



The new Biobeat 24-hour ambulatory blood pressure monitor (ABPM) accurately measures blood pressures without needing an arm cuff, so it is much more comfortable than previous 24-hour devices.

Is your blood pressure optimally managed?

Blood pressure (BP) is an important marker for long-term health and risk of dementia, heart attack, stroke, kidney failure...and more. So, controlling BP is vital. Typically, this is best done by managing our waistlines with our food and activity choices, as outlined in *Control High Blood Pressure* at goodfoodgreatmedicine.com (click resources tab) and on pages 101–102 in *Good Food, Great Medicine* (4th edition). These non-pharmaceutical options work most, but not all, of the time; when lifestyle steps are not enough, using medications is appropriate.

BUT.....one of the real-world challenges we face is to actually determine the patient's typical resting blood pressure. Although BP taken in the office is usually indicative of the patient's usual resting BP, there are many situations where BPs taken at home and elsewhere differ radically from BPs in a doctor's office. Also, symptoms at home, such as fatigue or lightheadedness, can lead us to suspect over-treatment, which can cause unpleasant side effects, including fainting and falls.

When there is doubt as to the best course for a particular patient, an ambulatory blood pressure monitor (ABPM) can provide a continuous reading of BPs over a 24-hour period, allowing for better management and sometimes even identifying patients who don't need BP medications at all. If your BP needs further evaluation, we now offer ABPM in our office. It is not necessary for everyone, but it can be a wise evaluation tool for those who need it!

Does your health insurance require a gatekeeper?

Patients who are enrolled in an insurance plan like an HMO, which requires selecting a primary care physician, are often surprised that in order to receive insurance coverage, only their designated physician can make referrals to specialists and authorize any imaging/testing. If you've been frustrated by this gatekeeping model, open enrollment is a perfect time to select a new plan that gives you the freedom to use out-of-network providers to direct your care. Our office is out of network with all insurance networks and also "opted out" of Medicare, so ask your benefits department or insurance broker (such as Willamette Valley Benefits) for a plan that doesn't require a "gatekeeper" and uses the Providence network. Health sharing plans, health savings accounts, and flexible spending accounts are also options to explore. For more help, go to goodfoodgreatmedicine.com and click on the "about the clinic" tab, or call us at 503.291.1777.

Insurance plans that don't require a "gatekeeper" and use the Providence provider network work best with our office; remember that we are out of network with *all* insurance provider networks, as well as Medicare.

Steps to enhance your natural immunity this fall

As flu season approaches, be mindful of the many simple lifestyle steps you can take to put yourself in the "lowest risk" category. These are reviewed in more detail on pages 22–23 and 90–110 in *Good Food, Great Medicine*, as well as our January-March 2021 newsletter at <https://bit.ly/3BBIRHO> and Dr. Hassell's YouTube video: <https://youtu.be/6fADW7VbjRc>

- **Do you have a high-risk waistline?** We have tools that can help, starting with the handout *Waist Reduction and Type 2 Diabetes Reversal* at goodfoodgreatmedicine.com
- **Get daily, or twice daily, exercise**, even if it is brief: one minute is better than nothing. "Exercise" means getting short of breath! (See pages 70–74.)
- **If you have type 2 diabetes**, consider a consultation appointment to discuss the best reversal strategies. (See pages 80–85.) We can help!
- **Readdress** food and beverage habits that damage your immune response, especially sweets, bread, pasta, and food you haven't prepared yourself. See our healthy diet overview on pages 9–11.

Longer life, better brain:

Consider a racquet or paddle sport!

The value of daily exercise for preventing disease, (including dementia and diabetes), lengthening life, and improving immunity and mood is well established. In one recent study¹ comparing health outcomes between older adults (ages 59–82), all-cause, cardiovascular and cancer mortality was significantly decreased with any physical activity; racquet sports and running appeared to have the best results. Games such as tennis, ping pong, or pickleball are especially good choices because playing with others can lead to better compliance as well as simply being more fun. The hand-eye coordination and intermittent bursts of intense activity probably have added value, and other studies suggests that dementia may be reduced when physical exercise is combined with strategy and social activity – “exergaming”.



Exercise can be fun, especially on a sport court! Dr. Hassell suspects he has poor form, but he loves playing pickleball anyway. (His son Tor is on the other side of the net.)

Speaking events and classes

10/11/2022 – Providence Physician Wellness Series: Miles Hassell MD: *Becoming Even More Resilient*. Portland, OR. *Physician only audience.*

11/10/2022 – Claremont Golf Club: Miles Hassell MD: *The Lifestyle Prescription for Aging Gracefully*. Portland, OR.

11/17/2022 – Three Rivers Study Club: Miles Hassell MD: *How a Greek Grandmother Would Solve the Healthcare Crisis*. Portland, OR.

12/8/2022 – Providence Nurse Quality Council: Miles Hassell MD: *How a Greek Grandmother Would Solve the Healthcare Crisis*. Portland, OR. *RN only audience.*

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Roasted Beet Salad (with feta and walnuts)

If you love beets like we do, this is an easy way to showcase them. If you don't love beets, at least you would have to admit that they look pretty when they're dressed up: gleaming deep-red chunks tossed in vinaigrette and topped with rich tangy crumbles of feta cheese and golden walnuts on a vivid bed of greens . . . The cooked, cut, and dressed beets can be stored in the refrigerator for at least a week, and prepared at your convenience with the feta and walnuts. The earthy sweetness of the beets is complemented by the peppery flavor of arugula, but you can use any greens or no greens at all; beets are confident enough to stand alone.

(Serves 4 – 6)

1 bunch of beets (about 3 medium)

¼ cup vinaigrette (page 154)

½ cup raw or lightly toasted walnut pieces

½ cup crumbled feta cheese

4 – 6 cups arugula (5-ounce container)

1 tablespoon of extra-virgin olive oil

¼ teaspoon salt

1. Clean and trim beets (see *Note*) and place on a large enough piece of foil to allow you to wrap and seal them snugly. Place package seam side up in any old baking pan that fits. (With heavy-duty foil you don't actually *need* a pan . . . but you'll wish you had one if the foil springs a leak.) Roast at 450 degrees in the middle of the oven for about 1½–2 hours, depending on their size. If you must interrupt them earlier, you can test for doneness by poking with a skewer through the foil. Beets are best tender.
2. When beets are cool enough to handle, poke a fork in the stem end and peel with a paring knife, scraping to ease the skin off rather than cutting. Cut into ½-inch dice while still warm. Add vinaigrette and toss.
3. Toss arugula with olive oil, and then sprinkle with salt and toss again. Arrange on a serving platter (or individual salad plates), top with beet chunks, and scatter with walnuts and feta. Admire before eating.

Note: Choose beets with smooth skin and similarly-sized, if possible, so they will cook evenly and peel easily. (If they still have their greens attached you can cook and eat the stems and leaves, too: see page 178 of *Good Food, Great Medicine*, 4th edition.) Wash beets and trim stems, leaving about an inch still attached. Leave “tails” intact: this keeps the beet from excess bleeding as they cook.

“Prove all things; hold fast that which is good.”

1 Thessalonians 5:21 (KJV)

¹ Watts, E. et al. JAMA Network Open 2022;5(8):e2228510 [NIH-AARP cohort (observational)]