A large portion of dietitians in the Western New York area are Buffalo State Alumni. For decades, our college has been producing some of the best talent in the field. The Nutrition Club initiated to host an alumni reception to get the graduates of the department under one roof for an evening of food and entertainment. The reception took place this past spring semester on April 10th at the Bulger Communication Center. Pano’s on Elmwood catered the event and served as a nostalgic experience for many of the guests who remember eating at the thirty-plus year old restaurant while undergraduates at the college.

Wegmans and Muscoreils Bakery made generous donations to the event. Tom Haney, from the Catholic Health Systems, gave a presentation on “Understanding and Surviving the Five Generations in the Workplace”. It was full of great tips for interacting with the different generations that future dietitians will inevitably run into. A musical performance by Andrea Guiati, distinguished teaching professor in the Department of Modern and Classical Languages started the reception and was followed by salsa lessons from popular dance group Salsa Buffalo.

“Please let the all the hosts & planning committee know I thought the event was a lot of fun, terrific idea & a great way to reconnect with colleagues. I’m very thankful that I took advantage of this wonderful opportunity to meet our future nutritional professionals.”

Great job – I appreciate all the work & planning that went into the event.”

Evemarie Pytlak Schlehr – Class of 1982
Dear Alumni and Friends of Dietetics & Nutrition at Buffalo State,

The Department of Dietetics and Nutrition encourages students to engage in certain type of research/scholarly activities through interaction with faculty or fellow classmates. Buffalo State offers diverse research opportunities in collaboration with faculty through the Student Research Office directed by Dr. Jill Singer. Interested students in research can initiate by contacting faculty or in response to the research program announcement usually in early spring. The Student Research Office offers 24 Summer Research Fellowships ($3,000.00 per award), many more small grants that range from $200 to $500 per award to support students’ research activities and opportunities to present research/scholarly findings in oral or posters at the Research and Creativity Celebration near the end of spring semester. This year the celebration occurred on May 2 and May 3 on the Butler Library Lobby.

This year Stephanie Busse with Dr. DeNysschen won the summer fellowship. Stephanie will spend two months for full-time research work during the summer and receive $2,500.00 stipend in addition to $500.00 for expenses such as travel. Twenty three students in NFS 330 Integrative and Functional Nutrition class presented 15 posters at the Celebration on May 3, 2014. Such research experience undoubtedly provides students a thrilling and unforgettable experience in learning a specific research topic and present their research findings at the celebration where faculty, staff and college leaders including the President, Provost, Deans and hundreds of faculty members from virtually all departments attended. Many of the students in Dietetics department engaged in research activities. I would like to challenge all dietetics students, especially juniors and seniors to consider taking the first step to engage in research and scholarly work. That may be conversing with faculty member(s) and/or finding a faculty mentor.

Suk Y. Oh

Future Officers of the Nutrition Club

Hard work and dedication in accomplishing the goals set before me have been the motivation that allow me to reap the benefits of life. As the president elect of the nutrition club, I find myself walking through an open window of opportunity. Nutrition club exists because of its members and the enthusiasm of so many dedicated students. I am thankful for the opportunity to lead our student body into the next semester as we progress in advancing ourselves as future dietitians. It is my personal passion to implement the set of skills that have been gifted me that I may advance as a dietician to make knowledge contagious and that I may be a positive presence in the lives of those I come in contact. I am thankful for this opportunity and greatly look forward to where the nutrition club will take us as we enter future semesters.

-Brandon Gross

I am very excited to be an officer of the Nutrition Club and am looking forward to future events and lots of fun with dietetics students and staff.

