

NUTRITION MATTERS

SPRING 2009

PENNINGTON BIOMEDICAL RESEARCH CENTER AND FOUNDATION • LSU SYSTEM

THE KEY TO A SUCCESSFUL DIET... CALORIES

According to Dr. George Bray's latest findings, people wanting to lose weight can choose one of a variety of diets – they all work. The key is to create or choose a heart-healthy diet that reduces calorie intake. Whether high or low fat, protein or carbohydrate, all diets studied by Dr. Bray and his colleagues led to long-term weight loss.

Results of the study – called **POUNDS LOST** – were published in the *New England Journal of Medicine*. Funded by the National Heart, Lung, and Blood Institute of the National Institutes of Health, Bray and his PBRC colleagues worked in collaboration with researchers at Harvard University School of Public Health and relied on volunteers who enrolled in a two-year diet study that included physical activity and a counseling program.

POUNDS LOST, short for Preventing Overweight Using Novel Dietary Strategies, led to similar weight loss among participants assigned to one of four diets that differed in proportions of three major nutrients. The diets were low or high in total fat (20 or 40 percent of calories) with either average or high protein (15 or 25 percent of calories). Carbohydrate content ranged from 35 to



65 percent of calories. The diets all used the same calorie reduction goals and were heart-healthy—low in saturated fat and cholesterol while high in dietary fiber.

“The good news here,” said Bray, “is people who need to lose weight can be flexible to choose an approach that they’re most likely to sustain—one that is most suited to their personal preferences and health needs.”

In addition to the diet, participants received group diet counseling twice a month and individual sessions every eight weeks. Participants were given personalized calorie goals, ranging from 1,200 to 2,400 calories per day, which reduced their overall caloric intake as compared with their daily energy requirement. All participants also undertook moderate-intensity physical activity, such as brisk walking, for at least 90 minutes per week.

On average, participants lost 13 pounds at 6 months and maintained a 9 pound loss at 2 years. Participants also reduced their waistlines by 1 to 3 inches by the end of the study. Craving, fullness, hunger, and diet satisfaction were all similar across the four diets. 

FOUR LOW-FAT AVERAGE PROTEIN DIETS STUDIED

DIET	FAT	PROTEIN	CARBS
ONE	20%	15%	65%
TWO	20%	25%	55%
THREE	40%	15%	45%
FOUR	40%	25%	35%

BOUCHARD ANNOUNCES RETIREMENT AS EXECUTIVE DIRECTOR, WILL CONTINUE GENETIC RESEARCH AT PBRC



Dr. Claude Bouchard, executive director of the Pennington Biomedical Research Center (PBRC), has announced his plans to step down this summer to return to full-time duties as a faculty member and researcher. PBRF gratefully acknowledges his leadership during his more than ten years of dedicated service.

“We’ve achieved the major objectives that we set for ourselves a decade ago. PBRC has an extraordinary future, but I feel

that it is time for new leadership ideas and perspectives,” Bouchard said, “I’m anxious to get back into research full-time; there is much to learn and contribute at a time when the genetic basis of chronic disease prevention is moving at the forefront of the biomedical research agenda.”

Dr. Bouchard, a specialist in the genetic causes of obesity and diabetes, has led PBRC for ten years. He said he will continue to serve as executive director until his successor is chosen.

“Dr. Bouchard led the Pennington Biomedical Research Center over a period of exceptional growth,” said LSU System President Dr. John Lombardi. “The quality of programs and research, and the scale of its operation have earned Pennington a recognized place among the international community of biomedical research centers.

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Message from the Executive Director of the Pennington Biomedical Research Center

This is an extremely exciting moment in time for our Center. We were recently joined by Governor Bobby Jindal, along with members of the legislature and state and local business leaders, to break ground on our new clinical research building. This new construction rounds out a plan begun nearly ten years ago to expand all major areas of the Center: basic research, population research, and now clinical research. We owe our thanks to the legislature and citizens of Baton Rouge and Louisiana who have supported us in word and deed from the beginning.

The construction of the new clinical research building is also the first of a new means of growth for us. To date, the Pennington Medical Foundation has provided private funding to support all PBRC campus growth. For this project, the Foundation provided in excess of \$2 million towards the design and architectural fees, new parking surfaces and utility services to the physical plant. The building construction costs are being funded by the State of Louisiana. We are truly grateful for the overwhelming confidence and support that the Governor and the legislature have placed in us to invest taxpayer dollars into our campus.

Specifically, the legislature allocated most of the funds in its regular 2007 session to begin clinic construction. In 2008, led by Governor Bobby Jindal with his request for an additional \$50 million, we are not only able to complete the building, but build an imaging center, renovate our existing clinic to bring it up to modern research standards, as well as purchase new equipment and update our physical plant.

In this new facility, as in our existing, people and science meet. Thousands of individuals have participated in trials to determine if diseases can be prevented through exercise, nutrition, new drugs or a combination of all. As we search for means to prevent chronic diseases like diabetes, heart disease, obesity, cancer and dementia, this new clinic facility is the key to the Center attracting more and larger research grants designed to find preventive measures and treatments for chronic illness. As we grow faculty and research in this new facility, we should generate within about three years an additional \$20 million annually in research grants, an amount that will substantially increase over time. Approximately 300 new faculty and support staff positions plus all indirect jobs will have about a \$38 million annual economic impact for our region.

