

Remember to call us – we are here for you!

May 2020



Dr. Hassell and Dr. Ellis still have plenty to smile about – they have an evidence-based risk reduction prescription that works, and lots of happy outcomes like those highlighted in this newsletter. And yes, their practice is open to new patients.

Don't wait to reverse your risk factors

As the details of the pandemic unfold more completely, it's clear that the vast majority of people with serious complications from COVID-19 have a handful of risk factors that – apart from being in a high-risk age group – are typically the result of lifestyle choices that are generally reversible: obesity, type 2 diabetes, pre-diabetes, and high blood pressure. The urgency is very real, particularly for those of us in the second half of our first century. This is no time to put off that commitment to cutting out refined carbs and sweet drinks, clearing the pantry of processed foods and snacks (and we all know what those are. . .), keeping desserts in their proper place (special occasions!), and figuring out how to incorporate some kind of vigorous exercise into each day.

Three happy outcomes in the era of COVID-19

Each time people triumph in spite of difficult circumstances, or refuse to allow these crazy days to distract them from radically improving their health, they inspire us. Here are three examples we've seen recently: we hope they encourage you, too!

1: "Heart disease? In *her*?" An unlikely case

Kathy seemed like an unlikely candidate for heart disease. She is slim, fit, eats well, and seemingly has none of the conventional heart disease risk factors. However, she started having a few palpitations that seemed unusual, and even some chest discomfort on her daily walks. Something was clearly wrong. Kathy called our office and was given an appointment for an in-person visit, and we then ordered further cardiology testing. Heart rhythm monitoring and stress testing led to angiography, and she

was admitted to the hospital after results indicated an unusual but serious form of heart disease. Kathy has been treated successfully and is doing well; we're thankful she took her symptoms seriously and called us, and we're also grateful to the cardiology team for completing her evaluation so efficiently – in spite of COVID-19 restrictions.

2: Reducing weight and BP – long distance

Bobby is a 56-year-old who lives on the Oregon coast a few hours from our office. She saw us in February because of very high blood pressure, excess weight, and depression – complicated by a severe skin infection. She decided that simply adding more . . . and more . . . and more medications was not the optimal way to treat these issues, and committed to trying a comprehensive approach to her health. We did a thorough workup, including heart imaging, then helped adjust medications and created a plan to improve food choices and fitness. After her first visit we were able to follow up with telemedicine; she has now lost 18 pounds in about 10 weeks and feels great! Her skin infection has resolved, her blood pressure has improved dramatically, and her mood and overall well-being is vastly better. She is on a healthy path that is effective and enjoyable for the long term. Nice work, Bobby!!

3: Diabetes reversal by telemedicine

Stella is a 42-year-old with 3 children at home. She already had a chronic pain disorder, fatigue, and abnormal liver enzymes, but was shocked when her primary care physician told her she also had type 2 diabetes. She decided it was time to take charge: we created a telemedicine treatment plan that did not include medications but emphasized better food and activity choices, and she enrolled in our 1-year Health Transformation Program. The result? In 4 weeks her blood sugar level was reduced by 50% – *without using medications* – and she also lost 12 pounds! Her excessive thirst has disappeared, her liver enzymes have improved, and she has not needed to take acute pain meds for her chronic pain. Great work, Stella!

Subscribe to our **NEW** YouTube channel!

youtube.com/c/GoodFoodGreatMedicine

Our range of topics is growing: immunity, inflammation, insulin resistance, red meat, salad making – and there's even Dr. Hassell's video on chopping wood with wedges!

Health transformation could be yours, too!

