amounts of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) **formulated specifically for maximum support and maintenance of cardiovascular and neurological health**. Super EFA Liquid's pharmaceutical grade fish oil requires extensive purification in order to yield a high-dose supplementation of EPA and DHA without gastric distress or fear of accumulation of environmental pollutants. Studies show that EPA inhibits platelet aggregation and lowers serum triglyceride levels which play a role in the **prevention of cardiovascular disease**, and has **beneficial effects in inflammation, allergies and cancer**. EPA and DHA help to disperse aggregations of the saturated fatty acids keeping deposits of saturated fatty acids and cholesterol from accumulating in arteries. This prevents platelet aggregation that can lead to blood clots and, as a result, **lowers blood pressure**. Super EFA Liquid is indicated for cardiovascular disorders such as **coronary heart disease and arrhythmia; for all nervous system conditions, including cognitive function, depression and senile dementia; and for inflammatory conditions such as osteoarthritis and rheumatoid arthritis**.

### ***Each Teaspoon (5 ml) Contains***

Eicosapentaenoic Acid (EPA)	1050 mg
Docosahexaenoic Acid (DHA)	750 mg
Concentrated Pure Fish Oil	2250 mg
From Wild Salmon and Wild Anchovies	
Vitamin E (Mixed Tocopherols)	25 mg
Essential Oil of Orange	

### ***Recommended Dosage***

Adults: Take one teaspoon two times daily with meals.

Children under 12: Take one teaspoon two times daily with meals.

**Ask Dr. Lee for more details on this supplement!**

## ● Broccoli, not Bypass

Heart disease and stroke are North America's leading cause of death. Here are some of the statistics:

- 650,000 die from heart attacks and stroke each year
- Many more survive but suffer the health consequences of a heart attack or stroke
- There are 500,000 heart bypass surgeries yearly to open plugged coronary arteries
- There are nearly 600,000 artery-opening angioplasties
- There are more than 1 million procedures to diagnose heart disease (such as angiograms)
- Heart disease, high blood pressure, and stroke costs us a quarter trillion dollars yearly

These procedures are very costly and are not without side effects. Each year about 30,000 people die after having these desperate procedures. The sad fact is that most of these heart problems and strokes are preventable. The causes of heart disease are well known. Large research studies show that 70% to 80% of heart disease is caused by preventable risk factors such as a diet, physical activity, smoking, and stress in your life. Heart attacks are not inevitable and can be greatly reduced by adopting a healthier lifestyle.

## ● B-Vitamins and Hip Fractures

Over 300,000 people suffer a hip fracture in the U.S. every year. Hip fractures are linked to more deaths, disabilities, and medical costs than all other osteoporosis-related fractures combined. Anything that can help improve bone health and prevent fractures is welcome information.

A new study from Japan on hip fractures is very enlightening. Prior studies have shown a link between high homocysteine levels in the blood and hip fractures. Researchers in Japan conducted a double-blind study to see if giving B-vitamins (folate and vitamin B 12) to older patients at high risk for hip fractures would reduce blood homocysteine levels and hip fractures. They selected patients with a history of stroke for the trial because stroke survivors are a high risk group for hip fractures (rates are 2-4 times higher than normal).

## ● Prevalence of Pre-Hypertension

What is a safe blood pressure? The current risk estimate is that for every 20 points systolic blood pressure increases over 115, and for every 10 points diastolic blood pressure increases over 75, the risk for heart disease and stroke doubles. Based on this information new guidelines for blood pressure have been set.

Data were analyzed from the National Health and Nutrition Examination Survey (NHANES), including 34,88 persons, to determine the prevalence of elevated blood pressure. Here is what they found:

<b>Blood Pressure Categories</b>		<b>% of Population</b>
Healthy blood pressure	less than 120/80	39%
Prehypertension	120/80 to 139/89	31%
High blood pressure	140/90 or higher	29%

Persons with prehypertension have a 65% greater risk of having cardiovascular risk factors such as elevated blood cholesterol levels, diabetes, or of being significantly overweight compared to persons with healthy blood pressure levels.

This prevalence of risk factors in persons with prehypertension suggests a need for early detection and intervention in those with prehypertension and encouraging them to make needed

## ● Preventing Diabetic Neuropathy

One of the major complications of diabetes is diabetic neuropathy, a diffuse damage to all peripheral nerve fibers – motor, sensory, and autonomic. It is characterized first by sensory loss and later by a loss of motor function (controlling movement of muscles) and autonomic nerve function affecting the GI system, heart, and even erectile function. Neuropathy causes severe problems, pain, mortality, and a huge economic burden.

Apart from tight glycemic control, no other evidence-based treatments are known to treat or prevent neuropathy. However, new research from a European prospective study on diabetic neuropathy has identified several other risk factors for neuropathy. Altering these risk factors can also help prevent damage to the nerves.

