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**SAGE'S AMERICAN JOURNAL OF LIFESTYLE MEDICINE
KICKS OFF 2ND YEAR WITH ARTICLE EXPLORING RESULTS OF
10-YEAR STUDY ON THE HEALTH BENEFITS OF OATS**

Los Angeles, London, New Delhi, and Singapore (January 9, 2008) – SAGE is pleased to announce that *American Journal of Lifestyle Medicine (AJLM)* is kicking off its second year of publication by publishing research about a key component of a heart healthy diet.

The first issue of Volume 2 (January/February 2008) explores the results of the “Oats at 10 Years” study, marking the 10th anniversary of the U.S. Food and Drug Administration claim that oats, as part of an overall heart healthy diet, could lower the risk of heart disease. The article, written by Mark B. Andon, PhD, and James W. Anderson, MD, looks at the history of the first food-specific health claim, theorizing that foods containing whole-oat sources of soluble fiber (oats, oat bran, and oat flour) could reduce the risk of coronary heart disease.

“This is an extremely important study,” said the journal’s Editor, Dr. James M. Rippe, who is also a nationally renowned cardiologist, author, and authority on health, fitness and weight loss. “It tracked the value of oat-based products and showed the correlation between consumption and a healthier lifestyle. It is an outstanding benchmark.”

Launched one year ago, *AJLM* is a bimonthly journal for practitioners seeking to incorporate lifestyle practices and activities into clinical medicine, emphasizing the interaction between traditional therapies and lifestyle changes. In 2007, *AJLM* explored cardiovascular disease; stress/anxiety; pain/arthritis; diabetes/metabolic disease, and obesity, and will examine lifestyle interventions in children; metabolic syndrome; women’s health; hypertension; men’s health, and dyslipidemia in 2008.

“I’m extremely proud of this journal,” added Ron Epstein, Director of Controlled Circulation Publications at SAGE. “Our first-year response among practitioners has been phenomenal, and we’re off to an even better start this year, beginning with the ‘Oats at 10 Years’ study.”

To peruse the “Oats at 10 Years” study results article visit, <http://ajl.sagepub.com/cgi/reprint/2/1/51>.

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American Journal of Lifestyle Medicine (AJLM), a bimonthly, peer-reviewed journal, focuses on recognizing and addressing the impact that lifestyle decisions have on health, emphasizing the interaction between traditional therapies and lifestyle modalities to achieve superior outcomes in disease treatment. It also provides information about therapies that minimize the extent to which illness impacts lifestyle. For more information, visit <http://ajlm.sagepub.com>

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