

July 2008 Newsletter

New Website

Our new website is up and running. Take a look at www.goodfoodgreatmedicine.com and let us know what you would like to see added to the site. We plan to publish our monthly newsletter on the site and hope to have a blog in the near future. Let us know what would be helpful for you. *Please note that there are a few items under construction.*



Class for Nurses by Angela and Miles

Drs Hahn and Hassell have been co-presenting an 8 week program organized by a group of St. Vincent nurses to identify healthy lifestyle choices. The goals of the series include using food and activity choices to achieve and maintain a better weight, improved blood pressure and cholesterol levels, and – most importantly – to feel better. So far the results from the nurses participating have been very rewarding, with striking improvements being reported in each of the areas. We hope to have the opportunity to make this an ongoing project.

Fight Weight Gain! *by Mea Hassell*

The summertime environment brings out a few conflicting forces. We're generally wearing less, and this tends to highlight the results of winter excesses that have settled around the equatorial regions. At the same time, happily, our determination to look better in fewer clothes is at its peak, helped along by a looming summer plan or two – a trip, a reunion, a wedding, a photo shoot for the cover of *Vanity Fair* – the usual summer stuff.

But then there's the food. Not honest winter food, but the sneaky summer food that seduces. Long, warm days heady with the fragrance of cut grass merge into long evenings scented with mouthwatering smoke from grilled steaks. Everywhere you turn there are bowls of salted crunchy things, usually in the company of refreshing liquids loaded with calories.

Our solution is to make sure there are some outrageously delicious whole food options standing by. And what would we suggest? Glad

you asked. Just place a good-sized bowl (a half-gallon or thereabouts would be a good start, but make sure you have a back-up supply in the refrigerator) of the following dip on the table and surround it with a good selection of baby carrots, red and gold bell pepper slices, crisp cucumber rounds, broccoli and cauliflower florets, celery sticks, and peeled, sliced jicama. While there is dip left in the bowl, you will not need to remind anyone to eat their vegetables.

Summer's Secret Weapon: *The Definitive Dip*

This is a sprightly but rich-tasting dip with the freshness of parsley, the punch of garlic, and the satisfying note of cheddar. It is remarkable how many garlic-wary people have enjoyed this dip without commenting on the garlic. The reason may be that there are so many flavors jostling for attention that the garlic just falls back into the crowd. Or maybe it is countered by the intense parsley presence, which also gives the dip a pretty green color. Whatever the reason, it seems to work. Every element here is important, though: please try it at least once exactly as written here.

The Definitive Dip

(Makes about 2½ cups)

- 1 bunch minced fresh parsley
- 2 cups plain yogurt, drained
- ½ cup mayonnaise
- 2 cups grated extra-sharp cheddar
- 1 tablespoon freshly crushed garlic
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ½ teaspoon Tabasco sauce
- ¼ teaspoon curry powder

- Drain yogurt overnight, or at least 4 hours, if possible. *(See directions following recipe.)* Undrained yogurt will make a thin dip.
- Wash parsley well, and spin or blot dry. Separate the leafy bits from the main stem. You can include the upper branches with the leaves. (Store the stems in a plastic bag in the refrigerator to add to soup stock.) Process parsley in food processor for about 15 seconds or until finely minced. Leave parsley in processor. You should have at least 1 cup.
- Add drained yogurt and the remaining ingredients to the minced parsley and process until smooth. *If you mix this dip by hand, make sure the cheese is grated finely enough to blend in smoothly.* This dip is best eaten the same day, before it is chilled. (It will thicken when chilled.)

To Drain Yogurt

- Place 1 cup yogurt in a yogurt strainer, or a sieve lined with a disposable basket-style coffee filter. (A paper towel also works perfectly well.)
- Drain the yogurt in the refrigerator overnight, covered with plastic wrap. You will end up with about ½ cup of drained yogurt.

Note:

- Additives like gelatin and cornstarch will inhibit draining so read ingredient labels. We like Nancy's yogurt, which is available in many supermarkets. Either whole milk or low fat yogurt work equally well in this recipe.
- Please don't "discard liquid", as most recipes direct. If it's good enough to eat when it's an integral part of the yogurt, it's good enough to drink after it is extracted. It's cold and refreshing. If you don't want to drink it, save it to add to soup or a smoothie.

RESEARCH: Upcoming study by Miles Hassell MD with Providence Integrative Medicine and Providence Radiation Oncology

I am working on a new research project which we are hoping to get off the ground by fall. As you can probably guess, the project involves the use of food.

As part of our research with Providence Cancer Center, and with assistance from the Oregon State University Food Innovation Clinic, we have created a low-cost, non-pharmaceutical whole food product. The product is a pudding made with yogurt, honey, butter and glutamine powder that can prevent the miserable mouth ulcers experienced by many patients who receive chemotherapy and radiation therapy. These sores are not only painful and interfere with eating, but can also lead to infections and may require suspension of life-saving cancer treatment. Our observation in patients treated so far is that the new food product prevents the most serious forms of these ulcers.

The next step is to conduct a formal pilot study to prove whether this approach merits further investigation and adoption by the international cancer community.

I am principal investigator in a clinical trial with 10 patients, and we hope to launch the trial as soon as possible. Should we continue to see favorable results, we can run a larger study. This would be a formula that could benefit cancer patients around the world for a very low cost. The initial study will cost \$100,000 and we are working with colleagues in the Providence Foundations to find partners to provide seed funding.

If any of you are interested in supporting this study in any way, please contact Mary Malinski, R.N., my clinical nurse partner in Integrative Medicine. She can be reached at (503)216-4687.

MEDIA: KOIN TV Interviews Miles about exercise for cancer patients

Dr. Hassell was interviewed with a local cancer patient on KOIN TV about the benefits of exercise during cancer treatment. The patient did the whole interview while continuing to work out on the elliptical trainer, and was still speaking full sentences! If you are interested in seeing the clip, check out the *Cancer and Exercise* video on www.koin.com.

Finally

Don't forget your daily servings of good food, brisk exercise, and adequate sleep. The side effects of too much good food are usually first noticed at the waistline, but usually respond quickly to portion control and more exercise. Wouldn't it be nice if all medicine was so safe?

Upcoming Speaking Events

7/10/2008 – Family Medicine of SW

Washington: Miles Hassell, MD: *Ischemic Heart Disease: Are Diet and Exercise More Potent Than Drugs?* Vancouver, Washington.

8/14/2008 – Living Healthy, Living Well

Senior Conference: Miles Hassell, MD. *Panel Discussion.* Salem, Oregon. The event is free, but space is limited. To register call: 1-877-926-8300 (registration begins July 1, 2008) For specific details go to Senator Gordon Smith's website: www.gsmith.senate.gov and choose the "2008 Salem Aging Conference" link.

9/18/2008 – Providence Cancer Center Integrative Medicine Program:

Miles Hassell, MD and Cindy Reuter, ND, MSOM, L.Ac., RD: *Making Your Way Through The Supplement Jungle: Vitamins, Minerals and Herbs.* Souther Auditorium, Providence St. Vincent Medical Center. This talk is open to the public and free. For more information go to: www.providence.org/integrativemedicine and choose the "classes" link. You may also register by calling the Providence Resource Line @ (503)574-6595.

9/25/2008 – Osteopathic Physicians & Surgeons of OR CME Conference:

Miles Hassell, MD: *Reversing Insulin Resistance and the Metabolic Syndrome: Which Lifestyle Choices Really Matter?* Tigard, Oregon.