

Heart TALK

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

February 2022



Thoughts from Dr. Amy

You may have heard the saying, "What's good for the heart is good for the brain." A new study suggests that may be especially true for women. Mayo Clinic scientists reported that women with cardiovascular disease — or its major risk factors — were at much greater risk for declines in their memory and cognitive skills during midlife than men with these conditions.

Conversely, heart-healthy habits dramatically reduce risk for cognitive decline and dementia in men and women, as well as offering powerful protection against heart attacks, strokes, and chronic diseases. Here is a closer look at the heart-brain connection, with key takeaways from the BaleDoneen Method.

How was the study conducted?

Published in the journal [Neurology](#) in January, the study included 1,857 men and women in their 50s and 60s who were participating in the Mayo Clinic Study of Aging. At the start of the study, they received nine tests to evaluate their memory, language, executive function and spatial skills, with the results combined to yield a global cognitive score.

Participants' medical records were checked for cardiovascular (CV) conditions (such as heart disease, congestive heart failure, stroke, peripheral artery disease and arrhythmias) and CV risk factors (obesity, diabetes, high blood pressure, high cholesterol, high triglycerides and past or current smoking).

The volunteers, all of whom were free of dementia at the start of the study, were tracked for up to eight years, with the cognitive testing repeated every 15 months. The goal of the study was to look for associations between mid

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**Is a
Healthy Heart
the Key
to Keeping
Women's
Memories
Sharp?**



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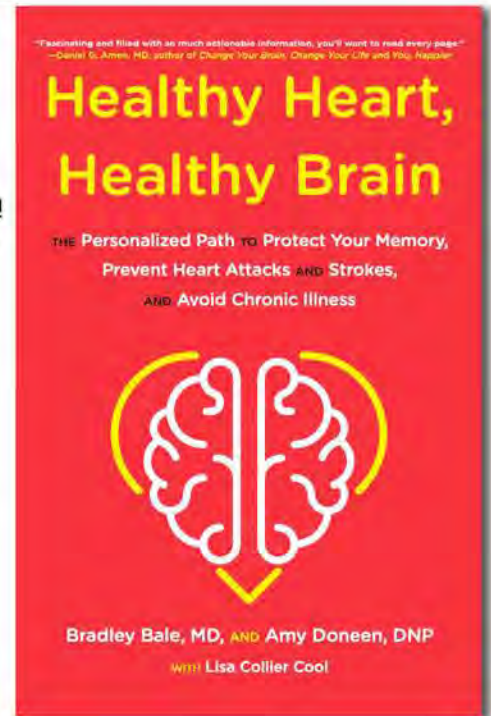
Boost your cardiovascular health, optimize your mental strength and prevent and reverse arterial disease with the groundbreaking science of the BaleDoneen Method! Now available for pre-orders on [Amazon](#), [Barnes & Noble](#) and many other booksellers, *Healthy Heart, Healthy Brain: The Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness* by Bradley Bale, MD and Amy Doneen, DNP with Lisa Collier Cool offers a comprehensive roadmap to lifelong cardiovascular wellness. Here is some of the advance praise for the book, which will be released in March 2022:

“Healthy Heart, Healthy Brain summons us to reclaim our health. With simple screening tests and diagnostics, it revolutionizes our idea of preventative medicine as well our concepts about holistic health. No longer do you need to go to a different specialist for every body part when you take Drs. Bale and Doneen’s approach. If you care about your health and longevity, you’re going to want to read this book.”

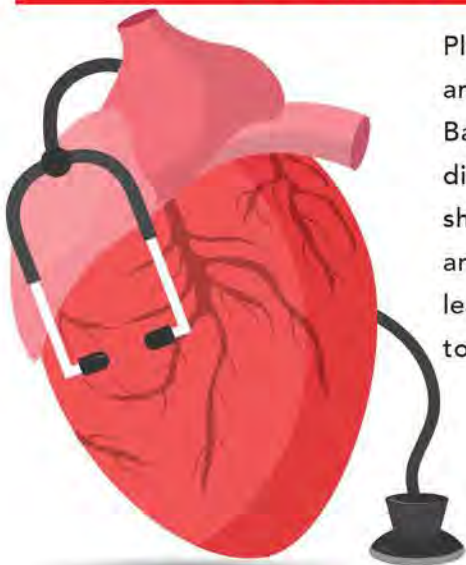
— **EDWARD MYLETT**
author of *#MaxOut Your Life*

“I’ve not only used the BaleDoneen method, but I’ve seen it work with my former patients. A comprehensive yet personalized approach to identifying and eliminating inflammation, Healthy Heart, Healthy Brain is a roadmap to the future of cardiovascular disease management. A true practice changer, this is sure to be one of the most compelling books you’ve read in years!”

