

Healthy Outlook

SUMMER
2012

Surgical Breakthroughs

Overlake is on the leading edge of the latest techniques in robotic-assisted surgery

Adel El-Ghazzawy, MD (left), and Eiji Minami, MD, are top experts in robotic surgery.



OVERLAKE
MEDICAL CENTER

PLUS: Advanced Care for Overlake's Tiniest Patients
Taking Charge of Your Breast Health



From the President & CEO

I am proud Overlake is starting a new chapter in its evolution. Overlake is replacing its current medical record system with a comprehensive integrated electronic medical record (EMR) system provided by Epic Systems Corp. Overlake chose Epic because of the comprehensiveness of the product, the thoroughness of its implementation, and the integrity and past successes of the company.

What this means to you is a seamless experience and more care coordination and collaboration. You will be able to access your own EMR. Our doctors, nurses and other providers will see inpatient, outpatient, emergency department and other patient data using a single system. The new “one patient, one record” approach will provide efficiency, transparency and information sharing for you and your care team in real time. We anticipate debuting Overlake’s new EMR system in 2013.

As always, thank you for your continued support of Overlake. As a community-based, independent hospital, we are thrilled to be ranked the No. 1 hospital compared to similar-size hospitals by Qualis, Washington state’s primary resource for monitoring healthcare quality.

Sincerely,

Craig Hendrickson
President & CEO

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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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Back to Back

From start to finish, collaboration is at the core of Overlake's Spine Services

Back pain affects millions of people each year, but it can be difficult to know where to turn for information and relief. Often, back pain can be addressed without surgery. The goal of each Overlake provider is to begin by educating patients about various options to resolve back pain, and to turn to surgical intervention only when absolutely necessary.

“As a surgical specialist, my goal is to pursue conservative management wherever I can and use the nonsurgical specialists as much as possible,” says neurosurgeon Christopher Smythies, MD, of Overlake Neurosurgery. “Whenever possible, I try to find safe and effective alternatives to surgery.”

Our nonsurgical specialists offer a conservative approach to pain management, including advanced diagnostic physical examinations and image-guided peripheral joint and spinal interventions.

After a patient is assessed by a primary care provider, patients can be seen by a nonsurgical spine specialist who will perform a thorough history and examination, come to a diagnosis, and present the patient with treatment options. “The initial treatment options may include therapeutic exercise, physical or massage therapy, spinal manipulation or acupuncture,” explains Garrett Hyman, MD, of Lake Washington Sports and Spine. “For pain management, I might use therapeutic ice or heat, oral or topical medications, or targeted injections. I’m always working to customize a treatment plan to reduce a patient’s pain and suffering and restore function.”

Overlake offers advanced diagnostic imaging, including 3T MRI, when needed to determine the site and cause of pain. “If an intervention is required, options include therapies such as epidural steroid injections, nerve root blocks and other similar interventions,” explains Harold Prow, MD, a neuroradiologist at Overlake Medical Center, where many of these minimally invasive therapies are performed. Interventional spine



procedures can be performed by pain management specialists, physiatrists, anesthesiologists and interventional radiologists.

If conservative treatment has not helped, back surgery might be the answer. Overlake offers the very latest innovative surgical procedures and provides spine, musculoskeletal, pain and rehabilitation services. From the minute patients are seen by an Overlake provider, they can rest assured the team will support and take care of them throughout the process.

“A patient’s spinal condition is part of their overall health,” explains Todd Jackman, MD, a surgeon from Proliance Orthopedic & Sports Medicine. “Coordination of care and communication with all providers is an important part of our process. We keep everyone involved up to date on the patient’s care and progress. It is truly a team effort.”

“We believe that we should start with the simple, safe and easy things first, nonoperative if at all possible,” adds Alan Brown, MD, of Bellevue Bone and Joint. “However, at Overlake we also have the capability to provide a full spectrum of operative care, which includes the latest and most innovative procedures.”

Surgical treatment is available for many spine problems, including scoliosis (curvature of the spine), spinal stenosis (narrowing of the spinal canal) and spondylolisthesis (slipping of the discs). Overlake’s surgeons are also trained in minimally invasive surgical techniques, which use smaller incisions, resulting in less scarring, reduced blood loss and faster recovery.

“It is the coordination of care, the nursing and support team, and all the caregivers involved who truly make it an exceptional patient experience,” says Ash Patel, MD, also of Proliance Orthopedic & Sports Medicine.

