Targeting Diabetes

Groundbreaking PCRM Study Shows the Dramatic Impact of a Low-Fat Vegan Diet

Tips on How to Make the Diet Work for You

- Two More Medical Schools Eliminate Live Animal Labs
- School Lunch Report
- Inspections Reveal Animal Welfare Act Violations at Covance Facilities
- Spanish-Language Vegetarian Starter Kit Debuts
- Top Researchers Show How to Fight Cancer with Food
A new study shows that a low-fat, vegan diet controls diabetes more effectively than a more standard “diabetes diet.” The study was conducted by PCRM researchers working with the George Washington University and the University of Toronto, with funding from the National Institutes of Health. The results were published in *Diabetes Care*, a publication of the American Diabetes Association.

Prior research had suggested that vegetarians are at considerably less risk of developing diabetes, compared with the general population. The new study shows that, in people with diabetes, a low-fat vegan diet reduces blood sugar to a greater degree than even common oral diabetes medications. It also effectively trims body weight and cholesterol.

A large body of research suggests that vegetarian and vegan diets are what the human body was designed for. In 1990, Dean Ornish showed that a vegetarian diet, along with other lifestyle changes, actually reverses heart disease. At the Cleveland Clinic, Caldwell Esselstyn showed that when a low-fat vegan diet is paired with judicious use of medications, even patients with a long history of heart disease become nearly heart-attack-proof. More recently, Dr. Ornish showed that a vegan diet works wonders for individuals with prostate cancer. In a study of 84 patients, the disease gradually worsened in the control group that made no diet changes, but improved overall for those who began a vegan diet. Studies show that vegetarians have about a 40 percent lower cancer risk, compared with omnivores.

PCRM’s weight-loss study, published in the *American Journal of Medicine* in 2005, showed that a low-fat vegan diet is more effective at trimming waistlines than a more moderate low-fat diet. On average, the diet knocks off about one pound per week—week after week after week.

There are other benefits, too. Arthritis symptoms improve in roughly half of individuals who make the diet change. Migraines often improve or go away. Digestive problems get better. Of all the potential dietary contributors to acne, only one panned out in Harvard's Nurses’ Health Study: cow’s milk. The nice thing is, we don't need one diet for one health problem and an entirely different diet prescription for the next problem. Getting away from animal fat, cholesterol, and animal protein helps the whole body.

Imagine a driver bringing his car to a mechanic. He complains that his car runs badly, stalls easily, gets terrible mileage, and puts out ugly-looking exhaust. After a few questions, the mechanic discovers that there is nothing wrong with the engine, transmission, or exhaust system. The problem is that the driver has been using diesel fuel, instead of the unleaded the car is designed for. After a tank or two of the right fuel, the car runs perfectly fine. Our bodies need the fuel they were designed for: vegetables, fruits, beans, and whole grains.

Needless to say, people adopt vegetarian and vegan diets for many different reasons, from compassion to environmental concerns. The same diet that addresses these important issues is also the healthiest diet for the human body.

*Neal D. Barnard, M.D.*
**President of PCRM**
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The Latest in...

RESEARCH ETHICS  By Kristie Stoick, M.P.H., and John J. Pippin, M.D., F.A.C.C.

ALTERNATIVES TO ANIMAL RESEARCH

Hepatitis Research Goes In Vitro

Scientists at Rockefeller University in New York have succeeded in developing a test-tube model for the hepatitis C virus (HCV) cultured in human cells. This model will permit research into how the virus infects human cells, as well as ways to prevent this infection and further spread of the disease.


Chimpanzee Intellect

Tetsuro Matsuzawa, a researcher who studies chimpanzees at Japan’s Kyoto University, is uncovering evidence that indicates that for specific tasks, chimpanzees are more intellectually developed than humans. Matsuzawa has found that chimpanzees have better short-term memory skills than humans and can recognize the upside-down faces of other chimpanzees they know, while humans cannot do the same with familiar human faces. Finally, Matsuzawa has found that chimpanzees in the wild have a “botanist’s memory” for as many as 200 plants in their surrounding habitat, keeping track of what each plant is used for, where it is located, and when it is in season.


Engineered Human Cartilage Implant Successful

Since cartilage is one of the few tissues that does not regenerate after injury, scientists have been working on a way to implant cartilage from other sources—including animals. Now, however, tissue engineers at the University of Bristol in the United Kingdom have succeeded in growing a patient’s own cartilage in vitro on a protein scaffolding. Twenty-three patients with torn knee cartilage received the engineered cartilage tissue as an implant directly into their torn cartilage. After one year, the healthy engineered cartilage had knitted itself into the surrounding tissue, fixing the tears in almost half the patients. This technique could also offer hope to osteoarthritis sufferers, whose cartilage slowly degenerates.


“A Critical Look at Animal Experimentation”

The latest edition of this well-researched and extensively referenced 34-page brochure is authored by six physicians and scientists with knowledge and personal experience in medicine, animal and human research, and drug testing. It is published by the Medical Research Modernization Committee and is offered free of charge. It critically examines the limitations of animal “models” of human diseases and the human health risks that result from unreliable animal research.

Illustrative examples of the authors’ critiques are provided, including the failures of more than 80 HIV/AIDS vaccines, more than 150 stroke treatments, and more than 90 percent of drugs that looked safe in animals. This valuable brochure is also available in French and German.

Contact Tekola Pettis at 202-686-2210, ext. 346, or tpettis@pcrmfoundation.org to order a copy.
Pima Study Points Finger at Diet—Not Genes—in Diabetes Risk

The Pima Indian population that resides in the Sierra Madre Mountains of Mexico is one-fifth as likely to have type 2 diabetes as the Pima Indian population living in the desert regions of Arizona, which has the world’s highest recorded prevalence and incidence of type 2 diabetes, despite a similar genetic background. Obesity was more than three times as frequent in the U.S. Pima women and 10 times more frequent in the U.S. Pima men than their Mexican counterparts. This large-scale health examination, which analyzed the prevalence of diabetes, obesity, dietary intake, and physical activity in 743 non-Pima Mexicans, Mexican Pima, and U.S. Pima Indians, suggests that Westernized diet and lifestyle, rather than genetic tendencies, are responsible for the global type 2 diabetes epidemic. American Indians living on reservations are more likely to have a diet composed of high-fat U.S. Department of Agriculture commodity foods, whereas Mexican Pimas’ simple diet is based on high-fiber beans, wheat and corn tortillas, and potatoes. Mexican Pima Indians had much greater physical activity levels than their U.S. counterparts as well.


