Medical Schools’ Dog Days Nearing Their End?

PCRM Helps Medical Schools Switch from Animal Labs to Human-Focused Alternatives

The Year in Review
Reversing Diabetes Across the Country
Pleasurable Kingdom Reaches Indian Audiences
PCRM, Humane Society Push for End to Dog Labs in Wisconsin
Airport Food Review
PCRM Announces “Nutrition in Clinical Practice” CME Seminar
Editorial

Signs of Progress

PCRM staffers were tabling at a recent medical conference, promoting non-animal methods in medical education. Some Yale medical students stopped by our booth. They were completely taken aback. “What are you talking about?” they asked. “What kind of medical school kills animals to teach medical students?” They had never heard of such a thing and couldn’t imagine why anyone would even need an alternative.

What a wonderful sign of progress! When PCRM began in 1985, virtually every U.S. medical school used animals to teach physiology, pharmacology, or surgery. In fact, many required students to participate and penalized those who refused. These laboratory exercises not only killed animals, but after an afternoon of fatal experiments on dogs, pigs, or other animals, a bit of each student’s compassion was extinguished forever, too. We resolved to end these exercises, not only to save the animals involved but also to change the entire medical culture. Today, roughly 110 of the 125 U.S. medical schools have eliminated animal exercises from their curricula. And many students are now shocked to learn that such a barbaric practice ever occurred!

Another sign of progress: Health food stores used to be dingy places, where cashiers wore tie-dyed shirts and dusty shelves held uninviting products. Veggie burgers came from a pasty mix. Soymilk was a powder that customers had to stir into water and pour rapidly onto cereal before it precipitated. Today, however, health food stores are huge, beautiful places that sell endless varieties of every imaginable vegetarian product. Healthful eating has become not only convenient, but downright luxurious. And regular grocers have jumped in, too. Several years ago, while visiting my parents in Fargo, N.D., I noticed that supermarkets stocked tofu, veggie dogs, and an abundance of other meatless, dairy-free foods—even in the middle of cattle country. These changes reflect an exploding demand for vegetarian foods.

One more sign of the times: In our recent study testing a vegan diet for diabetes, we wanted to make sure that new volunteers understood what a vegan diet was. To our surprise, most already knew. In contrast to the participants in our studies during the 1990s, many in this new group had vegetarian or vegan friends. They liked the idea of a vegan diet, and they were eager to see what it could do for them.

A growing child doesn’t look taller from one week to the next. But this year’s pencil mark on the wall is noticeably higher than last year’s. Similarly, while it can be difficult to gauge our progress from week to week, it is clear that things are changing. The sensitivities and intelligence of animals are clearer than ever, as are the flaws of animal tests, as amply demonstrated in the Vioxx scandal, among many others. The value of vegetarian and vegan diets for health has become abundantly clear, and more and more people are turning toward them.

Even so, many people have not yet gotten the message. Medical schools that have abandoned the use of animals in teaching still continue to use them in research studies. In poorly thought-out experiments, human volunteers sometimes pay a heavy price, too. Americans now eat more than one million animals per hour. And, overall, the population is in worse shape than ever.

But more people than ever now understand our message. While our work is nowhere near finished, it is heartening to know that we are moving in the right direction. Twenty years from now, medical students may stop by our booth saying, “What? You mean people actually used to eat animals?”

Neal D. Barnard, M.D.
President of PCRM

Roughly 110 of 125 U.S. medical schools have eliminated animal exercises from their curricula.
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Lab-Grown ‘Livers’ Are Promising Animal-Testing Alternative

Scientists at Newcastle University in northeast England reported in late October that they had succeeded in producing “mini-livers” that might have uses ranging from pharmaceutical testing to human transplantation. The researchers took umbilical cord blood cells from newborn babies and multiplied the cells in a NASA “bioreactor,” allowing the cells to divide into a liver-like tissue more quickly. These small sections of liver tissue can be used by pharmaceutical companies to check for liver toxicity, a side effect of many new drugs. In the future, the tissue might be used to help a person with liver disease survive until a complete new liver becomes available, or to repair a damaged liver completely.


Endangered Sooty Mangabeys Spared Laboratory Testing

After widespread opposition, Yerkes National Primate Research Center at Emory University has dropped its plan to use 230 captive sooty mangabey monkeys, a subspecies of the endangered white-collared mangabey, in laboratory AIDS experiments. The center had petitioned the U.S. Fish and Wildlife Service (FWS) to allow it to perform fatal experiments on the monkeys because it had been contributing up to $30,000 a year to mangabey conservation efforts in West Africa. The FWS received 400 to 500 comments from individuals and groups opposing the petition, including noted primatologist Jane Goodall and PCRM. In a victory for the animals, Yerkes withdrew the petition in September. However, a Yerkes spokeswoman said that while the center’s support for mangabey conservation would continue, it “will continue to explore options to involve the center’s mangabey colony in research programs.”


Human and Rodent Pancreas Cells Found to Have Key Differences

Using an exacting technique called confocal microscopy, scientists at the Karolinska Institute in Stockholm, Sweden, and the University of Miami have found that human islets of Langerhans are organized and function much differently compared with rodent cells of the same type. Islets of Langerhans—or islets—are the clusters of insulin-producing cells in the pancreas. Scientists are attempting to perfect transplantation of islet cells for people with type 1 diabetes. In order to better assess the quality of cells for transplantation, scientists need a good understanding of how normal human islets are structured and how they function. The authors conclude that the prevailing wisdom—that mammalian species have similar islet architecture and function—is incorrect, and further studies are needed on human islets.


