

ACCENT

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TO YOUR HEALTH

Parent group supports others facing addiction

The Parent Support Network of Johnson County invites families to learn about addiction and how it affects each member of a family.

The event will take place from 6:30 to 7:30 p.m. Thursday at Tara Treatment Center, 6231 S. U.S. 31, Franklin.

Reservations are recommended.

Information: 652-0372

Dump Your Plump program starting again

Partnership for a Healthier Johnson County will sponsor a new round of the countywide team wellness competition, Dump Your Plump, beginning Feb. 28.

Teams consisting of up to 10 people are challenged to set a weight-loss goal of up to 20 pounds and exercise at least five days a week for 30 minutes a day. Contestants have a chance to win hundreds of dollars in prizes throughout the contest.

For a team packet, call 346-3768.

Web can keep families updated about patients

St. Francis Hospital has partnered with an Internet service to provide free, personalized Web pages for patients to stay in touch with their families and friends during a hospital stay.

The service offers ways for patients and family members to:

- Update everyone at the same time without repeated phone calls or e-mails
- Post photographs, contact information and visiting hours.
- Create Web pages that they can easily update themselves
- Receive notes from friends and family on a private message board.

This free service is available by visiting stfrancishospitals.org or carepages.com/stfrancishospitals.

Blood drives scheduled at Center Grove schools

Center Grove schools are participating in blood drives.

The Indiana Blood Center's bloodmobile will be conducting drives at the following times:

- 7 to 9 a.m. Friday, Maple Grove Elementary School
- 11:30 a.m. to 1:30 p.m. Friday, Center Grove Middle School Central

For appointments or information, call Jodi Behnke at 888-0185.

Grief support groups organized through hospice

St. Francis Hospice will offer a bereavement support group for adults who have experienced the death of a loved one.

The group will meet from 6:30 to 8 p.m. for six successive Tuesdays today through Feb. 27 at St. Francis Hospice, 438 S. Emerson Ave., Greenwood.

Registration is encouraged at 865-2092.

Weight-loss information offered at library

During the Five Secrets to Permanent Weight Loss program, learn how to lose nine pounds in nine days, why diets don't work, how to reduce your chance of breast cancer and more.

The free session will be from 11 a.m. to noon Thursday at Southport library, near intersection of Stop 11 Road and Madison Avenue, Indianapolis.

Registration is required by calling 289-6362.

Seminar addresses hormone therapy

Bio-identical hormone-replacement therapy will be discussed during a seminar at 7 p.m. Jan. 30 at Pharmacy Care Solutions, 2323 N. Marr Road, Columbus.

The seminar addresses health issues faced by women in midlife. Participants will receive a book, information packet and hormone-testing kit.

Cost is \$25. Information: (812) 376-9650

Surgical weight-loss information session set

Learn about bariatric surgery at 5:30 p.m. Feb. 12 at the Indiana Heart Hospital, 1402 E. County Line Road, Conference Room A.

Registration is required for the free session by calling (800) 777-7775.

\$1 billion and counting



Breast cancer survivors take part in the opening ceremony of the Susan G. Komen Breast Cancer Foundation's annual Race for the Cure in Washington dur-

ing June. The nonprofit organization is celebrating its 25th anniversary this year with a new name: Susan G. Komen for the Cure.

Foundation marks 25 years of funding research

By JAMIE STENGLE
THE ASSOCIATED PRESS

DALLAS

Another \$1 billion ravaged her body, Susan G. Komen asked her younger sister for a promise. Komen wanted help to "cure this disease." After a three-year struggle, the vivacious mother with the bright smile died in 1980 at age 36.

And her sister, Nancy Brinker, kept her promise to do something, founding the Susan G. Komen Breast Cancer Foundation two years later.

"I knew it had to be big. We had to change a culture," Brinker said.

Indeed, the culture and much more have changed.

In the 25 years since, the foundation has grown from a small gathering of women in Brinker's living room to a world-renowned operation that will have invested roughly \$1 billion in community outreach and research by year's end.

The Dallas-based organization has 200 employees, more than 100,000 active volunteers and 125 affiliates.

Its annual Race for the Cure has grown from 800 women who ran for charity in Dallas to about 1.5 million participants in 120 races worldwide. The foundation has funded work in more than 47 countries.

The nonprofit is celebrating its 25th year with a new name: Susan G. Komen for the Cure, an edgy new advertising campaign that includes T-shirts reading: "If you're going to stare at my breasts, you could at least donate a dollar to save them," sales of pink promise rings and a pledge to raise

another \$1 billion in the next 10 years.

With the help of organizations like Komen and prominent figures like first lady Betty Ford, who spoke openly of about her experience with breast cancer in the mid-1970s, the culture slowly began to change from breast cancer being a taboo subject, said Dr. Gabriel Hortobagyi, president of the American Society of Clinical Oncology.

