

OVERLAKE *Healthy* OUTLOOK

FALL 2014

Childbirth Care in a Family Way

PLUS
ADVANCED CANCER SERVICES
HOW TO GET MORE SLEEP

FROM THE PRESIDENT & CEO

Overlake's commitment to the health and well-being of the Eastside community continues to be our motivation for offering the most comprehensive health care services to the families who live and work here. We practice patient-centered care and believe in community-centered care—a layered approach to providing the necessary services to support you throughout your life.

In this issue, we are highlighting our comprehensive women's services from prenatal care and classes to labor and delivery to postpartum support through our Mom and Baby Care Center. Overlake brings families an extensive combination of services, including an emergency department specializing in obstetrics and pregnancy complications; a Level III neonatal intensive care unit; and services that help new mothers and their babies, including support classes specific to a baby's age, from newborn through the first year and beyond. We are also proud to be a breast milk donation depot to allow mothers to help one another give their babies the best start possible.

At Overlake, we are proud to give nearly 4,000 babies and new families their best start every year. If you are planning for pregnancy or looking for a caring, compassionate and comprehensive facility to deliver your baby, we invite you to visit our facility for a tour and to meet our wonderful childbirth team.

Thank you for your support of Overlake; we are proud to be here to support you.



J. Michael Marsh
President and CEO

YOU'RE INVITED



MONDAY, NOVEMBER 17

HYATT REGENCY BELLEVUE

Wellness Fair: 11 a.m. – Noon

Program: Noon – 1:30 p.m.



Featuring Keynote Speaker
Dr. Lee Hood

President and Co-Founder,
Institute for Systems Biology

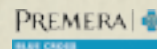
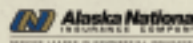
Nationally recognized for his work with the human genome project, Dr. Hood's pioneering approach promises to transform health care.

For more information or to register
visit www.overlakehospital.org/CPL
or call 425-688-5526.

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Overlake Hospital Medical Center is a nonprofit, independently operated regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational, outreach and research activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the health care services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548 or email healthyoutlook@overlakehospital.org.

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For an e-copy, visit www.overlakehospital.org/healthyoutlook.



MAKE TIME FOR STRESS RELIEF

Everyone has stress in their lives, whether it is related to family, work, school, friends or health. The important part is how we deal with it. Stress causes your body to release cortisol, which inhibits other functions such as the body's immune response. The Mayo Clinic reports that overexposure to cortisol can increase your risk of depression, weight gain, sleep problems and chronic diseases such as heart disease.

Ignoring stress can make it worse and take a toll on your body. Try adding a few of these quick tips to your weekly or daily schedule:

- **Exercise.** Exercise helps by decreasing stress hormones and increasing endorphins.
- **Take a soothing bath or drink a cup of tea.**
- **Fresh air.** If you are stressed at work, go for a brisk walk outside.
- **Talk to a good friend.**
- **Dark chocolate.** Look for cocoa content of 70 percent or higher.
- **Watch a comedy or read a lighthearted book.**
- **Make lists.** Make a to-do list or a list of reasons you are stressed. Write down things that make you happy or your weekend plans.
- **Don't try to do too much.** Learn to say no and ask for help.
- **Focus on being positive.**

Manage Your Weight

Weight loss management and treatment range from nutritional guidance to bariatric weight loss surgery. What treatment is right for you? Overlake Medical Center offers classes to answer questions about what's right for each individual.

- Free weight loss surgery seminars are held weekly in Bellevue and Issaquah.
- Free webinars are held on Tuesdays at 7 p.m., once a month.
- Visualize your ideal body size and shape by attending a three-part series on hypnosis to achieve the results you desire.

For more information, visit www.overlakehospital.org/classes.



REGAINING CONTROL



Mitra Ehsan, MD



Elizabeth Miller, MD

Overlake Medical Center offers innovative, multidisciplinary care for women's pelvic health disorders

Even though one-third of women suffer from pelvic health disorders, many don't seek help because of lack of information or modesty. But treatment for pelvic health disorders can be highly effective, according to Overlake physicians Elizabeth Miller, MD, and Mitra Ehsan, MD.

What are women's pelvic health disorders, and who is at risk?