Autopsy Study Reveals Factors Associated with SIDS

Physicians at Harvard University have identified risk factors and pathological abnormalities present in babies who died of sudden infant death syndrome (SIDS). In a comparative analysis of the neural tissue of infants who died of SIDS and infants who died of other causes, the researchers identified deficiencies in the serotonergic system that researchers say could predispose babies to SIDS and might also explain why boys are more susceptible to SIDS. When combined with risk factors such as face-down sleeping, these babies have trouble responding to respiratory troubles or other physiological stressors and could suffocate.

Studies such as this one that focus on human biology sidestep the problems of animal experiments.

BONE HEALTH

Calcium Supplements Fail to Improve Children’s Bone Health

A new analysis shows little benefit to using calcium supplements to improve bone health in children. Nineteen randomized controlled trials were reviewed to determine the effectiveness of calcium supplementation for improving bone mineral density in children. Supplementation had no effect on the bone mineral density in the neck or spine and caused only a small increase in the density of the upper limb, equivalent to a 1.7 percentage increase in the supplemented group compared with the control. No lasting effect of supplementation was seen in the one study that reported total body density after supplementation stopped.


REPRODUCTIVE HEALTH

Fruits and Vegetables Improve Male Fertility

A new study shows that eating fruits and vegetables can improve fertility in men. Researchers from the University of Rochester compared the dietary intake of antioxidants of 10 fertile and 48 infertile men and correlated the findings with sperm motility. Infertile men were twice as likely to have a low intake of fruits and vegetables (fewer than five servings per day) compared with fertile men. Also, men with the lowest overall intake of dietary antioxidants had lower sperm motility than men with higher intakes.


PREMATURE BIRTH

Fish Consumption Linked to Premature Birth

Consumption of methylmercury found in fish and shellfish may lead to premature births, according to the Pregnancy Outcomes and Community Health (POUCH) study. The POUCH study enrolled 1,024 women in their 15th to 27th week of pregnancy from 52 Michigan-based clinics and compared self-reported fish intake with mercury levels measured in hair samples. Strong evidence showed that mercury levels in maternal hair were higher when fish consumption was increased. In addition, women who delivered preterm (before 35 weeks) were more likely to be at or above the 90th percentile for mercury contamination than those who delivered at term (at or after 37 weeks). Possible explanations include the oxidative stress imposed by methylmercury on a cellular level and methylmercury’s influence on the functionality of platelets (blood cells necessary for clotting).

Humane teaching techniques are rapidly replacing the use of animals in medical education—and PCRM’s physicians are playing a critical role in accelerating this important change. This year, eight more schools have added their names to the list of medical schools that no longer use live animals to teach basic concepts in physiology, pharmacology, or surgery. All but 15 of the 125 U.S. medical schools have stopped the use of animal laboratories in education.

East Tennessee State University; Georgetown University School of Medicine; Louisiana State University School of Medicine in New Orleans; Mount Sinai School of Medicine; University of California, San Diego School of Medicine; University of Illinois; University of Rochester School of Medicine; and University of Texas Medical School at San Antonio all confirmed this year that they have halted the use of live animals as part of their medical curricula. This development speaks to the increased awareness of compelling ethical and educational reasons to replace animal use.

PCRM’s campaign has helped to convince some of the schools that were most dedicated to using live animal labs to adopt human-focused alternatives. At many top-ranked medical schools, surgery instruction is focused on the use of simulators such as Simulab’s TraumaMan and laparoscopic surgery trainers, as well as didactic teaching, class and small-group case discussions, interactive computer-based methods such as virtual reality programs, and hands-on mentorship opportunities with faculty in anesthesiology, surgery, emergency medicine, and other clinical disciplines.

PCRM was able to overcome foot-dragging at several schools by working with the schools’ oversight
committees and using the U.S. Department of Agriculture inspection process and the Freedom of Information Act to push schools to address the animal-use issue. The federal Animal Welfare Act requires schools to consider viable non-animal alternatives when those alternatives are available. The overwhelming use of non-animal teaching methods shows that these alternatives are not only available but are preferred by the vast majority of medical schools.

This regulatory and enforcement strategy has, in some cases, led directly or indirectly to the replacement of live animal use, and in other cases has resulted in schools more actively pursuing alternatives and considering curriculum reform.

PCRM’s campaign to replace live animal use in medical school education will continue until this cruel practice is eliminated. To learn more about the use of animals in medical education, and to track the progress of the last 15 schools, please visit www.pcrm.org/resch/meded.

PCRM, along with four Wisconsin doctors and the Wisconsin Humane Society, held a news conference November 13 in Milwaukee to call for an end to the use of live dogs as teaching tools at the Medical College of Wisconsin (MCW). During the spring semester, the school plans to use and kill approximately 60 dogs in a physiology course for first-year medical students.

Speaking at the news conference were PCRM senior medical advisor John J. Pippin, M.D., F.A.C.C., Jeff Rusinow from the Wisconsin Humane Society, and four Wisconsin physicians—Donald Feinsilver, M.D., an associate clinical professor of psychiatry at MCW; Judith Green, M.D., a surgeon and assistant professor in the division of ear, nose, and throat surgery at the University of Wisconsin; Dr. Richard Fisher, a private-practice family physician from Milwaukee; and Dr. Marvin G. Jumes, an anesthesiologist from Sheboygan.

