

Nov. 15, 1979
No. 1

MULTIPLE SCLEROSIS NEWSLETTER

from the office of Roy L. Swank, M.D.
Univ. of Oregon Health Sciences Center, Portland, 97201

Editor - John Garcia

Publisher - Ruth Stewart

Dear Patients:

It is the purpose of this letter to keep you informed of new advances in multiple sclerosis, in our dietary regimen and other supportive therapeutic measures, and in community affairs. John Garcia, is our editor and Ruth Stewart is our publisher. They will be working hard to organize and keep the letters coming to you. They will need your help in collecting new material. Let John know any information you feel would be interesting to the patients; send to John at 13067 S.W. 63rd Place, Portland, 97219.

The newsletter from the beginning has been Barbara's idea. She organized and furnished the 'spark' which has resulted in this first edition. She will, I am sure, welcome any suggestions to improve these communications.

We hope that all of you will benefit from this newsletter and that you will help to make it a success.

Sincerely
Roy L. Swank
Roy L. Swank

STRESS - Please mark your calendars. A STRESS REDUCTION WORKSHOP will be given December 1 at the Child Development and Rehabilitation Center. Dr. Roy Swank, Rusty Hale, and Dr. John Hale will be the facilitators. Some of the techniques that will be introduced are: Journal keeping, awareness training, communication skills, meditative techniques, visualization for relaxation, egolessness, and hypnosis. The cost of the workshop will be \$15. per individual and \$20. per couple. They encourage couple participation.

Rusty Hale, MSW is a Registered Clinical Social Worker who was previously a teacher. Her experiences have included child therapy, counseling in the schools, marriage and family counseling and previous stress reduction workshops.

B. John Hale, DSW MPH is an Approved Supervisor in the American Association of Marriage and Family Counselors; member of the Portland Hypnosis Academy (this is the only legitimate hypnosis association - made up of professionals - including physicians, dentists or psychologists). John has taught courses in Gestalt Therapy, Theories of Health and Illness, Public Health, Family Therapy, etc.

For more information regarding the workshop, please call Barbara Dugan, 225-8370.

SALEM COMMITTEE - SALEM, OREGON - For all of you in the Salem and surrounding areas there is now an MS group known as the "Salem Committee". One of our patients, Gaye McDougall, has been working very hard establishing the group. If you are interested in joining, please call Gaye at 364-6546

Can I get a toxic amount of Vitamin A? Yes; however, the possibility of this occurring in a normal, mixed diet is quite remote. The symptoms would be headache, drowsiness, nausea, loss of hair, and diarrhea in adults.

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PLEASE SHARE YOUR FAVORITE RECIPES WITH OTHER PATIENTS.

Each newsletter will include new recipes from our patients. Following are two new recipes which were sent to me recently. Hope you enjoy them.

TUNA OR CHICKEN OR TURKEY TURNOVERS

(Preheat oven to 400°)

Combine:

- 1 cup tuna or diced, cooked white meat of chicken or turkey
- 1 cup shredded cheddar cheese
- 1/4 c. chopped celery
- 1 tspn. chives or onion - finely chopped
- mayonnaise to moisten
- salt and pepper to taste

Prepare baking powder biscuits. Roll dough 1/8 - 1/4" thick and cut into rounds or squares. Place filling on each; fold over and seal. Bake 15 minutes.

Yields 12 small turnovers per recipe.

WHOLE WHEAT BROWN BREAD (Contains no eggs or butter)

- 2 cups whole wheat flour
- 1/2 cup all purpose flour
- 1 tsp. soda; 1 tsp. baking powder
- 1 tsp. salt
- 1-1/2 cups buttermilk
- 1/4 cup oil
- 1/4 cup honey
- 1/4 cup molasses

Preheat oven to 350 degrees. Grease 9x5 loaf pan. In large bowl, combine all ingredients; stir 70 to 80 strokes until well moistened. Pour into prepared pan. Bake 40-50 minutes until toothpick inserted in center comes out clean. Makes one loaf.

REMEMBER --- FOLLOW YOUR DIET CAREFULLY AND NO CHEATING!

Barbara

Appointment scheduling has been tight due to increased patient load and Dr. Swank's recent trip and upcoming ones, so we beg your indulgence and patience in waiting for appointments.

If you have any questions that you feel would be of interest to our other patients, just jot them down and send to our office for a response.

MC MINNVILLE AREA M. S. CHAPTER - For those in the Western area contact Imogene Williams of Amity, 835-8911, or Jean Bohn, 472-8010, who have formed this support group.

MS SOCIETY - VANCOUVER, WASHINGTON - There is now an MS chapter in Vancouver, Washington. Their first meeting was held October 2. They would like your support. If you would like to join, please call Ethel Sork at 694-3636.

THANK YOU FROM OUR OFFICE TO ETHEL, GAYE, IMOGENE AND JEAN FOR ESTABLISHING THESE SUPPORT GROUPS.

LET'S TALK ABOUT FOOD - REMEMBER, YOU ARE WHAT YOU EAT!