We can't emphasize enough that there is no way we could see these kinds of outcomes with *any* medications or treatments we have to offer. Ready for your own health revolution? Here are four ways to go about it:

1. **Read** the 1st 110 pages of *Good Food, Great Medicine*
2. **Attend** an upcoming seminar (Details of the 2020 class series are subject to COVID-related restrictions)
3. **Schedule** a consultation to explore your own health trajectory with Dr. Hassell or Dr. Ellis. Our practice is open to new patients and we are available for thorough, active, and rapid diagnosis
4. **Enroll** in a 1-year or 6-month Health Transformation Program, a one-on-one doctor-patient partnership providing support, accountability, encouragement, and dietary counsel, with the goal of making health improvements permanent using food, activity, and medications (where appropriate). Targets include:
 - diabetes prevention and reversal
 - sustainable weight loss
 - cancer prevention and survivorship
 - lowering heart disease and stroke risk
 - reduced depression and anxiety

We will assess your risk factors and work with you to develop effective strategies for disease reversal or prevention where possible, or treatment with careful coordination with your specialist team. While this may require in-person visits, telemedicine often works well – especially in the area of coaching and problem solving.

Tuna and White Bean Salad with fresh fennel

A favorite office lunch: we keep all the ingredients except fennel in our office pantry. Fennel is crunchy and has a delicate anise flavor: look for plump bulbs with a fresh complexion and plenty of greenery attached. (It's fluffy and delicate, and looks a lot like fresh dill.) It can usually be found in the produce section near the celery -- in fact, celery is a fine substitute, preferably cut thinly in long, diagonal slices. Trader Joe's is usually a dependable source of fennel bulbs and white balsamic vinegar, as well as reasonably-priced solid yellowfin tuna packed in olive oil. (The recipe is also on page 241 of the 4th edition)

(Serves 3 – 4)

2 cans (5 ounces each) solid light tuna in olive oil (reserve oil and juices)

1 can (15 ounces) small white beans

1 cup sweet onion in ¼-inch slices

Optional: 1 teaspoon freshly crushed garlic

¼ cup white balsamic *or* apple cider vinegar

1 teaspoon salt

1 teaspoon freshly ground pepper

1 fennel bulb (see step 4)

1. Open and drain tuna, reserving oil and juices. Tip tuna and remaining oily juice into a small bowl and flake into chunks – not too small – with a fork.
2. Drain beans thoroughly in a colander, and set aside.
3. Peel onion and halve lengthwise. Lay one half cut-side down on cutting board and halve again crosswise, along what would be the onion's equator. Slice thin wedges (no more than ¼-inch at widest point) from the rounded edge. (Half a medium onion should give you a cup of sliced, which is not too much onion if it is mild.) Combine onion with vinegar, reserved oil and juices, optional garlic, salt, and pepper in a medium to large bowl.
4. Trim root end of fennel bulb and remove any of the feathery bits that aren't fresh and perky. Sample stalks; if tender and tasty, slice thinly on the diagonal, with feathery parts and all. Quarter bulb lengthwise and remove core and any tough layers. Cut in ¼-inch (or thinner) slices; you will probably have about 2 cups. (A mandoline makes slicing easy.)
5. Add sliced fennel and drained beans to onion mixture and toss thoroughly. Scatter tuna over the top of the salad and toss gently, just enough to mix but not enough to break up the tuna into indistinguishable bits. Serve room temperature or cold.

Watch **NEW** Cooking with Mea! video series

Mea Hassell, recipe creator and co-author of *Good Food, Great Medicine*, demonstrates how good food can be great medicine! Watch the **NEW** Cooking with Mea! series at: bit.ly/2yIDE1A Subscribe to our YouTube channel, too! youtube.com/c/GoodFoodGreatMedicine

Speaking events and classes

5/7/2020 – Pacific University Physician Assistant Program: Miles Hassell MD: *Reversal of Type 2 Diabetes*. Hillsboro, OR via Zoom conferencing!

7/15/2020 and 7/22/2020 * – *Good Food, Great Medicine* TYPE 2 DIABETES REVERSAL and SUSTAINABLE WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES: Portland, OR. Call our office at 503.291.1777 to register.

*Subject to COVID-related restrictions.

10/1/2020 – 10/22/2020 * 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
*Subject to COVID-related restrictions.

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