



The Canadian Addison Society

La Societe canadienne d'Addison

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PLEASE NOTE: The content of this newsletter is intended for basic information only and not as personal medical advice. We advise readers to consult their own doctor before making changes to their Addison management program.

Past President's Message

Past President's Message - Greta (Fraser) McKague

It is with mixed feelings that I write this letter. I want to thank all who came to the meeting in Brantford on September 21st. I also want to thank all of you for the lovely floral arrangement and especially for the notes of encouragement on the accompanying card. Life is really great at present with my new, loving husband Dean, and we are looking forward to our senior years and travels together. It was interesting to meet a newly diagnosed chap and to give him the assurance he can have a pretty good life with Addison's Disease. Dr. Killinger was very informative as always. He is a blessing to our society. I wish Joan, Elaine, Angela and Judy the very best for the future. Also you Helene, you write the best newsletter we've ever had. I wish our new editor the very best.

I will always be glad that Sybil and I started this group. I really miss her cheerful voice. Goodbye and God bless all of you.

If I can ever be of help: (no e-mail at present):

Greeta McKague, 1147 White Rock Rd., R.R.#4 Woodville, Ontario KOM 2T0

Thanks you all, Greeta

President's Message - Joan Southam

I too wish to acknowledge The Canadian Addison Society members for all the kindness and support they have given to me over the past years and thank you also for the lovely vase and Community Theatre tickets. This past Annual meeting brought many new changes as noted in this newsletter. The resignation of Greeta McKague (Fraser) was a surprise but after meeting her new husband Dean, understand her decision. Greeta and Sybil worked so very hard to make The Canadian Addison Society what it is today and we thank them for their hard work and foresight. They have helped many of us more than they will ever know. It is an honour to follow in Greeta's footsteps as President and I hope that I can carry on the traditions, commitment and high standards that she has set for us all. We thank Angela Timms and Helene Perry for all their hard work and welcome Judy Stanley and Jim Sadlish to the new executive. We would like to welcome Elaine Hall, our new Canadian Contact and Corresponding Secretary as well as Sharon Erickson, our newsletter editor. We all look forward to working with them. It is a team effort and together we CAN make a difference. Sincerely, Joan Southam

Annual General Meeting:

**CANADIAN ADDISON SOCIETY
BRANTFORD, ONTARIO
SEPT. 21, 2002**

Welcome: Joan Southam

New Executive:

President: Joan Southam

Secretary: Elaine Hall

Director: Greeta McKague (formerly Fraser)

Newsletter: Sharon Erickson

Vice-president: Judy Stanley

Treasurer: John Gordon (same)

Director: Jim Sadlish

For correspondence and inquiries the following names and addresses are:

- Joan Southam (same)
- Greeta & Dean McKague -1147 White Rock Road, R.R. #4 Woodville, ON KOM 2T0
- Elaine Hall -1145 St. Jovite Ridge, Gloucester, ON K1C 1Y6 Phone: (613) 824-0160
E-Mail: lainger_l@sympatico.ca
- John Gordon -193 Elgin Ave. W., Goderich, ON N7A 2E7
- Sharon Erickson - 301-1900 Bowen Road, Nanaimo, BC V9S 5S6
- Judy Stanley - 5 Tuxedo Place, Port Moody, BC V3H 3W5