For those of you I have not seen recently, please check your BestFoods Mayonnaise labels. The soybean oil is now processed. Please change to Saffola Mayonnaise, Kraft, or make your own.

There have been many inquiries regarding "BUTTER BUDS". I have written to the company and they have assured me the labeling is correct. If you have a desire for butter, give it a try. It is available in most large grocery stores.

HAPPY THANKSGIVING!! - Thanksgiving is just around the corner. Order your fresh turkeys now. Most frozen turkeys are injected with Palm Oil.

COUNT DOWN CHEESE - Count Down is now available at the following locations: The Willow Tree, 1300 E. Main St., KLAMATH FALLS, OREGON, Phone: 503/882-1804, Sneads Cheese Shop, CORVALLIS, OREGON, Hood Shopping Center, "Meats-N-Treats", 1595 NE Division, GRESHAM, OREGON, Phone: 503/666-3055, Beaverton Mall Cheese Shop, 3205 SW Cedar Hills Bv., BEAVERTON, OREGON, Phone: 503/643-6563.

If you know of other locations, let us know.

VITAMINS - Each month a different vitamin will be featured. Let's start with Vitamin A.

Am I getting enough Vitamin A? Carrots, Spinach, sweet potatoes, broccoli, peaches, green beans, lima beans, oranges, milk products (skim milk and milk products-almost all vitamin A has been removed together with the fat), eggs, pork, beef, chicken, lamb, rabbit, turkey, veal, and fish liver oil (cod liver oil).

What are the symptoms of Vitamin A deficiency? One of the main symptoms is night blindness. Some of the other symptoms could be respiratory infections, changes in skin, changes in gastrointestinal tract, failure of tooth enamel.



December, 1979
No. 2

MULTIPLE SCLEROSIS NEWSLETTER

from the office of Roy L. Swank, M.D.
Univ. of Oregon Health Sciences Center, Portland, 97201



Editor & Contributor - Barbara Dugan
Art - Hazel Hagen

Production -Ruth Stewart
John Garcia

CAUTION - The holiday season is now upon us. This is a reminder to not try and do everything. Listen to your body. This is the time of year we get many phone calls. You just had to work at the Christmas bazaar, entertain your family from out of town, do all the Christmas shopping, and now you tell us you're extremely fatigued and think maybe you are experiencing a few symptoms.

Before this happens -- don't work at the Christmas Bazaar - just go and enjoy, let your family from out of town entertain you and shop only an hour at a time.

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WORKSHOP - There were 125 people at the Stress Workshop on December 1st. We hope all of you who attended benefited from the techniques John & Rusty presented. Thanks to all of you for making it a success. We would like to have your input. Send us any suggestions, comments or if you would like to do more on stress.

A special thank-you to Shirley Smith for her help during registration.

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EXERCISE - Many questions arise regarding the amount of exercise you should be doing. During the first year on Diet, Dr. Swank advises that exercise be done very moderately, if at all. After the patient's disease begins to stabilize a gradual increase in the exercise program is allowed. Many of our patients resume their normal exercise program after 2 - 3 years on diet. If you have questions on your limitations talk it over with Dr. Swank at the time of your appointment.

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YWCA - For those patients living in the Portland area you can now swim at the YWCA. They have experienced personnel to help with special needs you might have. The water temperature changes during the week from 82 degrees to 92 degrees. It is important that you swim on the days when the water is between 82-84 degrees. Babysitting is provided. For information, call Jan Klein 223-6281 ext. 30.

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COLD FEET - As many of you know, the "cold feet syndrome" is a real problem with the disease. One of our local Oregonians would like to have your suggestions on how to warm up her feet. If you have any good tips, please send them in to the office.

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SALEM, ORE. - Kwans Restaurant, located in the Civic Center, will be happy to prepare your favorite Oriental dish using pure vegetable oil.

KLAMATH FALLS, ORE. - Fresh fish is now available at the Country Store (Oregon Food).

LET'S TALK ABOUT DIET - Isn't it hard not to cheat during the Christmas Holidays? Remember every cheat you make could be damaging to your health.

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VEGETABLE OIL - Do not be fooled by those clear-looking oils on the shelf advertised as pure vegetable oil. They can be heavily processed. Natural oils differ from heavily processed oils in appearance, smell, and taste as a result they are quite different in their nutritional value. Natural oils still contain chlorophyll, lecithin, Vitamin E, Carotenoids, and minerals such as copper, magnesium, calcium and iron. Heavily processed oils have very little left in them except slipperyness.

Oil extraction is performed in two ways: Pressure and Solvent. No natural oils are solvent-extracted because there is a loss of flavor components in the method - and flavor components are nutrients. Solvent extraction is the most popular method used because only 1 - 2% of the oil is left in the residue.

The term cold-pressed oil has no working definition at all. By this, I mean the word "cold" has no bearing whatsoever on the description of the pressing temperature. The fact is that all oils reach at least 130 - 150 degrees F. while being pressed. Cold pressed is an advertising claim that is about as accurate as "the real thing." Corn oil and soy oil are heated to 180 - 240 degrees F. prior to pressing. Heating frees the oil and makes for easier extraction. The heat generated in the production of natural oils is very mild compared with that of highly-processed oils. One major company that proclaims it's oils are cold-pressed says the term means merely that the oil has been pressed and not solvent-extracted.