Dr. Miller: Pelvic floor disorders include urinary and fecal incontinence and organ prolapse, which is when a pelvic organ such as the bladder drops from its normal place and pushes against the vaginal wall. These disorders occur as a result of genetic factors, childbirth, age or a combination of all three. Pelvic disorders can have a large impact on a woman's quality of life by limiting her intimacy with her partner, affecting her ability to exercise and socialize, and causing depression.

Does embarrassment often prevent women from seeking help?

Dr. Ehsan: Unfortunately, yes. I have many patients who report that they have been suffering for years, sometimes even decades! Some problems get worse when a patient is older; others can be prevented with education about diet, activity and toileting habits.

How do you use physical therapy as a treatment?

Dr. Miller: I usually start with physical therapy to treat urinary incontinence. It is highly successful, but patients need to continue to do their exercises at home to enjoy sustained success. Physical therapy can help with lower stages of prolapse as well. It is also very successful in improving pelvic pain disorders.

Dr. Ehsan: Our amazing physical therapists help us with diagnosis and treatment. They are very knowledgeable about the pelvic anatomy and its interplay with pain, constipation and continence.

Are there other ways women can improve their pelvic health?

Dr. Ehsan: Patients need to be aware of how their lifestyle affects pelvic health. Medications and non-controlled substances (such as alcohol, caffeine, and over-the-counter medications) have significant impact on how the pelvic organs function, and using moderation and good nutritional sense is important to maintaining and improving pelvic function. Physical activity is as important as nutrition, and weight control is another key.

What makes Overlake's approach so effective?

Dr. Ehsan: It's been gratifying to work with my colleagues in urology, gynecology and physical therapy. We have found that we can make a bigger difference if we put our heads together and collaborate. We use our combined experiences to solve complex pelvic floor disorders.



Overlake offers quarterly seminars for women in which pelvic health experts discuss common disorders, diagnoses and treatments. For more information, visit www.overlakehospital.org/classes.



NUTRIENT SUPPLEMENTS

THE REAL THING IS BETTER

The best way to get important vitamins and minerals is directly from plant sources. This means incorporating a variety of healthy foods into our daily diets. Recommended daily allowances are from the USDA and vary by age and sex.

Vitamin D (15 mcg/day)

FUNCTION: Maintains normal blood levels of calcium and phosphorus; increases bone density; helps absorb calcium

FOOD SOURCES: Salmon, milk, soy milk, tuna, mushrooms

Calcium (1,000-1,200 mg/day)

FUNCTION: Maintains strong bones and teeth

FOOD SOURCES: Oranges, plain yogurt, ricotta cheese, tofu, milk, spinach

Potassium (4,700 mg/day)

FUNCTION: Muscle contraction; fluid/pH balance; builds protein and muscle; helps maintain healthy blood pressure

FOOD SOURCES: Sweet potatoes, plain yogurt, avocados, bananas, dried apricots

Dietary fiber (22-31 g/day)

FUNCTION: Lowers cholesterol; aids healthy digestion; makes you feel fuller, which helps with losing weight

FOOD SOURCES: Beans, pears, bulgar wheat

Iron (8-18 mg/day)

FUNCTION: Supplies oxygen to the blood

FOOD SOURCES: Lentils, spinach, poultry, seafood

To learn more, visit www.dietaryguidelines.gov.

NUTRITION SERVICES

For more information on healthy food choices, call Nutrition Services at 425-688-5484 or visit www.overlakehospital.org/outpatientnutrition.

Sweet Potato and Black Bean Burritos

Ingredients:

- 5 cups peeled cubed sweet potatoes
- ½ teaspoon salt
- 2 teaspoons vegetable oil
- 3½ cups diced onions
- 4 large garlic cloves, minced or pressed
- 1 tablespoon minced fresh green chile
- 2-4 teaspoons ground cumin
- 2-4 teaspoons ground coriander
- 4½ cups cooked black beans (three 15-oz. cans, drained)
- ¾ cup lightly packed cilantro leaves
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 8 eight-inch flour tortillas
- Fresh salsa

Directions:

Preheat oven to 350°F. Place the sweet potatoes in a medium saucepan with the salt and water to cover. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside. While sweet potatoes are cooking, warm the oil in a medium skillet or saucepan and add the onions, garlic, and chile. Cover and cook on medium-low heat, stirring occasionally, until the onions are tender, about 7 minutes. Add the cumin and coriander and cook for 2 to 3 minutes longer, stirring frequently. Remove from heat and set aside. Combine the black beans, cilantro, lemon juice, salt and cooked sweet potatoes. Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices. Lightly oil a large baking dish. Spoon about ⅓ to ¼ cup of the filling in the center of each tortilla, roll it up and place it, seam side down, in the baking dish. Cover tightly with foil and bake for about 30 minutes, until piping hot. Serve topped with salsa.

Source: Whole Life Nutrition Cookbook



SPECIAL DELIVERIES

Overlake Medical Center's family-centered pregnancy and childbirth services support women every step of the way.

New parents quickly discover that a strong support system of family, friends and care providers is essential. "Having a baby is a group effort," says Kristin Graham, MD, Medical Director and Chairperson of obstetrics and gynecology at Overlake Medical Center. "It requires the interaction of an entire team of people to make it a good experience."

From prenatal care to labor and delivery to postpartum support, Overlake Medical Center's network of experienced nurses, physicians, specialists and support staff collaborates to deliver comprehensive, family-centered care. "Our goal is to meet each family's individual needs and give a personalized experience," says Marianne Pizzitola, RN, BSN, Director of Women's and Infants' services. "This includes providing the complete spectrum of care, from low risk to high-risk, and close to home with a smooth transition to our Level III NICU if needed."

Convenient Childbirth Planning

When a woman finds out she's pregnant, her first step—if she has not already done so—is to choose a primary care provider she will see throughout her pregnancy. "Prenatal care is important for healthier outcomes for mom and baby," says Dr. Graham. "We offer comprehensive OB/GYN care from a variety of practitioners. We have midwives, family practice doctors and OB/GYN doctors. We





also have maternal fetal medicine specialists to help care for our high risk-patients.”

At Overlake, we offer classes with information about various ways to cope with pregnancy, labor, birth, post partum care and breastfeeding. These are held at a variety of convenient times as well as online. During the free Childbirth Center tour, mothers-to-be can preview the state-of-the-art facilities in which nearly 4,000 babies are born each year. They also have the opportunity to meet members of the highly skilled staff—including nurses with an average of 13 years of experience—who will care for them during their stay.

Should an expectant mom need special care during a high-risk pregnancy, Overlake OB providers partner with Eastside Maternal Fetal Medicine perinatologists, who provide prenatal screening, genetic counseling and monitoring.

A Family-Friendly Childbirth Center

On the day of delivery, the mom-to-be is in good hands at the Overlake Childbirth Center, which provides private birthing suites and amenities that will keep family members comfortable and close by. “Our staff is passionate about babies and new families, and we consider it a privilege to share this event with them,” says Pizzitola. “Next to safety, there is nothing more important than making pregnancy and childbirth the best experience it can be every step of the way.”

The Childbirth Center’s OB emergency department—staffed 24/7 with an OB physician hospitalist—enables staff to evaluate and triage patients to the appropriate places. “Sometimes triaging them to home if they’re in early labor is the right answer,” says Dr. Graham. “Admitting patients when they’re not really in labor is known to slightly increase their risk for a C-section.” If a C-section is needed, it can be done in the Childbirth Center in one of two operating rooms.

The Childbirth Center’s advanced antepartum program cares for high-risk patients requiring hospitalization prior to delivery. “Our antepartum service has become even more robust now that we have a new higher-level neonatal intensive care unit [NICU],” says Dr. Graham.

Caring for the Eastside’s Early Arrivals

At Overlake’s cutting-edge Level III NICU, neonatologists and neonatal nurse practitioners from Seattle Children’s provide care around the clock to infants as early as 27 weeks’ gestation. “We want these parents to be able to stay on the Eastside and be with their babies,” says Lynne Saunders, BSN, MSN, manager of the new NICU, which opened in 2012.

To promote family bonding, each of the 13 individual rooms includes a sofa and lounge chair. This makes it comfortable for parents to be with their babies and participate in care.



