



NUTRITION MATTERS

WINTER 2009

Improving the health of future generations

PENNINGTON BIOMEDICAL RESEARCH CENTER AND FOUNDATION • LSU SYSTEM

NEWT GINGRICH SPEAKS ON ECONOMIC IMPACT OF PBRC

Business leaders and supporters of the Pennington Biomedical Research Center, joined by Dr. Donna Ryan, PBRC Associate Executive Director of Clinical Research, and former U.S. Speaker of the House of Representatives Newt Gingrich, gathered recently at a special conference event in Baton Rouge to learn about the economic impact of research and biotechnology of the Center. The event, planned as part of the Pennington Biomedical Research Center's 20th Anniversary celebration, was held at the Holiday Inn Select in Baton Rouge and was sponsored by the *Greater Baton Rouge Business Report*, the Pennington Medical Foundation, LifeSpan, Louisiana Hospital Association, and The Center for Health Transformation, an affiliate of The Gingrich Group, LLC.

Gingrich's compelling keynote address, "Creating a 21st Century Intelligent Health System in Louisiana," noted that the Pennington Biomedical Research Center was a great example of the positive results of "long-term investments" by state government, universities, and the private sector in a high-tech arena. Gingrich praised the foresight



▲ **Former U.S. Speaker of the House Newt Gingrich** addressed local business leaders and guests at a recent health conference – (left to right): Dr. Donna Ryan, PBRC Associate Executive Director of Clinical Research; William L. 'Bill' Silvia, CFO Pennington Medical Foundation; Governor Bobby Jindal; Newt Gingrich; Julio Melara, President/Associate Publisher for *Business Report*; and Alan Levine, Secretary of Louisiana Department of Health & Hospitals

"...continued public and private investment in Pennington would position Louisiana as a leader in research and technology and would make Louisiana wealthier and healthier."

and leadership of the Center. Quoting Dr. Ryan, who said, "The Center is a dynamic 'knowledge-based pathway to economic development' for the state and the region," Gingrich heralded the Center's importance for Louisiana's future and said continued public and private investment in PBRC would position Louisiana as a leader in research and technology and would make Louisiana "wealthier and healthier."

The morning panel presentation, "Pennington's Unparalleled Growth, Unlimited Potential: Economic Development through Biomedical Research," was led by John Spain, Baton Rouge Area Foundation

Executive Vice President. Spain was joined by panelists Dr. Cliff Baile, Georgia Research Alliance Eminent Scholar and University of Georgia Professor; Dr. Anne Jarrett, PBRC Director of Intellectual Property; Adam Knapp, Baton Rouge Area Chamber of Commerce President/CEO; and Dr. James Richardson, LSU Director of the Public Administration Institute. Attendees gained valuable insight

into the economic growth and impact of PBRC for the State of Louisiana. See photos and "Unparalleled Growth" on page six. 

CLINICAL TRIALS - WHERE PEOPLE AND SCIENCE MEET

▶ **PBRC Clinic Manager Liz Tucker** assists a volunteer during the early days of the Clinic



Each morning individuals from Baton Rouge and surrounding areas arrive at the Pennington Biomedical Research Clinic to take part in science research. The volunteers are advocates for healthier living—for themselves, their families and the communities in which they live. Through partnering with PBRC, these individuals are helping the Center to create significant research discoveries. Clinical research is a vital step in treating—even preventing—chronic diseases like diabetes, heart disease, obesity, cancer, and dementia.

Story continues on page eight

Message from the Executive Director of the Pennington Biomedical Research Center



This month marks the end of our 20th year, an event we have celebrated all year with many special activities. In December of 1988, Dr. George Bray arrived to a Center that housed a handful of researchers. As he walked through the nearly 200,000 square feet of brand-new, but nearly vacant research labs and administrative wings, he probably saw not the empty labs and hallways, but rather a vision of the Center we have today; thriving and growing. Research at the Center is now conducted by more than 80 full-time faculty and 40 postdoctoral fellows supported by more than 450 nurses, research associates, dietitians and other staff. Our hats are off once again to those few who embraced the vision early and took the risk of moving to Baton Rouge to be part of this adventure in science.

In this, our 20th year, we have held an international symposium to discuss the top 20 findings in obesity research, a state-wide public health conference on children's health, and a public forum on the impact of the Center on the Baton Rouge economy. We have published a special edition of our biennial *Scientific Report*, enjoyed a gala celebration hosted by Doc Pennington's granddaughter, Paula Pennington de la Bretonne, have hosted many interest groups for tours and speeches, and enjoyed the support of the legislature as it designated \$50 million for new construction, state-of-the-art equipment, and laboratory renovations.