- For now the phone number and the fax number for the Canadian Addison Society will remain the same while the transition takes place. We hope to have a new phone and/or fax number with Elaine Hall within the coming year.
- For newsletter items and suggestions, please contact Sharon Erickson our new editor who has taken over from Helene Perry. Helene has worked tremendously hard during the past few years, checking facts and putting together all the news features. This year has been particularly challenging for her with her health, so she is bowing out and working with Sharon to assist with the changeover. We wish her well and welcome Sharon to the position. E-Mail: sharonmerickson@hotmail.com
- John Gordon's Report concluded that donations are up this year, largely due to more memorials and bequests coming in, particularly with Sybil Harrison's death. Her name has been added to the memorial plaque.
- We have around \$13,000. Now it is up to the Board and members to decide our future needs. One of the biggest concerns is to understand our legal and charitable status obligations. This will be looked into by John Gordon and the Executive. Sources of major fund-raising will be dealt with once we have the facts. Quebec is fully part of the Canadian Addison Society's Charitable Status; clarification needed though as it is done separately in Quebec.??????
- France has a support group network and has been in contact with The Canadian Addison Society and communication has been established and wanting to receive our newsletters...
- Letters read by Joan from Barbara McKenzie of New Brunswick, Rosemary Brown of Alberta and Gordon BruckerBrooker of Regina, Sask asking for our support in the way of patient advocacy and information to doctors and hospitals. Other stories abound of patients in Emergency having trouble getting their needs met during a crisis. Cases have occurred where staff don't read Medic-Alert bracelets or medical letters. In particular, the Triage System commonly used in Emergency Rooms doesn't always have the knowledge to deal with patient meds and needs. Advice from Dr. Killinger: Try to avoid getting there in the first place! (More about this later) Always take your own prescriptions with you to hospital. Patients can't depend on hospitals or pharmacies to handle their meds as quickly as they'd like and waiting for a specialist can take hours. Injectable syringes are recommended and useful in emergencies (particularly with vomiting) and can be prescribed by a doctor. Discuss any special circumstances with a doctor as a "what if and have a plan to

follow. Inform hospitals, community groups and related medical practitioners about Addison's Disease. Suggestions welcomed!!

- An idea for people having difficulty with health plans that limit pills, is to have doctor write on prescription, 'Take as directed'. This will cover times when the usual dose is not enough.
- Stress is an added factor with Addison's, i.e. divorce, death of loved one, loss of a job, illnesses, which can affect your well-being and lead to a possible crisis.
- Fundraising guidelines: Receipts can only be issued by the Canadian Addison Society, so if the money is needed locally, it must be done without a receipt. All donations over \$10.00 get a tax receipt; anything under, if requested.
- A web-site and E-mail address are available. (Confirm this)???????
- Cost of getting a 1-800 number is being looked at. Referred back due to Executive.
- A legal requirement of registered charities is that 80% of funds goes to charitable use (definition of charitable has to be worked out) and 20% for administrative costs.
- Issue of drug company sponsorship has raised some concerns about independence, so for now this will not be pursued.
- A request for participation in a survey about Addison's is being sponsored through UK university research and they would like our help. We have agreed along with Australia and our link is Katherine White of Great Britain. Participation is entirely voluntary. It is a research grant, with 4 doctors involved. More information will follow in the coming year when the survey is sent out with the newsletter.
- Lucille of Guelph is interested in starting an informal support group for area residents. We will pass along any help or contacts that would be of use.

Important Announcements:

New Society Contact and Secretary:

It is with pleasure that we introduce to you Elaine Hall as the new Canadian Contact and Secretary for the Canadian Addison Society.

Elaine has been a member of The Canadian Addison Society for many years and was very instrumental in getting the Eastern Ontario/Ottawa group in place. She is now the chairperson of that group. Elaine is also one of the directors of the Canadian Addison Society for the past year.

Elaine can be reached by phone at (613) 824-0160 or email: lainger_l@sympatico.ca

Sincerely, Joan Southam

New Newsletter Editor:

We have a new editor for our newsletter, Sharon Erickson of the Vancouver Island Support Group. Sharon has been a member for a few years and I'm sure she will bring new and creative ideas to our newsletter. I hope you will all join me in wishing Sharon the very best and will give her the support and friendship that I have been so fortunate to enjoy. You will see some of Sharon's work in this edition.

If you wish to contact Sharon, she can be reached by email:

sharonmerickson@hotmail.com or by mail at 301 - 1900 Bowen Road, Nanaimo BC V9S 5S6.

Sharon, thank you for stepping up and taking an active role in The Canadian Addison Society.

I would like to thank all of our members for your continued support and friendship during my term as editor. You have all enriched my life more than you can imagine.