- Kelly Caruso

Also serving as officers:

Kristen Tilson-
Treasurer

Yimmy Rodrigues-
Vice President

Welcome Aboard!!
Our Provost Looks On

Next Generation Coordinated Program

Learning to Dance

Salsa Buffalo

Above-Alumni

Right – Staff Acknowledgements
Studies have shown that consuming a beverage containing glycerol can induce a hyper hydrated state. Hydration status is an important factor in the performance of endurance athletes. Dehydration negatively affects an athlete's performance by impacting cardiac output and thermoregulation. However, replenishing fluid losses during activity is not always realistic. Starting in a hyper hydrated state can enhance the athlete's ability to maintain appropriate fluid stores further into any event. The goal of this research review is to evaluate the efficacy and safety of glycerol in improving hydration status and performance. Numerous research studies were reviewed to determine the ability of glycerol to induce a hyper hydrated state before and during exercise. Required dosages and important timing principles were also reviewed. The reviewed studies have proven that glycerol is effective at inducing a hyper hydrated state before exercise, and continued ingestion of glycerol during exercise has some benefit. However, further research on the effects of glycerol on athletic performance and the use of glycerol for rehydrating is warranted.

Currently a treatment for Irritable Bowel Syndrome or IBS does not exist. About three out of twenty people suffer from IBS with over half being women. IBS is a multifactorial condition that includes poor gut motility, small-bowel bacterial overgrowth, microscopic inflammation and visceral hypersensitivity. Two strains of probiotics, Lactobacilli and Bifidobacterium, are thought to play a prevalent role in the treatment of IBS. This review of literature looks at recent studies that show the probiotic effects on the treatment of IBS. Expected activities of probiotics include the production of bacteriocins to inhibit pathogenic growth, relief of bloating and distension, and alteration in the function of gut-associated lymphoid tissue and cytokine profile. Strains of Lactobacilli and Bifidobacterium may also inhibit secretions that cause inflammation while at the same time they enhance immunity. Research has shown the use of probiotics in the treatment of IBS to be effective, however results were variable and more studies are needed to conclude the effects.

Low birth weight is one of the leading causes of death for newborns in the United States. Infants born prematurely or have low birth weight, have a higher risk for fetal growth retardation, and long term health consequences. 10-49% of women are affected by prenatal depression, and these women are more likely to deliver prematurely. Several studies have shown that the use of interventions such as massage therapy and yoga significantly reduced prenatal depression, anxiety, back and leg pain, and premature births. Yoga is considered a form a self-massage, therefore the similar effects between massage therapy and yoga may not come as a surprise, but because most women are hesitant to use anti-depressants while pregnant, the use of these methods may prove to be a more cost-effective and safer alternative. Additional studies are needed on the numerous underlying mechanisms resulting in the effects yoga and massage therapy
Good not Great: Glucosamine and Knee Pain
Holly R. Layer and Stephanie Trifunovic

According to the Centers for Disease Control (CDC), one in two Americans will develop some form of Osteoarthritis (OA) in their lifetimes and 27 million Americans have it. Osteoarthritis is a disease affecting the joints causing weakness and disability, which can interfere with daily activities and even lead to joint replacement surgery. Multiple common supplements including Glucosamine, Chondroitin Sulfate (CS), Methylsulfonyl Methane (MSM) and Hyaluronic Acid have been studied for their potential to reduce or ease the symptoms of OA. These compounds are believed to slow the progression of joint deterioration and help relieve joint pain by protecting the cartilage found within the joints. This review of several studies presents their methods, findings and conclusions about the efficacy of these supplements on OA. In general, these studies could not find significant evidence to recommend any of these supplements as effective treatment of the disease. However, some moderate improvement in joint stiffness and pain were found with various combinations of the above supplements in subjects with varying degrees of disease severity. More studies with larger sample sizes, longer trials, varying degrees of OA and

The effects of grape seed extract on Alzheimer’s Disease in mice
Leah Koeppel and Rachel