The Cutting Edge

Overlake surgeons Eiji Minami, MD (left), and Adel El-Ghazzawy, MD, are leading experts in an advanced type of minimally invasive surgery.

Just four months after Erica Matsushima delivered her firstborn baby at Overlake Medical Center, she returned to the medical center to have her gallbladder removed in a groundbreaking robotic surgery that required only one short incision in her belly button. Hers was the first such single-site robotic procedure at Overlake and one of the first of its type in the region.

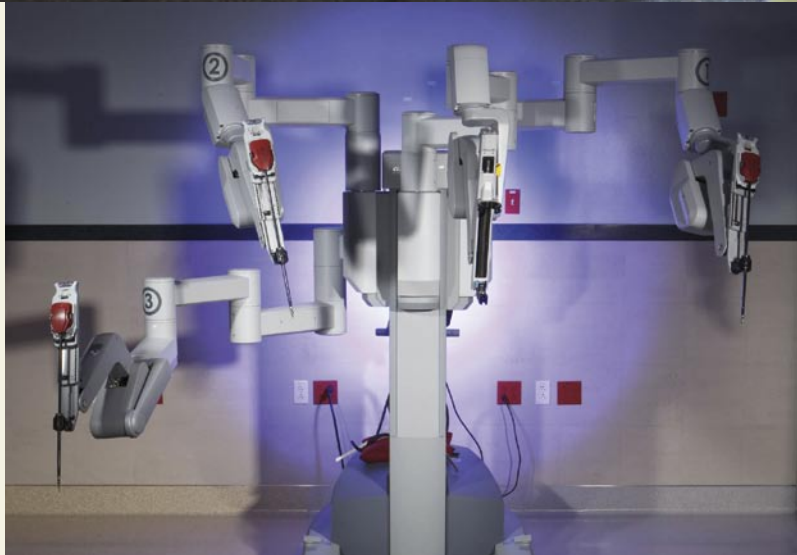
Thanks to the advanced technology and her surgeon's skill, Erica checked in and returned home the same day. She says she's very pleased with her experience at Overlake and her speedy recovery.



“When anybody asks, I sing Overlake’s praises,” says Erica, who lives in Bellevue. “Everyone at the hospital was wonderful. I always felt like I was in good hands. Any time anybody asks about my surgery or my delivery, I let them know Overlake is a great place to be a patient.”

A LEADER IN ROBOTIC SURGERY

Erica’s positive experiences have been shared by countless patients at Overlake. Since establishing its robotic surgery program in 2010, the medical center has become a regional leader in the field and now offers robotic-assisted



“The best part of using the robot is the visualization—the magnified, three-dimensional view,” says Adel El-Ghazzawy, MD. “Since we’re able to see what we are doing so clearly, we are able to work efficiently and with great safety.”

procedures in urology, gynecology, weight loss surgery and general surgery.

Robotic surgery is an advanced type of minimally invasive surgery, explains general surgeon Adel El-Ghazzawy, MD, who performed Erica’s procedure. In contrast to the single, long incision used in open surgery, robotic procedures and conventional laparoscopic procedures use one or more short incisions to insert a tube. The tube (or tubes) allows physicians to deploy tiny video cameras and specially designed instruments to perform procedures.

Robotic surgeons at Overlake use the da Vinci® Surgical System, which has a camera arm and interactive mechanical arms, with joints that work like the human wrist. Seated at a console a few feet from the surgical table, the surgeon skillfully guides the procedure, viewing the surgical

field on a monitor that provides more depth perception and detail than does open surgery.

APPRECIATING THE ROBOT’S ADVANTAGE

“For me, the best part of using the robot is the visualization—the magnified, three-dimensional view,” says Dr. El-Ghazzawy. “Since we’re able to see what we’re doing so clearly, we’re able to work efficiently and with great safety.”

“Robotic instruments are much more nimble,” adds Eiji Minami, MD, who also uses the high-tech equipment in general surgery procedures at Overlake. “Laparoscopic procedures are done with sticklike instruments, but robotic instruments have wrist action. It’s like using your hands inside the body.”

With the benefit of the robot’s added dexterity and precision,

HAVE QUESTIONS ABOUT OVERLAKE’S ROBOTIC SURGERY PROGRAM?

Email roboticsurgery@overlakehospital.org or call 425-688-5030.

surgeons can perform delicate and complex procedures that can be difficult or impossible using other techniques. That means more patients can be candidates for surgery. And those who do undergo robotic-assisted procedures may have less blood loss and reduced trauma, a shorter hospital stay, fewer complications and a quicker recovery than those who have open surgery.

