

SUMMER 2013

OVERLAKE

HEALTHY OUTLOOK



REDMOND

IMMUNIZATIONS

ANNUAL
CHECK-UPS



URGENT
CARE

SPECIALIST
REFERRALS



KIRKLAND

QUALITY OF LIFE

PHYSICIAN
RELATIONSHIP

HEALTH &
WELLNESS

EATING
HABITS

HEALTH
SCREENINGS

BELLEVUE



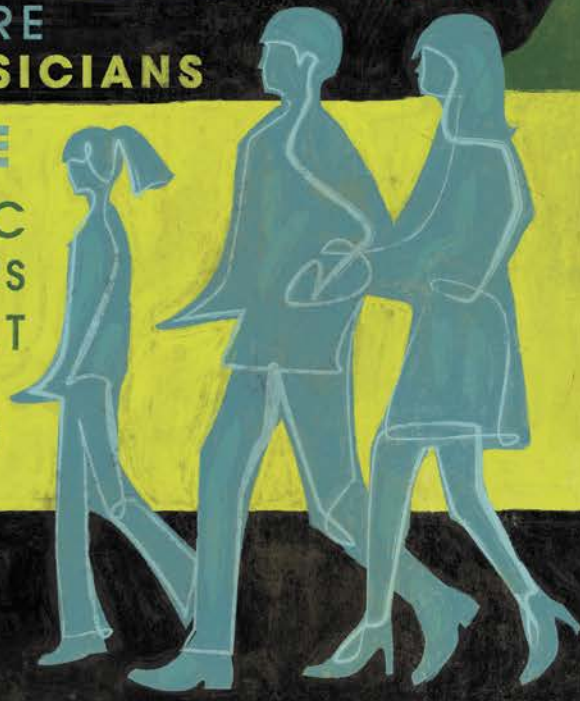
PREVENTIVE CARE
PRIMARY CARE PHYSICIANS

ACUTE CARE



CHRONIC
CONDITIONS
MANAGEMENT

SAME-DAY
APPOINTMENTS



ADULT AND FAMILY
MEDICINE



From the President & CEO

I'm proud to announce we are now live across both the hospital and the clinics with what we are calling ONE (Overlake Network Exchange), the Epic-based electronic health record. I encourage you to ask your OMC provider about signing up for ONE Chart. The online system allows you to request appointments and prescription refills, view lab and test results, and ask nonurgent medical questions.

This summer is the opening of the David and Shelley Hovind Heart & Vascular Center. The new facility elevates the hospital's level of patient services and brings all testing and therapeutic services together in one location. The Heart & Vascular Center will include two cardiac catheterization labs, two electrophysiology labs, a vascular interventional radiology suite and 15 patient rooms.

For the sixth year in a row, Overlake received the Patient Safety Excellence Award™ from HealthGrades®. The award ranks us among the top 5 percent of hospitals in the nation for patient safety and one of only two in Western Washington with the multiyear distinction.

As advertised, "We think about you!"

Sincerely,

Craig Hendrickson
President & CEO

REMAINING

No

1

ON THE EASTSIDE

Overlake Medical Center is now offering exciting new procedures in cardiac care, cancer care and much more that can only be found here! We're also spearheading clinical trials for new, cutting-edge technology.

Go to www.overlakehospital.org to read about how Overlake sustains its success with services tailored to the Eastside community.



HEALTHY OUTLOOK · SUMMER 2013

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1035 116th Ave. NE | Bellevue, WA 98004

425-688-5000 www.overlakehospital.org

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 healthcare 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.



→ Trying to Understand Factors That Cause or Prevent Cancer

The American Cancer Society (ACS) is inviting men and women between 30 and 65 years of age who have no personal history of cancer to join a historic research study, Cancer Prevention Study-3 (CPS-3). The purpose of the study is to better understand the lifestyle factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem. As a partner, Overlake Medical Center will help the ACS promote CPS-3 and invites candidates to enroll on the hospital campus on August 21 and 23.



Overlake Medical Center

PACCAR Education Center—Insight Room
To register, go to www.cps3pugetsound.org



THE OFFICIAL SPONSOR OF BIRTHDAYS.®

TIPS FOR MAINTAINING PEAK HEALTH

Regular preventive care—such as immunizations and breast cancer screenings—will help you avoid disease and illness.

