Antioxidants and knee joints

This article examined the preventative effects of vitamin C and E intake via whole foods on knee joint health. Over a ten year period, men and women, mostly between the ages of 40 and 70, all with healthy knees, had their fruit and vegetable intake tracked via survey. Their knees were examined at the beginning and end of the ten year period. Subjects with the greatest intake of fruits and vegetables rich in vitamins C and E were found to have the lowest occurrence of bone marrow lesions and tibial bone expansion, two common precursors to osteoarthritis. The article concludes that the more fruits and vegetables you eat, the better chance you have of warding off osteoarthritis.


Dairy consumption associated with Parkinson’s disease

Parkinson’s disease is a degenerative disorder of the central nervous system that typically alters speech and motor skills. A group of nearly 131,000 people were studied for associations between dietary intake and risk of developing the disease. Total consumption of dairy products was positively associated with Parkinson’s disease risk. Only milk intake was associated with higher incidence of Parkinson’s disease. To date, three prospective studies have evaluated the consumption of dairy products or milk in relation to Parkinson’s disease. The results clearly indicated that a higher dairy/milk consumption was associated with a moderately increased risk of Parkinson’s disease. It was most notable in men.


Dairy—does it do a body good?

Meat and body odor

Did you ever suspect that meat consumption could alter your body odor? Well, a study supports that assumption. Men went on a “meat” or “non-meat” diet for 2 weeks. They used pads to absorb body odor during the last 24 hours of the diet. The pads were then smelled by women and rated on “pleasantness.” Seriously. The non-meat diet resulted in more pleasant smells.


Continued page 4...
Research Review: Acne related to nutrition?

A low-glycemic-load diet improves symptoms in acne vulgaris patients: a randomized controlled trial (Smith RN, et al.)

**Background:** Although the pathogenesis of acne is currently unknown, recent epidemiologic studies of non-Westernized populations suggest that dietary factors, including the glycemic load, may be involved.

**Objective:** To determine whether a low-glycemic-load diet improves acne lesion counts in young males.

**Design:** Forty-three male acne patients aged 15-25 y were recruited for a 12-wk, parallel design, dietary intervention incorporating investigator-blinded dermatology assessments. The experimental treatment was a low-glycemic-load diet composed of 25% energy from protein and 45% from low-glycemic-index carbohydrates. In contrast, the control situation emphasized carbohydrate-dense foods without reference to the glycemic index. Acne lesion counts and severity were assessed during monthly visits, and insulin sensitivity was measured at baseline and 12 wk.

**Results:** At 12 wk, mean (±SEM) total lesion counts had decreased more in the low-glycemic-load group than in the control group. The experimental diet also resulted in a greater reduction in weight and body mass index and a greater improvement in insulin sensitivity than did the control diet.

**Conclusion:** The improvement in acne and insulin sensitivity after a low-glycemic-load diet suggests that nutrition-related lifestyle factors may play a role in the pathogenesis of acne. However, further studies are needed to isolate the independent effects of weight loss and dietary intervention and to further elucidate the underlying mechanisms.

Glassner covers many areas of nutrition with his new book. Chefs, nutritionists, writers, and researchers are all interviewed and their ideas are dissected in order to pull the ultimate truth in regard to nutrition. While Glassner makes some valid points on our obsession with aesthetics and eating—he fails to cover all his bases and discuss areas such as environmental nutrition and serious medical complications of making poor food choices over time.

The author concludes with some excellent reminders about how we can all enjoy food. A meal that is prepared with care can be shared with others you love and contribute to a well-rounded event. It is nice to hear that, as we live in times of restriction and feelings of guilt with many foods and meals.

—Ryan D. Andrews
Exercise of the Month

This is an exercise used often during a Pilates workout. It will strengthen your abdominal wall as well as challenge your legs and arms. It can be attempted at three levels of difficulty. Each position is to be held for two sets of 30-60 seconds. Start at Level One, and practice until you can progress all the way to Level Three! Good luck!

**Level One:**
Lying on your back on the floor or on a mat, place your arms at your side and your legs extended straight. One at a time, draw each leg up so that your knees are pointing to the sky and are bent 90°. Tighten your core muscles and drive your lower back into the ground so that there is no gap between your back and the ground. Hold in this position.

**Level Two:**
From the Level One position, extend one leg so that it is pointing outward and upward, with no bend in the knee. Continue to keep core tight and your back against the ground. Attempt with either leg paired with the opposite side arm.

—Ben Supik, Exercise Intern

**Level Three:**
From the Level Two position, with right leg extended, place left arm above your head in an extended position, keeping it close to the ground, but without allowing it to touch. Continue to keep the core tight and your back against the ground. Attempt with either leg paired with the opposite side arm.

—Ben Supik, Exercise Intern

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Recipe of the Month - Balsamic Roasted Eggplant

**Balsamic Roasted Eggplant**  
*(Serves 6)*

**Ingredients:**
- Two Large Eggplants
- ¼ Cup Balsamic Vinegar
- 4 Tbsp Extra Virgin Olive Oil
- Two Cloves of Garlic
- Grated Parmesan Cheese to Garnish
- Salt/Pepper

**Instructions:**
Wash your eggplants and cut into 1” cubes. Do not peel.
Place eggplant cubes in a colander and toss with 1 Tbsp salt. Allow eggplant to sit with salt for 30 minutes.
Preheat oven to 450°. Rinse your eggplant lightly and empty onto a paper towel. Place another paper towel over top and press gently to remove moisture.
Mince your garlic and place it in a large bowl with your eggplant, olive oil, and 1 tsp crack black pepper.
Toss the ingredients and empty them onto a baking pan.
Place in oven and cook for 20 minutes or until eggplant softens.
Remove from pan and place back in bowl.

Add balsamic vinegar and toss.
Serve hot with parmesan cheese lightly grated over top if preferred.

—Ben Supik, Exercise Intern

**Nutrition per Serving:**  
*(serves 6)*
- Calories – 132
- Fat – 10g
- Sat Fat – 2g
- Carb – 12g
- Fiber – 5g
- Protein – 2g
Individualized Care
People gain weight for different reasons. The programs at the Johns Hopkins Weight Management Center take into account the differences among individuals. Each weight management program starts with careful, individualized assessments performed by the clinicians of our multi-disciplinary team.

Multi-disciplinary Treatment
Successful weight loss and long-term weight maintenance is achieved through diet, exercise and behavior modification. Our team of physicians, dietitians, psychology staff and an exercise physiologist will tailor a program to meet your individual weight loss goals.

Research Round Up (continued from page 1)

**Compound in cruciferous vegetables and bladder cancer**

Cruciferous vegetables such as kale, turnips, broccoli, cauliflower, collards, cabbage, radishes, and Brussels sprouts may help deter bladder cancer. These vegetables have isothiocyanates (ITC), which may protect against cancer development. Nearly 700 subjects with newly diagnosed bladder cancer were studied and compared to healthy controls. The intake of ITC from cruciferous vegetables was compiled via questionnaire. It is the first epidemiological report indicating that cruciferous vegetable consumption may protect against bladder cancer.


—Ryan D. Andrews

Cruciferous vegetables provide isothiocyanates—that’s what I said, isothiocyanates!