Vegetarians: Better Insulin Sensitivity, Less Diabetes Risk

A recent study compared the health of 49 Taiwanese vegetarian women with that of age-matched omnivores. The vegetarians had significantly greater insulin sensitivity, putting them at lower risk of developing type 2 diabetes and cardiovascular disease. Diets high in fat and saturated fat decrease insulin sensitivity, putting the omnivores at greater risk.


Dramatic Rise in Overweight and Obesity in China

A recent review of China’s 2002 national nutrition and health survey showed a dramatic increase in the prevalence of overweight and obesity. In a society where people have traditionally been slim, China now has 184 million overweight and 31 million obese citizens. The prevalence of overweight and obesity is 14.7 percent and 2.6 percent, respectively. That’s still low compared with Western countries, such as the United States, where more than 60 percent of the population is overweight or obese. However, in Chinese boys aged 7 to 18, the prevalence of overweight and obesity has increased by 28 times since the last census in 1985. Causes for the sudden epidemic are not hard to find: The percentage of the diet coming from animal sources increased from 8 percent to 25 percent during that same 20-year span.

Targeting Diabetes

Groundbreaking PCRM Study Shows the Dramatic Impact of a Low-Fat Vegan Diet

More than 20 million Americans have diabetes, a condition that greatly increases the risk of heart problems and other complications. A new study has shown that a low-fat vegan diet treats type 2 diabetes more effectively than a standard diabetes diet and may be more effective than single-agent therapy with oral diabetes drugs. The randomized controlled trial was conducted by doctors and dietitians with PCRM, George Washington University, and the University of Toronto, with funding from the National Institutes of Health and the Diabetes Action Research and Education Foundation.

The study involved 99 individuals in the greater Washington, D.C., area with type 2 diabetes. Half the group was randomly assigned to follow a low-fat vegan diet, with no limits on calories, carbohydrate, or portion sizes. The other study participants were asked to follow a diet based on the American Diabetes Association’s (ADA’s) guidelines, which involves calorie counting and portion control, but allows most foods, including meats and dairy products, in limited amounts. Participants in both groups followed the diet for 22 weeks and received dietary support in the form of cooking demonstrations, tips on following the diet they were on, and group meetings.

While participants in both groups improved, the vegan group experienced significantly greater reductions in A1c (a measure of blood sugar levels over a prolonged period), weight, body mass index, waist circumference, and LDL (“bad”) cholesterol.

Specifically, excluding the participants who changed or reduced their medication, A1c fell 1.23 points in the vegan group, compared with...
0.38 points in the ADA group. Those in the vegan group dropped an average of 6.5 kg (14.3 pounds) each, while those on the ADA diet lost about 3.1 kg (6.8 pounds). Among those who did not change lipid-lowering medications, LDL cholesterol dropped 21.2 percent in the group following the vegan diet, and 10.7 percent in the ADA group.

“The diet appears remarkably effective, and all the side effects are good ones—especially weight loss and lower cholesterol,” said lead researcher Neal D. Barnard, M.D., PCRM president and adjunct associate professor of medicine at George Washington University. “I hope this study will rekindle interest in using diet changes first, rather than prescription drugs.”

Study authors and two participants in the vegan diet group held a news conference in Washington, D.C., in late July. Dr. Barnard, along with Joshua Cohen, M.D., associate professor of medicine at the George Washington University Medical Center, and David Jenkins, M.D., Ph.D., Sc.D., of the University of Toronto, explained to reporters the significance of the findings. News reports of the study appeared in newspapers in the U.S. and abroad.

Two study participants who were assigned to the vegan diet intervention participated in the news conference in Washington, D.C. They were eager to share how dramatically the study had changed their lives.

Vance Warren

Vance Warren is a 36-year-old former police officer. He was diagnosed with type 2 diabetes at the age of 31. At first, he didn’t take the diagnosis seriously. But then he started having trouble with his eyesight and renal function. He tried several different diets—including the Atkins diet—but none of them worked. Finally, he signed up for PCRM’s study and was assigned to the vegan diet group. Since he began the intervention diet in January 2005, his A1c dropped from over 9 percent to 5.3 percent (normal values are below 6.0 percent), his cholesterol dropped from 221 to 148 points, and he has lost 74 pounds.

“It’s a life-changing experience being 74 pounds lighter,” Warren said at the news conference. “It really saved my life,” he added. Warren cited the education and support he received as part of the study as critical factors in helping him achieve the results he did.

Nancy Boughn

Nancy Boughn has been living with diabetes since 1996. When she signed up for the study, she was hoping that she would be in the vegan group, because she had already “spent eight and a half years measuring everything,” she said, referring to the portion control that is typical of standard diabetes diets. At the time she began the study, her diabetes was worsening and not responding to intensified drug therapy. However, during the vegan intervention diet, Boughn’s health began improving so rapidly that she had to discontinue one of her medications before the study was over. Her A1c dropped from 8.3 to 6.4, and she lost 48 pounds. Boughn spoke highly of how easy the diet is to follow—even when traveling—if you just plan ahead.
A Vegan Diet: Avoiding Animal Products
Animal products contain fat, especially saturated fat, which is linked to heart disease, insulin resistance, and certain forms of cancer. These products also contain cholesterol, something never found in foods from plants. And, of course, animal products contain animal protein. It may surprise you to learn that diets high in animal protein can aggravate kidney problems and calcium losses. Animal products never provide fiber or healthful complex carbohydrate.

A vegan diet is one that contains no animal products at all. So, to be specific, here are the foods you’ll want to avoid: red meat, poultry and fish, dairy products, and eggs.

Avoiding Added Vegetable Oils and Other High-Fat Foods
Although most vegetable oils are in some ways healthier than animal fats, you will still want to keep them to a minimum. All fats and oils are highly concentrated in calories. A gram of any fat or oil contains nine calories, compared with only four calories for a gram of carbohydrate.

You’ll also want to avoid foods fried in oil, oily toppings, and olives, avocados, and peanut butter.

Low Glycemic Index
The glycemic index identifies foods that increase blood sugar rapidly and allows you to favor foods that have much less effect on blood sugar. High-glycemic-index foods include sugar itself, white potatoes, most wheat flour products, and most cold cereals.