Helene Perry

*You must get involved to have an impact. No one is impressed with the won-lost record of the referee.
John H. Holcomb - The Militant Moderate*

New News

- **New website for those with Addisons & Diabetes:** <http://addisons-diabetes.gkznet.com> Thanks to Jeannette from New Zealand Addison's Network for forwarded this new resource.
- **Europe 2003** - We have been contacted by the French organization "Association Surrenales", whose aim is to help patients with Addison's disease, Cushing's, Congenital Adrenal Hyperplasia and other related disorders. They are part of a larger organization called "Alliance Maladies Rares" (Association for Rare Diseases) which is organizing a meeting for its members in Paris in October 2003. The main objective of this meeting, is to invite its European "fellow associations" to join us in order to share our experiences and discuss any problem linked with the disease it is relating to. This invitation has also been extended to us and further details will follow in further newsletters.
- **International Kids Penpal Network** - Submitted by Katherine White from the United Kingdom Addison Self-Help Group. We are co-operating with The National Adrenal Diseases Foundation of the U.S and the Canadian Addison's Society in a shared pen-pal network for kids with Addison's disease. We will jointly co-ordinate requests by children who wish to write to others around their own age, either via electronic mail or on paper. Please specify your name, age, whether you are a boy or a girl, whether you would prefer a British or a North American

penpal, and the address you wish to be contacted at (either e-mail or postal). You will be then contacted by one of the group coordinators for this scheme. If you wish to participate in this program, please send an e-mail with the message heading "Kids Penpal" to: NADF@aol.com. If you do not have e-mail, you can write to "Kids Penpal", - Mrs Deana Kenward, 21 George St, Guildford, Surrey, England GUI 4NP.

Highlights From Local Meetings

Vancouver Island Support Group (Nanaimo)

Nanaimo meetings: Christy Lapi at clapi@shaw.ca, or 250-245-7554 or Barbara Hunn at bhunn@telus.net or 250-756-4385. Nanaimo meetings are held at Nanaimo Regional General Hospital, Room G245.

Vancouver Island Support Group (Victoria)

Members and guests discussed a wide variety of topics at a meeting of the Vancouver Island Addison Support Group, held Saturday, September 28, at Victoria. Fourteen, including Judy Stanley of Vancouver, who has recently accepted the position of Vice President of the Canadian Addison Society, and two spouses of members, attended. Regarding future meetings, we considered the merits of having a speaker, often a good drawing point as well as instructional, versus open meetings where we simply share experiences with such things as symptoms, medication effects and side-effects, and differences in physicians. We agreed both types of meetings are of value and that we might try dividing a future meeting between a formal presentation and a group question period and discussion. Several reported on using combinations of hydrocortisone or cortisone acetate along with Prednisone in order to take advantage of the differences in speed-of-effect and half-life; the idea being to even out their energy response. They are finding this helpful. Some people are also getting help from using 7-Keto DHEA instead of plain DHEA; the former apparently does not stimulate the sex-steroid reaction of greasy hair and acne that some suffer when taking DHEA. Both these products are apparently sold over-the-counter in the United States, though not in Canada. Jim Sadlish reported on attempts to find more about the latest Cortef shortage from the pharmaceutical manufacturer. Since this is the second shortage this year, there was considerable concern expressed about Addisonians being able ensure a steady supply, as well as possibilities for using the other formulations that mimic the body's vital cortisol. Cortisone Acetate is still available through a Canadian manufacturer, ICN, and some are taking that. Considerable time was also spent discussing other things we should do to remain healthy, particularly in the matter of diet. Marjory Moulton, a member who is a doctor of Chinese medicine, supplied information about some of the vitamins we need. Again during the coming year, we plan meetings at both Victoria and Nanaimo, with a Victoria meeting possibly in February. Notices will go out when dates have been set. Victoria meetings are held at Victoria General Hospital, Room 1814, next to the cafeteria.

For further information: Victoria meetings: Jim Sadlish at x699@victoria.tc.ca or 250-656-6270, or Florence Weekes at fmweekes@telus.net or 250-598-0321.

