

Financials

■ Is the program right for my situation?

If you are new to our practice, we suggest starting with a one-hour consultation appointment. We also recommend attending one of our *Good Food, Great Medicine* class series targeting weight loss, insulin resistance, type 2 diabetes reversal, and heart disease risk reduction. Please call us at 503.291.1777 for more details – we'll be happy to answer any questions.

■ What is the cost?

Individual consultations:

- New patient 1-hour visit: \$495*
- Follow-up visits: \$195 – \$395*

(*These prices reflect discount for payment at visit.)

Health Transformation program:

Office visits typically scheduled every 2 weeks:

- 6 months: \$3,500
- 1 year: \$6,000
- After completing an intensive program, many choose to renew, or follow up with a 1-year Maintenance Program to maintain progress.

■ Will insurance pay?

Insurance will be billed on a per-visit basis, when applicable. We are *out-of-network providers* with all insurance plans: you may want to ask your insurer about coverage for *non-participating providers*. If you have any questions, please give our office a call; we are glad to help.

■ What about Medicare?

Medicare will not cover our services, nor can they be billed. We have *opted out* of Medicare, which means that *neither doctor nor patient is able to bill Medicare*. To satisfy Medicare guidelines, patients over 65 years old sign a form verifying that they understand the private pay arrangement.

Sign up for our free monthly medical + lifestyle newsletter at goodfoodgreatmedicine.com

Physicians

Dr. Hassell received his medical degree from the University of Western Australia, completed his residency in Internal Medicine at Providence St. Vincent Medical Center in Portland, and is board certified in Internal Medicine. He established the Integrative Medicine Program at Providence Cancer Center, is a clinical instructor for internal medicine residents, and Associate Medical Director and Professor at Pacific University School of Physician Assistant Studies. Dr. Hassell specializes in evidence-based conventional and lifestyle medicine for treatment or reversal of heart disease and stroke, type 2 diabetes, and cancer prevention and survivorship. He lectures to physician groups and community audiences, and is co-author of the popular diet and lifestyle guide, *Good Food, Great Medicine*, now in its 4th edition.

Dr. Ellis 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 residency at Oregon Health & Science University, and is board certified in Internal Medicine. Dr. Ellis has peer-reviewed publications and poster presentations in the area of vascular medicine, and 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.

Miles Hassell MD | David Ellis MD

Internal Medicine + Lifestyle Medicine
Providence St. Vincent Medical Center
9155 SW Barnes Road, Suite 302
Portland, Oregon 97225

Appointments: Monday through Thursday.

Office hours: generally 9am–4:30pm; with lunch 12–1pm. We are closed on Fridays. For urgent matters, we can be paged by calling the office.

goodfoodgreatmedicine.com

Voice (503) 291-1777 ■ Fax (503) 291-1079

Miles Hassell MD
David Ellis MD

Transform your health!



Personalized Health Transformation Program

An evidence-based action plan using the best of conventional and lifestyle medicine for:

- ✓ reversing type 2 diabetes and minimizing blood sugar meds
- ✓ reducing risk for heart disease and stroke
- ✓ improving blood pressure and lipids with fewer medications
- ✓ cancer prevention and survivorship
- ✓ sustainable weight loss
- ✓ 1-Year, 6-month, and individual appointment options available

The Comprehensive Risk Reduction Clinic

What is the health transformation program?

It is a personalized patient-doctor partnership designed to deliver a realistic and sustainable action plan for reversing disease, reducing medications, and improving health and long-term quality of life. For stubborn health challenges like type 2 diabetes, excess weight, and heart disease, as well as cancer and cancer survivorship, this personalized intensive health restoration plan sets you on a sustainable path. Along with providing support, accountability, encouragement, and effective tools for lifestyle change, we'll work closely with you to:

- Create a comprehensive plan based on your particular risk factors as well as health issues, using evidence-based diet and activity recommendations
- Develop an intensive set of solutions to target specific issues like blood pressure, cholesterol, blood sugar, weight, joint pain, and depression
- Coordinate with other treating physicians and arrange for additional testing as needed
- Reduce or eliminate medications
- Build confidence in meal planning and food choices through group or individual classes
- Evaluate results and monitor risk factors regularly to make sure you're moving in the right direction

■ What are typical goals?

Goals are tailored to each person's specific situation. Typically we look for improved waistline, weight, and blood pressure; reduced medications; improved cholesterol, HbA1c, and other lab values; and reversal of insulin resistance or type 2 diabetes. For patients with certain disease processes, such as cancer, we use different indicators such as reducing side effects from treatment and building up the immune system.

How does it work?

The program focuses on four key factors that help unlock the path to successful transformation:

1. Partnership and accountability through frequent one-on-one office visits with Dr. Hassell or Dr. Ellis. Appointments are typically scheduled every 1 – 2 weeks.
2. Evidence-based solutions incorporating a minimally-restricted diet of real food and simple, sustainable lifestyle choices.
3. An emphasis on establishing life-long lifestyle practices to improve *overall* health rather than focusing on single issues like weight loss.
4. Practical application of problem-solving tools, including reviewing and/or adjusting food, exercise, and sleep habits at each visit, and establishing easy meal preparation strategies.

■ What does success look like?

Depending on risk factors and goals, success will look different for each person; here are a few examples of what to expect:

- Within *two months* of following our lifestyle prescription, Michelle lost 12 pounds, dropped her HbA1c from 12.9% (normal is 4–6%) to 6.4%, and stopped her diabetes medication.
- Stephan reversed his type 2 diabetes and lost 60 pounds in 11 months: five years later he is still lean, active, and on no diabetes medications. (Read more about his story on page 85 of *Good Food, Great Medicine*.)
- Motivated by a heart attack, Mike lost about 65 pounds in one year, lowered his blood pressure to a safe range, and improved his cholesterol ratio dramatically. (See page 88 of *Good Food, Great Medicine*.)
- Tom began the one-year program at just under 300 pounds (a BMI of 39.1 – normal is 19–25). In six months he was down 40 pounds, and in one year a total of 56 pounds!

Resources

■ **Good Food, Great Medicine** We offer dietary counsel using a whole food Mediterranean diet model. Resources include the 4th edition (2018) of *Good Food, Great Medicine* (by Dr. Hassell and his sister Mea Hassell), a Mediterranean diet and lifestyle guide featuring 14 simple risk reduction steps for heart disease, stroke, type 2 diabetes, insulin resistance, and weight loss, as well as cancer and cancer survivorship. There are also inspiring success stories, helpful menu plans, over 200 easy-to-follow recipes with clear directions and everyday ingredients, and tips for practical day-to-day living, shopping, and transitioning to whole foods. (For more information, as well as sample recipes and shopping list, click the *cookbook* tab at goodfoodgreatmedicine.com.)



■ Cooking classes and pantry makeovers

Preparing your own meals from scratch is a game changer, and learning about the delicious, simple, and practical whole food Mediterranean eating model is key to successful transformation.



Small group cooking classes with Mea Hassell, co-author of *Good Food, Great Medicine*, are an important component of the program.