

**LASIK**

CUSTOMIZED WAVEFRONT TECHNOLOGY

Spokane Eye Clinic, top medical experts with the most highly trained eye care doctors in the region offer Customized Wavefront LASIK Technology.

CALL TODAY FOR A COMPLIMENTARY CONSULTATION:  
**509 623-9755**

TOLL FREE INSIDE WA: 800 824-0664  
OUTSIDE WA: 800 523-1384

**Spokane Eye Clinic**  
WWW.SPOKANEYE.COM

"Spokane Eye Clinic corrected my sight while I worked on my future vision."  
— Anthony D. Borzomato, Ph.D.

*Louisville*  
Laser and Spa

**HERE COMES THE SUN - ARE YOU READY?**

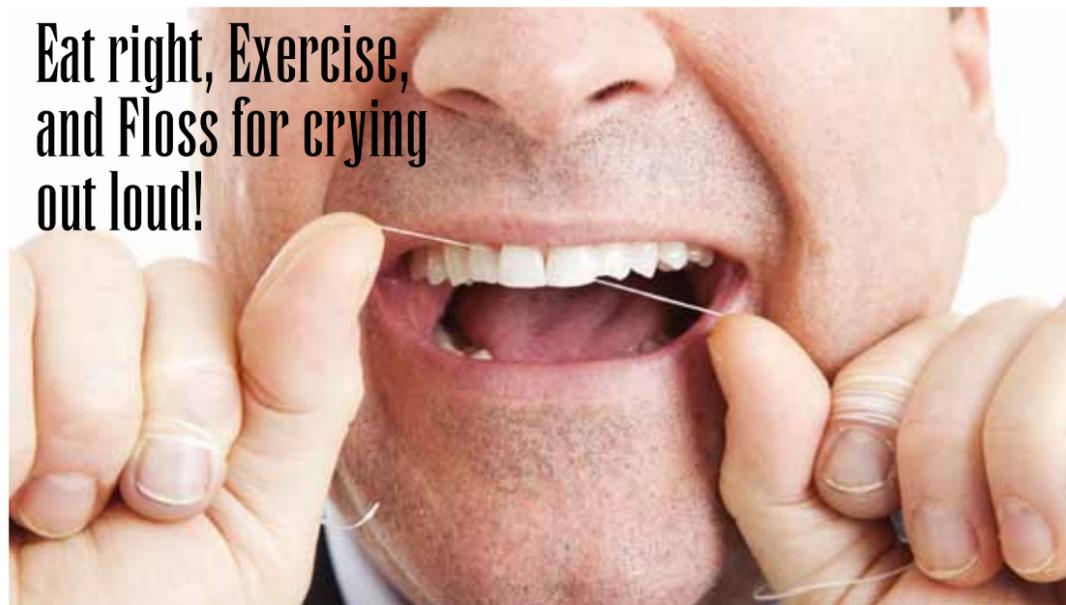
**BOGO FREE!**  
of equal or lesser value,  
(Laser Hair Removal Only)

Botox, Juvederm, Radiesse, Collagen Rejuvenation/Skin Tightening, Brown Spot/Sun Damage Removal, Microdermabrasions, Spa Facials/Chemical Peels, Laser Hair Removal for all skin types, Spider vein removal, Pigment removal, Photo facials

**NEW LOCATION: 6011 N DIVISION**  
509.482.0655 • www.louisvillelaserandspa.com

**HEALTH BEAT** | HEART HEALTH

**Eat right, Exercise, and Floss for crying out loud!**



by Julie Humphreys

**S**HE IS ONE OF THE LAST people you would expect to have a stroke or heart trouble. Spokane's Dr. Lauralee Nygaard is a healthy, petite 43 year-old periodontist who takes her health seriously. But six years ago, between patients at work, she suffered a stroke. She was aware that something was wrong. As a dentist she says she knew just enough to be dangerous. Her vision was blurred and her speech was slurred. So she sat down and took her own blood pressure. It was high, so she took two aspirin and continued with her workday.

The next day she went to her family doctor who thought she might have had a migraine. But Lauralee had a feeling and just enough medical training to think otherwise. Her doctor ordered an MRI and, after three months of tests, her diagnosis was indeed a stroke. Not the classic transient ischemic attack (TIA), where a person has stroke-like symptoms for up to a couple of hours, but a full on cryptogenic stroke, meaning a stroke of unknown origin. It meant Lauralee had a sudden decrease in brain function. She and her doctor believe the reason she doesn't have permanent damage is because of the aspirin she took.

