

March 2017 Newsletter



Dr. Hassell gave a preview of his upcoming 4-part cardiac wellness class series to a packed audience at the BASECAMP Lunch & Learn on March 9th. Classes begin Tuesday, March 21st. Come join us!

Need some spring in your step? Join the 4-part class series by Miles Hassell MD at the NEW Providence Heart and Vascular Wellness Center

"I've bounced around for decades trying to find an eating style that is sustainable. I'm very susceptible to simple carbs and will spiral into heroin-strength addiction. I want to function without being hungry [and] adherence to the Mediterranean diet works best... your approach is common sense AND evidence-based! Bravo!" Joan B, MD/MSPH

"Spring" and "March" are both action words, and we suspect it's no coincidence; this is the month we get another whole hour of daylight to schedule some extra marching and springing *and* we can also look forward to drier, warmer weather to do it in. If you're feeling like your spring could use more oomph you may want to consider Dr. Hassell's *Good Food, Great Medicine* class series beginning March 21st. This weekly two-hour class series lasts 4 weeks and will equip you to:

- Begin exploring the lifestyle choices critical to both short and long-term head-to-toe wellness
- Make practical and sustainable changes that will transform your health trajectory

Let's multi-task Mediterranean style

The 4-part lifestyle class will focus on the choices that really matter in the prevention of heart disease and stroke, as well as other major diseases such as type 2 diabetes, obesity, dementia, and cancer. Dr. Hassell will

explain why a whole food Mediterranean diet helps put us on track to address all of these simultaneously – one-stop shopping! We'll learn about:

- The short list of foods we should *all* avoid to help prevent events like heart attacks and strokes.
- The wide-ranging benefits of eating an omnivorous (inclusive) whole food Mediterranean diet.
- How these same strategies improve our immunity and reduce inflammation and blood pressure.
- How to improve cholesterol without medications.
- Reliable information on critical health decisions we may have to face in the years ahead.

What's BASECAMP? It's where to start. . .

BASECAMP @ the Providence Heart and Vascular Wellness Center is a new cutting-edge facility here on the Providence St. Vincent Medical Center campus. It has been designed to bring together the essential elements of disease prevention and health maintenance including a fitness center, the Apple-A-Day Café, and other wellness classes and pop-up activities.

Your trail guide for a healthy heart

Some of the topics Dr. Hassell will cover are:

Critical thinking: Activate your fake news detector! Learn ways to assess the credibility of information sources to separate truth from fiction in health care advice. Just because an idea *sounds* crazy doesn't mean it *is* crazy: we'll discuss evaluating new ideas.

Diet choices: Just how much difference do food choices make? (Hint: they are more important than just about anything else). Why don't medical authorities agree? Which food choices do the best studies support? What about individual foods like dairy, red meat, eggs, and so on? Which foods should be avoided and why?

Waist management: Does it matter where we carry our excess weight? Why is the weight around our waistline so important?

Fitness: Daily activity is an absolutely fundamental component in the health equation, and we'll discuss options for even the most exercise-averse.

Nutritional supplements: We'll suggest the most reliable sources of information to help find your way through the nutritional supplement jungle, and review the potential for both benefit and harm of some of the most common supplements.

Good Food, Great Medicine summit club

Class four on April 11th will be a Mediterranean potluck celebration. Participants are encouraged to share a favorite recipe from *Good Food, Great Medicine* and we'll discuss the challenges and rewards of preparing our own food as well as suggestions for making it easier. Mea Hassell, co-author and recipe creator of *Good Food, Great Medicine*, will provide samples and demo a few easy-to-prepare recipes which fill Dr. Hassell's prescription for a minimally-restrictive Mediterranean diet of whole foods and healthy fats.

Good Food, Great Medicine class participant comments:

"In 5 weeks I've lost 4 pounds and 1 inch around my waist, lowered my triglycerides and blood sugar, and raised my HDL (good) cholesterol from 31 to 44."

"In 1 month I've lost 5 pounds and my doctor stopped my blood pressure drugs after my blood pressure numbers dropped."

