

Heart TALK

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

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Amy's Notes

Thoughts from
Amy Doneen
MSN, ARNP

Spring is here! Finally we are seeing the bright sun in the morning and I am enjoying my early morning runs in the daylight now. A quick update – I survived the heat of the Boston Marathon. I had a great, albeit very slow, 26.2 mile journey. Thanks for all of your well wishes and thoughts of support.

Again, I want to welcome Dr. Jeff Emery to the practice. Many of you have had the chance to meet Dr. Emery and I know your health has benefited from his care.

I have been able to focus on completing the first half of our book called, "Beat the Heart Attack Gene." The second half is due to the publisher on September 1st with hopes of release late in 2012 or early 2013. I am dedicated to this project as it will spread the word of cardiovascular disease prevention to the general public, thus forcing the medical system to answer this health disparity.

I thank you all for your continued dedication to your wellness choices. It remains an honor and my ultimate focus that you receive optimal care at the Heart Attack & Stroke Prevention Center.

Please take the time to review the two newest reviews on the website: The first reflects statin therapy as it relates to memory loss prevention and diabetes risk. The second is a response paper to the recent American Heart Association statement on periodontal disease & heart disease. Find both papers at TheHASPC.com > Resources > Studies & Research Papers.

Please contact me or Dr. Emery to discuss them in further detail. You don't have to wait until your next appointment. ~Amy

Notes from Jeff.....

It is a tremendous honor to be working with Amy and with each of you who come to the HAPSC. I now have the opportunity to focus my time and efforts on helping each of you attain optimal cardiovascular wellness.



Dr. Jeff Emery

I get so excited to realize that we are building partnerships in care that will forever prevent you from becoming a heart attack or stroke statistic. Now that is something to get excited about!

Many of you have shared with me how much your life and health has improved since joining the clinic and I am thrilled to have the opportunity to help guide you along the next steps in the journey. ~Dr. Emery

May—Stroke Awareness Month

What is a stroke?

There are two types of strokes – ischemic (the most common) and aneurysm. Ischemic strokes are caused by a blood clot that blocks the flow of blood in a vessel that feeds nutrients to the brain.

A stroke occurs when the brain tissue is injured due to lack of oxygen and nutrients. When we treat the arteries and stabilize atherosclerosis (plaque), we are preventing both heart attacks and ischemic strokes – they are caused by the same thing!

What to do if you have symptoms of a stroke? Go to the emergency room immediately! Do not second guess yourself – timing is everything – move quickly!

An obvious follow-up question is: how can we prevent strokes? There are several things you can do. See top of next page.

From Denise and Cathy.....

Please remember that if you are paying quarterly, these payments are due Jan 1st, April 1st, July 1st and October 1st for 2012. If you need to make other arrangements please call Denise or Cathy at the front desk: (509) 747-8000.

As summer is quickly approaching, please review your scheduled appointment times. Call us if you need to reschedule any appointments to accommodate your fun summer plans. We're always here to assist!



Heart Attack & Stroke Prevention Center
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Did you know?

1) 25 gm /day of white fruits & vegetables reduces stroke risk by 9%

2) 7 gm of dark chocolate (>70%) per day reduces stroke risk by 48%

How to Prevent a Stroke— May is Stroke Awareness Month (Part 2)

How do we prevent a stroke? There are many ways to prevent a stroke. The most important are: 1 — Know if you have vascular disease (plaque in the artery walls); 2 —Treat the reasons WHY you have plaque; and, 3— Make sure the inflammation in your arterial system stays down —always!

Interesting data on stroke prevention:

25 gm/day of white fruits and vegetables reduces stroke risk by 9%.

Dark chocolate (>70%) at 7gm per day reduces stroke risk by 48%.

Regular daily exercise at 22 minutes per day reduces stroke risk and helps raise HDL (the good cholesterol). Each one point elevation of HDL, reduces stroke risk by 1.9%.

Periodontal disease increases stroke risk by 2-fold. The best insurance policy is to brush twice daily with a Sonicare toothbrush and floss regularly. Also, be sure to

see your dentist and dental hygienist every 3-6 months

Monitor your blood pressure at home. Optimal blood pressure for most people is <115/75. Anything above this has the potential to increase risk of dying from a heart attack or stroke.

If you have plaque in your artery walls, taking one Baby Aspirin (81mg) daily reduces stroke risk by preventing platelets from forming a deadly blood clot.



“I didn’t start running seriously until I was 47. . . and haven’t stopped since.”

~ Gil Sheffels ~

Interview with Gil Sheffels — HASPC Patient, 81 Years Young

Amy: Why did you choose to start running?

Gil: My father died of a heart attack at 48 years of age. When I was 42 years old I decided I had better do something about my health. I went to a Naturopath to lose weight and was able to drop from 220 to 190lbs. I was just under 6’ 3” at the time. I didn’t start running seriously until I was 47. I was out on an old D6 tractor that my son Steve had installed a radio into, looking for something to listen to. I could only get one station and to my surprise they were broadcasting a live airing of the 2nd Bloomsday race in Spokane. I couldn’t believe that all those people were actually running through the streets of Spokane. That was it. I registered the next year and haven’t stopped since.

Amy: Was it hard to start exercising?

Gil: When I was 47 I decided I had better start exercising. I kept saying to myself “I don’t have time for that.” Then I kept hearing this voice inside my head say, “if you don’t have time now, how much time will you have?” I am pretty stubborn and it took that voice 4-5 tries before I finally listened.

Amy: You have been seeing me for quite some time and I am honored to participate in your path to continued optimal health. May is National Stroke Month. It is just as im

portant to exercise our brain as our bodies. How do you keep your brain active?

Gil: I have particular trouble remembering nouns so I do crossword puzzles. I also do my personal bookwork by hand as I have done for years. Lately I have added reading more, just for pleasure.

Amy: Your son Steve told me that you have inspired a countless number of his friends and colleagues to become runners. Did you know that? How do you feel about that, Gil?

Gil: That is really exciting to see others changing their lifestyles! It is a huge blessing for me, as well as them.

Amy: Do you have a favorite memory from Bloomsday?

Gil: Yes, there are several. 1 - Finishing my first race. 2 - The 1st time I broke an hour (1984, my 6th Bloomsday). 3 - Seeing racing friends afterwards was always good as well.

Amy: What is your advice to someone who is interested, but afraid to start exercising?

Gil: Break into your exercise on a regular basis. Don’t push yourself too early if you are older, but stick with it! In time you will find you are enjoying the new you! Don’t even consider reverting to your old lifestyle.