Quick Glycemic Guide
<table>
<thead>
<tr>
<th>High-GI (avoid)</th>
<th>Low-GI (enjoy)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White or wheat bread</td>
<td>Pumpernickel or rye bread</td>
</tr>
<tr>
<td>Most cold cereals</td>
<td>Oats, bran cereals, Grape-nuts</td>
</tr>
<tr>
<td>Watermelon, pineapple</td>
<td>Most fruits</td>
</tr>
<tr>
<td>Baking potatoes</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Sugar</td>
<td>Pasta</td>
</tr>
<tr>
<td></td>
<td>Rice, barley, couscous</td>
</tr>
<tr>
<td></td>
<td>Beans, peas, lentils</td>
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<tr>
<td></td>
<td>Most vegetables</td>
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Go High-Fiber
Aim for 40 grams of fiber a day, but start slowly. Load up on beans, vegetables, and fruits. Choose whole grains (try barley, oats, quinoa, millet, whole wheat...
pasta, etc.). Aim for at least 3 grams per serving on labels and at least 10 grams per meal.

**Volumetrics**

Here is an optional step that can help with weight control. The idea is to eat foods that have fewer calories than grams per serving. Try adding lots of soups, salads, and foods cooked in water (like oatmeal) to your daily diet. These “heavy” foods will make you fill up without taking in a lot of calories.

**Focus on the ‘New Four Food Groups’**

Choose unlimited amounts of grains, legumes, fruits, and vegetables. Small amounts of nonfat condiments, fat-free vegan cookies and crackers, alcohol, and coffee are also OK.

**Protein:** Plant foods have plenty of protein. The recommended amount of protein in the diet for postmenopausal women is 10 percent of calories. Most vegetables, legumes, and grains contain this amount or more. Those seeking extra protein can choose more beans, asparagus, mushrooms, and broccoli.

**Calcium:** Because diets rich in animal protein cause the body to lose more calcium, a person on a vegan diet needs less calcium to stay in calcium balance. Good sources of calcium include broccoli, kale, collards, mustard greens, beans, figs, fortified juices and cereals, and soy or rice milks.

**Vitamin B₁₂:** Those following a diet free of animal products for more than three years (or at anytime in childhood, pregnancy, or nursing) should take a B₁₂ supplement of 5 micrograms per day. Any common multiple vitamin will provide this amount.

### Meal Suggestions

#### Breakfast
- Hot cereals: oatmeal with cinnamon, raisins, and/or applesauce
- All-Bran or muesli with nonfat soy or rice milk and/or berries, peach, or banana
- Apples, strawberries, bananas, oranges, or other fruit
- Pumpernickel or rye toast topped with jam (no butter or margarine)
- Oven-roasted sweet potato home fries solo or smothered with sautéed mushrooms, peppers, and onions
- Tofu scramble

#### Lunch
- Garden salad with lemon juice, fat-free dressing, or soy or teriyaki sauce
- Legume-based salads: three-bean, chickpea, lentil, or black bean and corn salads
- Grain-based salads: noodle, couscous, bulgur, or rice salads
- Soups: carrot-ginger, mixed vegetable, black bean, vegetarian chili, spinach lentil, minestrone, split pea, etc.
- Hummus spread into whole wheat pita with grated carrots, sprouts, and cucumbers
- Black bean and sweet potato burrito with corn and tomatoes
- Sandwich made with fat-free meat alternatives such as barbecue seitan, Lightlife Smart Deli turkey style, or Yves veggie pepperoni slices and your favorite sandwich veggies

#### Dinner
- Pasta marinara: can be made with many commercial sauces (any brand that has less than 2 grams fat per serving and is free of animal products)
- Beans and rice: black beans with salsa, vegetarian baked beans, or fat-free refried beans.
- Soft tacos: a flour tortilla filled with beans, lettuce, tomato, and salsa
- Fajitas: lightly sautéed sliced bell peppers, onion, and eggplant with fajita seasonings
- Chili: homemade, or vegetarian boxed or canned versions
- Veggie lasagna: low-fat tofu replaces the ricotta cheese, layered with grilled veggies
- Vegetable stir-fry: vegetables seasoned with soy sauce or other low-fat stir-fry sauce and served over pasta, beans, or rice
Students aren’t the only ones being graded in school these days. PCRM has released its fifth School Lunch Report Card, which grades the nation’s major school districts on the healthfulness of the food they serve and also on how well they are promoting the benefits of healthy eating to students.

Because the National School Lunch Program (NSLP) plays such an important role in developing children’s eating habits, schools have a unique opportunity to help stop the growing childhood obesity epidemic and the wide range of health problems that come with it, including type 2 diabetes, heart disease, and some forms of cancer, by introducing children to healthy vegetarian foods right from the start.

The NSLP was established in 1946 to provide nutritious free and low-cost meals to students each day. Its secondary purpose was to encourage the consumption of domestic agricultural commodities. Schools participating in the NSLP receive cash subsidies, donated commodities, and free bonus commodities in return for serving meals that meet federal nutrition requirements.

Unfortunately, a staggering 80 percent of schools do not meet the U.S. Department of Agriculture’s (USDA’s) nutrition requirements, which mandate that schools serve meals deriving less than 30 percent of calories from fat and less than 10 percent of calories from saturated fat. This may be in part due to the conflict of interest in the commodity system, in which schools that are trying to serve nutritious meals also receive the USDA’s excess beef, pork, milk, and other high-fat products.

To score highly on PCRM’s report card, a school has to not only meet the USDA’s nutrition requirements, but also serve a vegan entrée daily, have available a variety of fresh or low-fat vegetables or fruits, serve a nondairy beverage daily, and offer innovative programs that encourage healthy eating habits, such as a school garden or a salad bar. “Childhood obesity is a bigger threat to kids than the schoolyard bully, so lunchrooms must provide healthful, low-fat, vegetarian fare,” said PCRM nutritionist Dulcie Ward, R.D. “The biggest change our report found this year is in much greater availability of vegetarian and vegan options.”

Twelve of the 18 schools surveyed earned a B- or higher, and Virginia’s Fairfax County school district was named the most improved district since last year and was also the highest-scoring district. Fairfax made the grade by providing a rotating selection of vegan entrées daily, offering a choice of two salads every day, integrating nutrition into the curricula, and providing soymilk à la carte. All three of the lowest-scoring schools had very limited vegetarian and vegan entrée options. When vegetarian options did appear on the menu, they often included cheese, which is high in saturated fat and cholesterol. Eliminating high-fat dairy products and adding soymilk or rice milk would be a further step in the right direction.