Since neither the cause of Alzheimer’s Disease (AD) nor treatment of the disease have been found, people are unaware of what prevention measures to take in order to decrease their risk of developing AD and of what therapy to take. Many AD patients and their families turn towards complementary alternative medicine (CAM) to slow the progression of the incurable disease. The National Center for Complementary and Alternative Medicine (NCCAM) conducted a study on mice with grape seed extract that contains polyphenols. Grape seed extract is made from the seeds of red grapes which are often the byproduct of the manufacture of wine. The grape seed extract contains polyphenols that have an anti-inflammatory effect on damage to the brain. The major polyphenol components of grape seed extract are catechin and epicatechin. Catechin and epicatechin have been scientifically shown to prevent the formation of B-amyloid peptide which has been linked to the neurotoxicity associated with Alzheimer’s Disease. The study was conducted on mice that had been genetically modified to develop a condition similar to Alzheimer’s Disease. The mice were exposed to either the grape seed extract or a placebo daily for five months. The mice with the grape seed extract had reduced amyloid beta accumulation and plaque formation in their brain cells at the end of the five month period. More research needs to be conducted before recommending grape seed extract for humans due to unanswered questions in regards to dosage requirements and duration of treatment. Controlled human research must be followed for similar findings from the animal research.

The Needs for Vitamin D: Beyond Calcium Absorption
Courtney Bonvissuto,

Vitamin D is the only nutritional supplement that is free. Yes free, Unless you live in places where direct sunlight is limited for the body can make enough vitamin D when exposed to sunlight for more than half an hour a day. Vitamin D is required for the body to absorb calcium and phosphorus, the elements for bone structure. Vitamin D also does a vast variety of other functions. A recent Nebraska study links increased vitamin D intake to less cancer risk, Japanese scientists found that the vitamin helps fight influenza. Other research showed that vitamin D lowers the risks of hypertension, osteoporosis, Parkinson’s disease and heart disease. Many potential complications associated with Vitamin D deficiency include Osteomalacia in adults who have severe vitamin D deficiency, kidney failure, lung disorder, diabetes stomach and intestinal problems, Psoriasis, rickets, thyroid problems, etc. Vitamin D is also shown for boosting the immune system, preventing autoimmune diseases and cancer. The purpose my research is to find if research evidence warrants vitamin D supplementation to help prevent or treat the vitamin D deficiency.
**SCAN SYMPOSIUM**

By Holly R. Layer

Senior Emily Tunstall-Frack will present her research on dancers and their calculated and perceived energy needs at the Sports, Cardiovascular and Wellness Nutrition (SCAN) Symposium June 27-29 in Huron, Ohio. SCAN is a Dietetic Practice Group (DPG) within the Academy of Nutrition and Dietetics (AND).

“Student involvement in SCAN or any other DPG is potentially a way to get involved, gain experience, and network,” said Tunstall-Frack.

Tunstall-Frack will present as an undergraduate presenter during the poster session. The symposium includes speaker, workshops and exhibitors as well.

She also presented her research during a 15-minute presentation as part of this semester’s Office of Undergraduate Research’s Student Research and Creativity Celebration (SRCC).

Tunstall-Frack said the SRCC was more for the lay-person, while the symposium is for dietitians.

“My poster will be more academic, more like a research paper in poster-format. It displays results about perceived caloric needs versus calculated needs (based on Total Energy Expenditure), including comparing different sub-groups among the dancers (younger vs. older, previous nutrition class or not, modern vs. ballet, etc). It is definitely preliminary, foundational research, but the results are really interesting!” she said.

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**Effect of Red Wine and Resveratrol on Aging And Longevity**

