



The Voices of GOAL

A Note from Dr. Sam Lim, Principal Investigator of the GOAL Project

Dear Goal Members,

Thank you for continuing to be a part of the GOAL family. We are busy making sure that we continue to keep you abreast of the latest happenings related to lupus and useful tidbits for your educational benefit along the way. As such, this issue of our annual newsletter addresses two important topics for healthy living: having a well-balanced diet and getting enough sleep every night.

Herein, we provide information about the impact that unhealthy eating and a lack

of sleep can have on the body. The newsletter offers helpful tips for making your diet more nutritious and for getting a good night's sleep. Both are essential for leading a healthy lifestyle and managing your lupus.

Findings from our GOAL surveys completed to-date are also presented in this issue. GOAL members' average daily consumption of fruits and vegetables are illustrated graphically and summarized briefly.

The newsletter concludes with the personal story of

one of our GOAL members, Medina Bolton, who shares her experiences related to maintaining a healthy diet and getting plenty of rest.

We hope that you enjoy this issue of "The Voices of GOAL." Please let us know of any topics that you would like to see covered in future issues.

On behalf of all our staff, we wish you a healthy and happy summer!

Sincerely,
S. Sam Lim, MD, MPH

GOAL Project

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GOAL Update: New Surveys

Attention GOAL Members!

Please be on the look out for a packet from GOAL. It includes a set of new surveys that we need you to complete and return to us.

It is very important that you complete the surveys

and mail them back to us as soon as possible using the postage-paid envelope included in the packet. If you would rather complete the surveys over the telephone, on the internet, or in person during one of your clinic visits, please let us know by sending an email to

info@lupusingeorgia.org.

As always, we sincerely appreciate you for taking the time to answer the questions asked in the surveys. The information that you provide is extremely important and useful to the study of lupus in Georgia.



Diet & Sleep: An Important Part of a Healthy Lifestyle

Is healthy living really worth it?

Research from the last 35 years has found that healthy living pays off in extra years to your life span and a higher quality of life, especially in later years. Evidence is emerging that along with smoking, little exercise and obesity, *poor diet* (deficient in fruits and vegetables with excessive amounts of meat, refined grains and dessert foods), and *habitual sleep restrictions and disturbances*, may "create havoc in the cardiovascular system" and lead to a variety of adverse health effects, including hypertension, impairment of the blood sugar control, and other chronic con-

"Let food be your medicine and medicine be your food. Nature heals: the physician is only nature's assistant."
- Hippocrates

ditions. While nutrition is an evolving field, many health care providers and researchers believe that dietary choices may directly affect inflammation levels and risk for heart disease, diabetes and cancer. The evidence linking diet and lifestyle to inflammation is preliminary, but many studies confirm that healthy eating can improve quality of life. We know lupus patients are at an increased risk for

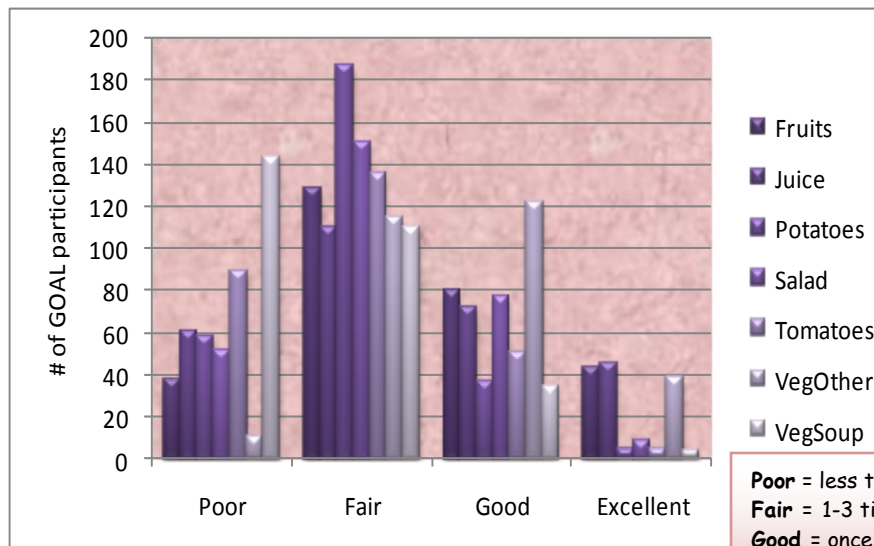
early coronary artery disease, atherosclerosis, and stroke compared to those without lupus. Therefore, it is important for lupus patients to follow the healthy diet goals of the American Heart Association:

