

Heart TALK

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

July • August 2022



Thoughts from Dr. Amy

The Prevention Center for Heart & Brain Health: A New Name, New Office and New Book!



The Heart Attack & Stroke Prevention Center has a new home and a new name. Earlier this year, my team and I welcomed the first patients to our new medical offices at 371 E. Fifth Avenue in Spokane, Wash. Upon opening the center, we decided to broaden our name to The Prevention Center for Heart & Brain Health to reflect the current focus of the BaleDoneen Method: protecting and enhancing arterial wellness to help patients of all ages lead longer and healthier lives.

The opening of the new center coincided with the release of the new BaleDoneen Method book, *Healthy Heart, Healthy Brain: The Personalized Path to*

Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness. Drawing on the latest peer-reviewed science, the book presents an easy-to-implement plan to help readers avoid heart attacks, strokes, Alzheimer's disease, vascular dementia, diabetes, peripheral artery disease, cancer, chronic inflammation and other debilitating conditions.

How Standard Care Can Fail Patients

When the Heart Attack & Stroke Prevention Center (HASPC) opened in 2001, the original goal was to bridge a dangerous gap in our healthcare system: When we looked for specialists in preventing heart

attacks and strokes, we couldn't find any, even though more than 1.6 million Americans suffer these events each year, and of that number, 775,000 die.

As we recently reported, rates of heart attack and strokes have soared among younger adults (those under age 55). In addition, rates of metabolic disorders — such as insulin resistance, type 2 diabetes, obesity and metabolic syndrome (a gang of five cardiovascular villains that triple risk for heart attack and stroke and quadruple it for diabetes) — have reached epidemic levels in the U.S., collectively affecting more than 115 million Americans.

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Although all these maladies greatly increase a patient’s risk for developing arterial disease, they often go undiagnosed and untreated until the person has already suffered a heart attack or stroke. Even then, “nearly all cardiology practices are poorly suited” to manage the care of patients with CVD and metabolic disease (a condition typically managed by endocrinologists), [according a recent report published in American Journal of Medicine](#).

Its authors, cardiologists Drs. Robert Eckel and Michael Blaha from the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, call for a new medical specialty that they’ve named “cardiometabolic medicine.” It would combine internal medicine, cardiology and endocrinology to improve the care of patients who have CVD and metabolic maladies.

Currently, Drs. Eckel and Blaha report, patients with CVD and metabolic disorders are “shunted back and forth among cardiologist, endocrinologist and primary care physician — with uncertain ‘ownership’ of different aspects of the patient’s care.” In other words, the situation is like a football team without a quarterback to call the plays.

**ARTERIOLOGY:
A Revolutionary New Strategy
to Save Hearts, Brains and Lives**

Although we applaud Drs. Eckel and Blaha for their desire to provide improved care for the millions of Americans with cardiometabolic disease, we don’t feel this approach goes far enough. Instead, we have advanced the BaleDoneen Method by pioneering a groundbreaking new medical specialty called “arteriology,” which has a more holistic focus. It encompasses the total care of patients with diseased arteries, by optimizing the health of the more than 60,000 miles of blood vessels that nourish every tissue and organ in the body, including the heart and brain.

Arteriology is designed to transcend



the medical silos that result in incomplete, fragmented care for people with blood-vessel disorders. For example, people who suffer strokes are typically treated by neurologists, while those who have heart attacks are treated by cardiologists. Yet almost all of these events stem from the same cause: plaque that has been growing silently inside the artery walls becomes so inflamed that it ruptures explosively, like a volcano spewing molten lava.

In an attempt to heal the breach, the blood vessel forms a clot. If the clot travels to the brain, the result is a stroke. If the clot obstructs a coronary artery, a heart attack can occur. Arterial disease can also affect the body from head to toe, causing everything from excruciating leg or chest pain to heart failure, vision problems, erectile dysfunction, chronic kidney disease, non-alcoholic fatty liver disease, digestive disorders, vascular dementia and other forms of memory impairment.

Arteriology uses a team approach in which medical and dental providers work together to optimize their patients’ [oral-systemic wellness](#). Large studies have shown that one of the simplest — and most effective — keys to a longer, healthier life is to combine regular dental checkups with excellent self-care. Indeed, one of [our recent](#)

[peer-reviewed publications](#) has been called “landmark” because it was the first to show that oral bacteria from gum disease can cause CVD.

**Teaming Up to
Stop Arterial
Disease in Its Tracks**

Arteriology encompasses the work of many specialists, including family physicians, functional and integrative medicine doctors, sleep specialists, psychologists, nutritionists, cardiologists, neurologists, geneticists and other specialists looking to incorporate personalized medicine and genetically guided treatment into their

areas of practice. Our new center will serve as a training center for healthcare providers who want to incorporate the BaleDoneen Method’s leading-edge, precision medicine approach into their medical or dental practices.

Recently, a [peer-reviewed study](#) by researchers from the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, including Dr. Blaha and Dr. Steven Jones, found that the BaleDoneen Method rapidly shrinks and stabilizes arterial plaque, helping people avoid heart attacks and strokes. It was also proven that the method eradicated lipid-rich arterial plaque (the most dangerous kind) in 100 percent of cases.

The study included 328 patients of the HASPC, who were tracked for five years. An earlier peer-reviewed study of 572 patients treated with the BaleDoneen Method, published in 2014 in *Journal of Cardiovascular Nursing*, reported dramatic reductions over an eight-year period in plaque deposits, fasting blood sugar, LDL cholesterol, blood pressure and inflammation.