Twelve districts served a vegan entrée at least once within two weeks, and nine had vegan items on the menu regularly. This year’s federally mandated wellness policies, which must include goals for nutrition education and physical fitness and nutrition guidelines for food sold on campus, are sure to guide schools even further in the right direction.
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New PCRM Publications

Vegan Ultramarathoner Scott Jurek Wins Again

V egan ultramarathon runner Scott Jurek has won the grueling Badwater Ultramarathon for the second year in a row. Known as the toughest footrace on earth, this 135-mile race takes runners from Death Valley, where temperatures often soar to 130 degrees Fahrenheit, to the trailhead of Mt. Whitney in California. The runners cross three mountain ranges with a combined vertical ascent and descent of over 17,000 feet. Jurek won his first Badwater Ultramarathon in 2005, setting a course record of 24 hours, 36 minutes. Most runners take two days to finish the race.

Both this year and last, Jurek won the race at Badwater just two weeks after winning the Western States 100-Mile Endurance Run, which he has won seven consecutive times. In 1999, at age 25, Jurek became the youngest male runner to win the Western States race, and in 2004, he set a record of 15 hours, 36 minutes.

Jurek, who has been following a vegan diet since 1999, credits his wins to his healthy diet, which allows for faster recovery to restore his body to a higher level of conditioning. Jurek was named Runner’s World Hero of 2005 and UltraRunning magazine’s Ultrarunner of the Year in 2003, 2004, and 2005. In 2003, he was awarded UltraRunning magazine’s Performance of the Year.
Disturbing new evidence of cruelty to animals at Covance Laboratories may foil the company’s plans to build a huge new animal-testing facility in Chandler, Ariz. The federal government recently fined Covance based on documented allegations of striking, choking, and tormenting primates at its Virginia facility. Company officials dismissed that abuse as an anomaly.

However, newly obtained U.S. Department of Agriculture inspection reports reveal that in 2005 alone, five other Covance facilities, operating as Covance Research Products, committed serious violations of the Animal Welfare Act. PCRM experts have produced a report based on these inspection documents, which reveal a wide array of problems.

Veterinary Care Violations

Two Covance facilities were cited in 2005 for having inadequate veterinary care. Rabbits at a Pennsylvania facility were denied proper veterinary care for months; USDA inspectors observed two rabbits showing clear signs of distress. Pigs at another facility could not move normally because their claws were so severely overgrown.

IACUC Violations

Under the Animal Welfare Act, every research facility must have an Institutional Animal Care and Use Committee (IACUC), which is charged with approving all research protocols at its facility and withholding approval on all protocols that do not comply with the law. The reports listed citations for all five Covance facilities for failure of the IACUC to properly adhere to the Animal Welfare Act. Specific violations included IACUCs approving protocols that failed to explain the rationale for using animals or the number used, approving protocol that failed to address the pain and distress the animals would experience, and IACUC members routinely being absent from meetings.

Sanitation, Enclosures, and Facilities Violations

A Covance facility in Berkeley, Calif., was cited for several violations, including hosing down dog enclosures while the dogs were still inside, holes in the floor of rabbit cages big enough for feet to get caught, and improper drainage.

Registration Violation

Animals at one Covance location were discovered by inspectors in an area within the facility that had not been reported, as required by law. If the inspectors had not happened upon the animals, the inspectors would not have been able to perform their legally mandated inspection of the animals’ treatment.

Covance has told the residents of Chandler that it operates with high regard for the welfare of animals and for the law. These claims have been disproven by the USDA inspectors’ independent reviews.

For more information, and for the USDA inspection reports, please visit www.ProtectChandler.org.
Research Issues

University of Texas at San Antonio, Georgetown University End Use of Animals in Coursework

Medical education has taken a huge step forward at two major medical schools. In July, PCRM learned that the University of Texas Health Science Center at San Antonio and Georgetown University Medical Center have expanded their use of modern teaching methods and eliminated live animal labs from their undergraduate medical curricula. PCRM had been working for years to promote non-animal methods at both schools.

“The replacement of animal use with simulators and other advanced teaching methods combines the best education, the best ethics, and the best use of resources,” PCRM senior medical and research adviser John J. Pippin, M.D., F.A.C.C., said.

Three surgery classes at the University of Texas had used live animals to teach surgery techniques. Those animals have now been replaced with modern medical simulators, which can simulate cardiovascular, pulmonary, and metabolic responses of the human body and also allow students the benefit of practicing the surgical techniques more than once. Animal use has also been eliminated from a first-year physiology class and a fourth-year anesthesiology research elective.

The university has been ahead of the curve on the advantages of simulation technology for several years. The department of anesthesiology began using Laerdal SimMan, a life-size simulator that mimics heartbeats, pulses, and audible complaints, in 2002 when it was one of only 18 medical schools in the country to have that type of anesthesia simulation technology.

Georgetown University School of Medicine ended the use of pigs for procedures such as suturing in its third-year surgery clerkship class for the 2006-2007 school year. After an annual review by the school’s animal use committee, the surgery department decided to drop the animal laboratory in favor of simulation as a teaching tool.

The schools’ elimination of animals in surgery classes may be the beginning of a positive trend. This spring, the American College of Surgeons (ACS) released a sweeping educational reform program. The ACS established the Accredited Education Institutes program, which provides a detailed structure for surgery training programs that replaces all animal use with simulators and other non-animal teaching methods. With the ACS specifically recommending alternatives to animals in surgery programs, U.S. medical schools should find no reason to continue using animals in surgery courses.

A handful of schools still use live animal labs in medical training. As the new school year begins, please consider contacting medical schools that still use live animal labs. Visit http://www.pcrm.org/resch/meded.

PCRM Scientists Save Animals’ Lives at Dow Chemical

PCRM scientists saved 675 animals’ lives this month, thanks to a recent dialogue with Dow Chemical—and some smart science.

In March, Dow was planning an experiment in which a chemical—commercial hydroxyethylpiperazine, or CHEP—would have been applied to the skin of pregnant rats. The rats would then have been allowed to give birth, and both the mothers and their offspring would then have been killed to study the effect the chemical had on reproduction and development. Under the Environmental Protection Agency’s High Production Volume program, companies assemble data on the potential effects of certain chemicals and often conduct testing using animals.

PCRM toxicologists suggested that Dow first use a non-animal model to assess whether or not CHEP would even penetrate the rats’ skin. Dow experts liked this idea and used modern computer technology to model chemical parameters based on a chemical’s structure and other characteristics. The tests showed that the chemical would not absorb through the skin in any appreciable amount and therefore would have no reproductive effects on the animals.

Dow then canceled the animal experiment. The outcome was beneficial for everyone: Dow Chemical saved money by avoiding an unnecessary experiment, and, most importantly, no animals lost their lives.
Virginia School Takes Down Disturbing ‘Blood and Guts’ Web Site

A recent power outage at Ohio State University in mid-July resulted in the deaths of almost 700 animals, including mice, rats, and rabbits. A backup generator failed to provide air conditioning, and temperatures in the laboratories rose to over 105 degrees for several hours.

