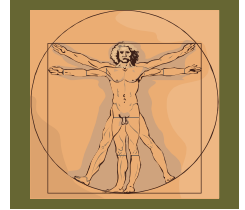


# BELLEVUE MEDICAL PARTNERS PLLC

Summer 2011



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## NIACIN



Recently, a study involving Niacin therapy (AIM-HIGH) was stopped prematurely raising safety concerns about Niacin.

The study showed no additional benefit to the effect of statin therapy (Simvastatin, Lipitor, Crestor among others) and possibly a small increase in stroke risk. Understandably, several have wondered if they should continue their Niacin.

We must look at this study more closely to place the data into the proper context. The study looked at people with known cardiac disease who had cholesterol already at goal with statins and other medicine. The theory was that pushing cholesterol even lower with Niacin therapy would further reduce risk. This does not appear to be the case.

It is important to remember that there is a significant body of evidence and multiple studies that show benefit from Niacin in people with high cholesterol and in fact it is the only medicine that has statistically significant data showing a reduction in arterial plaque. So how do we interpret these seemingly contradictory conclusions?

If you have known coronary disease and your cholesterol is controlled (LDL-Particles <1,000) there is no data to support using Niacin to further lower your risk of cardiac events. In fact, it may increase your risk of stroke. However, for most of us, Niacin is being used to help get our cholesterol to goal and the evidence is overwhelming that this is a useful tool with significant benefit in lowering cardiovascular risk.

If you are on Niacin, you should make sure to discuss this with us so you feel comfortable with your therapy.

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## FOOD FACTS:



Do you know that a 12 ounce can of soda pop has 8-10 teaspoons of sugar and 150 calories! How many of these do you drink in a day? Soft drinks and fruit drinks are one of the top sources of sugar. Cut these out of your diet and your blood sugar, triglycerides and weight will all decrease.

If you are diabetic, which is more important to limit: total carb. intake or sugar intake? According to research, total carbohydrate intake affects you blood glucose more than the type of sugar.

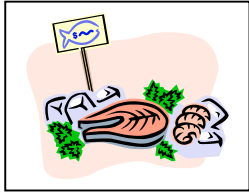
"The whiter the bread, the sooner you'll be dead". Unknown author  
As far as the body is concerned, white flour is not much different than sugar and contains none of the good things that whole fiber does. It's little more than a shot of sugar.

Beer contains Maltose - the most addictive sugar available.

By your snacks at the Farmers Market- get out of the supermarket whenever you can. If you shop the supermarket, shop the peripheries and stay out of the middle when ever you can.

Avoid foods you see advertised on television.

Over 2000 years ago, Hippocrates told us to "let our food be our medicine". Why is it then that we use it as a legal drug?



## Healthy eating!

### Salmon with Ginger-Lime Sauce

#### Ingredients:

- 1 1/2 lb salmon filet, cut in 4 pieces
- 1" section fresh ginger root,  
peeled and thinly sliced
- 2 limes
- 2 T shallots, minced
- 2T rice vinegar
- 2 t soy sauce
- 1/8 t celery seed
- 4 T plant-sterol margarine, well-chilled

Serves 6. Cal. 273, Carb. 3g, Protein 31 g, Fat 15g

Preheat oven to 450 degrees. Place salmon in the center of a large piece of foil. Lay half the ginger slices on top of the salmon. Cut 2 strips of zest from one of the limes. Set them aside and thinly slice the lime. Place 2 lime slices on top of each piece of salmon. Seal the foil, making a packet. Bake for 15 minutes.

Place the remaining ginger, lime zest, shallots, vinegar, soy sauce and celery seed in a medium saucepan and set over high heat. When the liquid has boiled down to 2 t, reduce the heat to low. Whisk the cold margarine, 1 T at a time, into the pan.

Slice the second lime. Open the packet of salmon. Discard the cooked lime and the ginger. Spoon shallot sauce over the salmon and top with 2 fresh slices of lime. Serve immediately.

Richard Collins M.D., The Cooking Cardiologist  
South Denver Cardiology Associates.



## Office News!

Karen is once again doing her annual MS 150 bike ride. The ride takes place in and around Mount Vernon, Deception Pass, Anacortes, and Bellingham on Sept. 10-11 and is a fundraiser for the National Multiple Sclerosis Society.

If you would like to make a tax deductible donation and help support Karen please log on to <http://bikewas.nationalmssociety.org>. Click on "Find a Rider", then type in Karen Anderson (Swedish Smyelin Babes team). You may also send a check to the office payable to the MS Society.

Last year she was able to raise over \$2500 and was one of the top 100 fundraisers for the event!

Thank you to all who have so generously donated!

Dr. Williams will be out Aug. 29-Sept. 2, Sept. 10-19, Oct 17&18

Dr. Kaner will be out Aug. 22-26, Sept. 6 & 7, Sept. 23-26, Oct. 21- Nov. 4.

Karen will be out Aug 13-25.

Office will be closed Sept. 5 in observance of Labor Day.



## Contact us:

If you wish to contact the doctors for non-emergent issues, please use the following:

Dr. Kaner:

[DrKaner@BellevueMedicalPartners.com](mailto:DrKaner@BellevueMedicalPartners.com)

Dr. Williams:

[DrWilliams@BellevueMedicalPartners.com](mailto:DrWilliams@BellevueMedicalPartners.com)

For billing information contact:

[Ali@BellevueMedicalPartners.com](mailto:Ali@BellevueMedicalPartners.com)

For nursing issues contact:

[Karen@BellevueMedicalPartners.com](mailto:Karen@BellevueMedicalPartners.com)

\*NOT TO BE USED FOR URGENT OR TIME SENSITIVE MATTERS.