1. Fruits & vegetables: At least 4.5 cups a day
2. Fish: At least two 3.5 ounce servings a week
3. Fiber-rich whole grains: At least three 1 ounce servings a day
4. Sodium: Less than 1500 mg a day
5. Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week
6. Processed meats: No more than 2 servings a week

What have we learned about your fruit & vegetable intake?

"Each patient carries his own doctor inside him." - Albert Schweitzer

Below is a graphic representation of what GOAL members (lupus patients) have shared with us about their consumption of fruits and vegetables. It shows that many of the 290 GOAL members who answered questions about food intake fall into the "fair" category in terms of how often they eat fruits and vegetables. The recommended amount of fruits and vegetables that should be eaten



to promote good health is at least 5 a day. * So, most GOAL members need to increase the amount and variety of fruits and vegetables that they eat on a daily basis.

Visit NutritionQuest's website at www.nutritionquest.com/wellness/free-assessment-tools-for-individuals/ to complete a brief online self-assessment to find out if you are eating enough fruits and vegetables to reduce your risk of various diseases.

*** On average, GOAL participants only eat 3.2 portions of fruits and vegetables each day.**

How much do you want to celebrate life and experience improved levels of radiant health and vitality?

It's up to you! You can choose today to take the necessary steps that will allow you to regain control of your own health, and nurture yourself with fresh foods, plenty of sleep, rest, and exercise. Simple lifestyle changes can make a BIG difference.

Poor = less than once per week
Fair = 1-3 times per week
Good = once per day
Excellent = 2 or more times per day

Choose what is best; habit will soon render it agreeable and easy."

- Pythagoras, (almost 2,500 years ago)

Eating Right: "Eat Food. Not Too Much. Mostly Plants."

How important are fruits and vegetables? The new 2010 USDA Dietary Guidelines for Americans recommend each individual fill half their plate with colorful fruits and vegetables at each meal or eating occasion. According to the nutrition evidence library of the USDA, there is consistent evidence that eating the recommended daily amount of fruits and vegetables can decrease the likelihood of heart attack and stroke. So, in the words of bestselling author Michael Pollan, "Eat food. Not too much. Mostly plants."

Eating lots of fruits & veggies can help prevent life-threatening conditions.

Do specific fruits & vegetables show evidence of having some anti-inflammatory effects?

Possibly, but the evidence is inconclusive. However, the following foods are healthy choices, so why not give them a try?

Oranges, apricots, nectarines, tangerines, papaya, peaches, plums, watermelon, bell peppers, pumpkin, red grapes, cranberries, blueberries



Did you know WIC can be used to purchase food at farmers markets? Farmers markets are an excellent source of fresh produce and are sometimes less expensive than conventional supermarkets. They also offer an additional assistance for some individuals who wish to purchase foods from farmers markets. Women, infants (over 4 months old), and children that are certified to receive WIC Program benefits or who are on a waiting list for WIC certification are eligible to participate in the Farmers' Market Nutrition Program (FMNP). *Eligible participants are issued FMNP coupons in addition to their regular WIC benefits.* Low-income seniors, at least 60 years old with a household income of not more than 185% of the federal poverty income guidelines, may be eligible for *the Senior Farmers' Market Nutrition Program (SFMNP) benefit coupons.* FMNP and SFMNP coupons are used to buy eligible foods from farmers' markets that have been approved by the State agency to accept these coupons. For further information, visit: www.fns.usda.gov/wic.

