



# SOMETIMES, AN OUNCE OF PREVENTION REALLY IS WORTH A POUND OF CURE

*The case for 23 almonds a day.*

## THE EVIDENCE WEIGHS IN

The heart-healthy benefits of almonds are giving people plenty to chew on these days. Nine clinical studies have shown the impact almonds can have on cholesterol.\* And with 13 grams of unsaturated fat and just 1 gram of saturated fat, almonds are appealing to the hearts of more and more people every day.

## DOES A HANDFUL A DAY KEEP THE

## CARDIOLOGIST AWAY?

As you well know, cardiovascular disease is the leading cause of death in America, but the good news is that regular exercise and a healthy diet can help lower the risk. No wonder more active people are snacking on a handful of almonds every day. In fact, per capita consumption of almonds has nearly doubled in just five years. Are your patients part of this trend?

## MOTHER NATURE'S NUTRIENT POWERHOUSE

Among nuts, almonds are the best source of six of the 13 nutrients for which there is a Daily Value or Daily Recommended Value.

## AN ANTIOXIDANT OVERACHIEVER

Next time someone asks you what's a leading food source of alpha-tocopherol vitamin E, just smile and say "almonds."

Alpha-tocopherol is the kind of vitamin E the human body absorbs best. And with data showing that most Americans get only half of their recommended vitamin E per day, almonds are the ideal way to close that gap.

## EVEN GREAT WHEN YOU'RE WATCHING YOUR WEIGHT

Almonds are considered a good fit with many popular weight loss plans. They offer key benefits to anyone trying to shed a few pounds, namely satiety, fewer calories for more nutrients, crunch, and taste. A plan that delivers taste and nutrition usually is easier to comply with.

## MAKE THE CASE TO YOUR PATIENTS

Get your patients doing their 23 crunches a day. To make it easier, have them visit our website to get a handy portion-control tin. Sturdy, decorative, and portable, the tin holds exactly one ounce of almonds and will go anywhere.



{ *Nutrients: per ounce* }

\*Find more information at [www.AlmondsAreIn.com/9studies](http://www.AlmondsAreIn.com/9studies).

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.

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# HPV Vaccine Is Effective In Males

BY MIRIAM E. TUCKER

ATLANTA — Merck & Co.'s human papillomavirus vaccine Gardasil was efficacious against persistent infections and genital warts caused by the vaccine strains in a randomized, double-blind, placebo-controlled study of more than 4,000 adolescent and young adult males.

The study, funded by Merck, was planned as a 36-month follow-up but was stopped early based on efficacy and safety data at a mean of 29 months, according to Dr. Richard M. Haupt, executive director of clinical research, Merck Research Laboratories, Whitehouse Station, N.J.

The company submitted a biologics licensing application to the Food and Drug Administration in December 2008 for the use of Gardasil in males aged 9-26 years.

"Gardasil is highly efficacious against HPV-6/11/16/18-related persistent infections and genital warts in men. This efficacy may also translate to reduced transmission of vaccine type strains between sexual partners," Dr. Haupt said at a meeting of the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices.

The study involved 3,463 heterosexual men aged 16-23 years and 602 men aged 16-26 years who have sex with men. At baseline, just 17% of the total group was positive to at least one of the vaccine HPV strains (6, 11, 16, and/or 18) by either serology or polymerase chain reaction testing.

"This gives an idea of the great opportunity to prevent infections of all four types," Dr. Haupt said.

The primary end point was vaccine efficacy against all external genital lesions, including condyloma and penile/perineal/perianal intraepithelial neoplasia (PIN) of any grade.

In the per-protocol population, overall efficacy was 90%, driven primarily by the prevention of genital warts: 28 of 1,408 placebo subjects developed condyloma, compared with 3 of 1,397 who received Gardasil, for an efficacy of 89%. Efficacy against PIN 1/2/3 was 100%, but the numbers were small (3 vs. 0 cases).

Efficacy against persistent infection—defined as two or more consecutive positive samples with the same HPV strain 6 months apart—was 86% (101 placebo subjects vs. 15 who got Gardasil). The vaccine was highly immunogenic, with seroconversion rates at 7 months ranging from 97% for anti-HPV-18 antibodies to 99% for anti-HPV-6. At 24 months, seroconversion rates remained high for all strains except anti-HPV-18, which dropped to 62%. Efficacy remained high against all strains, he noted. ■