

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP Vol 24 January 2014



From Amy Doneen

Amy Doneen, MSN, ARNP

A belated Happy New Year to everyone! It's difficult to believe we're nearing the half-way point in January of a new year, and one that we're excited about at The Heart Attack & Stroke Prevention Center!

On February 4, our long-awaited new book, [*Beat the Heart Attack Gene*](#), (co-authored with Dr. Bradley Bale, with Lisa Collier Cool), will be released. I'm thrilled that the Bale/Doneen Method, used every day at The HASPC, will be shared with the public at large.

It is our goal that the information in this book sheds an important light on the inadequacies of the current, accepted predictive scales that are too often seriously inaccurate in predicting who is at risk for a CV event and who is not.

By raising awareness about the hidden clues of CV disease, and the tools that can be used to identify them, we hope that thousands of lives can be saved each year.

To celebrate the release of the new book and to recognize American Heart Month that falls in February each year, we're holding a **Heart Health / Red Dress Luncheon on Sat., February 22, from 11:30—1:30.**

The luncheon will be held in the exquisite Isabella Room at the historic Davenport Hotel in downtown Spokane. Just 75 seats are available and tickets are \$35 each. Reserve your seat now!

In addition to the luncheon itself, each ticket also includes a complimentary cIMT scan donated by CardioRisk Laboratories. Valued at \$200 when performed in medical facilities, the cIMT scan is a painless, noninvasive ultrasound test that measures the thickness of the artery wall. The results can help predict future CV events—stroke, myocardial infarction, and heart attack.

The luncheon will also feature several women speakers, each having their own CV story to share. All their stories convey just how sneaky CV disease can be and how each of these women fell outside the stereotypical realm of who "should" suffer from CV. You will find each of their stories inspiring! See sneak peeks of our speakers on the second page of this newsletter.

Order tickets by calling Cathy or Liz at The HASPC at (509) 747-8000. Or email Cathy@BaleDoneen.com.

Please share with anyone you feel may be interested. I hope to see you there!

Amy



February To-Do Checklist

- Obtain *Beat the Heart Attack Gene* on February 4 (release date —or pre-order now online)
- Attend Amy's Book Signing at Auntie's on Feb 20 at 7:00 p.m.
- Attend Heart Health Luncheon on Feb 22 at the historic Davenport Hotel

A New Test to Predict Heart Attacks? Amy Featured in Yahoo! Health Article by Lisa Collier Cool on Jan 10, 2014

(Excerpts) Being able to identify which patients are at the highest risk for a heart attack, before life-threatening symptoms strike, has long been "the holy grail" of prevention.

A new blood test could help predict heart attack danger by checking for certain cells that signal impending risk, according to a new study published in *Physical Biology*.

"This test is a way to measure endothelial injury and damage," which occurs when cholesterol plaque builds up inside arterial walls and becomes inflamed, explains Doneen, co-author of *Beat the Heart Attack Gene*. [See the entire article by clicking here.](#)



Heart Attack & Stroke Prevention Center
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Women's Heart Health / Red Dress Luncheon, Saturday, February 22, Davenport Hotel



11:30—1:30 in the exquisite Isabella Room

Tickets \$35 per person, available by calling the HASPC office at 509-747-8000 or by emailing: cathy@baldoneen.com

Book signing! Amy's new book, *Beat the Heart Attack Gene*, will be available for purchase & signing.

Complimentary cIMT Scans! (valued at \$200/ea) available to each attendee.

Scanning provided by CardioRisk Laboratories.

CV Survivor Speakers! Women will present their individual CV stories. Three of our speakers are highlighted below.

Heart Health Luncheon Speaker — Suzanne Dills, Registered Nurse and Swimming Champion



Suzanne Dills was a reluctant patient. When her annual physical showed that her cholesterol levels were significantly higher than the year before, she thought her family doctor was overreacting when he referred her to Heart Attack & Stroke Prevention Center. After all, she didn't smoke and had no family history of CVD. "My blood pressure was 90/60, my resting heart rate was 38, and my EKG was normal, all of which indicate good heart health," says the then 60-year-old nurse, who was so physically fit that she was a national swimming champion for her age group.

When she arrived at The HASPC for her appointment, this nationally-ranked swimmer immediately felt out of place. "I looked around the waiting room and all the other patients were really overweight or were smokers." In fact, she was so convinced that a cardiovascular assessment was unnecessary that she actually apologized for "wasting" our time, telling us, quite emphatically, "I don't belong here." Surprisingly, Suzanne was wrong.

Heart Health Luncheon Speaker — Juli Townsend, 37-Year-Old Fit Mom from Spokane



It was nearly 7:00 a.m. and Juli Townsend was rushing to get ready for work. As the customer service representative from Spokane, Washington, was putting the finishing touches on her makeup, the first pain hit. It started in her chest, then shot down her right arm, making her fingers feel numb and tingly. Suddenly, she was struggling to catch her breath. Thinking a little fresh air might help, she took a few steps, only to collapse on her bedroom floor, overcome by waves of intense pain and nausea.

As her husband, Matt, drove her to the ER, with her 3-year-old daughter, Selah, in the backseat, Juli thought, "There's no way I could be having a heart attack at 37, but that's what I thought it would feel like," recalls the young mom. "I told myself it was probably a panic attack." After all, she didn't smoke, she regularly went to the gym, her blood pressure was normal, and she was at an ideal weight for her 5'6" frame. Juli, too, was wrong.

Heart Health Luncheon Speaker — Camille Zaleski, 40-Year-Old with Heart Attack Risk <1%



When Camille Zaleski had her annual checkup, she got good news. "After checking my blood pressure and cholesterol, and plugging the numbers into a software program on his PalmPilot, he said my chances of having a heart attack in the next 10 years were less than 1 percent," says the credit manager from Peoria, AZ, then age 40. She left, reassured that her heart was healthy.

Five months later, Camille arrived at work feeling nauseated and lightheaded, with an irregular heartbeat. "I thought I was having a panic attack." At lunchtime, she felt so ill that she put her head on her desk, hoping that after a little rest the dizziness would clear up. By three o'clock, she asked a coworker to call her husband, who rushed her to the emergency room. "By the time we got there, I had pulsating waves of pain in my left arm and it felt icy cold," she recalls. Camille was having a heart attack. How could this happen after just getting a clean bill of health? Meet Camille now, 10 years after her heart attack. Healthy, happy, and living strong!
