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On page 2:

***A call to all diabetics
interested in becoming
research volunteers***

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Diabetes, Canada and You

With information from Canadian Diabetes Association

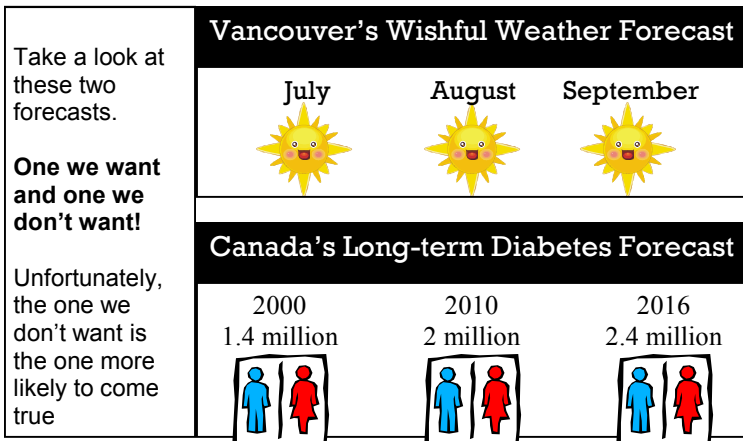
Greetings from Prohealth

If you have ever visited Dr Kendler at his West Broadway clinic, you will be aware of the work we are doing in the areas of Osteoporosis, Arthritis and Thyroid function. However, this edition of the Gazette is to let you in on some facts about Diabetes and the research we are undertaking in this area.

So, if you have diabetes, know someone with diabetes or have any interest in what is becoming one of the leading health problems in Canada, read on and see page 2 for research volunteer opportunities!

Here are some facts:

- ▶ Every 20 minutes someone in British Columbia is diagnosed with diabetes.
- ▶ Diabetes is a very serious health problem and if not managed effectively can lead to even more serious complications down the road.
- ▶ About half of Type 2 Diabetics are not meeting their recommended blood sugar targets.
- ▶ 10% of hospital admissions in BC relate to people with diabetes who need urgent medical attention for heart attack, stroke, or kidney failure that are a result of their diabetes.



But it's not all bad news...

- ▶ If you have Diabetes, complications, their associated medications and possible hospital admissions may be avoidable with careful control of your blood sugar levels
- ▶ Scientists also believe that the onset of Type 2 Diabetes can be prevented or delayed by controlling your weight and making healthy lifestyle choices with diet and exercise.

Do you know of local groups or community events where we could provide more information about diabetes, osteoporosis and related research studies?

Please call us at 604-263-3661 or toll free at 1-866-226-6143

You can also visit us on the web at www.prohealthcr.ca or



Would you or someone you know like to participate in a clinical trial?

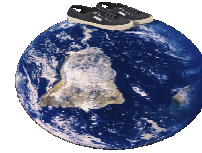
At Prohealth Clinical Research we are always starting new trials and seeking volunteers. Now that we have expanded into the areas of **Diabetes, Osteoporosis and Rheumatoid Arthritis**, we have something to offer almost everyone. Our volunteers have a chance to:

- › Use the newest drugs at no cost
- › Benefit from medical exams and tests
- › Reimbursement for travel expenses

If you, a family member or a friend are interested in participating in a trial, we welcome your call or email. (contact details above and on page 1)

Are you a DIABETIC with FOOT PAIN?

Your Podiatrist cares and wants your feet to feel on top of the world again!



1 in 7 Canadians have diabetes and foot problems are a common complication of this disease. **Dr Kendler's team at Prohealth Clinical Research** is the Vancouver location for a global research trial studying possible treatments for men and women with Diabetes and foot pain.

Qualified participants will receive at **no cost**:

- **1 or 2** investigational medications
- Health check-ups and laboratory tests
- Visits and advice from a medical specialist

You may be **eligible** if you:

- Are at least 18 years old
- Are diagnosed with Type 1
 - or Type 2 Diabetes
- Are experiencing pain in your feet
- Have stable blood sugar levels



For information, call the team at Prohealth Clinical Research

Crunchy Chicken-Cilantro Lettuce Wraps - Great for lunch on a warm summer's day!

Recipe courtesy of *The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil* from the American Diabetes Association and CanolaInfo, copyright 2009

Sauce

- 3 tbsp reduced-sodium soy sauce
- 2 tbsp sugar
- 2 tbsp fresh lime juice
- 1 tbsp canola oil
- 1 tbsp water
- zest of 1/2 orange
- 1/4 tsp dried red pepper flakes

Filling

- 2 cups bagged coleslaw mix
- 1/2 can sliced water chestnuts, drained and cut in half
- 1/2 cup fresh/frozen green peas, thawed
- 1 cup cooked diced chicken breast
- 1/3 cup dry roasted peanuts, toasted
- 1/4 cup chopped fresh cilantro leaves
- 12 large Romaine lettuce leaves

1. Combine sauce ingredients in a small bowl and whisk until blended. Combine the filling ingredients in a medium bowl.
2. To serve, arrange three lettuce leaves on each plate and spoon equal amounts of filling on top. Serve with sauce on the side. Have people roll up their own lettuce leaves and dip into the sauce

Serves 4, 3 lettuce leaves make one serve

Nutrition Information (per serve)

Calories	225
Protein	16 gm
Carbohydrates	17 gm
Fat	1.4 gm
Saturated Fat	30 mg
Sodium	585 mg

