

Heart TALK

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

Vol 19 JUNE 2013



From Amy Doneen

Amy Doneen, MSN, ARNP

Happy Belated Father's Day! Although this follows a couple days behind this special day, we want to dedicate this issue to fathers everywhere. (And as a fun trivia fact, are you aware that Father's Day was founded right here in Spokane in 1910?)

We are also highlighting blood pressure this month. See the back page for some important blood pressure facts and news about "white coat hypertension."

Finally, we are pleased to announce that The HASPC was recently honored as a finalist for Spokane's prestigious Agora Award that honors business excellence in the Spokane area. Over 220 businesses were nominated and as the selection process progressed, The HASPC went before 20 judges and three rounds of judging. The HASPC was a finalist! In this issue we highlight some of the information we shared with the judges about The HASPC and what makes it special.

~ Amy

HASPC: Agora Award Finalist

What is Agora?

Agora is an annual award that celebrates business excellence in the Greater Spokane area. This year 220 businesses were nominated and the HASPC was one of four small business finalists.

What is Your Mission Statement?

At the Heart Attack & Stroke Prevention Center, we are guided by a commitment to excellence, evidence-based medicine, and patient empowerment. We demonstrate this by partnering with our patients to optimize their cardiovascular health using a comprehensive medical and lifestyle modification program designed to prevent heart attack, stroke and type 2 diabetes in people of all ages. Our mission—and our passion—is to save lives by delivering optimal, personalized care to halt cardiovascular disease, the leading killer of Americans.

What makes The HASPC exceptional?

I have a favorite quote that I strive to live by: "You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you." — Maya Angelou

The Heart Attack & Stroke Prevention Center has been quietly providing exceptional medical care to people all over the world, including clients from the Bahrain, Africa and Indonesia and yet, we have not voiced our presence in the Spokane community as grandly as I wish to do now. The HASPC is unique and exceptional because we have

taken a stand against the norm and have stated that 'we can do better!'

Over the past five years, what has been your greatest accomplishment?

I have been able to maintain my guarantee of health with HASPC patients and stay true to our mission. Dropping insurance contracts is a risky endeavor but it allowed me to obtain that optimal level of care necessary meet my goal of offering a *guarantee* against heart attacks and strokes. The perception would be that I only cater to the wealthy. However, I am very proud that I have never turned anyone away because I have a financial support/scholarship program in place.

Your greatest challenge?

My greatest challenge has been defining my uniqueness in the Spokane Health Care industry. I am not competing with cardiologists, nor am I competing with primary care or neurology. I am an expert in vascular health. This is a new specialty in medicine — and one that bridges ALL health care providers together. I've worked hard to build bridges between these different specialties. I place 100% of my efforts on keeping my patients free of vascular inflammation, therefore preventing systemic problems such as heart attacks, strokes, peripheral arterial disease, diabetes, etc. It's about living well. Defining my role in this community has been my greatest challenge...and definitely, my most *worthwhile* challenge.

If you enjoy this newsletter, please pass it along to a friend or family member who may find it helpful.
www.TheHASPC.com



Dads Love Steak — Two Healthy Versions from Amy’s Recipe Box

When I asked all the fathers in my family what they would like for their Father’s Day BBQ, “steak” was the number one answer. So – I thought you might enjoy a few fun facts and two recipes to make steak just a bit healthier...

Beer Marinade: From the Journal of Agricultural and Food Chemistry: Look for lean cuts—loins and rounds are good choices. And then marinate them in beer. Food

scientists report that marinating a steak in beer can reduce the formation of cancer-causing compounds during cooking. The malt and hops in beer contain antioxidants, compounds that block the formation of carcinogens.

Decadent Steak Rub: Amy recommends this unusual but delicious rub because it incorporates ingredients that all have CV benefits – **coffee** for CV risk reduc-

tion, **cinnamon** for blood sugar and triglyceride reduction, and **dark chocolate** for blood pressure and stroke reduction.

Rub Ingredients

- 2 tbsps finely ground flavored coffee
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp cinnamon
- 1/2 tsp olive oil
- 1/4 tsp kosher salt
- 1/4 tsp fresh ground black pepper

Rub steak, cook, and enjoy!
P.S. Try it on chicken & pork, too!

Happy Belated Father’s Day to all the dads in our practice!

Blood Pressure Facts and “White Coat Hypertension”

Nearly 1 in 3 Americans have high blood pressure and nearly half of those people have out-of-control hypertension. Some 67 million Americans have high blood pressure; of that, 53 million are aware, 47 million are treated, and only 31 million of the 67 million Americans have controlled hypertension. Based on the INTERSTROKE trial (published 2002), blood pressure is the number one cause of ischemic stroke. It is vitally important to monitor and control blood pressure.

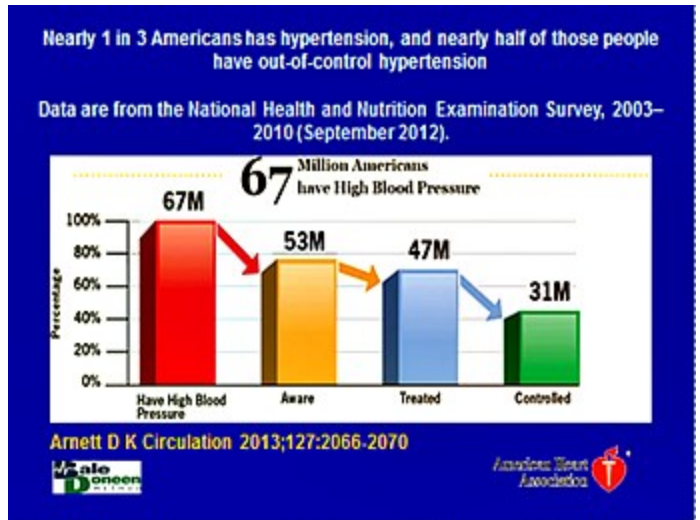
About White Coat Syndrome

Journal of Circulation, May 2013, White Coat Hypertension was investigated. Is white coat hypertension real and does it have any clinical ramifications?

Over 2000 people were studied for 16 years – evaluating white coat hypertension (WCH) (only demonstrating high blood pressure in the medical office, not at home or with a 24-hour ambulatory BP monitor). True White Coat Hypertension does exist and it DOES represent cardiovascular event and death risk over a 16

year time period. When adjusted for age and gender, white coat hypertension showed a 2.45 times risk of dying from a cardiovascular event over 16 years. There was also a 35% chance that someone with WCH would develop sustained hypertension within 10 years.

Why is this important? If you demonstrate high blood pressure *only* in your medical provider’s office or dental office, there is a strong likelihood that you will develop sustained hypertension within 10 years. Also, if you have white coat syndrome, it is likely demonstrating that your blood pressure is volatile in many stressful situations. Blood pressure elevations throughout the day do place you at higher cardiovascular risk. It’s important to check your blood pressure regularly, at random, and keep a record. Bring it to your medical appointments every time so you can review it with your medical provider. Remember, high blood pressure is the leading cause of stroke.



Follow The HASPC Online

Follow & “Like” us on

[Facebook](#)

Follow us on

[Twitter](#)