GROWING TRENDS IN ROBOTICS

Overlake’s Robotic Surgery Program has come a long way since its beginnings. In 2010, surgeons in the fields of urology and gynecology became the first at the medical center

ROBOTIC WEIGHT LOSS SURGERY

Thanks to advanced technology, one overweight family finally shed excess pounds

In May of this year, three members of an Auburn family—all more than 300 pounds in weight—changed their lives.

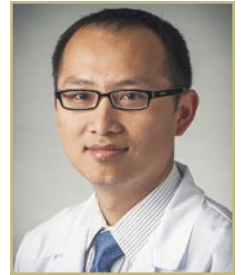
That's when Kelly and her husband, Jason, underwent robotic weight loss (bariatric) surgery at Overlake Medical Center, as did the oldest of the couple's four children, Cory.

"We have been overweight all of our lives—other weight loss methods weren't successful. We wanted to be more active and live longer and decided to do something about it," says Kelly, who no longer has high blood pressure, thanks to her surgery. "It's amazing—the process is lifesaving."

Kelly and her son had their gastric bypass procedure on May 1; her husband's was nine days later. Interviewed just 15 days after her surgery, Kelly said their combined weight loss was already 71 pounds. "We're doing it as a family, so

we have a built-in support system that makes it easy to succeed," she explains. "It's going to have a tremendous impact on our self-esteem. We're going to be seen as a normal family."

For her part, Kelly said she appreciates the robotic technology that made it all possible and applauds Thien Nguyen, MD, the general and bariatric surgeon who skillfully guided the instruments in each case. "We put three of my family's lives in his hands, and he did a fabulous job," says Kelly. "We had faith in Dr. Nguyen and that he would use the best procedure for us."



Thien Nguyen, MD

to use robotic equipment. (That first robot has been affectionately dubbed "Rosie," named by OR staff after the robot on the popular '60s TV series *The Jetsons*. Overlake purchased a second da Vinci system in early 2012.)

Using the robot to remove the prostate gland (radical prostatectomy), for example, has allowed Overlake physicians to perform highly precise movements that protect the delicate prostate nerves controlling bladder and sexual function. That's one of the reasons the robotic procedure is now the predominant surgical treatment at Overlake for localized prostate cancer. Gynecological procedures

are also among the most common robotic-assisted procedures at the medical center. These include removal of the entire uterus (hysterectomy) and removal of symptom-causing fibroids (noncancerous growths on the uterus).

In July 2011, Overlake surgeons began using the robot in weight loss (bariatric) surgery, which helps patients lose weight by reducing the size of the stomach. "Already, robotic-assisted procedures account for about half of our bariatric cases," says Thien Nguyen, MD. "Our program probably does more bariatric robotic procedures than any other program of its type in the state. It's like science

fiction come to life. My patients think it's very cool. They're really excited to be part of a new wave of doing things with technology."

The robot's December 2011 debut in general surgery procedures was a landmark occasion at Overlake and throughout the Eastside—as much for what it portends for the future as for its initial use in gallbladder removal, anti-reflux procedures and certain hernia repairs. "I think there will be pretty widespread use of the robot in general surgery in the coming years," says Dr. El-Ghazzawy. "Overlake is being proactive in introducing this technology and visionary in devoting its resources to this growing field."



New Neonatal Intensive Care Unit on the Way

NICU will care for tinier, sicker babies

Mila Bailey, who weighed just two pounds at birth, spent her first six weeks in the Overlake NICU.

When Mila Bailey was born, she weighed just two pounds. She arrived in January, two months before her due date, and spent her first six weeks in Overlake's Neonatal Intensive Care Unit (NICU) hooked to IVs and monitors. Thanks to the care she received, she's thriving today. "The Overlake NICU saved our baby," says Mila's father, Ken. "We think the world of them. We can't thank them enough."

In the coming years, more premature babies like Mila will need care, partly because more women are giving birth later in life. "Our patients in general are higher risk than they used to be," says Kristin Graham, MD, chair of Overlake's OB/GYN department. Rising rates of fertility treatments and obesity are leading to higher-risk pregnancies and more premature births.

Overlake is responding by building a new, state-of-the-art NICU, which will serve tinier and sicker babies and let parents stay close to their little ones. "Our goal is to provide an even higher level of service," says Dr. Graham. The new unit will open this fall, with 13 beds and almost 8,000 square feet of space.

Babies born as early as 26 weeks can be accommodated in the new NICU. The unit will offer updated equipment and technology. Windows and soundproofing will aid the development of premature infants, who are sensitive to sound and benefit from natural circadian light.

