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Welcome to the PCOS Health & Nutrition Centre

Inside This Issue

- 1** Welcome
- 2** Surviving the Silly Season
- 3** Christmas Recipes
- 4** Christmas Recipes
- 5** Research Review
- 6** PCOS Made Easy

Welcome to the PCOS Health and Nutrition Centre – the first centre of its kind, aimed at providing a central place for women with PCOS and those involved in their care to obtain all their health and nutrition needs and information, particularly in the areas of healthy eating, exercise and dealing with the emotional and psychological consequences of living with PCOS.

Situated in Chatswood, Sydney, the centre currently provides the services of a dietitian, diabetes educator, exercise physiologist, clinical psychologist, personal trainer and birth consultant. And we have also joined up with the Face Today team to offer you laser hair removal.

As well as individual consultations with each of our practitioners, we also offer talks, group education sessions, group personal training and pilates, and depending on interest, plan to offer some additional services down the track including yoga, meditation and stress management classes.

For more information, visit our website
www.pcoshealth.com.au

We hope you and your family have a wonderful Christmas and a happy and healthy new year!



Surviving the Silly Season

Christmas and New Year is the time when we are all tempted to eat and drink more than we normally would. But it is possible to enjoy the festive season without overdoing it!

- Snack foods are often high in fat, so try these healthier alternatives:
 - salsa or hummus with vegetable sticks and baked pita bread
 - roasted chickpeas and soy nuts
 - unsalted nuts and dried fruit
 - rice crackers, pretzels, plain popcorn
 - wholegrain crackers with low fat cheese
- If you are having a roast on Christmas Day, cook the meat on a rack and bake the vegetables in a separate pan, sprayed with a little olive oil
- For a lighter meal, seafood, cold lean meats and chicken, and salads make a good choice, particularly on a hot day!
- Summer brings an abundance of delicious fruits including stone fruit and melons, so a fruit platter makes a great dessert
- Don't forget about what you are drinking – try to alternate alcoholic with non-alcoholic drinks such as mineral and soda water with lemon or lime or fresh fruit juices.
- It's easy to overeat when there is so much good food to choose from but this generally means feeling uncomfortable afterwards. Have a little of what you enjoy and remember that you can always have some leftovers tomorrow!
- Most importantly, keep active. That way those little extras to eat are unlikely to be a problem!



Apple and Thyme Turkey Breast

Serves 16

Ingredients:

4.2 kg turkey breast with bone removed (final weight around 3.3kg)
black pepper
1/2 cup of couscous
250ml boiling water
1 cup of fresh wholegrain breadcrumbs
1 medium green apple unpeeled and grated
½ cup of dried apple roughly chopped
1 cup of dried apricots roughly chopped
1 tablespoon of chopped fresh lemon thyme
1 tablespoon of chopped fresh sage
2 tablespoons of lemon zest
1 egg white lightly beaten

Method:

1. Pat turkey breast dry and season with pepper
2. Add boiling water to couscous in a bowl and leave for 10 minutes or until water absorbed
3. Add remaining ingredients to couscous and mix well
4. Place turkey breast skin side down and spread couscous stuffing evenly along the centre.
5. Fold the breast in and tie with kitchen string
6. Place turkey breast on a rack in a baking dish and add 1 cup of water to baking dish
7. Bake at 180°C for 2 to 2 1/4 hours or until cooked through. Rest for 15 minutes before slicing

From: *Christmas Food – Jody Vassallo*

Turkish Hoummos

Serves 6-8

Ingredients:

1 x 400g can chickpeas
½ cup (130g) tahini
2 cloves garlic, coarsely chopped
1/3 cup lemon juice
salt and freshly ground pepper

Method:

1. Drain chickpeas and reserve liquid
2. In a food processor, combine chickpeas, tahini, garlic, lemon juice and seasonings. Process, adding enough reserved chickpea liquid to make a smooth consistency

From: *The GI Plus – Jennie Brand Miller & Kay Foster-Powell*

Warm Chicken Salad with Orange and Walnuts

Serves 6

Ingredients:

6 cups mixed lettuce leaves
 350g snow peas, trimmed and halved
 1 orange, peeled and segmented
 2 sticks celery, sliced
 2 chicken breast fillets (about 250g)
 1 tbsp canola oil
 1 tsp grated fresh ginger
 Freshly ground black pepper
 2 tbsp chopped walnuts

Dressing

¼ cup orange juice
 1 tbsp canola oil
 2 tsp grated orange rind
 1 tsp French mustard
 1 tsp chopped fresh chives



Method:

1. Tear lettuce leaves into fork-sized pieces, removing any brown edges. Toss in salad bowl with snow peas. Add orange segments and celery.
2. Slice chicken finely into strips. Heat oil in a wok or deep pan. Stir-fry chicken strips and ginger for 3-4 minutes until golden. Sprinkle with lots of pepper and add to salad.
3. Place dressing ingredients in a small screwtop jar and shake well until blended.
4. Pour dressing over salad. Toss to combine. Sprinkle with walnuts. Serve immediately.