"I've lost 12 pounds (about a pound a week) towards my goal of losing 100. I love this menu and feel it is the easiest to follow. My cravings have pretty much been eliminated and it is so easy not to snack after dinner any more. I have more energy mostly because I have less body pain and joint pain and I sleep much better at night."

Tartar Sauce

National Tartar Sauce Day was March 3rd, which may have passed unnoticed by some of you. But not by us! (Check out [facebook.com/goodfoodgreatmedicine](https://www.facebook.com/goodfoodgreatmedicine).) If you haven't made our recipe for tartar sauce before, you haven't yet fully explored the glorious potential of home-roasted potato wedges (on page 173) or *Salmon Cakes* (page 227). This deliciously-complex brightly-flavored sauce is a refreshing departure from the typical all-mayonnaise versions, and also partners nicely with boiled eggs (page 154) and canned tuna.

(Makes about 1½ cups)

1 cup whole milk Greek yogurt (we like *Fage Total*)
¼ cup mayonnaise (page 141 or *Best Foods*)
¼ cup finely minced onion
¼ cup minced dill pickle, about 1 medium
2 tablespoons capers, chopped (page 180)
1–2 teaspoons dill pickle juice or fresh lemon juice
½ teaspoon salt
½ teaspoon freshly ground pepper

Stir everything together and serve with salmon or any other seafood . . . and, of course, hot spears of roasted potatoes for maximum effect. Make a mental note to double the batch next time. Sealed well and kept cold, this will easily last a month.

(Adapted from page 173 of Good Food, Great Medicine, 3rd edition)

Want some *real* news? Keep up with Dr. Hassell's Real Medicine posts! Follow us on [Facebook!](#) Track us on [Twitter!](#) Browse our [blog!](#)

NEW! 4-part Good Food, Great Medicine cardiac wellness class series

3/9/17 BASECAMP Cardiac Prevention + Wellness

Good Food, Great Medicine Lunch and Learn (noon to 1pm). Bring your sack lunch or grab a meal at the Apple A Day Café and join us @ BASECAMP. Dr. Hassell will be introducing his new 4-part cardiac wellness class series which starts on Tuesday, March 21st.

3/21/17 – 4/11/17 BASECAMP Cardiac Prevention + Wellness Good Food, Great Medicine 4-part Series:

Learn about which food and activity choices really matter if we want to prevent heart disease and stroke and improve risk factors such as excess weight, high blood pressure, poor cholesterol, high blood sugar, and inflammation. Explore the long-term head-to-toe benefits of a minimally-restrictive Mediterranean diet of whole foods and healthy fats.

- **When:** Tuesdays 6-8pm - 3/21/17, 3/28/17, 4/4/17, and 4/11/17
- **Where:** 1st floor of the Mother Joseph Plaza @ Providence St Vincent Medical Center
- **How to register:** Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing at www.providence.org/classes

Dr. Hassell's speaking events

3/1/2017 – Multnomah Athletic Club Wellness Event: *Type 2 diabetes: Reverse it! Prevent it!* Portland, OR.

3/2/2017 – Providence Breast Center Board Meeting: *Lifestyle Choices and Breast Cancer Survivorship: What Really Matters?* Portland, OR.

3/9/2017 – Providence Heart Institute BASECAMP Cardiac Prevention + Wellness Lunch and Learn: *Introduction to Good Food, Great Medicine.* Portland, OR. Free event – no need to register. <https://welcometobasecamp.org>

3/21/2017 – 4/11/2017 Providence Heart Institute BASECAMP Cardiac Prevention + Wellness 4-part Series: *Good Food, Great Medicine:* Portland, OR. Call the Providence Resource Line to register at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing at www.providence.org/classes

4/3/2017 – 4/4/2017 Providence 31st Annual Advanced Cardiovascular Nursing Symposium: *Going Beyond Guideline-Based Medicine: Which Lifestyle Choices Matter?* Portland, OR. For more information and registration details see: <http://bit.ly/2n2chHC>

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"Prove all things; hold fast that which is good."