Bed Time: The Most Important 8 Hours of Your Day

Despite growing support for the idea that plenty of sleep - much like adequate nutrition and exercise - is vital to our wellbeing, people are sleeping less and less in today's busy world. About one-third of the people in the United States have trouble getting a good night's rest. An estimated 70 million Americans may be affected by chronic sleep loss or sleep disorders such as insomnia and apnea.

A lack of sleep can have several adverse affects on the body because numerous tasks vital to health and quality of life are linked to sleep; these tasks are impaired when you are sleep-deprived. People who chronically suffer from a lack of sleep, either because they do not spend enough time in bed or because



they have an untreated sleep disorder, are at greater risk of developing depression. According to recent NIH-supported studies conducted by researchers at UCLA, loss of just a few hours of sleep for a single night can increase tissue-damaging inflammation in the body. Their findings suggest that a good night's sleep can ease the risk of both heart disease and autoimmune disorders such as rheumatoid arthritis.

Tips for getting a good night's sleep:

- Go to bed and wake up at the same time every day
- Take a hot bath before bed time
- Turn off bright lights and television
- Keep your bedroom cool
- Avoid caffeine, nicotine, & alcohol
- Don't take naps after 3:00 pm
- If you find yourself still awake after staying in bed for more than 20 minutes, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.

Studies suggest that the optimal amount of sleep needed to perform adequately and to not have problem sleepiness during the day is about 7-8 hours for adults (average). So, if you are having trouble sleeping, you should discuss possible treatment options with your doctor.

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Be a Part of GOAL

Research is such an important step toward a better understanding of lupus and the development of a new treatment for people with lupus...

IF YOU ARE NOT A MEMBER OF GOAL ALREADY, WE INVITE YOU TO JOIN! It only requires 15-20 minutes of your time to complete surveys once a year. You will be compensated for your time. Please call or email us if you are interested.

Thank you for your participation!

We certainly cannot do this without you.

Let's keep working together!



GOAL Members' Corner - Share Your Story

My name is Medina Bolton. My official diagnosis of lupus came in 2008; I had swollen ankles and finally a positive ANA after exhibiting signs & symptoms of lupus for 10 years. Since 2008, my eyes have flared and given me the most trouble. But now I have more of the other issues like joint pain, fibromyalgia, sleep apnea, restlessness, and depression.

Lupus has changed my way of thinking in terms of the limits I place on myself now. Back in 1998, I was in my 30's; a 'go-getter' who did things my way and never understood the importance of putting myself first. I had small kids and nothing was going to stop me from showing them that they need to have a work ethic, and I was going to be the one to demonstrate that to them. So no matter what or how I felt, I got up and went to work everyday. On weekends, I would pass out...done! I pushed myself to the limit. The biggest change since the diagnosis is that I've learned to put myself first. I realized that if something were to happen to me at work



(the job the kids saw me go to each day), there would be mourning for a day or two, but they would get someone else to do my job..that job would go on, but what would my life be like? So now, I don't push those limits any further than I have to.

In terms of diet, I try not to eat foods that are high in fat or artery-clogging stuff. I live with my parents, and they are 'old school.' They like collard greens with fat back/ham hocks. But for me, I'll pull out my pan with some olive oil and liquid smoke for seasoning. They [my parents] can eat the way they want to, and I can eat the best way for me.

I've always been a good vegetable eater. I eat lots of fruits too. My

major change was meat. I don't eat a lot of pork; only on special occasions. I cut it out of my diet. Now, I eat mostly chicken and fish.

One of the most frustrating things in trying to adjust my diet is the medications. You take one medicine that makes you hungry and then the other medication makes you nauseous. Taking prednisone, I'm hungry all the time. I find myself looking for filler foods, which are foods that make you feel full so you don't eat as much or so often. I just need to get a handle on my weight because is it a 'yo-yo' effect. My friend suggested that one way to avoid overeating is to eat foods that contain flaxseed, bulgur wheat, etc. because they tend to make you feel full and you stay full longer since they are good sources of fiber...

For more of Medina's story, visit the GOAL website: www.lupusingeorgia.org.

If you would like to share your story in the newsletter and/or on our website for other members to read, please contact us either by telephone or email.