Update of Sept 30'02 - Jim telephoned Pharmacia Canada at 1-800-268-7888 to ask about the current Canadian shortage of Cortef 10mg reported by several members of the support group. The expected date of availability is now October 9th, when pharmacies will have access to supply. This may be advanced so we should check with Pharmacia before that date. They could supply no specific reason for the shortage but it is usually a result of a backorder of an ingredient. Even a few days delay in receiving ingredients can alter production scheduling, resulting in much longer delays in availability. The present shortage is all across Canada. Pharmacia said that 20mg tablets Cortef are available now. In answer to other questions:

1) No Pharmacia Cortef is produced in Canada but possibly in the US or Mexico and eye drops are produced in Belgium.

2) Asked whether there is a possibility that Cortef may be discontinued the Pharmacia representative said that if this were the case they would receive a one month advance notice and there is no present indication of the product being discontinued. Evidently Merck may manufacture a similar product to Cortef.

BC Lower Mainland Support Group

The next meeting of CAS Lower Mainland is Oct. 19, 1 - 3 in the Sherbrooke Lounge, Sherbrooke Centre, 330 E Columbia St. New Westminster with a paramedic there to give a talk. (We are still waiting confirmation of this speaker) Topics for discussion will be the side effects of DHEA on members

The next two meetings for CAS Lower Mainland have been confirmed for February 22 and May 30, 2003 in the Sherbrooke Lounge, Sherbrooke Center, 330 E Columbia Street, New Westminster.

Saskatchewan Addison Support Group

If you wish information about this support group or upcoming meetings, contact Elizabeth Hill at Meadow Lake 306-236-5483 or Rob Zaleschuk at Caronport 306-756-2339

Southern Ontario Support Group

Welcome by Greeta, Joan, Lynda. Recap of morning's activities by Angela.
1:30 p.m. Dr. Killinger.

Dr. Killinger gave a brief introduction on Addisons:

- Its discovery by Thos. Addison was in 1855
- William Osier tried unsuccessfully to use adrenal extract from a pig
- Cortisone was first isolated in the 1930's
- Read and discussed an account of "Just in Time", a medical article of a 15 yr old patient who nearly died before diagnosis. Numerous tests were administered and symptoms noted, but for many reasons were attributed to other causes. Article reminds doctors and patients that there is still much to be learned about Addisons.
- Another example of a patient who liked Dutch licorice a lot. It was affecting her medication because licorice root (not the artificial) has an affect on the adrenals.

Symptoms:

Weakness and fatigue	100%
Anorexia	100%
Nausea, diarrhea	50%
Muscle, joint pain	10%
Postural dizziness	10%
Salt craving	?
Amenorrhea	25%
Myalgia	10%
Joint contractions	

Signs:

Weight loss	100%
Hypo-tension	90%
Hyper-pigmentation	90%
Adrenal calcification	10%
Vitilago	5%
Hypoglycemia	
Decreased pubic/auxiliary hair (Females) & Growth hormone	

Psychiatric signs:

Organic brain syndrome	5-20% (Delirium, confusion, stupor)
Depression	20-40%
Psychosis	20-40%

Adrenal Insufficiency:

- Poor response to stress
- 90% destruction
- Postural hypotension, weakness, psychiatric signs, G.I, pigmentation
- About half of Addisons have some thyroid disease.
- Cortisol of all the medications, is the most like what the body produces itself.
- Prednisone; some doctors prefer prednisone; others cortisol, no consensus.
- Dexamethasone is less commonly used because of its longer lasting effect (24-36 hrs).

