



Natural Standard provides high quality, evidence-based information about complementary and alternative therapies. For more information, please visit [www.naturalstandard.com](http://www.naturalstandard.com).

## Folate may Reduce Pancreatic Cancer Risk



High amounts of folate from food, but not from supplements, may reduce the risk of pancreatic cancer, according to the results of a large population-based study of Swedish men and women.

Folate, also known as folic acid, is a type of vitamin B that is naturally found in fruits and vegetables.

Some previous studies suggest that folate may help decrease the risk of breast, cervical and gastrointestinal cancer. Dr. Susanna C. Larsson of the Karolinska Institute in Stockholm and her colleagues investigated whether folate may protect against pancreatic cancer as well.

The study included 36,616 women and 45,306 men who were between the ages of 45 and 83 and were not known to have cancer. Participants completed food frequency questionnaires about the types of foods they ate, serving sizes and use of multivitamins or supplements containing folate.

After a follow-up period of 6.8 years, 135 of the participants developed pancreatic cancer. The investigators analyzed the data, factoring in the influence of demographics, smoking, body mass index, diabetes, exercise and the amount of dietary fruit, vegetables, calories, carbohydrates and alcohol.

Participants who received high amounts of folic acid, 350 micrograms or more per day, were 75 percent less likely to develop pancreatic cancer than those who consumed less than 200 micrograms per day.

However, there was no association between folate supplementation and pancreatic risk. Those who took 300 micrograms of folate supplements had the same risk of developing cancer as those taking placebo.

For more information on folate, including dosing, interactions and side effects, please visit [Natural Standard's](#) herb and supplement database.

**Reference:** Larsson SC, Hakansson N, Giovannucci E, Wolk A. Folate intake and pancreatic cancer incidence: a prospective study of Swedish women and men. *J Natl Cancer Inst.* 2006 Mar 15;98(6):407-13. [View Abstract.](#)

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## Holistic Nurses Conference



Holistic nurses, physicians and other healthcare professionals are invited to participate in the 26th Annual American Holistic Nurses Association Conference. The national conference will be held on June 7 – 10, 2006 in parallel with the American Holistic Medical Association.

Participants will have the opportunity to develop skills to practice and educate others using holistic principles. Nurses can receive up to 38.4 contact hours by attending all CNE activities.

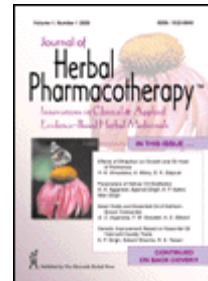
Mimi Guarneri, MD, F.A.C.C. and W. Richard Cowling, III, RN, PhD, will speak at the event. Guarneri is the Founder and Medical Director of the Scripps Center for Integrative Medicine. Her keynote speech, "Lessons of the Heart," will explore the latest mind-body-spirit research in regard to the complex issues of the human heart. Cowling, director of the PhD in Nursing Program at the University of North Carolina Greensboro and Editor of the *Journal of Holistic Nursing* will discuss unitary healing. He will discuss his experience with open-heart surgery and his work with abused women.

Registration is available online at: <http://www.ahna.org/events/2006.html>. For additional information, please contact Miriam Hillson, Conference Coordinator, at [conference@ahna.org](mailto:conference@ahna.org) or call 1.800.278.2462 (Ext. 14).

## New Issue of JHP Printed

Natural Standard's new issue of the *Journal of Herbal Pharmacotherapy (JHP)*, vol 5 (3) is hot off the press. The issue features the latest research on alternative therapies for amyotrophic lateral sclerosis (ALS) patients, the long-term effects of green tea as well as abstracts from Exeter's Annual Symposium on Complementary Health Care.

The quarterly, Medline listed journal publishes original research and developments on medicinal herbs and supplements. JHP addresses basic and applied research and makes it easier for healthcare professionals, including pharmacists, physicians and nurses, to translate data into applied medicine.



Manuscript submissions can be e-mailed to [jen@naturalstandard.com](mailto:jen@naturalstandard.com), mailed to: 1 Broadway, 14th Floor, Boston, MA 02142 or faxed to: 617.758.4274.

[Click here](#) to view the table of contents.

## Ephedrine Alkaloids Product Recalled



At the request of the U.S. Food and Drug Administration (FDA), the U.S. Attorney's Office for the Western District of Pennsylvania filed a Complaint for Forfeiture against Lipodrene, a dietary supplement that contains ephedrine alkaloids. The U.S. Marshals seized five unlabeled boxes containing the supplement, which is manufactured, marketed and distributed by Hi-Tech Pharmaceuticals.

Ephedrine alkaloids are stimulants with adrenaline-like effects, and they may cause serious effects on the heart. Ephedrine alkaloids increase blood pressure and may cause heart attacks and stroke, according to recent studies. In 2004, the U.S. FDA declared all dietary supplements containing ephedrine alkaloids to present an unreasonable risk of illness or injury.