This new clinical research facility will not only change the face of our campus, it is our hope the new capabilities it brings will help us change the face of clinical research through the state. The new research building will also be home to a new endeavor called LA CaTS (Louisiana Clinical and Translational Science Center). The LA CaTS Center will be a collaboration among all medical schools and key research universities and research organizations in Louisiana. The effort is led by the Pennington Biomedical Research Center, with a mission to develop the discipline of clinical and translational science, to increase the quality and quantity of clinical research conducted in the state, and to train the next generation of clinical research scientists.



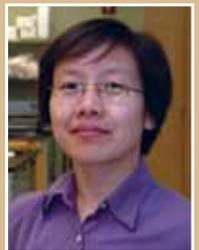
Claude Bouchard, Ph.D.
PBRC Executive Director,
George A. Bray, Jr. Endowed Super Chair in Nutrition

New Faculty

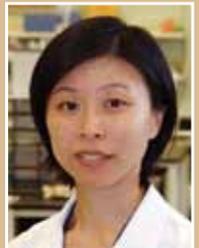
Gang Hu, M.D., Ph.D., M.P.H., has joined PBRC faculty as an Assistant Professor in the Population Science area. Dr. Hu will develop a research program in chronic disease epidemiology. Dr. Hu received an M.D. from Tianjin Medical University in China in 1989, an M.P.H. and Ph.D. from the University of Kuopio in Finland. Dr. Hu worked as a researcher in the Department of Nutrition, Food Safety Control and Inspection Institute in Tianjin, China from 1989-1998. Most recently, Dr. Hu was a senior researcher in the Department of Epidemiology and Health Promotion at the National Public Health Institute in Helsinki, Finland.



Rea Anunciado-Koza, D.V.M., has joined the faculty as Instructor in the Molecular Genetics Laboratory. Dr. Anunciado-Koza received a D.V.M. in 1993 from the University of the Philippines at Los Banos and a Ph.D. in 2000 from Nagoya University in Japan, and joined PBRC as a postdoctoral researcher in 2004. She will continue working with her PBRC mentor, Dr. Leslie Kozak, on molecular genetics and thermogenesis research.



Chuanhui (Jasmine) Yu, Ph.D., has joined the faculty as Instructor in the Blood-Brain Barrier Laboratory. Dr. Yu received her Ph.D. in Pharmaceutics from Virginia Commonwealth University in Richmond. Most recently, she has been a postdoctoral researcher in the blood-brain barrier group at PBRC. She will continue working with her PBRC mentor, Dr. Weihong Pan.



Promotions

Zhanguo Gao, Ph.D., has been promoted to Assistant Professor-Research. Dr. Gao came to PBRC as a Postdoctoral Fellow to work in the Antioxidant and Gene Regulation Laboratory. Dr. Gao joined the faculty as Instructor in 2004. He has recently secured funding from the ADA for his research in dyslipidemia (high blood cholesterol).



Gregory Sutton, Ph.D.,

has been promoted to Assistant Professor-Research. Dr. Sutton came to PBRC as a Postdoctoral Fellow in the Laboratory of Neurobiology and then moved to the Neuropeptides Laboratory.

Dr. Sutton joined the faculty as Instructor in 2007. He has recently secured funding from the American Diabetes Association (ADA) for his research on metabolic syndrome. 



Bouchard Announces Retirement

. . . continued from page one

Leadership of this significance is an institutional treasure, and we are grateful that Dr. Bouchard's skills, abilities, and wisdom will remain an asset of PBRC after his retirement as executive director."

Under Bouchard's direction, PBRC tripled in size, significantly increasing the Center's scientific research into the role that nutrition, exercise and genetics play in prevention of obesity, diabetes, heart disease, dementia, and cancer.

Bouchard spearheaded the effort to devise two five-year strategic plans at PBRC, road maps that led to the construction of a second basic science research building, a population science wing, and a second clinical research facility, currently under construction. Plans are also finalized to begin the construction of a research imaging center and an expanded central utilities and storage facility.

During his tenure as executive director, Bouchard, who holds the George A. Bray, Jr. Endowed Super Chair in Nutrition and is the author of several books and more than 900 scientific papers, garnered widespread recognition that included all major national and international awards from obesity research and exercise science societies. His recognition culminated in his recent election to the rank of *Fellow of the American Association for the Advancement of Science*.

"We have invested an enormous amount of time and energy, with the support of our foundations, local philanthropists and the state, in the growth of the Center," said Bouchard. "PBRC is now well positioned to take advantage of research and economic development opportunities in the future." 

DISTINGUISHED HARVARD PHYSICIAN VISITS PBRC



▲ *Distinguished Harvard Physician Visits-(left to right) Dr. Clifford B. Saper, Chairman of the Department of Neurology at Beth Israel Deaconess Medical Center in Boston and noted physician, guest speaker; Janet Olson, Capital One Senior Vice President; Maxine Cormier, PBRC Board Member; and Dr. Claude Bouchard, PBRC Executive Director and holder of the George A. Bray, Jr. Endowed Super Chair in Nutrition*

Community supporters of the Pennington Biomedical Research Center and Foundation joined PBRC faculty members in welcoming

Dr. Clifford Saper, Professor of Neurology and Neuroscience at Harvard Medical School and Chairman of the Department of Neurology at Beth Israel Deaconess Medical Center in Boston,

during his recent visit to the Center. Dr. Saper was invited to be the featured speaker at a special luncheon hosted by the Pennington Biomedical Research Foundation (PBRF) and underwritten by Capital One.

