

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP Vol 25 February 2014



From Amy Doneen

Amy Doneen, MSN, ARNP

February is American Heart Month and that means a focus on heart attack & stroke prevention and awareness. While we focus on these issues every day at The HASPC, it's wonderful that there's extra focus by media to better inform the public at large.

I'm thrilled to let you know that our book, "*Beat the Heart Attack Gene*," co-written by Dr. Bradley Bale and me with Lisa Collier Cool, was officially released on February 4 and has led to numerous related articles and interviews.

Because this media coverage is both timely and educational, we've highlighted article summaries with hyperlinks to the full articles on the back of this newsletter. I'm also sharing a summary of other interviews that I've recently given, along with where they will be featured. If you find this issue as informative and helpful as I hope you will, please feel free to pass it along to a friend or family member who may benefit.

Amy

February Events

♥ *Book Signing—Auntie's*

Join me at Auntie's on Thursday, Feb 20 at 7:00 p.m. for a presentation and book signing! Hope to see you there!

♥ *Heart Health & Red Dress Luncheon*

Saturday, Feb 22 from 11:30-1:30 at the historic Davenport hotel. Tickets are just \$35 dollars. Due to demand, seats were increased from 75 to 104 and just a few remain. Please call Cathy or Liz at (509) 747-8000 to reserve your spot.

In addition to the luncheon itself, each ticket also includes a complimentary cIMT scan, generously donated by CardioRisk. Scans will be provided on a first come, first served basis due to increased demand. Valued at \$200 when performed in medical facilities, the cIMT scan is a painless, noninvasive test utilizing digital ultrasound technology that measures the thickness of the intima and media layers of the carotid artery. Results can help predict future CV events—stroke, myocardial infarction, and heart attack.

The luncheon will also feature several women speakers, four being featured in our January newsletter. Newly added to the speaker list is Spokane periodontist, Lauralee Nygaard, DDS, who



learned too late that her own gum health may have contributed to a stroke at age 37.

We hope you'll join us for a terrific event!

Recent Interviews

Good Morning Hudson Valley – February 6, 2014. Heard in Southern New York State & No. New Jersey via WLNA-AM.

KBCO Morning Show – February 5, 2014. This is a 100,000 watt station that reaches the entire Denver/Boulder area.

Good Day with Dr. Alvin Augustus Jones – February 5, 2014. In addition to being heard throughout the greater Raleigh NC area, this interview can be heard online at <http://www.dravinjones.com>. The interview will also be available on Qtrax.com in 67 countries outside the United States, reaching more than 27 million unique monthly visitors.

Kathryn Zox Show – February 5, 2014. This show is aired on the Voice America Network.

CFIS-FM, Health First Radio – February 3, 2014. This show is syndicated to eight radio stations across Canada. It was heard live at cfis-fm.com.

KPBX-FM (Spokane Public Radio) – January 29, 2014. The interview was taped and a portion of it will air on the local news broadcast during February.

Health Journal – January 20, 2014. For a story about exercises recommended for people on beta blockers. The Health Journal is Virginia-based with a circulation of 80,000. Slated to run in April 2014 issue.

Twelve New Articles Featuring Amy Doneen, The HASPC and/or The Bale/Doneen Method

Yahoo! Health – February 6

- 1 A Yahoo! Health feature article on February 6, "[New Stroke-Prevention Guidelines for Women Could Save Lives](#)," quotes Amy Doneen discussing how strokes kill more women in the U.S. each year than men. Overall, about 60 percent of stroke fatalities occur in women, a fact prompting new guidelines specifically for women, jointly issued by the American Stroke Association and American Heart Association.

Yahoo! Health – February 4

- 2 On February 4, Yahoo! Health featured an article, "[Study: 'Low T' Therapy Increases Heart Attack, Stroke Risk in Men](#)." Amy Doneen is quoted in this article that discusses how millions of men may be risking a heart attack, stroke or even premature death by taking testosterone therapy they don't need. New research suggests T-therapy is only advised for men who have low T and an associated medical condition.

Spokesman Review – February 4

- 3 The Health section of the February 2, Spokesman Review featured Amy Doneen and The HASPC in an article called "[A Brush with Danger](#)." The article discusses studies linking gum disease to cardiovascular disease, putting people at higher risk of diabetes, heart attack and stroke. Also highlighted is HASPC patient, periodontist Lauralee Nygaard, whose own gum health may have helped lead to a stroke at age 37.

World Lifestyle – February 4

- 4 On February 4, the World Lifestyle website featured an article called "[Could a Daily Dark Chocolate Fix Help Your Heart?](#)" Amy Doneen is quoted and shares five simple lifestyle changes you can employ immediately to reduce heart disease risk – and even enjoy the changes along the way.

Natural Solutions - February 1

- 5 On February 1, the Natural Solutions site featured an article, "[Knowledge is Power: 6 Heart Attack Warning Signs Women Often Ignore](#)," by Bradley Bale, MD, Amy Doneen, ARNP, and Lisa Collier Cool. The article discusses why women's heart attacks are often missed by the woman having the attack, by their family and friends, and even by the medical community. Also shared are six early warning signs.

Spry Living – February 1

- 6 The Spry Living website featured an article written by Amy Doneen, ARNP and Bradley Bale, MD. The article, "[Why Healthy People Have Heart Attacks](#)," discusses how it's possible for someone with a clean bill of cardiac health end to up in the ER clutching his or her chest. The article offers insights into what really causes heart disease and why standard risk assessments routinely miss crucial warning signs.

Austin Woman Magazine - February Issue

- 7 In the February issue of Austin Woman Magazine, Amy Doneen is quoted in an article called "[Keeping Heart Healthy: What Women Need to Know About Cardiovascular Disease](#)." The article discusses why women with cardiovascular disease are commonly misdiagnosed and what women need to know to protect their own health.

Alternative Medicine - February Issue

- 8 Listed in the "What's on Our Reading List" section in the [February issue of Alternative Medicine](#), is "[Beat The Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes](#)" (Wiley, 2013) by Bradley Bale, MD, and Amy Doneen, ARNP, with Lisa Collier Cool. The listing refers to the book as a "new model for understanding and preventing heart disease."

Max Sports & Fitness - February Issue

- 9 The "[Heart Health News & Facts](#)" article published in the February issue of Max Sports & Fitness, quotes Amy Doneen within the section called The Statin Debate. Amy responds to the new cardiovascular prevention guidelines recently released by the American Heart Association and the American College of Cardiology (AHA/ACC).

Expert Beacon Article - January 27, 2014

- 10 Amy Doneen's article, "[Simple Lifestyle Changes that Will Boost Your Heart Health](#)," was published on January 27, in Expert Beacon. The article features a variety of simple lifestyle changes that offer remarkably powerful protection against a heart attack, cutting risk by up to 800 percent.

Yahoo! News - January 10, 2014

- 11 Amy was quoted in a blog post on Yahoo! Health entitled, "[A New Test to Predict Heart Attacks](#)," on January 10th. The article discusses a new blood test that could help predict heart attack danger by checking for certain cells that signal impending risk, according to a new study published in *Physical Biology*.

Prime Magazine - December/January Issue

- 12 The Dec/Jan issue of Prime Magazine featured an article called, "[Beat the Heart Attack Gene: Arming People with Action Steps for Taking Control of Their Heart Health](#)." The article discusses the upcoming book, "[Beat the Heart Attack Gene](#)," by Amy Doneen and Dr. Bradley Bale, which was released on Feb 4, 2014.
-