

KEEPING  
SENIORS  
INFORMED,  
INVOLVED,  
IN CHARGE.



Debbie Anderson, Director

## Dear Connections Members,

Greetings for 2007! Our dedicated and talented team looks forward to working with you to improve your health, and promote your informed participation in health care. Overlake is very proud to have received the 2006 *Community Health Leadership* award from the Washington State Hospital Association for the Senior Care program. Overlake was praised for its ability to "look outside our four walls to identify gaps in service and bring together the community to meet those needs."

In 2006, Senior Care added 1,203 new Connections members bringing the total membership to 11,690. We offered over 100 classes and served over 3,088 persons through our classes, special events and luncheons. We handed out over 18,324 pieces of information and guides on the hospital units and in the community.

Both of the Senior Health Centers continued to grow. The Bellevue Senior Health Center had 6,882 office visits and Mercer Island had 3,312 in the last year. Our social worker, pharmacist and RN clinical coordinator are an important part of the multi-disciplinary team approach.

During the last year we also completed a strategic plan for Senior Care. As a result, more emphasis is being placed on supporting senior patients as they transition from the hospital to their home. In October, we began offering a class at the hospital called "Heading Home" every Thursday and Friday to transitioning patients and their caregivers. Flyers were also developed focusing on medication management and fall prevention were to be distributed to patients in the hospital, at clinics, as well as in the community.

Our Community Case Management program has proved to be a very effective clinical approach that dramatically improves the lives of seniors. Patients who have recurrent Emergency Department visits and/or hospitalizations are referred to Senior Care. The patient is helped to better manage their chronic illness, utilize community resources, and be more proactive with their physician. Michael Remington, Battalion Chief of the Bellevue Fire Department, recently said about Senior Care, "Your

## January Luncheon

### "Take Heart: Keeping Your Heart Healthy"

Sponsored by Visiting Nurse Services of the Northwest

The heart is key to our survival, yet we often take it for granted. It is estimated that approximately one million Americans suffer a heart attack yearly and a little under a half million die from complications of a heart attack. Jeff Fowler, MD, Bellevue Cardiology, will outline the risk factors, review the warning signs and discuss current treatment options available.

**Wednesday, January 24, 2007**  
**Noon – 2 p.m.**

**Overlake Park Presbyterian Church, Fellowship Hall**  
**1836 – 156th Avenue NE, Bellevue, WA**

*Free parking. For Connections members only. Reservations required;  
See RSVP card on the back cover of this newsletter.*

Senior Care staff is incredibly responsive and they do their work with the utmost sensitivity and respect for our seniors. Overlake's in-depth knowledge and understanding of senior citizens' needs and concerns are clearly demonstrated in each interaction. Your staff is a great reflection of the positive influence Overlake has on the well-being of our entire community."

As we celebrate our 19<sup>th</sup> year with the continued support of an active auxiliary, involved Connections members, talented staff, and dedicated physicians, we are excited and proud to be a partner in your health care. Best wishes for a healthy and happy New Year!

Sincerely,  
Debbie Anderson, Director, Senior Care/Connections  
*Debbie.anderson@overlakehospital.org 425-688-5801*

## 2006 Connections

# Member of the Year



*Gifford Miller, 2006 Connections Member of the Year, with his wife Marne.*

No doubt Gifford “Giff” Miller is surprised to be named *Connections Member of the Year*. Although he is a longtime *Connections* participant and a community representative on Senior Care’s Advisory Board, he plays down his contribution saying, “...I don’t do much.”

But the Senior Care staff and fellow volunteers appreciate Giff’s presence and careful attention to the program. As Senior Care Director Debbie Anderson says, “He stands out because he makes suggestions. He’s very aware of the need for Senior Care in this community and he’s always interested.”

Giff has spent much of his life making communities run smoothly. He began his public service career as city manager of The Dalles in Oregon and later moved to California where he would spend most of his professional life working as city manager in Monrovia and then Orange.

Giff was born and raised in Minnesota and served as a battery commander in the Philippines during World War II. After leaving the service he headed to California, determined to fulfill a long held ambition. “I was inspired by a high school civics teacher to go into public service,” he says. So he enrolled in college to earn a BA and then an MA in Public Administration.

