



SIZING UP THE HEART-HEALTHY FACTS

The case for 23 almonds a day.

WE'RE THE SNACK THAT LOVES HEARTS BACK

It may be news to some, but we've known for a long time what a huge difference a handful of California Almonds can make. From being good for your heart to staving off hunger to getting a nutrient-rich boost, **eating 23 almonds every day (an ounce to be exact) is a heart-healthy habit** everyone should develop.

WE SUPPORT GOOD CHOLESTEROL HEALTH

Nine clinical studies over the last thirteen years have shown that almonds can lower cholesterol as part of a diet low in saturated fat. These groundbreaking studies show how a handful of almonds a day consistently lowered LDL cholesterol levels.* And because people love eating them, almonds are an ideal way for cholesterol-conscious patients to maintain healthy numbers. If you've got time, these clinical studies make fascinating reading. In fact, when the FDA read the research, it influenced their first Qualified Health Claim for nuts:

"Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

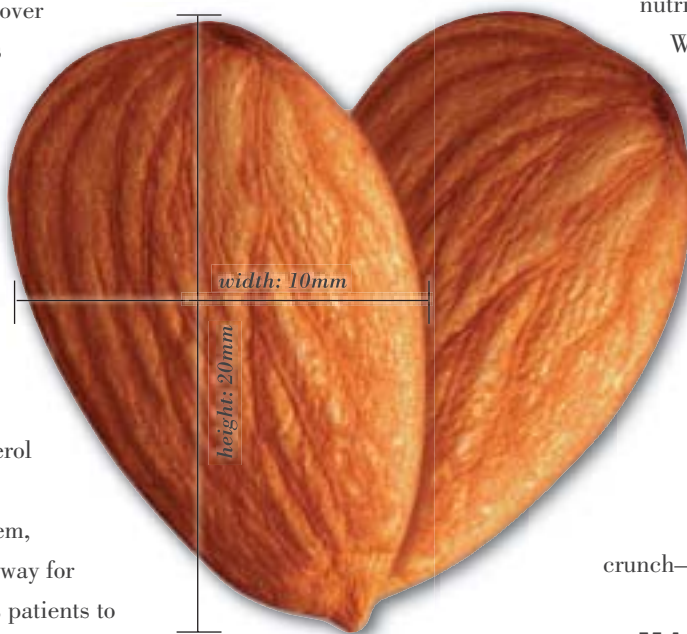
OUR GOOD FATS RUN DEEP

Good things happen when you get good fats. And with 9 grams of monounsaturated fat per serving, we're full of it. In fact, **over 60 percent of the fat in almonds is monounsaturated**, making us the leading source among America's most-consumed nuts.

NUTRIENT RICH & EXTRA CRUNCHY: A TEMPTING COMBINATION

Ounce for ounce almonds are one of the most nutrient-rich nuts around.

We'd list them all if we had more room. But if you're looking for a tasty snack that's **an excellent source of three dietary nutrients, a good source of three and has 3.5 grams of fiber and 6 grams of protein per serving**—while packing a heck of a crunch—then we're your nut.



{ Fig. 1a: *Prunus dulcis* }
weight: 1/23 oz

MAKE THE CASE TO YOUR PATIENTS

Once you've sized up the facts, we hope you'll **recommend your patients develop a 23-almonds-a-day snack habit**. Send your patients to our website to learn more and get a designer almond carrying case so they can take their daily dose wherever they go.

*Find more information at www.AlmondsAreIn.com/9studies.
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Bone Tx Heart Effects Investigated

BY MITCHEL L. ZOLER

ORLANDO — Bisphosphonate use was linked with an unexpected, increased risk for aortic valve calcification in women aged 55-64 years in an analysis of about 3,700 women.

The analysis also showed the more expected finding that among older women, aged at least 75, bisphosphonate treatment was linked to a significantly reduced risk for aortic valve calcification, Dr. Sammy Elmariah said while presenting a poster at the annual meeting of the American College of Cardiology.

The significantly increased risk for calcification among younger women has no clear explanation. "In my opinion it's due to confounding," Dr. Elmariah said in an interview. Women younger than 65 who go on bisphosphonate treatment often have a special risk for osteoporosis that may somehow relate to a high level of valve calcification.

He and his associates used data collected in the Multi-Ethnic Study of Atherosclerosis (MESA), a longitudinal cohort study of about 6,800 men and women aged 45-85 that is sponsored by the National Heart, Lung, and Blood Institute. Among the 3,710 women in MESA, 214 were treated with a nitrogen-containing bisphosphonate and the other 3,496 were not receiving a bisphosphonate. The bisphosphonate group included 100 women aged younger than 65.

Among women younger than age 65 years, CT imaging showed aortic valve calcification in 18% of those on a bisphosphonate and in 4% of those not on the drug. In women aged 65 or older, imaging showed a rate of 13% with calcification in the bisphosphonate group and 20% in those not on the drug, reported Dr. Elmariah, a cardiologist at Mount Sinai Medical Center in New York.

In a model that adjusted for age, body mass index, ethnicity, study site, education, income, health insurance, diabetes, smoking, blood pressure, and cholesterol level, bisphosphonate use was linked with a 3.9-fold increased risk for aortic valve calcification in women younger than 65, a statistically significant association. The vast majority of these women were aged 55-64.

In contrast, among women aged 65 or older, bisphosphonate use was associated with a nonsignificant 30% reduction in valve calcification. In those aged 75 or older, bisphosphonate use was linked with a significant 50% relative risk reduction in the prevalence of valve calcification, compared with women not on a bisphosphonate.

Dr. Elmariah reported no financial relationships for this study. ■