This fall, the Pennington Biomedical Research Center is conducting a study aimed at attacking the heart disease risk factors in African-Americans. The study is called "GET READI" (Gene-Environment Trial of Response in African-Americans to Dietary Interventions) and it is a 12-week research study that examines how dietary and lifestyle changes can impact heart disease risk factors.

The study is open to African-Americans aged 18-65 who are interested in improving their health. Participants will receive food for the course of the study, and each participant will be provided with a biological family member as a support system. Family members will also be asked to participate in the study.

The main motivation for participating in the study is the desire to help others. "It was my motivation to take part and it was for only a short time," said one participant. "The main motivation was my sister," another participant added. "If I didn't stay, she couldn't." The study has been successful in helping participants lose weight, adopt healthier lifestyles, and learn about their health status. "We are very close friends as well as sisters," one participant said. "It was my motivation to take part and it was for only a short time."

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Biomedical Research Center. If you or someone you know is interested in participating in the study or would like more information, please contact the Pennington Biomedical Research Foundation at 225-763-2511 or visit www.pbrc.edu.

Related companies and may also sign up to receive e-mail newsletters that include recipes, tips and support.
Message from the Executive Director of the Pennington Biomedical Research Center

My colleagues and I of the Pennington Biomedical Research Center are pleased to join the Pennington Biomedical Research Foundation to bring you Nutrition Matters -- a new publication. Combining our previously separate newsletters is both a concrete and symbolic step into the future of the center and supporting foundations. Our vision is to work together in innovative ways to achieve our scientific mission: "to promote healthier lives through research and education in nutrition and preventive medicine."

That mission guided us to create our first five-year strategic plan - Vision 2005. As we approach the new year and the end of that plan's time span, we are also nearing the completion of Vision 2010, a strategic plan for our next five years. Although a few goals have not been fully met, we have made considerable progress on most fronts. We have increased substantially the size and quality of our faculty, the number of postdoctoral fellows, the number of adjunct faculty from other institutions collaborating with our scientists, and the size of our scientific and support staff. We are attracting record amounts of dollars from the National Institutes of Health, the U.S. Department of Agriculture, the Department of Defense, and from a variety of companies. Early in our five-year plan, we also obtained a significant increase in state funding for the operation of the center.

We also created a Division of Education, which has already established a record of success and excellence. The division has secured a training grant from the National Institutes of Health, created a series of highly focused international scientific symposia, supported a variety of conferences and community activities, and has forged a partnership with the LSU Ag Center in a number of nutrition education initiatives.

One central piece of Vision 2005 was the construction of a 187,000 sq. ft. Basic Science Laboratory Building entirely funded by the Pennington Medical Foundation. Completed in January of this year, the remarkable facility has allowed us to recruit new faculty. We have added scientists with expertise in:

- stem cell biology and re-programming of genetic information in the nucleus of cells,
- the biology of the barrier between the blood and the brain,
- the communication between the gut and the brain,
- the molecular mechanisms underlying complications in tissues and organs caused by diabetes,
- mechanisms regulating adipose (fat) tissue growth and adipose cell death,
- and the abilities of skeletal muscles of lean, obese, active and sedentary people to oxidize a variety of fuels from food.

These areas of research help us understand the role of specific nutrients and may shed light on the relationship between nutrition and the prevention of diseases.

Our science programs are growing in sophistication. The biological, chemical, genetic and neurological processes we are revealing in our basic science laboratories are complex. On one hand, they have a great potential to increase our knowledge of the relationship between nutrition and health. On the other hand, research of this nature can raise difficult societal and ethical issues. To help us in our planning and decision-making process, we have added an expert in the philosophy of science and ethics to our faculty in recent months. His valuable guidance and support will help ensure that every project undertaken with human volunteers, with animal models or even in the test tube, meets the highest ethical standards.

Over the last two years, we have devoted a considerable amount of time to achieving a goal that is yet unmet - expansion of our clinical research space. Here we depend entirely on the resources of the trust fund managed by the Pennington Medical Foundation and, as we know, the last few years have not been particularly kind for investments. However, thanks to the persistence of the leadership of the foundation and several of my colleagues at the center, we now seem to have a strategy that will allow us to complete a substantial component of the clinical research expansion. This would greatly help us in our efforts to attract new clinical and population research investigators, an essential step if we are to be as productive in these areas as we are becoming in the basic sciences.