Unparalleled Postpartum Care

Following delivery, mom and baby recover in a private room in the Mother/Baby Unit. During this time, international board-certified lactation consultants stop by to offer breastfeeding education and support.

Before a new mom takes baby home, she can schedule a postpartum follow-up appointment in which an RN checks vital signs of mother and child, does a hearing screen, weight check and a jaundice check. This appointment takes place two to three days after discharge. “Our goal is to be a bridge and a safety net between hospital discharge and when mother and baby have their postpartum appointment with their OB and pediatrician,” says Sandy Salmon, RN, BSN, IBCLC, manager of the Mom and Baby Care Center.

Many of the center’s services are available to the community, including support groups and advice from certified lactation consultants—in person or via phone—for as long as needed. Other lactation-related services include classes; access to baby weigh stations; and a boutique that sells and rents breastfeeding pumps and other products.

New moms can drop off surplus breast milk at the new Mother Milk Depot to help infants in need.

The free or low-cost ‘After Baby Comes’ groups for moms with babies up to 12 months old offer experienced RN advice, peer support and an introduction to additional Overlake services that promote healthy moms and babies, including physical therapy for pelvic floor health, the Outpatient Infant Nutrition Clinic and resources for treating postpartum mood disorder. “We want to let every postpartum mom know she has a place to come for support and assistance so she can feel confident and comfortable in her new role for the entire postpartum year,” says Salmon.

To learn more, visit
www.overlakehospital.org/women.



The Power of Caring

HELP RECOGNIZE OVERLAKE NURSES WHO GO ABOVE AND BEYOND WITH THE DAISY AWARD



Throughout a new mom’s pregnancy and childbirth journey, she’s sure to receive outstanding care from Overlake’s staff of highly skilled nurses. Starting this fall, patients may nominate an exceptional registered nurse—from any medical center department—for the DAISY Award, an international program that recognizes excellence in nursing.

“We want patients and families to help us recognize those nurses that provide not only technical expertise but also human caring,” says Julie Clayton, RN, MSN, NEA-BC, vice president of patient care services and chief nursing officer.

A committee of nurses recently collaborated to compile Overlake’s nursing philosophy, which emphasizes human connection and professional excellence. The philosophy also highlights promoting an environment that attracts and retains highly qualified nurses, an area in which Overlake excels. According to the National Database of Nursing Quality Indicators—

sponsored by the American Nurses Association—Overlake ranks above the 90th percentile for direct-care RNs with specialty nursing certification.

“On a daily basis, patients and families tell me about the extraordinary care they receive from our nurses,” says Clayton. “Our physicians tell us that nurses at Overlake are some of the best nurses they’ve ever worked with, and the DAISY Award is a way for our patients to recognize those exceptional nurses.”

To learn more about the DAISY Award, visit
www.overlakehospital.org/daisy.

REIMAGINING CANCER SERVICES

Overlake is taking an integrated, whole-person approach to cancer care

To the teams of physicians, nurses and health professionals at Overlake Medical Center, cancer care is much more than providing world-class procedures and therapies. It's a call to action to completely care for patients, providing them with the full array of complementary therapies, services and support.

This shift has prompted Overlake Medical Center to reimagine its cancer services with a focus on caring for all the patient's needs—from prevention, screening and early detection to diagnosis, treatment and survivorship. “Our vision with our new Cancer Center is to support the patient through the whole journey,” says Overlake breast surgeon Kristi Harrington, MD, PhD.

That vision includes expanding and enhancing the services available and offering them in one convenient location and in a whole-person approach. Building on care that is already well-coordinated and individualized, Overlake will integrate services such as physical therapy, nutrition counseling, social work, psychological support and palliative care. “I want to wrap them with a great big hug and provide care that embraces them and addresses all their needs,” says Dr. Harrington.

Part of that embrace is providing a seamless connection to support and care from naturopathic oncologists and other providers to help ease the discomfort that can come with treatment. And the growing number of patients now surviving the disease has increased the need for services that support them as they transition to wellness and living life to the fullest.

