

The Pancreatitis Supporters Network Christmas Recipe Alternatives

Registered Charity Number 1027443. December 2002

WELCOME to the Christmas edition of the Newsletter. We have some exciting things happening this year for the Network and I shall lay these out for you.



At last, after many years the Pancreatic Society of Great Britain and Ireland have released a list of all the Pancreatic Specialists in the United Kingdom, with one in Egypt as well. For those of you with Internet access go to our web site:



www.pancreatitis.org.uk

And follow the Link in the Newsflash. This will take you to their site and you can download the list of

specialists form here.

Internet access can be gained from most local libraries as well. We have a copy of this and if there is enough demand we will print a copy in the next Newsletter.



We are printing up our Recipe Book onto the Internet and for everyone, we have printed the Low Fat Christmas Special in this Newsletter for alternatives to your Christmas favourites. If in doubt please consult your GP or Specialist. A BIG thank you to Sheila Langford RGN and Jacqueline Langford. Added to this another thank you to Jacqueline for undertaking the Great North Fun Run again for us!



We also would like to thank Ian Woodward who also ran The Greath North Fun Run on behalf on his son Steven. Ian raised a further £432 for us!

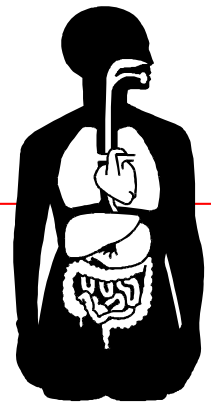
After discussions with Solvay Healthcare, who print the three booklets we issue to all callers. Solvay, along with Prof. John Neoptolemos, the author we have agreement that we can put these up on the Internet. This will save us a great deal in postage.



Finally, in the New Year, we hope to be hosting discussions with Pancreatic Specialists on our web site and we will reproduce these in the Newsletter for those of you who do not have Internet access.



For those of you who want to take up the opportunity of our fundraising Christmas Pudding offer, all information is enclosed with this Newsletter. Please note: May not be appropriate if you are sensitive to alcohol but you



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A little humour for the Christmas Season, with no disrespect intended!

Subject: The Donkey

A man bought a donkey from a preacher. The preacher told the man that this donkey had been trained in a very unique way, (being the donkey of a preacher). The only way to make the donkey go is to say "Hallelujah!"; the way to make him stop is to say, "Amen!"

The man was pleased with his purchase and immediately got on the animal to try out the preacher's instructions. "Hallelujah!" shouted the man. The donkey began to trot "Amen!", shouted the man. The donkey stopped immediately. "This is great!" said the man.

With a "Hallelujah," he rode off very

proud of his new purchase.

The man traveled for a long time through some mountains. Soon he was heading towards a cliff. He could not remember the word to make the donkey stop.

"Stop" said the man

"Halt!" he cried.

The donkey just kept on going.

"Oh No! Bible! ; Church! ; Please Stop!" shouted the man.

The donkey just began to trot faster. He was getting closer and closer to the edge of the cliff.

Finally in desperation, the man said a prayer. "Please Dear Lord. Please

make this donkey stop before I go off the edge of this mountain; In JESUS name, Amen."

The donkey came to an abrupt stop, just one step from the edge of the cliff.

"Hallelujah!" shouted the man.



Question to our Patron about the link between ALCOHOL and PANCREATITIS

Question: By the way has there ever been any stats on the causes of pancreatitis? The only 'survey' I have heard of was by Manchester Royal Infirmary for their Bioantox treatment and they could only find 20% alcohol related. The Digestive Diseases Foundation is quoting 70-80% as the cause in Acute attacks. Is this true?

Answer: No-one really has good data. Almost everyone who develops it used to drink some alcohol so it is an easy assumption that this was the cause (as you and your wife know!).

My own suspicion is that rich western style food, maybe social alcohol and possibly stress (oxidant and mental) all contribute to gradually knacker the pancreas. Add in a little genetic predisposition (this is becoming a hot topic) and it explains why some get it but most don't - despite the same risk factors.

Undoubtedly some patients also have a mechanical element - sphincter dysfunction, gallstones recurrently passing by etc.

What do you conclude from this long list?

Well just that we don't really know. What you read depends on location and social mix of the patients

concerned. US, Germany and Scandinavia have a big proportion of alcohol related disease (notice that I avoid the term 'alcoholic' pancreatitis' as most alcohol related disease occurs in social drinkers).