PCRM recently filed a complaint with the federal government asking for an investigation of the use of live dogs at MCW. An inspector for the U.S. Department of Agriculture determined that alternatives to the use of animals exist and that a “written narrative must justify why the alternatives were not used.” PCRM contends that MCW has not provided meaningful justification for using dogs rather than one of the many educationally superior non-animal alternatives.

Only two U.S. medical schools still use dogs in student physiology courses, and only one of the top-20 ranked U.S. medical schools—Washington University School of Medicine in St. Louis—uses any live animals for physiology. Cost-effective and educationally superior alternatives include human patient simulators, interactive computer-based methods, and hands-on mentorship opportunities. The MCW campus already owns four human patient simulators.

“There are alternatives that are not only adequate but superior,” Dr. Pippin said at the news conference. “There is no reason why even one more dog should be killed for this purpose.”

**ACTION ALERT**

**What You Can Do**

You can write or call the president of the Medical College of Wisconsin to express your concerns about its inhumane and educationally inferior use of live dogs in the first-year physiology course. For more information, please visit www.SaveMCWanimals.org.

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Ohio State University: A Year of Cruelty

Ohio State University (OSU) has had a year riddled with incidents of animal cruelty and neglect. Despite widespread opposition from physicians, neurologists, animal protection advocates, and disability activists, OSU refused to cancel its three-week spinal cord injury course, nicknamed “Cruelty 101.” In this course, students drop heavy weights onto the exposed spinal cords of rats and mice and then force the animals to perform various exercises. More than 300 neurologists and neurosurgeons have joined PCRM in asking OSU officials to implement alternatives to the class.

In mid-July, a power outage at OSU resulted in the deaths of almost 700 animals, including mice, rats, and rabbits. 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. In response, PCRM filed a request with the Council on Accreditation of the Association for Assessment and Accreditation of Laboratory Animal Care International for a revocation of OSU’s animal research accreditation. OSU had already been warned by the association in February 2006 that it could lose its accreditation if prescribed changes to its animal research programs were not put in place.

The university also recently sent its retired colony of 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, including two from OSU, have died since March.

Help Reform the March of Dimes

Please join us in encouraging the March of Dimes to focus on non-animal research and programs and end its funding of unethical animal experiments. By volunteering with this campaign, you can help inform March of Dimes supporters about the cruel and ineffective research that the charity sponsors and encourage donors to give money to humane health charities instead.

Helping out is easy: You can hand out leaflets at your local March of Dimes fundraising walk this spring or post a free lawn sign in front of your home. We need as many volunteers as possible so that our message is heard by the March of Dimes and its supporters across the country.

For more information about the March of Dimes and how you can get involved, visit www.reformthemarchofdimes.org.

Virginia School Removes ‘Blood and Guts’ Web Site

In the aptly named “Blood and Guts” class at the Governor’s School for gifted students at Lynchburg College in Virginia, students photographed themselves mugging with animal organs, posing with pig fetuses, and pretending to eat animal intestines. The class’s Web site displayed the photos and explained that over the entirety of the course, students dissected a wide range of animals, including sharks, snakes, turtles, frogs, mink, and pigeons. PCRM biologist Jonathan Balcombe, Ph.D., contacted the school to express concern about the course, and the Web site was immediately taken down. The next step, we hope, will be the introduction of alternatives to dissection.
PCRM’s
Cruelty-Free
Insulin Assay

A scientific publication about PCRM’s development of the world’s first animal-serum-free insulin assay will appear in an upcoming issue of the Journal of Clinical Biochemistry. The article concludes that this new assay is as precise and reliable as the established methods for testing human insulin.

Laboratories traditionally detect human insulin using antibodies produced by cells that had been placed into the abdomens of living mice. The procedure is so cruel that it is banned in some European countries. Even when the antibodies are produced from cells in test tubes, fetal bovine serum is commonly used to grow live cells.

The serum is obtained from bovine fetuses by puncturing their hearts with a needle without the use of anesthesia. In January 2004, PCRM president Neal D. Barnard, M.D., and other PCRM researchers set out to do what many people said could never be done: create a cruelty-free human-insulin-testing method by growing antibody-producing cells in a test tube and using an animal-serum-free medium.

The new test method turned out to be just as accurate—perhaps even slightly more so—as the existing ones. Millipore of St. Charles, Mo., now offers the cruelty-free test kit as its preferred kit for insulin assays. Millipore has already sold enough kits using the new method to test at least 10,000 human samples.

Pleasurable Kingdom Reaches Indian Audiences

PCRM’s Jonathan Balcombe, Ph.D., an animal behavior specialist, has spoken about his new book, which debunks the notion that animals do not have complex emotions, in cities across the United States and the United Kingdom. This January, Dr. Balcombe is taking his powerful and provocative arguments about animal feelings further afield, with a 15-city tour of India.

Pleasurable Kingdom: Animals and the Nature of Feeling Good takes an in-depth look at new evidence that animals enjoy themselves. Dr. Balcombe provides rigorous evidence along with amusing anecdotes showing that animals are emotional, acutely perceptive, and highly sentient.

