

## March 2018 Newsletter



*Happy 1<sup>st</sup> Birthday, BASECAMP! Dr. Hassell presented Good Food is Great Medicine at Providence cardiologist Dr. Lori Tam's monthly Women's Tea & Talk on March 6<sup>th</sup> – the 1-year anniversary of Providence BASECAMP Cardiac Prevention + Wellness Center. Mea Hassell topped off the celebration with a Hasty Tasty Hummus demo.*

### **GREAT medicine: a new health trajectory**

Every now and then it's helpful to step back and look at our health prospects for the next 10 to 20 years: what are the obvious risks that we might face? Do we have a family history or personal risk factors such as high blood pressure, cholesterol, or blood sugar? Do we have excess weight or a history of cancer?

If so, the good news is that the vigorous application of food and lifestyle medicine can profoundly change the usual course of illness. Then, if we combine the strongest evidence-based lifestyle choices with the best of conventional medical care, many (maybe even most) of us can get off medications and reverse multiple diagnoses – and thus transform our health trajectories. This take-no-prisoners approach is what we call “great medicine” – making use of all of our options, including food, exercise, sleep, and appropriate medications. Our later years are more likely to be more active and with a greater level of well-being and independence.

An example from our practice is Mr. D. By his 70s he was on blood pressure and cholesterol medicine as well as injecting insulin for diabetes. He decided to try the “great medicine” approach: he changed his diet, started a daily exercise habit, and shed 50 pounds. Now 80 years old, he has reversed his diabetes, high blood pressure, and high cholesterol. He is free of chronic disease medications, feels great, still works full time at what he loves doing, and has dodged the frailty of mind and body that can plague our later years.

### **Two trajectories – which will you choose?**

- 1. Conventional:** This is a path we can find ourselves on when we don't realize the power we have in our own hands to impact our long-term health, and therefore accept that diagnoses such as type 2 diabetes are not reversible and assume that symptoms of chronic disease are an inevitable part of life. Often the only choices presented to us are medications and medical procedures, and without the addition of significant lifestyle change this trajectory leads to a higher likelihood of disease progression and complications, drug side effects, less independence, and more medical care.
- 2. Conventional + lifestyle:** This can be a tougher trail to take at first, in terms of our personal effort and commitment: it means doing everything in our power to *reverse* disease, improve risk factors, and transform our long-term health. This trajectory combines aggressive lifestyle change with prudent conventional medical care, and involves asking more questions of our doctors, doing homework to investigate options, and planning ahead to make sure we carve out the time needed for preparing our own food and scheduling exercise. However, the rewards are better health and fewer (or no) medications, and at age 70, 80, or 90 we can expect to enjoy more independence and freedom from doctors appointments and medical expenses.

### **Begin a new trajectory: BASECAMP 4-part cardiac prevention + wellness series**

Ready to make a fresh start and need some help? You may want to sign up for the 4-part class starting April 5<sup>th</sup>, when Providence Basecamp Cardiac Prevention + Wellness Center kicks off the next *Good Food, Great Medicine* 4-week class series. Come learn which food and lifestyle choices really can make a difference when we're trying to prevent heart disease and stroke and control risk factors such as excess weight, high blood pressure, high cholesterol, high blood sugar, and inflammation. The choices we make concerning physicians, medications, preventative care visits, mammograms, and lab tests for blood sugar, cholesterol, and so on, are often not as important as the daily decisions we make concerning what to eat and how active to be. The good news is that evidence strongly supports following a minimally-restrictive

Mediterranean model, which is not only delicious and sustainable, but also has long-term head-to-toe health benefits. Is lifestyle change hard work? You bet – but worth every minute!

## Knowledge is powerful medicine: join these two transformational series

### **Good Food, Great Medicine 4-part BASECAMP cardiac prevention + wellness class series: April 5<sup>th</sup> – 26<sup>th</sup>**

**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:** Thursdays 6-8pm – 4/5, 4/12, 4/19, & 4/26
- **Where:** 1<sup>st</sup> floor of the Mother Joseph Plaza @ Providence St Vincent Medical Center
- **How to register:** Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing: [providence.org/classes](http://providence.org/classes)

### **Good Food, Great Medicine 2-part classes**

**This two-part class series targets weight loss, diabetes reversal, and inflammation reduction.**

The classes are based on *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 changes to 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 demos of foundational recipes from *Good Food, Great Medicine*. Review progress, find solutions to challenges, and fine-tune personal plans.

<b>Time:</b>	6 – 8 pm Wednesday
<b>Dates:</b>	7/11/2018 (Part 1) and 7/18/2018 (Part 2)
<b>Location:</b>	Providence St. Vincent Medical Center
<b>Cost:</b>	\$100 (2-class series)
<b>Registration:</b>	Call 503.291.1777 to reserve a place

## Know someone who needs a trajectory tune up this spring and summer?

Sometimes we need more than good intentions, so here are some suggestions that can help make positive changes to anyone's health trajectory. Even yours! Ready to wage all-out war against diabetes or weight?

1. **Schedule a consultation** with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems.
2. **Download** *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* **handout on the resources tab @ [goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com)**. *Fat is Good, Bagels are Bad - some (Mediterranean) principles to eat by* is another great resource.
3. **Read the first 126 pages of *Good Food, Great Medicine*** (3<sup>rd</sup> edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
4. **Join a *Good Food, Great Medicine* class series.** (See newsletter for more details.)
5. **Sign up for a health transformation program**, a one-year or six-month one-on-one doctor-patient partnership providing support, accountability, and dietary counsel using a whole food Mediterranean model for people with specific objectives such as weight loss or reversing type 2 diabetes.

### Dr. Hassell's speaking events

**3/6/2018 - BASECAMP Cardiac Prevention + Wellness: Women's Tea and Talk:** *Good Food, Great Medicine*. Portland, OR. Ladies please join Dr. Miles and Mea Hassell for a Mediterranean diet discussion and cooking demo at this FREE women's wellness event: [welcometobasecamp.org](http://welcometobasecamp.org)

**3/7/2018 and 3/14/2018 – *Good Food, Great Medicine* TYPE 2 DIABETES REVERSAL and SUSTAINABLE WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES:** Portland, OR. Call our office at 503.291.1777 to register.

**4/5/2018 – 4/26/2018 – 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 to register or find *Good Food, Great Medicine* in the class catalog at [providence.org/classes](http://providence.org/classes)

**4/28/2018 – North Plains Public Library:** *Good Food is Great Medicine* Jessie Mays Community Center - 30975 NW Hillcrest St, North Plains OR 97133, 9:30-10:30am. Admission is FREE but a reservation is required, please call 503.647.5051 to reserve a spot. [nplibrary.org](http://nplibrary.org)

Sign up for this free monthly medical + lifestyle  
newsletter at [Goodfoodgreatmedicine.com](http://Goodfoodgreatmedicine.com)

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

*1 Thessalonians 5:21 (KJV)*