



West Virginia Bureau of Senior Services

Chronic Obstructive Pulmonary Disease: Help Is On the Way in WV

“I was looking at the face of death,” said Grace Anne Dorney, wife of



Ted Koppel, former news anchor for CBS. She uttered these words on being diagnosed in 2001 with a lung condition called Chronic Obstructive Pulmonary Disease (COPD). She was unable to catch her breath even while standing still.

But Grace Anne credits Pulmonary Rehab for helping her to take back her

life. So she became a national advocate for people suffering with this disease. She and

Thanks to their generosity in November 2013, the Grace Anne Dorney Pulmonary Rehabilitation Center opened in Dawes, WV at the Cabin Creek Health Center. When asked



Ted also have donated generously to this cause.

why Cabin Creek, Ted Koppel answered simply, “Because it’s where the need is”.



The leading cause of COPD is smoking. But the disease may develop in individuals (Continued on page 8)

Volume 146
May 2014

Websites of Interest:

- cabin creekhealth.com/pulmonary-rehab
- exerciseismedicine.org
- csaceliacs.org
- eatright.org
- eatrightwv.org

Inside this issue:

Gluten 101	2-3
Green Tips	4
Go Mexican for Cinco de Mayo (5th of May)	5-7



WV Academy of Nutrition and Dietetics Tips: Gluten 101

Gluten 101

By Alessandra Casuccio, BFA; Edited by: Erika Ford, RD LD

The gluten free diet is most commonly used for individuals suffering from celiac disease. Celiac disease is a condition that causes damage to the villi of the small intestines resulting in abdominal pain, nausea, and vomiting after ingesting products containing gluten. Although the gluten free diet is traditionally used as a treatment for celiac disease, it is also used for people who have non-celiac gluten sensitivity. These individuals have adverse reactions to gluten but do not have celiac disease. Recently, it has become popular for individuals to adopt the gluten-free diet into their lifestyle even if they can tolerate gluten.



Image courtesy of Paul / FreeDigitalPhotos.net

Gluten is a protein found in wheat, barley, and rye. It is composed of glutenin and gliadin and contrary to its name, the gluten allergy or intolerance is most commonly a result of the gliadin rather than the glutenin. Many people have decided to adopt a gluten free diet for various reasons. Many avoid gluten to promote weight loss or for the variety of claimed health benefits. However, there is no scientific evidence that gluten free eating, without the presence of Celiac disease or non-celiac gluten sensitivity, is beneficial.

If you do need to eat gluten free, there are still many available foods. Because gluten is only found in certain grains, there are a variety of foods that are naturally gluten free such as fruit, vegetables, cheese, beans, lentils, and meat. Meat that is breaded, however, is not gluten free. There are quite a few acceptable grains that do not contain any gluten as well. These items include amaranth, corn, quinoa, teff, millet, rice, wild rice, buckwheat, and sorghum. Some of these items, for example quinoa, are also good sources of protein.



Gluten free eating can be difficult due to cross-contamination. This means that gluten from another source contaminated the gluten free food. In order to prevent this occurrence, equipment, utensils, and hands must be thoroughly cleaned. There are also many products that are gluten free themselves but are processed in plants that also process wheat products. This is a cross-contamination hazard and must be avoided. Foods such as oats and oatmeal, instant hot chocolate, seasoned rice mixes, salad dressings, soy sauce, and teriyaki sauce are common cross-contaminated foods.



WV Academy of Nutrition and Dietetics Tips: Gluten 101

Gluten free eating can also be difficult because many processed foods contain gluten, even if the ingredients listed on the food label do not include wheat, rye, or barley. Common processed foods that may contain gluten are: beer, candy, lunch meat, hot dogs, French fries, imitation fish, vegetables in sauce, and potato chips. Avoid foods if the ingredients "modified food starch", or "malt" are included on the food label. Check with the manufacturer if you are unsure whether or not a product is gluten free.

The gluten free diet has become more popular as a result of celiac disease and preferred lifestyle. In either case there are plenty of food options for the person wishing to consume gluten free foods.

