



University of California, San Francisco
Northwestern University

MASALA PULSE

The Official Newsletter of the MASALA Study
<http://www.masalastudy.org>

Dear MASALA participants:

Thank you for your help in getting us to the finish line this month. As of early March, we have completed our second clinical exams for the MASALA study and have seen a total of 748 (83%) people from our original sample of 906 participants! We have also added another 257 new participants to our study. We welcome this new group of participants to MASALA and thank them for enrolling in this ground-breaking, long-term study of South Asians in the United States. To those who could not attend the second clinical exam, we hope to see you when we host our next exam visit (hopefully in 2019).



MASALA Study Team, Northwestern University



MASALA Study Team, University of California, San Francisco

We are busy analyzing the new data, and we hope to share the results with you by early summer. We will be starting our community forums around the Bay Area and the greater Chicago area in the summer and fall of 2018. We hope to see you, your family, and friends at these community forums so that we can share what we are learning about heart disease in South Asians. In the coming weeks, we will email you with the dates and locations for these Community Forums, so please stay tuned! As always, please feel free to reach out to us with questions, comments, or suggestions.

With gratitude,
Alka Kanaya and Namratha Kandula
MASALA study principal investigators

This table describes the characteristics of our MASALA study cohort (Total number of participants (n) = 1,163 overall)

Characteristic	Men N=607	Women N=556
SF Bay area, %	50	55
Chicago area, %	50	45
Age, years (mean)	57	56
Years lived in the United States (mean)	28	27
Born in, %:		
India	84	82
Pakistan	5	6
Sri Lanka	2	1
Bangladesh	0.2	1
Nepal	0.5	0.2
United States	2	2
Other diaspora country	6	8
Religious affiliation: %		
Hindu	68	66
Muslim	8	10
Sikh	6	7
Jain	6	7
Other	6	6
None	7	4
Highest education attained: %		
High school or equivalent	5	10
< Bachelor's degree	5	7
= Bachelor's degree	26	36
> Bachelor's degree	64	47

Healthy Eating!

Dairy-Free Kulfi

Serves 6: *This cool sweet treat makes the popular Indian dessert Kulfi a whole lot healthier by using bananas and coconut cream as the base instead of heavy cream*

Ingredients:

2 cups of frozen bananas, diced (about 3 bananas)
 ¼ cup coconut cream
 1 tablespoon maple syrup
 12-15 pistachios
 1 cardamom pod, crushed (about ¼ teaspoon)
 pinch of saffron

To make kulfi popsicles:

6 Dixie cups
 3 large popsicle sticks cut in half

Directions:

- In large blender puree the bananas, maple syrup, and coconut cream together until a smooth consistency. If the mixture is too thick, you may add a few drops of water or coconut milk to help with blending.

- Add a few strands of saffron with a few drops of water to a *tadka* pan or small sauce pan on low heat to release the color.
- Then add pistachios, cardamom, and saffron to blender and lightly pulse to blend the spices and to chop the pistachio into smaller pieces.
- Pour the kulfi into the Dixie cups until each cup is about ¾ full and add the popsicle sticks to each cup. Place the cups on a tray or plate to refreeze.
- When you are ready to eat, peel off the Dixie cup and enjoy!



Cauliflower Curd Rice

Serves 2: *A traditional Indian breakfast recipe made leaner by using cauliflower rice instead of white rice. It's still so nourishing and filling!*

2 cup of cauliflower rice*
 1 cup of yogurt
 ¾ tsp of coconut oil or ghee
 1 tsp black mustard seeds
 ½ tsp salt
 ¼ tsp green chilis, chopped
 1/4 inch ginger, grated
 4 curry leaves
 ½ tsp uncooked channa dal (optional)
 ½ tsp uncooked urad dal (optional)
 pinch of asafoetida powder
 Few pieces of cashew



Directions:

- Add oil to pan and then add black mustard seeds, curry leaves, asafoetida, cashew and both dals, Roast for a few minutes until cashew begins to

brown. Add cauliflower and lightly sauté for a few minutes, while being careful not to overcook the cauliflower.

- Turn off heat and mix in yogurt while the pan is still warm. Serve with additional cashews on top for an additional crunch.
- The curd rice can be served warm or chilled.

Note: *Cauliflower rice is a grain-free substitute for rice that is made by pulsing cauliflower into tiny pieces that resemble white rice. You can make it yourself by pulsing large cauliflower florets in a food processor or you can buy it at many grocery stores including Trader Joe's and Whole Foods.

Community Event: Motivation and Resistance Training

We enjoy bringing our MASALA study participants together and hosting interesting speakers who can teach us something new. This past December, the Chicago team hosted Mr. Hardik Soni, founder of XDEF Fitness and Training, to speak on "Understanding Why power vs. Will Power," at the Skokie Weber Park. Mr. Soni spoke about the importance of understanding what motivates each person. He asked the audience to think about what motivates him/her to eat better or exercise regularly. Identifying these motivators can help people achieve healthier habits. After the talk, he led the group in a fitness routine that included stretching and resistance exercises.

Mr. Soni and Dr. Namratha Kandula spoke about how resistance (or muscle strengthening) exercises are especially important for South Asians, who tend to have lower lean muscle mass. Resistance exercises are very helpful for lowering blood sugar, maintaining bone density, and

maintaining muscle mass as people age. In addition to aerobic activity, national guidelines recommend that all individuals do resistance exercises at least two days per week.



Participants enjoyed the event, even though some of the exercises were challenging. It was great to see everyone's enthusiasm and willingness to try something new. Please join us for future community events! It is a great opportunity to meet the MASALA team, network with other study participants, and learn something new.

For more information about resistance exercises, see: <http://www12.edc.gsph.pitt.edu/DPSCDOCS/resistancePacket-1.pdf>

<https://www.nytimes.com/guides/well/strength-training-plyometrics>

For more information about Mr. Hardik Soni and Xdef Fitness, see (www.xdefitness.com)



1. **Please call us if you have a major change in your health status, a new address, or a new phone number**, if you were recently in the hospital, or if you underwent a serious outpatient medical test.
2. **Please take part in our phone interviews.** If we don't reach you and we leave a message, please call us back.
3. We sometimes send you forms asking you to give MASALA permission to collect your medical records from hospitals and doctors' offices. **Please quickly return those forms**, so we will be able to get records MASALA needs for its research.

To contact the UCSF clinic, call 415-236-2725
To contact the Northwestern clinic, call 312-841-1967

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and publications:**



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UCSF and Northwestern University

Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study

550 16th Street, 6th Floor

UCSF Box 1793

San Francisco, CA 94143

<http://www.masalastudy.org>

