Heart falk

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP Vol 27 May-June 2014



From Amy Doneen

Amy Doneen, MSN, ARNP

Greetings everyone! It's so hard to believe that we're heading toward the Fourth of July already! It has been a busy spring here at the HASPC and we have a number of updates in this edition of Heart Talk!

First, let me extend a very belated happy Father's Day message to all the fathers in our practice, as well as to our friends and colleagues who are dads. Second, I hope you'll enjoy the new study we cover in this edition, as well as help me celebrate some wonderful news. We're excited to share our Best of Spokane Award, as well as recent graduation news. And last, but not least, see a terrific — both delicious and healthy — chia seed pudding recipe.

I truly feel so blessed to spend each day doing something I am passionate about: extending lives by using the Bale / Doneen Method to identify individuals at risk for cardiovascular disease and teaching how to overcome it. I hope you enjoy this edition of Heart Talk and will share it with anyone you believe may benefit from its contents.

~ Amy

Amy Earns a New Title

Amy earns Doctor of Nursing Practice degree from Gonzaga University!



Q: What is a DNP Degree?

A: Doctorate of Nursing Practice (DNP) — this is the first doctoral program designed specifically for master's prepared nurse practitioners. I am honored to be the first ever DNP graduate from Gonzaga University.

Q: Why have you pursued your doctorate?

A: I have always wanted to pursue my doctorate and I was thrilled when Gonzaga University opened their DNP program. I was one of the first to enter and definitely the first to graduate! This will help me propel our Bale /Doneen research and teaching and will allow me to continue to spread the word on CVD Prevention.

Q: Will this change your practice?

A: My DNP education will enhance my practice and has allowed me to become a better clinician and researcher. I look forward to

continuing my clinical work at the Heart Attack & Stroke Prevention Center and clinical research and teaching with the Bale/ Doneen Method.

Q: What will your actual title look like?

A: My 'official' title will be: Dr. Amy Doneen, DNP, ARNP. Although I did go through graduation ceremonies at Gonzaga and received my doctorate hood in May, I am still finishing up my dissertation work so I will refrain from changing my title until this fall.

Spokane Award Recipient!

We're excited that Amy was selected for the 2014 Best of Spokane

Award in the Family Practice Physicians

Award in the Family Practice Physicians category by the Spokane Award Program.

Each year, the Spokane Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are "local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Spokane area a great place to live, work and play."

Various sources of information were gathered and analyzed to choose the winners in each category. The 2014 Spokane Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Spokane Award Program and data provided by third parties. Congrats Amy and HASPC!



Heart Attack & Stroke Prevention Center

507 S. Washington, Suite 170 Spokane, Washington 99204 (509) 747-8000 www.TheHASPC.com





This Delectable Dessert Proves That "Healthy" Can Taste Great!

Chia Seed Pudding — Both Healthy and Delicious!

from Contributor, Carrie Lockhert

2 cups skim milk (regular or almond)

½ cup berries (any kind – strawberries, blueberries, raspberries, huckleberries, etc.)

½ cup chia seeds

2 Tbsp sweetener of choice (honey, Stevia, Zylitol)

1 tsp vanilla

Mix together in Mason jar and shake well — refrigerate for 1 hour, shake again. After 1 hour, shake again and refrigerate overnight.



Enjoy! It's yummy!!!

STUDY FINDINGS SUGGEST THAT THE BALE/ DONEEN METHOD IS EFFECTIVE IN **GENERATING** A POSITIVE EFFECT ON **ATHERO-SCLROTIC DISEASE BY ACHIEVING REGRESSION OF** DISEASE IN THE CAROTID

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8-Year Outcomes of a Program for Early Prevention of Cardiovascular Events

Du Feng, PhD; M. Christina Esperat, PhD, RN, FAAN; **Amy L. Doneen, RN, BSN, MSN, ARNP**; **Bradley Bale, MD**; Huaxin Song, PhD; Alexia E. Green, PhD, RN, FAAN

The following is an abstract from an eight-year study: "8-Year Outcomes of a Program for Early Prevention of Cardiovascular Events."

Background: Early identification of cardiovascular diseases allows us to prevent the progression of these diseases. The Bale/Doneen Method, a prevention and treatment program for heart attacks and ischemic strokes, has been adopted nationally in primary care and specialty clinics.

Objectives: The main purpose of this study was to evaluate the effect of the Bale/Doneen Method on lipoproteins and carotid intima-media thickness (IMT) for cardiovascular disease prevention and reduction. A secondary purpose was to illustrate the use of latent growth-curve analysis in studying trajectories of clinical outcomes and biomarkers in individual patients over time.

Method: This retrospective analysis is based on 576 patients at a nurse-managed ambulatory clinic who received the heart attack prevention and treatment program from 2000 to 2008. All patients were white; 61% were men; mean age was 55.5 years. Outcome measures include hemoglobin A1c, fasting blood sugar, plaque burden score (PBS), high-density lipoprotein, low-density lipoprotein (LDL), mean carotid artery IMT, and lipoprotein-associated phospholipase A2 test results. Latent growth-curve analysis was used in modeling changes in these outcome measures.

Results: On average, mean IMT score decreased by 0.01 per year (P G .001), PBS decreased by 0.17 per year (P G .001), LDL decreased by 5.19 per year (P G .001), and lipoprotein-associated phospholipase A2 decreased by 3.6 per year (P G .05). Hemoglobin A1c increased by 0.04 per year (P G .001). Significant sex and age differences in the initial level and/or rate of change of mean IMT, PBS, fasting blood sugar, high-density lipoprotein, and LDL scores were found.

Discussion: The current findings suggest that the Bale/Doneen Method is effective in generating a positive effect on the atherosclerotic disease process by achieving regression of disease in the carotid arteries.

To view the article in its entirety, click this link to access the complete published article.