More than 75 community supporters and faculty attended the luncheon that was preceded by a tour of the Pennington Biomedical Research Center. The tour highlighted the Center's innovative research facilities and gave guests an overview of the health and preventive medicine initiatives currently underway at the Center.

Dr. Saper enlightened guests with a fascinating presentation on why sleep is vital to healthy living. He presented research findings that showed

Dr. Saper and his fellow colleagues believe that "sleep loss" may be a contributing factor to the current epidemic of obesity, diabetes, and cardiovascular complications.

a correlation between sleep and cognitive and metabolic functions, such as memory function. In addition, Dr. Saper and his fellow colleagues believe that "sleep loss" may be a contributing factor to the current epidemic of obesity, diabetes, and cardiovascular complications.



This is the fifth year that Capital One has underwritten the scientific speaker series. The Pennington Biomedical Research Foundation gratefully extends its gratitude to Capital One for its continued support and commitment to the Pennington Biomedical Research Center and its vital research directly related to health, nutrition, and preventive medicine. 

A Message from

TIM BARFIELD, FOUNDATION CHAIRMAN



In January of this year, I was honored to assume the chairmanship of the Pennington Biomedical Research Foundation. I continue to appreciate the national and international significance of the lifesaving and impactful research that is conducted at the Pennington Biomedical Research Center. I look forward to working with you as we help advance the Center, its scientists, and most importantly the research, to aid in finding quicker, more cost effective health solutions.

Today, the research of PBRC is more important than ever. Pennington has earned a worldwide reputation for finding ways to prevent today's most serious diseases: diabetes, obesity, heart disease, cancer and dementia. Private philanthropy – your donations – plays a critical role in supporting Pennington's research programs.

You'll read in these pages about the ground breaking for the Clinical Research Building, a critical advancement that will pave the way for a significant increase in Pennington's ability to translate discoveries from the laboratory to individuals. However, this will only become a reality if we can fill this new space with more researchers and expanded clinical programs.

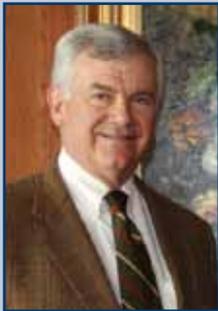
Your support helps in so many ways...seed funding for emerging research projects, the most advanced instrumentation and equipment, recruiting the best and brightest scientists to Pennington, and underwriting vital community education programs to put PBRC's discoveries into actions.

In this issue, you'll learn more about how your support is making an impact and I hope you'll agree that we cannot pause for a moment, despite the challenging economic climate. To the contrary, we have to seize this moment and opportunity to advance PBRC to the greatest degree possible. Our health, and the health of future generations, is dependent upon our success in doing so. For it is medical research, that provides the hope for longer healthier lives. Thank you for your generosity and ongoing commitment to this organization.

Sincerely,

Tim Barfield
PBRF Chairman of the Board

New PBRF Board Members



George D. Nelson, Jr.
Mr. Nelson is the President/CEO of Louisiana Companies and Querbes & Nelson in Shreveport. He is also the president of the Life Insurance Company of Louisiana as well as the Northwest Regional President/Market

Manager for Bank One, Louisiana, N.A. He is active in many organizations, including the Committee of 100 for Economic Development of Louisiana, Public Affairs Research Council of Louisiana, and the executive committee of Centenary College of Louisiana.



Clay M. Allen
Mr. Allen is a partner with the law firm Allen & Gooch in Lafayette. He presently serves as an active board member for the Lafayette General Medical Center,

the Greater Lafayette Chamber of Commerce, and Louisiana Association of Business and Industry. He also serves on the University of Lafayette College of Business Advisory Board and the Louisiana Council for Fiscal Reform.



Paul M. Haygood
Mr. Haygood is a partner with the firm Fishman, Haygood, Phelps, Walmsley, Willis & Swanson, L.L.P. in New Orleans. He has played an active role in the civic affairs of the City of New Orleans

and the State of Louisiana, having served as President of the Council for a Better Louisiana, as President of the New Orleans Bureau of Governmental Research, and as an active board member of a number of philanthropic organizations.

PBRC PROFESSOR ESTABLISHES PLANNED GIFT

The Pennington Biomedical Research Foundation (PBRF) gratefully announces a planned gift that will lead to the establishment of the *Allen A. Copping Professorship* at the Pennington Biomedical Research Center. The planned gift was made by Douglas Braymer, LSU Vice President Emeritus of Academic Affairs and current PBRC Professor, and Marilyn Braymer.

Dr. Copping, now retired, previously served as president of the Louisiana State University System. He was instrumental in the formation and early growth of the Center.

