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Health

Thursday, September 18, 2014

Study: Artificial sweeteners may promote diabetes

By MALCOLM RITTER
The Associated Press

NEW YORK — Using artificial sweeteners may set the stage for diabetes in some people by hampering the way their bodies handle sugar, suggests a preliminary study done mostly in mice.

The researchers and outside experts said more study is needed, while industry groups called the research limited and said other evidence shows sweeteners are safe and useful for weight control.

The study from researchers in Israel was released Wednesday by the journal Nature.

The work suggests the sweeteners change the composition of normal, beneficial bacteria in the gut. That appears to hamper how well the body han-

dles sugar in the diet, which in turn can result in higher blood sugar levels. This impairment, called glucose intolerance, can eventually lead to diabetes.

Some experts who didn't participate in the work argued caution in interpreting the results.

James Hill, an obesity expert at the University of Colorado, called the work good science. Still, overall, "I do not think there is sufficient evidence to conclude that they are harmful."

But Xinling Peptuo of Washington University in St. Louis said the results make a convincing case that sweeteners hamper the body's handling of sugar by altering gut bacteria. And it adds to her belief that sweeteners and sugar should be used in moderation, especially by children, she said.



Artificial sweeteners are displayed on Wednesday in New York.

Artificial sweeteners may set the stage for diabetes in some people by hampering the way their bodies handle sugar, according to results of a study released Wednesday by the journal Nature.

"It's really providing strong data suggesting we need to do more research," he wrote in an email. "I certainly do not think there is sufficient evidence to conclude that they are harmful."

Researchers began by testing three widely used sweeteners: saccharin, sold for example as Sweet 'N Low; sucralose, sold as Splenda; and aspartame, sold for example as Nutra-

weet, in 20 mice. Some animals got one of those substances in their water, and others got their water or just water.

After 11 weeks, researchers gave all the mice a dose of sugar and monitored the response in their blood sugar levels.

The mice that initially got sugar showed about the same response as those that got plain water. But mice that got one of the sweeteners showed markedly higher blood sugar levels, indicating impairment in handling of the sugar dose.

Further mouse experiments linked that outcome to an effect on gut bacteria.

To gain some preliminary information on people, the researchers turned to 381 non-diabetic volunteers who filled out a questionnaire that estimated their consumption of artificial sweeteners.

Forty participants who had the most showed evidence of higher blood sugar than 236 non-users.

In another preliminary test, researchers gave saccharin for a week to seven healthy volunteers who normally don't consume sweeteners. Four showed a decline in their ability to handle sugar over the course of the week.

The mixup of their gut bacteria changed markedly over the week, while that of other three changed little.

Overall, the results suggest that some people may be affected by artificial sweeteners, said one of the researchers, Dr. Eran Elinav of the Weizmann Institute of Science in Rehovot, Israel.

Christopher Gardner, a nutrition expert at Stanford University who didn't participate in the study, said saccharin does given the volunteers were within federal dietary guidelines but still much higher than what a typical person would consume — the equivalent of 42 12-ounce sodas a day for a person weighing 150 pounds.

In a statement, the Food and Drug Administration said the sweeteners "have been thoroughly studied and have a reasonable certainty of no harm to consumers."

The Calorie Control Council, an industry group that represents the manufacturers of sweeteners and the products they're used in, said the study has limitations that diminish its applicability to people.

Death Notices

HARRINGEN — Carmelina Pena Galindo, 74, passed away Tuesday, September 16, 2014. Funeral arrangements are under the direction of Trinity at Harrison Funeral Home 956-384-2444.

AUSTIN — Daniel Wayne Hanson, 68, of Austin, TX passed away on September 8, 2014. Funeral arrangements are under the direction of Trinity at Harrison Funeral Home 956-384-2444.

HARRINGEN — Dario Hinojosa, Jr., 65, passed away Tuesday, September 16, 2014. Funeral arrangements are under the direction of Trinity at Harrison Funeral Home 956-384-2444.

SAN BENITO — Majorie E. Kohn, age 92, passed away at her San Benito residence on Tuesday, September 16, 2014. Funeral services are pending, and will be announced by San Benito Funeral Home, 1400 West Highway 77, San Benito, Texas 78586, (956) 361-9192.

