

Vice squad

V8 V.Fusion combines fruit, vegetables



DOUG COOK

PRODUCT: V8 V.Fusion Strawberry Banana
MANUFACTURER: CSC (Campbell Soup Co.) Brands, V8juice.com.
THE POSITION: "V8 V.Fusion is a breakthrough juice that gives you a full serving of vegetables plus a full serving of fruits in every 8-oz glass."
INGREDIENTS: Reconstituted vegetable juice (sweet potato, carrot,

tomato and beet), fruit juice blend (white grape, orange, apple, strawberry and clarified banana).
NUTRITIONAL BREAKDOWN: 120 calories per 250-mL serving, 28 g carb (0 g fibre, 25 g sugar), 0 g fat (0 g saturated, 0 g trans), 1 g protein
ANALYSIS: The maker of V8 vegetable juice has created a new beverage — a hybrid like the new hybrid cars that use two types of fuel.

This drink brings together the best of both worlds: fruit and vegetable. At first glance, this seems like an extraordinary product — after all, each glass provides one full serving of fruits plus one full serving of vegetables.



However, when you consider that a serving of either fruit or vegetable juice is only 125 mL, then one glass (250 mL) is equal to two servings.

One glass of orange juice equals two fruit servings; one glass of tomato juice equals two vegetable servings — the total servings is same with V8 V.Fusion: you simply get one fruit and one veggie.

Don't get me wrong, this is a great way to get at least one serving each of fruits and vegetables in one easy glass.

I think the real benefit is for those who find it difficult to get their veggies (more so than fruit), and who may not like the idea of tomato juice or V8

vegetable juice (the V.Fusion's predominant flavour is fruit juice). V.Fusion also comes in Pomegranate Blueberry, Tropical Orange and Peach Mango flavours. Each provides 100 per cent of your daily requirement of vitamin C.



Strawberry Banana and Tropical Orange are good sources of beta carotene, a powerful antioxidant.
ALTERNATIVE: Having 125 mL of fruit juice and 125 mL of vegetable juice separately.
TAKE IT OR LEAVE IT: This is both a quality product and convenient — a recipe for success.

Doug Cook is a registered dietitian at St. Michael's Hospital in Toronto.

Health news

Removing ovaries ups risk of dementia, Parkinson's

A new study says removing one or both ovaries before a woman reaches natural menopause increases the risk of both dementia and movement disorders such as Parkinson's disease.

But researchers at the Mayo Clinic say giving hormone-replacement therapy at least until the age of 50 reduces that risk.

The removal of ovaries is often done to protect women at high risk of breast or ovarian cancer.

According to the study authors, women and doctors should think twice before performing such a surgery.

The findings were published in the August 29 online issue of Neurology.

New heart pump helps heart-failure patients

A new kind of heart pump helped patients with heart failure so severe that their only option was a transplant.

Dr. Leslie Miller, cardiology chief at Washington Hospital Center, says the Heart Mate II is a continuous flow device.

During trials, it was implanted in 133 people with end-stage heart failure and at six months, 75 per cent were still alive.

The 12-month survival rate was 68 per cent. Miller calls those results "very positive."

Former smokers still at risk of developing lung cancer

Research by scientists at the B.C. Cancer Agency suggests heavy smokers who butt out years ago are still at risk of developing lung cancer.

A study published Wednesday in the online journal BMC Genomics says that although damage from smoking is repaired over time, the habit appears to permanently alter other genes.

Researchers looked at the lung tissue of 24 current and former smokers and of nonsmokers.

They identified almost 600 genes that were expressed differently in current smokers and nonsmokers.

Former smokers showed changes in about a third of the affected genes.

— Compiled by Florence Sicoli from Hamilton Spectator news services

House calls

HPV vaccine can help prevent cervical cancer



LAURIE ELIT

Q: My daughter is going into Grade 8 this fall. According to a government announcement, she will be eligible for an HPV vaccine. What are the benefits for my child and what are the risks?

A: The new human papillomavirus (HPV) vaccine provides a great opportunity for girls of your daughter's age.

Females between nine and 26 have a real chance of protecting themselves against cervical cancer, which is the

second leading cause of death for women worldwide.

