

## July 2009 Newsletter



*Mr. Allen celebrating his 85th birthday with a 5-kilometer fun-run. Miles is holding Tor, who is planning to sign up just as soon as he learns to crawl. Tor thought he should be wearing a hat like Mr. Allen and we agree.*

### Running over the hill with Dale

When it came time to celebrate his 85th birthday, Dale Allen took a road less travelled – by most 85-year-olds, anyway. On July 4<sup>th</sup> he ran the 5 k (about 3 miles) Oregon Road Runners Club Holiday Fun Run in Wilsonville, Oregon.

Mr. Allen started exercising regularly in his fifties after a doctor in Seattle pointed out that his high blood pressure and near-diabetes could probably be best treated by simply exercising down his waistline.

He started by walking. Then, encouraged by one of his sons, he started running when he was about 55 years old. He remembers his first run: “I made it about 1/8<sup>th</sup> of a mile, and then had to lean against a tree to catch my breath”.

But he kept at it, and extended his distance a little bit every day. As he found out that it made him feel better, he kept going, working his way up to half-marathons! So now, at 85 years old, he is still non diabetic and strong in mind and body. We can’t wait to see what he decides to do to celebrate his 90<sup>th</sup> birthday.

So thanks for your example, Mr. Allen! You set the bar a tad high, but we can all certainly use a challenge.

### **New!** Classes @ Providence St. Vincent Medical Center

Interested in learning more about why good food is such great medicine? Check out one of the following free discussion sessions offered by Dr. Hassell at Providence St. Vincent Medical Center (6 – 8 pm):

- August 18<sup>th</sup> – *Which Diet and Lifestyle Choices Really Matter?* Using the Mediterranean diet, your kitchen, and exercise to reduce your risk of cancer, type 2 diabetes, dementia, and heart disease.
- September 22<sup>nd</sup> – *Preventing and Reversing Heart Disease.* Using your lifestyle choices to prevent (and possibly reverse) heart disease, and control high blood pressure and cholesterol.
- October 20<sup>th</sup> – *Preventing and Reversing Type 2 Diabetes and Insulin Resistance.*

*Please call our office at 503-291-1777 to register. Classes are limited to 48 participants.*

### Reducing your risk of skin cancer

Getting too much sun is not the first on our list of problems here in the Pacific Northwest. However, those who like to spend time in the sun, especially on the snow or around the water, would do well to think about minimizing their skin cancer risk. A key concept here is common sense. A healthy lifestyle certainly includes some sun exposure, especially considering the benefit from the vitamin D that is produced when our skin is exposed to sunlight: more vitamin D seems to be related to lower total cancer risk, for example.

It is estimated that 15 or 20 minutes of sunlight with arms and legs exposed, without sunscreen, two or three times weekly during the sunnier months is probably both adequate and safe. Vitamin D supplements may provide the same benefit as sunlight.

While there are many risk factors for melanoma, one of those risk factors is excessive

sun exposure. *Artificial sunlight is no substitute for the real thing.* Tanning beds seem to significantly raise the risk of melanoma, and the younger you begin, the greater the risk.

Two related principles you should observe to reduce risk of melanoma, and perhaps to protect yourself from melanoma recurrence if you already have had melanoma, are:

- **Avoid the midday sun** in summer, beyond the small amount mentioned above, and
- **Don't get burnt.** Sunburns, particularly in childhood, are associated with more melanoma.

### **Tips to minimize summer sun risk**

- Stay in the shade as much as you can. Remember the old adage, 'Only mad dogs and Englishmen go out in the midday sun.'
- Wear loose long-sleeved light-colored clothing and a broad brimmed hat to protect yourself when you are out in the sun.
- Sunscreen products are generally recommended, but there is some controversy over whether sunscreens actually reduce the risk of melanoma. Sunscreens that block all ultraviolet radiation may be more beneficial. We like a titanium dioxide/zinc oxide combination.

### **Medical consultations**

Know someone who already has a primary care physician but would like to see Dr. Hassell for a consultation about a specific problem? A consultation is an excellent option for anyone looking for comprehensive management of illness, including type 2 diabetes and risk factors for heart disease such as high cholesterol, high blood pressure or excessive waistlines. Others use our consultation service to discuss a new approach to complex medical problems, or to get a second opinion, or to learn more about unconventional therapies for their condition.

Typically we can create a plan in one or two visits, and some people choose to follow up once or twice a year to maintain their momentum.

### **Cancer research update**

Miles' research with Providence Cancer Center continues. Once again, we are grateful for the help provided by many of you for the mucositis research project, which is studying whether a yogurt/honey/glutamine mixture can help relieve the mouth sores experienced by those receiving radiation for head and neck cancers.

### **Dr. Hahn returns from Haiti**

Angela just arrived back safe and sound from Les Anglais where she volunteered for two weeks with *Engineers without Borders*. She served on the health team, taking surveys and gathering data on health status of the community. Stay tuned for more details about the trip.

### **Cookbook update**

The second printing of the second edition of *Good Food, Great Medicine* is available. This new edition is about 30% larger than the first and has a new chapter, *Preventing Heart Disease and Heart Attacks*, built around a comprehensive 10-step plan that combines food, exercise, lifestyle, nutritional supplements, and medication decisions to prevent, treat – and potentially reverse – heart disease. There are also about a dozen new recipes and an expanded index. Books are available in our office or on-line at [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com).

### **Upcoming Speaking Events**

#### **8/4/2009 – 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.

#### **8/14-15/2009– Integrative Medicine Talk:**

Miles Hassell, MD and Mary Malinski, RN, LMT: *Making Healthy Choices to Reduce the Risk of Cancer and Making Healthy Choices and the Importance of Cancer Screening.* Ontario, Oregon.

#### **8/25/2009– Multnomah County Foster Care**

**Forum:** Miles Hassell, MD: *Good Food, Great Medicine.* Portland, Oregon.

#### **9/17/2009– 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.* Providence St. Vincent 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.