[Click here](#) for more information on ephedrine alkaloids.



More than 2,200 business leaders from drug, food and merchandising companies will gather at the Annual National Association of Chain Drug Stores (NACDS) Meeting. The meeting will take place April 29 – May 3, 2006 at the Breakers Hotel in Palm Beach, Fla.

Retailers participating in this year's meeting will include Chairmen, CEOs, Presidents and Senior Vice Presidents of marketing, merchandising, operations and Pharmacy. Participating from supplier companies will be executive-level counterparts and decision makers.

The Annual Meeting is strategically focused and adheres to a non-commercial format. No displays or exhibits are permitted. NACDS prohibits the scheduling of business or social functions during official conference events.

[Click here](#) to register for the event.

If you would like us to post your event online, please e-mail, [news@naturalstandard.com](mailto:news@naturalstandard.com).

## Oncology Journal: Call for Papers

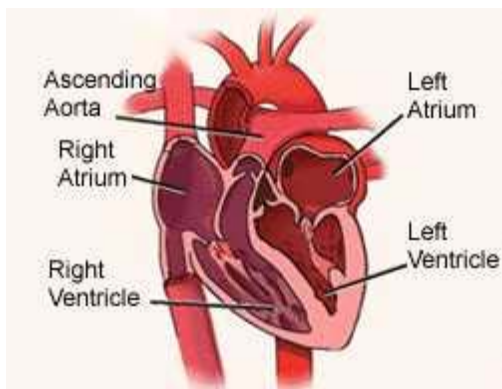
[The Journal of the Society for Integrative Oncology \(JSIO\)](#) welcomes authors to submit original research, reviews and commentaries on adjuvant complementary therapies and botanicals in cancer care.

The journal is the official journal of SIO, a non-profit organization devoted to the scientific study of complementary therapies for cancer patients. The first international journal of its kind, JSIO is Medline listed and published quarterly.



For additional information, please contact the Editor-in-Chief at: [Cassileth@mskcc.org](mailto:Cassileth@mskcc.org) or [editor@jsio.org](mailto:editor@jsio.org).

## Heart Surgery Patients Benefit from CAM



Complementary and Alternative Medicine (CAM), including music, massage and guided imagery, reduces pain and tension in heart surgery patients more than conventional therapy, according to a recent study.

The study, led by Vibhu R. Kshetry, MD, a heart surgeon from the Minneapolis Heart Institute at Abbott Northwestern Hospital, included 104 men and women. Participants were randomly divided into two groups – one received alternative therapies at critical points before and after surgery while the second received conventional care.

Before surgery, patients in the CAM group received relaxation skills training, guided imagery and 30 minutes of gentle touch or light massage. After surgery, the same group listened to 20 minutes of light music and received massage for two days. Patients in the standard care group spent most of their time resting before and after surgery.

The heart rates and blood pressure of patients in both groups were closely monitored. Patients also rated their levels of pain and tension on a scale from 0 (no pain) to 10 (extreme pain).

The results, published in [Annals of Thoracic Surgeons](#), show that while heart rates and blood pressure were comparable in both groups, the mean pain and tension scores for patients who received CAM after surgery were significantly lower than those who were in the standard care group. The mean score for the CAM group the first day after surgery was 2.4 compared with 3.5 in the standard care group. On day two, the mean score for the CAM group was 1.3 compared with 2.1 in the standard care group.

The [Minneapolis Heart Institute Foundation](#) funded the study, which is believed to be the first randomized study of CAM in heart patients.

For more information on alternative therapies, please visit [Natural Standard's](#) Complementary Practices database.

**Reference:** Kshetry VR, Carole LF, Henly SJ, Sendelbach S, Kummer B. Complementary alternative medical therapies for heart surgery patients: feasibility, safety, and impact. *Ann Thorac Surg.* 2006 Jan;81(1):201-5. [View Abstract](#).

## Inside Natural Standard



**Positions available:** [Natural Standard](#) is growing quickly and welcomes applicants in most departments including new authors, editors, copyeditors, researchers, research assistants, sales, marketing and public relations positions. For consideration please e-mail your resume/CV to [questions@naturalstandard.com](mailto:questions@naturalstandard.com). A [Natural Standard](#) team member will contact you if a position is available that matches your experience and goals. We look forward to working with you!

**PLA Conference:** [Natural Standard](#) recently attended the Public Library Association Conference in Boston last month. With over 6,500 registered participants, this year's event was one of the biggest PLA conferences to date.

**NS Welcomes New Student:** Elizabeth Poole, PharmD and Natural Products Fellow from the University of Missouri-Kansas City, will be joining [Natural Standard](#) for a research rotation. [Natural Standard](#) serves as an official rotation site for ACP students and welcomes individuals from all disciplines. Please e-mail [questions@naturalstandard.com](mailto:questions@naturalstandard.com) for more information.

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