In this issue of *Nutrition Matters*, you will read about our clinical research program from the eyes of participants - what more than 20,000 area residents have experienced during our first two decades. This year, we honor a long-time clinical staff member in her retirement. Liz Tucker helped open the doors to our clinic and has helped build it to the capacity we enjoy today: we conduct more than 30 trials at any one time and see over a hundred participants come through our halls every day.

You'll also meet one of our newest faculty, Dr. Catrine Tudor-Locke, a specialist in walking and population health. She has a very intriguing way of staying fit, herself. She has joined the growing ranks of our Population Science area. This year, led by Dr. Peter Katzmarzyk, this group produced the first-ever report card on Louisiana children's physical activity and health, which was the precursor to our first very successful public health conference. We are looking forward to making this conference a regular event at the Center.

I would like to take this opportunity to thank our many supporters, the Louisiana Legislature and the members of the Baton Rouge community for 20 years of financial, personal and moral support. The Center is now a unique and highly successful research enterprise. It is often cited as a model of federal, state and private collaboration. But we have not met all of our expectations yet. With your support, we will grow to new heights and lead in the development of a strong knowledge-based economic component in the Capital Region.

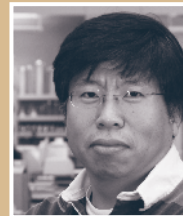
Claude Bouchard, Ph.D.
PBRC Executive Director,
George A. Bray, Jr. Endowed Super Chair in Nutrition

New Faculty



Heike Muenzberg, Ph.D., Assistant Professor Dr. Muenzberg will develop a research program on leptin signaling in the brain. Dr. Muenzberg received a Master of Arts in Biology in 1997

from the Philipps University in Marburg, Germany. She then received her Ph.D. in Biology in 2000 from the University Hospital Heidelberg, also in Germany. Dr. Muenzberg received post-doctoral training at Harvard Medical School and Beth Israel Deaconess Medical Center in Boston, MA from 2001-2004 and then at the University of Michigan in Ann Arbor. Since 2006, she has been a Research Assistant Professor at the University of Michigan.



Hyunwon Yang, Ph.D., Instructor Dr. Yang will work in the Laboratory of Neuroendocrine Immunology. Dr. Yang received his Ph.D. in Endocrinology from Hanyang University in Korea in 1997. Since then, he has

held postdoctoral research and faculty positions in Korea and the U.S. Prior to joining PBRC in 2007 as a postdoctoral researcher, he was a Research Fellow in the Laboratory of Immunology at the National Institute on Aging, NIH from 2004-2006. He will continue working with his mentor, Dr. Deep Dixit, and collaborate with members of Neuroendocrine-Immunology laboratory in developing grant proposals and generate over time his own independent funding in the neuroendocrine-immunology research area.

Recognition



Claudia Kappen, Ph.D., Professor and holder of the Peggy M. Pennington Cole Chair in Maternal Biology and Risk of Obesity Dr. Kappen has been appointed to a study section

of the National Institutes of Health Center for Scientific Review. This is a prestigious position, reserved for senior scientists who have developed substantial expertise in their field. In this role, Dr. Kappen will review applications for possible research grants from scientists across the nation.

PENNINGTON BIOMEDICAL RESEARCH FOUNDATION WELCOMES NOTED AUTHOR AND RESEARCHER, DR. JOHN MORLEY

Community supporters of the Pennington Biomedical Research Center and Foundation welcomed Dr. John Morley, Director of the Division of Geriatric Medicine at St. Louis Medical Center, at a recent dinner event hosted by the Pennington Biomedical Research Foundation and underwritten by Capital One.

Dr. Morley, the noted author of *The Science of Staying Young*, entertained and informed dinner guests with an interactive visual presentation that included participation from dinner guests. During his presentation, Dr. Morley gave the audience insight into his research findings and how this knowledge can translate to practical ways of improving health and physical fitness at any age.

More than 100 community members and supporters attended the dinner and a cocktail reception. PBRF President/CEO,



▲ (Left to right) Abba J. Kastin, M.D., Professor, United Companies/Harris J. Chustz Chair; Donna Ryan, M.D., PBRC Associate Executive Director of Clinical Research; John B. Morley, M.B., B.Ch., Director of the Division of Geriatric Medicine at St. Louis University Medical Center; Janet Olson, Capital One Senior Vice President; and Jennifer G. Winstead, Pennington Biomedical Research Foundation President/CEO

Jennifer Winstead, welcomed guests, introduced PBRC faculty and thanked Capital One for their continued support of the Foundation and their sponsorship of the Scientific Dinner Series.