SAN BENITO — Baby Destiny Nicole Velaz passed away on September 15, 2014 at Valley Baptist Medical Center in Harrison. Funeral arrangements entrusted to Thomas-Garza Funeral Directors in San Benito, 956-399-1331.

RAMONOVILLE — Paulino S. Mejia, 83, passed away on Wednesday, September 17, 2014 at Valley Baptist Medical Center. Funeral arrangements are under the direction of Duddleston Funeral Home.

Funerals Today
POH (5452) — Funeral Mass for Reyes Guillen Sr. will be held today at 10 AM at Our Lady Star of the Sea Catholic Church. Devotion to follow under the direction of Thomas-Garza Funeral Directors in San Benito, 956-399-1331.

DONNA — Funeral mass for Dora R. Zamora will be held today, Thursday, September 18, 2014 at 10 a.m., at St. Joseph Catholic Church in Donna. Interment will follow at Donna City Cemetery. Funeral services are under the direction of Hawkins Funeral Home in Donna.

HARRINGEN — Funeral mass for Ray Canacho will be at 10:00 a.m. at Our Lady of the Assumption Catholic Church. Interment will follow at Anland Memorial

Park Cemetery. Funeral arrangements are under the direction of Trinity at Harrison Funeral Home 956-384-2444.

HARRINGEN — Graveside service for Carmelina Pena Galindo will be at 2:00 p.m. at Las Russias Cemetery. Funeral arrangements are under the direction of Trinity at Harrison Funeral Home 956-384-2444.

RO HOONDO — Funeral services for Maria F. Martinez will be today, Thursday, September 18, 2014, at 10 AM, at St. Helen's Catholic Church. Interment will follow at Mont Meta Memorial Park. Arrangements are with Buck Ashcraft Funeral Home.

HARRINGEN — Funeral services for Luchita F. Hutchins will be held today, Thursday, September 18, 2014, at 1 p.m., at Buck Ashcraft Funeral Home with visitation from 9 am until service time. Interment will follow at Mont Meta Memorial Park. Arrangements are with Buck Ashcraft Funeral Home.

SAN BENITO — Chapel service for Baby Destiny Nicole Velaz will be held today at 10 AM at Thomas-Garza Funeral Home. Interment will follow at San Benito City Cemetery under the direction of Thomas-Garza Funeral Directors in San Benito, 956-399-1331.

HARRINGEN — Funeral services for Paulino S. Mejia will be held today at 2pm, Our Lady of Assumption Catholic Church. Burial will follow to St. John Cemetery in Ervin, Texas under the direction of Trinity at Harrison Funeral.

While raising their 5 children and following her husband around the world in his military career, Anilla earned credits at 11 different universities and completed her Bachelor of Science degree in Education. Then while teaching high school in Parkers, Oklahoma, she completed her Masters of Science degree in Education at Oklahoma State University in Stillwater, Oklahoma.

After moving with her family to Dallas, Texas in 1972, Anilla went on to complete her Doctor of Philosophy degree at North Texas State University in 1983. Anilla was then a high school counselor at Garland High School in Garland, Texas until her retirement in 1989.

After her retirement, Anilla and her husband moved to Norman, Oklaho-

ma where they both enjoyed the "retired life" and being close to Anilla's family. They then retired a second time to John Kooch Village in Westlaco in 2002 after spending many years wintering at South Padre Island, Texas.

Anilla is survived by her husband, her 5 children and 8 grandchildren who will all remember her practical wisdom, her strength of vision and her love.

A service will be held on Friday, September 19, 2014, 3:00 pm at First United Methodist Church in Westlaco. McCaleb Funeral Home in Westlaco is in charge of her funeral arrangements.

For more information, please visit: www.valleystar.com/obituaries.

Sign the guestbook at: www.valleystar.com/obituaries.

Arvilla Rogers Griffith
WESTLACO, TX. — Arvilla Rogers Griffith passed away Monday morning, September 15, 2014 at her home in Westlaco. She was 89 years old.

Anilla was born in Cooper, Oklahoma on February 4, 1925. She met her future husband, Henry Vern Griffith, in Oklahoma City during World War II. In August of this year, shortly before her death, they celebrated their 70th wedding anniversary. Together they had 5 children: Richard, Thomas, Kathryn, Patricia and John. They also have 8 grandchildren: Lilly, Caiti, Lanise, Jesse, Connor, Carson, Caden and Madison.

