



Dr. Hassell and his son Tor on the last paddle of summer. Come hear Dr. Hassell talk about the strong role of outdoor activity in battling depression September 25th – see details further on.

Our health is too important to leave to an algorithm! Chart a new course with lifestyle-based navigation tools

If we go to our doctor or emergency room with a heart attack or high blood pressure or type 2 diabetes or depression, we'll probably walk out with some kind of treatment plan – usually pharmaceutical – determined by an algorithm, a simple decision making tool designed to give fairly decent results for the greatest number of people. However, the optimal choice is health care tailored to our particular challenges and long-term well-being. We speak to patients daily who are disappointed by the health care they have received from the algorithm-driven medical system. When our focus is on achieving the best health care outcomes, our choices can look very different. This often requires making sure that you and your doctor are thinking outside the box and looking for unusual causes that algorithm-driven medicine misses. Some examples:

Bob had a heart attack – but did not have heart disease. What did the algorithm miss? Bob was in his late 30s and in superb physical shape, but during an intense work-out one day he had a heart attack so severe that he was unconscious for several days in the cardiac intensive care unit. A stent was placed in an obstructed area of one of his heart arteries, and it was noted that his other arteries looked completely normal. He was then discharged for routine follow-up. However, his case was anything *but* routine, and the “heart attack treatment and prevention algorithm” was not the answer. The critical question that needed to be asked was: “Why did this very healthy and fit young man have a heart attack?” A little sleuthing uncovered the problem: His bone

marrow was pumping out too many platelets, which caused a clot, and would continue causing clots if not treated. He did not really have “heart disease,” as we typically use the term, at all. His platelet issue was successfully treated and he's back to good health and worry-free work-outs.

Betty and her kidneys did not like medicines – but what about her ridiculously high blood pressure?

Betty has always avoided doctors and medicines but realized that she needed to do something when her dentist refused to work on her teeth because her blood pressure (BP) was 202/102. She was prescribed two medications – which in her particular case caused kidney failure. So she went back to the basics and worked with us to both figure out why she had high blood pressure in the first place and what she could do to lower it without drugs. She cut out sweets and bread, started preparing most of her own meals (including some specific blood pressure-lowering foods), increased her fitness, and lost weight. Now her BP is excellent, she needs no BP medications, *and* her kidneys have returned to normal! In addition, her long term health outlook is a lot better, and she can go back to avoiding doctors.

Ron does not have diabetes, so why does he have diabetic eye problems that could lead to blindness?

Ron is a physically active farmer in his 70s and has taken pretty good care of himself. Although he admits to a sweet tooth and had “pre-diabetes,” he had not met the algorithm threshold for type 2 diabetes. Why, then, on a recent routine eye exam, was he found to have diabetic eye disease requiring surgery? The problem is that our diabetes treatment algorithms don't recognize that the risks associated with diabetes – such as stroke, heart attack, nerve and eye damage, and kidney failure – begin to rise rapidly with pre-diabetes; waiting for an algorithm to indicate treatment can have serious consequences. So Ron grabbed the bull by the horns (he's a farmer, after all) and got to work on his food choices and fitness. His blood sugars fell into the normal range, cholesterol and blood pressure improved – and the next 20 years are looking a whole lot brighter!

The bottom line? Don't settle for algorithm-driven medicine; good medicine is case-sensitive! For help in navigating the sometimes-confusing route leading to optimal long-term health, download our handouts at goodfoodgreatmedicine.com/resources. See next page for the next *Good Food, Great Medicine* class series, too.

Good Food, Great Medicine

BASECAMP cardiac prevention + wellness

4-part class series: October 3rd – 24th

Learn about which food and activity choices really matter if we want to prevent heart disease and stroke and improve risk factors such as excess weight, high blood pressure, poor cholesterol, high blood sugar, and inflammation. Explore the long-term head-to-toe benefits of a minimally-restrictive Mediterranean diet of whole foods and healthy fats. Our *overall* health is vital, not just one aspect of it: when health concerns arise, look for solutions that both improve overall long-term health and avoid unnecessary medications. Don't have a copy of *Good Food, Great Medicine*? Join the Providence Heart Institute BASECAMP *Good Food, Great Medicine* class series in October : you'll receive a copy of the 4th edition.