Dr. Braymer said in making the gift, "As we celebrated PBRC's 20th anniversary, I would often reflect on the creation of the Center and those important conversations Dr. Copping had with "Doc" Pennington – and especially the role that Copping played in supporting Doc's visionary mission for PBRC." Dr. Braymer remarked, "The Center's focus on nutrition

LEGACY SOCIETY

and preventive medicine has proven a unique mechanism in which to build PBRC and to make it a world leader at a time when obesity and associated chronic diseases are so prevalent. It was visionary."

"I am extremely appreciative of Dr. Copping's leadership to both PBRC and the LSU System, and I personally owe him a great debt of gratitude for his impact on my own career," affirmed Dr. Braymer.

Dr. Copping served on the Pennington Medical Foundation Board of Trustees for 28 years and served as President of the LSU System from 1985 to 1999.

This planned gift, when realized, will be supported by a matching gift from the Louisiana Education Quality Support Fund to formally establish the professorship in Dr. Copping's name.

Jennifer Winstead, PBRF President and CEO acknowledged, "The Pennington Biomedical Research Foundation is honored to be the beneficiary of this charitable planned gift. Their gift is helping to create a long-range and enduring investment that will move the Center's health and preventive medicine research forward."

PBRF's Legacy Society was formed to acknowledge those individuals who include the Pennington Biomedical Research Foundation in their estate plans. Planned gifts provide an individual and families with great personal satisfaction, while providing the Center with an important opportunity to enhance the scope and breadth of its work. 

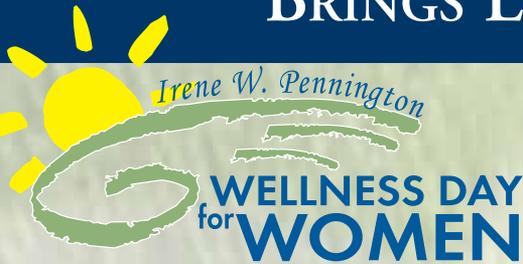


CENTER BREAKS GROUND FOR NEW CLINIC

▼ **Governor Bobby Jindal** joined leaders of the Pennington Biomedical Research Center to break ground for a new 90,000 square foot, \$25 million clinical research building at an event held on the PBRC campus. Joining the governor, Claude Bouchard, Ph.D., executive director of the Center, said research had outgrown the current clinical research building. The new construction will expand the Center to 635,000 square feet of total research space, and allow its researchers to stay current in a highly competitive field. Following the Governor's lead in a special legislative session last year, the legislature approved approximately \$50 million for the Center's expansion, renovation and new equipment. Participating in the ground breaking event were (left to right): Front Row: Rep. Avon Honey; Rep. Michael Jackson; Rep. Steve Carter; Sen. Sharon Weston Broome; Adam Knapp, President/CEO, Baton Rouge Area Chamber; Mayor-President Melvin "Kip" Holden; Paula de la Bretonne, PBRF and PMF Board Member; Governor Bobby Jindal; Dr. Claude Bouchard, PBRC Executive Director; Dr. John Lombardi, President, LSU System; Dr. Sally Clausen, Commissioner of Higher Education; Dr. Donna Ryan, PBRC Associate Executive Director of Clinical Science. Back Row: Rep. Clif Richardson; Rep. Franklin Foil; Jerry Shea, LSU Board of Supervisors; Henry Barham, LSU Board of Supervisors; Rep. Erich Ponti; and Tim Barfield, PBRF Board Chairman.



2009 IRENE W. PENNINGTON WELLNESS DAY FOR WOMEN BRINGS LOUISIANA WOMEN TOGETHER



The 9th annual Irene W. Pennington Wellness Day for Women held at the Pennington Biomedical Research Center was a tremendous success drawing more than 700 attendees from near and far. This free educational event included health and wellness activities and informative sessions for women of all ages.

The day started with greeting and hospitality from Blue Cross and Blue Shield's Team Blue. PBRC Instructor Dr. Valerie Myers gave the keynote presentation on "Today's Woman: Super Woman, Super Stressful." Throughout the day, Our Lady of the Lake Regional Medical Center provided free health screenings for attendees and family members. Of those screened, more than 79% were in need of medical follow-up (borderline to high – blood pressure, glucose, or cholesterol).

"This event allows women and family members to receive information and multiple screenings at one time and in one place," said Marilyn Shalley-Damberg, OLOL Divisional Director, Community Health. "It is wonderful to see women of all ages taking responsibility for their own physical and emotional health – and enjoying the camaraderie of their friends, daughters, mothers, and grandmothers." Our Lady of the Lake also hosted informative wellness sessions by OLOL physicians: Lauren Barfield, M.D., Susan Nelson, M.D., and Katherine Pearce, M.D.

Special thanks to the volunteer community leadership who serve throughout the year with the PBRC staff to plan this wonderful educational event: Jeanette Johnson, Brenda Katzmarzyk, Diana Luikart, Janell O'Halloran, Paula Neck, Kathy Prejean, Myra Russell, and Marilyn Shalley-Damberg. 