“We’re going to make great care even better by putting patients



Building a Cancer Center Together

Charitable contributions will help Overlake build a state-of-the-art Cancer Center. “When you have cancer, you want to know you are not alone and you have the best care possible,” says cancer survivor and donor Della Houston. “Overlake helped me on my path to wellness. By contributing to the Cancer Center Campaign, I’m helping to make sure cancer patients have a comprehensive health care team with them each step of the way.”

To make a gift to Overlake’s \$10 million campaign, go to www.overlakehospital.org/cancergift, email foundation@overlakehospital.org, or call 425-688-5525.

and their families at the center of a full circle of care,” says Robyn La Fleur, director of Cancer Services. “Our goal is to make sure our patients feel they are very much taken care of right here and finding all the services they need without having to go elsewhere.”

The ultimate goal of the Cancer Center is to help people return to a state of wellness. “We want to promote wellness in our community,” Dr. Harrington says. “Some people are going to get cancer. We want to be there for them.”

Learn More About Giving and Volunteering



www.overlakehospital.org/support
e: foundation@overlakehospital.org
e: auxiliaries@overlakehospital.org



Overlake Medical Center
Foundation & Auxiliaries
1035 116th Ave. NE
Bellevue, WA 98004



Foundation: 425-688-5525
Auxiliaries: 425-688-5527

SENIORS AND SLEEP

How to get a good night's rest as you age

Changes occur as people get older, and that includes changes in sleep patterns. As people age, they tend to have a harder time falling asleep and staying asleep. According to the National Sleep Foundation, seniors also tend to spend more time in the lighter stages of sleep than in deep sleep, and the prevalence of sleep disorders, such as insomnia, tends to increase with age. In addition, much of the sleep disturbance among seniors can be attributed to physical and psychiatric illnesses and the medications used to treat them.

Some common senior health issues that can prevent you from getting healthy sleep include:

- Side effects of prescription medications.
- Chronic pain, often from health conditions like arthritis.
- Depression.
- Alcohol consumption.
- Not getting enough exercise.
- Snoring.
- Alzheimer's disease or a neurological problem.
- Caffeine consumption.
- Frequent urination during the night.

For most people, sleep improves with treatment. If you or someone you know experiences significant or prolonged sleep disturbance, the first step is scheduling an evaluation with a primary care provider at Overlake's Senior Health Clinic. The clinic has a multidisciplinary team composed of physicians, clinical pharmacists, geriatric nurses and geriatric psychiatrists. This evaluation may consist of a medical history review, review of existing medications, physical examination, lab work and a mental status examination.

To schedule an appointment, or get more information, call the Senior Health Clinic at 425-688-5234. The clinic is located in the Hidden Valley office park at 1750 112th Ave. NE, Suite A-101. For more information, please visit www.overlakehospital.org/seniorhealth.



How to Get More Sleep

- Avoid stimulants such as caffeine.
- Avoid large meals shortly before bedtime.
- Wake up at the same hour every day.
- Exercise and eat meals at set times to help get sleep back on track.
- Daylight is extremely important because it helps regulate the sleep/wake cycle. Spend as much time as possible outdoors or near sunlight.
- Medication can interrupt sleep. A provider at our Senior Health Clinic can recommend adjusting the timing or dose, or possibly switching to an alternative prescription.



Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.

TWO EASY OPTIONS FOR REGISTRATION:

1. Go to www.overlakehospital.org/classes.
2. Call 425-688-5259, Monday-Friday, 8 a.m.-4:30 p.m.



Many of our programs and classes are supported by our Overlake Medical Center Auxiliaries.

Become a fan of Overlake and follow us online.



PLANNING FOR PREGNANCY

Register Early—Classes Fill Quickly

FREE Weekly Email

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information and resources from Overlake's parent education staff. Visit www.overlakehospital.org/childbirthcenter to sign up.

Childbirth Center Tours

Sign up at www.overlakehospital.org/classes.

Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn. Visit www.overlakehospital.org/classes for class descriptions, dates and times.

Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Understanding Birth: eClass. Can't join the childbirth class? We'll bring the class to you.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

After Baby Comes

- Pumping While Returning to Work: Strategies for women who are returning to work. How to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.