This is the fifth year that Capital One has underwritten the Scientific Dinner Series. Guests were entertained by violists Dr. Abba Kastin, PBRC Professor, and Jennifer Cassin of the Baton Rouge Symphony Orchestra. ▶

PBRC LEADER CAPTURES TOP AWARD



▲ Honoree Dr. Claude Bouchard

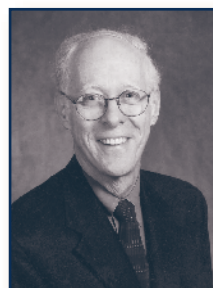
Dr. Claude Bouchard received *The George Bray Founders Award* earlier this year at the annual meeting of The Obesity Society. This award recognizes an individual for significant contribu-

tions that advance the scientific or clinical basis for understanding or treating obesity and for extensive involvement with The Obesity Society. The award was presented during a plenary session at which the recipient was invited to present the George Bray Founders Award Lecture. The title of Dr. Bouchard's lecture was *Genes and Exercise: Key Lessons for Obesity*.

The award is named for the Pennington Biomedical Research Center's first executive director and founder of The Obesity Society, Dr. George Bray. When Bouchard assumed leadership of the Center nearly 10 years ago, Bray remained on as a faculty researcher. He continues to conduct important clinical research in the treatments of obesity. Both Dr. Bouchard and Dr. Bray are past presidents of the society and are

appropriately linked by this award. "It was a great pleasure," said Dr. Bray, "for me to nominate Claude for this award."

The Obesity Society is the leading scientific society dedicated to the study of obesity. Since 1982, The Obesity Society has been committed to encouraging research on the causes and treatment of obesity, and to keeping the medical community and public informed of new advances. ▶



◀ Dr. George Bray, founder of The Obesity Society

PBRF ANNUAL GIVING CAMPAIGN IS UNDERWAY!

YOU CAN MAKE A DIFFERENCE

PBRF's 2009 annual giving campaign is underway. Your annual gift is vital to unlocking new secrets, and providing critical unrestricted funding for:

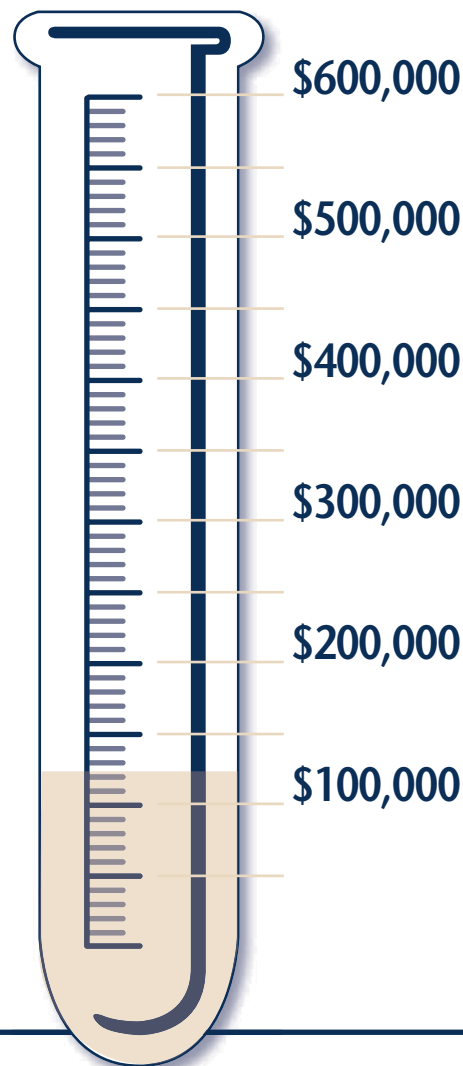
- ▶ Recruiting and retaining top scientists—the core ingredient for the growth and success of the Center and its research;
- ▶ Resources for scientists—including research equipment, enhanced laboratory facilities, and critical pilot funding for emerging research; and
- ▶ Strong basic science programs, discoveries to benefit mankind, advances to prevent diseases, relevant education for the community while building a knowledge-based pathway to economic development for our state and region.

LEVERAGE YOUR INVESTMENT...

For every one dollar of unrestricted support, PBRC's scientists can successfully acquire \$3 in additional research grants.