PCRM has asked the National Institutes of Health (NIH) to investigate OSU’s failure to comply with the Health Research Extension Act of 1985. The law requires facilities receiving NIH funding to provide proper care for their animals. During the power outage, not only was there no backup generator to provide light and air conditioning during the peak of summer, but in some places, the heat was actually switched on. There was no system in place to alert any authority about the risks to the animals.

OSU has long been criticized for its treatment of animals. The university recently sent its retired colony of cognitive research chimpanzees and monkeys to a facility in San Antonio, without ensuring that the facility was capable of caring for them. Five chimps at the facility have died since March, including two from OSU.

The school has also become infamous for “Cruelty 101,” an OSU summer course in which students cause severe spinal cord injury in small animals. Weights are dropped onto the exposed spinal cords of rats and mice, who are then required to perform physical tasks such as swimming or running. Nearly 300 animals are used each year in the three-week course. OSU also was the site of controversial experiments in which cats were infected with viruses and then given methamphetamine.

More Animals Die Because of Negligence at Ohio State University
Hundreds of oncologists, nurses, health professionals, dietitians, and Cancer Project Food for Life cooking instructors received breakthrough information this summer about how foods can fight cancer when top cancer researchers from across the country joined Cancer Project president Neal Barnard, M.D., at the first Cancer Project Symposium. You will soon be able to receive this same information by viewing the symposium webcasts at CancerProject.org.

The symposium, which was held in July in Bethesda, Md., featured presentations from Dr. Barnard, Paul Talalay, M.D., Edward Giovannucci, M.D., Sc.D., Paulette Chandler, M.D., M.P.H., and Gordon Saxe, M.D., Ph.D., M.P.H.

Dr. Talalay is John Jacob Abel Distinguished Service Professor of Pharmacology and Molecular Sciences at Johns Hopkins University School of Medicine. He spoke about how cruciferous plants, such as broccoli, cabbage, kale, cauliflower, Brussels sprouts, arugula, watercress, and radish, may be particularly effective in reducing cancer risk at several organ sites. Crucifers are rich in glucosinolates, which induce the liver to produce enzymes that detoxify potential carcinogens.

Dr. Giovannucci is a professor in the departments of Nutrition and Epidemiology at the Harvard School of Public Health and an associate professor in the Department of Medicine at Harvard Medical School. He was recently awarded the 2005 DeWitt-Goodman Award for excellence in cancer research from the American Association for Cancer Research. At the symposium, Dr. Giovannucci spoke about evidence linking dairy products with risk for aggressive prostate cancer. Dr. Giovannucci’s research in the Harvard Health Professionals Follow-Up Study, which followed more than 47,000 men for 16 years, found a twofold increased risk for high-grade prostate cancer in men with high calcium intake, mainly from dairy products, compared with those with low calcium intake. Some researchers believed the high-fat dairy products were to blame for this increased risk, but new evidence shows that low-fat dairy products might increase the risk for prostate cancer even more than high-fat products.

Dr. Saxe, assistant professor in the Department of Family and Preventive Medicine at the University of California, San Diego, presented evidence that a plant-based diet can play a role in the management of prostate cancer. Dr. Saxe presented findings from a pilot clinical intervention trial in which 13 prostate cancer patients were put on a plant-based diet along with stress-reduction training. The participants showed marked improvements, as measured by prostate specific antigen.
The full results of the trial can be found in the September issue of *Integrative Cancer Therapies*.

Dr. Barnard presented research about the link between diet and breast cancer survival. He explained how a high-fat, low-fiber diet increases the amount of estrogens in a woman’s body. Because estrogens cause cells to multiply, the more of these hormones that circulate in the blood, the more likely cancer cells will arise and multiply. A high-fiber, low-fat diet will not only bring estrogen levels down, but the antioxidants and phytochemicals in plant-based foods are protective and can help prevent cancer.

Dr. Chandler is an associate physician in internal medicine at Brigham and Women’s Hospital in Boston and an instructor in clinical medicine at Harvard Medical School. Dr. Chandler, who is also a Food for Life Nutrition and Cooking class instructor for The Cancer Project, ended the day with an uplifting discussion on how to stick to healthy diet changes when embarking on a vegan lifestyle.

**Continuing Education**

The symposium wasn’t the end of the learning experience for Cancer Project Food for Life cooking instructors. The Cancer Project held a summit for cooking instructors from around the country. The summit gave the instructors a chance to meet, mingle, and continue learning about cancer-fighting foods and cooking techniques. To find a Food for Life cooking class near you, visit www.CancerProject.org.

**Online Symposium Videos**

The following presentations from the symposium will soon be available as a webcast or for download at CancerProject.org:

“The Cancer Project’s Nutrition Research and Advocacy”
Neal Barnard, M.D.

“Protection Against Cancer and Chronic Degenerative Diseases: Plants, Genes, and Enzymes”
Paul Talalay, M.D.

“Nutrition and Breast Cancer Survival”
Neal Barnard, M.D.

“Dairy Products, Calcium, and Prostate Cancer: A Review of the Evidence”
Edward Giovannucci, M.D., Sc.D.

“Effects of a Plant-based Diet on Disease Progression in Recurrent Prostate Cancer”
Gordon Saxe, M.D., Ph.D.

“Keys to Keeping the Change”
Paulette Chandler, M.D., M.P.H.
Processed Meat Increases Stomach Cancer Risk

A new review has found that increasing the consumption of processed meats dramatically increases the risk for stomach cancer. The meta-analysis published in the Journal of the National Cancer Institute reviewed the evidence from studies conducted between January 1966 and March 2006 on processed meat consumption and stomach cancer risk. The review found that increasing consumption of processed meats—like bacon, ham, and sausage—by just 1-ounce daily increased stomach cancer risk by 15 percent to 38 percent. One ounce of processed meat is equivalent to approximately two strips of bacon or one small slice of deli ham. Stomach cancer is the second leading cause of cancer death worldwide and claims about 700,000 lives annually.


Adult Weight Gain Increases Risk for All Types of Breast Cancer

More evidence shows that being overweight increases a woman’s risk for breast cancer. The relationship between weight gain and a type of invasive breast cancer among 44,161 postmenopausal women was examined by a group of scientists at the American Cancer Society. Women with over 60 pounds of adult weight gain were nearly two times as likely as women with 20 pounds or less of adult weight gain to develop one form of breast cancer. Weight gain was associated with increased risk for all types, stages, and grades of breast cancer, particularly advanced cases. Obese women were three times as likely to develop regional or distant metastases compared with women who had minimal weight gain in adulthood. This study emphasizes the importance of maintaining a healthy weight throughout life.