Keynote Presentation Highlights

"TODAY'S WOMAN: SUPER WOMAN, SUPER STRESSFUL"

PRESENTATION BY VALERIE MYERS, PH.D., PBRC BEHAVIORAL MEDICINE INSTRUCTOR

Women play multiple roles these days; mother, wife, sister, employee, caregiver. These roles can be a source of stress but can also be a source of comfort and coping. Everyone has stress, and each person's stress reaction is unique to them, much like fingerprints are unique to each person. Stress is defined as when the demands that are placed on an individual outweigh the resources the person has to cope with them. Identifying and understanding stress is critical in learning how to reduce it.

External stresses are all of the stressors that are in your environment (work, traffic, kids). Internal stress is the self-talk that people engage in (the "should've, could've, and ought to-s). Research suggests that 43% of adults suffer adverse health effects from stress and 75% to 90% of all physician office visits have a stress-related component.

Key Points to Combat Stress:

- ◆ Recognize your stress symptoms
- ◆ Evaluate your lifestyle - What can be changed?
- ◆ Work on time management
- ◆ Limit setting with others... learn to say "no"
- ◆ Assertiveness
- ◆ Use relaxation techniques
- ◆ Exercise
- ◆ Watch your diet
- ◆ Get enough rest & sleep
- ◆ Talk with others
- ◆ Help others
- ◆ Get away for awhile
- ◆ Tackle one thing at a time
- ◆ Don't try to be perfect
- ◆ Laugh & be with people you enjoy!

THANK YOU SPONSORS!

Thank you to the companies and individuals who participated in the event through their generous event sponsorship or in-kind product or service donations.



OUR LADY OF THE LAKE
REGIONAL MEDICAL CENTER
Franciscan Missionaries of Our Lady Health System



BlueCross BlueShield of Louisiana
An independent licensee of the Blue Cross and Blue Shield Association.

The Advocate

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Baton Rouge Coca Cola Bottling Company, Inc.
Benny's Car Wash
Kaye Buhler, Licensed Massage Therapist
Capitol Spine & Rehabilitation
Chico's
City Social
Coldwater Creek

CC's Community Coffee House
Dermatology and Aesthetic Institute, Dr. Donna Nunally
Dick's Sporting Goods
DiGiulio's Restaurant
Dutch Physical Therapy
Fleet Feet Sports
Mary Gaudin, Pampered Chef
Juban Dental
The Kitchenary in Towne Center
Louis DeAngelo's Catering
Louisiana Organ Procurement Agency
Lux Salon & Spa

MARCELLO's Wine Warehouse
Mary Bird Perkins Cancer Center
Maxwell's Market
National Kidney Foundation
PBRC Women's Nutrition Research Program
Piggly Wiggly
The Red Shoes
The Royal Standard
Southeastern Cardiovascular Consultants
Sullivan's Restaurant
Whole Foods Market



◀ *The Irene W. Pennington Wellness Day for Women was made possible by Our Lady of the Lake Regional Medical Center, Presenting Sponsor and Blue Cross and Blue Shield of Louisiana, Contributing Sponsor. From left to right, Paula Neck, BCBS Foundation and BCBS Team Blue Volunteer Support, and Marilyn Shalley-Damberg, OLOL Divisional Director, Community Health joined Dr. Catherine Champagne, PBRC Women's Nutritional Research Program Director, and Dr. Valerie Myers, PBRC Behavioral Medicine Instructor and event keynote speaker, for a group sponsor photo.*



PBRF ANNUAL GIVING LEADERSHIP CAMPAIGN

ANNUAL SUPPORT VITAL TO RESEARCH AT PENNINGTON

Pennington Biomedical Research Center, founded with an extraordinary and transformational gift by Irene W. and C. B. “Doc” Pennington, has taken its place—as Doc Pennington envisioned—as a world leader in nutrition and preventive medicine.

The annual giving leadership campaign, chaired by community leaders Anne and Bill Hise, is in full swing. Please renew your annual gift, or join as an annual donor today! Your gift is an investment in internationally recognized medical research and the health of mankind.

You can join PBRC’s world-renowned scientists in pursuing discoveries that promote healthy living and prevent premature death from chronic diseases such as diabetes, cancer, obesity, heart disease, and dementia. Every gift makes a difference and moves PBRC closer to critical health discoveries!

\$10,000+	Pennington Council of 100
\$5,000+	Discovery Partners Explorer
\$2,500+	Discovery Partners Patron
\$1,000+	Discovery Partners Supporter
\$100–\$999	Prevention Partners

YOU CAN MAKE A DIFFERENCE

Your philanthropic support helps:

- ♦ Recruiting and retaining top scientists—the core ingredient for the growth and success of the Center and its research;
- ♦ Resources for scientists—including research equipment, enhanced laboratory facilities, and critical pilot funding for emerging research; and . . .
- ♦ Strong basic science programs, discoveries to benefit mankind, advances to prevent disease, relevant education for the community while building a knowledge-based pathway to economic development for our state and region.

LEVERAGE YOUR INVESTMENT

For every one dollar of unrestricted support, PBRC’s scientists can successfully acquire \$3 in additional research grants.

Help the Foundation reach its goal of raising \$600,000 during the annual campaign. Every gift is important. Please make your gift today.

For more information about the annual giving campaign, call Ann Wilkinson, Director of Leadership Giving, at (225) 763-2512.