Help the Foundation reach its goal of raising \$600,000 during the annual campaign. Every gift is important. Please make your gift today.

For more information about the annual giving campaign, call Ann Wilkinson, Director of Leadership Giving, at (225) 763-2512.



CHILDHOOD OBESITY CONFERENCE A GREAT SUCCESS!

PBRC hosted the first Louisiana statewide conference focusing on childhood obesity. Public health workers, physicians and medical professionals, scientists and educators from across the state gathered to collaborate on the current issues facing our children's health, as well as to learn more about what programs and initiatives are underway to address the expanding problems and challenges of childhood obesity. More than three hundred stakeholders in various fields of children's

health traveled from all regions of the state to participate in the PBRC conference where the first ever Louisiana Report Card on children's physical activity and health was released. The report stressed key data facts compiled and published by PBRC that featured graded scores for vital areas relating to physical activity/inactivity, health, policy and investments, family, school and community. *A complete copy of the report can be obtained by visiting www.Louisianareportcard.org.*

Conference and Report Card sponsors with PBRC Executives (l to r): Karl Watlington, Baton Rouge Coca Cola Bottling Company Cold Drink Sales Manager; Dr. Roberta Vicari, OLOL Pediatric Residency Program Director; Dr. Peter Katzmarzyk, PBRC Associate Executive Director of Population Science and LPFA Chair in Nutrition; Dr. Claude Bouchard, PBRC Executive Director and George A. Bray, Jr. Endowed Super Chair in Nutrition; Pam Hutchinson, LPFA Vice President of Public Affairs; John Maginnis, Blue Cross and Blue Shield of Louisiana Vice President of Corporate Communications; and Pam Romero, Louisiana Council on Obesity Prevention Coordinator/Nutritionist; Not shown-Lisa Musso, McDonald's of Baton Rouge Director of Marketing



TALKING THE TALK - WALKING THE WALK

Catrine Tudor-Locke, Ph.D., likes to walk... a lot... actually more than a lot. The average person, according to her, walks about 5 to 6,000 steps a day. Dr. Tudor-Locke gets in a whopping 30,000 steps a day, and does it all while she works.

A new invention hit the office scene earlier this year, a treadmill desk. Dr. Tudor-Locke may be the first in the state to own one, and she now answers the phone, writes her papers, reads, works on the computer and conducts in-office or conference call meetings while walking. The desk's surface is about waist-high and has a built in treadmill that tops out at 2 mph.

Tudor-Locke is the director of the Walking Behavior Laboratory. Her interest is in the natural energy we expend (or don't expend) by walking (or sitting). She notes that through the decades, we've stopped walking; children don't walk to school, adults don't walk to work, don't even walk down the hall while at work, and don't take the stairs if an elevator is nearby. This drop in daily energy may be a key to the rise in obesity. So, she is exploring new technology as a way to "disrupt sitting time."

"I am a firm believer in not asking anyone to do something I wouldn't do myself," she said. So she acquired a treadmill desk for her office.

The manufacturer and colleagues have conducted some quick studies to show that participants can lose weight, but Tudor-Locke wants to know more. Does a great increase in walking via this new device increase or decrease stress; does it help stiffness, soreness, pain or arthritis; does it improve our ability to concentrate and perform mental functions; does it significantly increase energy output by a measurable amount, and, of course, is it a serious method to treat a serious problem... overweight and obesity?

Tudor-Locke's research is in the area of Population Science, so she is quite interested in trends in health, like those related to a sedentary lifestyle, and improvements that can be gained by an increase in daily activity, specifically walking. She is now conducting a trial with a population of one – herself. She is gathering preliminary data on the amount of walking she can fit into an otherwise "normal" day – not by leaving work and going on a walk,

but while working. She eventually hopes to place several additional desks in the office environment to measure the results.

Tudor-Lock predicts she'll lose 5 pounds in the first few months. ☑

Dr. Tudor-Locke conducted the entire phone interview for this article while walking on her treadmill desk.



▲ Dr. Tudor-Locke at her treadmill desk.



