

## Betty treated high blood pressure with lifestyle!

April 2019



*Dr. Hassell spoke about lifestyle medicine in primary care and type 2 diabetes reversal at the “Spring Training for Primary Care” Conference in Seattle, Washington, on April 12<sup>th</sup>.*

### **When Betty realized her high blood pressure (202/102!) was not a drug deficiency, she transformed her future**

Betty is a generally healthy 67-year-old who tries to avoid physicians. However, when her dentist refused to work on her teeth after he took her blood pressure (BP), she came to see me for a consultation.

In addition to her extraordinarily high BP, her lab work showed very high cholesterol and blood sugars teetering near diabetic levels. This collection of risk factors (and a strong family history of stroke and heart failure) put her at serious risk for stroke, heart attack, type 2 diabetes, kidney failure, and other disabling complications. While a combination of prescription drugs would certainly make her numbers look better and reduce her risk a little bit, Betty realized that her basic problem was *not* a drug deficiency, and so we discussed some non-pharmaceutical health tools she could use to reverse her numbers.

**What did Betty do?** After reading the blood pressure section in *Good Food, Great Medicine*, 4<sup>th</sup> edition (pages 101-102), she got to work on some lifestyle changes:

- Ate more vegetables and true whole grains
- Prepared more home-cooked food
- Cut waaaaay down on sweets and bread
- Walked every day and did some upper body exercise with weights

**The results are in!** After two weeks she had lost four pounds and WOW! her blood pressure responded, too.

Initially I prescribed two different BP meds, but their side effects were so significant (that’s a story in itself!) she stopped them. Yet even without medications her blood pressure continued dropping in response to her improved lifestyle choices: from 202/102 when we first saw her to 134/85 one month later – a dramatic improvement. Past experience with patients such as Betty suggests that her BP will continue to fall (along with her risk of dementia, cancer, and diabetes) as she continues making good lifestyle choices. Congratulations, Betty!

**One of the important facts to know about high blood pressure is that treating it with medication does not lower the associated risks to normal.** Stroke risk, for example, remains doubled or tripled even with excellent pharmaceutical management. In addition, BP meds can INCREASE the risks for other problems, including type 2 diabetes; recently some of them have even been recalled due to cancer-causing contaminants. So, while BP meds are necessary for some, the vast majority of people with high BP can get the same results as Betty by making the same good choices, therefore avoiding extra meds and reducing many health risks apart from those associated with high blood pressure. For more about non-pharmaceutical management of BP with medical references, see pages 101-102 or the BP handout @ [goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com).

### **How’s your personal health account? Enough for a healthy, active retirement?**

This time of year finds many people analyzing their retirement accounts and wondering whether there’s enough money to be comfortable in retirement. But what about your *health* account? Are we putting the same energy into the planning and lifestyle choices that will build up our health accounts so we’ll actually be in good enough shape to *enjoy* our retirement? It doesn’t make a lot of sense to work hard on financial health but neglect physical health and be unable to enjoy the fruit of our labor in our later years. Do what Betty did: defy your diagnosis, and don’t just accept high blood pressure, type 2 diabetes, heart disease, or excess weight! Reverse them! If we pay more attention to good food, daily exercise, and waist control as we get older, the long-term rewards for individuals (and families) are immeasurable: a higher likelihood of living to 70 years or older with no major chronic disease or

impairment in mental or physical function<sup>1</sup>; a lower risk of cancer, heart disease, stroke, and dementia<sup>2</sup>; less macular degeneration, glaucoma, and diabetic eye disease (see page 25); stronger bones<sup>3</sup>; less physical disability and frailty; and greater independence in the elderly.<sup>4,5</sup> Not a bad return on your health investment!

## Brown Rice Power Patties

These nutty little patties are convenient for lunch at your desk, snacks when you're peckish, meals on the road, school lunches, or after-school snacks. They're good straight from the refrigerator or at room temperature, so they're ideal for hiking or camping. (From page 225 *Good Food, Great Medicine*, 4<sup>th</sup> edition.)

(Makes 12 patties)

- 2 cups cooked *Basic Baked Brown Rice* (page 222)
- 2 cups grated sharp cheddar cheese (about 6 ounces)
- 1½ – 2 cups finely-grated carrot (about 2 medium)
- ½ cup raw sunflower seeds
- ½ cup sesame seeds, raw or toasted
- 3 eggs
- 1 teaspoon dried basil
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1½ cups slivered almonds, toasted
- or- chopped unsalted dry roasted peanuts

Preheat oven to 350 degrees. Mist a baking sheet with non-stick spray.

1. In a mixing bowl, combine cooked rice, grated cheese, carrots, and seeds.
2. Combine eggs and seasonings in a food processor and blend for 5 seconds. Add nuts and process another 5 seconds. If using dry roasted peanuts you may need to process them an extra few seconds. Don't over-process! Texture is important. Add to rice mixture and mix thoroughly.
3. Use a ¼-cup measuring cup to scoop mixture onto baking sheet, and form into plump patties about ¾-inch thick. (I pack the measuring cup firmly and rinse it between scoops so that the mixture drops out more or less cleanly formed, ready to be patted out a bit more and shaped the rest of the way.)
4. Bake at 350 degrees for 15 minutes, then turn and bake 10 minutes more. Transfer to rack, flipping them so their toastier side shows. Store in the refrigerator, sealed well to keep them moist; they will easily last a week.

<sup>1</sup> Samieri, C. et al. *Ann Intern Med* 2013;159:584-91

<sup>2</sup> Martinez-Gonzalez, M. and Martin-Calvo, N. *Curr Opin Clin Nutr Metab Care* 2016;19:401-7 (Systematic review)

<sup>3</sup> Haring, B. et al. *JAMA Intern Med* 2016;176:645-52

<sup>4</sup> Feart, C. et al. *Eur J Epidemiol* 2011;26:747-56

<sup>5</sup> Milaneschi, Y. et al. *Exp Gerontol* 2011;46:303-8

## Good Food, Great Medicine 2-part class

The classes target weight loss, diabetes reversal, and inflammation, and are based on the new 4<sup>th</sup> edition of *Good Food, Great Medicine*, which each participant will receive at the first class.

### Good Food, Great Medicine class (part 1):

- Review interrelationship 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 applications 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.

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| <b>Time:</b>         | 6 – 8 pm Wednesday                        |
| <b>Dates:</b>        | 7/17/2019 (Part 1) and 7/24/2019 (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      |

## Dr. Hassell's speaking events

**4/4/2019 – 4/25/2019 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).

**4/12/2019 Spring Training for Primary Care 2019: Lifestyle Medicine in Primary Care –and– Should Reversal of Type 2 Diabetes, not Treatment, be the Dominant Goal?** Seattle, WA. [cmetracker.net/PROV/Files/Brochures/6753.pdf](http://cmetracker.net/PROV/Files/Brochures/6753.pdf)

**5/4/2019 Oregon State Council of Perioperative Nurses 25<sup>th</sup> Annual Conference: Brain Health and Lifestyle: Which Choices Matter? -and- Friend or Foe? How to Critically Think Through Contradictory Dietary Advice.** Glendon Beach, OR. [oscpn.org](http://oscpn.org)

**7/17/2019 and 7/24/2019 – 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.

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)