Reviewing the goals we set and have met, we are proud of our accomplishments envisioned by our first strategic plan, but it is now time to look ahead and re-focus our energy on a new set of goals. Faculty and upper management have spent many hours since last January on Vision 2010 and look forward to releasing it with the new year. I am personally excited about the emerging challenges of Vision 2010. It is a blueprint for our future, and I look forward to reporting its contents to you and updating you on our progress in the months and years to come as we transform that vision into reality.

Claude Bouchard, PhD
Executive Director

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EXTERNAL ADVISORY BOARD

The center's external advisory board was pleased with growth in faculty, facilities and research. Following its biannual visit, the board, comprised of distinguished nutrition and research experts, strongly advised an expansion of clinical research facilities, stating, "PBRC is approaching a critical period that will greatly influence its impact and further success as a leading biomedical research institution in this country."

The board also stated, "The future growth of the center's extramural research funding is critically dependent on a proportionate increase in state support." (Learn more about funding; see "Partnership of Support", page 3).
The work of the Pennington Biomedical Research Center is of international scope," said Jennifer Winstead, newly appointed president and chief executive officer of the Pennington Biomedical Research Foundation (PBRF), an organization dedicated to supporting the groundbreaking work of the center.

"The people of Louisiana should be so proud of themselves for creating and sustaining this great institution. It is a story of one person providing an important seed and others adding their seeds to the garden until finally we are beginning to grow a full orchard. As I have been learning about the center's history, I see now a remarkable tale of many groups coming together to achieve ONE important mission for world renowned nutrition and education programs," she said. "Each and every seed or gift is vital," she added. "There is an ongoing need for funding for new, high tech, and increasingly complex nutrition studies, projects and educational programs."

Kevin Reilly, Sr., chairman of the PBRF board of directors, and himself a tireless advocate for the center, said "Winstead is adamant about her support and dedication to the organization, and her enthusiasm is contagious. Our board of directors and other interested volunteers will be working hand in hand with her to develop new and far-reaching results to help Pennington become the TOP center in the world," he added.

The center's founder, the late C.B. "Doc" Pennington, provided the basic foundation or gift for the start of the Pennington Biomedical Research Center more than 16 years ago. Since that time, the Pennington Medical Foundation has provided capital funds for building and enhanced project needs. Today, the center is funded through a "partnership of resources" comprised of business and industry, the state of Louisiana, federal grants, and private donations. "New opportunities for business and industry and private entities will continue to grow in scope," promised Winstead.

It is with these enhanced funding sources that the center now competes with the largest nutrition research centers in the nation and has achieved international recognition for its research achievements.

"Additional funding sources from individuals, foundations, and businesses and industry are imperative to "bridging the gap" in resources needed to fully fund the work of the faculty in the development of groundbreaking nutrition and health promotion programs," says Winstead. "From the time a project is conceived until a grant is approved can be as much as 18 months," says Winstead.

Si Brown Named New PBRF Board Member

J. S. "Si" Brown, III was recently named to the board of directors of the Pennington Biomedical Research Foundation.

Mr. Brown is the President of Bruce Foods Corporation, which operates five manufacturing plants located in Louisiana, Texas, North Carolina and The Netherlands.

He was born in New Iberia, Louisiana, and has been a life long resident there with the exception of his college education and military service. For all of his service to the community, Brown received New Iberia Outstanding Citizen Award in 1999.

Brown has a long history of expertise in international business and has served on numerous national committees, including the Louisiana Export Council, the Industry Sector Advisory Committee on U.S. Trade Policy Matters, and numerous U.S. Department of Agriculture committees.

As president and chief executive officer of the PBRF, Winstead oversees the foundation operations, including the 100,000 square foot conference center. According to Winstead, "The Foundation was established in May 1990 after the center's initial buildings were constructed, to provide funds to support the operation of the Pennington Biomedical Research Center. The initial gift provided by the Irene W. and C.B. Pennington Foundation..."
TRAILING A MYSTERY: WHY DO WE REJECT FOOD?

WHEN AIRPLANE PILOTS FACE AN EMERGENCY, they go on “automatic,” working through a series of procedures to recover control. Our bodies often do the same thing when we are sick, trying a series of changes that includes sensitive skin (painful to the touch), an increased body temperature (fever), increased fatigue or sleepiness, loss of appetite and nausea.

Researchers think each bodily change has a role in recovery: sensitive skin and fatigue prompts us to remain still and sleep, allowing energy reserves to fight off infection; a fever makes it harder for illness-causing bacteria to flourish; and nausea leads to vomiting, a great way to get rid of a possible cause of illness – spoiled food, bacteria or other toxic substance we may have ingested.