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**QUICK AND EASY LOW
FAT ALTERNATIVES FOR
YOUR FAVOURITE FOODS
CHRISTMAS SUPPLEMENT**

**By Sheila Langford R G N.
And J Langford**

Prawn Cocktail

Lettuce
Cucumber
Cherry Tomatoes
Fat free yogurt
Fat free Thousand Island dressing
Fresh or frozen prawns/shrimps

Line the bottom of sundae dishes with lettuce leaf torn into pieces
Thinly slice cucumber and arrange around sides, fill with prawns or shrimps mixed in Thousand Island dressing add chopped tomatoes.

Can be prepared 1-2 hours before serving and place in refrigerator until required.

Strawberry Melon Boats

Honeydew Melon
Strawberries
Ginger
Demerara or Soft Brown sugar

Cut melon into slices, scoop out and discard the seeds.
Cut the fruit from the skin, leave it in place.
Cut the fruit into pieces across the slice.
Cut the strawberries into thin pieces.

Place alternate pieces of the melon and strawberry on the melon skin.
Season with ginger and or sugar.
Place in refrigerator for 2 hours before serving.
Can be prepared up to 8 hours in advance.

Spicy Orange Melon

Galia Melon
Satsuma or tinned Mandarin oranges
Ginger
Demerara or Soft Brown Sugar

Cut the melon in half and scoop out the seeds
Cut the flesh into balls and mix in the orange segments.
Sprinkle with sugar and ginger to taste.
Place mixed melon and orange in melon shell and store in refrigerator until required.
Serve with fat free yogurt (optional).

Christmas Quiche

200g Red Salmon
50g prawns
25g of frozen peas and sweetcorn
1 onion sliced and sautéed

Line the bottom of a quiche dish with baking parchment
Mix Salmon, prawns, peas and sweetcorn together
Spread mixture over the bottom of quiche dish
Beat 4 eggs with 200g Quark or cottage cheese.

Pour over salmon and prawns mixture.
Top with slice tomato and bake in the oven until firm.

Christmas Toasties

Fill bread with
1tbsp of Fromage fraise
2tbsp mixed fruit
¼ oz mixed spice
2 chopped cherries
Mix with small quantity of Rum or Rum essence
Fill bread and cook until golden brown
Serve with low fat yoghurt or very low fat ice cream

Roast Potatoes

Water
Meat or Vegetable Stock
Granules
4-5 Medium sized potatoes
Salt & Pepper

Crumble stock cube into the water and mix well.
Pour the stock into a roasting dish.
Cut potatoes into medium sized chunks and put into roasting dish.
Baste well.
Place in oven at 180 C /350 F Gas Mark 4 for about 45 minutes or until cooked and brown.
Baste several times during cooking for best results.
Can be put under fast grill to improve browning.

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Honey Glazed Carrot and Parsnip

Carrots
Parsnip
15ml Runny honey
10ml Water
1 tsp Herbs (Basil, Fennel optional)

Cook carrots and parsnip until just tender
Heat Honey and water together; thicken until stiff enough to glaze vegetables,
Add herbs if required to glaze and pour over carrot and parsnip, serve.

Chestnut Stuffing

200g Pureed chestnut
200g Breadcrumbs
50g chopped roast or tinned chestnuts
1-2 Chopped shallots
1 egg beaten
Salt & pepper to taste

Mix chestnut puree, chopped chestnuts, shallots and breadcrumbs with enough egg to bind mixture together, season to taste.

Can either be rolled into balls to cook separately for about 30 minutes or used to stuff the neck of the turkey.

Roast Turkey

8-10lb Fresh or thawed frozen Turkey
Orange, lemon or lime slices
Chestnut stuffing (optional)

Remove the skin from the breast of the turkey
Cover with the orange, lemon or lime slices to prevent the meat drying out.

Place the chestnut stuffing in the neck of the turkey.

Place the turkey on a trivet in a roasting tray to catch the fat from the wings and thighs.

Cover with baking foil.

Cook at 180 C /350 F Gas Mark 4 or the recommended time depending upon the size of the turkey.

Remove the foil and fruit slices.

Carve and serve

Christmas Cake

115g/4oz Glace cherries
175g/6oz Dark brown sugar
115g/4oz Sultanas
115g/4oz Raisins
115g/4oz Currants
¼ Medium sized apple
1tsp Rum or Brandy essence
65g/2oz Lighter Bake (fat substitute)
300ml/¼ pint cold tea
300g/10oz Sifted self-raising flour
1 Egg

Mix cherries sugar dried fruit and tea in a large bowl.

Leave overnight. Grease and line a 7-inch cake tin.

Add flour, egg, grated apple and rum essence to the fruit and tea.

Beat thoroughly until well mixed and pour the mixture into the cake tin.

Cook for 90 minutes at 180 C /350 F Gas Mark 4 or until cake tester

inserted in center of cake comes out clean.