## ● The ABCs of Diabetes

The American Diabetes Association is promoting a new campaign called the ABCs of Diabetes. The goal is to help diabetics realize the importance of these three critical areas of management for reducing complications of diabetes.

**A** stands for **A1C**, the test that measures how well you have managed your blood sugar levels over the past 3 months. The value should be less than 7%. The higher the A1C level the higher the risk for serious diabetic complications. Have it checked at least twice a year. (For non-diabetics that A1C value should be less than 5% for lowest risk and best health.)

**B** stands for **blood pressure**. Blood pressure is elevated in 70% of diabetics and this combination of high blood sugar and high blood pressure is very damaging to the heart and body. Blood pressure should be less than 130/80 in all diabetics. Check it every visit to your doctor. (Blood pressure should be below 120/80 in non-diabetics for lowest risk and best health.)

**C** stands for **cholesterol**. Because diabetics usually die from heart disease it is very important to keep cholesterol levels low. LDL cholesterol should be below 100 mg/dL and should be checked yearly in diabetics. (LDL cholesterol less than 130 is recommended for non-diabetics who don't have other major risk factors.)

### Diabetics can improve these ABCs by:

1. Making wise food choices.
  - Eating less saturated fats, animal fats, and hydrogenated fats and replacing them with healthier fats (Canola and olive oil, nuts, flax meal, nut butters, trans fat free margarines, avocado, etc.)
  - Eating foods high in dietary fiber (fruits, vegetables, legumes, whole grains) and less refined carbohydrates (white bread, white rice, sweets, soft drinks, etc.)
2. Losing any excess fat weight
3. Getting regular physical activity, 30-60 minutes daily
4. Working closely with your health care team and following your diabetes care plan

See featured health links below for free resources that can help you achieve these goals especially the "Diabetes Survival Guide". Reference. American Diabetes Association News Release, April 2005

## ● Does Vitamin E Protect Against Heart Disease and Cancer?

Some have taught in recent years and many have hoped that taking vitamin E by pill would reduce the risk of heart disease and possible some cancers. A large study reported in JAMA dashed those hopes. The study included 9,541 patients with either existing heart disease or diabetes. Half of the patients were randomly selected to receive 400 IU of vitamin E daily; the other half received a placebo. After 7 years of follow-up there was no difference between the two groups in cardiovascular disease or cancer risk. However, those taking vitamin E had a slightly higher risk for heart failure (13% increased risk) and a 40% increase in hospital admissions for heart failure. Those taking vitamin E pills had a decrease in function of the heart (a decrease in left ventricular ejection fraction).

## ● **Waist Girth is a Strong Predictor of Type 2 Diabetes**

Diabetes is one of the fastest growing health problems in America and the world. It is also one of the most costly. A new study by Harvard University appearing in the American Journal of Clinical Nutrition shows that the best predictor of diabetes 2 (type 2 diabetes) is a simple waist girth measurement.

The risk for diabetes increases directly with an increase in waist girth. The bigger the waist girth, the higher the diabetes risk. A waist girth of 40 or more inches increases the risk of diabetes by 10 times! Waist girth is the best measure of abdominal fat, which seems to be a culprit in increasing diabetes risk.

This study included 27,270 healthy men who were followed for 13 years to see who would develop diabetes. Researcher's found that when the men's waist girth was more than 37 inches (95 cm) their risk for diabetes was very high. It was 5 to 10 times higher than in men with a waist girth of 35 inches or less. In the 13-year study, 80% of the men who developed diabetes had a waist girth greater than 37 inches. Researchers recommend that doctors and health counselors use this simple test to determine who is at greatest risk of developing diabetes.

## ● **Fruits and vegetables reduce brain damage**

Past research has shown that fruits and vegetables reduce the risk of developing a stroke. Now, new research suggests that if you have been eating lots of fruits and vegetables and have a stroke, you are likely to have less brain damage than if you didn't eat many fruits and vegetables. An experimental study on rats showed 50% to 75% less brain damage due to induced strokes in those rats given extra amounts of blueberries, spinach, or spirulina (foods all high in antioxidants). *Source: Scientific American, April 13, 2005 (and will appear in May issue of Experimental Neurology)*

## ● **Office Hours. (Effective January 1, 2005)**

### betterHEALTH Clinic

Monday, Wednesday 9:15 - 12:00/2:30 - 7:00  
Friday 9:15 - 10:30/3:00 - 6:00 **\*NEW!**  
Saturday 9:00 - 12:00 (every other Saturday as of Jan. 8, 2005)

### Corporate Clinics

Monday Shepherd Village Long-Term Care Facility  
Tuesday Kraft Canada, (Moatfield & Parklawn facilities)  
Rogers Peel  
Thursday Rogers Cable York Mills  
Friday Rogers Cable Richmond Hill

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