Marla Guarino and Paola Zambrano

There has been a great amount of interest in Resveratrol, a polyphenol found in red wine. Because of its antioxidant qualities, the question has been posed, “Does Resveratrol help in promoting longevity?” Resveratrol possesses estrogenic, antiplatelet, and anti-inflammatory effects that may help with an array of age-related diseases such as heart disease, cancer, Alzheimer’s disease and diabetes by activating several longevity genes. To date, most studies on this subject have been conducted on mice using unrealistic levels of Resveratrol and have proved inconclusive for actual extended life span in mice. For instance, in one study the amount of red wine consumed by human, to equal the amount given to the laboratory mice, would equate to 1,000 liters of red wine per day. In addition, the effects are only evident for a short time after consumption. Therefore, long-term benefits of Resveratrol in red wine are unknown. Also, because of the possible detrimental effects of alcohol consumption, at this time promotion of increased red wine consumption is not recommended. While the protective qualities may be there, further quality research must be obtained. Our research will compile present day studies in an attempt to educate viewers on the realistic link between red wine and health.
Before even becoming an RD, Senior Emily Tunstall-Frack has made an impact on the Western New York Dietetics Association (WNYDA) already.

Frustrated with feeling like she didn’t have a lot to contribute while still a student and lacking experience, Tunstall-Frack said she began to think of ways she could ‘offer back’ something to the group.

“I had been interested for a while in reading up on popular diets and being familiar with them for the sake of my future clients and other people I crossed paths with who had questions. I felt like as RDs, we should know these things. I also have a heart for building community,” Tunstall-Frack said.

After posing the idea of a book club to some WNYDA members, Tunstall-Frack said they loved the idea. Within weeks, a book was chosen—Wheat Belly—and the first meeting was held Friday, March 28 at Ashkar’s.

“All the feedback, from various attendees, has been positive,” she said of the mix of students and RDs who attended.

So positive, in fact, that the room was filled to capacity.

“After the meeting I was very energized and happy because not only did I enjoy it, and feel like I got to connect to a bunch of new people, but that other people seemed to really enjoy it too,” she said.

Tunstall-Frack said she sees the group continuing for various reasons, including staying up on popular or emerging nutrition literature, forming personal and/or professional connections with the people in the group and also as a social event that has the added benefit of relevant information for our profession.

The second meeting of the fad diet book club was Monday, May 12. The group discussed Healing the Gerson Way.

3-D Imaging with Division III Athletes
Shawn Pitcher, Dietetics
Faculty Mentor: Professor Elaina Mertens, Health and Wellness
This research that will be done in this experiment will involve Division III athletes from Buffalo State College. Participants will be male and female. The technology that will be used for this experiment is 3-D body scanning technology and skin folds using a caliper. Calipers are an instrument to measure particular skin folds areas on the body for fat mass. 3-D scanning is primarily used in the textile field, but may also be feasible to use in the world of athletics. This machine uses light imaging that takes a scan of your body in which it can break every part of your body down and give you a measurement for each corresponding body part. With these measurements it can also calculate your BMI and body fat percentage. Using the 3-D body scanner will provide a great opportunity to see if this piece of technology can be used by other research for similar studies. It is felt that it could advance our knowledge in human measurement to better athlete’s needs. Body fat measurements via skin fold calipers will be used to compare body fat measurements estimated by the 3-D body scanner. Avatars will be made of each athlete and sorted into its specific categories depending on gender, sport and body types.
Religious, Religious, Cultural, and Social Aspects of Eating in Weight Management
by Tina Colaizzo-Anas, PhD, RD, CDN, CNSC

Obesity is a complex disease with a multiplicity of influences: genetic, environmental, behavioral, social, emotional, and spiritual. Mainstream medical, surgical, behavioral, and nutritional interventions have had varying degrees of success in terms of affecting positive outcomes. Integrative medicine “embraces all evidence-based complementary and alternative medicine (CAM), conventional and traditional treatment modalities. Integrative Weight Management: A Guide for Clinicians by Mullen G, Cheskin LJ, Matarese LE (eds) 1 is a recently released volume that assembles a comprehensive array of evidenced –based CAM as well as conventional and traditional weight management methods. Topics include epidemiology, pathophysiology, gut microbiome and obesity, childhood obesity, metabolic support of the obese intensive care unit patient, behavioral approaches, physical activity, weight loss diets, pharmaconutrition, surgical management, dietary supplements, acupuncture, and eating disorders. The chapter that I was invited to contribute is entitled, “Religious, Cultural, and Social Aspects of Eating.” Adapting weight management strategies for religious, cultural and social differences has been shown to produce a significant increase in positive weight management outcomes. One example highlighted is the difference in results of the Diabetes Prevention Trial (DPP) and the ENCORE study. The DPP included 3200 individuals who were at risk for developing diabetes. Risk factors included overweight. The culturally sensitive intervention included a low calorie, low fat diet, 150 minutes of planned physical activity per week and individual counseling. Intent-to–treat analysis showed a 58% reduction in diabetes risk.2 The incidence of diabetes was reduced in all racial and ethnic groups and this reduction in risk was sustained at the level of a 34% risk reduction in a 10-year follow-up study.3

