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October 2008 Newsletter



Office Brochure

Miles Hassell, MD and Angela Hahn, MD

We have a new brochure available that describes the consulting and primary care aspects to our medical practice. Feel free to pick up a printed copy at the office, or it can also be viewed on our website. (In response to recent inquiries, Dr. Hahn is currently accepting new patients.)

Keep swinging in the rain!

Exercise is so much easier in summer. The long days and mild-mannered weather make walking, hiking, kayaking and such easy to pursue. But then fall comes and we let up on exercise, and then wonder why our waists expand, energy contracts, and blood pressure and cholesterol numbers start moving in the wrong direction.

Of course, it's because *we* are moving in the wrong direction. More precisely, we're not moving enough in *any* direction. So if you haven't already done so, now is the time to create your daily exercise program for winter. And maybe it would be a good time to remind ourselves why we should bother.

Reduce your risk of death and disability

People who exercise vigorously are about 50% less likely to have a disability in old age, and in one recent study those vigorous exercisers were about

60% more likely to be alive after 21 years of follow-up. The people in this study were in their 80's when the study ended, and even at that advanced age were about *half* as likely to die or be disabled than their more sedentary friends.¹ *Remember, there is nothing that fancy modern medicine can do for most people that can compare with the results of 30 minutes of daily exercise.*

Reduce your risk of heart disease, cancer, and diabetes

Think about the other benefits of exercising frequently. With frequent exercise, your risk of getting cancer prematurely is cut by about half, and your chance of surviving your cancer is better if you exercise. Risks of heart disease and diabetes are reduced by up to 50 – 60% in those who exercise regularly. In one eye-catching German study, they found that people who exercised daily when they had a clogged artery to their heart had better health outcomes than people with similar heart disease who had their artery opened up with a stent. And those who exercised spent a lot less money, too!

Reduce depression and dementia

It can't be emphasized enough that exercise, particularly when done outdoors, is one of the most effective tools for treating depression. The benefit may be associated with both physical activity, which modulates hormone levels and has antioxidant properties, plus potential effects of light on brain function and vitamin D synthesis.

Exercise is also an effective tool for helping to prevent dementia and Alzheimer disease, and has been found to improve the cognitive function in those who already have some degree of dementia.² So, worried about your brain? Start exercising, if you aren't already doing so.

¹ Chakravarty, E. Arch Int Med 2008;168:1638-46

² Lautenschlager, N. JAMA 2008;300:1027-37

What is the recommended dose of exercise?

Generally 3 to 4 hours per week of moderate to vigorous intentional recreational activity, like brisk walking, is a dose that is commonly associated with improved health outcomes. **Although anything is better than nothing, finding the time to walk briskly for 30 minutes each day should be considered a good minimum.** If you can't do it all at once, try finding time for two 15 minute walks. Higher intensity exercise, such as stair climbing, running, weights, cross country skiing and so on, may have extra value.

Make it a habit

Making the exercise habit a daily one makes the process easier for many of us, compared with trying to exercise sporadically or just a few days per week. By making exercise a daily habit, some find it becomes more of a routine and less of a chore, like brushing our teeth.

Seize the moment

Finding ways to exercise at work has a lot of benefit. Run (or walk) the stairs at breaks. Walk with coworkers during lunch. Bring a skip rope or hula hoop to your office. (You're right – that suggestion came from Miles.)

Help others find the exercise habit, too. Walk with your neighbors, spouse or children. When you have dinner with friends, take them for a stroll afterwards.

Make an appointment with exercise and you may not have to make one with your doctor. Just do it. Your quality of life and your brain may depend on it.

Website

Our website went live in July. Take a look at www.goodfoodgreatmedicine.com and let us know what you would like to see added to the site. Our monthly newsletter is published on the site, so if you are looking for back issues, they will be there.

Research update – we're almost there!

Miles Hassell, MD

This refers to our research project with Providence Cancer Center, and with assistance from the Oregon State University Food Innovation Clinic. We have created a low-cost, non-pharmaceutical whole food product that can prevent the miserable

mouth ulcers experienced by many patients who receive chemotherapy and radiation therapy. The next step is to conduct a formal pilot study to establish the case for further investigation and adoption by the international cancer community, followed by a larger study. The initial study will cost \$100,000, and due to the generosity of our supporters we are close to our funding target! Our thanks to the many people who have helped us.

(If any of you are interested in supporting this study in any way, please contact Mary Malinski, R.N., my clinical nurse partner in Integrative Medicine. She can be reached at (503)216-4687.)

Upcoming Speaking Events

10/4/2008 - Oregon Society of Radiologic Technologists Fall Therapy Symposium:

Miles Hassell, MD: *Role of Integrative Medicine and Radiation Therapy.* Forest Grove, McMenamins Grand Lodge.

10/7/2008 and 12/2/2008 - Beating Breast Cancer, the NEXT Step: Miles Hassell, MD and Ken Weizer, ND: *Nutrition and Exercise Today.* Topics include: food and exercise choices that affect breast cancer risk; whole foods and the Mediterranean-style diet; why good food choices, and not supplements, are your best bet for good health; how acupuncture, massage and naturopathic medicine can reduce the side effects of cancer treatment. Providence St. Vincent Medical Center, Cancer Center. *This class is free. For reservations or more information, please call the Providence Resource Line (503) 574-6595.*

10/16/2008 – Prostate Cancer Support Group:

Miles Hassell, MD: Providence Milwaukie Hospital.

11/14/2008 – 7th Annual Providence Thoracic Oncology Program Symposium – Lung Cancer for Primary Care Providers:

Miles Hassell, MD: *Nutritional & Exercise Influences on Lung Cancer Prevention: Diet and exercise each associated with mortality benefit.* Which dietary factors are likely to influence lung cancer? Help for the patient dealing with side effects from conventional treatment. Providence Portland Medical Center, Cancer Center.