

Vitals

BY CAROLINA NOVOTNY, FOR THE CALGARY HERALD; CALGARY HERALD; APRIL 15, 2010

Research Aims To Shed Light On MS

Session - Doctors from the University of Buffalo will discuss cutting-edge research relating to multiple sclerosis (MS) at a free information session in Calgary April 30.

The research conducted by Drs. Bianca Weinstock-Guttman and Robert Zivadinov looks into the connection between MS and a condition called chronic cerebro-spinal venous insufficiency, in which blocked or narrowed veins lead to poor blood drainage from the brain. Early results, they say, show that 55 per cent of MS patients studied suffer from both.

In an e-mail, Zivadinov said the link between the two conditions represents a "radical departure" from the traditional view of what causes MS.

He said he's speaking in Calgary because some of his funding came from Direct-MS, a Calgary-based charity.

Ashton Embry, Direct-MS founder and event organizer, said the Buffalo research "is of major importance to people with multiple sclerosis."

The session will be held at the Coast Plaza Hotel, 1316 33 St. N.E. Doors will open at 6:45 p.m. For further information call 403-282-0028 or e-mail info@direct-ms.org.

Avocado Salad

Recipe - This salad makes a simple, splendid starter. Avocados contain heart-healthy monounsaturated fat and no sodium, cholesterol or trans fats. The recipe comes from the new cookbook *For the Love of Salad* (Whitecap), by Jeanelle Mitchell, the Canadian author of the bestselling *For the Love of Soup*.

3 tbsp (50 mL) fresh lemon juice

2 tbsp (25 mL) extra virgin olive oil

1 tsp (5 mL) Worcestershire sauce

Sea salt and freshly ground pepper

4 medium-size Boston lettuce leaves

2 or 3 ripe but firm avocados, pitted, peeled and sliced (prepare just before serving)

1/2 small red onion, thinly sliced

1/2 cup (125 mL) chopped fresh flat-leaf parsley or cilantro

Whisk together lemon juice, olive oil and Worcestershire sauce in a small bowl. Season with salt and pepper and set aside.

Place lettuce leaves on individual plates. Top each leaf with sliced avocado and red onion. Drizzle dressing over and garnish with parsley or cilantro.

Serves 4.

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