This barrage of gastro-intestinal responses – triggered by chemicals produced by our immune system – is the result of a fascinating and highly complex set of signals passed between the blood and brain. These signals allow the brain to detect infection, disease or chemical agents anywhere in the body and to muster a massive counter attack, commanding various systems and organs to get in the fight.

Because we are born with extremely strong survival instincts, especially the drive to eat, researchers are quite interested in how so many diseases shut down that drive – something that is harmful in the long run. Seriously ill patients, especially the terminally ill, can actually waste away quickly through lack of nutrition as their bodies close down and reject eating.

True to the Pennington Biomedical Research Center’s mission “to promote healthier lives through research and education in nutrition and preventive medicine,” Dr. Rick Rogers and his wife Dr. Gerlinda Hermann are investigating the exact causes of the disease-related shutdown of gastrointestinal processes. They are painstakingly tracing the exact chemical messengers that communicate disease to the brain, where in the brain those chemicals report their findings, and the contorted path of nerve cells the brain uses to receive the messages and send out responses. In this business, progress is measured cell-by-cell, molecule-by-molecule. It is work that is invisible to the naked eye.

“We've only just finished the description phase,” said Rogers. That means he has outlined the general way chemicals of our immune system regulate eating behavior.

“We still need to show this does happen,” he said, “where it happens, know exactly what parts of the brain it happens on and know the specific neurons involved.”

He has narrowed the search to a specific protein-based signal and is currently charting out its route as a chemical messenger to halt normal eating and digestive processes. As slow as the work is – Rogers has been working on the brain-gastrointestinal connection for 20 years – each tiny step he takes is leading the way.

Since Rogers’ general belief is that our immune system uses the protein – dubbed TNF - to fight disease, as well as turn off normal eating behavior, a natural question arises: “Do you really have to know exactly how and where TNF works, or is there simply a drug to block its nauseating affects?” The straight answer is “Yes,” there is a drug to block TNF, but that course is fraught with danger.

Thalidomide, a drug used primarily in Europe in the 50s, specifically stopped TNF’s affects. Pregnant women used the drug to reduce nausea. The problem is TNF does more than shut down normal eating processes by causing nausea, it also has the positive role of stimulating the formation of blood vessels in human fetuses. Without proper vessel formation, babies were born with highly deformed limbs or without limbs altogether.

Thus the mystery Rogers is trying to solve: how exactly does TNF work and where. “If we can’t turn off TNF at all together,” Rogers said, “if we know how, when and where it works in the central nervous system, we can start working there to turn off its unwanted effects.”

continued on page 11
The fact that a physically active lifestyle is important in the prevention of many chronic diseases and conditions is well accepted. Physically active individuals appear to have a lower risk of a variety of diseases and health conditions such as Type 2 diabetes, cardiovascular disease, mental health, cancer and obesity when compared to sedentary individuals. Yet, despite the growing body of evidence identifying the health benefits of physical activity, there are a huge number of individuals who continue to lead sedentary lifestyles. In an attempt to address the critical problem of a high prevalence of sedentary lifestyle throughout the nation, a group of us were brought together in early 1993 by the US Centers for Disease Control and Prevention and the American College of Sports Medicine to review the pertinent scientific evidence and to develop a clear, concise “public health message” regarding physical activity. One of the important concerns identified at this meeting was in regards to the public misconception that, in order to gain any health benefits from physical activity, one must engage in vigorous, continuous exercise. We (as a society) have made exercise an elite sport, requiring extensive knowledge, equipment, and training.

The outcome of this meeting was a major revamping of the national public health recommendations for physical activity. Physical activity, as defined by the new set of recommendations, can be more easily incorporated into the daily routine of all individuals, regardless of income or race. The major thrust of these recommendations are to encourage sedentary individuals of all ages, race and ethnic background to increase their levels of moderate, feasible physical activity such as walking for 20-30 minutes throughout the day (on most days). Few individuals have large blocks of time free, but many are able to fit short bouts of activity in throughout a day. The flexibility of the types of physical activities recommended are much more realistic for the currently sedentary. And it is the sedentary that these new public health recommendations were geared towards. For those that are currently active, they are strongly encouraged to keep up the good work. For those that are sedentary, the time to move is now.