▲ **The Center and Foundation acknowledge those statewide Advisory Committee members who collaborated and initiated the conference Report Card - (front row - l to r):** Dr. Heli Roy, Division of Education, PBRC, LSU – Cooperative Extension Service; Nikki Lawhorn, LA Public Health Institute; Dr. Ariane Bedimo-Rung, LSU School of Public Health; Kathy Hill, LSU-Kinesiology; Dr. Peter Katzmarzyk, (Chair) PBRC Associate Executive Director for Population Science; Dr. Melinda Sothorn, LSUHSC, Section of Health Promotion, School of Public Health; Dr. Stewart Gordon, LA Chapter American Academy of Pediatrics; and Dr. Leanne Redman, PBRC; (back row - l to r) Dr. Lisanne Brown, LA Public Health Institute; Bennett Hillel, BRAF Center for Planning Excellence; Dr. Stephanie Broyles, PBRC; Dr. Susan Sisson, (Committee Coordinator) PBRC; Pam Romero, LA Council on Obesity Prevention; and Dr. David Harsha, PBRC, Chronic Disease Epidemiology and Health Delivery. Not shown: Dr. Lillian Levitan, Metabolic Chambers Core, PBRC

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Obesity Prevention
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KLEINPETER FARMS DAIRY

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▲ *Dr. Donna Ryan, PBRC Associate Executive Director of Clinical Research and former U.S. Speaker of the House Newt Gingrich spoke at the recent economic impact conference held in Baton Rouge that highlighted the Center's economic benefits to the State of Louisiana and surrounding region.*



▲ *Panel Speakers for the Economic Impact Conference gather before the morning session (l to r): Panel Moderator - John Spain, Baton Rouge Area Foundation Executive Vice President; Panel Speakers – Adam Knapp, Baton Rouge Area Chamber of Commerce President/CEO; Dr. Anne Jarrett, PBRC Director of Intellectual Property; Dr. James Richarson, John Rhea Alumni Professor of Economics and Director of LSU Public Administration Institute; and Dr. Cliff Baile, Georgia Research Alliance Eminent Scholar and University of Georgia Distinguished Professor*



▲ *Panel Speakers, Anne Jarrett and Adam Knapp, engage conference attendees during a conference session titled, "Pennington's Unparalleled Growth, Unlimited Potential: Economic Development through Biomedical Research"*

PBRC

Unparalleled Growth

During the health conference, leaders learned about PBRC research discoveries in its 20 year history and also gained insight into the Center's economic impact. Here are a few of the items shared at the conference:

PBRC'S ECONOMIC IMPACT

The Pennington Biomedical Research Center is a dynamic institution of renowned influence in the world of nutrition research and chronic disease prevention.

- The Center is an excellent example of a successful partnership between public and private entities.
- PBRC generates \$60 million annually in federal, state and industrial research grants, contracts, private gifts and state appropriations.
- The state has invested \$131 million in the center. Earned \$119 million in contracts from the private sector and \$213 million in federal grants, which has complemented community contributions totaling \$19 million from the Pennington Medical Foundation and the Pennington Biomedical Research Foundation.
- For every \$1 million of Center operating expenses, \$1.9 million in NEW business sales are generated, creating \$719,000 in new household income with 20.5 new jobs.

PBRC'S TECHNOLOGY PORTFOLIO

PBRC is also building a technology transfer portfolio that has led to the successful creation of significant start-up companies based on the Center's research discoveries and findings:

- **Esperance Pharmaceuticals, Inc.** was founded on technologies discovered by researchers at PBRC, LSU, and LSU AgCenter. Esperance is developing a unique, targeted, anticancer fusion protein that is toxic to cancer cells.
- **NuPotential, LLC** develops technologies that enable cell therapy research to more quickly and precisely develop new regenerative medicines for diseases such as dementia, diabetes, burns, and others. The process uses "cell reprogramming" to create new cells to treat stroke, liver failure, burns, and other conditions.
- **Body Evolution Technologies, Inc.** is a new start-up company developing an interactive, software-based assessment technology addressing body image and related behavioral issues.


For more information on the Pennington Biomedical Research Center, go to pbrc.edu and pbrf.org.

PBRC SPONSORS LOUISIANA 2008 SCHOOL HEALTH AWARDS

PBRC has partnered, for the past several years, with the Louisiana Department of Education to help provide awards recognizing schools across the state that are actively promoting health through innovative nutrition and physical fitness programs. This year, the Center proudly recognizes Dubach High School in Lincoln Parish as the 2008 award honoree.

Dubach's Health Outreach Program set out to determine the presence of increased risk factors such as blood pressure and glucose in students. With parental consent, Dubach set up bi-yearly screenings and made counseling available to students and families. Healthful eating and physical activity habits that affect blood pressure and glucose were reviewed in health and physical fitness classes. Through this health outreach project, nearly 200 students were

screened. Pennington Biomedical Research Center congratulates the faculty and students of Dubach High for their outstanding achievement in student health and fitness and for their proactive approach to health awareness and prevention.