Lifestyle Changes More Likely with Education After Breast Cancer Diagnosis

Researchers in Providence, R.I., sought to determine why some breast cancer patients change their diets and lifestyles after diagnosis while others do not. Many breast cancer survivors eat fewer than five servings of fruits and vegetables daily, consume too much fat, and lead sedentary lifestyles. This study found that cancer survivors who believed their cancer was caused by poor diet, lack of exercise, or alcohol consumption—or who believed a diet change would help ward off recurrence—were more likely to change these behaviors. Reducing fat intake, increasing fiber intake, consuming plenty of vegetables, exercising, and maintaining a healthy weight are all believed to increase breast cancer survival. Educating breast cancer survivors on these important factors will increase their likelihood of making positive lifestyle changes.

PCRM is celebrating enormous achievements in the world of science and medicine. Ideas that were considered by many to be unachievable 20 years ago are now being practiced every day in hospitals, laboratories, and kitchens. The support of more than 100,000 members has allowed us to be stronger than ever.

There is a lot more to be done, and we are counting on your continued support so that we can continue to promote preventive medicine and alternatives to animal research.

You are a partner in our plans for the future, and we would very much like your thoughts, ideas, and feedback.

A new member survey on our Web site (Support.pcrm.org/survey2006) will allow you to give us your opinion on your member experience with PCRM and your suggestions for how we can improve. If you do not have Internet access, you can call our membership outreach coordinator at 202-686-2210, ext. 304, to request a survey through the mail.

Your participation will help keep PCRM strong. Of course, you don’t have to wait for a survey to tell us what you think; we welcome your comments anytime! Thank you for your support.

With warm regards,

Betsy Wason
Director of Development

Wise Giving: Maximize Your Tax Savings with a Gift of Appreciated Securities

The IRS still offers you a notable tax break for charitable gifts: You may deduct the full, fair market value of appreciated assets that you give to PCRM and also avoid capital gains liability on the transfer. This means that you can leverage a larger donation if you make your gift with an appreciated asset.

The most common appreciated assets, and the easiest to donate, are marketable stocks and bonds.

Example: Bob and Linda own stock with a fair market value of $100,000 that they purchased for $30,000. They make a gift of that stock to PCRM and are able to claim a charitable tax deduction for the full $100,000. In addition, they are not liable for the tax on the $70,000 capital gains upon transfer of the stock.

By donating appreciated stock, Bob and Linda have delivered $100,000 to PCRM and have secured a tax deduction in the same amount at a cost to them of only $30,000.

A donation of appreciated securities is just one of many ways that you can combine your charitable-giving goals with effective financial planning. To learn more about how a gift to PCRM can benefit you and your family, please contact our development office at 202-686-2210, ext. 366. Information is always confidential and nonobligatory.

Make a gift that does not affect your assets during your lifetime.

☐ Please send me information on making a bequest.
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Please mail to: The PCRM Foundation, Attn: Membership Dept., 5100 Wisconsin Ave. NW, Suite 400, Washington, DC 20016. Or contact us at: membership@pcrm.org or 202-686-2210, ext. 304.
Thank You, Amanda!

Fifteen-year-old Amanda Aversion, who became a vegetarian in eighth grade and a vegan in ninth grade, rallied her fellow students to make a $200 donation to PCRM. Amanda, who wanted to do something special for animals, started a very enthusiastic eight-member animal rights group at Holmdel High School in Holmdel, N.J.

Amanda, the group’s president, not only wanted to raise money to help animals, but she also wanted to encourage student activism. The students handed out leaflets to educate others about animal testing and about why they should adopt vegan diets.

Among the ideas that Amanda and her fellow student activists organized to raise money was to trick or treat at Halloween with piggy banks they decorated at a club meeting. They put additional piggy banks in classrooms so students and teachers could continue to make donations.

Amanda’s parents taught her to be respectful of animals. “I had a lot of pets,” she said. “I wondered why I would want to eat any other animal if I wouldn’t eat my own.”

The students chose PCRM as the charity to donate to because PCRM promotes both a vegan diet and alternatives to animals in research. PCRM thanks Amanda and her group for their generous donation and for their dedication to making the world a better place for animals.

PCRM Named “Best Hot Spot for Health Information”

PCRM.org has received a 2006 VegWebby Award for Best Hot Spot for Health Information. VegNews Magazine writes: “Physicians Committee for Responsible Medicine is a much-needed force taking on our corrupt medical system, which has become overrun by special interest groups. Thanks to heavyweight MDs like Colin Campbell, John McDougall and president Neal Barnard, PCRM is the most powerful medical voice out there for natural, animal-friendly health care. Peruse cogent research papers and scour the health pages for prevention and care ideas for maladies such as breast cancer and migraines.”

PCRM Cards Online for the Holidays

PCRM’s holiday cards, designed by publications director Doug Hall, have been delighting members for years, and we are often asked where they can be purchased. Now you can share the cards and PCRM’s message with your friends and family for free as e-cards! Visit Support.pcrm.org/ecards to see all of the designs.

The Art of Compassion Gala

Save the Date — April 14, 2007
The historic Andrew W. Mellon Auditorium, Washington, D.C.
Visit the special events page on our Web site for Gala updates and a listing of member events, including lectures and presentations by PCRM president Neal Barnard, M.D., and a special Continuing Medical Education program for medical professionals.
**RESEARCH ISSUES**

What Will We Do If We Don’t Experiment on Animals?
Medical Research for the 21st Century
C. Ray Greek, M.D., and Jean Swingle Greek, D.V.M.
The Greeks answer the title’s question with a tour of truly modern medical research. With advances in the study of human genetics and the ability to measure human responses to drugs at the molecular level, researchers will find it increasingly difficult to justify the crude data accumulated from animal experimentation. 262 pgs, $24.99

Pleasurable Kingdom
Animals and the Nature of Feeling Good
Jonathan Balcombe, Ph.D.
Life as experienced by animals is not a grim struggle for survival, according to animal behavior researcher Balcombe. He presents persuasive evidence that animals—like humans—find enjoyment in touch, food, aesthetics, companionship, anticipation, and more. Full of insight and humor, the book poses vital ethical questions. 256 pgs, $24.95

