

OVERLAKE

SPRING 2014

Healthy OUTLOOK



WORLD-CLASS
CANCER CARE
GETS EVEN BETTER



OVERLAKE
MEDICAL CENTER

Overlake cancer patient Kristi Shaw with Kathryn Crossland, MD, PhD;
Brent Reece, MD; Steven Scallon, MD; and Kristi Harrington, MD, PhD



From the President & CEO

Joining an organization as esteemed as Overlake Medical Center is an honor and a privilege. Throughout my 28 years in health care, I have worked in a number of communities, and I couldn't be more pleased to now have the opportunity to help lead the evolution of health care delivery in one of the most dynamic, rapidly growing and intelligent communities in the country.

I have come to learn about the many ways Overlake serves the Eastside community—through a network of neighborhood clinics, leading-edge clinical and surgical care, dedicated Heart & Vascular Center, superior quality care, and workplace health screenings—to name a few. The new Cancer Center, described in this issue of *Healthy Outlook*, will bring even more comprehensive care to our patients.

Overlake and its dedicated physicians, clinicians and staff have served the Eastside for more than 50 years. I intend to ensure that we continue to do so for the next 50 years. As someone who now lives and works on the Eastside, I am proud to serve you and represent the finest medical center in the region.

Thank you,

J. Michael Marsh
President & CEO

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
MEDICAL CLINICS

OverlakeHospital.org/clinics
425-635-6600

HEALTHY OUTLOOK · SPRING 2014

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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 e-mail healthyoutlook@overlakehospital.org.

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



HELPING ASTHMA PATIENTS ACHIEVE SYMPTOM CONTROL



Amy Markezich, MD

For the estimated 2 million adults with severe asthma who continue to have symptoms despite standard-of-care medications, bronchial thermoplasty is a new treatment option—and now it's available on the Eastside. Overlake Medical Center offers this innovative outpatient procedure to treat severe asthma by going to the source.



Frantz Hastrup, MD

It's being performed by Amy Markezich, MD, and Frantz Hastrup, MD, both pulmonologists skilled in bronchoscopy and specially trained to perform bronchial thermoplasty. In clinical studies, the benefits of bronchial thermoplasty included reduced severe asthma attacks, decreased visits to the ER and hospital for respiratory symptoms, and less time lost from work or school due to asthma.

For more information, go to overlakehospital.org/pulmonary.

Are Your Bad Habits Ruining Your Sleep?

Most adults need seven to nine hours of sleep for optimum health. In today's busy world, there are many distractions and behaviors that may interfere with a good night's rest.

Below are some bad habits to break.

Don't sacrifice sleep during the week and sleep in on the weekend; stick to a regular daily sleep/wake schedule.

Stop using blue-light devices (such as computer screens, smartphones and television) two hours before your bedtime to ensure your body produces melatonin.

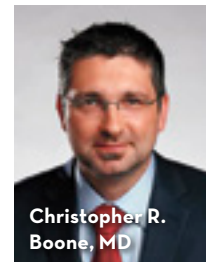
Avoid caffeine and alcohol products four to six hours before bedtime.

Avoid strenuous exercise within two hours of bedtime.

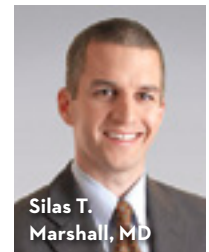


CARING FOR COMPLEX FRACTURES

Orthopedic trauma experts can treat even the most challenging broken bones



Christopher R.
Boone, MD



Silas T.
Marshall, MD

Overlake is pleased to welcome two expert surgeons trained in orthopedic trauma and fractures: Silas T. Marshall, MD, and Christopher R. Boone, MD. Here, Dr. Marshall and Dr. Boone describe their specialty.

What is orthopedic trauma?

Dr. Marshall: In orthopedics, we talk about low-energy and high-energy fractures. A low-energy fracture is, say, when an elderly patient falls down. Orthopedic trauma is usually associated with a high-energy fracture, which may be caused by a gunshot, a car accident, or a fall from a roof. Surgeries to treat these injuries can be very complex, with a high risk of damage to surrounding nerves and vessels, so a lot of decision making takes place as you go. There is also a great deal of teamwork involved because we often need to collaborate with physicians from different specialties, such as cardiology and neurology.