The purpose of the revamping of the physical activity public health message was to be more approachable and doable for the masses. But will this level of physical activity make a difference? Based upon the results of several landmark clinical trials of type 2 diabetes prevention that took place in the US and abroad, the answer is YES.

In the US Diabetes Prevention Program (DPP) tested at PBRC, for example, participants that were part of the lifestyle intervention arm of the program were asked to reduce their weight by 7 percent through a low fat diet and to exercise for 150 minutes per week of moderate activity. This activity goal was similar to the public health recommendations and was achieved by the majority of the DPP participants throughout the course of the program. Most importantly, the DPP demonstrated a significant decrease in the progression to Type 2 diabetes in the lifestyle intervention groups and seemed to work across all age groups, gender groups and all ethnic/racial groups. This would suggest that the activity goal for the general public is adequate to prevent diabetes and/or to increase weight loss that, in turn, results in the prevention of diabetes in those overweight individuals that are at high risk for diabetes.

By: Andrea M. Kriska

So why did the activity portion of the Diabetes Prevention Program work? In a nutshell, the activity program was achievable, flexible, and appropriate for each and every participant. Everyone can be a winner! Given a minimum weekly requirement of 150-175 minutes per week of moderate intensity activity, exactly how you do it, where you do it, when you do it, and with whom you do it is entirely up to you. There are only two requirements. One is that you do it! The other is that you keep doing it!

“Partnership of Support”

continued from page 3

“We hope you catch Jennifer's enthusiasm,” says Reilly, “because she intends for us to support Pennington in meaningful ways. That’s my goal and I invite you to join me,” said Reilly.

“No gift is too small,” said Reilly. “The work of the Center is at a crossroads with tremendous growth and potential and each and every donation is important to unlocking the secrets of nutrition to improve quality of life and longevity.”

A postage paid envelope has been provided within this publication or call Jennifer Winstead at 225-763-2511 to make a pledge.
The recognition that metabolic syndrome is reaching epidemic proportions has led the world’s obesity and nutrition researchers into many promising new areas looking for answers. “Metabolic syndrome” describes a human condition characterized by the presence of several risk factors for cardiovascular disease such as hypertension, glucose intolerance, obesity, insulin resistance, inflammatory processes and abnormalities of the blood coagulation system. Although the cause of metabolic syndrome is not specifically known, obesity and insulin resistance are generally present. Insulin resistance, the condition in which normal or elevated insulin levels gain only an impaired biologic response, is considered to be a hallmark for the presence of metabolic syndrome.

Currently, modern medicine can help victims of bone crushing accidents by harvesting bone from other parts of the body to fill in gaps. Now, discoveries made by Gimble have shown human fat to hold some promise as an emerging source of new bone. Gimble and colleagues have witnessed stem cells from human fat, when slipped under the skin of mice, automatically convert into bone. Gimble found and collected adult stem cells from liposuctioned human fat, attached them to chips of artificial bone, and implanted them into mice. He is among the first experiments to prompt human fat stem cells to convert to human bone once implanted into a live animal.

Stem cells, found in all animals, are unspecialized cells that convert to the many specific cells we need. Researchers had earlier determined that various chemical signals in a growing animal cause stem cells to develop into bone, nerve, muscle, fat and other tissue types. This process was recently duplicated in the lab when, earlier this year, Gimble and colleagues at Duke University announced the results of experiments which demonstrated that individual stem cells from human fat, under the right laboratory environment, could convert to muscle, cartilage, bone or perhaps even nerve cells.

Now, taking the step from the lab to nature, Gimble has seen the spontaneous conversion of fat to bone in a live animal. “Because human fat is abundant and simple to obtain by liposuction, this finding holds the promise that patients in need of bone grafts could potentially use their own fat as a source of new bone cells,” Gimble said. To grow human bone, Gimble and team extracted human fat through liposuction, identified and extracted just the stem cells and multiplied them in the lab. Next, they attached the growing stem cells onto a chip of artificial bone and implanted the chip under the skin of mice for six weeks. When Gimble removed the bone chip, he found the stem cells had converted to living human bone cells and had begun to grow on their own.

“These are exciting, but preliminary, findings,” said Gimble. He cautioned that further experiments in animal models would be needed before this science can be used in a clinical setting.

Abba Kastin, M.D., Ph.D.; Professor; Endowed United Companies/Harris J. Chustz Chair; how the brain and blood communicate across the blood/brain barrier and how the region is impacted by nutrients and the role in energy balance. A senior researcher and faculty member, Dr. Kastin brings extensive training and experience from the Harvard Medical School and Tulane University, where he published more than 800 papers.

