

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP Vol 17 MAR/APR 2013



From Amy & Jeff

Amy Doneen, MSN, ARNP & Dr. Jeff Emery

Happy spring, everyone! With so much going on — from Easter and Spring Break, to getting back outside and enjoying spring air, flowers, and budding greenery — we decided to combine the March and April newsletters into a special Spring edition.

Because March was National Nutrition Month, we wanted to focus on healthy food choices and nutrition in this issue. You'll find information about a balanced diet and the Healthy Plate in our Healthy Heart Bites section. You'll also find our feature on the heart-healthy benefits of a Mediterranean diet.

This issue also brings you up-to-date on the 100 Hearts Campaign, along with a link to recent carotid IMT research.

We hope you're taking time to get outside, get some exercise, and enjoy Spring!

~ Amy & Jeff

100 Hearts Campaign Update

In January we announced the [100 Hearts Campaign](#) to share our 2013 goal of touching the lives of 100 individuals who may be at risk for heart attack or stroke. We started by asking our current patients, those who know the benefits of the services offered by The HASPC, to refer those they care about and who may be at risk.

We're pleased to announce that a number of our patients have referred loved ones and friends our way. And we THANK YOU! It's tremendously gratifying when we are able to identify arterial damage at an early stage and help that person prevent further damage, and potentially even reverse it. Through your referrals we are indeed touching lives, extending lives, and even saving lives.

If there is someone you believe may be at risk — or if you / they are unsure — there are several steps you can take.

1. Refer them for a complete assessment.
2. Recommend they schedule a carotid IMT ultrasound at our office. The IMT test is a very quick, non-invasive and relatively inexpensive test that provides a wealth of information about one's current and future cardiovascular risk.



3. Refer them for a free 20 minute consultation to learn more about The HASPC.

[Click to find details of the 100 Hearts Campaign and learn about our \\$150 referral fee.](#)

The HASPC in the News!

Amy and The HASPC have recently been featured prominently on Yahoo! This exposure has created more awareness of the preventative approach of The HASPC and how we are working to reshape paradigms about heart attack and stroke.

Use the links below to access these high profile Yahoo! articles that feature The HASPC:

[*Surprising Heart Attack Risks](#)

Did you know that balding and earlobe creases could be signs of heart attack risk? It's a fascinating article that was featured on Yahoo's front page.

[*Heart Health: Shocking Facts Every Woman Needs to Know](#)

Most women—and many healthcare providers—still think that heart disease is mainly a man's disease. Here's what women MUST know about heart attack and stroke.

YAHOO!

If you enjoy this newsletter, please pass it along to a friend or family member who might find it helpful.

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www.TheHASPC.com*



Fruits & Veggies

The mainstay of a healthy diet and well balanced nutrition.



Eat a Balanced Diet by Following 'Healthy Plate' Guidelines

In June of 2011, the USDA replaced the traditional — and confusing — food pyramid, with the 'Healthy Plate.'

Designed to simplify healthy eating habits, the concept of the Healthy Plate is quite simple, just that. Simple!

The idea is that half of your plate should be filled with fruits vegetables, one quarter grains, and one quarter



protein. Dairy rounds out the diet with 2-3 servings of low-fat dairy per day.

See daily guidelines at right.

Veggies: 2.5 cups daily
Fruits: 1-2 cups daily (less if diabetic/ insulin resistant – substitute more veggies)
Protein: 5-6 oz daily. 1 serving = size of the palm of a hand (0.8 mg of protein/ kg of body weight (2.2 pounds/kg)
Starches/Grains: 2 servings daily. ½ cup potatoes, rice or approx. 2 oz of uncooked pasta
Low-Fat Dairy: 2-3 servings daily.

More info: ChooseMyPlate.gov

CIMT Testing

Wider use of CIMT testing and better understanding of its use for CVD risk assessment may lead to changes in the paradigm for CVD diagnosis and treatment. CIMT testing can allow patients to begin lifestyle and pharmacologic changes early, possibly preventing progression to the high risk category and reducing the risk of future CV events.

[See the full article by Amy Doneen, ARNP, and Bradley Bale, MD.](#)

The Heart-Healthy Benefits of the Mediterranean Diet

Originally published in the NEJM Feb 25, 2013 as 'Primary Prevention of Cardiovascular Disease with a Mediterranean Diet,' this provides a summary of the article's key points.

The study followed 7,747 high CV risk patients (57% female; 55 - 80 years old) for 4.8 years. The study evaluated the frequency of a cardiac event or death among those eating a Mediterranean diet compared with those who were NOT following a Mediterranean diet. The study showed an inverse relationship between adherence to the Mediterranean diet and cardiovascular risk. Mediterranean diet variables included: a) extra virgin olive oil, b) extra nuts versus low fat diet; and c) unrestricted caloric diet.

The study was conducted as a randomized trial of this diet pattern for the primary prevention of cardiovascular events.

The EVOO (Extra Virgin Olive Oil) arm was required to consume 4 TBSP of EVOO/day. The Nut arm (Med. Diet supplemented with nuts) was required to consume at least 3 servings of tree nuts a *week* (tested compliance by looking for ALA found in walnuts).

Mediterranean Diet Notes

The Mediterranean diet emphasizes that you:

- *Get plenty of exercise
- *Eat mostly plant-based foods such as fruits & vegetables, whole grains, legumes and nuts

- *Replace butter with healthy fats such as olive oil and canola oil
- *Use herbs and spices instead of salt for flavor
- *Limit meat to just a few times/month
- *Eat fish and poultry at least twice/week
- *Drink red wine in moderation (optional)

The diet also recognizes the importance of enjoying meals with family and friends.

| FOOD GROUPS | GUIDANCE |
|---|------------------------------------|
| Meats and sweets | Less often |
| Poultry, eggs, cheese and yogurt | Moderate portions, daily to weekly |
| Fish and seafood | Often, at least two times a week |
| Fruits, vegetables, grains (mostly whole), olive oil, beans, nuts, legumes, seeds, herbs and spices | Base every meal on these foods |

Conclusions

Only the comparisons of stroke risk reached statistical significance (30% reduction) but NO effect was seen on incidence of heart attack or all-cause mortality.

The Mediterranean diet is not a miracle cure nor a prevent-all measure for cardiovascular disease but it is a healthy diet and can reduce stroke risk by a whopping 30%!

Following the Mediterranean diet AND watching caloric consumption (something NOT done in this study) may prove to have even further cardiovascular benefits beyond one's waist-line measurement.

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