In contrast, in the ENCORE study in which the Dietary Approaches to Stop Hypertension (DASH) diet was utilized for weight management, African Americans had less success in weight loss. This was believed to be attributed to the lack of sensitivity to cultural food preferences and practices and a resulting decrease in compliance.4 Other topics in covered in the chapter include social influences affecting food patterns, cultural food practices, religion and food practices (with special attention to the role of fasting in various world religions), and professional cultural competence. Practitioners have a professional responsibility to assess their cultural competence and develop action plans to strengthen knowledge and skills in areas needing improvement. A number of online resources are listed to assist the practitioner in assessing cultural competence.5,6

With the richness of diversity of the American demographic constantly changing, practitioners will be increasingly challenged to address the religious, cultural, and social needs of their patients.

References:


Tina Colaizzo-Anas
DR. DENYSSCHEN RUNS THE BOSTON MARATHON

On October 18, 2010, the 20,000 spots reserved for qualifiers of the Boston Marathon were filled in a record-setting eight hours and three minutes. The speed of registration prompted the B.A.A. (Boston Athletic Association) to change its qualifying standards for the 2013 marathon onward. In addition to lowering qualifying times, the change includes a rolling application process, which gives faster runners priority.

What this means is that qualifying for this race is a very difficult thing to do and once accomplished, it is considered a feat of a lifetime. I bet that I can’t count on one hand the number of individuals that qualified (not considering those that are running with a charity) in our area to run Boston. Not that I am cheapening the race for anyone who is willing to endure 26.2 for a cause that is near and dear to them, it is just that different rules apply when it comes to having a time that is fast enough to even be eligible to fill out the registration. In fact, even if a runner qualifies, it is such a popular race that a spot can’t be expected.

Any runner will tell you that it is the dream of dreams to be able to run and experience Boston. It is with upmost pride that I can say that one such individual is also my teacher and mentor.

Congratulations Dr. D!!

You continue to raise the bar!!

AND she was also recently elected WNYDA President-Elect and has become a Fellow of the Academy of Nutrition and Dietetics (FAND)!!

New Dietetics Building
Spring
2016
Meet The Editors

Paola Zambrano
Editor

Paola Zambrano is now a senior in the Coordinated Program. This is a big year. It is time to hand over the Nutrition Club to a new president and Nutrition Provision to a new editor. Her wedding will also be taking place in a few months and she will be returning to school with a whole new name. Paola’s goals for the summer include; successfully completing her management rotation, spending as much time as possible with her elderly dog, reviewing all information that is expected to be in her head at this point in her education, improving her golf swing, learning to play at least one song from Phantom of the Opera and/or Beauty and the Beast (her niece is a Disney fan) on her violin, volunteering her time as much as possible and, now that classes aren’t diluting her attention, having an absolute BLAST with her fiancé Mark as they count down the days to their nuptials.

Holly R. Layer
Co–Editor

Holly R. Layer is a senior in the Coordinated Program. She received a B. A. in Journalism from Penn State and served four years in the U. S. Air Force before deciding to go back to school to become a Registered Dietician. She loves running, reading, fine stationery, colorful kitchen gadgets and ALL things food-related. An avid cook and baker, she spends any free moment trying to find something to whip up in the kitchen.