

September 2010 Newsletter



Carol's trekking poles are lightweight and can be collapsed for easy packing. Dr. Hassell's son, Tor, was more impressed by the fact that the poles can be adjusted to work for short people.

Got trekking poles?

Many of you have heard us talk about trekking poles, and how they can transform lives for some who may have thought that their walking days were over because of aching joints or problems with balance and strength. Trekking poles are similar to ski poles, and can unburden your knees and hips while improving posture and stability. As a bonus, you will burn more calories and increase upper body strength by the additional movement of your arms and shoulders.

Carol (pictured above with Dr. Hassell) began using her poles some years ago, when health and balance problems made her progressively more sedentary, keeping her from walking around even in her own back yard. Dr. Hassell suggested that she try using trekking poles, so her son bought her a pair from a sporting goods supplier.

"It took a while to get used to the fact that they would really support me, but the more I used them, the easier it was," says Carol. "If I'm not feeling well I have to use my walker, but I feel much more freedom using trekking poles – I can stand up straight and have the feeling of actually walking, instead of feeling like I look like a sick person."

Trekking poles for joint injuries

Some of our patients who are otherwise fit and healthy experience acute soft-tissue injuries to their hips, ankles, or knees that slow them down considerably. Trekking poles can help get them up and about safely while the injury heals. (Check with your orthopedist or physical therapist if there is any doubt about the value of trekking poles in your particular situation.)

Most poles come with both metal tips for the trail and rubber tips for indoors. You can even get cute little rubber paw tips for walking on pavement and trekking baskets for walking in sand or snow. There are many sources of good information about trekking poles – one of them is www.creativewalking.com

The calcium conundrum

Have you seen the recent research suggesting that calcium supplementation can **increase** the risk of heart disease? Here's a brief overview.

A recent analysis of studies¹ in which calcium supplements were compared to placebo showed that those who took calcium supplements had a greater risk of heart attack than those who did not. Combined with the knowledge that calcium supplements have only a very small effect in preventing fractures due to osteoporosis, we see continuing evidence that our calcium sources should be food based whenever possible.

Based on the calcium supplement concerns mentioned above, it would probably be wise to forgo calcium fortified foods like juice and commercial breakfast cereal in favor of naturally occurring calcium options. If you aim for about three servings of calcium-rich foods daily, you probably don't need to take a calcium supplement. (Some experts even recommend as low as 500 mg daily). Here are some examples of food which will deliver about 300 mg of calcium in each serving:

- 8 ounces of milk
- 6 ounces of plain yogurt or kefir

¹ Bolland MJ et al. BMJ 2010; 341; DOI:10.1136/bmj.c3691, and Cleland JG et al. BMJ 2010;341; DOI:10.1136/bmj.c3856

- 1½ ounces of hard cheese
- ½ cup ricotta cheese
- ½ cup tofu (made with the natural coagulant calcium sulphate)
- 3 ounces canned sardines (not boneless)
- 4 ounces canned salmon (eat the bones – you won't notice them in recipes like salmon cakes)
- 1¼ cups cooked greens like spinach, kale, or collard greens
- ¾ cup edamame (fresh soy beans)

This subject will also be covered in our next (free) supplement class, *Making Your Way Through the Supplement Jungle: Vitamins, Minerals, and Herbs* on Sept 16th. (See *Upcoming Speaking Events* on the right side of the page for more details.)

Good Food, Great Medicine classes

- **Tuesday, September 28th, 6-8pm:** *How a Greek Grandmother Would Solve the Health Care Crisis: Which Diet and Lifestyle Choices Really Matter?*

So, how *would* a Greek grandmother solve the health care crisis? (Don't worry – if her solution includes ouzo, we haven't heard about it.) Join Dr. Hassell to discuss the kind of diet and lifestyle choices a Greek grandmother might make, and why taking those choices seriously could make a huge difference in the health care crisis. He will present the compelling evidence for the Mediterranean diet, and talk about the importance of good fats, whole foods, daily exercise, portion control, weight loss, ingredient labels, probiotic foods, vitamin D, sleep, and more. To register, call us at (503)291-1777. (For the rest of the *Good Food, Great Medicine* class series, see the *Upcoming Events* box on the right.)

The cookbook

You may have noticed that *Good Food, Great Medicine* has shot up to 612,380th on the Amazon best seller list. We're tickled pink.

A brief research update

The next phase of Dr. Hassell's mucositis research with the Providence Cancer Center, using our food combination to reduce the radiation injury to the esophagus for patients getting radiation to the chest, is currently being reviewed by the Providence Institutional Review Board. We hope to begin recruiting soon.

Upcoming Speaking Events

9/7/2010 – NEXT Steps against Breast Cancer: Miles Hassell MD: *Nutrition and Exercise Today to Reduce Risk and Improve Survival*. Providence St. Vincent Medical Center, Cancer Center. Preregister at the Providence Resource Line: 503.574.6595.

9/8 – Providence Sunnyside Diabetes Support Group: Miles Hassell MD: *Resisting Insulin Resistance*. Providence Medical Group - Sunnyside. *Support group members only.*

9/16 – Providence Cancer Center Integrative Medicine Program: *Making Your Way Through the Supplement Jungle: Vitamins, Minerals and Herbs*. Miles Hassell MD and Cindy Reuter ND, MSOM, L.Ac., RD. Providence St. Vincent Medical Center. The talk is free. For more information, see www.providence.org/integrativemedicine and choose 'classes' link, or call Providence Resource Line @ 503.574.6595.

9/28/2010 – Good Food Great Medicine Series: Miles Hassell MD: *How a Greek Grandmother Would Solve the Health Care Crisis: Which Diet and Lifestyle Choices Really Matter?* Providence St. Vincent Medical Center. To register, call 503.291.1777.

10/2/2010 –Healthy Brain Conference: Miles Hassell MD: *Good Food, Great Medicine*. Center 50+, City of Salem Senior Center, Salem, Oregon. The event is free. To register, call 503.588.6303.

10/19/2010 – Good Food Great Medicine Series: Miles Hassell MD: *Preventing and Reversing Heart Disease*. Providence St. Vincent Medical Center. To register, call 503.291.1777.

10/21/2010 – CAPRI Heart & Lung Institute: Cardiopulmonary Disease Update: Miles Hassell MD: *Preventing and Reversing Ischemic Heart Disease with Diet and Exercise*. Bremerton, Washington. To register, call 360.744.6760.

11/9/2010 – Good Food Great Medicine Series: Miles Hassell MD: *Preventing and Reversing Type 2 Diabetes and Insulin Resistance*. Providence St. Vincent Medical Center. To register, call 503.291.1777.

12/14/2010 – Good Food Great Medicine Series: Miles Hassell MD: *10 Steps for Evidence-based Weight Loss: Holiday Food Strategies*. Providence St. Vincent Medical Center. To register, call 503.291.1777.

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

1 Thess. 5:21(KJV)