**HEALTH AND NUTRITION**

Your Vegetarian Pregnancy
A Month-by-Month Guide to Health and Nutrition
Holly Roberts, D.O., F.A.C.O.G.
Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, this book is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child. 378 pgs, $15.00

Food Allergy Survival Guide
Vesanto Melina, M.S., R.D., Jo Stepaniak, M.S.Ed., Dina Aronson, M.S., R.D.
Three prominent authorities in nutrition and vegetarian cooking explain how to pinpoint foods that trigger allergies and aggravate conditions such as arthritis, asthma, ADHD, and depression. Learn to recognize “hidden” culprits in prepared foods. Discover delicious, healthful substitutes. Includes over 100 recipes. 383 pgs, $19.95

The Best in the World II
Healthful Recipes from Exclusive and Out-of-the-Way Restaurants
Jennifer L. Keller, R.D., Editor
Travel around the world to discover treasures from side-street cafes and elegant hotel dining rooms. Attractively illustrated, this delightful vegan cookbook is the sequel to PCRM’s original international recipe collection. Hardcover, 71 pgs, $11.95

The Best in the World
Fast, Healthful Recipes from Exclusive and Out-of-the-Way Restaurants
Neal D. Barnard, M.D., Editor
This popular collection of wonderfully healthy recipes comes from the world’s best and most unusual restaurants. Enjoy these vegan delicacies at home. Hardcover, 71 pgs, $11.95

“The Best in the World” Matched Set Offer
Get both beautiful volumes for $18

Super Size Me DVD
Directed by Morgan Spurlock
In this award-winning documentary, filmmaker Spurlock lives on a McDonald’s-only diet for one month, with devastating results. Mixing humor with commentary by medical experts, Super Size Me exposes the consequences of the national romance with fast food. 96 minutes, plus bonus footage and interviews. Parental advisory: language, graphic medical scenes. $26.99

Don’t Eat This Book
Fast Food and the Supersizing of America
Morgan Spurlock
Funny, optimistic, and fact-packed, this book presents the backstory of Super Size Me. It also details how the fast-food industry endangers health in the United States, often with the cooperation of government. 320 pgs, $21.95

The Great American Detox Diet
Alex Jamieson
Morgan Spurlock’s vegan chef fiancée presents the detox program that undid the damage caused by his monthlong, nothing-but-McDonald’s diet. Jamieson’s eight-week program includes nearly 90 recipes that eliminate animal products, sugar, caffeine, and potential allergens. 288 pgs, $14.95


**NEW!**

Food Allergy Survival Guide
Vesanto Melina, Jo Stepaniak, Dina Aronson

Three prominent authorities in nutrition and vegetarian cooking explain how to pinpoint foods that trigger allergies and aggravate conditions such as arthritis, asthma, ADHD, and depression. Learn to recognize “hidden” culprits in prepared foods. Discover delicious, healthful substitutes. Includes over 100 recipes. 383 pgs, $19.95

Healthy Eating for Life book series from PCRM
PCRM’s series of medically sound, reader-friendly books explain diet’s role in wellness and disease prevention. Each book includes at least 80 healthy, delicious vegetarian recipes. Forewords by PCRM president Neal D. Barnard, M.D.

Healthy Eating for Life for Children
PCRM with Amy Lanou, Ph.D.
When children learn proper nutrition early in life, they are more likely to avoid heart disease, obesity, and diabetes. Here’s how to get them started. Includes kid-tested recipes. 258 pgs, $14.95

Healthy Eating for Life to Prevent and Treat Cancer
PCRM with Vesanto Melina, M.S., R.D.
This book provides a complete nutrition program to prevent and fight cancer. Packed with tips and guidelines for lifelong good health. 244 pgs, $14.95

Healthy Eating for Life for Women
PCRM with Kristine Kieswer
Learn how the right foods can ease menstrual and menopausal symptoms, strengthen bones, encourage weight loss, protect the heart, and help prevent certain cancers. 260 pgs, $14.95

Healthy Eating for Life to Prevent and Treat Diabetes
PCRM with Patricia Bertron, R.D.
Studies show that diabetes can be highly responsive to diet and lifestyle changes. PCRM explains these changes and how to put them into practice. 244 pgs, $14.95

Super Size Me
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In this award-winning documentary, filmmaker Spurlock lives on a McDonald’s-only diet for one month, with devastating results. Mixing humor with commentary by medical experts, Super Size Me exposes the consequences of the national romance with fast food. 96 minutes, plus bonus footage and interviews. Parental advisory: language, graphic medical scenes. $26.99

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Don’t Drink Your Milk
Frank Oski, M.D.
Milk poses several health risks, as outlined in this very readable book by the former director of the Johns Hopkins University Department of Pediatrics. 92 pgs, $9.95

PCRM Marketplace

PCRM Marketplace

PCRM Marketplace
From Neal D. Barnard, M.D., PCRM president

Breaking the Food Seduction
All we have foods we can’t resist, foods that sabotage our health. But banishing those cravings for chocolate, cookies, cheese, or burgers isn’t a question of willpower; it’s a matter of biochemistry. Drawing on his own research and that of other leading institutions, Dr. Barnard reveals how diet and lifestyle changes can break the craving cycle. 324 pgs, $14.95

Breaking the Food Seduction Audio Summary
by the author, 68 mins, compact disc, $10.00

Turn Off the Fat Genes
Genes, including those that shape our bodies, actually adapt to outside influences. Dr. Barnard explains the process and provides a three-week gene-control program complete with menus and recipes by Jennifer Raymond. Here are powerful tools for achieving long-term weight loss and better health. Paperback, 350 pgs, $14.00

Raw Food Made Easy
For One or Two People
Jennifer Cornbleet
Chicago-based cooking instructor Jennifer Cornbleet shares her favorite no-cook recipes in smaller quantities ideal for one or two people. Essential time-saving tips and techniques, along with clear instructions, make preparation quick and easy. Includes over 100 recipes using common, all-natural ingredients. 199 pgs, $16.95

Vegan Microwave Cookbook
Nancy Berkoff, R.D.
Award-winning chef and columnist Nancy Berkoff offers over 165 easy recipes, many of which take less than 10 minutes to prepare. Microwave magic can make dream meals mesh with a busy schedule. 287 pgs, $16.95

More Great Good Dairy-free Desserts—Naturally
Fran Costigan
Chef-instructor Fran Costigan teaches the fine art of creating vegan pastries, pies, cakes, puddings, and frozen desserts. Everyone from novice bakers to gourmet cooks will find valuable tips on equipment, techniques, and all-natural ingredients. 221 pgs, $19.95