Additional schools also receiving health awards were: Oil City Elementary Magnet School, Caddo Parish; and Pollock Elementary School, Grant Parish. 



▲ Michael K. Coburn, LDE Division Director of Student Learning Support; Linda Johnson, BESE; Ollie S. Tyler, LDE Duty Superintendent of Education; Judy Mabry, Dubach High School Principal; Dr. Phillip Brantley, Pennington Biomedical Research Center Division of Education Chief; Liz Dickson, Dubach High School Teacher; Dr. Mary Murimi, Louisiana Tech University Faculty; Dianne Ebeyer, Dubach High School Teacher; Danny Bell, Lincoln Parish Schools Superintendent.

PBRC In the News...

Center Researcher Receives a National Award

Dr. Andrew Butler has won the



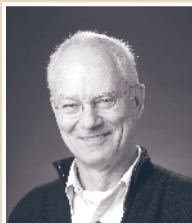
Lilly Scientific Achievement Award presented at the annual meeting of the Obesity Society, the

largest scientific group of its kind in the U.S. The award recognizes "excellence in an established research career treating obesity". At the presentation, Dr. Butler's willingness to pursue novel concepts was cited as a reason for the award. Recently, Dr. Butler has discovered a gene, which when inactive, tends to contribute to obesity and diabetes. In his experiments, Dr. Butler injected a protein normally produced by the gene into diabetic mice. When mice received the "missing protein,"

they improved, an important step that would be the first in developing a wholly new (novel) drug treatment.

Kozak Thinks Inefficiency Burns More Fat

Dr. Les Kozak has homed in on



a pair of genes in mice that are key to converting stored carbohydrates and fat into heat to maintain a normal

body temperature, something that small animals like mice do very efficiently. Dr. Kozak and his colleagues turned the genes off in mice and placed the mice in a cool environment, which forced "back-up" systems to maintain body temperature. The back-up systems were a lot less efficient, requiring a higher rate of fat burning to maintain

body temperature. When the mice ate a high fat diet, they did not become obese because they needed to burn more fat to stay warm. Kozak states it is conceivable that the alternative mechanisms found in mice also exist in humans and determining how they are regulated could provide a strategy to increase fat burning to reduce obesity.

PostDoc Honored

Jose Galgani, Ph.D., a post-



doctoral researcher at the Center, has won a "New Investigator Award" from the Obesity Society, based

on review of his research in exercise in humans. Galgani works in the lab of faculty member Dr. Eric Ravussin. Galgani won the award amidst 56 other researchers

vying for it and after a review of his work by a panel of 3 experts. The award comes with a research grant.



Center Takes the Gold!

Led by Rosemary Diehl, the



Center has begun to offer organized fitness activities for all employees, and has become a stand-out

among companies in Baton Rouge. The American Heart Association recently awarded the Center its Gold award as a "Fit Friendly Company." The Center was the only company in the Baton Rouge area to be awarded with the Gold level Fit-Friendly Company recognition. The Center received the award at the Heart Association's annual leadership breakfast in late October. 


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CLINICAL TRIALS - WHERE PEOPLE AND SCIENCE MEET

PBRC SCIENTIST STILL LEADING THE WAY AT 90

Dr. William Hansel, a senior faculty member at Pennington Biomedical Research Center, turned 90 in October and was honored with a day-long series of events including a reception, a scientific symposium and special dinner.

Hansel had a full career at Cornell University, becoming a world-renowned expert in reproductive biology, before coming to the Center. True to his well-known curiosity and scientific drive, he developed a completely new line of research at the Center, leading to a patented drug, which may one day be a cancer cure.

He made the discovery in his mid-80s, working with scientists at PBRC, LSU and the LSU AgCenter, and continues to carry out the dozens of laboratory trials needed to get approval from the U.S. Federal Drug Administration to start human trials. He is supported by a new corporation, called Esperance Pharmaceuticals, Inc., which is investing in his research. 



▲ Dr. William Hansel (Center) is honored by colleagues and friends, (l to r) Dr. Claude Bouchard, PBRC Executive Director; Dr. John Lombardi, LSU System President; Dr. Hector Alila, Esperance Pharmaceuticals, Inc. CEO; and Dr. Neal First, Mississippi State University Research Professor, during his 90th birthday celebration at the Center.