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Loraine Darrington-Monday
WESTLACO, TX. — Loraine Darrington-Monday passed away on September 17th, 2014 at the age of 86.

Loraine was the wife of William Monday who she enjoyed 33 years of marriage. She was the mother of three daughters, all surviving: Lynn (Frank) Jarmon, Leah (Paul) Thomas, Leah Nustatz, from her late husband, William Darrington. She also left three step-daughters, Wendy (Preston) Kelly Monday, and Ann (Karl) Atthoff. Also surviving are five grandchildren, seven step-grandchildren, 10 great-grandchildren, one step great-grandchild and five great-great-grandchildren.

Loraine was preceded in death by her parents, Leonard and Agnes Jungirth and her sister Shirley Jungirth.

Loraine was a member

of St. Joan of Arc Church in Westlaco. She was retired as a sales manager from Muz Metal Products where she worked in the Leisure Living Division. Loraine was on the board of directors for the Leach Company Credit Union and was a member of the Women's Bowling Association.

Before moving to Westlaco, Loraine sang in the choir at Sacred Heart and St. John the Baptist for many years. She had many hobbies, by name a few, oil painting, swimming, volunteering at the John Kooch Country Store, boating, and entertaining friends and family. Loraine will be fondly remembered and missed.

A memorial service will be held on Saturday, September 20th, at John Kooch Village in Westlaco at 9:30 am.

Sign the guestbook at: www.valleystar.com/obituaries.

Marjorie Murray
"Marge" Murray
SAN BENITO, TX. — Marjorie "Marge" Murray, San Benito, TX, age 95, died on September 16, 2014 at the Harrison Medical Center from natural causes.

Marge was born in Houston, TX on September 25, 1919 to the late Ned and Gladys Murray. She was raised in Galveston. Marge received a B.S. degree from the University of Texas in Austin. She began her teaching career at Bull High School in Galveston where she stayed until 1943. She then joined the W.A.A.C. and later transferred to the Air Force when it was created.

After ten years in the military, Lt. Murray earned a Master's Degree from New York University and returned to the classroom. She taught at Holmes College, VA, University of Kentucky, University of Oregon

and Boll Junior High in Golden, CO. She retired from Boll Jr. High in 1976 and, soon after that, moved to the Rio Grande Valley.

Mrs. Murray was an athlete. She was the Texas State Tennis Champion in 1938, 1939 and 1941. She also won many tournaments in different parts of the U.S. While in Europe, during WWII, she won the singles and doubles in a tournament held in Paris for women from all countries of same a few, oil painting, swimming, volunteering at the John Kooch Country Store, boating, and entertaining friends and family. Loraine will be fondly remembered and missed.

A memorial service will be held on Saturday, September 20th, at John Kooch Village in Westlaco at 9:30 am.

Sign the guestbook at: www.valleystar.com/obituaries.

In lieu of flowers, Marjorie requested that you please place one yellow rose on your dining room table on September 29, her birthday.

No service will be held. Interment will be at the Rio Grande Valley State Veterans Cemetery in Mission, TX.

You are invited to sign the online guestbook or share a memory at: www.buckashcraft.com. Arrangements are with Buck Ashcraft Funeral Home. Sign the guestbook at: www.valleystar.com/obituaries.

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Buck Ashcraft FUNERAL HOME
A CREATION SERVICES
"We take care of everything"
(956) 423-3636

Notice: For more information on submitting an obituary, please contact the Valley Morning Star by phone: 956-423-3636 (Weekdays) or 956-423-3636 (Weekends). You may email your request to starnewsroom@valleystar.com or fax to 956-423-3636 (Weekdays) 956-423-3636 (Weekends).

Death notices and funeral announcements are provided free of charge by the Valley Morning Star as a public service. For families who want a complete story including a photograph, an obituary is available for a nominal charge. Information for this service will be accepted by 1:30 p.m. daily.

Maria M. Cavazos
HARRINGEN, TX. — Maria M. Cavazos, 89 of Harrison, TX passed away Tuesday, September 16, 2014. She was born on January 15, 1925 in Mexico. She is survived by a brother Mesasico Cavazos, sister Maria Vela, nephew



Maria M. Cavazos



Loraine Darrington-Monday



Marjorie Murray