

July 2016 Newsletter



Sam (from our office – that's her behind the middle salmon) is clearly serious about the quality of her protein. Here she is with friends in Sitka, Alaska, fishing for King salmon on the July 4th weekend.

Join Dr. Hassell and Diane Morgan at Powell's Books for a launch-and-learn

On July 13th Dr. Hassell will be talking salmon with local author and friend [Diane Morgan](#) at [Powell's City of Books](#) in downtown Portland (1005 W Burnside St). Miles will discuss reasons why we should eat more salmon, and Diane will talk about how to prepare it with the help of her newest cookbook, *Salmon: Everything You Need to Know + 50 Recipes*. (<http://bit.ly/1UycCHM>) The free event kicks off at 7:30pm. Be there or be square.

Beating cancer with a one-two punch

The role of lifestyle choices for preventing cancer is understood by most of us; we probably all have a small number of cancer cells in our body, and healthy habits allow the body's immune system to keep those cancer cells suppressed. (For an overview of diet and lifestyle for cancer prevention and survivorship see pages 17–18 in *Good Food, Great Medicine*, 3rd edition.) What is less well known is the critical role of vigorous, evidence-based lifestyle choices in helping to treat cancer. That's the one-two punch analogy: the treatment from our oncologists is one punch, and the treatment directed by our lifestyle choices is the second punch – a blow to cancer that appears just as important as chemotherapy and radiation interventions.

A recent study published in *JAMA Oncology* indicates what may be an effective lifestyle strategy for cancer patients;¹ a group of 2,413 women with breast cancer were followed for 11 years, and the study found that those who typically did not eat anything overnight (at least 13 hours)

had substantially lower rates of breast cancer recurrences. This is thought to be related to better sleep and lower blood sugars, both factors which are known to affect *overall* cancer risk, not just breast cancer risk.

Self-health tips for fighting cancer

How do we reduce side effects of cancer therapy, lower cancer recurrence risk by 25–50%, increase the efficacy of conventional care, and improve overall health?

- **Healthy weight management:** Rather than simply focusing on quick weight loss or gain, we should be aiming for a *healthy* weight management approach. A whole food Mediterranean-style diet (**not** low fat) is associated with 68% less breast cancer,² 60% less cancer overall,³ and better overall health. We shouldn't underestimate good food – it's great medicine!
- **Reverse metabolic syndrome, pre-diabetes, and type 2 diabetes.** These are *major* cancer risk factors, both for getting cancer and for recurrence. (For a 14-step plan to achieve reversal, see pages 69–92 of *Good Food, Great Medicine*.)
- **Avoid sugars and refined grains or starches** (including flours made from rice, tapioca, potato, corn): a lower intake of these rapidly metabolized carbohydrates is linked to reduced cancer and cancer recurrence, especially breast cancer. This means reading *ingredient lists* – particularly if we're eating less due to a reduced appetite. Emphasize high-quality whole food – beans, whole grains, oil-rich fish (like salmon), unprocessed meat, healthy fats like raw nuts and seeds, eggs, and cultured dairy, like probiotic-rich whole-milk yogurt and kefir. (See *Good Food* on pages 20–33.)
- **Eat vegetables or whole fruit** with *every* meal and snack to help reach 9 daily servings – and ideally including plenty of dark leafy greens and cruciferous vegetables.
- **Use extra-virgin olive oil** as our main kitchen oil: this protects against cancer in general, and breast cancer in particular.⁴ (See page 26 for more about the remarkable benefits of extra-virgin olive oil.)
- **Get some exercise every day.** The ideal exercise prescription is any activity that will make us short of breath and sweaty, even if only briefly. However, anything we can do will help. (See *Let's Move More* pages 50–55.)

² Toledo, E. et al. *JAMA Intern Med* 2015;175:1752-60

³ Lorigeril, M. et al. *Arch Intern Med* 1998;158:1181-87

⁴ Psaltopoulou, T. et al. *Lipids in Health and Disease* 2011;10:127

¹ Marinac, C. et al. *JAMA Oncol.* Online March 31 2016

Getting started on your anti-cancer journey?

Here are ways we can help.

- **Download** our *Cancer Prevention and Survivorship* handout: goodfoodgreatmedicine.com (resources tab)
- **Read** the first 126 pages of *Good Food, Great Medicine* for foundational lifestyle and food recommendations.
- **Schedule** a consultation with Dr. Hassell to help select optimal lifestyle choices to minimize treatment side effects and reduce long-term risk of recurrence.
- **Enroll** in our one-year health transformation plan, an intensive program for those with multiple health issues. For the cancer patient this can include practical aspects such as helping communicate with your cancer care team, exploring innovative strategies to reduce side effects of treatment, examining “alternative” therapies, helping with weight management (loss or gain), as well as reducing long-term overall risk.

Real Medicine and the case of the silent, bleeding stomach ulcer

Chris is a 76-year-old retired policeman who came to our office for a consultation on his metabolic syndrome, heart disease, and diabetes risk. An initial review revealed something unusual: he was prescribed an iron supplement because “my iron is low.” However, there was no evident reason for him to have a low iron level, and it is a symptom that should always be explored. After examining his records and coordinating further tests with his PCP, Dr. Hassell found that his low iron level was the result of bleeding stomach ulcers, a potentially dangerous condition. In his case, the ulcers were caused by one of his medications, which was able to be stopped. In only **three months**, with appropriate conventional medical tests, medications, and a whole food Mediterranean-style diet and lifestyle prescription, Chris was able to achieve several goals:

1. His bleeding ulcers were discovered and resolved – without requiring long-term treatment or medication.
2. He was able to stop his blood pressure medication and maintain normal blood pressures.
3. His new lifestyle choices led to 17 pounds of weight loss and an enhanced sense of well-being.
4. *He also reversed his metabolic syndrome!* This has dramatically reduced his risk for diabetes, heart disease, stroke, and cancer. Real medicine in action!

Real Medicine makes use of every available and reasonable tool, both conventional and unconventional, to resolve health problems. Treatments with the most evidence for the *best* potential long term outcomes and the *least* risk should be explored first, which usually means that the emphasis must be on lifestyle choices.

Good Food, Great Medicine classes

The 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

Time:	6 – 8 pm Wednesday
Dates:	7/20/16 (Part 1) and 7/27/16 (Part 2)
Location:	Providence St. Vincent Medical Center
Cost:	\$100 (2-class series)
Registration:	Call 503.291.1777 to reserve a spot

Dr. Hassell’s speaking events

7/13/2016 - Powell’s City of Books - 1005 W Burnside - 7:30pm:

Dr. Hassell will be discussing the health benefits of eating oil-rich fish along with local author, [Diane Morgan](#), who will be discussing her newest book - *Salmon: Everything You Need to Know + 50 Recipes*. Portland, OR. <http://bit.ly/1UycCHM>

7/20/2016 and 7/27/2016 – Good Food, Great Medicine 2-part

Lifestyle Change Class Series: Portland, OR. For registration information call our office at 503.291.1777.

Sign up for this free monthly medical + lifestyle newsletter at Goodfoodgreatmedicine.com

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

1 Thessalonians 5:21 (KJV)