Dr. Balcombe concludes that this new information has important ethical consequences for both science and society. “There is a profound disconnect between what we now know other animals are capable of and how we treat them,” he says. “We can’t continue to treat them as nothing more than property. Each animal is an individual and not a disposable object. If pleasure is what makes life for humans worth living, then animals’ ability to feel pleasure also makes their lives worth living.”

Dr. Balcombe begins his tour in Chennai, then continues to Tirpati, Bangalore, New Delhi, Varanasi, Mumbai, and other cities. As the world’s second most populous nation, where vegetarian diets are under heavy attack by invading Western diets, India is an important venue for new perspectives on animals and how they should be treated. By speaking to audiences in medical and veterinary schools, Dr. Balcombe seeks to bring his and PCRM’s message to some of India’s most influential citizens. For more information on Dr. Balcombe’s tour, please visit www.PCRMIndia.com.
CRM scientists are using their expertise to end chemical tests on animals at an international level. Four years ago, the International Council on Animal Protection at OECD (ICAPO) formed to advocate for policies that will reduce the number of animals used in chemical tests and eliminate animal tests that have non-animal alternatives. This May, PCRM was elected Secretariat of ICAPO.

As Secretariat, PCRM organizes ICAPO’s efforts to comment on proposed test guidelines and policies and nominates scientific experts to meetings that can promote scientifically appropriate and animal-friendly policies. For example, ICAPO would reduce or eliminate animal experiments involving chemicals with little likelihood of human exposure and expand the use of “structure activity relationships,” which allow for toxicity information from one chemical test to be extrapolated to similar chemicals. ICAPO also strongly advocates for the adoption of in vitro test guidelines to replace animal-based guidelines. The OECD (Organisation for Economic Co-operation and Development) is the international body that coordinates testing policies from various countries.

PCRM looks forward to using its scientific expertise to ensure that chemical testing guidelines worldwide require using fewer animals.

According to an article in *The Arizona Republic*, Covance may pay extra to speed up the process to obtain a permit, which usually takes between nine and 14 months. The county welcomes public comment regarding incinerator permit applications 30 days after a company has filed its initial paperwork to obtain one.

Covance originally planned to build on a parcel of land that would have to be rezoned for industrial use. This rezoning process would have required a city council vote, and if the council approved the rezoning, there would have been more than enough support from Chandler residents to force a referendum on the ballot. So Covance relocated the proposed facility to land that was already properly zoned in order to avoid citizen input.

To read about the dangers of an incinerator, learn about Covance’s history of animal cruelty, and find out how you can get involved, please visit [www.ProtectChandler.org](http://www.ProtectChandler.org).
CRM president Neal Barnard, M.D., may be bringing his new program for reversing diabetes to your town. This January, Dr. Barnard begins a nationwide tour to talk about his new book, *Dr. Neal Barnard’s Program for Reversing Diabetes*.

The book outlines a completely new dietary approach to preventing, controlling, and even reversing diabetes. The program is based on a series of studies conducted by Dr. Barnard and his colleagues. The most recent study, which was funded by the National Institutes of Health and published in the July issue of *Diabetes Care*, found Dr. Barnard’s program to be three times more effective than the American Diabetes Association diet at controlling blood sugar.

The study involved 99 individuals with type 2 diabetes. Half the group was assigned to follow a low-fat vegan diet for 22 weeks, and the other half was asked to follow a diet based on the American Diabetes Association’s guidelines. While both groups experienced significant reductions in weight, plasma lipid concentration, urinary albumin excretion, and hemoglobin A1c (a measure of blood sugar levels over a prolonged period), medication-stable participants in the vegan group experienced significantly greater reductions in A1c, weight, body mass index, waist circumference, total cholesterol, and LDL cholesterol.

The book explains how the diet actually alters what goes on in an individual’s cells. Rather than just compensate for malfunctioning insulin, a low-fat, plant-based diet helps repair how the body uses insulin. The book also includes helpful tips and more than 50 delicious and easy-to-make recipes.

On his book tour, Dr. Barnard will discuss how a plant-based diet that eliminates all animal products and added vegetable oils can help many patients cut their blood sugars, improve their insulin sensitivity, and reduce, if not eliminate, their medications. He will also describe the three-week approach to changing one’s diet. In many cities, Dr. Barnard will also be accompanied by a local chef demonstrating some of the savory recipes included in the book.

To find out if Dr. Barnard will be visiting your area, or for more book information, please visit [www.ReverseDiabetesTour.org](http://www.ReverseDiabetesTour.org).
2006 Golden Carrot Awards

Irmgard James, food service director of Oak Grove School in Ojai, Calif., took top prize this year in PCRM’s Golden Carrot Awards, thanks to her school’s creative all-vegetarian menu. Not only does James offer the students a daily salad bar with raw and steamed vegetables, along with fresh fruit platters standing in for dessert, but she also helps students grow and harvest produce in the school’s own organic garden and orchard. James won $1,500; the school will receive $3,500. Four second-place prizes went to food service professionals in Albuquerque, N.M., Atlanta, Morristown, N.J., and Pinellas County, Fla. To learn more, visit www.HealthySchoolLunches.org.