— **SEAN CONLEY,**
DO, FACEP, CDR, MC, USN, White House Physician 2016-2021



WOMEN'S HEART HEALTH WEBINAR



Please join us on February 9 for a special, one-hour webinar — and invite your friends, family and colleagues. Discover how the BaleDoneen Method can prevent, halt or even reverse arterial disease. Drawing on the latest science, Dr. Amy Doneen will shine a light on women’s heart health and reveal how to create an optimal heart health plan for women of all ages. You will also learn the top 10 prevention tips that you can use **RIGHT NOW** to avoid heart attacks, strokes and chronic diseases!



[Click here to join us on February 9, 2022 at 5:30 pm PST/8:30 EST.](#)
or go to <https://us02web.zoom.us/j/89391241562#success>

February Recipe

Baked Salmon in Foil with Asparagus and Lemon Garlic Sauce

Whether you want an easy family dinner or an elegant entrée for guests, this delicious recipe is sure to delight. Ready in just 30 minutes, it abounds with zesty Mediterranean flavors. Salmon is low in calories but rich in heart-healthy nutrients, including inflammation-fighting omega-3 fatty acids, vitamins D and B12, potassium and selenium. Eating salmon or other oily fish frequently has been linked to lower risk for heart attacks, strokes, dementia and several forms of cancer.



INGREDIENTS

- 4 skinless salmon filets (about 4 ounces each)
- Freshly ground black pepper to taste
- 1 pound asparagus, woody ends trimmed
- 2 tablespoons vegetable or chicken broth
- 1/3 cup freshly squeezed lemon juice

- 1 tablespoon hot sauce, such as sriracha (optional)
- 4 garlic cloves, minced
- 2 tablespoons minced fresh herbs of your choice, such as parsley, rosemary or dill
- Lemon slices or chopped parsley for garnish.

Adapted from cookingclassy.com and bigoven.com.

PREPARATION

Preheat oven to 400°F. Season each salmon filet on both sides with pepper, then place in the center of a 12x18-inch piece of heavy-duty aluminum foil. Divide asparagus into four equal portions and place on the long side of the foil next to the filet. Combine all remaining ingredients in a small bowl, mix well, and drizzle the mixture over the salmon filets and asparagus. Wrap foil around the salmon and asparagus, crimping the ends to make cooking packets. Transfer packets to a baking sheet, sealed side upward, in a single layer, and bake for 20 minutes. Unwrap, garnish with lemon slices or chopped parsley and enjoy!

Serves four.

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life cardiovascular health and mental acuity, and to find out if these associations differed in men and women.

What did the study reveal about men and women’s risk for cognitive decline?

Overall, 79 percent of the participants had at least one CV disorder or risk factor. Men had more risk factors than women: 83 percent for men vs. 75 percent for women.

Yet almost all the CV conditions and factors studied had a much greater impact on women’s brain function than men. For example, the annual decline in global cognitive function was more than twice as great in women with heart disease than in their male counterparts.

Moreover, the team found that diabetes and high levels of blood fats (such

as cholesterol and triglycerides) were linked to declines in language skills in women, but not men. However, congestive heart failure was only associated with declining language skills in men.

While the study did not prove that cardiovascular conditions and risk factors cause cognitive decline, greater understanding of sex differences in its development is important to enhance the health of middle-aged adults, lead study author Michelle Meilke, PhD [stated in a news release](#). “Thus, while all men and women should be treated for cardiovascular conditions and risk factors in midlife, additional monitoring of women may be needed as a potential means of preventing cognitive decline.”

What are the best ways for women to protect their heart and brain health?

Also known as cardiovascular disease (CVD), heart disease remains underdiagnosed and undertreated in women. The BaleDoneen Method is striving to change that by empowering women with the facts they need to take charge of their health TODAY. Follow these crucial steps to protect your heart and brain health — and please share them with women you care about.

Understand the facts.

