

# Heart TALK

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

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## Into 2012 with The HASPC Team

The Heart Attack & Stroke Prevention Center has become an international center for the prevention of heart attacks, strokes and diabetes, reaching people all across the world. We remain focused on individualized, optimal care. To accomplish this, it takes a team effort — and I'm very proud of our HASPC team.

Special thanks go to the dedicated work of Pamela Edstrom, RN who has worked with me for the past 8 years and continues to advance her expertise. She remains ever dedicated to meeting our patients' needs.

Denise Kughler remains our caring voice in the front and we are grateful to welcome Cathy Thomson to the afternoon front office position. Denise and Cathy keep the front desk and schedule running smoothly, despite a busy patient schedule mixed with a demanding lecture schedule.

Denise is now mailing appointment cards for 2012 which have your preset quarterly visits. Please contact Denise about any scheduling changes. If you haven't mailed in your membership cards, do so right away. We are filling up fast for 2012!

Please contact your insurance company directly if you are having challenges with laboratory costs — we will do our very best to keep labs to a minimum. Some labs are necessary and unavoidable — it is our only opportunity to determine the stability of your arterial health and the effectiveness of your program in 2012.



## Amy's Notes

Thoughts from  
Amy Doneen  
MSN, ARNP

### Happy New Year and a Warm Welcome to 2012!

Welcome 2012! What an exciting year this will be for all of us! I am usually not a fan of making "New Year's Resolutions," but I am a proponent for setting goals in various areas of my life. For example, I set goals for the interpersonal, professional, spiritual, and health aspects of my life.

Along those lines, I look forward to talking to you about your own personal goals for the year. I am truly honored to be involved in your wellness goals as we head into an exciting new year.

The Bale/Doneen Method had its share of exciting developments in this past year as well. Brad (Bale) and I are happy to report that our prevention course reached a record number of medical providers across the country. The Bale/Doneen Method is now being incorporated into almost every area of the country and this has given great validation to our years of lecturing and dedication to the science of preventing heart attacks, strokes, and diabetes. *(continued at right)*

From a health standpoint, I want to personally shed light on how I made changes to my own work-out and health routine (yes, it is sometimes hard to follow our own advice!).

Most of you know I'm an avid runner and have enjoyed the quiet beauty of 5 a.m. runs every day for years. I've run in almost every major city in this country and have finished many marathons.

After I turned 40 a few years ago, I decided it was time to alter my workouts with weight and strength training. I have now interrupted my quiet runs once or twice each week with the grueling task of 4:30 a.m. training sessions.

Is it worth it? Yes! Interval training reduces risk of diabetes and weight training improves bone health. It only takes 22 minutes a day to make a CV impact!



Special thanks go to my trainer, Benjamin Brown from Go Get It Fitness! (That's Ben with me in the photo above.) If you don't have a trainer, consider an accountability partner. Teaming up is a great way to stay on track! *(continued on reverse)*



### Some supplements are good for you!

While supplements never replace good nutrition, this list contains some beneficial supplements that just might give a boost to your health!



## Supplements — Good Ones to Take for a Healthier 2012

### Vitamin D3 2000-5000iu

daily with the goal to get vitamin D levels to around 50-60. Normalizing vitamin D levels reduces cardiovascular risk, aid in statin tolerability, blood pressure regulation, and vascular inflammation.

### Omega 3 Fatty Acids

1000-2000mg daily (can be provided via daily supplement or hearty fatty fish diet on a regular basis). It is well understood that Omega 3s aid in stabilizing the arterial wall, decrease plaque activity and assist in triglyceride reduction, HDL elevation. Additionally, new data is emerging around its ability to stabilize abnormal heart rhythms and assist in brain cognition.

### Habiscus Tea

Three 8-oz servings daily has been proven to reduce blood pressure.



### Dark Chocolate

7 grams a day of dark chocolate (<70%) has been shown to improve blood pressure, reduce blood sugar and assist in cholesterol management and weight management. The darker the chocolate, the less sugar and calories. Be patient- it takes time to develop a taste for the bitterness of the cocoa bean.

### Co-Q-10 Ubiquinol

At 100-200 mg/day, Ubiquinol has been shown to decrease muscle pain and complaints associated with statin therapy.

### Coffee – 3-5 cups a day

Believe it or not, coffee does not show any adverse cardiovascular impact and may indeed reduce diabetic risk. Obviously, this means we are talking about coffee – not mochas, caramel macchiatos, or high fat lattes – save your money and stick with the pure stuff!

### Magnesium

At 300-400 mg per day, magnesium has been shown to reduce Metabolic Syndrome. This is one nutrient that you can obtain very effectively in a healthy diet of whole grains.

### Cinnamon 2 gm/day

Cinnamon at 2 gm per day has been proven to reduce blood sugars, something very common in insulin resistant individuals.



### L-Carnitine 2gm/day

This is a supplement that is only recommended for those who have the inherited lipid problem of lipo(a). L-Carnitine coupled with statin therapy has been proven effective to lower this dangerous lipid issue.



## More “Amy’s Notes” (continued from front page)

It’s been a challenge at times to stick with the regimen. But, the results are rewarding! With Benjamin’s cross-training advice, I am happy to report I will be running the Boston Marathon for the first time this April. I am heading into that event without any time goals – I want to enjoy the day and the city.

I have also been asked to give a lecture to the American Medical Athletic Association about cardiovascular disease in athletes while at the race event. What a wonderful way to further enhance this exciting event!

Finally, I am most proud of the fact that my children have all enthusiastically incorporated fitness into their lives.

Our son Devin (age 13) enjoys rock climbing and wrestling. Our girls, Sydney and Sophie, have taken up my love of running and have become avid runners themselves.

The photo at the left is a picture of the girls just after finishing running the San Francisco half marathon with me in 2011. Sophie was 10; Sydney was 15. Devin is shown below.