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HYDROGENATION - This is the word you hear so frequently around our office. This is the process in which many of the oil's polyunsaturated fatty acids are saturated with hydrogen to "stabilize" the oil. Hydrogenation prevents separation in your peanut butter and extends shelf life of the oil.

Natural oils will keep 4-6 months or even longer, depending upon storage conditions. Heavily processed oils will keep at least twice as long.

.....To be continued next mo.

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HYDROLYZED VEGETABLE PROTEIN or Protein Hydrolysate -- Many patients are confusing the term with hydrogenated vegetable oil. They are not the same in any way. Hydrolyzed Vegetable Protein is very similar to Monosodium Glutamate. They are both used as flavor enhancers.

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BAKED PLUM PUDDING (From Ron Metzinger in California)

3 cups sifted wheat flour	1/2 tsp. cloves
1 tsp. baking soda	1/2 lem, cut in half
1 cup raisins	thin outer rind of 1/2 orange
1 cup currants	1/4 to 1/2 cup citron pieces
3/4 cup veg. oil	1/4 to 1/2 cup cherries
2/3 cup skim milk	1/2 cup almonds
1 cup dark molasses	1 1/2 cups apple pieces, peeled.
1/2 cup brown sugar	
1 tsp. salt	
1/2 tsp nutmeg	

(cont'd)

BAKED PLUM PUDDING cont'd

Oil a 2 quart casserole. Sift flour and soda into a large mixing bowl, add raisin and currants, mix and set aside. Put oil into blender on blend and add milk, molasses, sugar, salt, nutmeg, cloves, lemon and orange until smooth. Stop blender and add remaining ingredients, cover and process for 30sec. on grind. Pour into flavor mixture and stir until all ingredients are moist. Heat oven to 300 degrees. Pour mixture into casserole, cover tightly and bake 2 hours.

Suggestions: Use two 1 quart casserole dishes - pudding is moist and will keep well covered. Fruit cake mix can be used to replace citron pieces and cherries. Can be served with or without vanilla or rum sauce. Pears can be substituted for apple but the pieces should be smaller because pear is more moist than apple.

Full recipe yields 20 servings or about 1 teaspoon oil per serving with nuts (my questimate!)

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HOLIDAY MIXED FRUIT BREAD

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|----------------------|-----------------------------|
| 2 cups flour | 1/4 cup raisins |
| 2/3 cup sugar | 1 cup chopped candied fruit |
| 3 tsp baking powder | 2 eggs, beaten |
| 1/2 tsp salt | 1 cup mashed bananas |
| 1/2 cup chopped nuts | 1/3 cup salad oil |

Sift dry ingredients, then add nuts, raisins, fruit mix, beat eggs, bananas, oil mix to dampen flour.

Bake in loaf pan, 325 degrees for one hour or until done.

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LASAGNE (From Tom Ryan in Philadelphia)

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|--------------------------|-------------------|------------------|
| Sauce: 4 tsp. olive oil | pepper (to taste) | 1 small onion |
| 1 12 oz can tomato paste | garlic powder " | cottage cheese |
| 2 cups water | oregano " | countdown cheese |
| salt (to taste) | basil " | |

Brown chopped onion in olive oil. Add tomato paste, water and seasonings. Mix well and simmer about 1/2 hr. Makes about 4 cups. 12 oils

Prepare lasagne noodles according to directions on pkg. Separate after cooking and cooling with water. Place some sauce in bottom of brownie pan. Cut ends of noodles to fit in pan. Place 1 row noodles on top of spread sauce. Spoon cottage cheese (right out of container if rushed - otherwise, put in blender for better consistency). Next, sprinkle on same diced cheese. Spoon on more sauce. Layer the lasagne by placing next row of noodles in opposite direction from 1st row. (If 1st row lengthwise 2nd is side to side). Repeat sequence of ingredients. Continue until all ingredients used up or until desired thickness,- Keep track of sauce used in order to figure oils in individual servings. Sprinkle oregano on top and bake at 350 degrees until heated through and bubbly. approx. 1/2 hr. Be sure to adjust to own oven. (Make sure top layer is covered with sauce. Otherwise, cheese will burn and top layer will dry out.

Serve with salad and "garlic toast." Sprinkle garlic powder on sliced Italian or French bread and pop into oven to warm. Tastes like the real buttered thing!

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TO:

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CALIF. - If you live in the San Carlos area and would like conversation with a fellow m.s. patient, give Terry Mordia a call at 415:593-0317.

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We wish to extend our thanks to those patients who responded to our research letter with donations...but more is needed. I hope that those of you in a position to help will give generously to help finance studies on the disease which you have so patiently endured.

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Our staff would like to wish each of you a very Merry Christmas
and a healthy, happy NEW YEAR!