Every 40 seconds, someone in the US has a heart attack or stroke, and every 65 seconds someone develops dementia. The culprit is CVD — and [rates are soaring in younger, seemingly healthy](#) people. Another alarming fact: 64% of women who die suddenly from a heart attack were not previously aware that they had CVD, which typically develops

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mindfulness

PHOTO BY LESLY JUAREZ ON UNSPLASH

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silently over many years. That means early detection and optimal treatment are the keys to prevention. As discussed more fully in the new BaleDoneen book, [Healthy Heart, Healthy Brain: The Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness](#), keeping your arteries healthy helps prevent many other devastating or life-threatening conditions, including Alzheimer's disease, cancer, heart failure, diabetes, vision loss, and chronic kidney disease.

Be aware of female-specific red flags for cardiovascular risk.

Alert your healthcare provider if you have any of these [red flags](#) that warn of increased risk for CVD: polycystic ovary disease (PCOS); lupus, psoriasis or other [autoimmune disorders](#); migraine headache with aura; a history of preeclampsia or gestational diabetes during pregnancy; depression; a high stress level; rheumatoid arthritis or other inflammatory disorders; or bleeding gums. Any of these red flags — or a family history of heart disease, stroke or type 2 diabetes — suggests that you would benefit from a complete [BaleDoneen Method assessment](#) of your cardiovascular health.

Recognize that risk-factor analysis may leave women dangerously unprotected.

A recent study, which analyzed survey data from women, primary care pro-

viders and cardiologists, reported that healthcare providers are less likely to assess women's heart health during annual checkups than men's, and they frequently underestimate women's cardiovascular risk as compared to that of risk-matched male patients. Unlike standard care, the BaleDoneen Method doesn't rely solely on risk factor analysis. We also use laboratory and imaging tests, such as a [painless 15-minute, FDA-approved ultrasound scan](#), to directly check for hidden signs of arterial disease.

Get checked for root causes of heart disease.

Root causes are conditions that can lead to plaque buildup and inflammation in your arteries: the dangerous duo that can spark a heart attack or stroke. One of the most common is [insulin resistance](#), [the root cause of 73% of heart attacks in women and nearly all cases of type 2 diabetes](#). Insulin resistance is also strongly linked to increased risk for memory loss. A recent peer-reviewed BaleDoneen paper has been called "landmark" because it was [the first to identify oral bacteria from gum disease as a contributing cause of CVD](#).

A healthy lifestyle lowers your risk for CVD by 88%.

Protect your heart health by following these lifestyle habits: Exercise at least 22 minutes a day with aerobic workouts, after checking with your

healthcare provider to make these activities are right for you; avoid [sugar-sweetened beverages](#) and exposure to all forms of nicotine; reduce the stress in your life (practicing mindfulness is a great way to dispel tension); and [average 7-8 hours of sleep a night](#). Another powerful benefit of lifting your lifestyle to the next level is a [35% lower risk for memory loss!](#)

Healthy gums help prevent heart attacks!

If you haven't seen your dental provider lately, you're missing out on key screenings and treatments that could help you avoid dangerous health threats, including heart attacks, strokes, diabetes, chronic kidney disease, some forms of cancer and possibly even Alzheimer's disease. All of these disorders, and many others, have been linked to poor oral health in recent studies. In a recent study of older adults, those who hadn't seen a dentist in the previous year had a 50% higher death rate during the study period than those who went two or more times annually. Also check out our [easy four-step plan to optimize your oral and arterial health](#) and our [top ten heart disease prevention tips for women](#).

Save a life.

Tell a friend and teach a friend what you learned here today. You could save a life!



10 SURPRISING WAYS TO BOOST HEART AND BRAIN HEALTH

Studies show that these easy — and enjoyable — actions have powerful cardiovascular perks.



Move to the beat
Not only is dancing a fun way to keep fit, but it also helps keep your memory sharp.



Eat the rainbow
For vibrant arterial health, fill half your plate with colorful fruits and veggies at each meal.



LOL
The more you laugh, the less likely you are to suffer a heart attack or stroke.



Get more ZZZs
Sleeping 7-8 hours a night trims risk for obesity, diabetes, hypertension and many other chronic diseases.



Count your blessings
Keeping a gratitude journal lowers blood pressure, increases joy and helps you sleep better.



Take a hike
Exercising outdoors brightens mood, boosts vitamin D and helps you lose weight.



Nibble on dark chocolate.
Eating one small square daily trims heart attack risk.



Meditate
Mindful meditation eases stress, fights inflammation and may help prevent age-related mental decline.



Brush and floss daily.
Maintaining excellent oral health can add years to your life by reducing risk for heart disease, Alzheimer's, infections and many other health threats.



Talk to a friend
People who are the most socially connected have a 50% lower rate of memory loss.