Ken Eilertson, Ph.D. Associate Professor; the genomics of nutrition and developmental biology as revealed by nuclear transplantation and stem cell development. Dr. Eilertson joins PBRC from Infinigen, Inc. where he was director of molecular biology and genomics.

Irina Obrosova, Ph.D., Associate Professor; how the brain collects nutrient information from the blood. Dr. Pan brings with her research support from the National Institutes of Health and a private biotech grant. Dr. Pan was formerly with Tulane University.

Alberto Travagli, Ph.D. Professor, neuroscience and pharmacology. Dr. Travagl brings with him grant support from the National Institutes of Health and the National Science Foundation. Dr. Travagl is formally with the department of Internal Medicine and department of Physiology at the University of Michigan.

Kirsteen Browning, Ph.D., Assistant Professor, pharmacology. Dr. Browning, also coming from the University of Michigan, will work in Dr. Travagli’s lab investigating how the nervous system detects sensations in the stomach and gut, and by what means we may mistakenly feel “full” or “bloated” or inappropriately nauseous or experience pain.
The Louisiana Board of Regents recently approved matching funds for three Endowed Chairs at the Pennington Biomedical Research Center through the Louisiana Endowment Trust Fund for Eminent Scholars.

One million two hundred thousand dollars in matching funds have been provided by the Louisiana Board of Regents for the following endowed chairs:

- Marie Edana Corcoran Endowed Chair in Pediatric Diabetes and Obesity funded by Our Lady of the Lake Foundation;
- John S. McIlhenny Endowed Chair in Health Wisdom funded by the Coypu Foundation, and the
- Peggy M. Pennington Cole Endowed Chair in Maternal Biology and the Risk of Obesity funded by the Pennington Family Foundation and the Community Foundation for Southeastern Michigan.

“We are deeply indebted to these generous donors who have earmarked major funding for the recruitment of outstanding faculty in specialty research areas” and will now escalate our program development and recruitment process," he added.

“We are grateful to the state of Louisiana for this matching funding as it enables us to move forward to establish new, targeted research programs,” said Kevin Reilly, Sr., chairman of the Pennington Biomedical Research Foundation.

**Help us “Unlock the Secrets” by volunteering**

Pennington Researchers are currently seeking citizen volunteers for the following clinical studies.

**Get Readi -**

A study of the genetic factors in heart disease among African-Americans

Volunteers must be:
- Age 18-65
- African American only
- Not taking medication
- Non-diabetic
- Have a biologic sibling willing to participate

**Diabetes -**

The clinic is currently seeking volunteers for numerous clinical studies on the treatment of diabetes

Volunteers typical need to be:
- Type II Diabetic
- Over age 18
- Normal to Overweight
- Not Pregnant

Please call for specific information, 763-2500.
The Pennington Biomedical Research Foundation held a “Soaring to New Heights” Hot Air Balloon Championship fundraising event during the national ballooning competition held at the Pennington Center in early August.

More than 500 friends joined with other supporters of the Pennington Biomedical Research Foundation for fireworks and fun under two large white tents in a VIP area, giving participants direct access to balloon viewing and a front row seat for the spectacular fireworks show, sponsored by the Baton Rouge Clinic.

The members of the Host Committee were Annette Barton, Pat Cheramie, Paula de la Bretonne, Mary Delarosa, Sunny McCoy, Nanette Noland, Page Silvia, and Carmen Williams.

Sponsors and underwriters of the event included Annette Barton, as a thank you gift in honor of the work of William Silvia, Jr., executive vice president of the LSU System. Special thanks to board members Terrell Brown and Jim Bailey for their gift as a Spirits Sponsor.

Proceeds from the event benefit the work of the Pennington Biomedical Research Center.

The Pennington Biomedical Research Foundation extends a special thanks to Blue Cross Blue Shield of Louisiana for its ongoing corporate support, particularly through its generous in kind donation of the printing of Nutrition Matters and other materials to enable the Foundation to grow in its mission to support the ongoing work of the Pennington Biomedical Research Center.

Individuals visiting the tent were also able to join the Louisiana On the Move organization via laptop computer and were introduced to the website for the soon-to-be-launched new organization. (See story on page 1: Louisiana On the Move.)

Individuals attending the event were able to enjoy a refreshing reprieve from the heat as well as to learn more about their health and the clinical trials and work of the Pennington Biomedical Research Center.

