

Heart TALK

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

Vol 31 May 2015



*Thoughts
from
Dr. Amy*

**Dr. Amy Doneen,
DNP, ARNP**

Spring has sprung and it's gorgeous outside! Here's hoping that all the mothers in our practice, as well as those who are colleagues and friends, had a fantastic Mother's Day 2015!

My favorite part about spring is to be able to exercise outdoors in such pleasant weather with all the green around and new leaves and buds everywhere! For some of you, this time of year might also mean planting a garden, or at least trying your hand raising a few veggies. If you're not doing so already, I encourage you to get outside and enjoy this wonderful season!

Finally, I'm dedicating this issue to the exciting launch of the Institute of Arteriology™. After much planning and anticipation, we are pleased to introduce this vital new nonprofit organization dedicated to promoting and advancing the science of arteriology. We want all individuals to have the opportunity to live a life free of cardiovascular disease. Read on to learn why we're so thrilled to announce the IOA.

~ Dr. Amy

What is the Institute of Arteriology™?

The IOA is a non-profit institution dedicated to promote and advance the science of arteriology and ensure that all individuals have the opportunity to live a life free of cardiovascular disease. We invite you to visit our new website at: www.institutearteriology.org.

Two Primary IOA Initiatives

Two initiatives anchor the activities that support the IOA mission. The first, in collaboration with Dr. Steven R. Jones, Johns Hopkins University School of Medicine; Director, Inpatient Cardiology, is *the establishment of a longitudinal registry of patients who have had their cardiovascular risk assessed at baseline and subsequently treated per the Bale/Doneen Method*.

Our goal is to demonstrate that clinical cardiovascular events can be substantially mitigated and even eliminated for many of our patients through systematic monitoring and treatments to optimize arterial health. Our vision is of a multigenerational registry, modeled after the Framingham study, to generate the data required to move the medical industry toward better adoption and implementation of key preventative components of the science of arterial health.

Dr. Jones has recently accepted the position of Chairman of the IOA Scientific Advisory Board. Dr. Jones will play a key role in guiding the research efforts of the IOA. His principal research interests include lipoprotein

physiology, lipid and lipoprotein measurement methodology and cardiovascular risk stratification; particularly the role of HDL, triglyceride rich lipoproteins and lipoprotein(a). Dr. Jones' clinical interests include general clinical, consultative and preventive cardiology, dyslipidemia management, and cardiovascular imaging.

The second core initiative is *the development of a peer-reviewed journal. The Journal of Arteriology™ will provide a translational platform for evaluating and disseminating news, discoveries, studies and other information that can impact arterial health and wellness.*

Institute Objectives

- Advance and accelerate adoption of a revolutionary, science-based systems approach to arterial health.
- Establish a process to expedite the translation of emerging evidence on improving arterial health into practice.
- Quantify the reduction in cardiovascular events in a large cohort specifically engaged in improving arterial health.
- Expand access to knowledge and methods that drive optimal arterial health.



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Heart Attack & Stroke Prevention Center
507 S. Washington, Suite 170
Spokane, Washington 99204
(509) 747-8000
www.TheHASPC.com
















































The Mission and Vision of the Institute of Arteriology

The **Mission** of the Institute of Arteriology is to promote and advance the Science of Arteriology. The **Vision** of the IOA is to ensure that all individuals have the opportunity to live a life free of Arterial Disease.

The Institute of Arteriology Needs Your Support

Today we are reaching out to ask for your support. Our fundraising activities are accelerating. Our initial goal is to raise \$500,000 for the first phase of the IOA. These initial funds will be used to develop a strategic research plan and study protocol(s), identify clinical partners, establish the legal, regulatory and business framework for the long-term life of the IOA, and establish the Journal of Arteriology with the necessary resources for developing a monthly publication.

Donation levels

Levels	Donations	One year subscription to JOA	Name on Website	Name on Annual report	Name on quarterly report	Name on letterhead	Access to any IOA meetings	Access to VIP Care from Founders	Name on Institute (max 3)	Name on study (max 1)
Founder	\$5,000,000									
Visionary	\$1,000,000									
Benefactor	\$500,000									
Sponsor	\$100,000									
Platinum Member	\$50,000									
Gold Member	\$25,000									
Silver Member	\$10,000									
Bronze Member	\$5,000									
Member	\$1,000									

Donations of any size are welcome. Donations below \$1000 will be recognized as supporters and will automatically be enrolled to receive the IOA newsletter. Starting at \$10,000 and above, we will recognize cumulative commitments, counting both past gifts and future commitments in writing to be satisfied over a period of up to five years. Your generous donations are fully tax-deductible. A receipt for income tax purposes will be mailed to your mailing address shortly after receiving your donation.

The Institute of Arteriology welcomes all fundraising opportunities. We look forward to hosting an event in Spokane in the near future. Watch for more information in future communications.

Please make your donation to: **Institute of Arteriology** at the address below:
 604 Arizona Ave.
 Santa Monica, CA 90401



Bradley Field Bale, MD
Founder



Amy L. Doneen, DNP, ARNP
Founder



David Saloff
Executive Director