How is the care of trauma patients different from that of other orthopedic patients?

Dr. Boone: Because trauma is completely unexpected and unwanted, good doctor-patient communication is essential. Hip replacement patients typically have time to prepare for the surgery, for example, but trauma patients are suddenly faced with issues such as chronic pain, job loss and emotional stress. So as surgeons, we have a lot of interaction with our patients to ensure that they receive the quality of care and support they need.

What special techniques are used in orthopedic trauma surgery?

Dr. Marshall: It requires a specific knowledge of anatomy and surgical techniques, but at the end of the day, it is really just old-fashioned orthopedics: fixing broken bones with plates and screws. The biggest innovations we are seeing now are in the area of biologics, with things like bone-simulating proteins. Our field is becoming a lot more than just cutting and shaping; it is about the study of life and living organisms, too.

How is Overlake Medical Center equipped to deal with these surgeries?

Dr. Boone: Overlake is a level III trauma center with top-line equipment and an excellent and friendly support staff. For trauma patients here, the quality of both the care and the aftercare is world class.



SPRING CLEANING FRESHEN UP YOUR DIET

Spring is a great time to start fresh and take advantage of seasonal fruits and vegetables because they are at optimal flavor and quality. They are plentiful at local grocery stores and farmers' markets this season, which means a lower price for you. Spring's seasonal fruits and vegetables include:

APRICOTS
ARTICHOKES
ASPARAGUS
BROCCOLI
CHIVES
FENNEL

GREENS
MANGOS
ORANGES
SPINACH
STRAWBERRIES

Nutritionists recommend at least five servings of fresh fruits and vegetables a day. Spring's abundance will help you reach that goal.

NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425-688-5484, or visit overlakehospital.org/outpatientnutrition.

Steamed Asparagus With Raspberry Sauce

Spring has arrived, and asparagus is back in season! This recipe features a unique way to enjoy seasonal asparagus with a sweet and tangy sauce.

Makes 4 servings

Ingredients:

1 cup frozen raspberries
Juice of $\frac{1}{2}$ orange, or one teaspoon frozen orange juice concentrate
1 pound fresh asparagus
1 teaspoon orange zest (optional)

Directions:

Put raspberries in a saucepan with orange juice or orange juice concentrate. Simmer, stirring often, until raspberries have fallen apart, and the mixture looks like a sauce, about 5 minutes. Remove from heat, and set aside.

Steam asparagus over hot water until bright green and soft, but not mushy. Place asparagus in a serving dish, and top with sauce. Serve hot or at room temperature. Garnish with orange zest, if using.

Per serving ($\frac{1}{4}$ of recipe): 49 calories; 0.7 g fat; 0.1 g saturated fat; 12.2% calories from fat; 0 mg cholesterol; 2.5 g protein; 10.1 g carbohydrates; 4.9 g sugar; 5 g fiber; 3 mg sodium; 27 mg calcium; 0.8 mg iron; 35.4 mg vitamin C; 282 mcg beta carotene; 1.3 mg vitamin E.

Source: Amy Joy Lanou, PhD





WORLD-CLASS CANCER CARE GETS EVEN BETTER

OVERLAKE'S NEW CANCER CENTER PROMISES SOMETHING GREATER TO PATIENTS & THEIR FAMILIES

A CANCER DIAGNOSIS. NOW WHAT?

Everything changes for you, your family and support network in an instant. Immediately finding the best care becomes top priority.

At Overlake's Cancer Center "the best care" simultaneously weaves together the latest diagnostic and treatment technologies; the highest-rated clinicians and doctors; and unmatched quality standards alongside a uniquely compassionate and personal touch for our patients and their families.

This subtle but hugely significant difference—a philosophy that each person, his or her family, and every cancer diagnosis is different, and without exception deserves a personal and individualized

approach to care (structured specifically and solely for each patient)—is the driving force behind developing a new Cancer Center at Overlake Medical Center.