From The Cancer Project

The Nutrition Rainbow Poster
The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The Nutrition Rainbow poster shows the cancer-fighting and immune-boosting power of differently hued foods. 17”x22”, $6.00

Prescription for Life Poster
This whimsical work of art introduces your patients to the importance of fruits, vegetables, whole grains, and beans in cancer prevention and survival. It also tells how to obtain free information about nutrition, recipes, and classes from The Cancer Project. 17”x22”, $6.00

Eating Right for Cancer Survival video
This groundbreaking new video is designed to work hand-in-hand with the companion Survivor’s Handbook. Together they’ll provide you with empowering information on how simple, everyday choices can cause major changes in your health and well-being. Contains eight presentations by Neal Barnard, M.D., Jennifer Reilly, R.D., and Amy Lanou, Ph.D. 103 mins.
DVD $14.95
VHS $14.95

SPECIAL VIDEO/HANDBOOK COMBO OFFER
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From PCRM

**Choose Health! Four Food Groups Poster**
Striking color photos illustrate PCRM's New Four Food Groups for complete nutrition without cholesterol and excess fat. Includes serving recommendations. 22"x17", $6.00

**Cartoon Four Food Groups Poster**
PCRM's colorful and informative guide to nutritional recommendations, illustrated for younger eaters. 22"x17", $6.00

**New Four Food Groups Place Mats**
Four colorful guides to the New Four Food Groups. The flip side provides cooking and food storage tips, unmasks dietary myths, and suggests additional reading. 17"x11", $12.00

**Go Veg—B4 It's 2L8**
Quality 100% cotton. Yellow on forest green. $11.95

**Go Vegan Multilingual Apron**
Veg-friendly phrases in ten languages. 21"x28" gourmet apron with pocket. Cream on forest green. $13.95

**The New Four Food Groups Grocery Tote Bag**
This ample canvas bag measures 12"x16.5"x7". Green on natural white. $10.00

**Vegetarian Starter Kit**
It's all here. Learn about the power of a plant-food diet for fighting disease and maintaining a healthy weight. Get the facts on vegan diets for pregnant women, babies, and children. Try delicious sample recipes. Debunk common myths. And make friends with the New Four Food Groups! 16 pgs, $2.00

**Show your support for humane research with Humane Charity Seal of Approval Items**

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Or order online at: www.pcrm.org
Meat Makes Mommy Sick
Morning sickness, common in the first trimester of pregnancy, may be nature’s way of keeping women from eating too many unhealthy foods that could be harmful to the developing baby. Scientists at the University of Liverpool recently found that morning sickness may be associated with high intakes of meat, oils, sugar, and alcohol. Researchers believe that a pregnant woman’s body may have evolved to reject meat because before the days of refrigeration and expiration dates, meat may have contained potentially dangerous bacteria and other disease-causing agents. Cereals are the least likely foods to cause vomiting or nausea.

Drug Company Sued Over Estrogen Replacement
More than 4,500 lawsuits have been filed nationwide against drug company Wyeth over its hormone-replacement therapy Prempro. The Women’s Health Initiative found that women who took the estrogen-progestin combination for premenopausal symptoms had a higher risk of breast cancer, as well as stroke, coronary heart disease, and potentially fatal blood clots. The “Prem” in Prempro is short for “Premarin,” Wyeth’s estrogen pill, derived from PREgnant MARes’ urine. Wyeth previously paid out more than $21 billion in settlements over the diet drug combination fen-phen.

That’s One Busy Patient
First- and second-year students at Wake Forest University School of Medicine are now using Laerdal SimMan, a full-patient simulator, to practice giving injections, inserting urinary catheters or breathing tubes, and learn about sympathetic and parasympathetic nervous systems and how different medications affect brain cell receptors. Sim-Man can vomit, make heart, lung, and bowel sounds, and be programmed to have various medical problems, including brain injury, stroke, and hypoglycemia.

Many Americans Too Obese for X-Rays
Americans are becoming too big to fit into medical scanners, including standard X-ray machines and CT, PET, and MRI scans. And sometimes their fat is too dense for X-rays, sound waves, or ultrasound beams to penetrate. In the August issue of the journal Radiology, radiologists reported that the number of scans that are unreadable because of body fat has doubled in the last 15 years.

Want Viruses with Your Cholesterol?
The Food and Drug Administration recently approved a mixture of six bacteria-killing viruses, called bacteriophages, to be sprayed on meat and poultry to combat fecal bacteria called Listeria monocytogenes. Listeria can cause a serious infection in pregnant women, infants, and adults with compromised immune systems. The new virus spray, manufactured by a Baltimore company called Intralytix, is to be used on ready-to-eat meat and poultry products right before they are packaged. The use of the viruses will not be disclosed on package labels.
Debbie Wilson, M.D., has always been surrounded by animals. As a child, there weren’t many pets her family didn’t have. As the oldest sibling, she took care of the family’s rabbits, birds, iguanas, rats, dogs, cats, hamsters, and guinea pigs. That experience, and her childhood proximity to vegetarian grandparents, set the stage for a lifetime of compassion and involvement in animal issues.

Dr. Wilson went to college with the dream of becoming a veterinarian. However, after working in veterinary clinics while in college, she decided to go to medical school instead because she was disturbed by the callousness with which people treated their own companion animals.

Dr. Wilson became an obstetrician, and over the course of 17 years, she delivered more than 5,000 babies. She now has a gynecological practice in Scottsdale, Ariz., and performs over 400 laparoscopic hysterectomies a year. Despite her busy medical practice, Dr. Wilson finds time to help animals in myriad ways. She runs a nonprofit parrot rescue called Feathers Foundation, which takes in unwanted parrots. “Parrots often outlive people’s interest level,” she said. She has 10 rescued horses on 28 acres of land in Prescott, Ariz., and fosters several dogs through the Lucky Dog Rescue.

As an Arizona resident, Dr. Wilson has spoken out against the proposal by Covance Laboratories to build a huge new animal experimentation laboratory. Dr. Wilson has written letters to the editor about the negative effects the facility would have on the city of Chandler. She participated in a news conference to educate the public about the dangers of a Covance facility. Dr. Wilson also introduces a new PCRM video that shows disturbing undercover footage from inside Covance facilities, highlighting the abuse of animals. “People are very good at not dealing with what’s going on behind closed doors,” Dr. Wilson said about what takes place at Covance’s labs. But she tells her patients about the negative effects the facility could have on both human and animal health. “My patients from Chandler are horrified,” she said. “Not one person has said that this is OK with them.”