→ Get Immunized

It may be summer, but fall and a new school year will be here before we know it! Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to protect us from serious diseases and illness. Everyone over age 6 months needs a seasonal flu shot every year.

Children under age 6 get a series of shots to protect against measles, polio, chickenpox and hepatitis.

Preteens need shots to help protect against tetanus, diphtheria, whooping cough and meningitis.

Adults need a tetanus shot every 10 years. People age 65 need a one-time pneumonia shot.

ADVANCES IN CANCER CARE

Smarter technology and targeted procedures make treatments gentler on patients

We may not have cured cancer just yet, but medicine is advancing at a rapid clip, with doctors offering increasingly better diagnosis and treatment. We asked three physicians about the latest advances in cancer treatment at Overlake Medical Center.

Q *Overlake offers digital tomosynthesis—or 3-D mammography—for breast cancer screening. How is this different from the 2-D mammograms we’ve been using?*

A **Steven Scallon, MD**

(diagnostic radiologist): With digital tomosynthesis, we’re able to look at individual slices of breast tissue—like paging through a book—and we can get rid of the overlapping tissue that can sometimes mimic a mass on the mammogram. One recent study demonstrated that the combination of a 2-D and 3-D mammogram picked up 40 percent more invasive cancers than 2-D mammography alone. So 3-D mammograms should help decrease the number of false positives and the unnecessary anxiety caused when patients have to come back in for something that turns out to be nothing.



Q *Breast cancer surgery has become less invasive than in years past. How do doctors remove the cancer with these smaller procedures?*

A **Kristi Harrington, PhD**

(breast surgeon and chair of the Breast Cancer Program): A lot

of clinical data supports the idea that breast-conserving surgery—lumpectomy compared to mastectomy—is just

as effective for long-term survival. There’s been a trend, for example, toward removing fewer lymph nodes to determine if the cancer has spread to the lymph nodes. So if a woman has early-stage breast cancer and clinically negative lymph nodes, only about two lymph nodes are removed to confirm that the cancer hasn’t spread into the regional lymphatic system. The benefit to patients is that it decreases the chances of lymphedema [localized swelling, most often of the arm and hand].

Q *What are some of the newest radiotherapy treatments for cancer?*

A **William Brent Reece, MD**

(radiation oncologist): At Overlake Medical Center, we do every type of external-beam radiation available, including intensity-modulated radiation therapy. Because we’re able to deliver the radiation directly to the problem area, we can limit damage to healthy tissue nearby.

We also offer three brachytherapy treatments [placing radioactive material in or near the cancerous tissue]. So rather than getting four to six weeks of external-beam radiation, the patient gets a five-day course with internal brachytherapy and gets the same result.





RETHINK YOUR DRINKS

What you drink can be as important as what you eat. Studies suggest calorie intake from beverages has more than doubled since the 1960s. So, along with healthier eating and exercise, it's time to rethink your drinks. Quench your thirst and maintain energy balance at the same time.



Drink plenty of refreshing, calorie-free water.

It helps your muscles and brain stay hydrated for optimal physical and mental performance.

Drink nutrient-rich, low-fat milk three times a day. Dairy helps build and maintain healthy bones, teeth and muscle mass.



Drink a maximum of 4 to 6 ounces of juice a day.

Whole fruits and vegetables are much better ways to get vitamins, minerals and fluids.

Drink other beverages with care. Check calories, caffeine, sugar and fat before you drink.

Source: *Academy of Nutrition and Dietetics*

NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. When you see the specialists in Outpatient Nutrition Services, you can count on sound nutritional guidance.

For more information, call **425-688-5484** or visit www.overlakehospital.org/outpatientnutrition.

Healthful Potato Salad

Ingredients:

- 2 medium potatoes, peeled (if desired) and cut into 1½-inch cubes (about 2½ cups)
- ½ cup diced sweet onion
- ½ cup diced celery
- ½ small red bell pepper, finely diced
- ¼ cup minced fresh parsley
- 1 teaspoon dried dill weed
- ¼ cup fat-free or low-fat soy-based mayonnaise
- 1 tablespoon seasoned rice vinegar
- 1½ teaspoons mustard
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Directions:

Steam the potatoes until just barely tender when pierced with a knife, about 10 minutes. Do not overcook. Transfer to a large bowl and add the onion, celery, bell pepper, parsley and dill weed.