As an added benefit, our method also helps prevent type 2 diabetes — a condition that affects about 30 million Americans, one-third of whom are undiagnosed, greatly escalating their cardiovascular danger. As we [recently reported](#), there is a very strong link

• *August Recipe*

• **Kale and Avocado Salad with Blueberries**

INGREDIENTS

Ready in just 20 minutes, this delicious salad abounds in vitamins and minerals that help keep your heart and brain healthy. Kale has been called “the queen of greens” because of its wealth of nutrients, including iron; vitamins A, C and K; omega-3 fatty acids; and calcium. A recent study found that eating kale regularly significantly reduced inflammation and cardiovascular risk factors. In addition, kale is high in fiber and disease-fighting antioxidants.

This easy recipe also includes two other nutritional powerhouses with proven health benefits: avocados, which help lower cholesterol and blood pressure; and blueberries, which are so beneficial for cognitive health that they’ve been nicknamed “brain berries.” Studies have linked eating blueberries frequently to increased blood flow to key areas of the brain, lower risk for Alzheimer’s and other memory-robbing disorders, and improved attention and mental focus.

- 6 cups curly kale, stemmed and coarsely chopped
- 1 ripe avocado
- 1½ cups fresh blueberries
- 1 cup cherry or grape tomatoes, halved
- 1 cup carrots, grated or julienned
- ¼ cup sliced almonds, toasted
- ½ cup goat cheese, crumbled
- ¼ cup olive oil
- 3 tablespoons lemon juice or apple cider vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper, or to taste
- 1 tablespoon chives, minced



PREPARATION

In a large salad bowl, combine kale, avocado, blueberries, tomatoes, carrots, almonds and goat cheese. Combine olive oil, lemon juice or apple cider vinegar, Dijon mustard, black pepper and chives in a jar or salad-dressing shaker with a tight-fitting lid. Shake well, then drizzle vinaigrette dressing over salad. Toss salad well to combine, then enjoy!

Serves four.

Adapted from eatingwell.com and natashaskitchen.com.

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between insulin resistance (IR) — the disorder that leads to diabetes — and greatly increased risk for a heart attack or stroke. Having IR or diabetes also greatly increases risk for developing Alzheimer’s disease, so much so that some experts have proposed renaming Alzheimer’s disease “type 3 diabetes.”

Find Out How to “Fireproof” Your Arteries!

Because our method also extinguishes the chronic inflammation that sparks many debilitating diseases, our arteriology-based approach also helps prevent many of the devastating disor-

ders that result in many people outliving their health. New research reveals that most people spend the last 13 years of their life in an unhealthy state. Perhaps the greatest benefit of the BaleDoneen Method is helping our patients achieve a health span that matches their lifespan.

To learn more about how our unique, holistic approach to arterial wellness can help you avoid chronic illness, protect your memory, and prevent heart attacks and strokes, [order your copy of *Healthy Heart, Healthy Brain* today](#) — and find out [why talk show host Ed Mylett credits the BaleDoneen Method with saving his life!](#) The book is available in hardcover,

audio and e-book editions at Amazon and many other booksellers.

We also welcome additional reader reviews on our Amazon page, so please share your opinion of the book. Here’s what one reader recently wrote:

“Wow! This amazing book can transform anyone’s life for the better, with actionable steps in every chapter to prevent the world’s number one killer: arterial disease. You no longer need to wonder if you’ll suffer a heart attack or stroke — even if these conditions run in your family. This book provides a great roadmap of how to safeguard and enhance the wellness of your entire body!

**SPECIAL
OFFER**

**TO SHARE WITH
YOUR MEDICAL
AND DENTAL
PROVIDERS**

Learn the Latest Science of Heart Attack & Stroke Prevention — and Earn Up to 17 CE/CME Credits!

Save your seat today at the BaleDoneen Preceptorship course on Nov. 3-4, 2022, in The Woodlands, Texas (Houston area). Our CME/CE program teaches a CURE for cardiovascular disease (CVD), helping your patients avoid heart attacks, strokes, type 2 diabetes, vascular dementia and more! While the standard of care focuses on risk factor analysis, which can be dangerously unreliable, the BaleDoneen Method uses a **PROVEN PARADIGM** to detect hidden arterial disease **BEFORE** dangerous complications set in. Recent peer-reviewed studies have shown that our genetically guided, precision-medicine approach rapidly stabilizes and regresses arterial disease, as well as the inflammation that sparks cardiovascular events. We use a team approach in which medical and dental providers work together to optimize each patient's oral-systemic wellness and address a wide range of root causes that elevate cardiovascular risk. This course welcomes ALL healthcare providers in all specialties.

REGISTER NOW TO RECEIVE 20% OFF!

[Click here and use the code BDM2022](#)

STAY AN EXTRA DAY for the [BaleDoneen Annual Reunion](#) on November 4 (evening) and 5, OR **[REGISTER FOR BOTH EVENTS HERE.](#)** CME/CE for Medical and Dental Providers: This two-day course has been reviewed and is acceptable for up to 17 prescribed credits by the American Academy of Family Physicians and the Academy of General Dentistry. For questions or registration assistance call **866.217.9272** or email: info@baledoneen.com.

PRECEPTORSHIP SPEAKERS



Bradley Bale,

M.D. is a Clinical Associate Professor WSU College of Medicine, Assistant Professor University of Kentucky College of Dentistry, Adjunct Professor at Texas Tech Health Science Center, and runs a private practice in Gallatin, TN. Dr. Bradley Bale is one of the nation's leading specialists in preventing heart attacks, stroke and diabetes.



Amy L Doneen,

DNP, ARP is one of the most influential names in cardiology and an international leader in the prevention of heart attacks, strokes and diabetes. She is the cofounder and a principal instructor in the BaleDoneen Method, practiced by hundreds of clinicians around the world.