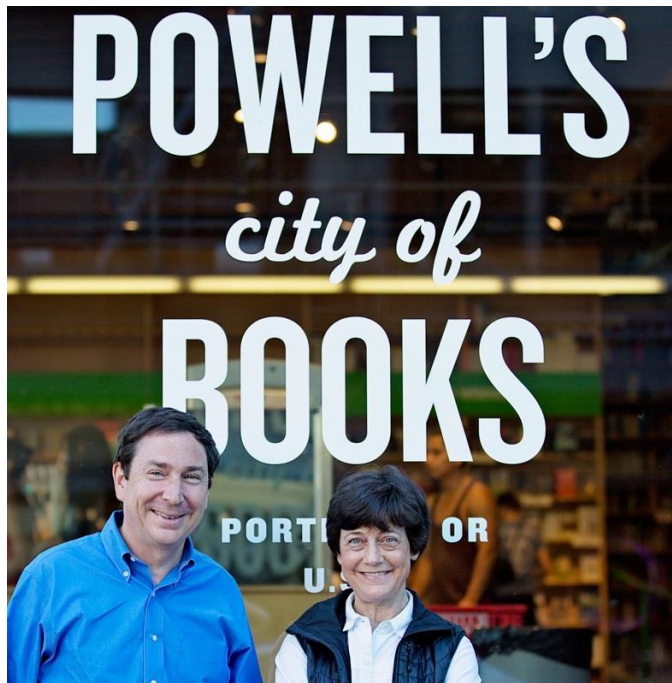


February 2017 Newsletter



Whoohoo! Powell's Books just named *Good Food, Great Medicine* their second best-selling cookbook of 2016!
<http://www.powells.com/post/on-the-table/on-the-table-best-selling-cookbooks-of-2016> (Photo by C Wilson Images)

Let's do our part for our hearts

Press both hands over your heart and feel the steady bmp...bmp...bmp. (You may have to close your eyes and concentrate until you feel it.) You've been together since well before you were born and your heart has never had a single minute of rest! This is a good month to think about ways we can all be kinder to our hearts, especially as we are, well, getting older. Eating less sugar and refined grains, eating more whole foods, and finding ways to be active every day will make it easier for our hearts to do their job.

Go beyond guideline-based medicine

Guideline-based medicine is designed to provide positive results for large populations of people; if your blood pressure is running at 180/110, the guideline-based approach to your treatment is a prescription for antihypertensive medication to reduce your risk of a stroke. **HOWEVER**, even with medications you will typically **still have a risk of stroke 2 or 3 times higher than someone with normal blood pressure on no meds!** For some *real* blood-pressure-busting impact on long-term risk of disease and disability, we also need to add some potent lifestyle prescriptions.

How can you mend a broken heart? 🎵 🎵

▪ Example #1: high blood pressure

First identify the goal: we want to do more than just bring down a number on a chart. The primary goal is to substantially reduce the risk of stroke *as well as* other risks from high blood pressure such as heart attack, dementia, and diabetes. This is best achieved using an aggressive combination of daily activity (30-minute walk!), good food (protein+good fat+fiber!), and weight management (losing excess weight can work as well as a drug!). Then we can meet another important goal – to reduce or eliminate hypertension medications. We use them as necessary, but with a clear-eyed view of their limited efficacy and many side effects. (For more details about this approach, see pages 83–84 in *Good Food, Great Medicine*, 3rd edition.)

▪ Example #2: type 2 diabetes

The goal here goes far beyond lowering a number that represents our blood sugar level. Drugs for type 2 diabetes only slightly (at best) reduce the risk of associated complications like heart disease, stroke, kidney failure, and dementia. The drugs also have significant side effects and cost. Use them judiciously while vigorously applying lifestyle changes to **reverse diabetes**, then work with your physician to taper them as you approach your goal of being ex-diabetic. (For an outline of how to do this, see the 14-step *Risk Reduction Action Plan* beginning on page 69 in *Good Food, Great Medicine*.) If you would like to jump-start your enthusiasm, read about George's first week after deciding to reverse his diabetes, below.

Curious about George's disappearing insulin?

George is a 39-year-old with a 10-year history of type two diabetes and a 5-year history of insulin injections. Despite intensive drug therapy (and \$1,000 monthly out-of-pocket drug costs) he still had very high blood sugars, frequent dangerous hypoglycemic episodes, kidney damage, and fatigue that made it difficult to enjoy playing with his three children. So George decided it was time to change his health trajectory and add his name to the list of our patients who have become "ex-diabetic." In just the first week of his commitment to eating more whole foods and less sugar and refined grains he has been able to reduce his insulin by over 50% and lose 10 pounds!