While he pursued his studies and career – eventually earning a PhD in Executive Management – Giff and his wife, Marne, raised three boys. He also taught at California State University, Long Beach.

In the late 80’s, looking toward retirement, Marne and Giff visited the Northwest where one of their sons was living. Impressed by the area, the couple moved to Issaquah in 1989. With two sons nearby, one

in Portland and one on Camano Island, with a third son in Arizona, Marne and Giff are able to visit with family several times a year.

Once he had settled in the Northwest, Giff continued to utilize his management know-how, serving for seven years as a trustee of the Sammamish Plateau Water and Sewer District, a position he held until 1999.

Gifford and Marne began attending *Connections* luncheons in 1992. Usually arriving early, Giff is happy to help out by greeting people at the door and handling registrations. He joined the Senior Care Advisory Board in 2005. The advisors meet four times a year, providing Senior Care staff with feedback on various programs as well as ideas for new activities and classes, and information about issues and concerns throughout the community.

As a board member, Giff’s friendly manner and attention to detail are put to good use. As Debbie Anderson explains, “We need people on the Advisory Board who are day-to-day users of the program so we don’t lose sight of what we are trying to accomplish. And that’s just what Giff gives us – his commitment to Senior Care.”

For all these reasons – for his willingness to be involved and his dedication to making the program better – we are pleased to honor Gifford Miller as our 2006 *Connections Member of the Year*.

Congratulations Giff!

Support for this issue has generously been provided by:

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*Connections Newsletter* is published six times per year by Senior Care/Connections at Overlake Hospital Medical Center, 1035 116th Avenue NE, Bellevue, WA 98004. It is distributed free of charge to *Connections* members. Overlake Hospital Medical Center is a nonprofit, non tax-supported hospital providing advanced medicine to the Puget Sound region.

If you would like to be removed from this newsletter mailing, have an address change, or know someone who would like to become a member, please contact Senior Care at 425-688-5800.

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

**OVERLAKE**  
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Medical excellence every day™

Charlene Raunio, Newsletter Editor  
425-688-5806  
Debbie Anderson, Connections Director

# A Special Thanks!

*We would like to thank and recognize the following donors who contributed to Senior Care from January 1 – November 10, 2006. The support received from our donors makes the special services we provide possible. Thank you!*

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## Overlake Hospital Community Classes

Unless otherwise indicated, these classes are held at Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE. and Northup Way). *Advanced registration required: call 425-688-5800.*

### Yoga for Seniors

Come and rejuvenate your body with gentle yoga adapted especially for seniors lead by a Yoga Barn certified instructor. This breath oriented practice will help to increase your circulation, release tense muscles, tone and renew your energy. An excellent way to keep both mind and body healthy and strong! Adaptable to all levels.

**Date:** Mondays, January 8 to February 5 or February 12 to March 12

**Time:** 1:15 to 2:30 p.m.

- OR -

**Date:** Tuesdays, January 9 to February 6 or February 13 to March 13

**Time:** 11:30 a.m. to 12:45 p.m.

**Location:** The Yoga Barn, 660 N.W. Gilman Blvd., C-6, Issaquah.

**Cost:** \$50

### Beginner's Yoga for Seniors

For new students to the Therapeutic Senior Yoga classes.

**Date:** Mondays, January 8 to February 5 or February 12 to March 12

**Time:** 3 to 4:15 p.m.

**Location:** The Yoga Barn, 660 N.W. Gilman Blvd., C-6, Issaquah.

**Cost:** \$50

### Living Wills

It is important to have your wishes known to your family. Learn how to develop your own advanced directives for health care with John Shaw, PhD. The class includes "Starting Points," an Overlake workbook for creating living wills, durable power of attorney and values statements.

**Date:** Wednesday, February 21

**Time:** 10 a.m. to noon

**Cost:** \$5

### Long Term Care Insurance

Who needs long term care insurance? What options should you look for in a good plan? How much coverage is needed? Luke Gjurasic, a specialist on long-term care insurance, will offer answers to these questions and more.