In a separate bowl, combine the mayonnaise, vinegar, mustard, salt and pepper. Mix well. Add to the potato mixture and toss gently until evenly distributed. Chill thoroughly before serving.

Stored in a covered container in the refrigerator, leftover potato salad will keep for up to three days.

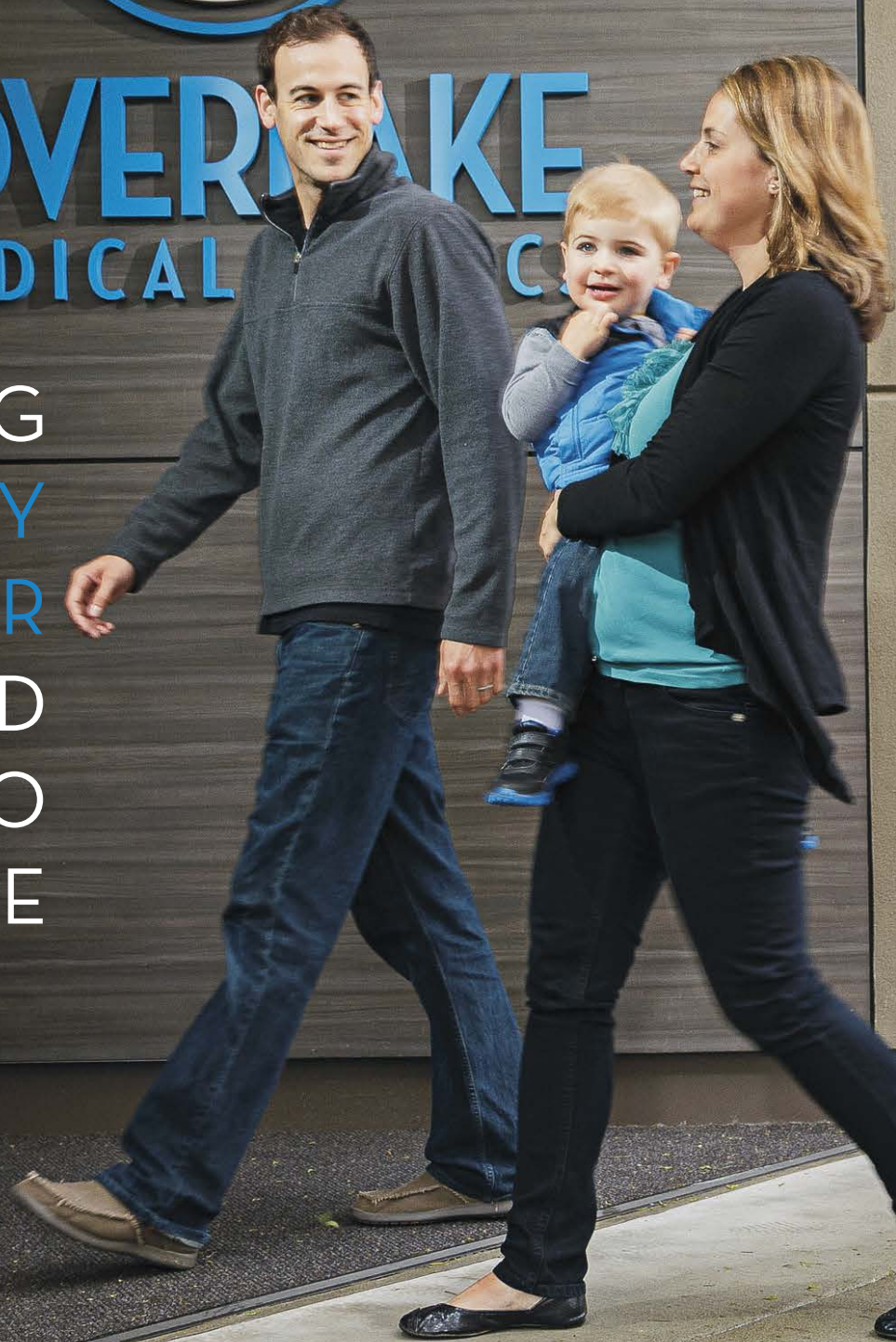
Recipe from The Cancer Survivor's Guide.