"I grew up at a time when most families didn't talk about either sex or cancer," said Hortobagyi, chairman of the department of breast medical oncology at the University of Texas M.D. Anderson Cancer Center in Houston. "Those were sort of taboos. It was sort of shameful if anyone in the family had cancer. And people didn't talk about breasts, either healthy or sick."

Today, the Komen foundation reports: Nearly 75 percent of women over 40 get regular mammograms compared to fewer than a third who got breast exams in their doctor's offices in 1982; the five-year survival rate for breast cancer when caught before it spreads is 98 percent compared to 74 percent back then; the federal government devotes more than \$900 million each year to breast cancer research, treatment and prevention compared to \$30 million in 1982.

"I truly believe if Nancy hadn't started this thing, that that would not be the case, it just needed that special focus," said Hala Modellmog, president and chief executive officer of Komen.

The Komen organization says it is second only to the U.S. government as a source of funding for breast cancer research and community outreach programs, which include education, screening and treatment. It says about 84 cents of every dollar it raises is spent in those areas, totaling about \$157 million this year.

"Every advance in breast cancer has been touched by a Komen grant," said Komen spokeswoman Emily Callahan.

This year the organization is refocusing its research money to concentrate on more focused areas, such as finding biological signs that can help predict cancer before symptoms appear.

Funding both research and community programs is important, said Modellmog, herself a five-year breast cancer survivor.

"We're helping to discover the cures by funding the research. And we're helping to deliver the cures by providing access," Modellmog said. "What we want to wake up and see one day is a world without breast cancer."

By getting the subject of breast cancer out into the public, the Komen foundation led women to becoming advocates, said Jean Sachs, executive director of Living Beyond Breast Cancer, a nonprofit provides breast cancer education. Komen is one of the sponsors of the group's annual conference for those diagnosed with breast cancer younger than age 45.

"If you look at where we are today, it's so different. Women have so many choices," Sachs said.



Nancy Brinker founded the Susan G. Komen Breast Cancer Foundation two years after her sister died of the disease. The organization's new name will be Susan G. Komen for the Cure.

Schools slip in lower-fat ranch dressing, and kids like it

Plant-based substitute made from hulls of crops

By JENNIFER C. YATES
THE ASSOCIATED PRESS

PITTSBURGH

It isn't mystery meat, it's more like mystery fat. And the kids in the Plum Borough School District have been eating it up.

The secret ingredient is a plant-based fat substitute called Z Trim. It's been in the school's popular ranch dressing for months, quietly reducing the fat and calories students are getting when they load up their salads and chicken with it.

"It's really good. Better than my ranch at home," says 16-year-old Juliann Sheldon, who used the dressing to top off her salad of lettuce, baby spinach,

chunks of chicken and croutons.

The Plum Borough district in suburban Pittsburgh is believed to be the first school district in the country to use the fat substitute. School officials say the dressing's flavor is preserved, even though fat and calories are cut.

"Sometimes getting healthy foods into (students) isn't always the easiest thing to do, if they know about it," said Maryann Lazzaro, the district's food service manager and a registered dietitian. The district began using the product 10 months ago but told the students about the switch only recently.

"I think it tastes the same as it did before," said Tina DeLuca, 16.

Z Trim, which has no fat, is made from the hulls of corn, oats, soy, rice and barley. It was developed by a scientists at a U.S. Department of Agriculture lab in Illinois in the mid-1990s.

The Center for Science in the Public

Interest, a consumer advocacy group that often speaks out on unhealthy food, said it has no safety concerns about Z Trim.

It's taken several years to get the product into production and on the market. In 1998, FiberGel Technologies of Mundelein, Ill., acquired the license for Z Trim and built a manufacturing plant with plans to market and sell it to both food manufacturers and consumers.

Sold as a gel or powder, it can be used in dressings, dips, sauces, baked goods, processed meats, snack foods, cookies, pies and other foods. It cannot be fried.

The company believes Z Trim could play a crucial role in fighting obesity.

Rick Harris, FiberGel's vice president for sales and marketing, said Z Trim can be used to replace about 50 percent of the fat — such as oil or lard — in recipes without changing the taste or texture. In Z Trim mayonnaise, for example, there are 2 grams of fat and 25 calories per 1

tablespoon serving, compared with 4.5 grams of fat and 45 calories in a serving of an average light mayonnaise.

"This is a true plant fiber. It's something people have been eating," Harris said. "If anyone's had popcorn, they've had Z Trim. That's basically what it is."

Many products on the market use a variety of fat substitutes, including olestra. But unlike fat replacers like olestra, Z Trim has no known side effects, the company said.

Nancy Perrott, a nutritionist at Children's Hospital of Pittsburgh, said the best way to get kids to eating healthier is to offer healthy choices and limit unhealthy ones. Perrott raised concerns that children would get used to eating lower-cal school foods and forget that most of those foods outside school have more calories.

"It is the right idea. Whether or not that's a practical solution, I'm not sure," she said.