For more information on Louisiana On the Move or clinical trials for volunteers, please visit www.americanonthemove.org or www.prbc.edu.
Irene W. and C.B. Pennington Foundation Underwrites John Folse Soup Nutrition Project At St. Joseph’s Academy

What do you get when you mix a handful of teenage girls, a premier Cajun chef and a world-class nutrition center? The recipe for success - and healthier eating in schools.

A group of students at St. Joseph’s Academy in Baton Rouge has teamed up with Chef John Folse and the Pennington Biomedical Research Center to cook up tasty but nutritious fare for area schools.

Working together with an initial pilot grant of $16,200, Chef Folse will create a line of healthy Louisiana soups, in collaboration with Pennington nutrition expert and food analyst, Dr. Catherine Champagne, and her associates, Dawn Turner and Marlene Afton. A large part of the St. Joseph girls’ job will be the critical test - to taste and critique the creations - a favorite pastime of Louisianans.

“Students will always go with foods they grew up with - foods that taste good,” Folse remarked at a kickoff reception for the pilot study.

The team hopes to expand their efforts this fall, to effectively create, test and eventually introduce their foods into diocesan Catholic schools and cafeterias across the country. The students will also work with Folse and his staff as they develop the recipes and with the Baton Rouge Diocese School Food Service to develop a marketing plan to make them a regular menu item in area schools.

“There is enormous interest across the country in improving the healthfulness of high school cafeteria lunches,” Champagne said. “This project is unique in its partnership with high school students, its educational components and in its goal to develop a workable plan for introduction into local high schools, and eventually take on a larger audience.”

Last October, St. Joseph’s Academy students were pleasantly surprised when they were informed of a new menu item. Chef John Folse & Company added soups to the cafeteria salad bar each Wednesday and Friday asking students who consumed the soup to fill out an online evaluation.

“Soup days are my favorite,” said St. Joseph’s Academy freshman, Anne LeBlanc. “Each week we get new soups and each week the soups are absolutely delicious.”

Pleased with the results, representatives from John Folse’s company and St. Joseph’s then met with Dr. Catherine Champagne to try and extend the program to nutritionally enhance school lunches.

Since that original meeting, funding through the Foundation has been provided to conduct an initial pilot program. This fall, the Healthy Soups for Schools Project hopes to expand its mission by introducing several new food items into the St. Joseph’s lunch program and eventually all Catholic schools in the Baton Rouge area. This larger-scale introduction would also gather information on school eating habits and nutrition.

“It’s my life-long business to feed people - now we’ve come to a bend in the road - it’s now about creating foods that make us healthier, live longer but not give up the flavor,” Folse said.

Champagne, Chef Folse and the students began the pilot test work this summer in the kitchen and the lab.

Digestive Health Foundation Holds Benefit To Support the Pennington Biomedical Research Foundation

The third annual Digestive Health Foundation of Louisiana (DHF) Wine Tasting, La Famiglia de Vino, was held on April 23 at the C.B. Pennington, Jr. Conference Center. Funds raised at the wine tasting benefit the Pennington Biomedical Research Center in following the DHFL mission to find opportunities to aid in research and community education in the area of digestive health.

The corporate sponsors for the event were AstraZeneca, Janssen Pharmaceutica, and Tap Pharmaceuticals. This year’s Italian theme was coordinated by the efforts of Chuck Lalonde from The Wine & Cheese Shop of Baton Rouge. Unique Cuisine, and Richard Lucas and Lynn Ross of DHFL. DHFL board members Dr. William Anderson, president of DHFL, made the check presentation to Dr. Claude Bouchard, executive director of Pennington Biomedical Research Center.

MULTIPLYING YOUR GIFT

If you are employed by a participating matching gift company, you can double the value of your gift. Many companies offer varying levels of corporate match for their employees, spouses, and retirees. You will be recognized for the full amount of your gift as well as the amount of your corporate match. To multiply your contribution, ask for a matching gift application from your company. Fill it out and send it in with your contribution in the postage paid envelope enclosed in this newsletter.

New President & Chief Executive Officer

continued from page 3

was designated and earmarked predominately for the construction of the facilities.

"Today, we aim to retain and enhance the Pennington Center nationally and internationally, particularly in the area of obesity, research and education," said Winstead. "It takes individuals interested in making a difference, those who want to help fill the research funding gap and who recognize the work of the center as a world leader-one that is in step with the concerns of today's society regarding the nutritional link to healthy lifestyles and the epidemic in diseases related to obesity," she added.

