


Thank you for your interest in The Heart Attack & Stroke Prevention Center.

Our focus is simple – PREVENTION & WELLNESS. We believe you do not have to suffer the devastating effects of a heart attack, ischemic stroke or type 2 Diabetes. We are dedicated to optimal wellness through a paradigm of individualized care. Cardiovascular disease remains the leading cause of death and disability in this country. Type 2 Diabetes is the fastest growing disease in young men and women.

We welcome you to The Heart Attack & Stroke Prevention Center. Amy Doneen and Bradley Bale are the co-founders of the Bale/Doneen Method. This method is quickly being adopted around the country as the premier program for CVD prevention. Our method of cardiovascular disease prevention has been proven to stabilize vascular disease and prevent heart attacks, ischemic strokes and in many cases prevent type 2 Diabetes.

As a patient at this center, you will receive personalized medical care. This approach is founded on the value of private medicine, truly making your health and wellness our top priority. Please note that this is a specialty clinic devoted to the prevention of heart attacks, strokes and diabetes. We are not a replacement for your current health care providers. We strive to work in partnership with your current health care team.

We certainly look forward to meeting you and working with you. Our goal is to provide you the necessary evaluation and treatment necessary to meet your health care goals, achieve optimal vascular health and enjoy the quality of life you deserve.


In good health and wellness,
Amy L. Doneen, DNP, ARNP
Director of The Heart Attack & Stroke
Prevention Center