PBRC Dementia Research and Prevention Q&A Series

TOPICS: Causes of Dementia • Respite Care for Dementia Patients & Caregiver • Interacting with Dementia Patients • Behavioral Management of Dementia Patients

Second Thursday of Every Month • 6:00 pm – 7:30 pm
C. B. Pennington, Jr. Building Auditorium. • 6400 Perkins Road

Information: Rob Brouillette at (225)763-2973 or dementia@prbc.edu

<http://IDRP.PBRC.edu>

TAKE 5 PROGRAM AWARDED CERTIFICATION

William E. Montan Charitable Trust Provides Grant

It all started when two PBRC dietitians wanted to reach out to local residents with diabetes. Learning of this initiative, the Trustees of the William E. Montan Charitable Trust were intrigued with the proposed community outreach concept and gave a generous \$20,000 philanthropic grant of support to the Pennington Biomedical Research Foundation to expand a series of PBRC community-based educational classes called **TAKE 5 – Diabetes education for life**.

As the name implies, this is a series of five classes, open to persons with prediabetes or diabetes and their spouse, caregiver or family member. Class members learn self-care skills such as the importance of healthy eating, exercise and monitoring blood sugar that will promote better management of their diabetes treatment regimen and receive individualized counseling.

Now, the American Diabetes Association (ADA) has recognized the quality of the course by certifying **TAKE 5** as a Diabetes

Self-Management Education Program. This certification means the course has fully met national standards for diabetes education. The Center is proud to merit this prestigious program certification.

According to the ADA, this recognition acknowledges that **TAKE 5** content and educators deliver state-of-the-art education that promotes self-management of diabetes. According to **TAKE 5** Coordinator Patti Boyd, "Improving self-management skills can help prevent unnecessary hospital admissions and some of the acute and chronic complications of diabetes. We are helping motivate class members to make healthy lifestyle changes by incorporating principles and techniques of behavior change learned through some of PBRC's clinical trials."

The Pennington Biomedical Research Foundation expresses its gratitude to the William E. Montan Charitable Trust for their grant.

*For more information about **TAKE 5** or to enroll in the program, call 763-0918 or visit www.pbrc.edu.*

Volunteer Turns Participant

Jim D'Amico, retired data processor from Prairieville, first stepped onto the Pennington Biomedical Research Center campus after Hurricane Katrina. He helped sort personal diabetic supplies into "go bags" that PBRC physicians and staff created for emergency shelters. The bags contained 30 days of supplies for those who had to flee their homes and leave medicines behind.

In a bit of irony, Jim later learned he was diabetic and soon found himself on the receiving end of PBRC's expertise. He enrolled in **TAKE 5**, the Center's five-session course to learn how to manage the disease.

"The staff took time to answer questions, handled the various cases in the class, and presented very helpful, educational material," D'Amico said.

D'Amico, 71, also invited his wife, Erika. "She got more out of it than me concerning cooking and diet," D'Amico said, "She stays on me to write down what I eat."



▲ Jim D'Amico, **TAKE 5** Participant

D'Amico was set back a bit by a knee surgery shortly after the course, but with his wife's help, he says he'll be back in a groove soon, and firmly believes in the class and the PBRC staff.

"I've already recommended **TAKE 5** to at least three people," he proudly remarked.

SAVE THE DATE • AUGUST 8, 2009



2009
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Home Health Services
**Soaring to
New Heights**



Ticket and table sales available at: www.pbrf.org. Table reservations sell out every year – please make your reservations early!
For information call (225) 763-2511.

PBRC In the News...

Viral Obesity



From the BBC to Radio Colombia, from *The Advocate* to Reuters, and from NBC to CBS and Russian T.V., Dr. Nikhil Dhurandhar's ground breaking research on a virus that appears to cause obesity in some humans is making headlines. Following a special report on BBC, Dr. Dhurandhar could not stray more than a few steps from his phone for three days due to the volume of inquiring phone calls he received. Dr. Dhurandhar is the first scientist to identify an infectious form of obesity and to identify a virus that may cause it. The virus Ad-36 (a human adenovirus)



▲ Television crew in St. Petersburg, Russia videotapes interview with Dr. Nikhil Dhurandhar via computer – a first for PBRC!

works by attacking pre-fat cells (fat derived stem cells) converting them in higher-than-normal numbers to fat cells. The virus also suppresses the immune system, allowing it to more rapidly spread and more easily enter the pre-fat cells. Together with a team of researchers, Dr. Dhurandhar continues to advance this research forward and strives to discover vaccines that will possibly stop this viral process.



Why People Gain Weight

B B C A crew from the BBC spent a few days here last summer to interview Drs. Bouchard, Ravussin and Dhurandhar concerning the variety of ways in which humans may gain weight. Each researcher gave his perspective. The production crew chose to conduct the interviews from a series of local restaurant cafes. The program continues to air on BBCZ.

Dementia Is Subject of Conversation

Dr. Jeffrey Keller has finalized the creation of Louisiana's first Institute for Dementia

Research & Prevention (IDRP), a new center associated with the Pennington Biomedical Research Center. Dr. Keller has become a "regular" on WRKF radio's special Health segment. Keller was initially interviewed earlier in the year, and was promptly asked to join their regular program schedule. WRKF is Baton Rouge's public radio station.



