



Men With Bigger Wallets Have Bigger Waistlines, Canadian Study Finds

ScienceDaily (May 16, 2010) — In Canada, in stark contrast with the rest of the world, wealthy men increase their likelihood of being overweight with every extra dollar they make. The new study was led by Natalie Dumas, a graduate student at the University of Montreal Department of Sociology, and presented at the annual conference of the Association francophone pour le savoir (ACFAS).

"Women aren't spared by this correlation, but results are ambiguous," says Dumas. "However, women from rich households are less likely to be obese than women of middle or lower income."

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Belly Fat or Hip Fat: It Really Is All in Your Genes, Says Researcher

ScienceDaily (May 16, 2010) — The age-old question of why men store fat in their bellies and women store it in their hips may have finally been answered: Genetically speaking, the fat tissue is almost completely different.

"We found that out of about 40,000 mouse genes, only 138 are commonly found in both male and female fat cells," said Dr. Deborah Clegg, assistant professor of internal medicine at UT Southwestern Medical Center and senior author of the study appearing in the International Journal of Obesity. "This was completely unexpected. We expected the exact opposite -- that 138 would be different and the rest would be the same between the sexes."

The study involved mice, which distribute their fat in a sexually dimorphic pattern similar to humans.

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High-Fat Meals a No-No for Asthma Patients, Researchers Find

ScienceDaily (May 17, 2010) — People with asthma may be well-advised to avoid heavy, high-fat meals, according to new research. Individuals with asthma who consumed a high-fat meal showed increased airway inflammation just hours after the binge, according to Australian researchers who conducted the study. The high fat meal also appeared to inhibit the response to the asthma reliever medication Ventolin (albuterol).

"Subjects who had consumed the high-fat meal had an increase in airway neutrophils and TLR4 mRNA gene expression from sputum cells, that didn't occur following the low fat meal," said Dr. Lisa Wood, Ph.D., research fellow of the University of Newcastle. "The high fat meal impaired the asthmatic response to albuterol."

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New Associations Between Diabetes, Environmental Factors Found by Novel Analytic Technique

ScienceDaily (May 21, 2010) — Got diabetes? If so, you probably know that the adult-onset form of the disease can be triggered by, among other things, obesity and a fatty diet. You're also more likely to develop diabetes if other family members have it. But a new study by researchers at the Stanford University School of Medicine suggests that you should also begin looking suspiciously at other aspects of your life -- like your past exposure to certain pesticides or chemicals and even one form of vitamin E.

In fact, the association of some of these so-called "environmental" cues with diabetes surpasses that of the best genetic markers scientists have identified for the disease.

Identifying relationships between a person's environment (such as tobacco exposure) and specific health repercussions (such as cancer) is nothing new. Epidemiological studies of large groups of people have been doing just that for decades.

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Active and Healthy Schools Get Kids Moving

ScienceDaily (May 19, 2010) — Last month, first lady Michelle Obama launched "Let's Move," a new campaign to combat childhood obesity. The initiative seeks to improve school nutrition programs and promote physical activity. In Missouri, one elementary school is seeing the benefits of incorporating physical activity in their classrooms with the adoption of the Active and Healthy Schools Program. The program, implemented by University of Missouri researchers, has helped to increase kids' activity levels, improve their attention span and reduce discipline problems.

The Active and Healthy Schools Program is being tested at Leslie Bell Elementary School with the guidance of Steve Ball, MU associate professor of exercise physiology and MU Extension state fitness specialist.

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Long-Term Use of Vitamin E May Decrease COPD Risk, Study Finds

ScienceDaily (May 17, 2010) — Long-term, regular use of vitamin E in women 45 years of age and older may help decrease the risk of chronic obstructive pulmonary disease (COPD) by about 10 percent in both smokers and non-smokers, according to a study conducted by researchers at Cornell University and Brigham and Women's Hospital.

"As lung disease develops, damage occurs to sensitive tissues through several proposed processes, including inflammation and damage from free radicals," said Anne Hermetet Agler, doctoral candidate with Cornell University's Division of Nutritional Sciences. "Vitamin E may protect the lung against such damage."

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