Keeping parents close also helps babies thrive. The rooms in the new space are 50 percent larger, with a recliner and a daybed. Parents can stay longer during the day, and more easily spend the night. Doors between rooms will offer privacy, so parents can more comfortably feed their babies and give them skin-on-skin contact, says Christine Riffle, NICU day shift charge nurse. Studies show this parental touch boosts babies' resilience.

The larger rooms will accommodate visits from siblings

and grandparents, and a lounge will offer a place to rest and connect with other parents. The changes aim to soothe the nerves of parents under intense stress. They complement the emotional support NICU staff members already offer.

"It was very emotional to see our baby hooked up to IVs," says Ken. "For the first two days, my wife just cried." Ken's wife, Mirjana, struggling with early labor and a problem pregnancy, had spent two weeks at Overlake before Mila was safely delivered by Elisabeth Anton-McIntyre, MD.

Ken and Mirjana commuted from Snoqualmie to see Mila every day. "Mirjana was worried the baby would die, but the nurses said, 'Oh no, she'll be fine,'" Ken says. "They taught my wife how to hold the baby, feed the baby. They were just wonderful. When a baby is at that stage, if they let up for one minute, you end up with a lifetime of problems," he says. "They were right on it. It was unbelievable."

The NICU now is, and will continue to be, staffed around the clock by expert neonatal doctors and nurse practitioners from Seattle Children's Hospital. In March, neonatal doctors from Seattle Children's showed their support by attending the annual Bandage Ball, helping the event raise more than \$800,000 for the new NICU.

The new NICU is just one part of Overlake's comprehensive service line for babies and their parents. Care begins with classes for couples who are thinking of having a baby, and follows them through pregnancy to delivery and beyond. A Women's Clinic offers postpartum care, including breastfeeding support, and Overlake is expanding its classes and resources for parents.

Overlake seeks donations to help fund the NICU project, which will cost \$3.6 million.

Learn More About Giving and Volunteering



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



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Dehydration

A hidden risk for seniors

Although most people are unaware how frequently it happens, dehydration is a common condition affecting people over the age of 65. As people age, it is a natural change to feel less thirsty and, as a result, take in fewer fluids. That's why seniors need to pay particular attention to drinking enough fluids throughout the day.

Dehydration happens when a person loses more water than he or she takes in. Lack of fluids deprives the body of vital nourishment and its ability to cleanse itself. It's especially common for seniors using medications to control heart disease, hypertension, kidney disease and liver disease. These medications often have a diuretic effect. As a result, seniors need additional fluids in their daily routine in order to compensate for both their bodies' natural changes and for the diuretic

effects of their prescriptions.

"At the very minimum, seniors should consume six to eight glasses each day," explains Worawan Rattanasamphan, MD, at Overlake Medical Clinics Bellevue Senior Health Center. "But the average senior citizen still requires more than 10 cups of pure water or other oral fluid each and every day to maintain good health."

If dehydration is left untreated, it can pose a serious threat to a person's health. One of the first signs the elderly are not drinking enough water can be seen in the color of their urine. Some medications can cause discoloration, but urine should generally be clear. Other early signs of dehydration among seniors are a dry mouth and clouded thinking. Drinking sufficient amounts of water daily is a simple way to avoid dehydration and to regulate the body's normal temperature.

SYMPTOMS AND SOLUTIONS:

- **Dry, sticky mouth.**
- **Sleepiness or tiredness.**
- **Thirst.**
- **Decreased urine output.**
- **Few or no tears.**
- **Dry skin.**
- **Headache.**
- **Constipation.**
- **Dizziness or light-headedness.**

If your loved one has trouble walking or getting to the kitchen, consider keeping a water bottle next to his or her bed. A great portion of our daily fluid intake also comes from food. Fruits, vegetables and soups contain water and are good sources of hydration.

You can usually treat mild to moderate dehydration by drinking more fluids. But if you or a loved one develops severe signs and symptoms such as extreme thirst, a lack of urination, shriveled skin, dizziness or confusion, please get immediate medical care.

Educating seniors about symptoms of dehydration helps prevent the development of serious medical complications. Keeping hydrated can be simple and, especially during hot summer days, can prevent elderly dehydration.

Mammogram Parties

A fun way to take control of your breast health

Women taking control of their breast health are turning routine annual exams into social events. The Breast Health Center at Overlake now offers mammogram parties—groups of friends getting their mammograms together, complete with refreshments.