HPV is the most common sexually transmitted infection, occurring in approximately 75 per cent of sexually active women. Many people with HPV will have no obvious signs of infection.

Almost all cervical cancers are directly linked to previous infection of the cancer-causing types of HPV.

Currently there is no treatment for HPV infection. In most cases, an active infection is controlled by the immune system and, with time, the virus becomes dormant.

But it isn't possible to predict whether parts of the virus will become incorporated into the cervical cells.

The HPV vaccine is a way of preventing more serious cervical disease. Currently the only method of detecting cervical cancer is through cervical screening. The first stage in detecting cervical disease is a Pap smear test,

which most women receive once they are sexually active.

Early detection and treatment can prevent a large percentage of cervical cancers from developing. But the Pap test may not always detect early cell changes that could lead to cancer. In fact, 40 per cent of women with the disease were previously screened.

That is why women must have the Pap smear repeated every one to two years. And if a woman develops persistent vaginal bleeding or discharge, she should see her doctor.

The current Ontario Screening Guidelines recommend that women have a Pap test:

- Every year once you start having sex
- If your tests are normal for three years in a row, then you will need a Pap test every two to three years.

The HPV vaccine will assist in lowering the number of women who get cervical cancer.

People may be concerned that the vaccine is new. The immediate side-effects of the vaccine are similar to other vaccines in that there can be mild pain at the injection site or fever. It isn't known at this time whether a booster will be needed years after the initial vaccine is given.

It's important to note that the HPV vaccine does not replace routine Pap smear tests. For more information on HPV and cervical cancer screening, visit website cancercare.on.ca.

Dr. Laurie Elit is a gynecologist specializing in the treatment of cancer at Hamilton Health Science's Juravinski Cancer Centre.

House Calls is written by Hamilton Health Sciences' experts. Send questions to gohealth@thespec.com or House Calls, The Hamilton Spectator, 44 Frid. St., Hamilton L8P 3G3.

Ball stretching gives your tummy a break

BY DENISE AUSTIN

I like to do this back stretch periodically during my abdominal routines, to give my tummy a little break. It opens your chest, relaxes your abdomen and elongates your spine.

Rodale Press

1 Sit on the stability ball with your knees bent and feet on the floor. Walk your feet forward as you slide your torso down the ball until your lower and midback press into the ball. Exhale as you raise your arms overhead.



2 Continue to exhale as you lean back over the ball, allowing the ball to support the arch in your spine. Reach your fingertips toward the floor and fully extend your legs, as shown. Then inhale as you return to the starting position, lying back on the ball with your arms down. Stretch back over the ball two more times.

New guidelines on asthma and youth

BY DENISE GRADY

Children aged five to 11 with asthma require different treatment than do adults, guidelines issued yesterday by the U.S. National Heart, Lung and Blood Institute say.

The new guidelines are the first to recognize that this age group has distinct needs and should not be lumped together with adults, as in the past.

Specifically, these children can often control their asthma with inhalers that contain only steroid drugs, whereas adults are more likely to need inhalers that combine steroids and other medicines. The new information is part of a 440-page report at the website nhlbi.nih.gov/guidelines/asthma/asthgdln.htm.

The report emphasizes that every patient should have a treatment plan that considers not only current symptoms, but also the risk of future attacks.

Someone with asthma can be feeling perfectly fine and yet still be at high risk of having a severe attack. The risk is based on the history of asthma at-



HAMILTON SPECTATOR FILE PHOTO

Kids with asthma have distinct needs.

tacks and related problems like allergies, and it is an important factor in determining the type of medicine needed and how often it should be used.

People with persistent asthma need to take medicine every day to prevent attacks, even when they are feeling well. And the report notes that educating patients and their families is an essential part of controlling the disease.

Patients must be persuaded to take medicine even when they do not feel sick, and they need to be taught how to use inhalers properly, or the medicine will not reach their lungs.

Hospital and doctor visits for asthma are expected to rise in the next few months because children are going back to school and infecting one another with the common cold. Cold viruses are a notorious cause of attacks in children who have asthma.

New York Times News Service

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