OVERLAKE
MEDICAL CLINICS

WHY HAVING
A PRIMARY
CARE DOCTOR
COULD ADD
YEARS TO
YOUR LIFE



Matt and Jayme Kennedy enter Overlake Medical
Clinics Redmond with their son, Owen.

Your Health Partner

When you're feeling good, it's all too easy to skip regular doctor visits and make an appointment only if a problem crops up. But there are good reasons for developing an ongoing relationship with a primary care provider who knows your medical history, can give you regular checkups, and can help you navigate today's complex healthcare system. In fact, research shows that people who have a primary care doctor enjoy better quality of life and more productive longevity.

Preventive Care: Staying Ahead of the Curve

One reason patients who have a primary care doctor fare better is they get regular preventive care. It's certainly best—for your health and your wallet—to prevent medical problems or catch them early, before they get serious. And research shows that because primary care physicians view a patient holistically, they're able to provide better preventive care.

"Lots of people think preventive care is just talking about cholesterol and blood pressure, but it also covers a patient's eating habits, exercise habits and emotional health," says Sai Prasanna Mannem, MD, an internist at Overlake Medical Clinics Downtown Bellevue. "We look at the overall

picture. The doctor actively asks questions to find the most suitable preventive care plan for the patient based on family history and lifestyle."

Your primary care doctor will even take into account other factors, such as work and family, that might affect your health. "There's pretty good data that say there are many illnesses that arise out of stress," says Sigrid Barnickel, MD, a family physician at Overlake Medical Clinics Issaquah.

A primary care physician's expertise translates into concrete benefits. A study conducted by Johns Hopkins University revealed that patients who receive preventive care from a primary care physician are less likely to be hospitalized, visit the emergency room or need surgery. As patients

enter their senior years, they continue to benefit from that relationship. One study conducted by the University of Washington School of Medicine found that people over 65 who had a primary care physician were much less likely to use the emergency department for every category of disease severity.

Diagnosis: Getting It Right

When someone experiences a new symptom, it can be tempting to hop onto the Internet, self-diagnose and go straight to a specialist. But while doctors love that patients are more informed than ever, many symptoms are common to dozens of conditions.

“When people have a certain symptom, they tend to pigeonhole it to the worst thing they can think of,” says

James Kriseman, DO, a family physician at Overlake Medical Clinics Redmond. “But they may be missing the mark because of other symptoms that might not be evident.”

“If you go straight to a specialist, you can miss other things that are going on,” says Dr. Mannem. “If you have chest pain, it could be [caused by] anemia or anxiety, and if you just do a cardiac workup, you’ll never find that. It’s important to start with a primary care doctor who can do that initial workup and figure out which kind of specialist you need.”

Chronic Conditions: Mapping a Plan

Research shows that primary care doctors provide similar quality care as specialists for certain chronic conditions like diabetes and hypertension, and can do it less expensively. Still, specialists are best qualified to provide advanced care for patients with complex conditions.

If you do need a specialist, your primary care doctor is well positioned to give you the name of someone who will be a good fit. “Primary care doctors typically have a long-term relationship with the patient,” says Rick Clarfeld, MD, medical director of Overlake Medical Clinics and chief of staff elect at Overlake Medical Center. “They get to know their patients and understand what their goals are, how they solve problems and their communication style. So when a patient develops a problem, they’d be the best person to pick a specialist for them.”

As you begin seeing a specialist, your primary care doctor plays the important role of keeping an eye on the big picture. “Your primary care doctor is the hub—the person who coordinates your care,” says Val Chrusciel, director of Overlake Medical Clinics.

Having someone to coordinate your care becomes even more important if you’re seeing more than one specialist. “I have patients with complex health problems, so I might coordinate between orthopedics and vascular surgeons

ONE Chart: Your Health Record, at Your Fingertips

On May 1, Overlake Medical Center rolled out a secure, Web-based medical records system called ONE Chart that benefits doctors and patients alike.

As a patient, you can use ONE Chart to:

- View your personal health record.
- Schedule medical appointments.
- View your medical history and lab results.
- Request prescription renewals.
- Get health maintenance notifications.
- Ask nonurgent medical questions.

To begin using ONE Chart, visit www.overlakehospital.org/onechart.



and infection [doctors],” says Dr. Barnickel.

“Sometimes you have recommendations from one doctor to take a certain medication, and another doctor might recommend something else [that might interact with that medication],” Dr. Mannem says. “Your primary care doctor can help decide what is most appropriate.”