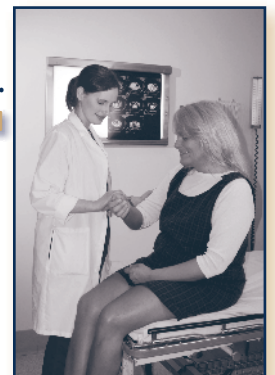
▲ Dr. Frank Greenway, Chief of Outpatient Clinic, and fellow PBRC colleagues express appreciation and gratitude to Liz Tucker, who recently retired as the Center's Clinic Manager. She served two decades helping to establish the Center's clinical trials programs. PBRC is grateful for Liz's contributions to advancing discoveries. Thanks, Liz!

Since opening its doors more than 15 years ago, the PBRC Clinic has screened more than 20,000 volunteers for clinical trials and has qualified and enrolled more than 8,000 active participants. On any given day, 100 volunteers enter the Clinic and engage in one of 15 to 20 active clinical trials underway at the Center. PBRC doctors and researchers manage an impressive array of trial studies. Two studies are investigating compounds found in blueberries and peppers and how these compounds affect one's appetite. Another study explores how dramatically decreasing calories in one's diet affects the body over time and affects aging, and yet another is focusing on how various amounts and types of exercise influence blood sugar levels.

Today, through PBRC's clinical efforts, the Center's scientists are disseminating information and clinical techniques throughout our state and region resulting in healthier individuals, families and organizations.

With the support of Governor Bobby Jindal, the Louisiana Legislature and the Center's supporting foundations, PBRC will begin construction on a new Clinical Research Building that will dramatically expand health and disease prevention efforts. The Center will double the number of clinical research trials and enhance public education efforts and research discoveries. More than 300 new jobs will be created through the Clinic expansion; an additional \$20 million in clinical research revenues will yield an estimated \$38 million economic impact annually.

To learn more about the clinical trials at PBRC and how you can volunteer, call 763-3000 or visit www.pbrc.edu/clinical_trials.



PUTTING HIS HEART IN IT

Murray Magness called the Pennington Biomedical Research Center asking to qualify for a clinical trial he'd just seen advertised in the newspaper. He didn't get into that one, but learned he qualified for another – and is glad he did.

Magness has type 2 diabetes, and spends his clinical time on a treadmill or lifting weights, all to help researchers learn what types and amounts of exercise decrease blood sugar levels.

"I'm in my first trial," said participant Murray Magness, but it probably won't be his last. "I enjoyed it and read every announcement about new studies at the Center to see what I can get into."


"I won't exercise on my own," he said, "but if I'm in a program, and I'm expected to fulfill it, I'll do everything I can to do a good job." Also, he said, the clinic staff do more than just say hello, put him on a treadmill and say thank you. "The staff are very supportive and encouraging. They want you do well and have fun. They go out of their way to encourage and make it enjoyable."

Magness is a participant in HART-D, a study designed to learn which types and amounts of exercise truly drive down blood sugar levels in those with diabetes. Lead researcher, Dr. Tim



▲ *Magness on the treadmill under the watchful eyes of Karl Lehmann, Hart-D study coordinator.*

Church, would like to "give physicians the knowledge to prescribe very exact types and amounts of exercise knowing the clinical data predicts how much blood sugar should drop for each individual patient's characteristics."

This is Magness's first time in a clinical trial, but according to him, it will not be his last. He said the exercise has built his stamina and now he knows what a good routine is for when the trial is over. He now reviews all new trials conducted at the Center, but he is having a hard time qualifying for those for diabetics. "My blood sugar is too low now," he said. "I guess that's a good thing." 

CLINICAL TRIALS WINTER 2008

If you are interested in participating in these or other research studies, call our recruiting department at (225)-763-3000, or visit www.pbrc.edu or email clinicaltrials@pbrc.edu.

N-FLAME

Are you overweight, have a family history of diabetes or been told you have "pre-diabetes"? If so, you may be at risk for developing type 2 diabetes. The purpose of the N-Flame study is to determine the impact of an investigational medication on your body's response to insulin and how it may impact blood sugar and prevent diabetes.

You may qualify based upon:

Age (18-65 years), Weight
Earn up to \$1775

CAPSPAL

Capsinoids are a mild ingredient found in chili peppers. The purpose of this study is to see the impact of capsinoids on metabolism and fat burning in the body.

You may qualify based upon:

Males only, Age (20-60 years)
Earn up to \$500

HART-D

Research has shown that physical activity can help with management of type 2 diabetes; however, there is no research to show what type of activity is best. The purpose of this study is to look at how physical activity can improve blood sugar levels in people with type 2 diabetes. Participants will be placed into one of four groups: walking group, strength training, combination of walking & strength training or a stretching group.