“Most women consider annual mammograms an unpleasant but necessary chore,” explains Kathy Crandall, manager of the Overlake Breast Health Center. “Since early detection is critical to long-term breast health, we want to make the experience of getting a mammogram an event to look forward to each year.”

The mammogram party includes a spa-like environment with wine and cheese or tea and cookies.

Krista Benjamin attended her first mammogram party with a group of co-workers. “We all appreciated the relaxed atmosphere that was created for us,” she says. “The robes were warm, the wine was cold, and we took care of a truly important checklist item for our health maintenance.”

Screening mammography is just the first step in Overlake’s comprehensive, patient-focused, coordinated approach to breast health services. If a woman requires additional diagnostic procedures and breast cancer treatment, Overlake’s team includes dedicated breast imaging radiologists, pathologists, therapeutic breast surgeons, reconstructive breast surgeons, and medical and radiation oncologists.

“It’s a tremendous advantage to Overlake’s patients that the various people involved in their breast cancer care readily communicate with one another,” explains Elliot Sacks, MD, one of Overlake’s fellowship-trained breast imaging radiologists. “Having all the specialties under one roof offers direct patient

benefit. It facilitates communication.” Providers share one set of patient forms and meet weekly to discuss all newly diagnosed patients’ care and treatment.

Overlake’s patient navigators provide logistical and emotional support while mobilizing customized resources based on each patient’s needs.

“We can help with financial needs, child care, even getting to the grocery store. When you’re overwhelmed, you don’t think of those things,” adds Crandall. “Our role is to provide the best care, and sometimes that means extending extra help managing disruptions to daily life after diagnosis.”

Visit www.overlakehospital.org/breasthealth for more information.



Call 425-688-5985 to schedule a party for a minimum of five women who are asymptomatic (no lumps, bumps or pain). The hospital will bill insurance, but Overlake also has financial programs to assist patients if there is a need.

Overlake recommends women begin annual mammograms at age 40.



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 Hospital 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 and lifestyle, prenatal screenings, changes in couples' relationships, and changes in the family budget. Refreshments served. Preregistration required.

Wed., Aug. 29, 6–9 p.m. For more information, visit www.overlakehospital.org/classes. FREE.

Childbirth Center Tours

To sign up for one of the many tour options, visit www.overlakehospital.org/classes. For tours in Spanish, call 425-688-5248. FREE.

Before Baby Comes

Register for the following classes in preparation for labor, birth and life with your newborn. Full class descriptions, including dates and times, can be found at www.overlakehospital.org/classes. Register in your first trimester for best selection.

Classes on Childbirth and Newborn Care

- ♦ *Preparation for Childbirth and Newborn Care.*
- ♦ *Breathing and Relaxation: for extra practice.*
- ♦ *Breastfeeding: essential information.*
- ♦ *Refresher: if you've given birth before and need an update.*
- ♦ *Expecting Multiples: what you need to know when expecting more than one.*
- ♦ *Prenatal Yoga: for expectant and postpartum moms.*
- ♦ *Just for Grandparents: discuss the role of grandparenting with other soon-to-be grandparents. Includes a tour of the Childbirth Center.*
- ♦ *Siblings Are Special: help your child (3½–9 years old) prepare for a new baby in the house.*

- ♦ *Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.*
- ♦ *Car-Safe Kids: how to choose and install an infant car seat.*
- ♦ *Infant CPR and Safety-Proofing.*
- ♦ *Bringing Baby Home.*

After Baby Arrives

- ♦ *You and Your New Baby: for moms with babies 4 to 12 weeks old. Share experiences with other new moms while learning important information.*
- ♦ *Infant Massage: learn ways to nurture your baby with loving touch.*
- ♦ *New! Infant Massage for Japanese-Speaking Families and Caregivers.*
- ♦ *Bringing Baby Home: see listing at right.*
- ♦ *Balance After Baby: a postpartum mood disorder support group.*

Join us to celebrate World Breastfeeding Week, **Aug. 1–6**. Speakers, cookies and milk for moms delivering that week, and great deals on all things lactation in our Women's & Infants' Boutique.

PARENTING

Balance After Baby

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 otherwise 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.

Conscious Fathering

Designed especially for expectant dads. In this hands-on program, learn to recognize and meet your baby's needs, support your partner, develop your own fathering style and celebrate the special relationship between you and your new baby! **Tue., Aug. 7 and Thu., Sep. 6, 6:30–9 p.m.** \$30.

