

Wish your dog could live longer? Researchers found a drug that might help, study says

By ALISON CUTLER
The Charlotte Observer

Want your four-legged canine friend to live a few years longer? Researchers are working to make that happen with a pill.

The Dog Aging Project out of the University of Washington is on a mission to find the inner workings of the aging process in dogs and learn how to slow it down.

The initiative combines the efforts of dog owners, veterinarians and researchers to tackle one of dog owners' greatest grievances — the short life span of man's best friend, according to its website.

The Dog Aging Project

— established in 2018 — is moving forward with its second phase of research by completing enrollment for dogs, according to a February news release.

Since dogs age roughly seven times the rate of humans, the window for understanding how dogs age and develop disease is significantly smaller, according to the study published on Feb. 2 in Nature. The study also includes researchers at the Texas A&M University College of Veterinary Medicine & Biomedical Sciences.

The next phase of the project will introduce a clinical trial of a drug that might help slow down

age-related ailments in dogs, helping them live longer, according to the project.

"Rapamycin (is) an immunosuppressive medication that has been used in humans for decades," the news release said. "At lower doses, rapamycin has been shown to increase lifespan, improve heart and cognitive function, and reduce age-related disease incidence in laboratory species."

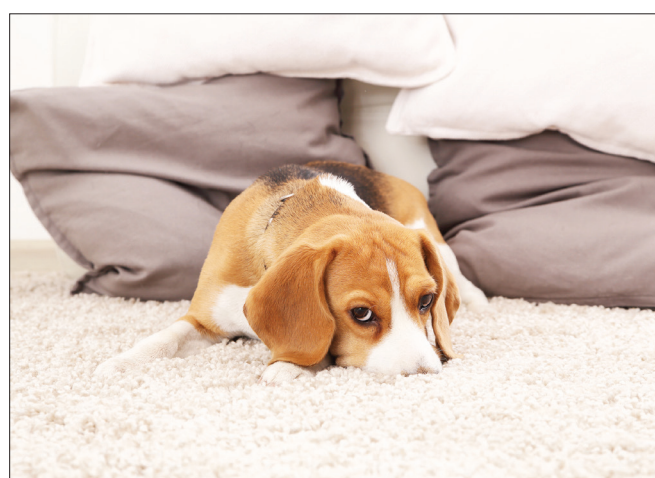
Now, researchers think it may benefit dogs, too. So they're putting it to the test.

The project examining dog's aging process and how rapamycin may impact it will last at least

10 years, according to the release. More than 32,000 dogs have been enrolled so far.

If an owner consents to participate in the clinical trial, their dog will be given either a placebo or the rapamycin to take over time and will have their data recorded annually.

"Relatively little is known about what constitutes normative aging in dogs," Dr. Kate Creevy, lead author and Dog Aging Project chief veterinary officer, said in the news release. "Our data will give veterinarians and scientists the tools to assess how well a specific dog is aging and set the stage for studies on the determi-



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nants of normative aging."

The drug trial won't be the only part of the study, according to the release. Veterinarians who participate will submit fur, fecal, urine and blood samples of select, enrolled participants to help the team find

aging milestones in dogs.

Dog owners can visit the project's website for more information on the study, or how to enroll dogs. Dog owners must fill out a survey and take cheek swabs of their pets for DNA sampling.

WAFFLES

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WAFFLED FALAFEL

Yield: 4 servings

1/3 cup vegetable oil, plus more for brushing waffle iron
2 tablespoons chopped fresh cilantro
2 tablespoons all-purpose flour
2 tablespoons chopped fresh parsley
1 teaspoon baking powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon ground coriander
1/4 teaspoon cayenne pepper
2 large egg whites
2 cloves garlic, halved
1 (15-ounce) can chickpeas (garbanzo beans), rinsed
4 pita breads, halved
Your choice of chopped lettuce, sliced tomato, cucumbers, chopped sweet onion, pickles and hard-boiled eggs, for topping
1/4 cup tahini OR 1/4 cup hummus thinned with water
Note: This recipe was made with an 8-inch square waffle maker.

1. Combine the oil, cilantro, flour, parsley, baking powder, cumin, salt, coriander, cayenne, egg whites, garlic and chickpeas in a food processor and process until smooth.

2. Lightly brush the top and bottom of the waffle iron with oil. Fill the waffle iron about three-quarters of the way full (some waffle iron should be showing). Close the lid gently and cook until the falafel is golden brown and firm in the center, about 3 to 5 minutes. Repeat with the remaining mixture.

3. Stuff each pita half with falafel. Add your choice of toppings and drizzle with tahini or thinned hummus.

Per serving: 555 calories; 30 g fat; 16 g saturated fat; no cholesterol; 17 g protein; 62 g carbohydrate; 4 g sugar; 11 g fiber; 1,271 mg sodium; 204 mg calcium

— Recipe by the Food Network Kitchen

WAFFLED EGGS WITH CHEESE SAUCE

Yield: 4 servings

1/2 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped green pepper
3/4 cup sliced mushrooms
1 cup half-and-half
1 tablespoon all-purpose flour
1/4 teaspoon salt, plus more for eggs
1/2 cup shredded sharp cheddar cheese
8 eggs
Black pepper
Note: This recipe was made with an 8-inch square waffle maker.

