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January 2009 Newsletter



New year, new life! Miles, Anna and baby Tor, with thanks to God for his safe arrival and good health!

Introducing...

We are delighted to announce the addition of a brand new Hassell to our team. His name is Tor and when he arrived at 8:19 am on January 12th he weighed 7 pounds 7 ounces and had red hair. At 21 inches tall he has an impressive heart-healthy waist hip ratio and a BMI that places him in an extremely low-risk category at this point, but judging by the way he is eating, that won't last long. Miles and Anna plan to place him on a whole food Mediterranean diet just as soon as he is ready to move on from liquids. We don't expect Tor to take an active role in the day to day running of the office but so far he seems to be taking his responsibilities very seriously.

Good Food, Great Medicine

The second edition of *Good Food, Great Medicine* should be available by February 1st, in time for Heart Month. This edition will have a new chapter: **Preventing Heart Disease and Heart Attacks (using food, exercise, and medications)**, as well as several new recipes from Mea's collection and a comprehensive new index. If you would like a phone call when the books arrive from the printer, just call our office and we'll be happy to put you on our list.

New procedures available

Dr. Hahn has recently been certified to administer cosmetic Botox and to do sclerotherapy. Sclerotherapy is a treatment for spider veins, the tiny visible vessels that develop underneath the skin on legs and sometimes on the face. Give the office a call if you would like to schedule an appointment or a free consultation.

Upcoming Speaking Events

1/26/2009 – Nutrition in the Primary Care Setting: Miles Hassell, MD: (OHSU Lecture) Portland, Oregon. *For medical students.*

2/3/2009 and 3/3/2009 – NEXT Steps Against Breast Cancer: Miles Hassell, MD and Ken Weizer, ND: ***Nutrition and Exercise Today to Reduce Risk and Improve Survival.*** Providence St. Vincent Medical Center, Cancer Center. *This event is free. For reservations or more information, please call the Providence Resource Line (503) 574-6595.*

2/5/2009– Chocolate and Red Wine: Miles Hassell, MD: Multnomah Athletic Club, Portland, Oregon.

2/22/2009– Osteopathic Physicians & Surgeons of OR Mid-Winter Conference: Miles Hassell, MD: *Supplements; Chocolate and Red Wine.* Bend, Oregon.

3/19/2009 – 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.* Portland Providence Medical Center. This talk is open to the public and free. For more information go to: www.providence.org/integrativemedicine and choose the "classes" link. You may also register by calling the Providence Resource Line @ (503)574-6595.