Continuity: Closing the Circle

No patient should ever slip through the cracks, so Overlake’s community of primary care doctors is committed to accountable care every step of the way. “Accountable care is managing the health of a person over the different transitions of care—inpatient to outpatient,” Chrusciel says. “If someone has been to the emergency room or has been hospitalized, we make sure we’re following up with them when they get discharged, and that’s where primary care really comes into play. If you get discharged and you’re struggling at home, you might end up back in the emergency room or the hospital. So it’s important to have that visit with your primary care physician to make sure you understand what you need to do next and to reconcile your medications.”

Of course, just visiting a primary care doctor isn’t

enough. It’s important for patients to be open, so finding a doctor with whom you’re comfortable is key. “It’s important for patients to talk about their gender and social, mental and emotional health, because that helps us understand their physical symptoms,” Dr. Mannem says. “I always say there should be nothing you should hide from your doctor—even small things.”

If you don’t have a primary care doctor, please make an appointment today. As Dr. Clarfeld says, “Primary care is the backbone of our health system. As we look to the future, we’re trying to focus on keeping people healthy, and that starts with your primary care doctor.”

What kind of primary care doctor do I need?

Most people: Family practice doctor

People with significant medical conditions: Internist

To find a primary care physician at Overlake, visit www.overlakehospital.org/find-a-doctor or call Overlake’s physician referral line at 425-688-5211.

TOUCHING LIVES, MAKING A DIFFERENCE

A dedicated supporter of Overlake, Brittany Barker is passionate about giving back.

When she was asked to co-chair the Bandage Ball, it didn't take her long to jump in with both feet. "I didn't know much about organizing an event," she says, "but I knew I loved Overlake."

Barker was already a member of Pulse! for Overlake, a peer network dedicated to seeing the hospital thrive as the region's premier medical center. She lights up when she talks about her experience with Overlake. "If you find an organization you're passionate about, that's meaningful to you, it becomes part of who you are and you want to see it succeed."

Barker has strong roots in the community. Her grandfather, Vern Fortin, was one of a small group of Eastside business leaders who helped found Overlake in 1960. He believed the community deserved to have a world-class hospital. Today her mother, Janine Florence, carries on this commitment as an Overlake trustee. "My grandfather instilled in us how important it is to be involved and give back to your community," Barker remembers. "He got real joy from giving, from making a difference, and taught us that however small the contribution, if it's significant to you, it's significant to the person who receives it. That really stuck with my family."

Barker feels reassured to have exceptional quality healthcare so close by and believes that it's important for people to get involved. "So many people don't know Overlake is a nonprofit hospital that isn't receiving tax dollars, and that it needs our support." She thinks it's especially important for her generation. "It's essential Overlake be here for another 50 years, and it's going to take my generation's support to make that happen."



Brittany Barker

Support for Palliative Care

If you've ever experienced the long-term illness or death of a loved one, you know the needs of patients and families go well beyond clinical care. The Palliative Care Program at Overlake supports and comforts people through the most vulnerable times in their lives.

To ensure Overlake patients and families continue to have access to these vital services, the Overlake Foundation established the Palliative Care Advancement Fund. Contributions will help Overlake provide pain and symptom management; coordinate care; and offer emotional, social and spiritual support.

Overlake is distinguished by its culture of caring. Donor support was pivotal in creating this program, and gifts to the Palliative Care Advancement Fund will help it continue to make a deep and meaningful impact on patients and families. To make a donation, visit www.overlakehospital.org/donate.

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: 425-688-5529

SEEING CLEARLY

The latest in the causes, prevention and treatment of cataracts

Our sight is one of our most valued senses, enabling us to enjoy the beauty in life. But often as we age, many of us suffer from cataracts—which are a cloudiness that develops in the normally clear lens of the eye. For those who have cataracts, seeing through cloudy lenses is like looking through a foggy window.

Cataracts typically develop over time as you age, with more than half of people over the age of 65 affected. Heredity plays a role in cataracts' development, just as it determines when hair begins to turn gray. A serious injury can cause a traumatic cataract to develop. Besides injuries, other factors can contribute to earlier-than-normal cataract development. The factors include exposure to ultraviolet rays, harmful chemicals or radiation; use of some medications; and disease or infection prior to birth. It is even possible to have congenital or juvenile cataracts.

Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision.
- Increasing difficulty with vision at night.
- Sensitivity to light and glare.
- Seeing “halos” around lights.
- Frequent changes in eyeglass or contact lens prescription.
- Fading or yellowing of colors.
- Double vision in a single eye.

Today, new surgical technologies and anesthesia allow cataract surgery to be done on a low-stress, outpatient basis, letting patients return home shortly after the procedure. Modern microsurgical techniques also allow patients to enjoy good, clear vision after cataract removal. In fact, many patients see as well if not better than ever before. Thanks to advances in surgical procedures, vision decline from cataracts can be viewed as an opportunity to turn the clock back to better vision than you may have had for decades.

Talk to your primary care physician for a referral.



How to Maintain Good Eye Health

Eat for good vision: Nutrients may help ward off age-related vision problems.

Quit smoking: Smoking increases your chances of getting cataracts, optic nerve damage and macular degeneration.

Wear sunglasses: The right kind of sunglasses will protect your eyes from the sun's ultraviolet (UV) rays.

Use safety eyewear: Protect your eyes while working with hazardous or airborne materials, or playing sports like hockey, racquet ball and lacrosse.

Look away from the computer: Rest your eyes every 20 minutes by looking 20 feet away for 20 seconds. Take a 15-minute break every two hours.

Visit your eye doctor regularly: It helps you protect your eyesight and make sure you are seeing your best.



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

An evening of information for prospective and newly expectant parents. Experts discuss maternal health, prenatal screenings, and changes in the family budget. Refreshments served. Preregistration required. Check our website for our September class. **5:30-8:30 p.m.** FREE.

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 www.overlakehospital.org/classes.

Before Baby Comes

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

Classes on Childbirth and Newborn Care

- ♦ Preparation for Childbirth and Newborn Care.
- ♦ Breastfeeding: essential information.
- ♦ Prenatal Yoga: for expectant and postpartum moms.
- ♦ Online Childbirth Preparation.
- ♦ 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.

PARENTING

Car Seat Check

Attend a one-on-one consultation with an expert to learn correct car seat installation and usage.

3rd Thu. of the month, 4-6 p.m. at Barrier Audi, 1533 120th Ave NE, Bellevue. Reserve your spot by calling Barrier Audi at 425-643-3000. Space is limited. Preregistration required. FREE.

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 Hospital and Overlake. Each of these programs is offered as a two-part class from **6-7:30 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?* Registration and more information are available at www.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 Hospital 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 **Saturdays and Sundays from 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's Hospital in Seattle. A class schedule and registration are available at www.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. **Mon., Aug. 5 and Wed., Aug. 7, 6:30-9:30 p.m. or Sat., Sep. 21, 9 a.m.-4 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Weeknights, Aug. 14 or Sep. 24, 6:30-9:30 p.m.; Sat., July 20 or Sep. 14, 9 a.m.-noon.** \$35 per person; \$60 per couple.

CPR for Healthcare Providers

Wed., July 10 or Sep. 18, 6-9:30 p.m. \$60.

For more information about our classes, or to register,

HEALTHY LIFESTYLES

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. **Tue., Aug. 13 or Wed., Sept. 11, 6:30-8 p.m.**, at Overlake Medical Center in Bellevue. Preregistration 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, certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., July 11, 18 and 25 or Sep. 12, 19 and 26, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. For information, check our website or call 425-688-5214. Preregistration is required. FREE. **July 2, 25, 30, Aug. 13, 20, 22 and Sep. 3, 17, 26.**

DIABETES EDUCATION SERVICES

Diabetes Education Services

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

Is Your Blood Sugar Rising?

Learn to manage your blood sugars and risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral. For more information and to register, call 425-688-5636. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. \$40 (prepaid at registration).

Diabetes Education

A series of three 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 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. **Tue. and Thu., Sep. 3-26, 10 a.m.-noon.** The Gardens at Town Square, Bellevue. Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and 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, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., July 9-30, or Aug. 6-27, or Sep. 3-24, or Thu., July 11-Aug. 1, or Aug. 8-29, or Sep. 5-26; 11 a.m.-12:15 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 education and supportive discussion on medical causes, treatments, future planning and communication strategies. Ridgewood, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Sep. 19, 1-4 p.m.** Preregistration required; call Liz at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

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, and 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, Bellevue. **Thu., Sep. 12, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

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, Bellevue. **Thu., Sep. 26, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE

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, Bellevue. **Thu., Oct. 3, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Living Will—Does Your Family Know Your Wishes?