While at first glance Lauralee didn't fit the typical heart attack/stroke victim profile—she was young, in her 30s, thin and healthy—

she did have some of the risk factors for both. She had high cholesterol, did not exercise and had unmanaged stress. Additionally, her parents both have heart disease and ironically her dental health was not good. This dentist says she had bleeding gums and a dental profile that was basically "out of control" mainly from not flossing.

Why does that matter? Because, as Amy Doneen, medical director of the Heart Attack and Stroke Prevention Center in Spokane says, there is a well-established correlation between periodontal disease and heart disease and stroke. Basically, if you don't brush or floss your teeth bacteria can travel to the blood stream in a very short time and cause plaque build up in your arteries, blocking blood flow to the heart and brain. Research shows people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease.

So did the high cholesterol, the lack of exercise, the family history, the poor dental health or the stress prompt the stroke? Doctors agreed all may have contributed, there was no way to be sure. Lauralee has since learned she can be sure about her genetic make-up and how it contributes to her cardiovascular risk. Subsequent DNA testing at the Heart Attack and Stroke Prevention Center revealed Lauralee is at the highest possible risk.

Doneen has been using a genetic testing

**FAMILY DENTISTRY**

*Brooke M. Cloninger, D.D.S.*

New patients welcome  
**Grapetree Village**  
2001 E. 29th

Appointments Available  
Monday through Friday

**509.534.4600**



The 2010 Reader's Survey  
*Bronze Award*  
**BEST DENTIST**



*North Spokane Women's Health*

**Provides  
Obstetrical and  
Gynecological  
Care for Women  
of all Ages.**



Sharon K. Cathcart, D.O. | John I. McKenna, M.D. | Ronald D. Hardy, M.D.  
Derrick R. Havin, M.D. | Debra M. Andersen, A.R.N.P. | Sara B. Edge, A.R.N.P.

509-489-2101 • 235 E. Rowan #102, Spokane WA  
Holy Family Hospital Medical Building

New Patients Welcome  
No Referrals Needed



**SLACK & COMBS**  
ORTHODONTICS

Creating Beautiful Smiles

Braces for Children and Adults

**Stephanie Combs**  
DMD, Ms

**topDENTISTS™**

DIPLOMATE  
AMERICAN BOARD  
OF ORTHODONTICS

**SOUTH HILL LOCATION**  
418 East 30th Ave. • Spokane, WA 99203  
509.624.1139

**NORTH SPOKANE**  
605 E. Holland Ave. • Spokane, WA 99218  
509.998.1745

www.combsortho.com

LipoLaser Spot Fat Reduction & Body Contouring



**ASK ABOUT SUMMER SPECIALS!**

- **NON-INVASIVE • NO SURGERY**
- **NO PAIN • NO INJECTIONS**

Clinically Proven Results  
Targets Stubborn Areas of Body Fat

Measurable Loss After  
Just One Treatment.  
Comfortable, Safe & Relaxing.

**TREATABLE AREAS:**

- Waistline
- Hips
- Love Handles
- Thighs
- Arms
- Legs
- Buttocks
- Chin & Neck
- Upper, Mid & Lower Back

Aspire Skin & Wellness Clinic LLC  
12308 E. Broadway Ave  
Spokane Valley  
509 928-7949  
AspireSkinWellnessClinic.com