PCRM PSAs Spread Message of Health

In a new effort to combat childhood obesity, PCRM released two television public service announcements (PSAs) this year as part of the “Kids Get Healthy” campaign. One warns parents about the problems associated with poor childhood nutrition and the potential health problems an obese child may face later in life. It features PCRM president Neal Barnard, M.D., along with PCRM member doctors Ana Negrón, Carol Tavani, and Milton Mills. The message aired more than 7,300 times on 72 cable stations, including CNN. A second spot also features PCRM doctors who come to the rescue of customers at a typical fast-food restaurant by replacing the greasy, high-fat fare with fruits and vegetables.

Since the PSAs began airing, PCRM has received thousands of requests for its free childhood nutrition booklet “Nutrition for Kids.” To learn more about children’s nutrition and to get your own booklet, please visit www.KidsGetHealthy.org.

Nutrition Guide for Clinicians

Medical students across the country will soon have access to a valuable new resource published by PCRM. The Nutrition Guide for Clinicians, a comprehensive guide to the role of nutrition in health and illness, will be distributed free of charge to medical students this spring. Dr. Barnard was joined by Drs. Rick Weissenger, Brent Jaster, and Scott Kahan and editor Charles Smyth in putting together the 800-page guide.
Most people know that fried chicken is not a healthy food, but how many realize that consuming grilled chicken can increase the risk of cancer? In independent laboratory tests commissioned by PCRM, 100 grilled chicken items from McDonald’s, Burger King, Chick-fil-A, Chili’s, Applebee’s, Outback Steakhouse, and TGI Friday’s were all found to contain PhIP, one of a group of carcinogens called heterocyclic amines (HCAs).

PhIP and other HCAs are formed from the creatinine, amino acids, and sugar found in muscle tissue, and are produced by long cooking times and hot temperatures. As mutagens, HCAs can bind directly to DNA and cause mutations—the first step in cancer development.

California’s Proposition 65 states that consumers must be warned about products that contain known carcinogens. For more than a decade, PhIP has been on the California governor’s list of chemicals known to cause cancer. PCRM has gone to court under California’s Proposition 65 to compel the seven restaurant chains to warn consumers about the carcinogens found in their grilled chicken.

Unfortunately, the U.S. Department of Agriculture has sided against consumer safety by writing a letter on behalf of the seven defendants. The letter argues that PCRM’s lawsuit is preempted by federal labeling laws for meat and chicken, and that warning consumers about PhIP would “obstruct [the USDA’s Food Safety and Inspection Service’s] efforts to prevent foodborne illnesses because the warning would imply that cooking poultry somehow renders the poultry unsafe or unwholesome.”

The seven defendants are fighting the lawsuit, hoping to be able to avoid informing customers about the cancer-causing chemicals in their products. PCRM general counsel Dan Kinburn will appear in court in the new year to argue the case.
Last fall, PCRM released its fifth School Lunch Report Card, which grades the nation’s major school districts on the healthfulness of the food they serve and on how well they are promoting the benefits of healthy eating to students.

The report found that while some schools have plenty of room for improvement, there has been widespread progress in promoting healthy eating, with a focus on increasing consumption of fruits, vegetables, and whole grains.

To score top grades on PCRM’s report card, a school not only has to meet the USDA’s nutrition requirements, but it also has to serve a vegan main dish and nondairy beverage daily, have available a variety of fresh or low-fat vegetables or fruits, and offer innovative programs that encourage healthy eating habits, such as a school garden or a salad bar. Twelve of the 18 school districts surveyed earned a B- or higher. To help schools further improve, PCRM created and made available on its Web site a sample wellness policy with nutritional guidelines that stress plant-based foods that are naturally low in fat and high in fiber.

PCRM’s survey of 13 of the busiest U.S. airports shows that the quality of airport food is improving, continuing an upward trend. Eighty-eight percent of all the restaurants surveyed offer at least one vegetarian entrée that is low in fat, high in fiber, and cholesterol-free, representing a 13-percentage-point increase from 2005. Eleven of the 12 airports from last year’s report improved their score.

The Airport Food Review received wide media coverage, including mentions in *The Washington Post*, *USA Today*, and on 42 TV stations across the country.
Physicians Committee for Responsible Medicine

2006 Fiscal Year Report

Mission statement: Founded in 1985, the Physicians Committee for Responsible Medicine (PCRM) is a nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

PCRM Board of Directors: Neal D. Barnard, M.D., President; Roger Galvin, Esq., Secretary; Andrew Nicholson, M.D., Director

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Changing Thousands of Lives

The Cancer Project's free Food for Life Nutrition and Cooking Classes for Cancer Prevention and Survival were offered at hospitals, government agencies, supermarkets, churches, cancer centers, and other venues in 25 states and 61 cities this year. The Cancer Project more than tripled its number of classes in just one year: 1,765 classes in 2006, compared with 511 classes in 2005.

Healthy Eating on Capitol Hill

Members of Congress and their staffs joined The Cancer Project and world-renowned chef Sualua Tupolo for a Food for Life cooking class on Capitol Hill. Chef Tupolo, a former touring chef for three governors of American Samoa, served up a mouth-watering array of vegan dishes, including fruit smoothies and a tostada salad, while Cancer Project nutritionist Jennifer Reilly, R.D., discussed the cancer-fighting power of a healthy vegetarian diet.

