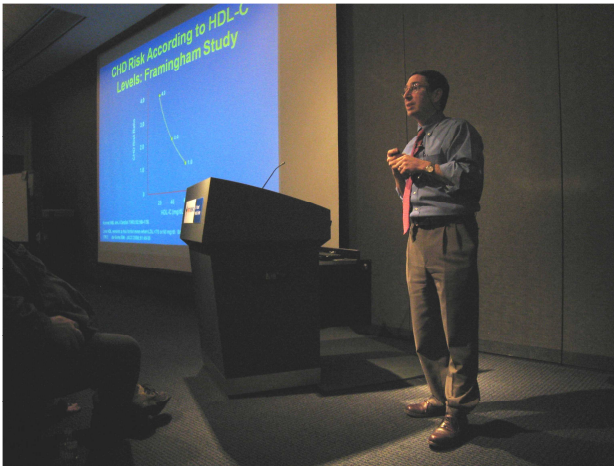


March 2010 Newsletter



Dr. Hassell will be speaking about preventing, controlling, and reversing type 2 diabetes March 16th in Souther Auditorium at Providence St. Vincent Medical Center. Sign up now!

Beat type 2 diabetes!

This man did – read his story

JA is a 56-year-old man whose diabetes was discovered during a routine medical evaluation. With an HbA1c of 13.3%, JA was at very high risk of developing serious complications of diabetes. (HbA1c is a measure that reflects blood sugar level over time, and a level of less than 6% is considered normal.)

But JA had other ideas. Instead of starting diabetes medications, he worked on a healthier diet, in particular cutting out refined carbohydrates like white flour and sugar. Although we usually see exercise as an essential component to diabetes reversal, he mainly worked on dietary change.

The results were amazing. This is one of the most spectacular cases we have seen. After 6 months his HbA1c had returned to the normal range, at 5.7%, and his fasting glucose was 101mg/dl.

By taking his lifestyle choices seriously, JA managed to avoid taking oral diabetes medication or insulin injections. He has also dramatically reduced his risk of developing diabetic complications and improved his overall health substantially. In terms of how much money he has saved the health care system, he deserves a medal! Congratulations, JA!

March 16th diabetes class

Do you have 2 or more of these?

- High blood pressure (or taking blood pressure medication)
- A waistline that's too large
- High triglycerides
- Low HDL ("good") cholesterol
- Blood sugar that's above normal

If so, your risk of diabetes, heart disease, and stroke is too high. Join Dr. Hassell for a *free* seminar on the subject of optimal diet and lifestyle choices for *Preventing and Reversing Insulin Resistance and Type 2 Diabetes* at Providence St. Vincent Medical Center on Tuesday, March 16th, from 6-8 pm. If you would like to attend, please call our office to pre-register at (503)291-1777.

Classes in April and May

As well as the diabetes class above, there are two more free seminars with Dr. Hassell in the 2010 *Good Food, Great Medicine* class series:

- **April 20th (Tuesday)** Weight Loss
- **May 18th (Tuesday)** Cancer Survivorship (emphasizing breast cancer)

Dr. Hassell will be speaking at Providence St. Vincent Medical Center in Souther Auditorium 6 – 8 pm. To register for these classes, please call our office at (503) 291-1777.

Folic acid supplements –

There may be a better option

Folic acid and folate are forms of a water-soluble B-complex vitamin. *Folic acid* does not usually occur naturally in foods, but is the form most often used in vitamin supplements and fortified foods. *Folate* is the umbrella term for the folates that are naturally found in foods and the human body. (Examples of some folate-rich foods are green leafy vegetables, asparagus, lentils, chick peas, and liver.)

For many years it has been observed that a higher intake of folate from foods was associated with a broad range of health benefits such as less

heart disease, certain types of cancer, and neural tube defects in pregnancy. Because so many people do not get enough folate through their diets, synthetic folic acid is used to fortify foods like cereals and breads, and folic acid supplements (such as in multivitamins) are often prescribed.

However, it's apparently not that simple. An increasing number of studies are showing that folic acid supplements may actually *increase* the overall risk of cancer and heart disease. For example, in two recent Norwegian studies with 6,837 patients using 800mcg of folic acid per day or placebo, those using folic acid had their cancer risk increased by 21%, their risk of dying from cancer raised by 38%, and death from any cause went up by 18%; all were statistically significant. Those are sobering numbers.¹

So although we know folate is an enormously important micronutrient for many reasons, including preventing birth defects and the other benefits mentioned at the top of the page, folic acid supplements aren't looking like the smartest option. A simple solution? Eat foods naturally high in folate frequently, and minimize foods fortified with folic acid.

If you have any doubts as to whether you are getting enough folate, which is a particular concern for women who could potentially become pregnant, simply have your folate blood level measured. If you do take a folic acid supplement, we recommend you keep the dose to no more than 400mcg daily.

Our favorite folate supplements? *Warm Lentil Salad* (page 166 of *Good Food, Great Medicine*), *Roasted Asparagus* (page 125), *Green Eggs & Rice* (page 173), and *Hasty, Tasty Hummus* (page 102).

Cookbook update

You can now find *Good Food, Great Medicine* on Amazon.com. Track our progress on the best seller list! (We are pleased to report that our current ranking is 74,190th.) Books are also available at www.goodfoodgreatmedicine.com as well as at **Annie Bloom's Books** at 7834 SW Capitol Hwy. in Multnomah Village, **Broadway Books** at 1714 NE Broadway, and the **Providence Integrative Medicine Programs** at Providence St. Vincent Medical Center and Providence Portland Medical Center.

¹ Ebbing, M. et al. JAMA 2009;302:2119-26
Mason, J. Nutrition Reviews 2009;67:206-212

Ask Mea!

We have a new option on our website where you can ask Mea (co-author of *Good Food, Great Medicine*) for cooking tips, recipe troubleshooting, and vegetable intervention strategies. Don't worry if the question calls for some knowledge of biochemistry – Mea will just ask Miles.

askmea@goodfoodgreatmedicine.com

We are also finally blogging. You can find us at <http://goodfoodgreatmedicine.blogspot.com/>

Upcoming Speaking Events

3/3/2010 – Portland Culinary Alliance (PCA) Chocolate Dinner: Miles Hassell, MD. Portland, Oregon. Open to PCA Members only.

3/5/2010 – NW American College of Sports Medicine Regional Conf Panel Discussion: *The importance of exercise and its prescription within the medical field*, Miles Hassell, MD. Portland, Oregon.

3/7/2010 – Cedar Mill Bible Church Elder Care Class: Miles Hassell, MD. Portland, Oregon.

3/16/2010 – Good Food, Great Medicine Series: *Preventing and Reversing Type 2 Diabetes and Insulin Resistance*, Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Please call (503) 291-1777 to register.

3/18/2010– Providence Cancer Center Integrative Medicine Program: *Making Your Way Through the Supplement Jungle: Vitamins, Minerals and Herbs*, Miles Hassell, MD and Cindy Reuter, ND, MSOM, L.Ac., RD. Providence Portland Medical Center, Portland, Oregon. This talk is free. For more info see: www.providence.org/integrativemedicine and choose the 'classes' link or call the Providence Resource Line @ (503)574-6595.

3/18/2010– Alaska Tanker Company: Skamania, Washington. Employees only.

4/20/2010 – Good Food, Great Medicine Weight Loss Class: Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Please call (503) 291-1777 to register.

4/27/2010 – Providence St. Vincent Medical Center Internal Medicine Grand Rounds: *Resisting Insulin Resistance*, Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon.

"Prove all things; hold fast that which is good"

¹ Thess. 5:21 (KJV)