It is important to plan ahead to make sure everyone understands what your wishes are. The class will cover how to develop your own advance directive for healthcare through a workbook covering living wills, durable power of attorney and value statements. Ridgewood, 150 120th Ave. NE, Bldg. F, Bellevue. **Mon., Sep. 23, 10 a.m.-noon.** Preregistration required; call 425-688-5259. FREE.

Reducing the Risk of Falls

More than 30,000 Americans over the age of 65 are seriously injured in a fall each week. The fear can cause people to limit their activity level, which in turn reduces their mobility and leads to an even greater risk of falls. A physical therapist from Overlake Outpatient Services will discuss what can be done to avoid falling and review some simple exercises. And, King County EMS will discuss home modifications. Ridgewood, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Sep. 17, 1-3 p.m.** Preregistration required; call 425-688-5259. FREE.

CLASSES AT BELLEVUE YMCA

Keeping Your Mind Fit

The best way to keep your memory working well is to use it actively and to stay healthy. A variety of tips will be offered as well as how to give your brain an aerobic workout to help keep it healthy. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Sep. 11, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.



please visit www.overlakehospital.org/classes.

CLASSES AT REDMOND SENIOR CENTER

Don't Let Hearing Loss Affect the Quality of Your Life

It's frustrating to continually ask, "What did you say?" An audiologist will discuss the causes of hearing loss, offer viable options and provide resources that can improve the quality of life. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Sep. 18, 10-11:30 a.m.** Preregistration required; call 425-556-2314. 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. Please call 425-688-5259 for more information. 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

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 Avenue NE, Suite 200, Bellevue. Call Kate at 425-226-8117.
- Issaquah Classroom: **1st Mon. of the month, 10 a.m.-noon.** Call Tiffany at 425-605-0837, or Laura at 425-868-6945. You can also send an email to lll.issaquah@gmail.com.
- Japanese-Speaking Group: **2nd Wed. of the month (except the month of August), 11 a.m.-1 p.m.** in Bellevue. For details, please contact Izumi at 425-869-5136 or email izumimitsuoka@hotmail.com.

Look Good ... Feel Better

A 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., Aug. 5, 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.

Alzheimer's Family Support Group

Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** Overlake Bellevue Senior Health Center, 1750 112th Ave. NE, Suite A101, Bellevue. Registration required. Call facilitator at 425-688-9828.

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

Bellevue Farmers Market

Overlake is proud to sponsor the Bellevue Farmers Market. **Thursdays through Oct. 11, 3-7 p.m. Saturdays through Nov. 23, 10 a.m.-3 p.m.** Visit www.bellevuefarmersmarket.org for more information.

Issaquah Farmers Market

Overlake is proud to sponsor the Issaquah Farmers Market at Pickering Barn. **Saturdays through Oct. 12, 9 a.m.-2 p.m., rain or shine.** Visit www.issaquahfarmersmarket.org for more information.

Sammamish "Summer Nights In the Park" Concert Series

Join us on opening night, July 11, for an evening with Radical Revolution, '80s dance and rock hits, sponsored by Overlake. **Thu., July 11, 6:30-8 p.m.** Pine Lake Park, Sammamish. FREE. Arrive early for community picnicking. For more information and concert schedule, please visit www.ci.sammamish.wa.us/events.

Sammamish KidsFirst Concert

Join us on **Tue., July 23** at East Sammamish Park in Issaquah for a fun kids' concert with the

Brian Waite Band, sponsored by Overlake. FREE. Arrive early for the best seats.

Redmond Derby Days

Overlake is proud to sponsor the 73rd 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.** FREE. For more information, visit www.redmond.gov/derbydays.

Outdoor Movies at Marymoor Park

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 food trucks, trivia contests, games, prizes and big-screen movies under the stars! **Wed. nights, July 10-Aug. 28.** For more information, visit www.MoviesatMarymoor.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 and cooking demonstrations. **July 19-21.** For more information, visit www.kirklanduncorked.com.

