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*An update from our Medical Director, Kent C. Sasse, MD, MPH, FACS*

### Drinking Sugared Soft Drinks Doubles the Risk of Pancreatic Cancer

A recent study out of Singapore, which examined over 60,000 people over the course of fourteen years, found that those subjects who drank two or more sugared soft drinks per week had doubled the risk of developing pancreatic cancer than those who did not.

It is not known why increased soft drink consumption could lead to an increased risk of pancreatic cancer or whether this effect is going to be born out in other studies. Some facts we do know about cancer: many cancers are markedly increased in obesity. Colorectal, breast cancer, endometrial cancer and others double or more than double among obese individuals when compared to normal weight individuals. We know there is an association between soft drink and sugar consumption in obesity, so it stands to reason that some link may exist between the soft drinks and cancer development. Pancreas cancer in particular may be one that has some special sensitivity to the elevations and hormonal surges of insulin, leptin and other hormones associated with carbohydrate consumption and obesity.

Whether some subtle toxin could be present in soda cans or whether there is something specific about the soft drinks as opposed to other sugar drinks like fruit juices remains to be seen.

What is known is that drinking lots of sugared soft drinks is bad for your health. It leads to weight gain and obesity, which increases cancer risks markedly. This latest study is one more, small piece of data that should discourage drinking high carbohydrate soft drinks.

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### Blueberry Lemon Tiramisu



Take this to your Mother's Day Brunch and wow everyone with this tasty low calorie dessert.

- 1 lemon (up to 2)
- 3 3/4 cup (s) blueberries
- 3/4 cup (s) sugar
- 4 tablespoon (s) water
- 1 container (s) (17.6-ounce ) nonfat Greek yogurt
- 1 package (s) (3-ounce) ladyfingers

Mint sprig for garnish

Go to page **3** for the remainder of the recipe

#### **Doctor's Orders by Kent C. Sasse, M.D., MPH, FACS, Medical Director of iMetabolic**

##### **16. Brush your teeth an hour earlier.**

After dinner, when it's time for your walk, or time to read or watch TV, about the time you change into your sweats or your pajamas and get comfortable, take a minute and brush your teeth. Who doesn't like to have fresh, minty, clean teeth?

Once you've brushed your teeth, have nothing but ice water for the rest of the night. This simple step can help you avoid taking in needless, mindless calories by snacking on popcorn or trail mix, sweets or salty things that many of us crave in the evening. Most of the time we don't need these calories; we're not really hungry; we're just watching TV or reading a book. Since these late-night calories are the most likely to be immediately deposited and stored as fat (Ma, 2003), they're some of the most important calories to avoid.

## Blueberry Lemon Tiramisu (continued)

### Directions

1. From lemon (s), grate 1 1/2 teaspoons peel and squeeze 1/4 cup juice.
2. In medium saucepan, combine 1 1/2 cups blueberries, 1/4 cup sugar, and 1 tablespoon water. Heat on medium 5 minutes, or until blueberries soften and juices thicken, stirring occasionally. Transfer to medium bowl and stir in 1 1/2 cups blueberries. Set aside.
3. Prepare lemon syrup: In microwave-safe small bowl, combine 1/4 cup sugar and remaining 3 tablespoons water. Cook in microwave on High 1 minute. Stir in 3 tablespoons lemon juice and 1 teaspoon lemon peel.
4. In medium bowl, stir together nonfat yogurt and remaining 1/4 cup sugar, 1 tablespoon lemon juice, and 1/2 teaspoon lemon peel.
5. In 8" by 8" ceramic or glass baking dish, arrange half of ladyfingers. Brush with half of lemon syrup. Spoon blueberry mixture evenly over ladyfingers. Arrange remaining ladyfingers over blueberries. Brush with remaining lemon syrup. Spoon yogurt mixture on top, spreading evenly. Cover and refrigerate overnight. To serve, top tiramisu with remaining 3/4 cup blueberries and garnish with mint sprig.
6. For best results, allow to sit in refrigerator overnight so flavors blend and ladyfingers soften.

Calories	<b>165</b>
Total Fat	1g
Saturated Fat	0
Cholesterol	23mg
Sodium	90mg
Total Carbohydrate	34g
Dietary Fiber	2g
Sugars --	0
Protein	7g