Bringing Baby Home

In this two-day workshop, couples will learn how to increase marital satisfaction, deal with the normal stress after baby arrives, keep dads involved in infant care, co-parent effectively and improve the quality of parent-infant interaction. **Sat., July 14 and 21, 9 a.m.–4 p.m.** \$150 per couple.

Siblings Are Special

Would you like help preparing your child(ren) for the baby on the way? Designed for children ages 3½ to 9 years of age, this course helps parents prepare older siblings for the new arrival. **Mon., July 23; Mon., Aug. 20; or Wed., Sep. 12, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

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

Sponsored by Seattle Children's and Overlake. For girls ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what girls should know about boys, sexuality and sexual reproduction. Includes the book *Will Puberty Last My Whole Life?*

For more information about our classes, or to register,

Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Wed., Sep. 19 and 26, 6:30–8:30 p.m.** \$70 per daughter/parent; \$20 per additional person.

For Boys Only: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. For boys ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what boys should know about girls, sexuality and sexual reproduction. Includes the book *Will Puberty Last My Whole Life?* Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Tue., July 17 and 24 or Fri., Sep. 21 and 28, 6:30–8:30 p.m.** \$70 per son/parent; \$20 per additional person.

BodyWorks

This nine-week fitness and nutrition program for boys and girls ages 9 to 12 and their families is designed to help improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavioral changes to prevent obesity and help maintain a healthy weight. For more information, visit www.womenshealth.gov/bodyworks. **Wed., Sep. 12–Nov. 7, 6:30–8 p.m.** FREE.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. For youth ages 11 to 13. This course teaches responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., July 28, Aug. 4, Aug. 25, Sep. 8, Sep. 22; Tue., Aug. 7; or Thu., Aug. 16, 9 a.m.–2 p.m.** Bellevue location. Please register at www.seattlechildrens.org/classes-community. \$40 per person.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Weeknights, July 25, Aug. 6, Sep. 5 or Sep. 24, 6:30–9:30 p.m.; Sat., Aug. 18, Sep. 15 or Oct. 6, 9 a.m.–noon.** \$35 per person; \$60 per couple.

First Aid for the Family and CPR—includes AED

Infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Mon., Aug. 27 and Wed., Aug. 29, 6:30–9:30 p.m. or Sat., Oct. 20, 9 a.m.–4 p.m.** \$70.

CPR for Healthcare Providers

Mon., Aug. 13 or Sep. 17, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

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. Time allowed for questions. Overlake Hospital, **Mon., Sep. 10, 6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Aug. 2 and Oct. 18, 7–9 p.m.** \$45. Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series offered on **Thu., July 12, 19 and 26 or Sep. 6, 13 and 20, 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. Issaquah: **Tue., July 24 and Aug. 28, 6–7:30 p.m.** Bellevue: **Tue., July 17, Aug. 7, Aug. 14, Sep. 4, Sep. 18, Sep. 25, 6–7:30 p.m. or Sat., July 28, Aug. 25, Sep. 22, 10:30 a.m.–noon.** For information, call 425-688-5214. FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of each month, 10 a.m.–noon. Also on Thu. evenings once a month, 6–8 p.m.** For information, call 425-688-5214. FREE.

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 register for the next class, please call 425-688-5700 and press option 5 when prompted.

Is Your Blood Sugar Rising?

Learn how to manage your blood sugars that may be putting you at risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral and will help you understand how to manage your blood sugars and how you can reduce the risk of developing diabetes. Call 425-688-5636 for more information and to register for our next class scheduled for **Tue., Oct. 9, 3:30–5 p.m.** 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 with different topics covered at each. 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 for upcoming classes scheduled **Sep. 7, 14 and 21, 9 a.m.–noon.** We recommend contacting your insurance company in advance to determine if your policy covers diabetes education.

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. The Gardens at Town Square, 933 111th Ave. NE, Bellevue. **Tue. and Thu., Sep. 4–27, 10 a.m.–noon.** 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. All exercises are done from a chair and adapted to each individual's ability. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., July 10–31, or Aug. 7–28, or Sep. 4–25, 12:30–1:45 p.m.; or Thu., July 12–Aug. 2, or Aug. 9–30 or Sep. 6–27, 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 aims to provide education and supportive discussion on topics of medical causes and treatments, future planning and communication strategies. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Aug. 9 or Sep. 27, 1–4 p.m.** Preregistration required; call Anita at Alzheimer's Association at 425-363-5500, ext. 229. FREE.