NEW! Good Food, Great Medicine class series @ Providence's new BASECAMP in the Cardiac Prevention + Wellness Center

March 6th Providence Heart Institute opens [BASECAMP](#), a new Cardiac Prevention + Wellness Center located in the 1st floor of the Mother Joseph Plaza @ Providence St Vincent Medical Center. Dr. Hassell will be teaching a new 4-part *Good Food, Great Medicine* cardiac wellness class series on March 21st. Join us @ BASECAMP for an open house on Friday 2/24/17 from 11am – 3pm. Then come take a sneak peek and start your path forward!

3/9/17 BASECAMP Cardiac Prevention + Wellness Good Food, Great Medicine Lunch and Learn (noon to 1pm) Bring your sack lunch or grab a meal at the Apple A Day Café and join us @ BASECAMP. Dr Hassell will be introducing his new 4-part cardiac wellness class series which starts on Tuesday, March 21st.

3/21/17 – 4/11/17 BASECAMP Cardiac Prevention + Wellness Good Food, Great Medicine 4-part Series: Learn about which food and activity choices really matter if we want to prevent heart disease and stroke and improve risk factors such as excess weight, high blood pressure, poor cholesterol, high blood sugar, and inflammation. Explore the long-term head-to-toe benefits of a minimally-restrictive Mediterranean diet of whole foods and healthy fats. **When:** Tuesday's 6-8pm, 3/21/17, 3/28/17, 4/4/17, and 4/11/17. **How to register:** Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing at www.providence.org/classes.

Dr. Hassell's speaking events

2/9/2017 – Sunset Study Group: *Good Food is Great Medicine: Which Diet and Lifestyle Choices Really Matter?* Portland, OR.

2/15/2017 and 2/22/2017 – Good Food, Great Medicine 2-part Lifestyle Change Class Series: Portland, OR. For registration information call our office at 503.291.1777.

3/1/2017 – Multnomah Athletic Club Wellness Event: *Type 2 diabetes: Reverse it! Prevent it!* Portland, OR. Members register at theMAC.com WE301.

3/2/2017 – Providence Breast Center Board Meeting: *Lifestyle Choices and Breast Cancer Survivorship: What Really Matters?* Portland, OR.

3/9/2017 – Providence Heart Institute BASECAMP Cardiac Prevention + Wellness Lunch and Learn: *Introduction to Good Food, Great Medicine.* Portland, OR. Free event – no need to register. <https://welcometobasecamp.org/calendar/2017/2/1/lunch-learn>

3/21/2017 – 4/11/2017 Providence Heart Institute BASECAMP Cardiac Prevention + Wellness 4-part Series: *Good Food, Great Medicine:* Portland, OR. Call the Providence Resource Line at 503.574.6595 or on-line at <http://bit.ly/2kLIXIG>

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Good Food, Great Medicine classes

Our two-part class series targets weight loss, insulin resistance, and type 2 diabetes, and details steps for preventing or reversing them. The classes are based on the 3rd edition of *Good Food, Great Medicine*, which each participant will receive at the first class.

Good Food, Great Medicine class (part 1):

- Review inter-relationship of excess waistline and weight, insulin resistance (common to most cases of type 2 diabetes), and common chronic diseases.
- Discuss the role of the “key four” – a whole food Mediterranean diet; minimal sweeteners, refined grains and starches; daily activity; and enough sleep.
- Work through the 14 simple steps that target your risk factors and produce effective, lasting change in your waistline, blood sugar, and other health risks.

Good Food, Great Medicine class (part 2):

- Explore practical application of whole food choices and menu planning. See demonstrations of a couple of foundational recipes from *Good Food, Great Medicine*. Review progress, find solutions to challenges, and fine-tune personal action plans.

“I've bounced around for decades trying to find an eating style that is sustainable. I'm very susceptible to simple carbs and will spiral into heroin-strength addiction. I want to function without being hungry [and] adherence to the Mediterranean diet works best... your approach is common sense AND evidence-based! Bravo!” Joan B, MD/MSPH

“It's been about a month. I've gone from 170.5 to 157 lbs. My waist has gone from 41 to 40” For the past several years, when I've dieted, I would get to about 155, then creep back to the low 160's, then repeat the process. This is so different now. It's a way of eating.” Marsha S

Time:	6 – 8 pm Wednesday
Dates:	2/15/2017 (Part 1) and 2/22/2017 (Part 2)
Location:	Providence St. Vincent Medical Center
Cost:	\$100 (2-class series)
Registration:	Call 503.291.1777 to reserve a place

“Prove all things; hold fast that which is good.”

1 Thessalonians 5:21 (KJV)

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