

Heart TALK

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

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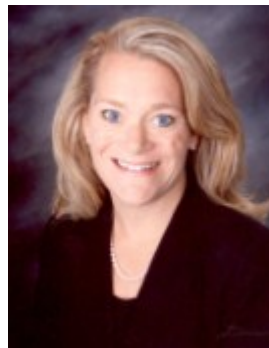


In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed cardiovascular disease as something that happened to “older men.”

To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created *Go Red For Women* – a passionate, social initiative designed to empower women to take charge of their heart health.

Historically, men have also been the subjects of the vast majority of research done to understand heart disease and stroke. This has resulted in an oversimplified, distorted view of heart disease and risk which has worked to the detriment of women. Only 55 percent of women realize heart disease is their #1 killer.

The Go Red for Women movement works to make sure women know they are at risk so they can take action to protect their health. Please join us in supporting this very worthy cause.



Amy's Notes

Thoughts from Amy Doneen
MSN, ARNP

Heart Disease is the #1 Killer of Women in the United States

As February has been dedicated as American Heart Month, it seems appropriate that this issue be dedicated to heart health. Even more fitting is that special emphasis is placed on women's heart health to support Go Red for Women, an important initiative to raise awareness of women and cardiovascular disease.

Why? Consider this – 1 in 3 women die from heart disease each year. More women die of cardiovascular disease than from the next four causes of death – including breast cancer – combined. This means that women are dying at the rate of one per minute.

The tragedy is that a full 80 percent of cardiac events in women could be prevented if women made better choices related to heart health. And that's what The HASPC is all about — prevention!

Yours for better health,
Amy



White Fruits & Vegetables May Protect Against Stroke

A recently completed study of 20,069 subjects, aged 20-65, concluded that white fruits and vegetables may provide protection against strokes. The study, conducted over 10 years and made up of 55% women / 45% men, noted that 233 strokes occurred during the period of study.

The study evaluated the effects of fruits and vegetables within four color groups: red/purple, green, yellow/orange, and white. Of the four groups, only the white fruits and vegetables had a measurable effect on stroke risk reduction.

Each 25-gram per day (1/6 med. apple) increase in white fruit and vegetable consumption resulted in a 9% reduction in risk of stroke.

What white fruits and veggies should be increased in your diet? Eat more apples, pears, cauliflower, bananas, chicory, cucumber, onion, and garlic.



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Why the Bale/Doneen Method Challenges Today's Standard of Care for Women

It's no secret that today's standard of care is letting women down. That's why The Bale/Doneen Method stands strong on a disease treatment platform rather than the risk factor approach of the standard of care.

Women can silently develop vascular disease without demonstrating obvious risk factors. This is why 64% of women who suffer a heart attack or ischemic stroke have no idea they had any risk.

Our method erodes this mystery for women. We look at the artery wall for the presence of disease, we examine the inflammation associated with the disease and we uncover and treat the root cause (s) of the disease (plaque).



We embrace the value of recognizing the genetic nature of heart disease, diabetes, vascular inflammation and lifestyle modification.

Education is the key to success – become educated on the Bale/Doneen Method.

Women ARE Unique – Know These Facts!

Cholesterol: Total Cholesterol to HDL (good cholesterol) ratio (TC/HDL) is the most predictive lipid parameter for women. LDL (bad cholesterol) is the least predictive. Goal TC/HDL is: < 3.0.

Blood Pressure: Optimal blood pressure for most women should be <115/75.

Waistline: Women's waistlines should be < 35 inches.

History: If a woman has had gestational diabetes, polycystic ovarian syndrome, pre-eclampsia or family history of premature heart attacks, strokes or diabetes, she should get an annual oral glucose tolerance test.

Gum Disease: This can lead to vascular inflammation & premature vascular disease – go to the dentist/hygienist regularly, floss daily, and use ultrasonic toothbrushes.

Educate Your Daughters!

Give the gift of a life-sport to your daughter or granddaughter or niece. Expose her all kinds of physical activity – assist her to find a sport that she enjoys. Remember, she will learn from you – set an example!

Sleep: A woman who gets < 6 hours sleep per night is almost 5 times more likely to

struggle with her sugars and her waistline.

Stress: Stress comes from being in an environment for which you perceive you have no control. Gain control of your life and your health will benefit.

Know your risk! Find out if you have disease growing in the walls of your arteries.

You can live a long and healthy life with plaque in your arteries as long as it doesn't rupture. We can detect and monitor vascular disease. We can determine the cause and effectively treat the disease. We can monitor the inflammation associated with vascular disease — and keep you healthy for many years to come!



One of Amy's favorite quotes:

“Remember, Ginger Rogers did everything Fred Astaire did — but she did it backwards and in high heels.”

– Author,
Faith Whittlesey