- **When:** October 3, 10, 17, & 24 Thursdays 6-8pm
- **Where:** 1st floor of the Mother Joseph Plaza @ Providence St. Vincent Medical Center
- **How to register:** Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing: providence.org/classes

Apple, Broccoli, and Celery Slaw

It's pretty easy to scare up some sweet and crispy local apples here in the Pacific Northwest – and it's a lovely way to use broccoli stems and celery. Just add walnuts and currants, dress with some homemade mayonnaise, apple cider vinegar, salt, and freshly ground pepper, and you'll have a delightful fall salad. (This recipe is found on page 183 of *Good Food, Great Medicine*, 4th edition.)

(Serves 4 – 6)

- 2 crisp apples in ½ x ¼-inch dice, about 2 cups (See note.)
- 2 cups broccoli stems (see directions)
- 2 cups sliced celery, ¼ -inch or less
- 3 tablespoons mayonnaise (see recipe on page 155)
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ cup broken fresh or toasted walnuts
- 2 tablespoons dried currants or raisins

1. Strip thick skin from broccoli stems with a small knife, starting with the base of stem and peeling upwards. Halve or quarter lengthwise (depending on size) and slice in ⅝ – ¾ inch slices.
2. Mix together vinegar, mayonnaise, salt, and pepper and add to apples, broccoli, and celery with nuts and currants. Toss to blend thoroughly. Best eaten fresh.

Note: My first choice for apples is Honeycrisp or Fuji: peeling is optional. (I don't.)

Dr. Hassell's Good Food, Great Medicine

Oregon-sourced Starter Kit

A quartet of good food basics: Oregon-sourced, Mediterranean-approved, and minimally processed.

Dr. Hassell's Crackpot Cereal: A trio of intact whole grains (oat groats, whole barley, and rye berries) which turns into a hot, fragrant breakfast overnight while you sleep. Delicious with a bit of whole milk, raw honey, walnuts, and blueberries.

Raw Oregon Honey: Unrefined and rich in antioxidants, local pollen, and the occasional bee's knee, this honey was harvested from gardens along the Willamette River by bees who work for raworegonhoney.com, run by 3 generations of the Vollintine family in Oak Grove.

Extra-Virgin Olive Oil from Durant Olive Mill:

This is fresh-squeezed extra-virgin Arbequina olive oil from the first commercial olive mill in the NW, situated at beautiful Red Ridge Farms in Dayton. durantoregon.com

Dagoba Extra-Dark Chocolate: Smooth, rich with 84% cacao, and just the right amount of sweetness! Dagoba is considered by some to be among the world's best chocolates, and it's crafted in Ashland.

dagobachocolate.com

To order a starter kit contact our office at 503.291.1777. Kits are \$65. (To include a copy of *Good Food, Great Medicine*, add \$30.) Priority mail shipping is available for \$15 (\$20 with the book).

Dr. Hassell's speaking events

9/25/2019 – Stress, Depression, and Anxiety: The Most Effective Lifestyle Choices for More Optimism and Resilience:

Come hear Dr. Hassell talk about 7 of the most powerful food and activity choices. 6–8pm in Souther Auditorium. This is a free event – no need to register but seating is limited. Books will be available for sale. Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

10/3/2019 – 10/24/2019 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.

11/4/2019-11/8/2019 Riding the Waves of Primary Care 2019:

Good Food + Activity = Great Medicine and Lifestyle for Brains: Dementia, Parkinson's and Depression: Koloa, HI. Physicians can register at washington.providence.org/nwcme.

11/14/2019 – Providence Medical Group Nurse Quality Council: *Brain Health and Lifestyle: Which Choices Really Matter?* Portland, OR.

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)