

Dr. Ellis joins Team Hassell!

October/November 2019



Miles Hassell MD and David Ellis MD are joining forces! Their combined experience and shared interest in vigorous diagnostics, challenging cases, and evidence-based disease reversal strategy provide a powerful collaboration.

Welcome aboard, Dr. Ellis!

We're delighted to announce that Dr. Hassell is expanding the boundaries of the Comprehensive Risk Reduction Clinic with the arrival of internist Dave Ellis. Both physicians share the same passion for lifestyle medicine, and the same commitment to patient-centered, compassionate care and thorough evaluation and diagnostics. (However, Dr. Ellis would like to point out that he is younger and taller.)

Dave is a home-grown Oregonian and received his medical degree from The Ohio State University, graduating with honors, and as a member of Alpha Omega Alpha Honor Medical Society. He completed his internal medicine residency at Oregon Health & Science University and is board certified in Internal Medicine, and has peer-reviewed publications¹ and poster presentations in the area of vascular surgery. He has a particular interest in using evidence-based food and lifestyle choices to treat cardiovascular and metabolic disease, depression and anxiety, and issues relating to autoimmunity.

Dave lives here in Portland with his wife Katy and their black Lab, Porter. Katy is a pharmacist with the VA hospital who loves hiking the Oregon coast and gardening with succulents. Dave likes fly fishing, mountain biking, cooking, and drinking espresso (lots of it). He roasts his own beans, too. For any of you looking for tips on homemade sources of probiotics, Dave also makes his own sauerkraut and kombucha, and bakes bread with a 100-year-old sourdough starter. He'll fit in well here!

With the addition of Dr. Ellis we welcome new patients and expand our schedule

Our practice welcomes new patients for primary care as well as consultations for those seeking a fresh and comprehensive approach to complex medical problems.

- We take the time required to understand each patient's history and do a thorough physical exam, and communicate closely with other specialists.
- Our goal for each patient is an accurate and rapid diagnosis, and effective treatment using evidence-based therapies.
- We emphasize lifestyle medicine approaches to minimize medications where appropriate.
- Reducing age-related frailty and increasing your vitality in the years ahead is a central aim.
- We encourage patients to reverse, not just treat chronic disease processes such as type 2 diabetes and high blood pressure. This strategy allows us to frequently deprescribe medications, with a better impact on long-term health.
- We have a strong commitment to patient and physician education, with group classes throughout the year and frequent presentations at academic medical conferences for physicians.
- Although we can bill most insurance plans, both doctors are still considered out-of-network providers with all plans and have "opted out" of Medicare.
- We try to keep patient care as personal and accessible as possible; in our office real people answer the telephone, and we offer same day appointments for urgent issues.
- **Concierge option:** Although most people are best served by paying for individual visits, we also offer six-month and one-year flat-rate plans for those with greater health needs and disease reversal goals.

Bring a friend and come hear Dr. Hassell and Dr. Ellis speak at Providence St. Vincent Medical Center about:

- *Feel Better and More Active at Any Age:* 11/18/19 (Monday) 6:30–8:30pm in Souther Classrooms
 - *Chocolate and Wine: Their Role in Good Health:* 12/5/19 (Thursday) 6–8pm in Souther Auditorium
- These are FREE events, but seating is limited. For more details see speaking events further on.

¹ Ellis, D. and Williamson, W.K. J Vasc Surg 2013;58;6:1669

Note from Miles: Why Dave and why now?

I've known Dr. Ellis for over ten years, and he has the blend of skill, intelligence, professionalism, curiosity, warmth, tenacity, and judgement that I've been looking for in a practice partner. He's also accomplished and confident enough to challenge my opinion if he disagrees. Working together will allow me to find more time for the research and educational focuses of our practice. I'm looking forward to working with Dave, and I think you will, too!

Succulent Apple and Nut Compote

Some of us see this as an ideal dessert: succulent chunks of cinnamon-scented apples served with a side of cream – our preference is *Yogurt Dessert Cream* (page 118 of *Good Food, Great Medicine* 4th edition) – and with a rich satisfying crunch of nuts. Who needs a crust? And it's easy: in just 15 minutes the apples are peeled, cored, chunked, and cooking. It's versatile, too: a rustic dessert as suggested here, or a topping for muesli (page 217), crackpot cereal (page 214), or yogurt. . . or as a simple and comforting snack with a bit of cream. You could even serve it as an accompaniment for a pork roast (page 249)!

(Makes about 4 cups)

2 pounds apples, or about 4 average (see note)
juice and zest of an orange (see note)
1½ teaspoons cinnamon

Optional: ½ cup walnut pieces, lightly roasted (see note)

1. Peel apples, cut into 8 wedges, and remove cores. Cut each wedge in halves or thirds. You will probably have about 6 cups.
2. Combine orange juice, zest, and cinnamon, and pour over the apple chunks. Place apples in slow cooker, cover, turn to low, and cook about 6 hours, or just until tender. (For a chunkier texture rather than applesauce, avoid cooking longer.)
3. Add optional nuts and serve hot, warm, or cool. It's also delicious right out of the refrigerator, where it will easily keep for a couple of weeks.

Note:

- Descriptions like average and small are subjective, and precision is not a big deal in a simple recipe like this. I usually choose Fuji or Gala apples: they're very sweet and tend to hold their shape when cooked. Peeling is optional but preferable when serving this as a dessert.
- An orange gives ½–⅔ cup of juice and 1–2 tablespoons of zest. You can also substitute with any wine and sweeten with 1–2 tablespoons of honey.
- Roast nuts in a 300-degree oven for 20 – 30 minutes, or until they begin to smell toasty. They burn easily!

Dr. Hassell's Good Food, Great Medicine

Oregon-sourced holiday gift box

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. Try it with whole milk, honey, nuts, and berries.

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 thought by some to be one of the world's best chocolates – and it's made here in Oregon. dagobachocolate.com

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

Speaking events and 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 & Lifestyle: Which Choices Really Matter?*

11/15/2019 – Friendsview: *Good Food, Great Medicine Community Forum:* 2-3:30pm in the auditorium at Friendsview Retirement Community, 1301 Fulton St. Newberg OR 97132 This is a FREE event – call the Providence Resource Line at 503.574.6595 to register or visit <https://bit.ly/2PyzW0i>.

11/18/2019 – Feel Better and More Active at Any Age: Come hear Dr. Hassell and Dr. Ellis: 6:30–8:30pm in Souther Classrooms. This is a FREE event – no need to register but seating is limited. Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

12/5/2019 – Chocolate and Wine: Their Role in Good Health: Dr. Hassell and Dr. Ellis: 6–8pm in Souther Auditorium. FREE – no need to register but seating is limited. Providence St. Vincent Medical Center 9155 SW Barnes Rd Portland OR 97225

12/13/2019 – Prof RN Practice Council Annual Nurse Mtg, Shriners Hospitals for Children: *Friend or Foe? How to Critically Think Through Contradictory Dietary Advice:* 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)

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