With patient satisfaction ratings that show nearly 100 percent of patients would come here again and would refer Overlake Cancer Center to family and friends, many ask, "Why redevelop the cancer program and build a new cancer center?" Director of Cancer Services Robyn La Fleur explains, "Because we can do even better. Cancer treatments continue to evolve from a fragmented approach to a whole-care experience delivered from the patient's perspective, not the doctor's or the facility's."

As a result, Overlake's new Cancer Center plans to provide care in a way that all care comes to the patient and his or her family. This means:

- ➔ Targeted therapies prescribed specifically to an individual's and his/her cancer's unique genetic profiles, which can lead to more positive outcomes.
- ➔ Leading-edge and traditional prevention, screening and diagnostic choices coupled with promising new clinical treatments, trials and technologies.
- ➔ Providers working in multidisciplinary teams to deliver care efficiently and in a way that is less laborious for patients and their families.
- ➔ Offering options for care such as combining traditional medicine with alternative therapies, and bringing in-house complementary and supportive services such as massage, acupuncture, dietary support, and emotional and spiritual care.
- ➔ A new facility offering a welcoming environment and a stellar experience that envelops patients and their families into our Overlake family.

"We would like to make cancer patients' experiences ideal," says Kristi Harrington, MD, PhD, breast surgeon and chair of the Breast Cancer Program.

EXCELLENCE NOW AND IN THE FUTURE

FOR 40 years, Overlake Cancer Center has provided top-tier cancer care to our community. Unlike any other cancer center in Washington state, Overlake's Cancer Center holds three national accreditations: The American College of Surgeons Commission of Cancer and the National Accreditation Program for Breast Cancer (NAPBC); Overlake is also the only site fully accredited by the American College of

"WE WOULD LIKE
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Radiation Oncology in Washington state. Overlake already uses the latest technology to treat various forms of cancer so patients can get premium care right here, in their own backyard. "We offer state-of-the-art treatment that is equal to or better than the academic centers," says radiologist Steven Scallon, MD.

Our plan for the future is to grow our overall capacity to serve the Eastside community by at least 20 percent over five years. Based on a study Overlake commissioned

from the National Advisory Board, the Eastside community can expect an increase of between 15 to 42 percent for certain types of cancer during the next 10 years. This analysis revealed that because of Overlake's existing technology, expertise, breadth of services and value, this Cancer Center is perfectly positioned as a springboard to meet these growing demands for care.

STREAMLINING THE PATIENT EXPERIENCE



renovation of the Cancer Center will make receiving care easier and more efficient. And since cancer is a uniquely complex disease, focusing on a multidisciplinary approach is key to optimal treatment.

"Even in our current facility, our team of medical oncologists, radiation oncologists, general radiologists and specialized breast radiologists works in a very collaborative manner to develop a treatment plan for our patients," says Dr. Harrington. "[In the new Cancer Center], there will be colocation of services to make the entire care process better for all involved."

Providing efficient yet compassionate quality care has always been a goal of the Overlake Cancer Center. "We ensure that patients can quickly get to the lab or in for chemotherapy," says Kathryn Crossland, MD, PhD, a medical oncologist. "We

know their time is valuable, and they may be feeling sick, tired and still trying to fit in all the daily tasks or get on with seeing family and friends.” We make it as easy as possible.

“The redesign will aim to simplify the patients’ visits. The care will revolve around them,” Dr. Harrington says. And for providers of care, the efficiencies of the new design will have benefits, too. “We’re doctors who enjoy helping people get through the process and get cured of cancer,” says Rick Clarfeld, MD, a breast surgeon and medical director of Overlake Medical Clinics. “We generally communicate face to face, and the new Cancer Center design encourages even more interaction.”

Additionally, the existing patient navigator program will get a boost in the new center. “Each patient will be assigned a patient navigator who will not only help schedule and coordinate all of his or her diagnostic tests and treatments, but will also help patients through their entire process,” says Brent Reece, MD, a radiation oncologist.

EXPANDED SERVICES



goal is to make the new Cancer Center all-inclusive—covering prevention, screening, diagnosis, treatment and survivorship.