DHEA:

- Hormone that can be converted to hormones or estrogens, androgens
- Studies quoted (Germany, U.K.) have shown improved sexual function & enjoyment in some females.
- Skin changes have occurred in most cases.
- Results of Canadian Study showed no difference in muscle strength.
- Didn't focus specifically on sexual function, so can't comment directly, but general questioning seemed to show some improvement.
- Dose for men is 50mg. daily, 25mg. for women

Other happenings:

- Discontinuation of Cortone by Merck. Options: a) switch to ICN brand of cortone acetate. b) switch to hydrocortisone Cortef- Merck. c) switch to prednisone
- My preference: (Dr. Killinger) Hydrocortisone
- A pharmaceutical company (Paladin) in Montreal is now considering selling DHEA, but still needs to go to Ottawa for permission. Cost is \$1.80 per tablet compared to .50 from the Vancouver pharmacy. Paladin is planning a study like the German one to show that DHEA has a specific effect, hoping to get approval to sell DHEA as a prescription drug. Tests done on random selections of over the counter DHEA from the States have shown from none to a little to a lot of pure DHEA in samples, with the result that over-the-counter brands cannot be guaranteed for purity.
- When using injectable solucortef, always have extra fluids with it.
- Supplies of Cortef should be back by mid-October.
- Things to do to avoid medical emergencies include using solucortef injections, DHEA.
- Concerns about overdosing on steroids can lead to thinning of skin, bone loss, hypertension, over-weight, puffiness, other possible side-effects and illness. Important to find the "middle ground" of the smallest amount of cortisone that makes you feel OK.
- For pre-menopausal women -1000 mg calcium, 400 vitamin D
- For post-menopausal women -1500 mg calcium.
- For people who don't tolerate calcium pills well, there is a 3 month injectable calcium phosphate.
- Liver damage-no medical evidence due to cortisone use although some concern has been raised.
- Meeting closed with questions and answers from the audience. One woman during her last pregnancy felt she needed more medication than given during labour and wondered if others had similar experiences and how to prepare for future pregnancies.
- Meeting ended with thank you to our guest with a gift presentation, and also to both Greeta and Joan for their untiring work with our group. Greeta is slowing down and enjoying her new home and husband in Woodville, after starting the group and being its tireless defender over the years. She has chosen to remain involved as a Director. Joan has resigned as Secretary, having put in untold hours getting our group up to speed on the Internet and various causes. She will be taking over for Greeta and continuing her commitment to our group. There will be a meeting in Brantford on

Saturday, November 2/02, 1:30 pm, at the Brantford Police Station. Our speaker will be Dr. Terri Paul, an endocrinologist from London. Dr. Paul will speak to us regarding osteoporosis. Please contact Lynda Daniels in Toronto at 416-538-4978 or e-mail to vfdaniels@hotmail.com for further information.

Alberta Support Group

There will be an informal meeting, casual dinner/get together, on Friday, November 15th. Time is 6:30pm at The Old Spaghetti Factory, 10220 - 103 Street in Edmonton. Please contact Francisca if you are planning to attend. (780) 488-8540 or at the e-mail address below.

For information on this support group or for upcoming meetings, please contact Francisca Swist of Edmonton at francisca@shaw.ca or Ginny LaValley of Morinville at 780-454-3866.

Eastern Ontario Support Group

The next meeting for the Eastern Ontario Group will be held on October 19th' 2002 at Robbies Italian Restaurant at 12 noon. Please RSVP to Elaine Hall by phone at 613-824-0160 or email: lainger l(5)sympatico.ca so that reservations can be made.

Quebec Support Group

No date has been set for the next meeting. If you are interested or need further information, please contact Sophie at the address below.

Chere amie Sybil,

Il me fait plaisir de t'ecrire pour une derniere fois. D'abord, au nom de chaque membre (de pres ou de loin) de la Societe Canadienne d'Addisson (S.C.A.), je desire te remercier pour tout ce que tu as fait pour nous. Avec tant d'energies et d'amour, tu as reussi a mettre beaucoup du tien, afin d'aider les personnes souffrantes de la maladie d'Addisson. De plus, tu as aussi travaille tres fort afin que la S.C.A. se developpe jusqu'a Montreal. Merci de la part de chacun de nous.