You may qualify based upon:

Age (30-75 years), Diagnosed w/type 2 diabetes
Earn up to \$200

Sponsored by the  Pennington Biomedical Research Center and Foundation

- ▶ Free health screenings
- ▶ Health related talks
- ▶ Exhibitors on women's health, nutrition and wellness

Irene W. Pennington


WELLNESS DAY
for **WOMEN**

Sat., Feb 7

7:30 a.m. - 12:30 p.m.
CB PENNINGTON, JR. BUILDING
Register at www.PBRC.edu

Cefalu Featured Speaker at Scientific Dinner Event in New Orleans

As part of PBRC's 20th Anniversary activities and the 2008 Scientific Dinner Series, the Foundation hosted the first Scientific Dinner event in New Orleans. The event, underwritten by Capital One, included more than 60 New Orleans community leaders. PBRC Physician

Scientist, Dr. William Cefalu, spoke on "Food as Preventive Medicine – Averting Diabetes and Other Chronic Diseases", and informed guests about statewide research initiatives being led by the Center. 




▲ PBRC Scientist and noted author Dr. William Cefalu joined by (l to r) Dr. Claude Bouchard, PBRC Executive Director; Elizabeth S. "Betsy" Nalty, PBRF Board Member and event Co-Host; Janet Olson, Sr. Vice President for Capital One, event underwriter; and PBRF Board members and co-hosts: Herschel L. Abbott, Jr. and J. Herbert Boydstun.

SR. MARIE EDANA CORCORAN, OSF HER LEGACY CONTINUES AT PBRC

Beloved by the community and recognized by thousands, gentle-spirited Sr. Marie Edana Corcoran, BSN, RN, died recently at the age of 96 in Baton Rouge. She was a registered nurse who cared for children and families for more than 50 years at Our Lady of the Lake Regional Medical Center. She also served as a patient representative who traversed the hospital all hours reaching out to patients, families, and friends throughout the region. She once said, "You just let people know that you are there and you share everything you have with them. You show them the mercy of God and if you listen, and they know you care, it helps a lot."



Our Lady of the Lake Foundation honored Sr. Edana by creating the Marie Edana Corcoran Chair in Pediatric Obesity and Diabetes at the Pennington Biomedical Research Center. In making the gift, Sr. Barbara Arceneaux, OSF, provincial of the Franciscan Missionaries of Our Lady, noted "These funds will help children in our community, our state and internationally through vitally needed medical research at the Pennington Biomedical Research Center." Data from the Centers for Disease Control show a dramatic increase in overweight children under the age of 11. Today one out of every six children and teens are overweight or obese.

"This research program on behalf of children will be a fitting tribute to Sr. Marie Edana Corcoran's legacy," said PBRC Executive Director Claude Bouchard. The pediatric obesity faculty Chair is currently under recruitment by the Center. 

EXPLORING PLANNED GIFTS WHAT IS A CHARITABLE LEAD TRUST?

Planning Strategies


There are numerous types of planned giving instruments designed to provide charitable contributions to a non-profit organization such as the Pennington Biomedical Research Foundation. One such vehicle is a charitable lead trust (CLT). A CLT accomplishes two important planned giving objectives: it provides an inheritance to children or grandchildren and makes a charitable gift through a donor's estate to a nonprofit organization.

A CLT is established when an individual transfers assets (cash, investments, real estate, etc.) to an irrevocable trust. The trust can be established during the donor's life (inter vivos trust) or at death (testamentary trust). The trust provides annual income to the charity for a period of years. Upon termination of the trust, the assets are transferred to the donor's heirs.

There are two types of CLTs. The first is a charitable lead annuity trust, which provides fixed annual pay-

ments to the charity based on the value at the time of the creation of the trust. The second is a charitable lead unitrust, which provides variable annual payments to the charity based on a fixed percentage of the assets held in the trust.

The benefits of a CLT can be substantial. Potential benefits include income tax deductions and/or reductions in gift and estate taxes. These benefits vary based on the terms of the trust.

To learn more about charitable lead trusts, as well as other planned giving instruments of The Legacy Society, you may contact Ann Wilkinson at 225-763-2511. 

The above information should not be considered as specific legal or tax advice. Please consult your advisor.



ACKNOWLEDGING TRIBUTE GIFTS...

The Foundation gratefully recognizes Honor and Memorial gifts received from August 31, 2008 through October 31, 2008.

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 6400 Perkins Road
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Please remember the Pennington Biomedical Research Foundation in your estate plans.

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