

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP Vol 11 | JUL/AUG 2012



Amy's Notes

Thoughts from
Amy Doneen
MSN, ARNP

Lots of Bale/Doneen Updates

I wanted to update you on some exciting developments with our Bale/Doneen work. Brad (Bale) and I have been working tirelessly with our writer, Lisa Collier Cool, to complete our book! I am forever grateful to our patients who have generously donated their stories.

It is our sincere goal that our book becomes a national best-seller by reaching the public. We are in contract with a national publisher, Wiley & Sons, who has purchased our book and we are quickly nearing our completion deadline. The working title is: "Beat the Heart Attack Gene," and is co-authored by Amy Doneen and Bradley Bale, written with Lisa Collier Cool. Although it is hard to know definitively, we hope to have the book released in the early months of 2013!

On a research note, Dr. Steve Jones from John Hopkins is assisting us in the publication of our 8-year retrospective clinical observational data. A portion of this data will be presented at the AHA meeting this year in California.

I am continuing our lecture series with Bradley Bale for Fall 2012 which is about to

gear up. Our courses are CME certified and are usually taught on a Friday/Saturday schedule. We will visit the following cities this fall – Reno, San Antonio, Cleveland, Chicago, Ft. Lauderdale, Jacksonville, Las Vegas, Phoenix, Los Angeles, and Atlanta.

~ Amy

Vaccine Clinic This Fall

Pamela Edstrom, RN, BSN is working on setting up a vaccine clinic for the fall. The intent will be to provide you with convenience in obtaining your vaccines at our center and also allow for an educational opportunity on why it is so important to obtain the proper vaccines for the prevention of heart attacks and strokes.

Dr. Emery's Update



Dr. Jeff Emery is hosting an open house at the clinic on September 11 from 6-8 for health care providers in the Spokane area. This open house is intended to educate doctors and practitioners about his presence here at the clinic and to provide them with a 30 minute formal presentation on heart attack and stroke prevention. If you feel your primary care providers might be interested, please direct them to our website or call the office to reserve a spot.

Update from the FDA

Great news for our patients taking Actos. Actos is now available as a generic!

Updates from the CDC

It is now recommended that all baby-boomers (born between 1945-1965), get screened for Hepatitis C. The prevalence is 1 out of 30. Please discuss this with your primary care providers. The cost of the test is approximately \$100.

The CDC has also released important information about Seasonal Influenza (Flu) and Heart Disease and Stroke. Read about it here: <http://1.usa.gov/OXMwBS>

From the HASPC Front Office

We congratulate our dear friend and colleague, Denise Kughler, on her new position with the Deer Park School District. While we miss her greatly, we are happy for her.



We are fortunate to have Cathy Thornton move into the position of Front Office Manager. Cathy is retired from District 81 as a teacher and district math coordinator. She is incredibly talented and is a math genius so we are thrilled to have her with us. She will manage the front office and work from approximately 7:30 - 3 daily.



We are happy to have Liz McGaughy (McGoy) on board afternoons alongside Cathy. Liz has an impressive resume and has worked in a variety of public service settings. Liz is a Spokane native and we are thrilled to have her with us.



Each Serving Salmon with Avocado Dip (serves 6)

- Calories: 396
- Total Fat: 26.9g
- Cholesterol: 91mg
- Sodium: 705mg
- Total Carbs: 6.8g
- Dietary Fiber: 4.6g
- Protein: 32g

A Family Favorite — Amy’s Grilled Salmon with Avocado Dip

Late summer is a great time to try one of Amy’s family’s favorite salmon recipes. Children tend to love any kind of dipping sauce so this is a terrific way to get some healthy Omega-3’s along with some healthy fats into everyone’s diet.

Ingredients:

- * 2 avocados - peeled, pitted and diced
- * 2 cloves garlic, peeled and minced
- * 3 tablespoons Greek-style yogurt

- * 1 tablespoon fresh lemon juice
- * Salt and pepper to taste
- * 2 pounds salmon steaks
- * 2 teaspoons dried dill weed
- * 2 teaspoons lemon pepper

Directions:

Preheat an outdoor grill for high heat and lightly oil the grate.

Prepare Dip:

In a medium bowl, mash together avocados, garlic, yogurt, and lemon juice. Season with salt and pepper.

Prepare Salmon:

Rub salmon with dill, lemon pepper, and salt. Place on the prepared grill and cook 15 minutes, turning once, until easily flaked with a fork. Serve with avocado dip.



Burn Calories While Having Fun & Getting Things Done!

(Calories burned by 150 lb. adult over 1/2 hour.)

Weeding Garden
136 calories

Playing Tennis
272 calories

Leisurely Biking
204 calories

Mowing the Lawn
175 calories

Washing the Car
143 calories

Playing Badminton
163 calories

Playing with the Dog
150 calories

Raking Leaves
225 calories

American Heart Assn: 7 Essential Lifestyle Efforts for Heart Health

In January of 2010, the American Heart Association examined men and women age 20 or greater. These individuals had been followed from 1999 to 2006.

As a result of this study, it was determined that there were seven essential lifestyle efforts for heart health. They are as follows:

1. Do not smoke
2. Keep BMI (body mass index) ≤ 25 (find your BMI by using the chart at right)
3. 22 minutes of moderate or 12 minutes of vigorous exercise per day
4. Total Cholesterol < 200mg /dL
5. Blood pressure <120/80 mmHg
6. Fasting Blood Sugar <100mg/dL
7. Diet — at least 4 of these 5:
 - * Four ½ cup servings of fruits & veg / day
 - * Two or more 3.5 oz servings of fish/wk
 - * Three or less sugar-sweetened 12 ounces of beverages/week
 - * Three or more 1-ounce servings of fiber rich whole grains/day
 - * 1500mg or less of salt per day.

Earlier this year, these ‘essential lifestyle efforts’ were put to the test by testing these suggestions on over 7500 adults followed for 4-7 years. It was determined that when at least 5 of the 7 metrics were followed regularly, cardiovascular death risk was reduced by 88%!

Find Your BMI

Height in Feet and Inches	Weight in Pounds															
	120	130	140	150	160	170	180	190	200	210	220	230	240	250		
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60		
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56		
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52		
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49		
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46		
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43		
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40		
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38		
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36		
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34		
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32		
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30		
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29		
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28		

Legend: Underweight (light blue), Healthy Weight (orange), Overweight (green), Obese (yellow)

“Motivation is what gets you started. Habit is what keeps you going.”
~Jim Ryan