**Date:** Thursday, March 8

**Time:** 10 a.m. to noon

**Cost:** \$5

## Overlake Hospital Connections Fitness

These classes are held at Overlake's Outpatient Center, located at 1120 – 112<sup>th</sup> Avenue NE, Suite 150, Bellevue. *Advanced registration required: call 425-688-5811.*

### Senior Fitness Class

Supervised senior fitness class using treadmills, bikes and recumbent machines along with weights and stretching. Programs are designed for each individual and supervised by a senior fitness specialist.

**Date:** Mondays, Tuesdays, and Thursdays

**Time:** Mornings and afternoons

**Cost:** \$149 to \$165 for three months

### Better Balance and Posture for Everyone

Balancing better is within your control. Simple exercises can help easily regain balance that has been lost due to inactivity.

**Date:** Thursdays, February 15 and 22

**Time:** 1 to 2 p.m.

**Cost:** \$40

### Strength, Posture, Flexibility: Exercises You Can Do Anywhere

Learn simple exercises you can do with a wall or a chair to improve posture and strengthen and stretch arms, stomach, torso and legs.

**Date:** Tuesday, January 23 or February 20 – Arms & Abs

**Date:** Tuesday, January 30 or February 27 – Legs and Core

**Time:** 1- 2 p.m.

**Cost:** \$15 for 1 class; \$27 for 2 classes.

### Dumping Daily Stress through Meditation

Mindfulness meditation is a simple and powerful tool used in medical centers throughout the country to reduce stress and stress-related illnesses.

**Date:** Tuesday, January 9 or February 13

**Time:** 12:15 to 1:15 p.m.

**Cost:** \$8

### Winter Fitness Focus

Design and commit to an effective individual wellness plan and program.

**Date:** Thursdays, January 18, 25 and February 1

**Time:** 1 to 2 p.m. or 5:30 to 6:30 p.m.

**Cost:** \$40

## Walk For Life

Join this ongoing walking program to exercise safely and effectively. Meet friends and benefit from expert staff who are on site for information, advice and monitoring.

**Date:** Every Monday, Wednesday and Friday

**Time:** 8 to 9:30 a.m.

**Place:** Bellevue Square, enter at Skybridge 4

**Cost:** FREE

For information, call 425-688-5800.

## Hospital Offerings

Call 425-688-5259 for registration, class location, and further information.

*Advance registration required.*

### **NEW!** Retraining Your Body's Stress Response

Prolonged stress disrupts vitality, leading to more serious health problems. In this two-part class, you will learn how to incorporate conscious breathing as a tool to retrain your nervous system to more readily access and sustain the physiological state of relaxation and healing. Taught by Julie Glassmoyer, certified Reflexologist and Body Centered Therapist, specialist in stress reduction.

**Date:** Monday, February 26 and March 5

**Time:** 7 to 8:30 p.m.

**Cost:** \$30

### Hypnosis to Quit Smoking

**Date:** Wednesday January 24

**Time:** 7 to 9 p.m.

**Cost:** \$39

### Hypnosis for Weight Loss

Three-part series held monthly.

**Dates:** Thursdays, January 18, 25 and February 1; February 8, 15 and 22

**Time:** 7 to 9 p.m.

**Cost:** \$79

## Bellevue YMCA

Call 425-746-9900.

14230 Bel-Red Rd., Bellevue.

Wednesdays, 11:30 a.m. to 12:30 p.m.

*No registration is required.*

**Cost:** \$5 for non-YMCA members

### Shoulder Pain: Why Does It Hurt?

Pain in the shoulder can be bad enough to keep you from doing even the simplest of tasks. An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available.

**Date:** January 10

### No One Is Immune to Colorectal Cancer, But It Can Be Beat

Colorectal cancer is preventable through regular testing and the risk factors can be greatly reduced by making healthy life choices. An Overlake gastroenterologist will discuss prevention, detection and treatment options.

**Date:** February 14

## Bellevue Senior Center

Call 425-452-7681 and mention the class number.