From: Nutrition for the healthy heart – Catherine Saxelby

Three Bean and Basil Salad

Serves 6-8

Ingredients:

1x400g can cannellini beans, drained
 1x400g can borlotti beans, drained
 1x400g can red kidney beans, drained
 2 cloves garlic, crushed
 3 tablespoons extra virgin olive oil
 1 tablespoon lemon juice
 Salt and freshly ground black pepper
 ½ bunch basil leaves, torn

Method:

1. Rinse all the drained beans well under cold running water. Drain.
2. Combine the beans in a large serving bowl or flat white platter.
3. In a lidded jar, combine the garlic, olive oil, lemon juice and seasonings and shake well.
4. Pour over the beans and toss through the basil leaves.

From: The New Glucose Revolution Life Plan – Jennie Brand Miller et al

Research Review – Increased Risk of Diabetes in Brothers of Women with PCOS

Brothers of women with Polycystic Ovary Syndrome (PCOS) have decreased insulin sensitivity and glucose tolerance, putting them at high risk of type 2 diabetes. That's the findings of a new study published in the December issue of *Diabetologia*.

Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders in women, affecting an estimated 5-10% of women of reproductive age. Women with this condition suffer from irregular periods, infertility and symptoms of excess male hormones such as acne and excess hair growth. It is now known that the majority of women with PCOS have insulin resistance as the underlying cause of their PCOS – insulin resistance is an insensitivity of the muscles and cells to insulin and is the same problem that occurs in type 2 diabetes. PCOS has therefore been identified as a risk factor for type 2 diabetes.

Because it is known to be genetic, the researchers hypothesized that brothers of women with PCOS would also be insulin resistant, so set out to determine if this was in fact the case.

They compared 17 brothers of women with PCOS and 28 male control subjects, conducting 2 different tests to measure insulin sensitivity and glucose tolerance.

The researchers found that while the brothers of the women with PCOS and the controls had a similar BMI, waist circumference, body fat percentage and blood pressure, the brothers had higher triglycerides, blood glucose and insulin levels, and factors which affect blood clotting including PAI-1 and factor V111 – these have also been shown to be higher in women with PCOS. Insulin sensitivity was 38% lower in the PCOS brothers and this remained significant even after adjusting for age and BMI.

The researchers conclude that brothers of women with PCOS may have also inherited the insulin resistance and metabolic syndrome typical of this condition.

Baillargeon & Carpenter. Brothers of women with polycystic ovary syndrome are characterised by impaired glucose tolerance, reduced insulin sensitivity and related metabolic defects. Diabetologia 2007 50: 2424-2432

Need help with exercise?

Having difficulties getting started with exercise? Started and having trouble keeping going? Not sure if what you're doing is right?

Give The Glucose Club a call. Our Accredited Exercise Physiologists understand the difficulties women with PCOS and insulin resistance face when it comes to physical activity. Contact us on (02) 9328 4869. We are now seeing clients at the PCOS Health & Nutrition Centre at Chatswood.



PCOS Made Easy – Audio CD Program

Lifestyle changes, including diet and exercise, can significantly improve all or most of the symptoms of PCOS. In fact research has shown that losing as little as 5% of your weight through diet and exercise can restore ovulation, improve fertility and reduce many of the symptoms of this condition. And if you have PCOS, eating well and exercising regularly also helps regulate your blood glucose levels, improve your energy levels and reduce your risk of diabetes and heart disease.

PCOS Made Easy is an audio CD designed specifically for women with PCOS, to help them in making the lifestyle changes needed to manage their condition. It will provide you with:

- an explanation of PCOS and its symptoms
- information on the link between PCOS and insulin resistance and why this is important
- an understanding of the importance of lifestyle changes in managing PCOS
- everything you need to know about eating well with PCOS, including practical tips you can implement right now
- a 6-point exercise plan for managing insulin levels
- tips on getting started with exercise
- the truth about those common exercise myths
- a comprehensive range of fact sheets covering all the main points in the audio CD

Available for only \$50.00 incl GST (+\$5 P&H). To order a copy, visit www.pcoshealth.com.au/services/bookshop or email info@pcoshealth.com.au and ask us for an order form.

Accredited Practising Dietitian & Diabetes Educator *Kate Marsh* and Accredited Exercise Physiologist *Dr Adam Fraser* explain everything you need to know about managing your PCOS through lifestyle changes.