Essential Cancer Information Brought to Medical Professionals

The Cancer Project Symposium in July brought oncologists, nurses, health professionals, dietitians, and Cancer Project Food for Life cooking instructors from across the country together in Bethesda, Md., for a daylong seminar on how foods can fight cancer. Top scientists and physicians from Harvard, Johns Hopkins, and the University of California, San Diego, along with Dr. Neal Barnard, shared critical research on diet and cancer prevention. Sessions focused on the evidence linking dairy products to prostate cancer, the impact of high-fat diets on breast cancer risk, the importance of cruciferous vegetables in cancer prevention, and how to maintain a healthy vegan diet.

Public Service Announcements Air Across the Country

A prescription with side effects you want. That's the message behind The Cancer Project's public service announcement (PSA) Prescription for Life, which features a bean in place of a pharmaceutical pill and explains how an array of healthy fruits, vegetables, whole grains, and beans can play a powerful role in cancer prevention and survival. The Cancer Project also created two new television PSAs, which focus on how a healthy vegetarian diet can help protect children from cancer later in life. These two television spots will air in 2007, drawing thousands of people to our Web site and offering a free booklet packed with kid-friendly, healthy recipes and nutrition information.
New data from Harvard’s Nurses’ Health Study II show that women who consumed one and a half or more servings of red meat per day had nearly double the risk of developing hormone receptor-positive breast cancer compared with women consuming three or fewer servings of red meat per week. Hormone receptor-positive breast cancer is the most common type of breast cancer and has been on the rise in recent years. This study involved more than 90,000 premenopausal women age 26 to 46 who completed food surveys during a 12-year period. Animal fat and red meat intake were found to increase premenopausal breast cancer risk in a previous analysis of the Nurses’ Health Study II. Possible reasons for this association include carcinogens produced as meat is cooked, hormones given to cattle for growth promotion, red meat’s high content of heme iron, which has been shown to increase estrogen-dependent tumor growth, and red meat’s high fat content.

Obesity Decreases Ovarian Cancer Survival

The medical records from Cedars Sinai Medical Center of 216 women with ovarian cancer have linked body weight and ovarian cancer. Obese women were more likely to have a more aggressive type of ovarian cancer and were more likely to have the cancer recur earlier after treatment and die sooner than women of ideal body weight. Fat tissue produces estrogens, which can fuel the growth of some forms of cancer. Ovarian cancer affects nearly 1 in 60 women and is often not detected until it is in an advanced stage. Seventy percent of ovarian cancer patients die within five years of diagnosis, making it one of the most deadly forms of the disease. Maintaining a healthy weight is crucial for the prevention and survival of many forms of cancer.

Diabetes May Increase Cancer Risk

Nearly 98,000 Japanese men and women enrolled in the Japan Public Health Center-Based Prospective Study were studied to determine a possible connection between diabetes and cancer risk. Men with a history of diabetes had a 27 percent increased risk of developing cancer compared with men without a history of diabetes. The connection was especially strong among men for cancers of the liver, pancreas, and kidney, and connections were also seen for cancers of the colon and stomach. In women, a borderline significant 21 percent increase in cancer risk was found when there was a history of diabetes. Significant connections were seen in particular for stomach and liver cancer. Researchers theorize that excess insulin produced in diabetes may encourage the growth of cancer cells.


Member Support

One person with a vision for change and the motivation to work hard can definitely make a difference. However, when we harness the power of numbers and work together, we are so much more effective, our voices are so much more powerful, and the changes are faster and greater in scope. You can see in the preceding pages what an impact you—a PCRM member—have had in the lives of so many people and animals over the past year by having joined others who want to see the same change in the world.

PCRM’s physicians and scientists are constantly breaking new ground in the areas of research and education. Your support—your advocacy, participation in our programs, and your financial support—is making those breakthroughs possible. For more than 20 years, PCRM has worked to promote good medicine and ethical research.

As our membership grows, we are able to increase our influence and realize greater change. After you have read through our “Year in Review,” please take a moment to think ahead to the coming year and beyond. We invite you to expand your membership role and help us push our programs and campaigns forward with all the gusto you can muster. Get more involved with our campaigns, events, volunteer opportunities, and online advocacy. As you consider your role as a partner in change, know that helping us bring in new members and increasing your financial support will help ensure that PCRM has the resources available to meet the ever-present challenges.

If you have feedback about your membership or want to find out where your support is most needed, contact me directly at 202-686-2210, ext. 366, or bwason@pcrmfoundation.org.

Strong member support is truly the key to a successful partnership. Thank you for your continued commitment.

Warm regards,

Betsy Wason

Please send me information about:

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- planned annuities
- other planned gifts

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Please mail to:
The PCRM Foundation, Attn: Membership Dept.
5100 Wisconsin Ave. NW, Suite 400
Washington, DC 20016.

Or visit our planned-giving Web site at http://pcrm.planyourlegacy.org.
Doris Carey
Ahead of Her Time

PCRM member Doris Carey of Cherry Hill, N.J., has always been ahead of her time when it comes to important issues such as health and nutrition, animals, and the environment. A former medical technologist and head of hospital and private laboratories, she was faced with the reality of the use of animals in medicine, a situation she did her best to circumvent by finding homes for the lab’s rabbits among the hospital staff.

Ms. Carey has also always been very dedicated to health, nutrition, and promoting a plant-based diet. So she and her husband, Jerry, a retired businessman and certified public accountant, generously made a matching gift to help raise funds for The Cancer Project.

