**Shriners NEWS & NOTICES**

Leigh and her father, David, accept a donation to the Leigh Dittman Foundation. Leigh’s third-annual fundraising event raised more than $50,000 for the Tampa Shriners Hospital.

**Note to Editors:** Some of the above information can be found in Circulation, Effects of Aspirin Dose When Used Alone or in Combination with Clopidogrel in Patients with Acute Coronary Syndromes: Observations from the Clopidogrel in High-Risk Patients Study. Oct 2003, 108: 1682-1687.

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**Sweet’N Low Hits a High Note**

**International Icon Celebrates 500 Billionth Packets!**

(NAPS) — What is tall enough to scale the Empire State Building 71 million times, weighs more than 91,000 elephants and, if spread out, would cover the surface area of all of New York City? Here’s a hint: It’s Sweet’N Low. The pink, sugar substitute powdery packet can be found in millions upon millions of food counters, inside kitchen cupboards, and in the face area of all of New York City. The 500 billionth packet was produced by the company’s original facility in Brooklyn, N.Y., the place where it was invented in 1931.

With their help, we are looking to the future of our employees. Our loyalty of our employees is determined to maintain the core values of our company, the sweetener industry, and our community.

The EiseNstadt family have remained a family business for nearly 50 years, Cumberland Packing. "This is an incredible achievement and a true testament to the dedication and loyalty of our employees. Our employees are extended family. With their help, we are looking forward to celebrating the production of the 500 billionth packet."

Ben and his son, Marvin, were determined to find a way to use their packaging technology, and thought that since no granular sugar substitute was available for diabetics, they would find a way to make one. With a name borrowed from Ben’s favorite song and a color chosen from his favorite sugar bowl, the two EiseNstads found out how to make a saccharin powder perfect for packets and set out to register the now familiar Sweet’N Low brand, which coincidentally, received the millionth Federal Trademark Registration for manufacturing in 1931.

For more information about Sweet’N Low, its history and variety recipes, log on to www.sweetnlow.com.

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**Sweet’N Low For Heart-Attack Prevention**

(NAPS) — The American Heart Association estimates that about 500,000 Americans suffer from a heart attack each year. In turn, according to a study conducted by the National Institutes of Health, 90 percent of heart-attack survivors receive aspirin when discharged from the hospital to prevent a future heart attack. While many patients may be familiar with the benefits of aspirin therapy, few know how much is too much.

Uninformed patients may be putting their gastrointestinal health at risk by taking too much medication. Now, recent guidelines from the American Heart Association (AHA) and the American College of Cardiology (ACC) focus on managing heart health safely and effectively.

The recent AHA/ACC guidelines have lowered the recommended dosage of aspirin for patients with heart disease to between 75 and 162 milligrams a day. Previous guidelines recommended aspirin doses as high as 325 milligrams. The updates are a result of recent studies that show lower doses provide all the benefits without the risk of bleeding associated with higher amounts.

Research continues to support the use of low-dose aspirin in the prevention of recurrent heart attacks without the increased risk of recurrent gastrointestinal events. A recent study published in the Annals of Internal Medicine found that low-dose aspirin (defined as 75 mg–162 mg) is as effective as higher doses in protecting against cardiovascular events.

"St. Joseph Aspirin is what I recommend in my practice for all patients at risk for a heart attack," says Dr. Middlebrook. "An aspirin a day keeps the doctor away, and research shows that low-dose aspirin is as effective as higher doses."

"Both men and women are encouraged to talk with their doctors about whether a daily low-dose aspirin regimen is right for them."

There are a number of factors that increase the risk of suffering a heart attack. While some are out of your control, such as family medical history, there are things you can do to minimize your risk.

Dr. Middlebrook shares some tips for preventing heart disease:

- Eat a diet rich in antioxidants and vitamins. A daily diet rich in fruits and vegetables and whole grains is low in saturated fat, for patients who have suffered a heart attack.
- Maintain a healthy weight. Being overweight is a major factor for coronary artery disease, high blood pressure, diabetes, heart attack and stroke. Losing even a small amount of weight can significantly reduce your risk of heart disease.
- Quit smoking or quitting smoking. Smoking is a major cause of coronary artery disease, quitting smoking will decrease your risk of heart attack.
- Low-dose aspirin therapy. Research shows that taking a low-dose aspirin a day, such as St. Joseph’s 81 mg aspirin, can benefit your heart health without the risk of bleeding associated with higher doses of aspirin.
- Aspirin therapy is not appropriate for everyone. Talk to your doctor before starting or stopping an aspirin regimen.

In appreciation of the loving care Leigh receives at the Tampa hospital, the Dittman family began raising money for Shriners Hospitals. It was actually Leigh’s idea,” said Ellen. “She says Shriners helps her, so she wanted to help them.”

An Overwhelming Response:

Beginning with Leigh’s fourth birthday party in 2004, the Dittmans asked that, in lieu of bringing gifts, guests donate money to Shriners Hospitals. Due to the overwhelming response from loved ones and the community, Leigh and her family decided to make it an annual fundraising event.

Approximately 450 people attended Leigh’s sixth birthday party in August. The event, which included dinner, a special video about the Tampa Shriners Hospital, a chance drawing, a silent auction and dancing, raised more than $50,000. In total, Leigh’s birthday party extravaganza has resulted in nearly $78,000 in donations to the Tampa Shriners Hospital.

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The people of India speak 14 major languages and 1,000 minor dialects. Two major languages belong to two language families—Indo-European and Dravidian.

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The artistic temperament sometimes seems to me to be a battleground, a dark angel of destruction and a bright angel of creativity, wrestling, and when the bright angel domineers, comes a great work of art, a Michelangelo “David” or a Beethoven symphony. —Leo Buscaglia