1. Melt butter in a skillet over medium-high heat. Add onions, green pepper and mushrooms and sauté until onions are translucent, peppers are softened and



Hillary Levin/St. Louis Post-Dispatch-TNS

Stir-fried chicken with waffled rice, made in a waffle maker.

mushrooms are giving off liquid, about 3 to 5 minutes. Set aside.

2. Meanwhile, stir together half-and-half, flour and salt in a small saucepan and bring to a boil over medium-high heat, stirring constantly. Add cheese and stir until completely melted. Remove from heat and keep warm.

3. Preheat a well-greased waffle maker. Beat 2 of the eggs, season with salt and pepper to taste, and pour into the waffle maker. Close and cook until golden yellow and set, 1 to 2 minutes. Remove and repeat with remaining eggs.

4. To serve, top waffled eggs with the onion-mushroom-green pepper mix and cheese sauce to taste.

Per serving: 320 calories; 23 g fat; 11 g saturated fat; 413 mg cholesterol; 19 g protein; 9 g carbohydrate; 5 g sugar; 1 g fiber; 434 mg sodium; 248 mg calcium

— Recipe by Daniel Neman. Cheese sauce recipe by Taste of Home

WAFFLED CHOCOLATE CHIP COOKIES

Yield: 12 servings

1 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon fine salt
1/3 cup packed light-brown sugar
1/3 cup granulated sugar
8 tablespoons (1 stick) butter, at room temperature
1/2 teaspoon vanilla extract
1 large egg
1/2 cup semisweet chocolate chips
Note: This recipe was made with an 8-inch square waffle maker.

1. Whisk together the flour, baking soda and salt in a medi-

um bowl. Beat the sugars and butter in another bowl with an electric mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in the vanilla and egg until incorporated. Adjust the speed to medium low and add the flour in 2 batches, mixing after each one until incorporated. Stir in the chocolate chips. If you have time, refrigerate the dough for at least 30 minutes.

2. Preheat a waffle iron to medium-low. Generously spray the top and bottom of the waffle iron with nonstick spray. Meanwhile, form the dough into 1 1/2-inch balls. Working in batches, place 1 dough round onto each section of the waffle iron, close gently and cook until golden brown, 3 to 6 minutes.

3. Serve warm or store in an airtight container at room temperature for up to 1 day.

Per serving: 211 calories; 11 g fat; 7 g saturated fat; 36 mg cholesterol; 3 g protein; 27 g carbohydrate; 16 g sugar; 1 g fiber; 158 mg sodium; 11 mg calcium

WAFFLED MARGHERITA PIZZA

Yield: 3 servings

2/3 cup canned pureed tomatoes
2 tablespoon extra-virgin olive oil, plus more for brushing dough
Generous 2/3 teaspoon salt
4 to 6 fresh basil leaves, plus more for garnish
1 small garlic clove, sliced very thin
All-purpose flour, for dusting
12-ounce ball of pizza dough, divided into thirds

3/4 cup shredded mozzarella cheese
Parmesan, for sprinkling
Note: This recipe was made with an 8-inch square waffle maker.

1. Stir together the tomatoes, olive oil, salt, basil and garlic. Let sit at room temperature to give the flavors time to meld, about 1 hour.

2. Preheat a waffle iron to medium high. Lightly dust a clean work surface with flour and roll out one-third of the pizza dough into a 6-inch round. Brush one side with olive oil and place oiled-side down on the waffle iron, then brush the other side. Close the iron (don't press down) and cook until golden and cooked through, about 2 to 4 minutes. Repeat with the remaining dough.

3. Meanwhile, heat the tomato sauce until hot. Spread each pizza with sauce and mozzarella (you might not use all of the sauce). Place one pizza back on the waffle iron and hold the top of the iron just over the cheese until melted, 1 to 2 minutes. Remove and garnish with basil leaves, drizzle with olive oil if desired and sprinkle with Parmesan. Repeat with the other pizzas.

Per serving: 506 calories; 12 g fat; 2 g saturated fat; 6 mg cholesterol; 14 g protein; 77 g carbohydrate; 5 g sugar; 4 g fiber; 1,065 mg sodium; 396 mg calcium

— Adapted from a recipe by the Food Network Kitchen

STIR-FRIED CHICKEN WITH WAFFLED RICE

Yield: 4 servings

For the waffled rice

1 cup rice
2 tablespoons toasted sesame oil, plus more for brushing
2 tablespoons toasted white sesame seeds
2 teaspoons white rice vinegar
2 teaspoons granulated sugar
1 teaspoon salt
2 eggs, beaten

For the stir fry (see note)

1 tablespoon vegetable oil (not olive oil)
3/4 cup chopped onion
2 small garlic cloves, minced
2 teaspoons minced ginger
1 red or green bell pepper, chopped
1 1/2 cups chopped bok choy
2 boneless, skinless chicken breasts, diced
2 tablespoons soy sauce

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