Honey-Almond Cake

(adapted from EatingWell March/April 2009)

Ingredients

1 ½ cups Toasted Almonds (toast by baking whole or sliced almonds, at 350 degrees, for 8-10 minutes)
 4 large eggs at room temperature, separated
 ½ cup honey
 1 tsp vanilla extract
 ½ tsp baking soda
 ½ tsp salt

Directions

- Preheat oven to 375 degrees.
- Process toasted almonds in food processor or blender until finely ground, like flour. Beat egg yolks, vanilla, baking soda, and salt in large mixing bowl, at medium speed, until well combined. Add the almond flour and beat on low until combined.
- In another bowl, beat 4 egg whites on medium speed until very foamy and doubled in volume. Do not beat until stiff enough to hold peaks. Gently fold egg white into batter until just combined.
- Coat 9 inch spring form pan with cooking spray. Spread parchment paper in the bottom of pan and spray with cooking spray again. Scrape batter into pan.
- Bake the cake until golden brown, approximately 25 minutes. Let pan cool for 10 minutes. Run a knife around the edge of pan and gently remove side ring. Let cake cool completely.
- Just before serving, sprinkle with ¼ cup sliced almonds. Makes 12 slices.

Nutrition Facts

180 calories, 8 g fat (1 g sat fat), 60 mg cholesterol, 170 mg sodium, 22 g carbohydrate, 3 g dietary fiber, 18 g sugar, 6 g protein

If you'd like to learn more about eating gluten free, please contact a registered dietitian. An RD will be able to help you eliminate gluten from your diet while ensuring you get all of the vitamins and nutrients you need. You can also read articles on celiac disease and gluten-free eating at www.eatright.org/celiac.



Alessandra is currently a Dietetic Intern at WVU Healthcare and plans to become a registered dietitian. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit www.eatright.org and click on "Find a Registered Dietitian."

WV Academy of Nutrition & Dietetics: “Green” Tips

Earth Saving Kitchen Tips

By: Kelly Hamilton, BS; Edited by: Erika Ford, RD LD

This month, we celebrate Earth Day, reminding us to be more sustainable and “green” in our daily activities. Maybe you’ll want to plant a tree, help with picking up trash in a local park, or take a bag of recycling to a nearby center. But why not consider starting in your kitchen? There are many ways to use natural resources in a more earth-friendly way at home. By incorporating these tips, you can save on water and heat usage as well as costs.



- Use a lid:** Unless the recipe states otherwise, using a lid on your stovetop pots while cooking can help contain the heat, cook food faster, and save on gas or electric costs. Covering dishes in the oven will do the same, as well as seal in moisture. This is great for baked pasta dishes especially, which are prone to drying out.
- Less is more:** Boiling vegetables in large amounts of water causes leaching of its vitamins and minerals into the cooking water, as well as a duller taste and color. Simmering requires a small amount of water, less heat, and is actually preferable from a nutritional and culinary standpoint. If cooking rice or pasta, which requires more water, consider boiling in a large pot and placing vegetables on top to steam. If boiling meat, use just enough water to cover.
- Spend wisely:** Using quality cooking equipment will cook food more evenly and decrease wastage, as well as last longer than the lightweight, cheaper ware. Consider using a cast iron skillet if you want something really long-lasting. It will increase the iron content of your food as well!
- Maximize oven space:** Putting multiple items in an oven at once will save on electric or gas costs as well as time. Cook items that require the same temperature together and set multiple timers to know when to remove each dish. After cooking, use that residual heat to keep food warm prior to eating, covering to seal in moisture.
- Practice efficient dishwashing:** If using a dishwasher, minimize the amount of running water used beforehand. Try filling your sink half-full of water and placing dishes in there to soften grime and scrub before setting them in the dishwasher. If using a sink, avoid washing dishes one-by-one. You will save time and water if you pre-scrape dishes, fill the wash sink with water and soap, and use the other sink to rinse with hot water. Wash the “cleaner” dishes first to minimize water changes.

These are just a few ways that you can save yourself some money and time and practice efficient use of resources. Find even more tips by searching “Sustainable Eating” at www.eatright.org or visit a registered dietitian in your area.



Kelly is a dietetic intern in the ISPP program at California State University of San Bernardino and is currently completing her rotations in North Central WV. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit www.eatright.org and click on “Find a Registered Dietitian.”

