

Howard's Hip, Hip Hooray! | Heart Health Podcast April/May 2023



Howard breezed through hip replacement surgery and recovery . . . but the hard work he did to prepare for the surgery played a big part in his success. Here Dr. Hassell is congratulating Howard after he strolled into the office just over 4 weeks later.

Do your part to make surgery go well: Howard's hip surgery pre-op work pays off!

Patients facing surgery often don't take advantage of the steps they can take for themselves to achieve the best possible surgical outcomes. Howard is 88, with a history that included diabetes, anemia, and kidney disease. He was understandably concerned about complications that could arise from major surgery. So, in addition to selecting a great surgery team, he prepared, achieving results many people would consider almost impossible.

The first step he took was to reverse, rather than treat, his longstanding **diabetes** using the combined tools of improved diet, improved fitness, and weight loss. He lost 50 lbs! The weight loss took time, but led to improvements in almost everything measurable, including his sense of well-being as well as reduced mechanical stress on his joints. Howard's improved food choices and attention to portion control also helped him lower his blood sugar, supplying the kind of tissue-building nutrients needed to repair his body after surgery, while helping him increase muscle mass. By exercising at home 7 days a week with walking – despite the fact that his hip hurt – and working with weights for his upper body, Howard's body created its own anti-inflammatory and anti-oxidant healing mechanisms, which also added clout to his diabetes reversal.

The result? A rapid recovery, excellent pain control with minimal medications, no unnecessary complications, and continued well-being and independence.
Congratulations, Howard!

Improving surgical outcomes is no accident!

As any surgeon will tell you, surgical risks are not trivial! For details of the kind of approach that helped Howard, and can also help you prepare for surgery, start with the [Anticipating Surgery](#) handout posted on the *resources* tab at goodfoodgreatmedicine.com.

Want less chronic pain?

One of the more striking benefits of Howard's pre-surgery preparation was how little pain he experienced post-operatively. The fact that better food choicesⁱ and exercise,^{ii, iii} reduces chronic pain is evident not only in the medical literature, but also in our everyday observations. This, of course, creates a conundrum for the patient: "I hurt, which makes food preparation and exercise more difficult. But if I don't eat right and exercise, I'll hurt more." If that is the situation you find yourself in, be assured that small, even tiny, incremental changes – even one minute doses of exercise, for example – can get you closer to where you want to be, and probably dramatically improve your quality of life and reduce your medication use.

Olive oil is still the only cooking oil with evidence for saving lives!



NEW! We are delighted to introduce our favorite extra-virgin olive oil in a half-gallon tin which protects the oil from light exposure as well as being convenient to handle and store. For those of us who use A LOT of olive oil, the half-gallon size makes a lot of sense. This particular variety is from Arbequina olives milled in the family-owned/operated Durant Olive Mill situated on their beautiful Red Ridge Farm in Dayton, Oregon. (We carry 375 ml bottles of Durant Arbequina extra-virgin olive oil, too.)

Don't let sales pitches or concepts like "smoke point" confuse you. A recent systematic review and meta-analysis of prospective studies of olive oil consumption and health outcomes showed a dose-related **reduction in all-cause death, cardiovascular disease and diabetes with olive oil consumption.**^{iv} If you need help selecting a quality olive oil, we offer 375 ml bottles as well as half-gallon tins of Durant extra-virgin olive oil, milled here in Oregon. For practical tips in selecting extra-virgin olive oil for your kitchen, read pages 41 and 114 in *Good Food, Great Medicine* (4th edition).



Caesar Dressing

Adapted from Good Food, Great Medicine [4th edition] page 154.

This dressing is one of our favorite ways to use extra-virgin olive oil, and has enough delicious depth and complexity to be a dressing, sauce, or dip. We love it with a salad of radicchio and greens, chopped boiled eggs (page 171), and freshly-grated Parmesan. Nervous about the anchovies? Don't even *think* about leaving them out. They are the invisible but meaty essence of this dressing. Plus, there are enough bold flavors competing for your attention in this deliciously complex Caesar dressing that **YOU WON'T EVEN TASTE THE ANCHOVIES.**

(Makes about 1½ cups)

¼ cup fresh lemon juice

Optional: zest from lemon

1 egg, raw

1 tin (2 ounces) anchovies, drained (page 117)

-or- 2 tablespoons (see note)

1 tablespoon whole grain mustard

1 teaspoon freshly crushed garlic

1 teaspoon salt

1 teaspoon freshly ground pepper

¼ cup freshly-grated Parmesan

¾ cup extra-virgin olive oil

Immersion blender method:

1. Combine all ingredients in something like a wide-mouth pint Mason jar or any slim container with a 2-cup capacity and a neck big enough to fit the business end of the immersion blender.
2. The oil will rise to the top. Place the blender head into the mixture and hold it against the bottom of the container. Blend at medium speed, *keeping the blender close to the bottom* for about 10 seconds.
3. Gently pump the blender head up and down until all of the oil is completely blended. That's it. Seal the container and store for up to 2 weeks in the refrigerator.

Mini-processor or blender method:

1. Place all ingredients except the oil into the processor bowl or blender and process for about 5 seconds.
2. Add oil and process for about 10 more seconds or until ingredients and oil are completely blended.

Note:

▶ The *drained* contents of a 2-ounce tin of anchovies, which is a standard size for anchovies, will give you about 2 good tablespoons of anchovies, just the right amount. However, I buy them in 4- or 8-ounce jars (I like the Ortiz brand) and store them in the refrigerator (with a back-up in the pantry) to rule out the horrifying possibility of ever being without anchovies.

Food as Medicine Podcast: Heart Health!

Listen to this 48-minute interview with Dr. Hassell and Dr. John Waggoner, Interventional Cardiology Specialist with the Providence Heart Institute, about the importance of the food you eat and how it might affect your heart health. <https://bit.ly/3YwpxSH> (December 12th episode.)

Speaking events and classes

2/2023 – 4/2023 Pacific University College of Health

Professions Doctor of Science: Miles Hassell MD: Evidence-Based Practice in Lifestyle Medicine Spring 2023.

5/6/2023 Oregon Medical Education Foundation:

Miles Hassell MD: Processed Foods. Silverton, Oregon.

Sign up for this free monthly medical + lifestyle newsletter at [Goodfoodgreatmedicine.com](https://www.goodfoodgreatmedicine.com)

*"Prove all things; hold fast that which is good."
1 Thessalonians 5:21 (KJV)*

ⁱ Field, R. et al. *Pain Med.* 2021; 22:694-714

ⁱⁱ Choudhry, N.K. et al. *JAMA* 2022;328:2334-44

ⁱⁱⁱ Kreds, E.E. and Goldsmith E.S. *JAMA* 2022;328:2307-09

^{iv} Martinez-Gonzalez, M. et al. *Clinical Nutrition* 2022;41:2659-82