

Heart TALK

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

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From Amy & Jeff

Amy Doneen, MSN, ARNP & Dr. Jeff Emery

Hello everyone! During the summer when people are always so busy, we combine our July and August news. This issue is dedicated to updates and the discussion of a recent news controversy.

As our first update, we are excited to announce that Dr. Jeff Emery is embarking on some exciting new opportunities. He will continue to work at the HASPC on a part-time basis and he will also be doing some part-time work at Northwest Neurology as well. This allows Dr. Jeff to expand his prevention efforts to various demographics and populations. Jeff is looking forward to embarking on a mission trip this fall to aid in efforts of clean water, ministry and health care in Africa. We support Dr. Emery in all of his ambitions and we remain excited to have him at the HASPC providing optimal heart attack, diabetes and stroke prevention.

We are also pleased to bring you an update about the book, "Beat the Heart Attack Gene," that Amy has co-authored

with Dr. Bradley Bale and written with Lisa Collier Cool. Finally, we include a discussion about last week's controversial stent procedure involving former President, George W. Bush.

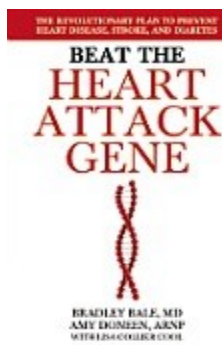
As always, we appreciate that you take time to read Heart Talk!

~ Amy

Bale / Doneen Book Update!

**BEAT THE HEART ATTACK GENE:
A Revolutionary Plan to Prevent
Heart Disease, Stroke and Diabetes**

Publisher – Turner Publishing – anticipated release date January 2014



I am thrilled that Dr. Bale and I are getting very close to having our book published! As you know, we are passionate about prevention and we're hoping to bring the Bale/Doneen Method to the public at large.

Our goal? A national best-seller! However, this is not for reasons of self-gratification. We simply know how many lives can be saved if we can share the importance of prevention and how the Bale/Doneen Method actually prevents disease and stops recidivism versus the standard of care that often treats people after an event.

We are very pleased that early discussions about the book have been very positive.

Here is one recent statement:

"Bale/Doneen has been carefully scrutinized by the medical community. Amy Doneen and Bradley Bale have given more than 1,500 presentations about their method to 100,000 healthcare providers, including keynote addresses and presentations at medical conferences around the world. Their research has been published in such respected journals as the American Heart Association's Circulation, Atherosclerosis, Journal of Clinical Lipidology, and Journal of the National Medical Association. Their protocol is the basis of an American Academy of Family Physicians-accredited preceptorship, a rigorous course that trains other healthcare practitioners to likewise become "disease detectives."

"Although their approach is innovative and comprehensive, it is not difficult to grasp. Indeed, at the behest of their patients and fellow practitioners alike, Bale and Doneen have written a book that will revolutionize the way patients obtain care. Laying out a clear, easy to follow roadmap, Bale and Doneen show readers how they may optimize their own treatment, not by settling for one-size-fits all medicine, or by relying on the emergent "fixes" that much of cardiology centers around, and instead, head off heart attack or stroke. Their work will be the subject of a major ongoing cohort study (similar to the well-known Framingham study) out of John Hopkins; recent publications in major medical journals have further highlighted the efficacy of the Bale Doneen approach."

We expect to begin accepting pre-orders on Amazon.com soon. We'll keep you informed!



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Acute Coronary Syndrome — George W. Bush and the Stent Treatment Controversy



Last week, former President George W. Bush received a cardiac stent. He went in for a routine physical exam, had a ‘routine’ stress test which turned out to be abnormal, and it was followed up with a CT scan that revealed he had a blockage in one of his coronary arteries. Despite being asymptomatic, it was determined that a stent was needed to open up the blocked artery. Many cardiac medical blogs and sites have been a ‘flutter’ with conversation about whether or not placing a stent in an individual who is ‘asymptomatic’ is necessary, cost effective, and /or life preserving. Some are even questioning the value of doing the stress test in the first place. The truth remains – he now is living with a foreign object in his body for the rest of his life and, because of this, will be on medications to prevent thrombosis and other complications.

The question about whether or not stents versus medical therapy are equal or optimal to one another has been a rich debate. In the *Courage trial* (2007), 2,287 asymptomatic patients were given medicine to treat cholesterol, blood pressure, and prevent clots (medical therapy). Half of these people received stents to treat blockages that were at least 70% obstructive in at least one cardiac artery. After five years, there was no difference in deaths, heart attacks, or hospitalizations for chest pain between the two groups.

The *Bari 2D trial* was conducted two years later to confirm the *Courage* results. *Bari 2D* (2009) involved 2,300 patients with diabetes and known heart disease. The same design was used and it was demonstrated that in this five year trial patients treated with stents or medical management (medication for lipids, blood pressure, clot prevention) had equal rates of death, heart attack, and stroke.

I feel it is not appropriate to make judgments about Mr. Bush’s stenting necessity, nor can we say with 100% certainty that he was asymptomatic. What we can determine is the following: appropriate cardiovascular prevention (the Bale/Doneen Method) allows the opportunity to identify silent, vascular disease, identify the inflammatory state of the disease, and determine the exact root cause of the disease. With this disease/inflammatory platform, we can stabilize vascular disease, ultimately eliminating the risk of an unknown plaque to form, rupture, cause a clot, and create the need for a stent.

We received this e-mail the other day which highlights the pulse of many providers around the country who follow our prevention efforts in their own clinics. The tone of this physician’s e-mail is frustration over the fact that the current medical system is challenging patients and medical providers to simply ‘wait’ until the patient has symptoms (if they know they are having symptoms) before initiating any medical treatment. He is voicing his desire to practice a different way – using “Arteriology” as the focal point of medical management of vascular disease — the Bale/Doneen Method.

E-mail received on 8/8/2013 from Thomas Cigno, MD, Ridgefield, Connecticut

“Dear Amy –

In regards to the recent need for George W. Bush to require cardiac stenting, I find this way of thinking so prevalent amongst my colleagues. His Framingham score (risk factor profile) is low, therefore he is assumed to be at low risk for disease, but he has flow limiting vascular lesion!! They are waiting for symptoms. What if he was attributing his shortness of breath on exertion to the Texas heat or his shoulder or back pain to a muscle issue? Are we relying on our patients to be aware of these associations they are feeling when their heart is under stress? Is that the only trigger to acting when someone has a significant blockage? As a physician, I am so troubled by the comment made that “having unnecessary tests which is American medicine at its worst” conveys the message that if someone feels well and has a low risk factor profile – we should leave them alone if they are exercising and not clutching their chest. Instead, they should have put him through the Bale/Doneen Method years ago to find out if he had silent vascular disease and determined what was causing his disease rather than waiting for him to need emergent stenting! This makes me crazy. I would love to get your book, Beat the Heart Attack Gene, as soon as possible. Please let me know how to order it. Thank you — Tom”

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Fast Fact: Did You Know?

That 86% of heart attacks occur in vessels that are less than 70% blocked! Find out if you have inflammatory plaque!
It is easy — just call us at (509) 747-8000.
Don’t wait for symptoms!