

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP

Vol 8 | APR 2012



Amy's Notes

Thoughts from
Amy Doneen
MSN, ARNP

Welcome Dr. Emery

I am excited and honored to welcome Dr. Jeff Emery to the Heart Attack and Stroke Prevention Center! Dr. Jeff Emery has attended two full Bale/Doneen Prevention courses and is a longtime supporter of the Bale/Doneen Method for Cardiovascular Disease Prevention.

Meet Dr. Emery - see bio on page 2!

Thank you in advance for inviting him to participate in your prevention program. His presence allows me to let the clinic grow and for the **HASPC to accept new patients** as I keep my focus on patient care and Bale/Doneen education.

It is my goal that our work become less and less unique, which means more and more physicians and nurse practitioners become trained in the method.

In April I will be spreading the word of prevention at the Boston Marathon this month. I will also be joining Dr. Bradley Bale in Atlanta, El Paso, Long Beach, and Seattle to give our lecture series to health care providers around the country!

April—Stress Awareness Month

For the 20th year, April has been designated as Stress Awareness Month.

Perhaps the first question to ask is: “What exactly *is* stress?” And then as a follow-up: “How does stress *really* affect our health?”

Stress is most often described as an elusive noun -- something that we ‘feel.’ It is perceived that this ‘feeling’ is a bad thing, However, it is well established that sometimes ‘stress’ provides us an opportunity to accomplish great things.

We can try to empathize with someone else’s stress burden but in reality we all create, internalize and react to stress in very different ways.

I can’t recall where I first saw this definition of stress, but it’s the best definition I’ve found. “Stress occurs when we’re in an environment where we perceive we have a lack of control.” It’s actually the *perception* of lack of control that can be manipulated and, inevitably, this decreases our ‘stress.’

From a vascular standpoint, the perception of lack of control creates a surge of hormones that constrict our vessels. This can create high blood pressure, increased heart rate, restless sleep patterns, poor judgments, and cortisol surges which can worsen insulin resistance.

So... the million dollar question: “How do we manage stress?” (continued next column)

I believe the best way to reduce stress is to be in control of our own environment to the best of our ability. Remember, it’s the perception of our control that matters. We can only control our own emotions and our own responses to life.

I also believe in finding healthy outlets for our stress. We should be able to identify at least three activities we can do when we feel stress. If those three activities are ‘healthy,’ we will live well.

Ideally, one of these activities will be exercise. One of the best stress-reducing strategies is to exercise regularly. Aerobic exercise increases oxygen circulation and produces endorphins -- chemicals that make you feel happy. For maximum benefit, aim for 22 minutes of exercise daily. Make it an exercise you enjoy!

Other ideas might include listening to music, laughing, practicing yoga, visiting with friends, spending time gardening or participating in a hobby you enjoy. Select your favorite activities, do three of them often, and work in more as time allows.



Amy



Foods can fight stress in several different ways.

Do you know which foods are stress busters?

Reduce Stress by Eating Stress-Busting Foods

Although there are many ways to cope, one strategy is to eat stress-fighting foods. Foods can fight stress in several ways.

Comfort foods, like a bowl of warm oatmeal, actually boost levels of serotonin, a calming brain chemical. Other foods can reduce levels of cortisol and adrenaline, stress hormones that take a toll on the body over time.

Finally, a nutritious diet can counteract the impact of

stress, by shoring up the immune system and lowering blood pressure.

Here are a few foods to help you reduce stress.

Complex Carbs — All carbs prompt the brain to make more serotonin. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which are digested more slowly.

Oranges — Studies suggest the wealth of vitamin C in

oranges can reduce levels of stress hormones while strengthening the immune system.

Fatty Fish — Omega-3 fatty acids, found in fish like salmon and tuna, can prevent surges in stress hormones and protect against heart disease.

Raw Veggies — Crunchy raw vegetables can help fight stress in a mechanical way. Munching celery or carrots helps relax a clenched jaw which can ward off tension.



Meet Dr. Jeff Emery — Newest Member of the HASPC Family

Dr. Emery has long been interested in wellness and prevention and his desire to practice a more holistic approach to medicine led him to pursue a degree in Osteopathic medicine.

He attended the Kirksville College of Osteopathic Medicine, the founding school of Osteopathic Medicine, from which he graduated in 1999. He then completed his family practice residency in 2002. Having received his medical degree on a United States Air Force scholarship, he then began his time of service as a family physician in the Air Force at Fairchild Air Force Base in 2002.

He served our country in the armed forces as a family physician until 2006. After fulfilling his Air Force commitment he has been providing a wide range of care in a family practice setting until joining the Heart Attack & Stroke Prevention Center in March.

His recent move to the HASPC is what he describes as the pinnacle of his lifetime medical pursuits for his patients. Dr. Emery believes the Bale /Doneen Method provides the vehicle to enhance the quality and quantity of patients' lives by offering them the ultimate in cardiovascular prevention – not only the ability to lower one's risk of heart attack and embolic stroke, but to eliminate it.

Dr. Emery greatly enjoys patient education and investing his time and resources to empower patients to take control of their health. He passionately believes the Bale / Doneen method of cardiovascular prevention to be one of the greatest modern medical discoveries and is excited to be part of the medical team offering this treatment to patients in the Inland Northwest.

Outside of work, he enjoys spending time with his family, including his spouse Amie and daughters Sarah (13), Katie (10), and Isabella (8). He also enjoys time with friends, outdoor recreation — camping, boating, off-road motorcycle riding, snowboarding —and home improvement and landscaping. His exercise regimen consists of running, walking, weight-training, and cross-training.

“The Bale / Doneen Method provides patients the ultimate in cardiovascular prevention – not only the ability to lower one’s risk of heart attack and ischemic stroke — but to eliminate it.”

~ Dr. Emery~

“I passionately believe that the way to practice optimal medicine is to prevent disease.”

~ Dr. Emery~