“We’re going to bring things that are often necessary for and requested by the patient such as complementary medicine, nutrition, lymphedema management and physical therapists who deal with cancer-related issues—like speech and swallowing—under the wing of the Cancer Center,” Dr. Harrington says. The Cancer Center will also continue to maintain its own on-site pharmacists, both for patient convenience and because the medical team has confidence in their expertise.

With the fundraising officially kicked off by a successful Bandage Ball in March, the Cancer Center team is looking forward to the exciting changes ahead. “I’m really proud to work here,” Dr. Harrington says. “I think we have a great center, and we’re looking forward to making it

even better for everybody.”

For information about the fundraising effort for the new Cancer Center and making a donation to this exciting project, contact the Overlake Foundation at 425-688-5525 or majorgifts@overlakehospital.org. See page 10 for details about the fundraising goals.

LEADING-EDGE CARE

The Cancer Center at Overlake offers state-of-the-art cancer diagnosis and treatment including:

- > 3-D digital tomosynthesis, an advanced mammography that better spots “hidden” cancers and reduces false positives
- > Genetic testing and tumor profiling for breast cancer
- > Immune therapy
- > Hormonal therapy
- > Chemotherapy
- > Image-guided radiation therapy to effectively pinpoint cancer tissue
- > Intensity-modulated radiation therapy, which uses small radiation beams to precisely radiate a tumor
- > High-dose brachytherapy, an advanced treatment in which radioactive seeds are placed in or near the tumor
- > Stereotactic radiosurgery—high-dose radiation focused directly on the tumor—for brain and body cancers
- > Robotic cancer surgery
- > Lung cancer screening
- > Video-assisted thoracoscopic surgery to diagnose and treat lung cancer

IT TAKES A COMMUNITY

Launching a campaign to expand programs and enhance facilities

Transformational changes in care, rising cancer rates on the Eastside and Overlake's dedicated focus on providing the best care for our community are inspiring Overlake's efforts to create a new Cancer Center. From prevention and screening for people seeking to stay healthy and well, through diagnostics and treatment, to ongoing support for cancer survivors, the center will ensure that our already superb care will be even better for our future patients and families.

Overlake's Cancer Center will be a true community effort funded with generous support from the people we serve. Our newly launched fundraising campaign seeks to raise \$10 million by June 30, 2015, for this \$15 million project. Thanks to early lead gifts and enthusiastic support at the Bandage Ball, we have raised \$3.4 million to date.

The campaign will help fund the development of new services to complement our exceptional clinical care with a full range of integrative and alternative options for prevention, screening, treatment and support. It will also fund the renovations and construction necessary to create a welcoming, comfortable facility to house the new services and allow for easy patient access and flow.





The community came together for a successful Bandage Ball in March, kicking off the campaign to fund the new Cancer Center by raising more than \$990,000 toward expanded services and facility renovations. For event photos or to make a donation, visit www.bandageball.org.

How to Make a Donation to the Cancer Center

WE WELCOME GIFTS OF ALL LEVELS
AND GLADLY ACCEPT GIFTS OF
APPRECIATED ASSETS SUCH AS
STOCKS, BONDS OR MUTUAL FUNDS.
THERE ARE MANY WAYS TO DONATE.

Online: Visit overlakehospital.org/donate, and select Cancer Center from the drop-down menu.
Mail: Please send checks to Overlake Medical Center Foundation, 1035 116th Ave. NE, Bellevue, WA 98004.
Phone: Call 425-688-5525 to make a gift or for more information.
E-Mail: foundation@overlakehospital.org.
For more information, visit overlakehospital.org/cancersupport.

GAME-CHANGING HEART PROCEDURE FOR HIGH-RISK PATIENTS

Making a major difference and improving lives

Hear patients facing a dire prognosis now have a game-changing treatment option. Since December 2013, the heart valve team at Overlake Medical Center has been performing the minimally invasive procedure transcatheter aortic valve replacement (TAVR), for patients with severe aortic stenosis.

