



## OliveNet™ Newsletter

### Season's Greetings

#### OliveNet™ Newsletter

Welcome to the December issue of the OliveNet™ Library newsletter. Firstly, we would like to thank all of our newsletter subscribers and Facebook friends for being part of our "OliveNet™ Library Community". We wish you all a happy Festive Season and prosperous New Year. Starting January 2018 we will continue with monthly issues of our newsletter which will include the molecule of the month, upcoming events, latest research, and Julia Liang's recipe of the month. We strongly encourage feedback and contributions!

### Global Research highlight

Cosmetic blend of plant oils and improvement of scar and striae appearance. A recent study reports that the use of a plant based formulations to create a Bio Skin Oil® high in oleic and linoleic acids, improved the appearance of non-keeloid scars and striae, as indicated by volunteer-scoring using the Observer Scar Assessment Scale. This may highlight a potential alternative, to the well-known silicone and mineral oil-based formulations. [Biefeldt et al. Observer-Blind Randomized Controlled Study of a Cosmetic Blend of Safflower, Olive and Other Plant Oils in the Improvement of Scar and Striae Appearance. Int J Cosmet Sci. 2017 Nov 2. doi: 10.1111/ics.12438].

### Molecule of the month

#### Linoleic acid

Linoleic acid (IUPAC name: (9Z,12Z)-9,12-Octadecadienoic acid; lipid number: 18:2) is a polyunsaturated fatty acid. It is utilised in the biosynthesis of arachidonic acid, a well-known substrate of the inflammation-related cyclooxygenase and lipoxygenase enzymes. Linoleic acid is an essential fatty (must be obtained in the diet), and the American Heart Association guidelines recommend consumption of 5-10% energy intake from linoleic acid to decrease cardiovascular disease risk. This is supported by a systematic review and meta-analysis published in the prestigious journal Circulation (Farvid et al. Dietary linoleic acid and risk of coronary heart disease: a systematic review and meta-analysis of prospective cohort studies. Circulation, 130:1568-78, 2014).

### Julia Liang's recipe of the month

#### Double chocolate olive oil cookies

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared double chocolate olive oil cookies – perfect treats for the festive season. For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).



[Approximate calculations: Total EVVO = 120 mL (110 g); Serves 6. Per serve (3 cookies) = 630 calories (or 31.5% of 2,000 calorie diet), 18 g EVVO (or 36% of typical daily recommendation), ~4.5 mg olive polyphenols (assuming 250 mg/kg in average EVVO)].

\*All of Julia's recipes are tried and tested.

### McCord Research and Forthcoming Event



McCord researchers, Dr Tom Karagiannis with Natalie Bonvino and Julia Liang at the inaugural Wounds Australia Conference in Melbourne, Australia. Together with Dr Nancy Ray (Scientific Officer at McCord Research, Iowa), the team represented with two well-received oral presentations. The next major Wounds Australia conference will be held in Adelaide, Australia in 2018. Convened by our important collaborator Jan Rice, the call for abstracts has recently been announced with dedicated sections in: 1) Industry innovation, 2) Ageing and 3) Natural therapies which are highly relevant to olive oil researchers. For further information please visit: <http://woundsaust2018.com.au/>