De mon cote, il m'a fallu du temps avant de pouvoir t'adresser un mot. Je pense souvent a notre premiere rencontre, a nos conversations, a nos rigolades, a nos peines, a nos voyages a Brantford. Ces souvenirs assure une presence et du courage dans mon cceur et dans le cceur de chacun de nous. Merci Sybil!

Grande amitie,
Sophie Lapointe

Translation in English follows...

Dear friend Sybil:

It gives me pleasure to write to you for the last time however in the name of each member (far & near) of the Canadian Addison Society. I wish to thank you for all that you've done for us with so much energy and love. You've also succeeded in putting a lot of yourself in order to help people with Addison's Disease and more -you've worked very hard. Thank you from all of us. As on my side, I needed time before being able to write to you. I often think of our first meeting of our conversation and laughter, our sorrows, of our trips to Brantford. These memories assure us the presence and courage in my heart and in the heart of each of us. Thank you Sybil.

With great friendship,
Sophie Lapointe

If you would like information about upcoming Quebec meetings or more information, please contact Sophie Lapointe at 514-521-6538 or e-mail sophiel@svmpatico.ca

Letter to the Editor

Cortef Shortage

Another "manufacturer's shortage," and what are we who have Addison's disease supposed to do? Earlier this year, patients over an apparently wide area could not get refills on their Cortef prescriptions for weeks because of what the pharmacies told us was a "manufacturer's shortage." No reason was given by the pharmaceutical manufacturers. There was speculation that the shortage might have resulted because of industry's move to "just in time" inventory systems in which they economize by not stockpiling product and just producing it after they get an order. This can mean "no end product" any time there is a delivery problem anywhere along the line among those who supply the individual ingredients or equipment.

Right now we Addisonians in the Victoria area (including at least both Vancouver Island and Salt Spring Island) cannot get our prescriptions for hydrocortisone filled. Our pharmacies say there is another manufacturer's shortage. The last time I took in a prescription for my hydrocortisone was August 17, 2002, and the pharmacy did not have enough to give me the number of tablets ordered. Since that time, they have twice managed to get a few more for me, apparently begging them from other stores in their chain. Today, September 16, they eked out a few more for me from somewhere, but still not the full number I ordered in August. They told me the manufacturer has assured them the shortage will not last much longer. I hope they're right - when an Addisonian needs cortisone a "the cheque is in the mail" assurance is no assurance at all!

Florence Weekes, Victoria

Further info on Cortef Shortage from Northern Illinois Support Group:

I received a call back from Bryant Haskins at Pharmacia/Upjohn. He confirmed that, yes indeed, there is a backorder of 10 mg. 100 count Cortef tablets in Canada. The reason for the backorder is "revalidation of the active ingredient in the product." He said the active ingredient might be supplied from another vendor, and they don't produce it at Pharmacia/Upjohn, but he's not sure.

They have a delivery date for the product of Oct. 15th, but it will take 2 or 3 weeks after the Canadian government "signs off" on it, so they estimate that by mid-November, there will be an ample supply on the shelves.

Bryant Haskins is Director of Public Affairs on Global Supply at Pharmacia/Upjohn in the US. His number is 908-901-7481.

Melanie Wong

We would like to hear from you re:

- Precautions you have taken or been advised by your medical practitioner prior to undergoing minor procedures and tests ie: dental work, sigmoidoscopy or colonoscopy etc.
- Low carbohydrate diets - ie: Atkins. Have you tried it? Did it work? What other weight management / loss tips do you have?

Reminders

- **Medical Questions and Answers - Dr. Donald Killinger, MD, PhD, FRCPC**, from London, Ontario, who is the Medical Advisor for The Canadian Addison Society, will answer your questions about Addison's disease. Questions and answers that may be of interest to everyone will be published in the newsletter. Dr. Killinger has asked that we not write him directly, but to address your questions by letter/e-mail or fax through The Canadian Addison Society and they will be forwarded on to Dr. Killinger.
- We would like to remind you that The Canadian Addison Society will gratefully accept donations of Canadian Tire Money. If you can spare this form of donation to help alleviate the various cost of running the organization it would be most appreciated by all.
 - The Canadian Addison Society would like to express their thanks to Arnold Allan of Bowmanville for his generous donation in memory of his late wife Carolyn.