Call to schedule your free consultation



**HEALTH BEAT** | WOMEN'S HEARTS

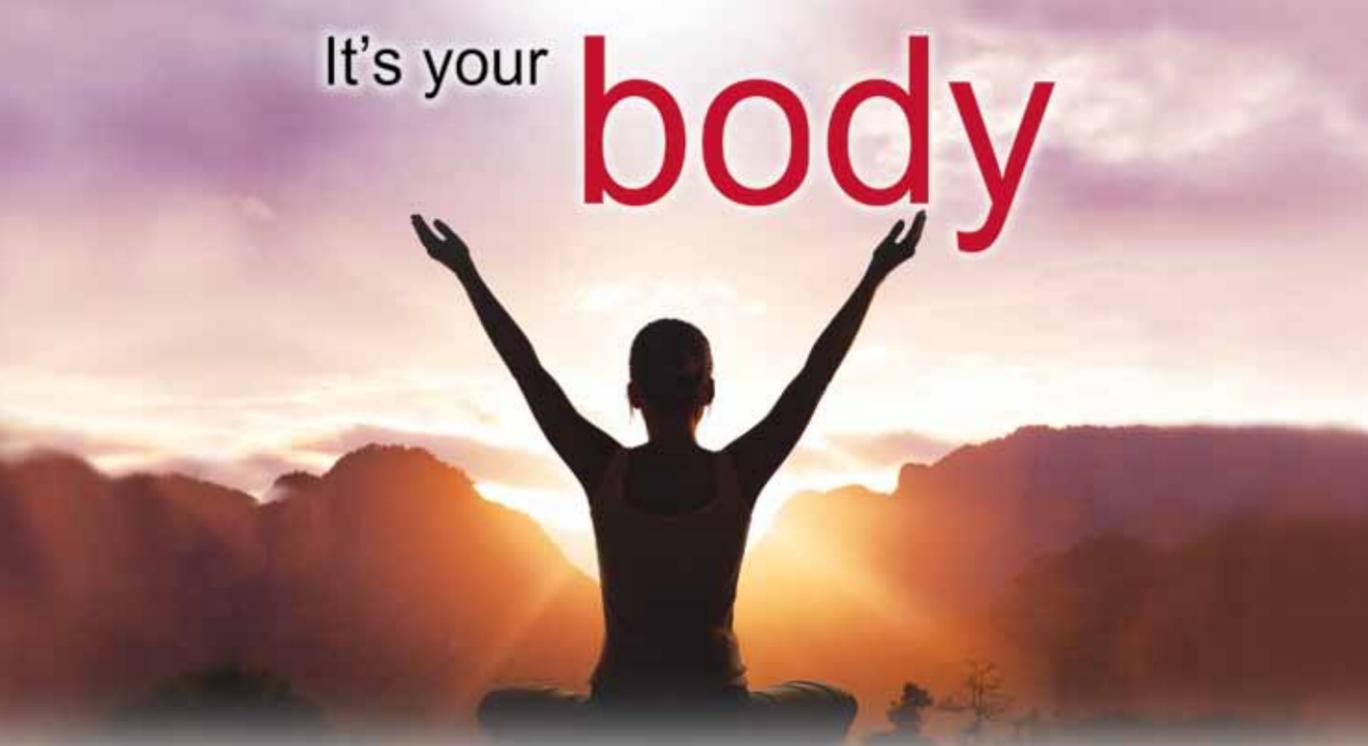
panel at the center since it was developed about a decade ago. With blood work, saliva testing and DNA samples, she looked at Lauralee's genetic predisposition to cardiovascular disease to assess the cause of the stroke and her lifetime risk of another stroke. One genetic test can actually pinpoint how your body will respond to exercise and diet. Doneen feels strongly that using genetics as a guidebook can prevent someone from ever having another heart/stroke event. "We should never allow a person who has had a cryogenic stroke to leave the doctor's office just waiting for the next one when we can prevent the next one," says Doneen.

You don't have to have had a heart attack or stroke for genetic testing. Doneen says it is a great preventive tool for anyone, especially those with a family history of cardiovascular disease. Most insurance companies cover the cost of the testing, which ranges from \$50 to \$100 per test. Doneen says that is a small price to pay for prevention considering statistics show the cost of treating just one stroke in this country is \$225,000.

Today, Lauralee does several things everyday, whether she feels like it or not. She exercises and says honestly, "I hate it!" But she does it to stay alive. "It's not a choice of I could do that tomorrow." After all, cardiovascular disease is the number one killer of Americans. Nearly every 25 seconds, someone will have a coronary event, and about one every minute will die from such an event. Lauralee also flosses her teeth everyday. For her "flossing is not optional; I want to live." She basically eats a diabetic diet made up of foods on the low glycemic index, no processed foods, and very few carbohydrates. She doesn't smoke, which is a heart disease risk factor, nor does she drink alcohol, knowing too much is a risk factor, and she works to reduce the stress in her life. Basically, that's a prescription for healthy living for anyone, regardless of your heart disease and stroke risk. And it's critical for those with risk factors. **S**

*Julie Humphreys is the director of Step Up Spokane and a longtime local television anchor/reporter. She worked for KHQ for 22 years, the last three years of which she focused on a heart health segment. Julie is also passionate about working out, staying healthy and encouraging others to do the same!*

It's your **body**



**Vitamins & Supplements • Sports Nutrition • Bath & Body Care**

Spokane City • 2525 N Ruby St, 99207 • 509-326-8505  
Spokane Valley • 6630 E Sprague Ave, 99212 • 509-456-3660  
Coeur d'Alene • 403 W Neider Ave, 83815 • 208-665-1500

**SuperSupplements®**  
SuperSup.com

Walk-Ins Welcome,  
L&I Insurance,  
Medicare,  
Personal Injury



**VALENTE**  
CHIROPRACTIC

DR. MICHAEL R. VALENTE

Thank you Spokane for  
Voting us Best Chiropractors  
6 years running



"QUALITY  
CHIROPRACTIC CARE  
FROM PAIN RELIEF  
TO WELLNESS!"



3017 E. Francis Ave. Suite 101 467-0057