Peter Kirk Golf Classic

Overlake is proud to sponsor the Kirkland Chamber of Commerce's 19th annual Peter Kirk Golf Classic at Willows Run in Redmond. **July 24.** Registrations are limited. For more information, visit www.kirklandchamber.org.

Chocolate, Wine and All That Jazz

Overlake is pleased to support this signature event produced by the Issaquah Chamber of Commerce. Join us for an evening with local restaurateurs, vintners and jazz musicians in the gardens at Boehms Candies. **July 25.** To purchase tickets, visit www.issaquahchamber.com.

Bellevue Arts Museum Artsfair

Come support over 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 26-28.** FREE. Visit www.bellevuearts.org/fair for more information.

Kirkland Summer Concert Series

Join us at Marina Park in Kirkland for an evening of live classic rock with City Knightz, sponsored by Overlake. **Thu., Aug. 1, 7-8:30 p.m.** FREE. For more information and complete season concert schedule, visit www.kirklandsummerconcerts.org.

For more information about our classes, or to register,

Kirkland Children's Concert

Overlake is proud to sponsor the Recess Monkeys on **Tue., Aug. 6, 10-11 a.m.** at Juanita Beach Park. These teachers know how to rock and will get your kids up and dancing. FREE. Visit www.kirklandsummerconcerts.org for more information.

Overlake Medical Center Labor Day Half

Join us on **Mon., Sep. 2** at the 2013 Labor Day Half at beautiful Marymoor Park! The event, benefiting Overlake Medical Center Foundation, offers a Half Marathon Run & Walk, a 4-mile Run/Walk and a Kids Run. The post-race celebration will include a beer garden, BBQ and a free bouncy house for kids! Visit www.labordayrun.com to register.

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

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, please contact us at 425-688-5526 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, please visit www.overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

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!

SEPTEMBER 2013 IS EASTSIDE VITALITY HEALTH MONTH

Bring your friends and family for FREE health screenings, and much more!

Saturday, **September 7**
at OVERLAKE MEDICAL CLINICS
KIRKLAND

Saturday, **September 14**
at OVERLAKE MEDICAL CLINICS
HIGHMARK in Issaquah

Saturday, **September 21**
at OVERLAKE MEDICAL CLINICS
REDMOND

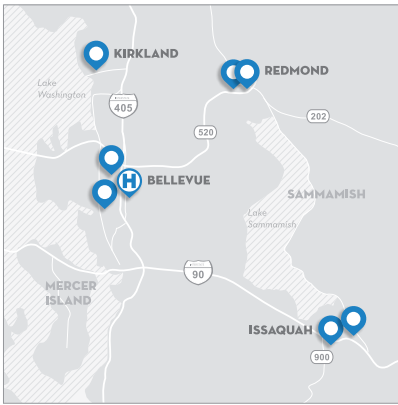
Saturday, **September 28**
at OVERLAKE MEDICAL CENTER
MAIN CAMPUS in Bellevue

MORE INFORMATION:

www.overlakehospital.org/eastsidevitality



please visit www.overlakehospital.org/classes.



1035 116th Ave. NE, Bellevue, WA 98004
www.overlakehospital.org

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 INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

NEW MEDICAL STAFF AT OVERLAKE

Mona Chhabra, MD
 425-827-4600
 Pediatrics

Joanne Chua, MD
 253-661-1700
 Radiology, Diagnostic

Jeffery Fitzthum, MD
 425-774-1538
 Physican Medicine & Rehabilitation

Frantz Hastrup, MD
 425-454-2671
 Pulmonary Medicine

Maximillian Khatibi, MD
 952-595-1503
 Radiology

Sheri Malakhova, MD
 425-392-1271
 Internal Medicine

Praveen Mambalam, MD
 425-774-1538
 Pain Management

Mary Rodgers, MD
 425-827-4600
 Pediatrics

Matthew Sharpe, MD
 425-451-2020
 Ophthalmology



And he felt really great knowing he'd saved \$211.

Fred was treated at an **Overlake Urgent Care Clinic**. His total out-of-pocket cost was \$99. If he had gone to a standalone Emergency Room for the same treatment, Fred's out-of-pocket cost would have been \$310.

For treatment of non-life-threatening illnesses and injuries, visit an **Overlake Urgent Care Clinic** in Issaquah or Redmond.



Costs above are estimates based on a typical health insurance plan. Your out-of-pocket costs may vary.

www.overlakehospital.org/urgentcare