- After Baby Comes Support Group: This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

PARENTING

For Girls Only: A Heart-to-Heart Talk on Growing Up and

For Boys Only: The Joys and Challenges of Growing Up

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered as a two-part class regularly from **6:30-8:30 p.m.** on weeknights and occasionally from **3:30-5:30 p.m.** on Sundays. This class is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* For more information or to register for a class, please visit www.seattlechildrens.org/classes. Register early for best selection. Scholarships available. \$70 per child/parent; charges apply for additional children.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake.

Youth 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips and what parents expect. Classes are held regularly on **Sat. and Sun., 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. Please visit www.seattlechildrens.org/classes-community for schedule and registration. \$40 per person.

First Aid and CPR Certification Class

Includes infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. These classes are recommended for everybody including day care workers and others needing certification for their workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Dec. 6, 9 a.m.-4 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Sat., Nov. 22, 9 a.m.-noon; Tue., Nov. 4 or Wed., Dec. 10, 6:30-9:30 p.m.** \$35 per person; \$60 per couple.

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) to learn more.

For more information about our classes, or to register,

HEALTHY LIFESTYLES

Back Pain—Diagnosing and Treating

Lower back symptoms often limit self-supporting daily activities, work, and social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration. Dr. Abhineet Chowdhary will help you better understand back dysfunction and available treatment options, including nonoperative therapy and a new minimally invasive procedure.

Thu., Nov. 13 or Tue., Feb. 24, 6:30-7:30 p.m., Overlake Medical Center PACCAR Education Center. FREE. Preregistration required.

Women's Pelvic Health: An Overview of Common Disorders and What You Can Do

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and overall medical and emotional health. Attend this informative presentation to hear a panel of experts discuss common disorders, what diagnoses and treatment options are available and how you can improve your pelvic floor health. Topics include incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. Our presenters include urogynecologist Kathryn Arendt, MD, boarded in female medicine and reconstructive surgery (FPMRS); Mitra Ehsan, MD, FACS, colorectal surgeon; Elizabeth Miller, MD, urogynecologist boarded in FPMRS; Kathy Golic, physical therapist; and Sagira Vora, physical therapist, MPT, WCS, boarded in women's health. **Tue., Nov. 11, 6:30-8 p.m.** Preregistration required. FREE.

Women's Pelvic Floor and More: Keeping Up With Your Changing Body

In this interactive class designed for women 30 and over, you will learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Kathy Golic, Overlake physical therapist specializing in pelvic floor issues, will cover common bladder issues and pelvic floor disorders and teach you how to obtain optimum pelvic health with the use of healthy lifestyle habits, dynamic breathing, proper pelvic muscle training exercises and more. Time will be allowed to practice techniques and answer questions. **Tue., Nov. 18, 6:30-8 p.m.** Preregistration required. FREE.

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons James Bruckner, Jonah Hulst and Steven Ratcliffe. Time allowed for questions. Choose from one of the following three classes: **Wed., Nov. 19, 10-11:30 a.m.** at Redmond Senior Center, 8703 160th Ave. NE, Redmond.

Thu., Dec. 11, 6:30-8 p.m. at Overlake Medical Center in Bellevue. Preregistration required. To register for the Nov. 19 seminar, call the Redmond Senior Center at 425-556-2314. FREE.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Presented by Thien Nguyen, MD, medical director of Overlake Metabolic and Bariatric Surgery. **Nov. 11, 25, Dec. 9, 23.** Visit www.overlakebariatrics.com or call 425-467-3957 to learn more. Preregistration is required. FREE.

Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Nov. 6, 13 and 20, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken this class. Check our website for details.

DIABETES EDUCATION SERVICES

Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a two-part series of classes to help you learn practical skills to manage your diabetes. To schedule an appointment or register, call 425-688-5700 and press 5 when prompted.

Diabetes Education

A series of two classes that build on each other. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home, and more. Requires a physician's referral. Call 425-688-5700, option 5 to register. We recommend contacting your insurance company in advance to confirm coverage.

SENIOR CLASSES

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. **Mon. and Wed., Nov. 3-26, 10 a.m.-noon.** Preregistration required; call 425-688-5259. Includes workbook and water bottle. FREE parking. FREE.