Winstead is a 1990 marketing and business graduate of Texas Tech University. She has been a resident of Baton Rouge for four years.

You can reach the Foundation office by calling 225-763-2511 or via the Web site at www.pbfrf.org.
Women’s Wellness Day Scheduled
Saturday, October 2
7:30 am - 2:00 pm
FREE

Since 1992, the Women’s Nutrition Research Program (WNRP) at the Pennington Biomedical Research Center has been sponsoring events to encourage women to focus on healthy living through education and health promotion events. The center’s Women’s Nutrition Research Program is an avenue devoted to that path. Led by Catherine Champagne, PhD, nutritional specialist and director of the Women’s Nutrition Research Program, the program has sponsored seminars, workshops, and wellness events at various times during the year.

This year, McDonald’s is donating free salads to participants. Seminars, information booths, and exercise demos are also part of the program. Educational seminars start at 8 a.m. Topics include: “Women and Depression,” “Body Image: Meaningful Reflections,” “Exercise,” “Cancer Research: Breast and Ovarian,” “Louisiana On The Move - weight maintenance program,” and “Financial Advice.”

Plan on attending and bring along a relative or friend. Also participating in the event are exhibitors and non-profit organizations.

Other major underwriters for the event are BlueCross BlueShield of Louisiana, Pennington Biomedical Research Foundation, the Irene W. and C. B. Pennington Foundation, and the Reilly Family Foundation.

The WNRP program is dedicated to promoting education and community outreach on women’s health issues and to encourage the inclusion of women in clinical research trials at the Pennington Biomedical Research Center.

Women’s Research Health Issues

The Pennington Biomedical Research Center will conduct free testing for body fat content and metabolism testing. McRae’s will host a lunchtime fashion show, a cosmetic booth exhibition, cooking demonstrations, and provide numerous incentive gifts.

Presenting sponsor:
OUR LADY OF THE LAKE HEART CENTER

This year’s presenting sponsor is Our Lady of the Lake Regional Medical Center. The medical center will offer several free screenings, including a free lipid panel blood test (for the most accurate results, participants should fast for at least 8 hours), blood pressure and height/weight assessment. In addition, we will offer “Women’s Heart Health” computerized assessments which gives participants an easy to understand report of risk factors for coronary heart disease with recommendations for improving heart health.

Our Lady of the Lake will provide educational sessions on “Women and Heart Disease” and other related health issues for women.

The Pennington Biomedical Research Center will conduct free testing for body fat content and metabolism testing. McRae’s will host a lunchtime fashion show, a cosmetic booth exhibition, cooking demonstrations, and provide numerous incentive gifts.

Women and Heart Disease are two of the many women’s health issues covered at this event.

This year’s event will be held at the Pennington Biomedical Research Center and will include seminars, workshops, and wellness events for women of all ages.

PENNINGTON’S WOMEN’S NUTRITION RESEARCH PROGRAM AND YMCA SUPPORT HUMP DAY RUN

Kinsey Dinnel led the crowd at the Pennington Biomedical Research Center for the Club South Runner’s “Hump Day 2-Mile and .5 Mile Youth Event” this summer. The run, an ongoing effort of Pennington’s Women’s Nutrition Research Program (WNRP) and the YMCA, helps promote the benefits of exercise. Dr. Catherine Champagne, director of the WNRP and a professor of nutrition and chronic diseases at Pennington, organized the event with the help of the staff.

The event kicked off with an exercise clinic sponsored by YMCA staff that emphasized the importance of exercise in contributing to overall health. Allan Wellington, fitness instructor at A.C. Lewis YMCA, Chris Goff, wellness director at Paula G. Manshuf YMCA, and Donna Chustz, fitness director at A.C. Lewis YMCA, fielded questions on exercise as well as offering tips for maintaining a healthy regimen.

“Only 12 percent of people regularly exercise,” Wellington said. The YMCA experts suggested that a three-day a week program was best to start off with. “You have to crawl before you walk,” Wellington said. The first event was a .5 mile youth run for children of all ages followed by a two-mile adult race around the lake. Kinsey Dinnel was the overall male winner with a time of 10.18 while Lindsey Day was the overall female winner with a time of 12.22. Other top runners included Inder Sehgal, Lisa Evans, Randy Ellis, Janice

Burnette and Jacob Joiner. Following the race, drinks, watermelon and Dr. Champagne’s smoothie recipe were served. “I had a lot of fun making up gallons of banana blueberry smoothies to give to the participants of the event. I wanted something nutritious and easy,” Champagne said. “There are only four ingredients: orange juice, low fat yogurt, bananas, and blueberries, which are packed full of nutrients and phytochemicals. Once those folks started tasting the smoothies, my hand never left the dispenser. What a hit!”