- **Have you paid your 2002 dues yet?** Please send your cheque or money order for \$25.00 to John Gordon, 193 Elgin Ave. West, Goderich, Ontario, N7A 2E7. A membership form was included in the January newsletter for your convenience or call the nearest group contact for information on how to become a member.
- **Please-**If you are pleased with your endocrinologist - LET US KNOW! We have many requests not only from recently diagnosed Addisonians but other Addisonians from all parts of the country, who may be moving from one area to another and require the services of an endocrinologist knowledgeable about Addison's disease and its treatment.
 - Susan Steedman wishes to recommend her endocrinologist, Dr. Mark Silverman at #404 -1081 Carting Ave. in Ottawa. His phone number is 613-722-1862
 - Janet Taylor wishes to recommend her endocrinologist, Dr. D. Zatelny at 128 Penetang St., Suite 206, Barrie, Ontario. The phone number is 705-734-3888
- If anyone would like to have a poster to put up in their doctor or specialist's office, (with their permission, of course), then The Canadian Addison Society has some available and can send one to you free of charge. Please contact the office at the address on the front of this newsletter with your request. It's an excellent way for you to help spread the word around that we are here.

Recipe

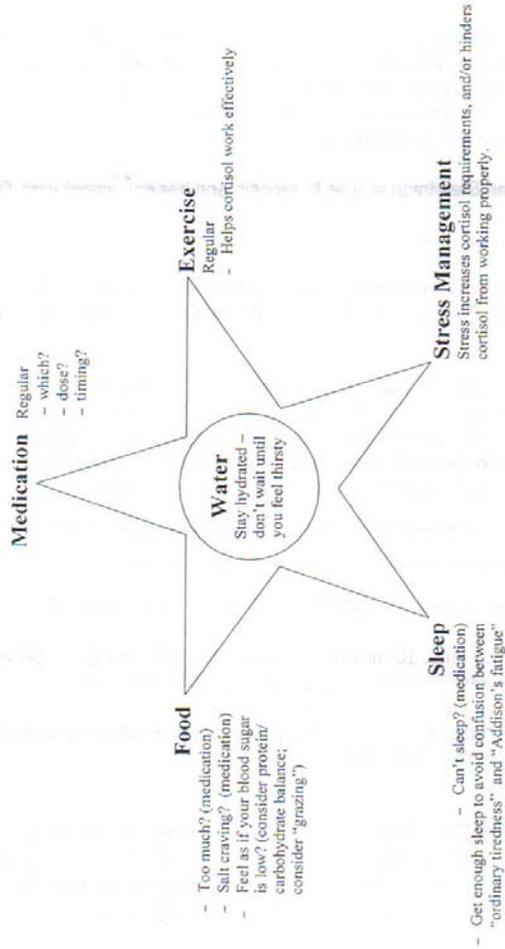
This is yummy and easy to make! What's best is it's low in carbohydrates!

Hot Crab Dip	Prep time: 10 minutes	Cook time: 20 minutes	Serves: 8
1 package (8 ounces) cream cheese		2 tablespoons cream	
2 green onions, finely chopped		2 teaspoons prepared white horseradish	
1 can (4.5 ounces) lump crab meat, rinsed and drained			
1/4 cup parmesan cheese			

Directions: Heat oven to 375°F. Butter a small, shallow baking dish. Mix cream cheese, cream, green onion and horseradish until well combined. Fold in crab meat. Transfer mixture to prepared dish. Smooth top; sprinkle with cheese. Bake 20 min until hot and bubbly. Serve with assorted controlled carb veggies or crackers.

Per Serving: Carbohydrates: 1 gram, NetCarbs: 1 gram, Protein: 7 grams, Fat: 11.5 grams
Calories: 134

This is your newsletter! We need your contributions. Please send your stories, tips, ideas c/o our editor Sharon Erickson via email: sharonmerickson@hotmail.com



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