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.
**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.) 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 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)
¾ 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)*