4063 148th Ave. NE, Bellevue.

Mondays, 1 to 2:30 p.m.

*Advance registration is required.*

**Cost:** \$6 for Bellevue residents

**\$7 for non-residents**

### Improving Your Memory As You Age

Where did I put my car keys? What was that person's name? These are questions that can be heard on a daily basis. The best way to keep your memory working well is to actively use it and to stay healthy. Regina Bennett, MSW, will give tips and exercises to keep concentration and memory skills sharp.

**Date:** January 22

**Class #:** 16968

### A Heart Healthy Diet

As we age, we still need plenty of vitamins and minerals, but less fat and calories. Wellness dietitian Peggy Swistak, RD, will discuss ways to prepare low cholesterol meals that taste good and are still good for you and your heart.

**Date:** February 26

**Class #:** 16969

## Columbia Athletic Club, Juanita Bay

Call 425-821-0882.

11450 98th Ave NE, Kirkland.

Thursdays, Noon to 1 p.m.

*Advance registration is required.*

**Cost:** \$5

### Incontinence and the Aging Woman

It's estimated that over 12 million Americans suffer from urinary incontinence and approximately 17 million suffer from an overactive bladder. However, urinary incontinence does not have to be accepted as a part of growing older. Join an Overlake urologist to learn more about the different types of incontinence and the latest treatment options available to women.

**Date:** January 18

### How to Partner and Effectively Communicate with Your Doctor

Health care consumers are encouraged to actively share in their treatment decisions with their doctor. Learn effective communication skills, show how to better manage your medications, appointment planning and work with your doctor and pharmacist.

**Date:** February 15

## Redmond Senior Center

Call 425-556-2314.

8703 160th Ave. NE, Redmond.

Mondays, 10:15 to 11:30 a.m.

*Advance registration is required.*

**Cost:** FREE

### The Aging Eye

By the age of 50, most people experience vision changes and are at greater risk for minor irritations, cataracts, glaucoma and macular degeneration. An Overlake physician will review symptoms, diagnosis and treatment of various eye conditions seniors encounter as they age.

**Date:** January 8

### Osteoporosis: How to Prevent, Diagnosis and Treat the Silent Disease

It is estimated there are over 1.5 million fractures suffered annually however Osteoporosis is felt to be one of the most under recognized and under treated diseases. An Overlake orthopedic surgeon will discuss risk factors, review how the condition is diagnosed and offer information on how to manage the disease.

**Date:** February 12

## Issaquah Meadow Creek Office Park

Call 425-688-5800.

22510 SE 64 Pl, Suite #120, Issaquah

*Advance registration required.*

**Cost:** \$5

### Understanding and Living with Arthritis

There are over 100 different types of arthritis, each with its own symptoms and impact on the body. Join an Overlake rheumatologist who will discuss diagnosis, treatment and management of this condition.

**Date:** Tuesday, January 16

**Time:** 10 to 11 a.m.

### Fighting Back Against Brain Attack

A stroke occurs when blood and oxygen are prevented from reaching part of the brain. It is important to be aware of the warning signs of stroke. An Overlake specialist will discuss the risk factors of stroke, detection and treatment so you can help reduce your risks.

**Date:** Tuesday, February 20

**Time:** 10 to 11 a.m.

SAVE THE DATE!

# Active Senior Fair



**Saturday, March 10, 2007**

10 a.m. to 3 p.m.

Lake Sammamish Foursquare Church  
14434 NE 8th Street, Bellevue

Enjoy this *fun*, free day-long event that features enjoyable live entertainment, an exciting fashion show and a variety of entertainers, seminars, and screenings. Stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations, all geared to the active senior. Call 425-688-5800 for more information. Don't miss this fun-filled event!

## Special Class Offerings

### Heading Home from the Hospital

Were you recently discharged from Overlake Hospital? Do you have questions about managing care at home? Bring your questions and concerns.

