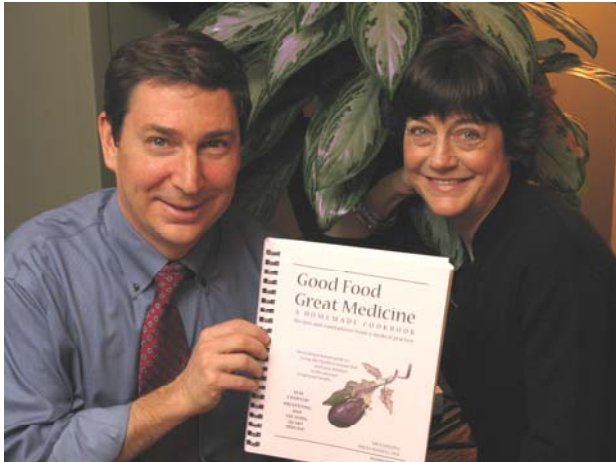


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## February 2009 Newsletter



*Mea and Miles with the second edition of Good Food, Great Medicine.*

### Make a new start for your heart!

The second edition of *Good Food, Great Medicine* has arrived just in time for Heart Month. This new edition is about 30% larger than the first edition and has a new chapter, ***Preventing Heart Disease and Heart Attacks***. This chapter is built around a comprehensive 10 step plan that combines optimal diet, exercise, lifestyle, nutritional supplements, and medication decisions to prevent, treat – and potentially reverse – heart disease.

There are also about a dozen new recipes added to the original collection and an expanded index. This book is a practical resource for anyone looking for an evidence-based approach to eating well without sacrificing eating enjoyment. It is also useful for those who are trying to get used to eating more vegetables, beans, and whole grains, or who are searching for recipes that can compete with the convenience of prepared foods.

(*Good Food, Great Medicine* offers an overview of the evidence supporting the case for a whole food, Mediterranean-style diet, and is available from our office or on our website at [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com).)

### SUCCESS STORY:

#### Reversing the metabolic syndrome

JK is a 45 year old man with a family history of heart disease, including a brother who had a heart attack requiring coronary artery bypass surgery in his 50's.

He had other risk factors, as well: with a waist measurement of 39.5 inches he carried too much weight around his middle. Also, his triglycerides and LDL cholesterol were high and his HDL ('good' cholesterol) was low, which gave him a total cholesterol-to-HDL ratio of 5.6, a high-risk pattern. This set of risk factors is sometimes described as the 'metabolic syndrome', and is associated with a 2 – 4 times increased risk of heart disease.

Dr Hahn outlined his risks for him, and he then took charge by looking carefully at his lifestyle choices and making a broad range of healthy changes. Exercise became a regular habit. He cut out most of the refined carbohydrates in his diet, especially sugars. He increased his vegetable intake and reduced his alcohol intake.

Over the next year the changes were dramatic. He shed 20 pounds, lost inches from his waist, and dropped his fasting glucose level substantially. While using diet and exercise alone, and without any cholesterol medications, he also:

- lowered his LDL cholesterol by 30%
- raised his HDL by 50%
- dropped his triglycerides by 60%
- dropped his non-HDL cholesterol by 60% (*Non-HDL cholesterol is a secondary target for minimizing heart disease risk. It is a way to measure all of the main artery-clogging cholesterol particles in the blood.*)

- lowered his total-cholesterol-to-HDL ratio from 5.6 to 3

All of these changes translate to not only a complete reversal of his metabolic syndrome and a 50 – 75% reduction in his risk of premature heart disease, but also a much lower risk of cancer, dementia and diabetes.  
 Congratulations JK!

### Cancer research update

Thanks to the generous support from so many, Miles' work with the Providence Cancer Center continues. We are currently enrolling patients to assess the acceptability of a food that combines yogurt, glutamine, honey, and butter for patients receiving radiation therapy for head and neck cancer. The long-term goal is to see if we can lessen the damage to the inside of the mouth and throat (mucositis) during therapy, which in turn is expected to reduce pain, improve nutritional status, and reduce treatment interruptions. We hope to improve the cancer patient's quality of life and improve the treatment outcomes. We are overwhelmed by the response to this project, and hope it will lead to more food-based treatment initiatives.

### 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

**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.

**3/17/2009– McMinnville Physician's Organization:** Miles Hassell, MD: *Chocolate and Red Wine*. McMinnville, 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](http://www.providence.org/integrativemedicine) and choose the "classes" link. You may also register by calling the Providence Resource Line @ (503)574-6595.

**3/31/2009– Providence St. Vincent Medical Center, Internal Medicine Grand Rounds:**  
 Miles Hassell, MD: *Heart Disease: Which Lifestyle Choices Really Matter*. Portland, Oregon.