The cake will only keep for 2-3 weeks, as it has no fat or alcohol in it.

Mincemeat

375g/13oz Mixed fruit
50g/2oz Chopped glace fruit or cherries
1tsp Ground cinnamon
2tsp Grated orange rind
1tsp Grated lemon rind
1 Small bramley apple
1tsp Rum/brandy essence (optional)
1tsp Clear honey
50g/2oz Chopped tinned chestnuts

Place mixed fruit, glace fruit and chestnuts in a saucepan.

Sprinkle with ground cinnamon, grated orange and lemon rind

Peel and core cooking apple.

Grate into bowl.

Mix ingredients together thoroughly.

Heat gently for 15 minutes.

Allow to cool.

Put into container and store in a cool place or refrigerator

Mince Pies

Filo pastry
Low fat mincemeat
Egg white

Cut Filo pastry into 4inch squares and place squares into a shallow bun tray.

Brush pastry with beaten egg white.

Place another layer of pastry on top. Fill with mincemeat.

Cover with two layers of Filo pastry brushed in between

egg white
Sprinkle with caster sugar.
Cook for 10-15 minutes at
190C/375F Gas Mark 4.

Chocolate Cake

300g/10 $\frac{1}{2}$ oz Plain flour
1tsp Bicarbonate of soda
 $\frac{1}{4}$ tsp Salt
1oz Cocoa powder
2 Medium eggs
75g/2oz Lighter bake
125g/4oz Soft light brown sugar
125g/4oz syrup
1Tbsp Chocolate essence
150ml/ $\frac{1}{4}$ pint milk

Pre-heat oven to 170C/325F
Gas Mark 3
Grease and base-line a 20cm(8
inch) square tin.
Sift flour, bicarbonate of soda,
salt and cocoa powder into a
large bowl.
Make a well in the center. Beat
eggs in a separate bowl.
Place lighter bake, sugar, syrup
and milk in a saucepan and heat
gently
Stirring until melted. Remove
from heat.
Pour into the dry ingredients
with eggs, beating well with a
wooden spoon to make a
smooth batter.
Pour into baking tin and cook
until firm. Cool slightly before
turning out.

Frozen Christmas Pudding

1 Tub Virtually Fat Free Ice
Cream (Too Good to be True)
125g/4oz Mincemeat (see
recipe)
1tsp Rum/Brandy essence

Remove ice cream from freezer
and allow to stand for 10
minutes. Empty out into a
large mixing bowl. Mix all the
ingredients together. Put into
suitable container and
refreeze. Can be prepared well in
advance.

Mrs Emma Robinson

We received a donation in
lieu of flowers for Mrs Emma
Robinson who lived in Cannock.
David (her son), describes her as a
'live wire' and someone who
bounced back after many severe
illnesses in her life which is why
her death from Pancreatitis was
such a shock to them all in the
family. Emma was a survivor who
overcame many major operations
as well as the sad loss of her
husband 23 years ago. She was a
talented Bridge player and lover
of gardening as her display of
begonias testified. David goes into
more detail than I have been able
to do justice to here but I wanted
to pass on a impression of another
of us with this condition who sadly
lost her battle at the end to
Pancreatitis. Our thoughts and
best wishes are with David and his
sister Brenda, as well as all of their
family at this time of year.

Late News

We have some late items
of news of importance to those of
us travelling with Acute
Pancreatitis and also for those of
you who are members abroad in
the USA.

First Holiday traveling
with ACUTE Pancreatitis. It
would appear that Free Spirit will
NOT cover people with ACUTE
Pancreatitis. However, they have
recommended another insurance
company who will and this is:

All Clear and their phone
number is: 01277 267584.

Apparently All Clear
charge a heavy premium for Acute
Pancreatitis but as one member
found out who did not take out the
insurance - 'I answered all the
questions of a well known travel
company when I was offered their
insurance. I even declared that I
have had attacks of Acute
Pancreatitis. However, when I
had an attack abroad and was
then admitted to a private clinic
for treatment, they REFUSED to
pay the costs. This ended up in a
bill to myself of £1,500 which I
could not pay! I was only allowed
to leave the clinic when I had
signed to say I would pay the
money back to the clinic when I
returned home. Even after taking
this up with the Travel Company
they REFUSED to accept liability
saying it was a pre-existing
condition'. So PLEASE be aware
if you have Acute Pancreatitis you
MUST make sure that you are
FULLY covered before you travel.

Members in the USA will have
read our note about applying to
Reusch International for a sterling
cheque for membership. We have
an update on this now. You will
have to first send them a copy of
your driver's license and social
security card. They would then set
up an account. Then you send
them US dollars to transfer into a
sterling pound draft. The cost of

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