**Date:** Every Thursday

**Time:** 4:30 to 6 p.m.

- OR -

**Date:** Every Friday

**Time:** 10 to 11:30 a.m.

**Location:** Senior Care/Cancer Resource Center Classroom  
(First floor of the Overlake Hospital Medical Tower, Suite 140)

**Cost:** FREE

Attendees should park in the North Parking Garage, and take the elevator to the first floor. **Call Senior Care at 425-688-5800 to sign up.**

### Be Heart Smart:

### What Women Should Know About Their Cardiac Health

Join Overlake Hospital practitioners Jeffrey Fowler, MD cardiologist, and Suzy Meader, ARNP, cardiac nurse practitioner as they discuss the realities and the opportunities for women and heart disease. The Hope Heart Institute will share information about current clinical studies and research benefiting cardiac health.

Come early and enjoy a glass of 'heart healthy' wine and dark chocolate. Free blood pressure checks and self risk assessments will be available.

**Date:** Wednesday, February 7

**Time:** 6:30 to 9 p.m.

**Cost:** FREE

**Pre-registration required; call 425-688-5259 or online at [overlakehospital.org](http://overlakehospital.org).**

## New Doctor Joins Mercer Island Senior Health Center Team

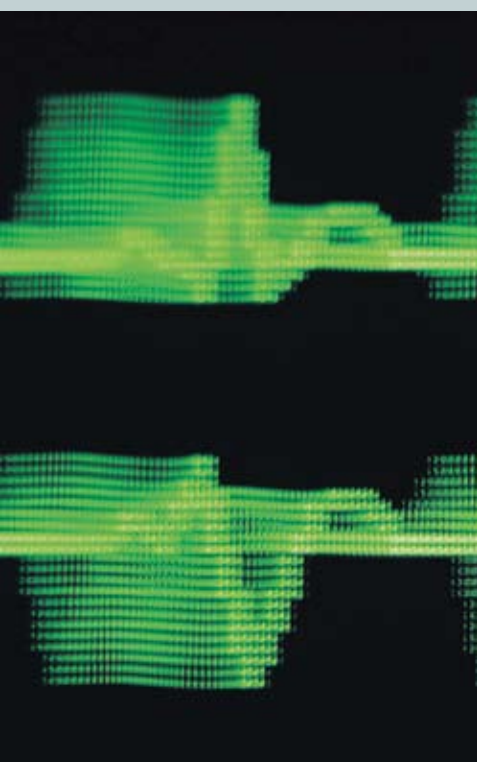


We are pleased to announce Dr. Les Sauvage, Jr. has joined the medical staff at Mercer Island Senior Health Center. He received his medical degree from Saint Louis University in

1983, completing his Internal Medicine residency in 1986 and his Geriatric fellowship training in 1990 at the Medical College of Wisconsin. Dr. Sauvage has been a practicing Geriatrician and Internist in the Seattle area since 1991. He is a member of the King County Medical Society, Washington State Medical Association, American Geriatrics Society, American Medical Directors Association and the American College of Physicians. In the mid 1990s, he served as president of the Washington Geriatric Society for three years. His peers in the Seattle area named him a "Top Doc" in Geriatrics as published in *Seattle* magazine in 2004, 2005 and 2006. Dr. Sauvage and Catherine, his wife of 20 years, have two daughters and reside on Mercer Island.

To schedule an appointment with Dr. Sauvage, call the Mercer Island Senior Health Center at 425-688-5641.

## Keeping the Beat



### *To find cardiac care in your area, call:*

Bellevue Cardiology Clinic  
425-455-9555

Cascade Heart Clinic  
425-454-1560

Eastside Cardiology Associates  
425-899-0555

Overlake Internal Medicine  
Associates - Cardiology  
425-454-2656

Overlake Physician Referral Line  
425-688-5211

**I**t beats 72 times per minute, 100,000 times per day and roughly 2.5 billion times in the average lifetime. With its very own built-in electrical system, the human heart is a well-engineered machine. But even the most reliable operating systems require preventive maintenance, repairs and sometimes a major overhaul.

Heart disease is the leading cause of death of both men and women in the United States. The term heart disease is a broad one that includes several more specific heart conditions, the most common being coronary heart disease, which can lead to a heart attack.