Ms. Carey first met Dr. Neal Barnard in the late 1980s when he was speaking at a local vegetarian fair, not long after he first founded PCRM. His presentation made an impression on her because it addressed two issues—nutrition and animal welfare—that were very important to her. From her own experience in running a testing laboratory, she had come to believe that complex diseases such as cancer could not be traced to one factor, but that environmental and nutritional components played a major role.

Ms. Carey has dedicated herself to many worthy causes over her lifetime, including animal welfare, wildlife, and the environment. She helped initiate a mobile spay/neuter clinic and worked to preserve New Jersey’s threatened Pine Barrens.

“People tell me that at my age I should be relaxing and taking it easy,” she said, but she feels there is still much to be done. “There is so much yet to do and one person can’t do it all, but we must all at least do what we can. I believe that you must put your extra grain of sand where it will make a difference. With enough grains of sand, you will eventually have an entire sand dune. The more people who do their part, no matter how small, the greater the result will be.”

Florida House Party a Huge Success

On a beautiful Saturday in October, Nanci Alexander (along with her charming dog, Glenda) opened her home in Boca Raton, Fla., for a PCRM fundraising event. It was a wonderful opportunity for staff to spend time with our supporters. PCRM president Dr. Neal Barnard and director of toxicology and research Chad Sandusky, Ph.D., gave guests an insider’s view on the latest program news and campaign victories. Thanks to the generosity of our members, the event raised close to $80,000 for critical programs and services.

We would love to have more of our members involved in our fundraising efforts! If you are interested in hosting a house party, please contact Patricia Howard at 202-686-2210, ext. 324.
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

Dr. McDougall’s Digestive Tune-Up
John A. McDougall, M.D.
Dr. McDougall takes a candid, humorous look at how the digestive tract functions. Learn how a low-fat, cholesterol-free, plant-based diet can prevent and cure constipation, hemorrhoids, IBS, and other chronic intestinal disorders. 211 pgs, $19.95

Don’t Drink Your Milk
Frank Oski, M.D.
Milk is the perfect food—for a calf. For humans, however, 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

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

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

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 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

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

Dr. Neal Barnard’s Program for Reversing Diabetes
If you have diabetes or are concerned about developing it, this program could change the course of your life. Dr. Barnard’s groundbreaking clinical studies, the latest funded by the National Institutes of Health, show that diabetes responds dramatically to a low-fat, vegetarian diet. Rather than just compensating for malfunctioning insulin like other treatment plans, Dr. Barnard’s program helps repair how the body uses insulin. Includes 50 delicious recipes. 288 pgs, $12.95

Eat Right, Live Longer
Foods can slow and even reverse some aspects of aging. Learn the surprising role that food plays in weight control, menopause, heart disease, hypertension, diabetes, arthritis, osteoporosis, and many other conditions. Recipes by Jennifer Raymond. 336 pgs, $13.00

A Physician’s Slimming Guide for Permanent Weight Control
You can succeed in becoming and staying slimmer! This book is not a diet—it’s a comprehensive program that takes the reader beyond artificial “formula approaches.” 96 pgs, $7.95

Foods That Fight Pain
Did you know that ginger can prevent migraines and that coffee sometimes cures them? Drawing on new research, Dr. Barnard shows readers how to soothe everyday ailments and cure chronic pain with common foods. 348 pgs, $14.00

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

The Whole Foods Diabetic Cookbook
Patricia Stevenson, Michael Cook, Patricia Bertron, R.D.
It’s not just about sugar anymore! A low-fat, vegetarian diet high in fruits, vegetables, whole grains, and beans will keep blood sugar at a more constant level and help control excess weight. Delicious recipes make it easy. Includes background info on diabetes and nutrition. 159 pgs, $12.95

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 different-hued foods. 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.

Fat-Free and Easy
Great Meals in Minutes!
Jennifer Raymond
As guest chef for Dr. Dean Ornish’s “Open Your Heart” program, Jennifer Raymond has the secret to making quick, fat-free, scrumptious, vegan recipes that will delight everyone. 152 pgs, $12.95
**PCRM Marketplace**

### MARKETPLACE ORDER FORM

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<th>Item</th>
<th>Color (If applicable)</th>
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<td>Choose Health! Four Food Groups Poster</td>
<td>Striking color photos illustrate PCRM's New Four Food Groups for complete nutrition without cholesterol and excess fat. Includes serving recommendations.</td>
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<td>Cartoon Four Food Groups Poster</td>
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<td>The New Four Food Groups Grocery Tote Bag</td>
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**SHIPPING AND HANDLING CHARGES**

For orders shipped to more than one address, please add shipping for each additional address.

Orders within the United States
Shipping via U.S. Postal Service or UPS.
For orders between $1 and $20 = $5
For orders between $20 and $40 = $7
For orders between $40 and $70 = $9
For orders between $70 and $100 = $12
For orders more than $100 = $15

International and Express Shipping Orders:
Shipment charges vary depending on country and/or express shipping method. Call for charges: 1-800-655-2241

**SUBTOTAL**

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**Mail to:**
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P.O. Box 180
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(Do not use the membership envelope in this issue.)