Keeping Your Mind Fit

The best way to keep your memory working well is to actively use it and to stay healthy. Tips will be offered as well as how to give your brain a daily aerobic workout. The Gardens at Town Square, 933 111th Ave. NE, Bellevue. **Wed., Sep. 12, 10:30 a.m.–noon.** Preregistration required; call 425-688-5259. Complimentary lunch and FREE parking. FREE.

Understanding Dementia

This class will provide a review of 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. **Thu., Sep. 6, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

please visit www.overlakehospital.org/classes.



6–8 p.m.; Mon., Sep. 9, 1:30–3:30 p.m. To register, call Kelly Brajcich at 425-467-3809. FREE.

Support Groups

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups provide a welcoming environment where people living with cancer can come together to build emotional, social and educational support as a supplement to medical care. 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.*

Cancer Survivorship Conference

This annual conference will be held on **Sat., Sep. 15**. The daylong program will feature Overlake's own oncology experts discussing topics including genetics, nutrition, weight management and managing the long-term side effects of treatment. Complimentary light breakfast and lunch will be provided. To register for this FREE event, contact Desiree Hobson at 425-688-5586.

EVENTS

Bellevue Farmers Market

Thursdays through Oct. 11, 3–7 p.m. Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to visit the market for wholesome and nutritious food options. The market is located at First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. Visit www.bellevuefarmersmarket.org for more information.

Sammamish "Summer Nights In the Park" Concert Series

Join us on opening night, July 12, for an Overlake-sponsored evening with the Spyrographs, a surf, pop and bossa nova-style band playing music from the '60s. Overlake supports the City of Sammamish to present a summer of family-friendly musical entertainment at beautiful Pine Lake Park in Sammamish. **Thursdays, July 12–Aug. 30, 6:30–8 p.m.** (arrive early for community picnicking). For more information and a concert schedule, visit www.ci.sammamish.wa.us/events.

Redmond Derby Days

Overlake is proud to sponsor the 72nd annual Redmond Derby Days festival, held at the Redmond City Hall Campus. Festivities will include live music, activities for the kids, the Funtastic Carnival, a bike race, refreshments and spectacular fireworks. Come out and take part in this local summer tradition! **July 14–15**. Visit www.redmond.gov/derbydays for more information.

Mercer Island Summer Celebration

Join us for the 22nd annual Mercer Island Summer Celebration. This year, the Summer Celebration, held at Mercedale Park, is going for the gold with a Summer Olympics-themed festival! The event will

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. **Thu., Sep. 20, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Keeping Your Memory Sharp as You Age

The best way to keep your memory functioning well is to actively use it and stay healthy. A variety of tips will be offered as well as how to give your brain a daily aerobic workout to help keep it healthy. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Mon., Sep. 24, 1–2:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Avoiding the Fall, Reducing the Risk

More than 30,000 Americans over the age of 65 are seriously injured in a fall each week. In addition, more than 20 to 30 percent of those who fall experience a debilitating injury they will deal with the rest of their lives or they develop a fear of falling. 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. Coal Creek Family YMCA. **Wed., Sep. 12, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Low Cholesterol Diet

Do you understand all of the jargon about good cholesterol (HDL) and bad cholesterol (LDL)? And what foods they are found in? Learn how to eat well while cutting fat and cholesterol from your diet. Guidelines for eating well will be reviewed. Redmond Senior Center. **Wed., Sep. 19, 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. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8–9:30 a.m.** No registration required. For more information, call 425-688-5259. FREE.

CAREGIVER SUPPORT

Family Caregiver Support Group—Bellevue

Overlake Medical Clinics Bellevue Senior Health Center. **2nd and 4th Thu. of each month, 3–4:30 p.m.** No registration required. For more information, call Regina Bennett, MSW, 425-688-5807. FREE.

CANCER PROGRAMS

Look Good ... Feel Better

A free program teaching beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Aug. 13,**

For more information about our classes, or to register,

feature Outrageous Olympics, with wacky games and fun challenges, roving entertainers, narrated boat tours, an Olympic Spirit-themed community parade, classic car show, children's fun zone and fun run. Be sure to stay for the fireworks show sponsored in part by Overlake. **July 14–15.** For more information, visit www.misummercelebration.com.

Movies at Marymoor

Overlake is proud to return as 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! **Wed., July 11–Aug. 29.** For more information and a schedule of movies, 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, cooking demonstrations—even a dog modeling contest! **July 20–22.** For more information, visit www.kirklanduncorked.com.

Relay for Life

Overlake is a proud sponsor of the American Cancer Society's Relay for Life of Bellevue **Sat. and Sun., July 21 and 22,** at Bellevue College in Bellevue. This overnight event raises funds to support cancer programs and research in our community. For more information, visit www.cancer.org.