"I was playing golf and had this ache in my left arm. It didn't hurt, it was just an ache. I'd finish playing and it'd go away, but the next time I'd play, the same thing would happen," recalls 66-year-old Robert Kiger.

Kiger was experiencing the common symptoms of angina, a medical term for chest pain or discomfort due to coronary heart disease. His heart muscle wasn't getting enough blood and oxygen because, as he later learned, two of his heart's arteries were blocked. Angina can feel like pressure or squeezing pain in your chest, shoulders, arms, neck, jaw or back. Often, these pains will occur during physical exercise, when the heart needs more blood, and will subside during rest. However some people can experience them even during rest, or normal activities.

Just like the plumbing in a home, blood vessels leading to and from the heart can become narrowed by a build-up of fat and cholesterol. This buildup of plaque is called atherosclerosis, and needs to be cleared out and the vessels repaired in order to keep blood flowing smoothly.

Interventional cardiology refers to procedures used to "intervene" to open clogged arteries and improve blood flow to the heart. Kiger underwent a common procedure called angioplasty to treat his blockages. Using image-guided technology, interventional cardiologists thread a catheter (a thin, flexible tube) through a blood vessel and guide it to the heart. Once in the heart, devices attached to the catheter can help clear out plaque and

restore blood flow. In many cases, a small stent (a tiny, mesh-like tube) is inserted to help keep the artery open.

"The use of drug-coated stents has drastically changed the field of interventional cardiology," stated Edward Kim, MD, Kiger's interventional cardiologist who specializes in these types of procedures. The stents keep the blood vessels open, while the drug coating keeps scar tissue from forming and renarrowing the vessels, a major problem for some patients. "Patients who were normally sent to surgery a few years ago, can now be treated with balloons and stents, which means a quicker recovery," said Dr. Kim.

Determined to remain on the forefront of cardiovascular research and treatment, Overlake is reaching beyond its own walls to promote a patient-centered approach and provide the latest treatments for patients. Through "Sound Heart," a collaborative relationship with Evergreen Healthcare in Kirkland, more resources are being spent on new technology and facilities. Overlake and Evergreen physicians and staff work together to share ideas to maximize care for patients at both facilities.

Sound Heart is also involved in a research program through the Seattle-based Hope Heart Institute, a cardiovascular research and education organization. Through this affiliation, Overlake and Evergreen cardiologists and cardiac surgeons have access to national clinical trials for new medications and medical devices.

Patient Robert Kiger needed four stents to treat his blockages. And through a Hope Heart program, he was able to enroll in a two-year research study for a new drug intended to help raise a person's levels of good (HDL) cholesterol. This good cholesterol can help keep vessels clear and may provide protection against further heart problems for patients like Kiger.

For Kiger, the study was an added benefit to the care he was already receiving. "It's not a bad deal to get extra monitoring for two years and make sure everything's working right," he said. "I'm feeling good; in fact, I just played golf this weekend!"



## January Luncheon RSVP

To reserve your place at the January luncheon, please fill out this form and send it along with your check to: **Connections**, Overlake Hospital Medical Center. Payment must be received with reservation. **Mail by Wednesday, January 17 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004.** To receive a map, call 425-688-5800.

### January Luncheon Reservation Form

☐ **Yes!** I/We would like to make reservations to attend *"Take Heart: Keeping Your Heart Healthy"* on Wednesday, January 24, 2007.

Number of people attending at **\$12 each**: \_\_\_\_\_. Total enclosed: \$ \_\_\_\_\_.  
(Please make checks payable to Overlake Hospital Medical Center.)

Name(s) \_\_\_\_\_

Phone Number \_\_\_\_\_

## When It's An Emergency

If you are experiencing chest pain, call 9-1-1. The most common warning sign of a heart attack is uncomfortable pressure, fullness, or squeezing pain in the center of the chest that lasts a few minutes. It may spread to the shoulders, arms, neck or jaw. Less common warning signs include: abdominal pain, back pain between the shoulder blades, nausea, dizziness, shortness of breath, unexplained anxiety, weakness, fatigue or palpitations. Women often have symptoms that are more vague and harder to recognize. Don't delay!



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