About 1.5 million people in the United States have aortic stenosis. Aortic stenosis is a progressive and debilitating disease that occurs when the aortic valve no longer opens well. This makes it difficult for the heart to pump sufficient blood to the rest of the body, resulting in patients suffering progressive weakness, shortness of breath, chest pain, and fainting or near-fainting spells.

“Before TAVR, patients diagnosed with severe symptomatic aortic stenosis who were not surgical candidates carried a mortality rate as high as 50 percent at two years,” says Scott Haugen, MD, interventional cardiologist with Group Health and co-medical director of the Overlake program. “In a clinical trial, TAVR reduced mortality in the same patient population by greater than 20 percent. For the first time, we have the opportunity for Overlake and Group Health to not only help improve those patients’ length of life, but also their quality of life.”

In a collaborative effort with Group Health, Overlake is the only hospital on the Eastside and one of only four hospitals in the state to provide this procedure. “We’re at the juncture where technology is changing the field of cardiology yet again,” says interventional cardiologist and co-medical director of the TAVR Program Ron Aviles, MD, of Overlake Medical Clinics Cardiology. “Without TAVR, some patients have no choice but to live with symptoms.”

“I couldn’t have asked for better care,” says Stan Brandt, who had the TAVR procedure in December of 2013



Right: Ron Aviles, MD; Stan Brandt, Overlake’s first TAVR patient; Scott Haugen, MD.



at Overlake Medical Center. “I’m feeling great—each day better and better.” He spent two days in the hospital and was driving the next week. In February, Stan turned 90 and he readily admits he didn’t think he would live this long. Now the Olympia resident has his sights set on other activities, such as fishing.

Because there aren’t any other treatment options for patients with severe aortic valve stenosis, who are inoperable or too high risk for traditional open-heart surgery to repair the valve, this minimally invasive procedure offers new hope to patients and family members.

To learn more, call 855-895-VALV, or e-mail valveclinic@overlakehospital.org.

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 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 E-mail

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 overlakehospital.org/childbirthcenter to sign up.

Childbirth Center Tours

Sign up at overlakehospital.org/classes.

Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn. Visit 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

NEW CLASSES

- **Pumping While Returning to Work:** Learn 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 from **6:30-8:30 p.m.** and 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, visit seattlechildrens.org/classes. Register early for best selection. Scholarships available. \$70 per child/parent; \$20 per additional person.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. Youth ages 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. Schedule and registration are available at seattlechildrens.org/classes-community. \$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., May 17 or June 7, 9 a.m.-4 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Wed., May 21, 6:30-9:30 p.m.; Sat., May 3, June 21, 9 a.m.-noon.** \$35 per person; \$60 per couple.

For more information about our classes, or to register,

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

HEALTHY LIFESTYLES

Brain Attack: Start Reducing Risk Now

Although stroke can happen to anyone, certain risk factors can increase your chances of having a "brain attack." Studies show that up to 80 percent of brain attacks can be prevented by working with a health care professional to reduce personal risk. Come hear Overlake neurosurgeon Abhineet Chowdhary, MD, discuss what you can do to decrease your chances of brain attack and what symptoms to watch for. **Tues., May 6, 6:30-8 p.m.** Preregister to reserve your spot. FREE.

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 pelvic health 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, board certified in female pelvic medicine and reconstructive surgery (FPMRS); Mitra Ehsan, MD, colorectal surgeon, board certified in general and colorectal surgery; Julie LaCombe, MD, FACOG, board certified in female pelvic medicine and reconstructive surgery (FPMRS); Mia Swartz, MD, MS, board certified in urology; Kathy Golic, physical therapist; and Sagira Vora, physical therapist, MPT, WCS, boarded in women's health. **Wed., May 14, 6:30-8:30 p.m.** Preregistration required. FREE.

Melanoma Monday—Free Skin Cancer Screening

Overlake health care providers will be available to perform skin cancer screenings. **Mon., May 5, 5:30-8 p.m.** Space is limited; preregistration required. Reserve your appointment online at overlakehospital.org/classes or by calling 425-688-5259. 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. Preregistration required. FREE. Overlake Medical Clinics Highmark in Issaquah, **Mon., May 19 or Thu., June 12 6:30-8 p.m.** at Overlake Medical Center in Bellevue.