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Complex, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Nov. 4-25, Dec. 2-23, or Jan. 6-27; or Thu., Nov. 6-20, Dec. 4-18 or Jan. 8-29, 12:15-1:30 p.m.** Preregistration required; call 425-688-5259. FREE parking. \$44 for four-week session or \$11 per class.

Dementia Series: Legal and Financial Planning for Dementia Care

Legal and financial planning as early in the disease as possible is of paramount importance for those who have dementia and their families. The classes will provide practical information on topics such as making legal plans that fit your needs, important legal documents and what they mean, strategies for making a longterm plan of care, how to find legal and financial assistance, government programs that can help pay for care, and tax deductions and credits. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. FREE parking.

Legal Planning **Thu., Nov. 6, 2-3:30 p.m.**

Preregistration required; call 425-688-5259. FREE.

Financial Planning **Thu., Dec. 4, 2-3:30 p.m.**

Preregistration required; call 425-688-5259. FREE.

Walk For Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. Half-mile and one-mile routes available. Bellevue Square, enter at Southwest Skybridge #4. **Mon., Wed. and/or Fri., 8-9:30 a.m.** No registration required. Walkers can attend whatever days and times fit their schedules. For more information, call 425-688-5259. FREE.

BELLEVUE YMCA CLASSES

Feeling Sad

Everyone gets sad, but older adults who face major life changes may feel overwhelmed or depressed. It doesn't mean you're weak, but depression can exacerbate, aggravate and even create physical symptoms. An Overlake physician will discuss both how to identify and treat the symptoms. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Nov. 12, 11:30 a.m.-2:30 p.m.** Preregistration required; call 425-746-9900. FREE.

REDMOND SENIOR CENTER CLASSES

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative class taught by Jonah Hulst, MD., Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Nov. 19, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Preventing Falls and Dizziness

Falls are not a part of growing older but are a common issue with many people. A third of adults experience a fall in the United States annually. A fall can lead to severe and debilitating injuries that limit mobility. Dizziness can be a contributing factor to a fall. An Overlake physician will discuss factors that cause dizziness and falls as well as prevention and treatments. An Overlake pharmacist will then review how medications can increase the risk of falls and will provide recommendations to reduce risk factors. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Jan. 21, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

SUPPORT PROGRAMS

Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are struggling with their new role as mothers. **2nd and 4th Tue. of the month,**

7-8:30 p.m., PACCAR Education Center. No registration required. FREE.

P.S. Support Group: Support for Miscarriage, Stillbirth & Infant Loss

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.** at Overlake's PACCAR Education Center. For more information, call Abbie, the group facilitator, at 206-367-3991, or Cami at 425-277-9494.

La Leche League Groups

Support and information for women who want to breastfeed their babies.

- ♦ Bellevue: **3rd Mon. of the month, 7-9 p.m.** at the Women's Clinic, 10511 16th Ave. NE, Suite 200, Bellevue. For more information, call Kay at 425-226-8117.
- ♦ Issaquah Classroom: **1st Mon. of the month, 10 a.m.-noon** at the Highmark Medical Center, 1740 NW Maple St., Suite 201. For more information, call 425-312-3477 or email LLL.issaquah@gmail.com.
- ♦ Eastside Japanese: **2nd Wed. of the month from 11 a.m.-1:30 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. To learn more, contact Izumi at 425-869-5136 or izumimitsuoka@hotmail.com

Look Good ... Feel Better

This FREE program led by American Cancer Society volunteer cosmetologists teaches beauty techniques to women in active cancer treatment to help combat appearance-related side effects using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Nov. 3, 6-8 p.m.** To register, call Kelly Brajcich at 425-467-3809. FREE.

Cancer Support Groups

Overlake partners with Gilda's Club of Seattle

to offer four different cancer support groups at Overlake. To register for these FREE programs, call 206-709-1400.

- ♦ Breast Cancer Support Group.
- ♦ Grief and Loss Support Group.
- ♦ Caregiver Support Group.
- ♦ Wellness Support Group: for any cancer diagnosis.

Stroke Support Group

For stroke survivors and their loved ones. **2nd Sat. of the month, 1-2:15 p.m.** in the PACCAR Education Center. For more information, call Jennifer Kurtz at 425-688-5904.

