

## August 2009 Newsletter



*John and his happy knees ready to 🎵🎵 climb every mountain and ford every stream with his Trekking poles.*

### Are your knees, ankles or hips keeping you from getting fit? Get some trekking poles!

For those of us with worn-out joints that keep us from walking for exercise, trekking poles may be the answer. These simple poles (similar to ski poles) not only take a substantial amount of strain off of our knees and hips, but improve arm and shoulder fitness at the same time.

John is someone who hadn't been getting much exercise, partly because his knees hurt when he walked, particularly uphill. So, when he saw a friend using trekking poles, he was intrigued and bought a pair for himself.

The first thing he noticed was that his knees didn't hurt on uphill walks. In fact, long walks that used to leave him exhausted now energized him. Also, because he was enjoying walking more, he began walking daily for up to an hour.

John has been using the poles for three months now and is noticing that he has better posture and tone, more upper-body strength, improved sleeping, and has lost almost two inches from his waistline. And even when he is not using the poles he finds his knees feel better under strain, such as climbing stairs.

### Trekking poles for torn knee meniscus

Another new pole user comments that the torn meniscus in her knee – which previously made walking painful – has eased since she started using the poles. She can now walk 2½ miles on an outdoor track without any knee discomfort.

Looks like trekking poles are another simple contribution to solving the 'health care crisis'! (Trekking poles are available in the sporting equipment departments at stores like REI or Target. John's poles came with an instructional DVD from [www.creativewalking.com](http://www.creativewalking.com))

### Cookbook update

The second printing of the second edition of *Good Food, Great Medicine* is available. This new edition is about 30% larger than the first and has a new chapter, *Preventing Heart Disease and Heart Attacks*, built around a comprehensive 10-step plan that combines food, exercise, lifestyle, and supplement/medication decisions. There are several new recipes and an expanded index. Books are available in our office or on-line at [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com).

### **New!** Classes @ Providence St. Vincent Medical Center

Come to the following free discussion sessions with Dr. Hassell at Providence St. Vincent Medical Center (6 – 8 pm):

- August 18<sup>th</sup> – *Which Diet and Lifestyle Choices Really Matter?* Using the Mediterranean diet and exercise to reduce your risk of cancer, type 2 diabetes, dementia, and heart disease.
- September 22<sup>nd</sup> – *Preventing and Reversing Heart Disease*. Using your lifestyle choices to prevent (and possibly reverse) heart disease, and control blood pressure and cholesterol.
- October 20<sup>th</sup> – *Preventing and Reversing Type 2 Diabetes and Insulin Resistance*. Optimal lifestyle choices for diabetics and anyone wanting to avoid diabetes.

*Please call our office at 503-291-1777 to register. Classes are limited to 48 participants.*



*Dr. Hahn visiting a home in Les Anglais, Haiti.*

### **Haiti update** by Angela Hahn, M.D.

As you may have read in our previous newsletter, I recently had the opportunity to travel to Les Anglais, Haiti, with the Portland chapter of EWB (Engineers Without Borders). The primary objective was to address the drinking water needs of the community and to repair the water system. The 20-year-old water system had become clogged and contaminated over time and was further damaged by the 2008 hurricanes, forcing people to either collect water from one of the few hand-pumped wells or to resort to drinking surface water, often from an irrigation ditch.

On two separate trips in 2009, the EWB team, with the assistance of the local townspeople and in-country support team from Port-Au-Prince, succeeded in repairing an essential part of the water system supplying the town of 20,000 people!

My role was with the health assessment team, gathering information on water, sanitation, hygiene conditions and practices, as well as height and weight data on children under 5 years old to assess malnutrition levels. (This will provide information on baseline health conditions to measure the impact of our interventions and to inform future projects.)

I visited about 25 households, which were often nothing more than mud shacks with dirt floors and thatched roofs. Often there would be 10 or more people living in one room and they might be lucky to have one mattress on the ground. They stored their water in buckets and used this water for drinking, cooking, and bathing. Many did not have soap. Some had latrines but most simply used bushes or the same stream or river from which they collected their

drinking water. Most had no food at home and it was a day-to-day struggle to find something to eat.

The trip was difficult on many levels but I will treasure the experience forever. Haiti is a beautiful place and there is reason to hope that things can get better there. EWB has made a long-term commitment to improving the infrastructure of the town of Les Anglais, and plans for adding chlorination and more capacity and storage are being worked on now. You can read more about this project at

[www.ewbportland.org/haiti](http://www.ewbportland.org/haiti)

### **Upcoming Speaking Events**

**8/4/2009 – NEXT Steps against Breast Cancer:** Miles Hassell MD and Ken Weizer ND *Nutrition and Exercise Today to Reduce Risk and Improve Survival.*

**8/14-15/2009– Integrative Medicine Talk:** Miles Hassell, MD and Mary Malinski, RN, LMT: *Making Healthy Choices to Reduce the Risk of Cancer and Making Healthy Choices and the Importance of Cancer Screening.* Ontario, Oregon.

**8/18/2009– Good Food Great Medicine Series:** Miles Hassell, MD: *Which Diet and Lifestyle Choices Really Matter?* PSVMC – Register @ (503)291-1777.

**8/25/2009– Multnomah County Foster Care Forum:** Miles Hassell, MD: *Good Food, Great Medicine.* Portland, Oregon.

**9/17/2009– 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.* PSVMC. This talk is free. For more info see: [www.providence.org/integrativemedicine](http://www.providence.org/integrativemedicine) and choose the ‘classes’ link or call the Providence Resource Line @ (503)574-6595.

**9/22/2009– Good Food Great Medicine Series:** Miles Hassell, MD: *Preventing and Reversing Heart Disease.* PSVMC – Register @ (503)291-1777.

**9/30/2009– Housecall Providers Breakfast:** Miles Hassell, MD: *How a Greek Grandmother Would Solve the Healthcare Crisis.* Portland, Oregon.

**10/20/2009– Good Food Great Medicine Series:** Miles Hassell, MD: *Preventing and Reversing Type 2 Diabetes and Insulin Resistance.* PSVMC – Register @ (503)291-1777.

**“Prove all things; hold fast that which is good.”**  
*1 Thess. 5:21*