**Or call toll-free:** 1-800-695-2241
**Or order online at:** www.pcrm.org

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**PLEASE PRINT**
Just the Facts

Grains Lower Diabetes Risk
African-American women may be able to lower their risk of developing type 2 diabetes by eating plenty of magnesium-rich foods, especially whole grains, such as millet and barley, according to a recent report in *Diabetes Care*. Participants in the Black Women’s Health Study who consumed the most magnesium had a 31 percent lower risk of developing diabetes compared with those who consumed the least amount of magnesium.

*Diabetes Care*, October 2006.

Mirror Shatters Myth
Happy, a 34-year-old female elephant at the Bronx Zoo, and her pachyderm friends recently proved that elephants can recognize themselves in a mirror. When Happy looked in the tall mirror researchers had placed inside the elephant enclosure, she repeatedly used her trunk to touch the “X” painted on her head, which she could not feel or have known was there without understanding her reflection. One of Happy’s elephant companions, 35-year-old Maxine, used the mirror to get a better peek inside her mouth.

Some researchers had previously held that humans, great apes, and bottlenose dolphins were the only animals able to show self-awareness. The experiment proves that even these researchers can gain better awareness.


Gas Pains
A recent study revealed that 938 million more gallons of gasoline go into noncommercial vehicles each year because Americans are significantly heavier than they were in 1960, when the average adult male weighed 166 pounds and the average adult female weighed 140 pounds. According to the National Center for Health Statistics, those averages were 191 and 164, respectively, in 2002.

It takes more gas to transport our ever-fatter bodies.


PCRM’s Insulin Assay: Preferred by Most Researchers
PCRM’s cruelty-free insulin assay is now marketed by Millipore (formerly Linco Research) as the company’s preferred insulin assay. Millipore has sold enough kits to run almost 10,000 insulin tests, and researchers are so pleased with the accurate results that PCRM’s cruelty-free assay has replaced the conventional kit sold by the company. In 2005, PCRM worked with researchers to develop an insulin assay without the use of painful in vivo procedures, such as growing antibodies in the abdomen of mice, and without fetal-calf serum, a cruel slaughterhouse byproduct that can harbor bacteria and viruses.

PCRM’s Insulin assay: Preferred by Most Researchers

Veggies Keep Us Young
New research suggests that eating vegetables helps slow mental decline as we age. In a six-year study, people 65 years of age or older who ate more than two servings of vegetables a day had about 40 percent less mental decline than people who ate few or no vegetables. Spinach, kale, and collards were among the most beneficial vegetables. Researchers suspect that is because they contain vitamin E, a powerful antioxidant.


Food Fight
The U.S. Court of Appeals for the Second Circuit recently restored part of a lawsuit in which the parents of two minors claim that McDonald’s used deceptive ads to sell unhealthy food products that increased their daughters’ risk of heart disease and led to diabetes, obesity, and high cholesterol. New York Judge Robert Sweet, who dismissed the complaint in 2003, issued a new ruling allowing claims that McDonald’s engaged in a scheme of deceptive advertising about the health benefits of its products between 1987 and 2002.


Mad Bee Disease
Almost 60 cases of grayanotoxin intoxication, which stems from the consumption of “mad honey” made by bees who visit toxic rhododendron plant flowers, have been reported in the eastern Black Sea region of Turkey. This condition causes adverse effects on the cardiovascular and respiratory systems, including dizziness and hypotension, and, in serious cases, impaired consciousness, seizures, and atropine-triccular block. Honey from the common olean and almond blooms may also be toxic to humans.


Get a Better Look Inside Her Mouth

“Yours Adorable!”

Honey from the common olear and almond blooms may also be toxic to humans.
We are pleased to announce that PCRM and The George Washington University Medical Center will jointly sponsor a continuing medical education seminar, Nutrition in Clinical Practice, on April 13 and 14, 2007—the weekend of the Art of Compassion gala.

We anticipate that this seminar will be the first of many opportunities for PCRM physicians and other health care professionals to receive required continuing education.

Topics will cover the role of diet in weight control, diabetes care, cardiovascular risk reduction, cancer prevention and survival, and women’s health.

PCRM president and GW adjunct associate professor of medicine, Neal Barnard, M.D., and David Jenkins, M.D., Ph.D., Sc.D., creator of the glycemic index, will discuss nutrition and dietary issues related to diabetes care. Cardiology expert Caldwell Esselstyn Jr., M.D., will discuss how dietary choices impact cardiovascular risk reduction. Gordon Saxe, M.D., Ph.D., will provide an overview of the role of diet in cancer prevention and survival. Hope Fertowsian, M.D., M.P.H., director of clinical research for the Washington Center for Clinical Research, will discuss the role of diet in women’s health.

We hope that you will join us for the launch of this exciting and informative continuing medical education program. If you are a health care professional interested in participating, please visit www.pcrm.org/gala2007 to receive an e-mail notification when registration opens.

Event Chairs Maria and Wolfgang Petersen, along with Physicians Committee for Responsible Medicine President Neal Barnard, M.D., invite you to the Art of Compassion.

- Evening reception and gala dinner at Washington’s historic Mellon Auditorium
- Fabulous live entertainment
- Celebrity-inspired silent and live auctions
- Awards and tributes
- Gourmet vegan meal
- Continuing Medical Education (CME) credits for health care professionals
- Cooking demonstrations and educational sessions

For more information, to register online, and to make hotel reservations, visit our Web site, www.pcrm.org/gala2007, or contact Debbi Miller at 202-686-2210, ext. 340, or e-mail dmiller@pcrmfoundation.org.