Peter Kirk Golf Classic

Overlake is proud to sponsor the Kirkland Chamber of Commerce's 18th annual Peter Kirk Golf Classic at Willows Run in Redmond. Join us for a fun day on the links—complete with chipping, putting and driving range contests! Lunch is included. Registrations are limited. For more information, visit www.kirklandchamber.org/events/golfclassic.htm.

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 beautiful gardens at Boehms Candies. **July 26.** To purchase tickets for this sellout event, 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 27–29.** Visit www.bellevuearts.org/fair for more information.

Kirkland Summer Concert Series

Join us **Thu., Aug. 16** at Marina Park in Kirkland, for an Overlake-sponsored evening with Crème Tangerine, a popular Beatles cover band. **Thursdays, July 12–Aug. 30, 7–8:30 p.m.** For more information

and complete season concert schedule, visit www.kirklandsummerconcerts.org.

Making Strides Against Breast Cancer Walk

Overlake is the proud flagship sponsor of the American Cancer Society's Making Strides Against Breast Cancer Walk **Sun., Oct. 7,** at Bellevue Downtown Park. The 5K walk raises funds to support breast cancer programs and research in our community. For more information, visit www.cancer.org.

AUXILIARY ACTIVITIES

Join Us!

Our fundraising activities support vital hospital services, which help Overlake carry out the vision of providing exceptional quality and compassionate care to every life we touch. We are always looking for enthusiastic volunteers to put their creativity and passion to work for Overlake by joining this vibrant organization. For more information on these activities or how you can become a member of the Auxiliaries, please contact us at 425-688-5529 or auxiliaries@overlakehospital.org.

Tree of Hope Ceremony

The Overlake Hospital Cancer Center Auxiliary will host the 13th annual Tree of Hope Ceremony in November in Overlake's Main Lobby. Remember a loved one, honor someone meeting the challenges of cancer or recognize a special caregiver by making a donation to the Cancer Center at Overlake and having a candle lit in his or her name. For more information, contact Jennifer Fischer at 425-688-5527 or events@overlakehospital.org.

The Sonja Potter Senior Care Auxiliary

The Auxiliary will hold its next rummage sale in September to benefit Senior Care Programs. Items to sell will be gratefully accepted and a tax receipt will be provided. Contact Barbel Kappes at 425-455-2071 or Charlotte Moore at 425-454-7298.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, visit www.overlakehospital.org/volunteer or contact Kim Smith, director of Volunteer Services, at 425-688-5365, **Mon.–Fri., 9 a.m.–4:30 p.m.**

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.

EASTSIDE VITALITY *Community Health Fair*

Bring your friends and family to Overlake's **FREE** community health screenings.

Screenings for cholesterol, blood pressure, diabetes and much more.

For more information, call 425-688-5259.

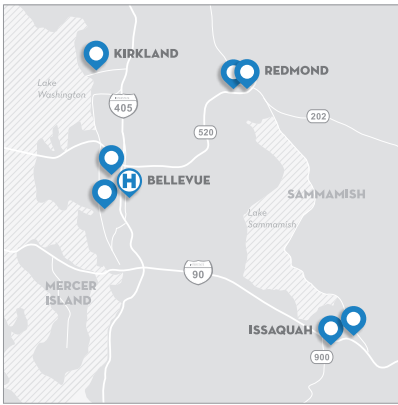
FALL 2012

Dates to be announced soon!

Please check overlakehospital.org/EastsideVitality



please visit www.overlakehospital.org/classes.



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Pediatrics

Jill Enright, MD
425-454-5046
Internal Medicine

Bill Fournarakis, MD
425-827-4600
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Internal Medicine

Richard Keeler, MD
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Dermatology

Daniel E. Nelson, MD
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Pain Management

Igor Uritskiy, MD
425-394-1200
Physical Medicine and
Rehabilitation

Enrico Versace, MD
425-313-4800
Internal Medicine

Craig Wells, MD
425-576-0225
Ophthalmology

Last Minute Sports Physicals & Immunizations

Offered Saturday, August 11 from 9 a.m. to noon.

- **Cash or credit cards accepted (insurance will not be billed).**
 - **Appointments recommended, walk-ins welcome.**
- **Students under 18 must be accompanied by parent or guardian.**

KIRKLAND

290 Central Way | Kirkland, WA 98033 | **425-635-6470**



www.overlakehospital.org/clinics