Go Mexican for Cinco de Mayo: Have Your Cake and Eat it Too!

Eating Mexican food is ever popular, not only in May, celebrating Cinco de Mayo, but throughout the year. If you like the flavor of this cuisine but want to stay healthy, you can “have your cake and eat it, too”!



It is not necessary to avoid your favorite Mexican restaurant. Instead, just be armed with information, the ability to make smart choices, and the willpower to follow through before you leave home!

The main thing you can do if you enjoy eating out but want to be healthy is to ask for what you want and need. Start by telling your waiter that you want to make healthy choices



then specify what you’d like to have.

For some of us, just the *appearance* of an item on the plate is too much of a temptation. So just ask your waiter to leave the beans and rice in the kitchen!

What do **you** want to eat? Good choices include grilled chicken or fish—if they can fry it they can grill it! For example, a chicken fajita is gener-

ally served with lots of grilled onions and green peppers.



Use a corn tortilla for more fiber, and load up on the fresh tomato pico de gallo. Add a little touch of guacamole and you’ll have a filling entrée that has less fat than most main dishes, plus lots of vegetables!

Another way to enjoy Mexican food is to have something cold and delicious that originates in the Caribbean,

where seafood is plentiful.



Ceviche is a salad or main dish usually made from shrimp, scallops, fish or conch, with lots of lime juice, cilantro, onions and peppers.

Ceviche is a dish that has no fat except what the fish contains—nothing!! Ceviche tastes great with a crispy corn tortilla or even low-fat crackers.

And speaking of salad, if you are not certain what is in restaurant guacamole, you can have the waiter find out from the chef. Or just ask for some sliced avocado.

If your diet allows alcohol a margarita is a beverage option on most Mexican menus. You can ask them to prepare yours without the sweet mix. Just ask for fresh

(Continued on page 6)

Recipe Corner

(Continued from page 5)

lime juice and less alcohol. You could opt for a safer bet—a glass of wine or sangria, or even a glass of water!



Another option is to prepare and enjoy your beverage at home using ingredients for which you know the calorie and carbohydrate values. This month's Recipe Corner shows two fairly "guilt-free" beverage options.

Finally, if you love Mexican Cuisine and want to prepare it at home, you probably already know what to do

and how to do it. If not, here are some tasty recipes that offer a new way to celebrate this year's Cinco de Mayo.

Grilled Fajitas

Grill 2-3 skinless chicken breasts over charcoal fire. After meat is cooked grill slices of one whole on-



ion and whole red bell pepper. Slice meat thinly.

Assemble meat and vegetables on corn tortillas and have guests top them with pico de gallo and a dab of sour cream, if desired.



Buen provecho!

Chilled Avocado Soup



This recipe appears in its original form in "Twelve Months of Monastery Soups" by Brother Victor-Antoine d'Avila-Latourrette. Some additional seasonings were added to suit the tastes of the writer.

- 2 ripe avocados
- 1 cup whole milk (substitute with soy milk to reduce saturated fat)
- 4 tablespoons green onions
- Juice of one lime (or lemon), freshly squeezed
- 3 cups chicken broth
- ¼ cup dry sherry
- ¼ cup finely chopped cilantro

(Continued on page 7)

Recipe Corner

(Continued from page 6)

½ teaspoon red pepper flakes
Salt and pepper to taste

Cut the avocados in half. Pit, peel and cut into chunks.

Blend avocado and milk in a blender. Add green onions and lime juice, blending again until mixture becomes smooth.



Bring chicken broth to a boil. Turn off the heat and add sherry, salt, red and black pepper. Finally add about two-thirds of the cilantro and let flavors simmer for about ten minutes.

Turn off the heat and allow broth to cool slightly. Pour broth into avocado and milk; mix thoroughly. Refrigerate for at least two hours or up to two days before serving. When ready to serve, garnish with a spoonful of yogurt and the remaining cilantro.

Smart Sangria

1 bottle red wine such as merlot (or for white sangria use sauvignon blanc)

¾ cup freshly squeezed orange juice

½ cup apple juice

Juice of 1 fresh lemon or lime

Combine all ingredi-



ents in a tall glass pitcher. Float slices of fresh orange, lemon or lime in the pitcher. Serve chilled in a tall wine glass.