Don't Let the Scale Worry You, Keep Walking.

Drs. Corby Martin and Tim Church have been fielding national and international media calls about their newly published results that show women who walk regularly, can improve their quality of health and life – even if they don't lose weight.



CLINICAL TRIALS SPRING 2009

If you are interested in participating in these or other research studies, call our recruiting department at (225)-763-3000, or visit www.pbrc.edu or email clinicaltrials@pbrc.edu.

INSIGHT

What factors determine future health?

The purpose of this multi-year study is to help determine what biological, behavioral and genetic factors in a person play a role in your future health.

You may qualify based on

Age (18-35 years) • Weight

Receive benefits such as:

Study related medical screenings at no cost to you. **Earn up to \$9250.**

HART-D

How does physical activity impact blood sugar level?

This study will help determine how physical activity can help improve your blood sugar level. Participants will be placed into 1 of 3 physical activity programs

supervised by trained fitness professionals. Participants will receive free membership to the PBRC Fitness Center and free personalized fitness training sessions.

You may qualify based upon:

Age (30-75 years) • Diagnosed with type 2 diabetes

Receive benefits such as:

Study related medical care at no cost to you. Membership to PBRC Fitness Center at no cost to you. **Earn up to \$200.**

CASPAL

Attention Men: Is your metabolism slow?

The purpose of this study is to determine if a naturally-based supplement will help increase metabolism and reduce total body fat

You may qualify based upon:

Males only • Age (18-60 years) • Weight

Receive benefits such as:

Study-related medical care at no cost to you. **Earn up to \$500.**

PINNI

Attention Ladies: Do you need help controlling your hunger?

The purpose of this study is to determine if a breakfast drink made with a natural product will help reduce hunger and prevent over eating.

You may qualify based upon:

Females only • Age (18-55 years) • Weight

Receive benefits such as:

Study-related medical care at no cost to you. **Earn up to \$500.**



FIRST LA CaTS SUMMER SCHOLAR



In an effort to train the next generation of clinical research scientists, PBRC hosted the first LA CaTS summer Scholar. The lucky researcher was Johnny Li.

Johnny Li began his college career at LSU and has since continued with a biochemistry major at Rice University, after engaging in a prestigious educational experience at the Pennington Biomedical Research Center.

During his internship, Johnny worked on a project to compare two devices used to measure a person's metabolic rate: the Deltatrac and Cosmed Quark RMR devices. His study compared and validated the measurements of resting metabolic rate (RMR) of a new metabolic equipment against our current metabolic equipment.

For the project, Johnny had to become familiar with indirect calorimetry, the technique used to calculate energy expenditure from the measurements of oxygen used and CO₂ produced. These measures yield the amount of calories humans "burn" while at rest. Participants simply breath into the devices by way of a special oxygen intake mask.

Besides this project, Johnny rotated through several clinical laboratories, the research kitchen, the inpatient unit, and the clinical laboratory and assisted with several procedures to measure insulin sensitivity in clinical participants.

The internship is part of the new Louisiana Clinical and Translational Science Center led by Dr. Donna Ryan, PBRC Associate Executive Director of Clinical Research. LA CaTS's mission is to develop the discipline of clinical and translational science, to increase the quality and quantity of clinical research conducted in Louisiana, and to train the next generation of clinical research scientists. 

SCIENCE INSIGHT

Mysteries of Weight Gain – PBRC Looks to Unravel Answers

Why do some people gain weight and others don't?

Experts around the world, especially those at the Pennington Biomedical Research Center, are trying to answer this exact question. Researchers are approaching the answer by examining a wide range of possibilities in studying appetite control, muscle and fat cell formation, nutrient absorption and energy use by muscles, or metabolic rate. Other specialists believe the answer resides in activity levels, lifestyle or how the brain processes one's behavior, mood, and even food choices.

So what is PBRC's strategy to unlocking the answer?

"Assemble a team of the world's best scientists and study the same group of people at the same time from a wide range of perspectives," says Dr. Steven R. Smith, Assistant Associate Director of Clinical Research at the Pennington Biomedical Research Center. "We believe PBRC is the

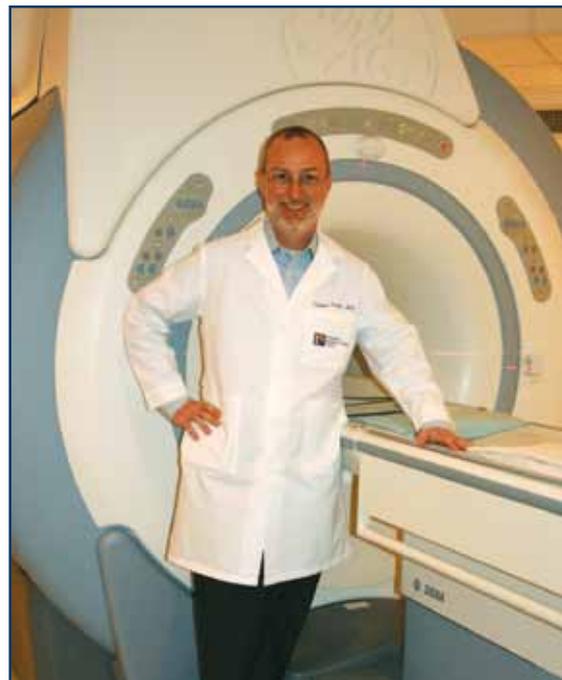
only place in the world to initiate a research challenge such as this."