Weight Loss Surgery Support Group

For those about to undergo surgery or who have had surgery. **Sat., Dec. 20, 10 a.m.-noon; Thu., Nov. 13, and Dec. 11, 6-8 p.m.** Visit www.overlakebariatrics.com or call 425-467-3957 for more information. No registration required. FREE.

EMPLOYER EDUCATION AND OUTREACH

If you're interested in having Overlake Medical Center involved in your company's upcoming Health Fair or Lunch and Learn program, contact amy.mcgann@overlakehospital.org.

AUXILIARY ACTIVITIES

Community Partners Luncheon

Monday, Nov. 17, 11 a.m.-1:30 p.m., at the Hyatt Regency Bellevue. Please join Overlake Medical Center Foundation and more than 600 business and community leaders to celebrate and support the health and wellness of our Eastside community. The event will feature Dr. Lee Hood, president and co-founder of the Institute for



For more information about our classes, or to register,

Systems Biology. Dr. Hood has been pioneering new approaches to P4 medicine—predictive, preventive, personalized and participatory. Most recently, he has embarked on creating a P4 pilot project on 100,000 well individuals that promises to transform health care. For more information or to register, visit www.overlakehospital.org/cpl.

Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to join this vibrant organization. For more information, contact us at 425-688-5527 or auxiliaries@overlakehospital.org, or visit www.overlakehospital.org/auxiliaries.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, visit www.overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425-688-5211 to find physicians affiliated with Overlake Medical Center. Our FREE referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent classes and lectures to the Eastside community. If you have an idea for a lecture, course or series that you would like us to offer, email us at education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.



Save the Date!

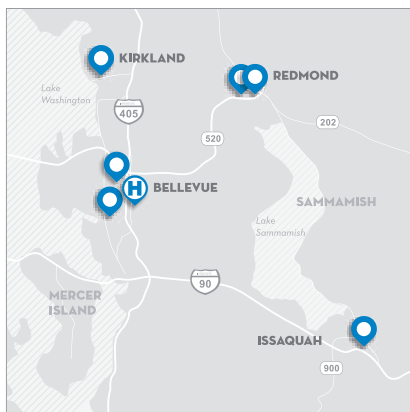
Active Senior Fair 2015

Enjoy this fun, FREE, daylong event that features enjoyable live entertainment with a fashion show and a variety of performers. Sit in on mini-health seminars and workshops, and stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations. Take advantage of free health screenings. The entire day is geared to the active senior.

Call **425-688-6191** or visit www.overlakehospital.org/activeseniorfair for more information. No registration required. Coming March 2015 at a location to be announced.

DON'T MISS THIS FUN-FILLED EVENT!

please visit www.overlakehospital.org/classes.



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NEW MEDICAL STAFF AT OVERLAKE

Cara Alexander, MD

425-688-5175
 Psychiatry

Amber Anderson, MD

425-827-4600
 Pediatrics

Stephen Aprill, MD

425-635-6470
 Internal Medicine

James Butrynski, MD

425-454-2148
 Hematology/Oncology

Scott Chang, MD

952-595-1503
 Diagnostic Radiology

Jason Comer, MD

425-454-2148
 Hematology/Oncology

Brijal Dave, MD

509-892-2700
 Pathology

Cindy Hwang, MD

425-822-8888
 Anesthesia

Benjamin Johnson, DMD

425-277-1844
 Oral and Maxillofacial Surgery

Chi-Hyun Kim, MD

425-635-6350
 Internal Medicine

Sharel Ongchin, MD

425-454-2101
 Ophthalmology

Swastik Sinha, MD

425-774-1538
 Spinal Surgery

Anh Truong, MD

425-454-3938
 Otolaryngology

Preetha Umamaheswaran, MD

425-646-7400
 Colorectal Surgery

Jenny Way, MD

425-462-1132
 Internal Medicine

Liqun Yin, MD

509-892-2700
 Pathology

————— *We think* —————
 the best way to care for
 our neighbors is to be in
 the neighborhood.

6 primary care clinics on the Eastside
 offering same-day appointments

————— *We think about you* —————



OVERLAKE
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 425-635-6600