Smoothies (see recipe page 11) were just the right after-race treat!
**Banana-Blueberry Smoothies**

(This was the recipe for the Smoothies provided to Hump Day Run race participants)

8oz Container of low fat fruited yogurt
8oz orange juice
1 medium banana
1/3 cup blueberries

For best results, peel, slice, and freeze bananas (a great way to store bananas that are a little too ripe). Blueberries are best frozen as well. Blend all ingredients together and enjoy.

Hint: Peach Yogurt is best.

Servings per recipe: 2

Nutrition information per serving:
- Calories: 230
- Fat, g: 1.7
- Saturated fat, g: 0.9
- Cholesterol, mg: 5
- Carbohydrate, g: 50
- Protein, g: 6.5
- Sodium, mg: 70
- Calcium, mg: 190

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**GET ON THE MOVE**

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According to Dr. Helgi Roy, a Pennington expert and Louisiana on the Move committee member, nearly one-third of adults in Louisiana are obese and one-third of school children are also obese. While fad diets are just that — a fad — Louisiana on the Move aims to target all demographics with an easy program suitable for all lifestyles.

"We know, of course, that walking is a highly effective way to use the extra energy we eat, it’s easy to do, requires no special skill or training, and provides a great way to get to know each other through group walks," Dr. Ryan said. "So, we are anxious to get started by announcing the formation of Louisiana On The Move and recruiting schools, businesses and individuals to sign-on and get started walking."

The program, which is quickly catching on around the nation, is set to kick off on Friday, October 1 with press conference.

The official public kickoff will be held on Saturday, October 2, during the Irene W. Pennington Women's Wellness Day. Participants can take their first 2,000 steps and register via laptop computers at the event.

Earlier this year, a group of Baton Rouge businessmen got together and challenged Baton Rouge to lose one million pounds during the summer months. The premise of Louisiana on the Move is the same, but is a sustaining program offering support and diet involvement. Louisiana on the Move’s initiative is to get Louisiana residents to accept a permanent healthier routine to counter obesity and its side effects.

For more information on upcoming events or to log on, please visit the Louisiana on the Move web site: www.americaonthemove.org.

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**TRAILING A MYSTERY**

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A huge advance Rogers has made along these lines, is how he tracks which nerve cells are involved in the TNF messaging network. The cells are simply too small to physically hook to a device to record their electronic action, but Rogers applied a technique he learned elsewhere to his current work. He uses molecular “dye” and a highly specialized microscope. Under the scope, active nerve cells glow, tracing the pathways used by TNF. The price tag for such technology? Rogers says you might get an “off-the-shelf” device for about a quarter million dollars. So goes the cost and the pace of cutting-edge research.

According to Rogers, "No one else is doing this sort of work in this area of the brain."

So why is the work important? First, according to Rogers, it leads us to understand more about the ways our bodies accept or reject nutrition, and "In these days of rapid advancements in treatment, if you can buy a terminally ill patient more time through continued nutrition, he or she might live to see a permanent, life-saving treatment."
THE FACTS

The Pennington Biomedical Research Foundation supports the Pennington Biomedical Research Center and its mission.

Mission:
Promoting healthier lives through research and education in nutrition and preventive medicine.

Size: Main research facility, 575,000 square feet; Conference Center, 96,000 square feet; grounds, 234 acres.

Staff: 70 faculty members and more than 500 physicians, scientists, technicians and support personnel.

5 Research Divisions: Functional Foods, Experimental Obesity, Clinical Obesity and Metabolic Syndrome, Nutrition and Chronic Diseases, Health and Performance Enhancement and Education. The center has also established an Education Division.

Laboratories: 13 laboratories and 16 core service laboratories including genomics, proteomics, clinical chemistry, mass spectrometry, cell culture, comparative biology, transgenic, body composition, and food analysis laboratories.

Clinic: Outpatient examination and interview rooms, inpatient rooms for 14 research volunteers, metabolic kitchen, metabolic procedure room, two whole-room indirect calorimeters, dual energy X-ray absorptiometry, and ultrasound imaging.

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