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., May 29, June 5 and 12, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken this class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. For more information, please visit overlakehospital.org/wslclinic or call 425-688-5214. Preregistration is required.

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 fear of falling and increase activity levels. **Tues. and Thu., May 6-29, or Mon. and Wed., June 2-25; 10 a.m.-noon.** The Gardens at Town Square, 933 111th Ave. NE, Bellevue. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. Preregistration required; call 425-688-5259. 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., May 6-27, June 3-24 or July 1-22; or Thu., May 1-29, June 5-26 or July 3-24; 12:15-1:30 p.m.**

Preregistration required; call 425-688-5259. \$44 for four-week session.

Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Tues., June 24, 1-4 p.m.** Preregistration required; call Jenny at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

Dementia Series: Understanding Dementia

This class will provide a brief review of the basic information relating to dementia. What are normal and abnormal memory changes with aging, risk factors, what to do if you suspect a loved one has a memory problem. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., May 1, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Communicating With Someone With Dementia

This class will provide families and caregivers with some practical hands-on-tools. Good communication can improve quality of life for people with dementia and their families and can help prevent resistance and difficult behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., May 15, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Challenging Behaviors of Dementia

This workshop will provide a brief overview of dementia and hands-on tools for working with individuals with challenging behaviors. Participants will learn to enter the world of the person with dementia to better understand the meaning of behaviors and uncover their triggers, as well as to intervene to decrease the distress and prevent/defuse inappropriate behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., May 29, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Keeping Safe

People with dementia are at risk for getting lost and suffering other injuries. This session explores why people with dementia have an increased safety risk. It also helps the learner to assess and correct safety problems in the home

please visit overlakehospital.org/classes.

environment, be able to anticipate and avoid unsafe situations, and be able to react appropriately when accidents do happen. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu. June 12, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Self-Care for the Caregiver
Should you involve the person with dementia in planning for the future? How can you talk about difficult topics with a family member who has dementia? What are advance directives (such as durable power of attorney and living will) and why is it important to complete them early on in the disease? This class will answer these questions and provide an overview of how care needs change over time. We will also discuss the importance of self-care and meeting the needs of the caregiver. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., June 26, 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. One-mile and half-mile routes available. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. For more information, please call 425-688-5259. FREE.

BELLEVUE YMCA CLASSES

Eating Healthy

As we age, we still need plenty of vitamins and minerals but less fat and fewer calories. Learn the basics of senior nutrition, diet recommendations and quantities with an Overlake wellness dietitian. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., May 14, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

What You Should Know About Your Medications

As your body ages, it becomes more vulnerable to medication-related problems leading to adverse reactions. An Overlake pharmacist will review common issues and preventions. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., June 11, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

REDMOND SENIOR CENTER CLASSES

Understanding Diabetes

Early diagnosis and control of diabetes are essential for preventing serious complications. An Overlake diabetes nurse educator will review risk factors, symptoms and treatments available. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., May 21, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Memory Loss: Is It Normal or Should You Be Concerned?

An Overlake physician will review how your mind works and discuss common issues of memory loss. Guidelines for keeping memory skills sharp will be discussed as well as when to seek advice. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., June 18, 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

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, 1051 116th 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 LLLIssaquah@gmail.com.
- Eastside Japanese: **2nd Wed. of the month from 11 a.m.-1 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. For more information, contact Izumi at 425-869-5136 or izumimitsuoka@hotmail.

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., May 19, 6-8 p.m. and Mon., Aug. 4, 1-3 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 who are about to undergo surgery or have had surgery. **4th Sat. of the month, 10 a.m.-noon. Also on Thu. evening once a month, 6-8 p.m.** For more information, call 425-688-5214. FREE.

EVENTS

March for Babies

Overlake is proud to sponsor the March for Babies Walk on **Sat., May 3 at 9 a.m.** at the Fisher Pavilion in Seattle Center. Join us as we support the March of Dimes to raise funds for research and programs that help babies begin healthy lives. For more information, visit marchforbabies.org.

