

June 20, 2013

Greetings -

I received several e-mails this morning regarding the tragic and untimely cardiovascular death of James Gandolfini. This one is particularly impactful –

*“Hi Amy - The news of "Soprano's" star James Gandolfini's death at age 51 from CV disease will surely strike fear in a lot of Americans thinking how random and unpredictable the disease is. I am happy to say that I understand it is neither random nor unpredictable. I no longer fear CV disease. I control it – David”*

The Bale/Doneen Method of CV Prevention is grounded in Education. What seems unpredictable to many is understood by Bale/Doneen treated patients. Our method assesses each patient for the presence of vascular disease, even when it hides silently in the artery walls. We then have the science and knowledge to determine the root causes of that disease and we establish partnerships with patients to effectively treat those root causes. Working together, the treatment eliminates the deadly inflammatory backdrop associated with vascular disease creating a safe environment for which to live a long and healthy life free of unexpected cardiovascular events. There should be no mystery to vascular disease – we have the knowledge to evaluate the inflammatory state of the disease and we strive to do this on a regular basis with our patients – this is the key to wellness.

Our thoughts and prayers go out to the family of James Gandolfini and all those affected every year by the devastating effects of cardiovascular disease.

Statistics regarding Cardiovascular Disease (CVD):

50% of men and 64% of women who die suddenly of a heart attack have no idea they had disease. We have proven data to indicate that heart attack, stroke, and diabetes can be prevented through correct testing and treatment. So this does NOT need to be the case.

Every 34 seconds, someone in this country has a heart attack.

Every 40 seconds someone in this country has a stroke.

One quarter of people who have a heart attack or stroke have already had one – recidivism can be halted!

We currently spend 273 billion dollars annually treating CVD – if we fail to change ‘end-stage’ disease management; it is expected to increase to 818 billion dollars annually in 20 years. Waiting for an event to occur does not prevent it.

Kindly –

*Amy Doneen MSN ARNP*