Smith calls the research project InSight – the first long-term study of young adults in which all disciplines will be examined: biology, behavior and environment. With start-up funding from the U.S. Department of Agriculture, this research project has every sign of becoming a "landmark" study. The 1,200 participants recruited by Smith will be followed by PBRC physician scientists for the next ten years.

Smith and his fellow PBRC researchers will be collaborating on the research. The study will engage the full capabilities of nearly 50 separate PBRC laboratories, 19 specialized core facilities labs and the research kitchen. The study will also utilize the vast resources of the world renowned PBRC and its full Clinic resources of physicians, nurses, nutritionists—each of which can perform specific innovative scientific analysis needed for the study.

Smith and his PBRC colleagues are thrilled with the opportunity to take on such an ambitious research project of this magnitude and importance. When asked about the planning for just such a project, Smith remarked "The goal is to find out which of the focus areas are most important, and to better understand how the pieces of the puzzle fit together to lead to weight gain." 

◀ Dr. Steven R. Smith, Assistant Associate Director of Clinical Research at the Pennington Biomedical Research Center will be using Magnetic Resonance Imaging as one of many resources in studying weight gain.



NATIONAL GROCERY MANUFACTURERS AND SURGEON GENERAL LEARN THE LATEST FROM LOCAL RESEARCHERS

Members of the Grocery Manufacturers' Association (GMA) and the U.S. Surgeon General gathered in Baton Rouge at the Pennington Biomedical Research Center to hear the latest findings in nutrition and health from PBRC scientists and researchers during a scientific symposium titled "Cultivating a Healthy Population: The Intersection of Food and Health." GMA Senior Vice President and Chief Science and Regulatory Affairs Officer Dr. Robert E. Brackett along with corporate scientific officers and nutritionists from national and international food and beverage companies joined PBRC researchers to collaborate on food, nutrition and health issues facing our nation and our communities.

According to Dr. Brackett, "Each day the news media reports on our nation's growing public health concerns – from childhood obesity to the

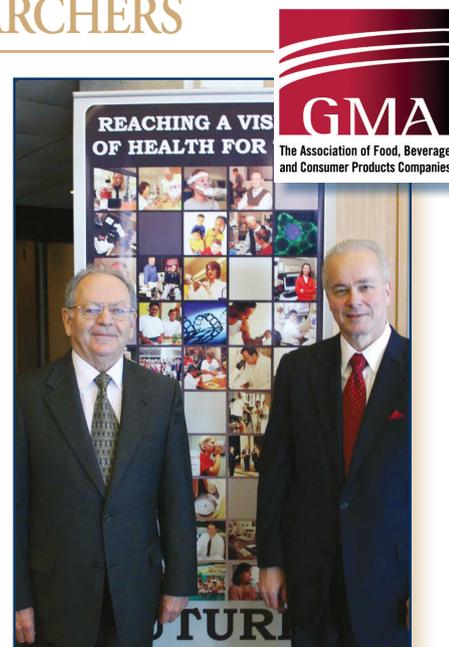
debilitating effects of aging. As the makers of the world's most prominent food and consumer products, GMA member companies have the opportunity to help solve some of these public health challenges by learning

about Pennington's exciting biomedical research portfolio."

Special guest and Keynote Speaker of the symposium dinner was the acting U.S. Surgeon General, Rear Admiral Steven K. Galson, M.D. M.P.H., who outlined current federal policy as it relates to health, nutrition, and science innovation.

Leaders of the Center said they were pleased to have this opportunity to discuss health challenges with the U.S. Surgeon General and the GMA members. PBRC is actively working to find preventive solutions to chronic diseases such as diabetes, heart disease, obesity, cancer and dementia. ☒

"...As the makers of the world's most prominent food and consumer products, GMA member companies have the opportunity to help solve some of these public health challenges by learning about Pennington's exciting biomedical research portfolio."



▲ PBRC Executive Director Dr. Claude Bouchard welcomes Dr. Robert E. Brackett, GMA Senior Vice President and Chief Science and Regulatory Affairs Officer and GMA member guests who attended the two day scientific symposium held at PBRC.

ACKNOWLEDGING TRIBUTE GIFTS...

The Foundation gratefully recognizes Memorial and Honor gifts received through May 15, 2009.

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Pennington Biomedical Research Foundation
 6400 Perkins Road
 Baton Rouge, LA 70808-4124
www.pbrf.org
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DID YOU KNOW...

PBRC has expanded its research programs to look for the basis and prevention of dementia.



You can help by supporting this effort. To find out how – contact the Foundation office today or visit <http://idrp.pbrc.edu>.

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Please make a gift today to help continue the vital funding for nutrition-based research. PBRC is striving to prevent premature death from chronic diseases such as heart disease, diabetes, cancer, obesity and dementia. Your support will provide funds for vitally needed research equipment, expanded laboratory facilities and resources for recruitment of world-class faculty members.

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Thank you for supporting the work of PBRC with your gift to the Pennington Biomedical Research Foundation.