NAMIWalks

The National Alliance on Mental Illness is celebrating its 12th anniversary of NAMIWalks! The walk raises awareness and funds to support families and individuals affected by mental illness. Join us at Marina Park in Kirkland on **Sat., May 17**. Check-in starts at **8 a.m.** The walk begins at **9 a.m.** Visit namiwalks.org for more information.

Movies at Marymoor

Wed. nights, July 9-Aug. 27. Overlake is proud to be the presenting sponsor at the Northwest's premier outdoor cinema event. Grab your family, friends, blankets, dogs and lawn chairs, and join us at McNair Field in Marymoor Park for trivia contests, games, prizes and big-screen movies under the stars! For more information, visit MoviesatMarymoor.com.

For more information about our classes, or to register,

Derby Days

Overlake is proud to sponsor the 74th annual Redmond Derby Days festival, held at the Redmond City Hall Campus. Festivities will include live music, activities for the kids, a bike race, refreshments and a spectacular fireworks show. Come out and take part in this local summer tradition! **July 12 and 13.** For more information, visit redmondderbydays.com.

Kirkland Uncorked

Overlake is proud to sponsor this signature summer event benefiting the Hope Heart Institute. Held at the Marina Park in downtown Kirkland, this festival features wine tasting, live music, artist showrooms, a boat show, cooking demonstrations—even a dog modeling contest! **July 18–20.** For more information, visit kirklanduncorked.com.

Bellevue Arts Fair

Come support more than 325 talented local artists offering handmade arts and crafts all throughout downtown Bellevue. Overlake is pleased to sponsor the KidsFair, located inside the Bellevue Arts Museum, which will feature fun, hands-on art activities for children. **July 25–27.** Visit bellevuearts.org/fair for more information.

EMPLOYER EDUCATION AND OUTREACH

If you're interested in having Overlake involved in your company's upcoming Health Fair or Lunch and Learn program, please contact jayne.kennedy@overlakehospital.org.

AUXILIARY ACTIVITIES

Fashions from the Heart—Fashion Show and Luncheon

Please save the date of **Wed., May 7** as the Roger Stark Cardiac & Stroke Auxiliary host its sixth annual fashion show and luncheon at the Golf Club at Newcastle. For more information or to volunteer, please contact Susan Feldman at 425-466-7620 or feldmansusan@msn.com.

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 work for Overlake by joining this vibrant organization. For more information, please contact us at 425-688-5527 or auxiliaries@overlakehospital.org, or visit 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, please visit overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Please call our Physician Referral Line at 425-688-5211 to find physicians who are 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 education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, please send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.

SAVE THE DATE

THE ROGER STARK CARDIAC
& STROKE AUXILIARY'S 6TH ANNUAL

Fashions from the Heart

FASHION SHOW AND LUNCHEON

WEDNESDAY
MAY 7, 2014

11:30 A.M. – 1:30 P.M.

at **THE GOLF CLUB
AT NEWCASTLE**

Guest speaker: **Lisa Dupar**, Celebrated Chef & Award-Winning Author
Owner, Pomegranate Bistro & Lisa Dupar Catering

Fashions by: **Chico's and Soma**

All proceeds benefit cardiac and stroke programs at
Overlake Medical Center

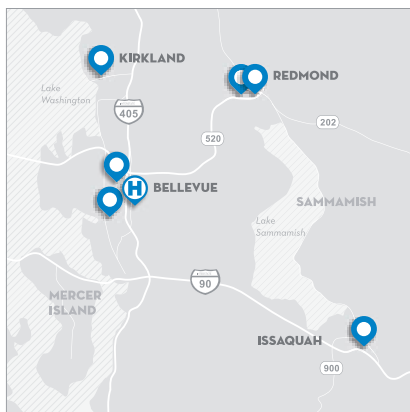
For more information visit www.overlakehospital.org/events



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NEW MEDICAL STAFF AT OVERLAKE

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Christy Chan, MD
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Aspen Copeland, DO
425-827-0100
OB/Gyn

Roy Hanaki, MD
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Raman Kansal, MD
952-595-1503
Radiology, Vascular & Interventional

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Internal Medicine

Amar Patel, DO
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Family Practice

Joshua Press, MD
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