Skinny Girl Margarita

Juice of 2 fresh limes



2 ounces of Tequila

4 ounces of freshly squeezed orange juice

2 cups crushed ice



Blend on high speed; add one packet of Splenda or Equal to replace the sweetness of the high calorie Triple Sec or Cointreau usually used in margaritas!



Chronic Obstructive Pulmonary Disease: Help Is On the Way in WV

(Continued from page 1)

who are exposed to irritants over a long period of time. It can also be caused by pollution, chemical fumes, dust or second hand smoke.

COPD is the third leading cause of death in the U.S. West Virginia has one of the highest rates of COPD in the country.

There is no cure yet for COPD. But medical treatment and lifestyle changes learned through a Pulmonary Rehab program can help you feel better and slow the progression of COPD.

Quitting smoking or removing the offending irritants is the first line of defense against COPD. Taking prescribed medications, healthy eating, and exercise follow closely behind.

A recent study published in the online journal *Respirology* reported that patients with COPD who were

more active had fewer hospitalizations than patients without a regular walking routine. COPD patients in this study

who maintained the highest levels of physical activity (regular walking between 2-4 miles daily or comparable physical activity) were hospitalized only half as often

as COPD patients without a regular exercise program.

Dr. Venessa Holland, a pulmonologist at Houston's Methodist Hospital, agreed that the results of this study "confirmed the benefits of exercise similar to what her patients have experienced."

If you have COPD and have not participated in a Pulmonary Rehabilitation program, check to see if one is available to you in your area. If not, ask your physician or an exercise professional to recommend a safe activity for you.

The American College of Sports Medicine's website www.exerciseismedicine.org can help. This website recommends walking, biking or swimming.

One should begin slowly and then gradually increase the intensity and duration of the workouts. Start with 5 or 10 minute intervals and increase the time as fitness improves. Build up to 30 minutes, all at one time or in intervals throughout the day.

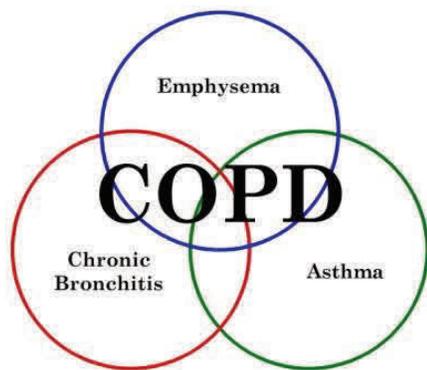
Try to exercise most days of the week. To determine the intensity of exercise, think about how you feel while exercising. Make your exercise session feel

"somewhat hard", but not "hard".

If you use supplemental oxygen, be sure to use it for exercise. You can help breathing efficiency using a technique called "pursed lip breathing".

For pursed lip breathing take a deep breath in

(Continued on page 9)



*West Virginia Bureau of
Senior Services*

Susan M. Poindexter
MS, RD, LD, CDE
3200 McCorkle Ave SE
Charleston WV 25304



This newsletter is created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the WV Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services. Contributors include Catherine M. Townsend, MA and Betsy Greer, MS. Special thanks this month to Alessandra Casuccio BFA, Kelly Hamilton BS, and Erika Ford RD, LD for permission to include their articles.

Chronic Obstructive Pulmonary Disease: Help Is On the Way in WV

(Continued from page 8)

through your nose, and exhale through pursed lips (imagine you are blowing out a candle). Make exhalation last 2-3 times longer than it takes you to inhale.



Hospital”

NIH online “What is COPD?”

Medline Plus “2-Mile Daily Walk Might Help Fight COPD” March 5, 2014

The Washington Post “Ted Koppel, wife dedicate center at St. Mary’s

January 14, 2010

Wvgazette.com “Breaking out of Breathing Prison” Lori Kersey staff writer

Eyewitness News online “Koppel, Wife Hope COPD Center Helps with Condition”

November 3, 2013 reporter Katy Brown

<http://www.cabincreekhealth.com/pulmonary-rehab>

www.exerciseismedicine.org “Exercising with COPD”

Sources: