

Healthy Outlook

FALL
2011

Focus on Men's Health

*What every man should
know for a lifetime of
optimal wellness*

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Breakthroughs in Breast Cancer Care

From the President & CEO

We recently began posting our Emergency Department (ED) wait times on our website, becoming the first hospital in the Seattle area to take this step. Since the wait times became available, I've been asked several times why we decided to post them. We believe the more relevant question for us is "Why *wouldn't* we post our wait times?" We rarely have a wait, and when we do, it is very short.

Overlake has a strong culture of transparency and a commitment to ensuring an exceptional patient experience. You can find a host of quality measures on our website, and we post our patient satisfaction scores throughout our campus. Patients now expect to have this kind of information so they can make informed choices. We think it's the responsibility of all leading healthcare organizations to be fully transparent. So posting our ED wait times was a natural step for us.

Of course, having an efficient, high-quality Emergency Department is an essential community service, as is access to preventive care. Our commitment to keeping you in good health includes expanding our primary care clinic network. We'll be opening our newest clinic in late October in Kirkland.

Sincerely,



Craig Hendrickson
President & CEO

OVERLAKE EXPANDS ITS PHYSICIAN AND CLINIC NETWORK IN KIRKLAND AND REDMOND

As part of its ongoing effort to expand quality healthcare services, Overlake is opening a new primary care clinic in Kirkland this fall.

The new facility, called Overlake Medical Clinics Kirkland, is conveniently located at 290 Central Way, near Peter Kirk Park. Staffed by internal medicine physicians offering same-day and walk-in appointments, the clinic will make it easy for workers and residents in Kirkland's downtown area to receive care quickly and efficiently. The clinic will offer adult preventive care—including annual exams, health screenings, immunizations and women's services—and care for chronic and acute conditions.

Two more Overlake clinics are also slated to open soon in Redmond. In January 2012 a new urgent care clinic will open at the Creekside Crossing development on Redmond Way, and a new primary care clinic is scheduled to open in Redmond Town Center. **For more information, visit www.overlakehospital.org/clinics.**



Overlake Medical Clinics Kirkland

HEALTHY OUTLOOK • FALL 2011

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

Periodically, we send communications to friends and neighbors in our community that describe the 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 e-mail healthyoutlook@overlakehospital.org.

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



After receiving balloon brachytherapy at Overlake, Jacqui Ramsay is now cancer-free.

Breakthroughs in Breast Cancer Care

More patients eligible for new, faster radiation treatment

When a routine mammogram revealed cancer in her right breast, Jacqui Ramsay sprang into action. Dreading several weeks of radiation treatment, the wife and mother of three started researching newer radiation treatment procedures. “Not that it would hurt or anything,” Jacqui says, “but it’s just that when you have cancer, you want to be done with it and move on. Seven weeks seemed like a long time to be reminded that you’re not well.”

Jacqui, 47, was referred to Overlake and hoped to qualify for balloon brachytherapy, a newer type of treatment for early-stage breast cancer. With brachytherapy, she could undergo partial breast irradiation for just five days, instead of several

weeks of traditional full breast radiation therapy. Shortly after surgery to remove the cancerous lump, Overlake radiation oncologist James Pelton, MD, confirmed that Jacqui met the qualifications for this new procedure. A small balloon-based device was placed inside the lumpectomy cavity in her breast. The balloon was connected via a flexible catheter to a computer-controlled machine, which delivered high doses of radiation to the precise area where the cancer was most likely to recur.

“You’d think it would be invasive, but it was like a non-event,” Jacqui recalls. “And I realized at the time that if I wasn’t doing this, I’d have six weeks [of radiation treatment] ahead of me. So I thought the new treatment was a great thing.”

Previously, partial breast irradiation was available with only one lumen, or channel, in the center of the balloon for delivery of radiation, which “had some limitations in terms of geometry,” says Dr. Pelton. Today, Dr. Pelton uses the Contura® device, which offers five separate channels to place the radiation seeds. “It’s been a big breakthrough for us in terms of the availability to more patients,” explains Dr. Pelton. “The big advantage is that it allows us to contour the radiation dose to the tissue that needs it. It also limits radiation exposure to the skin.”

As for side effects, “I didn’t have really any at all for about a month,” says Jacqui. “It wasn’t until mid-July that I got what appeared to be sunburn. It was delayed, and it was just this one little spot. It simply peeled and went away.”

Once treatment is complete, patients schedule a follow-up appointment about two weeks later and “return to their previous mammographic screening schedule,” says Dr. Pelton.

Today Jacqui is cancer-free. “It was a really great experience after hearing really bad news,” says Jacqui. “While it was frightening at first, this helped me get through it quickly and go back to my life.”

Please visit www.overlakehospital.org/breastcancer for more information.

Overlake Launches Breast Health Blog

For information and insights from Overlake’s breast health experts, please visit www.overlakehospitalblog.org/breasthealth.





At age 51, landscape designer Greg Butler had a colonoscopy that revealed he had cancer; fortunately, it was caught early.

SPOTLIGHT ON MEN'S HEALTH

WHAT EVERY MAN SHOULD KNOW FOR A LIFETIME OF OPTIMAL HEALTH

Like many men, Greg Butler didn't spend a lot of time worrying about his health. If he felt sick, he saw a doctor, but otherwise he led a full and active life. A former musician, Greg now earns his living as a landscape designer and stays busy working on Highline SeaTac Botanical Garden (pictured on the cover) and other projects. At age 50, he planned to get a colonoscopy but life got in the way, so he put it off.

When Greg did get his screening at 51, his doctor discovered that he had cancer. Fortunately, it was caught early enough and his doctors assured him it was treatable and survivable at that stage. "The takeaway message for me was loud and clear: Don't put off your colonoscopy!" says Greg. "Plain and simple, that's what I did. And I almost waited too long. Thankfully, my cancer was caught just before it spread beyond the colon wall. If I had waited much longer, I might not be here today."

YOUR LIFE IN YOUR HANDS

Unlike women, men generally do not get routine checkups and often fail to take an active role in their own healthcare. According to the Agency for Healthcare Research and Quality, men are 24 percent less likely than women to have visited a doctor within the past year and they are hospitalized more often for preventable diseases. Now that the average life expectancy for a man is 78 years, it's even more important for men to make health and well-being a priority, especially as they age.

Heart disease is the number one cause of death for men in the United States. Fortunately you can greatly reduce your risk by adopting a healthy lifestyle. If you smoke, quitting should be your top priority as smoking contributes to high cholesterol and smokers are more likely to have heart attacks, strokes or develop cancer.

Healthy living includes paying attention to

what you put on your plate. “I’m a big advocate of a Mediterranean-type diet,” says John K. Hynes, MD, FACC, a cardiologist at Overlake Medical Clinics Cardiology. “Eat lots of fruits and vegetables, maintain a reasonably low carbohydrate load, and for protein, eat fish and lean meats like turkey and chicken. And you don’t need to avoid any foods. If you like ice cream, have it once or twice a week, just not every day.” Removing the amount of saturated fats from your diet and replacing them with monounsaturated fats, such as olive and canola oils, can help lower your LDL cholesterol (the “bad cholesterol,” which can clog your artery walls). Men who live in the Pacific Northwest, which has low sun exposure, should also talk to their doctor about taking vitamin D supplements to safeguard their cardiovascular and bone health.

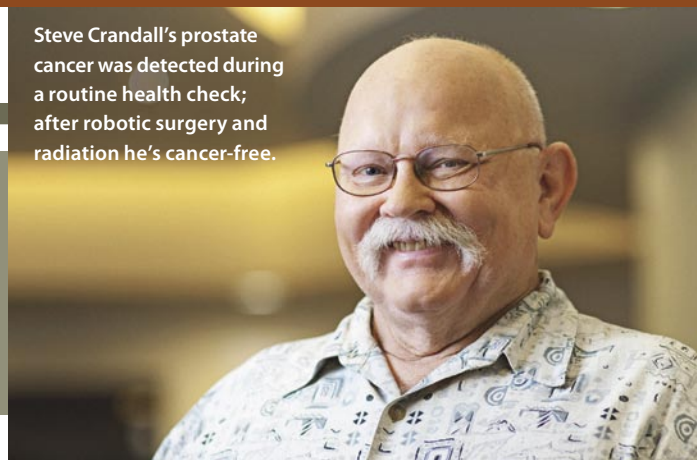
It’s also important to get moving. “Start with 30 minutes of walking three times a week, and then add strength training at least once or twice a week,” suggests Alex De Moraes, MD, associate medical director of Overlake Medical Clinics Downtown Bellevue. Physical activity keeps your weight in check, improves your heart health and reduces your risk of certain types of cancer.

PARTNER WITH YOUR DOCTOR

All men should visit their doctor annually for a physical and regular health screenings. “Today, a lot of people tend to rely on information available online versus visiting a doctor for a physical evaluation,” Dr. De Moraes says. “Your doctor will gather information about your medical history and family medical history, and check your vital signs including blood pressure, cholesterol, blood glucose and allergies, and discuss any need for medications, vitamins and supplements.” In addition to doing the standard recommended screenings, your doctor may suggest special tests based on your disease risk. Many life-threatening conditions have few if any symptoms in the early stages, so getting screened, as Greg did, can save your life.

Your doctor can help you stay healthy, but he or she needs your help. Greg Butler has now completed his treatment—two surgeries, chemotherapy and radiation—and life is looking up. As he says, “My last couple of screenings came back negative, and I couldn’t be happier.”

Steve Crandall’s prostate cancer was detected during a routine health check; after robotic surgery and radiation he’s cancer-free.



If you’re ever at Lake Sammamish, you might spot Steve Crandall, a retired electrician who enjoys taking his boat out on the water. The 63-year-old also loves spending time with his grandkids, Alex and Alexyss, ages 9 and 13. “We’ve got a party barge, and my grandson and I go fishing on it,” he says.

But his life took a detour earlier this year when he went for his annual blood glucose test, to check on his diabetes. His level of prostate-specific antigen (PSA)—a protein produced by the prostate that sometimes indicates cancer—was elevated. Steve had no symptoms, and his PSA wasn’t in the danger zone, but it had risen quickly.

He was referred to Thomas K. Takayama, MD, an Overlake urologist with Bellevue Urology, and William Reece, MD, an Overlake radiation oncologist. Dr. Takayama took a biopsy, which showed that Steve had an aggressive form of prostate cancer.

“I was scared,” Steve says. “But my doctors explained everything and told me it was curable.”

“We develop a treatment plan for each patient based on

BLOOD PRESSURE: KNOW YOUR NUMBERS

Hypertension, or high blood pressure, has been called “the silent killer.” It has no symptoms but can lead to a range of life-threatening conditions, including heart disease, stroke and kidney failure. Following are the healthy—and not-so-healthy—blood pressure ranges.

	Systolic Pressure (top number)	Diastolic Pressure (bottom number)
Normal	Less than 120	Less than 80
Prehypertension	130-139	80-89
High blood pressure	140 or higher	90 or higher

ADVANCES IN PROSTATE CANCER TREATMENT

THANKS TO THE DA VINCI ROBOT-ASSISTED SURGICAL SYSTEM, SURGEONS HAVE A GREATER DEGREE OF ACCURACY—AND PATIENTS HAVE FASTER RECOVERIES

a number of factors: the amount of cancer that's found; its aggressiveness; and the stage of growth, which is whether the cancer has spread beyond the prostate," Dr. Takayama says. "Steve's PSA wasn't highly elevated, but his biopsy showed that his cancer was spreading into nearby glands."

Steve's doctors discussed his condition with other Overlake cancer specialists at a weekly case conference, where patient cases are reviewed, along with pathology results to develop the best possible treatment strategy.

Dr. Takayama recommended a laparoscopic prostatectomy using the da Vinci® Surgical System, which represents a leap forward in prostate surgery. "We recommended this procedure because he had aggressive prostate cancer; he wanted limited side effects; and he wanted a definitive pathological understanding of the cancer, which can only be achieved by removing and examining the prostate."

The da Vinci equipment gives the surgeon a high-definition, 3-D view of the surgical field, offering 10 to 12 times the magnification of normal laparoscopic surgery, leading to greater surgical accuracy. Recovery time is quick, with most patients being discharged from the hospital within 24 hours.

Steve's surgery was scheduled for February 20. "The doctors and staff explained everything really well—what was going to happen and what I was going to feel—and they were dead-on," he says. "Everybody was just super."

Following surgery, Steve had 39 radiation treatments over two months to get rid of the cancer—and it did the job. "I've had one PSA test since then, and it was zero," Steve says. "I see Dr. Reece for a follow-up every six months."

Steve's doctors say his prognosis is good, and today he's back where he belongs—on his boat, feeling the breeze and casting his line into the sparkling blue water.

HEALTH SCREENINGS: A CHECKLIST FOR MEN

What you don't know can hurt you. Keep up with your screenings to ensure that any health conditions will be caught early.

BEGINNING AT AGE 20

- Annually -
 - Blood pressure check.
 - Skin cancer check.
 - Risk factors for injury.
- Every five years -
 - Lipid panel (measures cholesterol levels) for men at high risk for heart disease, beginning at age 20 or even earlier (talk to your doctor).

- As needed -

- Mental health (discuss symptoms with your doctor).

AGE 45 TO 49

- As needed -

- Prostate cancer screening (guidelines vary, so talk to your doctor).
- Aspirin for heart attack prevention (talk to your doctor).

AGE 50 TO 65

- As needed -

- Fecal occult blood test, sigmoidoscopy or colonoscopy starting at 50, or 10 years before a direct relative had colon cancer (discuss frequency with your doctor).

AGE 65 TO 75

- As needed -

- Fecal occult blood test, sigmoidoscopy or colonoscopy starting at 50, or 10 years before a direct relative had colon cancer (talk to your doctor).
- Abdominal aortic aneurysm screening, if you have ever smoked (talk to your doctor).

Delivering World-Class Care Today and for Generations to Come

Overlake Hospital Foundation & Auxiliaries' new Ensuring Excellence Fund will support critical initiatives

Trailblazers Endowment Fund

Honors Overlake's Founders

Imagine our community without a hospital. Now, imagine a group of dedicated community leaders, physicians and residents with a blossoming idea of building a hospital.

Fast-forward 50 years and witness the fruits of their labor in today's Overlake Hospital Medical Center.

To honor those dedicated individuals of yesteryear for blazing the trails with a vision of medical excellence, Overlake Hospital Foundation established the Trailblazers Endowment for Medical Excellence. This fund helps Overlake continue what our founders began—providing exceptional quality and compassionate care to every life we touch.

By contributing to this special fund honoring our founders' legacy, you help provide a steady stream of support to Overlake's Ensuring Excellence Fund, which sustains programs with the greatest impact on patient care.

WHEN YOU OR YOUR FAMILY, FRIENDS OR NEIGHBORS NEED TOP-NOTCH MEDICAL CARE, YOU RELY ON OVERLAKE.

And Overlake relies on you. We couldn't provide world-class medical care without the generous support of our community. As a nonprofit hospital with no public tax support, Overlake transforms donations into investments in new medical technology and critical patient care programs. Every donation of every size that we receive makes a difference in the lives of our patients and their loved ones.

Community support is even more important in this time of rapid change in healthcare, when there are many pressing needs, including the need to improve care quality, efficiency and coordination; the need to invest in the latest technology; and the need to attract and retain the most highly skilled medical professionals.

That's why Overlake Hospital Foundation recently launched a campaign to support several key initiatives, including the Ensuring Excellence Fund. This fund will make significant investments in the patients, programs, people and technology that represent the future of Overlake:

Our Patients. Overlake is recognized for its relentless pursuit of best practices and quality improvements. The Ensuring Excellence Fund will enhance Overlake's quality and safety programs and support the hospital's initiatives to elevate the patient and family experience.

Our Programs. Overlake is a leader in offering unique programs that serve patients and our community. Contributions will help us better coordinate and integrate care, including our unique services tailored for the special needs of seniors. Contributions will also allow us to expand our patient

YOUR HEALTH. YOUR COMMUNITY. YOUR COMMITMENT.

LEARN MORE ABOUT GIVING OPPORTUNITIES

To learn more about giving opportunities and to make your gift today, visit www.overlakehospital.org/support. Or you can mail your contribution to Overlake Hospital Foundation, 1035 116th Ave. NE, Bellevue, WA 98004. You can reach the foundation office by calling 425-688-5525 or e-mailing foundation@overlakehospital.org.

To learn more about joining the Overlake Hospital Auxiliaries, call 425-688-5529, e-mail us at auxiliaries@overlakehospital.org or "like" us on Facebook.



Your support will help us provide ongoing training opportunities for our clinical staff.

navigator program. Currently our navigators serve a key role in the Cancer Center at Overlake, helping guide patients through their complex treatment plans.

Our People. Attracting excellent physicians and skilled nurses and clinicians benefits each and every patient and family we serve. The Ensuring Excellence Fund will provide ongoing training and educational opportunities that will help attract top-notch talent and help keep

Overlake at the forefront of patient care.

Our Technology. We invest in state-of-the-art tools and facility designs to deliver services in the most effective and efficient ways possible. This includes implementing a da Vinci robotic surgery program, transitioning to electronic medical records (EMRs) and offering patients and referring physicians the latest in magnetic resonance imaging (MRI) technology.

None of these improvements would be possible without you, our donors. Donors enable us to deliver world-class care. Donors help us deliver hope and save lives. Donors make all the difference.

With your generous contribution, we can Ensure Excellence. Your health, your community, your commitment—it all adds up to a world-class hospital for today and tomorrow.

please join us

2011 COMMUNITY PARTNERS BREAKFAST

www.overlakehospital.org

Friday, October 14 • 7:30 a.m. – 9:00 a.m.
HYATT REGENCY BELLEVUE | 900 Bellevue Way NE

Keynote Speaker
Bill Ayer *Chairman & CEO of Alaska Air Group*

Please RSVP by October 5, 2011
events@overlakehospital.org or 425-688-5526



Presented by QBE in partnership with Parker Smith & Feek

A NEW MRI-COMPATIBLE PACEMAKER ALLOWS CARDIAC PATIENTS TO HAVE THE LIFESAVING DIAGNOSTIC IMAGING PROCEDURE

Teresa Bliss, below, recently enjoyed a vacation in Ireland.



Helping Your Heartbeat Stay Safe and Steady

Teresa Bliss, 48, was a little nervous when she came to Overlake in June for a magnetic resonance imaging (MRI) scan as part of the follow-up care for her recent stroke. “The staff was very kind, and they took extra steps to reassure me and make me feel comfortable and safe,” Teresa recalls.

The MRI scan—which produces a detailed image of the brain and its arteries without the use of radiation—wasn’t to blame for the butterflies in her stomach. Instead, Teresa’s nerves were due to the fact she would become the first person in western Washington to undergo an MRI with the only FDA-approved, MRI-safe pacemaker: the Revo MRI SureScan.

“Until now, pacemakers were not compatible with MRIs because there was concern the MRI could damage the tissue in the heart where the pacemaker leads interface with the surface of the heart,” explains J. Alan Heywood, MD, a cardiologist with Overlake Medical Clinics Cardiology and one of Teresa’s cardiologists. “There was also concern the pacemaker itself could be damaged or reprogrammed by the MRI.”

In her mid-40s, Teresa was diagnosed with atrial fibrillation and atrial flutter,

two conditions that cause the heart to beat irregularly and rapidly. She had three cardiac ablations, which successfully destroyed the tissue that triggered her irregular heartbeats, but she later developed slow heart rhythms and near-fainting episodes. Eventually Dr. Heywood implanted a pacemaker that prompts her heart to beat at a normal rate.

In March 2011, Teresa had a stroke. Follow-up treatment for her stroke includes MRI scans to monitor her recovery.

“When Dr. Heywood told me I was the first Overlake patient to get an MRI-compatible pacemaker, I was very excited,” says Teresa. “It was such a relief because ongoing scans are essential for my well-being and health.”

MRI is an important imaging technique, but it’s estimated that 200,000 patients each year forgo an MRI scan because they have a pacemaker.

“Pacemaker implants are now common,” says Dr. Heywood. “And MRIs are a commonly used diagnostic tool. I’d like to see the day when all pacers will be MRI-safe.”

Today Teresa’s heart is beating steadily, and she has fully recovered from her stroke. In fact, she and her husband, Drew, recently returned from a three-week trip to Ireland that was abruptly canceled two years ago due to her heart condition.

“Travel is our passion, and this pacemaker has definitely made it easier because I no longer have to worry about my heart beating too slowly,” says Teresa. “I’m grateful to receive this kind of pacemaker and benefit from this great new technology.”

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



Robotic-Assisted Weight Loss Surgery

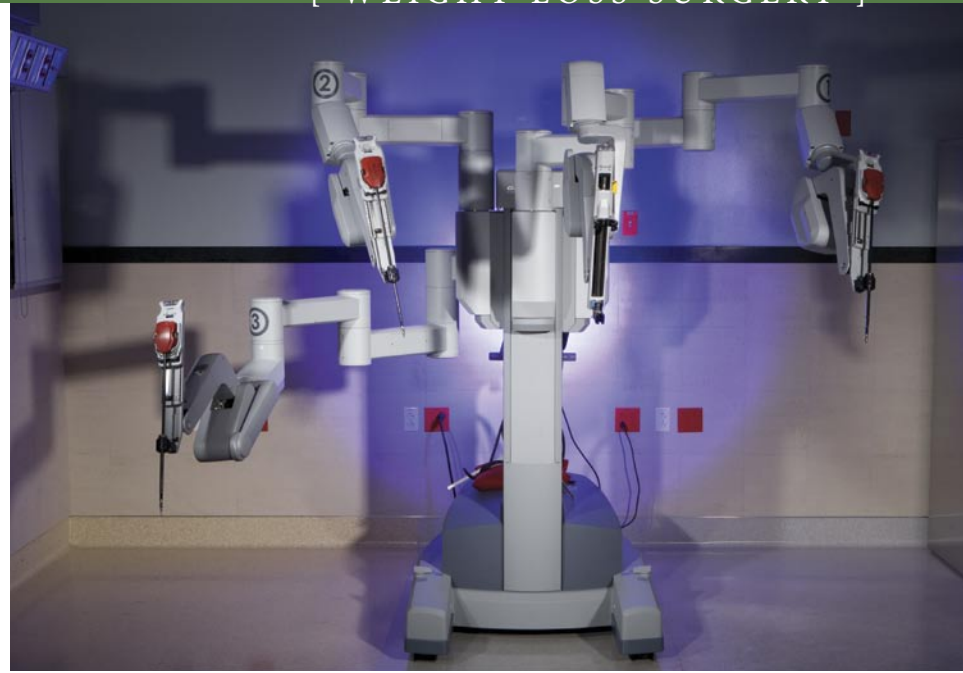
According to the national Centers for Disease Control and Prevention, nearly 34 percent of American adults are battling obesity. Obesity is the second-leading cause of death after smoking, mostly because it increases the chances of developing other potentially fatal health conditions such as heart disease, cancer and stroke.

For those who qualify, weight loss surgery (also known as bariatric surgery) is a successful treatment for severe obesity. The surgeons with Overlake's comprehensive weight loss surgery program perform the three most common types of surgeries: gastric bypass, adjustable gastric banding and sleeve gastrectomy. All three procedures are performed laparoscopically, a minimally invasive surgery technique in which the surgeon makes small "keyhole" incisions.

THE DA VINCI ADVANTAGE

Overlake's bariatric surgeons have been at the forefront of minimally invasive surgery techniques for years. Now they're taking their surgical skills one step further, with use of the da Vinci Surgical System. With the da Vinci, our surgeons sit at a computer-controlled, video-equipped console and carefully direct the system's four robotic arms and a high-definition camera that's placed inside the patient's body.

"We're performing the same procedures we perform laparoscopically," explains Troy Houseworth, MD, an Overlake surgeon with the Institute for Laparoscopic Surgery in Bellevue. "But with the da Vinci, we have a



detailed 3-D visualization of the tissue, which helps make the operation more precise."

The da Vinci's robotic arms give the surgeons far greater flexibility with their surgical tools. "Because you have such an increased range of motion, it allows you to perform complex movements, dissections and suturing in very small spaces," explains Dr. Houseworth.

For patients, the potential benefits of da Vinci surgery include smaller incisions, less blood loss, less pain at the incision site and a faster recovery time.

IS SURGERY RIGHT FOR YOU?

"Morbid obesity puts men at even greater risk for cardiovascular complications than women because of where they store fat," explains Dr. Houseworth. "We need to increase men's awareness of the negative effects of obesity because they are less likely to seek treatment for it." According to Dr. Houseworth, 80 percent of weight loss surgery patients are women.

Weight loss surgery is designed for individuals with 100 pounds or more of excess weight and a body mass index (BMI) of 40 or higher, or those who have a BMI of 35 or higher with obesity-related health problems. **For more information, please visit www.overlakehospital.org/WLS.**

The da Vinci Surgical System at Overlake is now used for minimally invasive weight loss surgery.

LEARN MORE ABOUT WEIGHT LOSS SURGERY

In our free, weekly seminars, surgeons walk through the steps of Overlake's acclaimed weight loss surgery process and answer questions. For more information, call 425-688-5259 or visit www.overlakehospital.org/WLS.

In addition, free weight loss surgery webinars are offered each month, allowing you to learn more about weight loss surgery from the comfort of your home or office. For more information, visit www.overlakehospital.org/webinar.



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 Auxiliaries.

Become a fan of Overlake and follow us online.



PREPARATION FOR CHILDBIRTH

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, news and resources from Overlake's parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships, and anticipating changes in the family budget. Refreshments served. Preregistration required. **Thu., Nov. 17, 6:30–9 p.m.** 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: see listing at right.*

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.*

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! **Thu., Oct. 6 or Nov. 3, 6:30–9 p.m.** \$30.

Bringing Baby Home

In this two-day workshop, couples will learn how to increase marital satisfaction, deal with stress and understand that it is normal when a baby arrives, keep dads involved in infant care, co-parent effectively, and improve the quality of parent-infant interaction. **Sat., Nov. 5 and 12, 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., Oct. 17 or Wed., Nov. 16, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

Taming Your Terrific Toddler

In this three-part series, Jan Faull, MEd, author of *Amazing Minds: The Science of Nurturing Your Child's Developing Mind With Games, Activities and More*, will discuss how to successfully manage the challenging behaviors of toddlerhood, including:

For more information about our classes, or to register,

- What makes toddlers tick?
- Eating and sleeping behaviors.
- Temper tantrums.
- Potty training.

Wed., Oct. 19, 26 and Nov. 2, 6:30–8:30 p.m.
\$55 per person; \$90 per couple.

Becoming a Love and Logic Parent—for parents of 4-year-olds to teenagers

Lisa Greene, certified parent coach and author of Love and Logic resources, will show how easy parenting can be. Learn to avoid power struggles and handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering, and drug/alcohol discussions. Love and Logic workbook included. **Mon., Nov. 7, 6:30–9:30 p.m. and Sat., Nov. 12, 9 a.m.–5 p.m.** \$69 per person; \$109 per couple.

Love and Logic Essentials for Surviving School Daze—for parents of school-age children and teens

Lisa Greene, certified parent coach and author of Love and Logic resources, will teach parenting tools and techniques to assist you with essential school-time skills such as neutralizing arguing, whining and complaining; avoiding homework battles; dealing with morning and bedtime challenges; and more. **Thu., Oct. 13, 6:30–9:30 p.m.** \$29 per person; \$49 per couple.

Parenting with Love and Logic for Children with Health Issues

Does your child have a chronic illness or special medical need? Learn practical and proven tools for raising confident, responsible kids with high coping skills, kids who are optimistic about life and take good care of themselves—even when no one else is watching. Taught by Lisa Greene, who, with Foster Cline, MD, co-authored the award-winning book *Parenting Children With Health Issues*, based on the popular Love and Logic parenting program. Greene is a mother of two children with cystic fibrosis and a certified parent coach and educator. **Tue., Oct. 25, 6:30–9:30 p.m.** \$15 per person; \$25 per couple (scholarships available).

Too Much of a Good Thing: Resist Raising Children Who Feel Entitled

In today's culture, it's easy for children to acquire the attitude that they are entitled to what their parents and peers have and what the media advertises. In this class, Jan Faull, MEd, will show you how to:

- Consider your options when children are demanding.
- Teach children responsibility and accountability instead of entitlement.
- Say "no" in the face of negative effects of peer pressure.

Wed., Nov. 9, 6:30–8:30 p.m. \$30 per person; \$50 per couple.

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. Visit www.seattlechildrens.org/classes-community to register. **Tue., Oct. 4 and 11 or Wed., Nov. 30 and Dec. 7, 6:30–8:30 p.m.** \$60 per daughter/parent pair; \$10 per additional child.

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. Visit www.seattlechildrens.org/classes-community to register. **Tue., Oct. 18 and 25 or Mon., Dec. 5 and 12, 6:30–8:30 p.m.** \$60 per son/parent pair; \$10 per additional child.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. For youths ages 11 to 13. This course teaches youth responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., Oct. 8, Oct. 22, Nov. 5, Nov. 19 or Dec. 3, 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, **Oct. 26, Nov. 28 or Dec. 1, 6:30–9:30 p.m.; Sat., Oct. 15, Nov. 12 or Dec. 17, 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., Oct. 17 and Wed., Oct. 19, 6:30–9:30 p.m. or Sat., Dec. 3, 9 a.m.–4 p.m.** \$70.

Adult First Aid and Adult/Child CPR—includes AED

Adult/child (ages 1–8) CPR, automated external defibrillators (AEDs) and basic first aid training. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Mon., Nov. 7 and Wed., Nov. 9, 6:30–9:30 p.m.** \$65.

CPR for Healthcare Providers

Wed., Oct. 12 or Dec. 7, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

CANCER PROGRAMS

Cancer Resource Center

The Cancer Resource Center's classes, support groups and services are free and include use of a lending library, Internet access and counseling. The center is located in the Overlake Medical Tower, Suite 240. For more information, call 425-688-5986 or visit www.overlakehospital.org/cancerresourcecenter.

Wig Closet

A private area for women who are experiencing cancer-related hair loss to try on wigs. Call the Cancer Resource Center at 425-688-5986 to set up an appointment. All wigs are complimentary for Overlake patients.

Look Good ... Feel Better

A free program that teaches 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., Oct. 10, 1:30–3:30 p.m.** Call Kelly Zant at 425-467-3809 to register. FREE.

Beyond the Pink: The Latest in the Battle Against Breast Cancer

Join us to learn the latest in the prevention and early detection of breast cancer from experts at Overlake. Wednesdays in October from **6:30–8 p.m.** **Oct. 5**, Mercer Island Community Center; **Oct. 12**, North Kirkland Community Center; **Oct. 19**, Overlake Medical Clinics Issaquah. To register or for more information, visit www.overlakehospital.org/classes or call 425-688-5816.

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.*

Sit and Knit

Volunteer program. **Wed. and Fri., 10 a.m.–1 p.m.** Call 425-688-5552 for more information.

CARDIAC HEALTH

Heart disease is the leading cause of death for both men and women. Every year about 785,000 Americans have a first heart attack and another 470,000 who have already had one or more heart attacks have another attack. The key to reducing your chances of becoming another statistic is early action. Join Overlake experts at this three-week heart and vascular health series to learn how lifestyle choices and proper management of medical conditions can help to reduce your risk of heart disease and improve your vascular health.

Giveaways will be provided at each lecture. Visit www.overlakehospital.org/classes to preregister online.

Staying Heart Healthy—What Every Adult Needs to Know

Thu., Oct. 20, 6:30–9 p.m. Hear an Overlake cardiologist discuss how heart disease develops, what you can do to lower your risk factors, and what medical interventions and treatment options are currently available. Free cholesterol screenings will be provided to the first 50 registrants.

Eating Your Way to Heart and Vascular Health

Thu., Oct. 27, 7–8:30 p.m. Attend this fun, interactive presentation by an Overlake dietitian to learn the importance of good nutrition in maintaining a healthy heart. The presentation includes a cooking demonstration and samplings of tasty, heart-healthy dishes.

Moving Your Way to Heart and Vascular Health

Thu., Nov. 3, 7–8:30 p.m. We all could use a little motivation. Come hear an Overlake physical therapist and cardiologist discuss the effect regular physical activity has on heart and vascular health. Our demonstrations will help you develop a plan to get active!

WOMEN'S HEALTH

Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Women's incontinence is a common problem and may cause you to "leak" when you cough, laugh or sneeze or have sudden urges to use the bathroom. Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a healthcare professional. Elizabeth Miller, MD, urogynecologist, and Kathy Golic, PT, women's health specialist, will discuss different types of incontinence and how treatments vary with individual lifestyle and personal preferences, including:

- Lifestyle changes.
- Pelvic floor strengthening exercises.
- Medications.
- Nonsurgical devices.
- Implanted devices and surgical remedies

Mon., Oct. 24, 6:30–8 p.m. Please preregister to reserve your spot. FREE.

HEALTHY LIFESTYLES

When It's More Than Feeling Sad—Major Depressive Disorder

If you have been experiencing feelings of depression, lethargy, fatigue, sleep problems and a lack of interest in activities, you may have major depressive disorder (MDD). In this presentation, Neeru Bakshi, MD, an Overlake psychiatrist, will address signs and symptoms, causes, when to seek medical advice, screening and diagnosis, treatment, and coping skills. **Wed., Oct. 26, 6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our orthopedic surgical team includes James Bruckner, MD; Gregory Engel, MD; and Steven Ratcliffe, MD. Time allowed for questions. **Wed., Oct. 12** at Overlake or **Thu., Nov. 17** at Overlake Medical Clinics Issaquah, **6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Establishing Optimal Body Mechanics and Ergonomic Practices

In this interactive class, Shawn Lambert, an Overlake physical therapist, will show you how to prevent neck and back strain while performing everyday activities by developing positive strategies for posture, positioning and body mechanics. Participants will be encouraged to practice these strategies in class. **Mon., Nov. 14, 6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Nov. 17, 7–9 p.m.** \$45. Reduced rates are available for those who previously took an Overlake hypnosis class. Check our website for details.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Oct. 27, Nov. 3 and 10, 7–9 p.m.** \$89. Reduced rates are available for those who previously took 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. Bellevue: **Tue., Oct. 11, Oct. 18, Nov. 1, Nov. 8, Nov. 22, Dec. 6, Dec. 13 or Dec. 20, 6–7:30 p.m.;** or **Sat., Oct. 22 or Nov. 26, 10:30 a.m.–noon;** or Issaquah: **Tue., Oct. 25 or Dec. 27, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Saturday of each month, 10 a.m.–noon.** Also on **Thu. evenings once a month**

from 6–8 p.m. on **Oct. 6, Nov. 10 and Dec. 8.** For information, call 425-688-5214. FREE.

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. Classes are offered in Bellevue and Issaquah.

Pre-Diabetes Classes

If you've been told your blood sugar is in the pre-diabetes range, learn how to reduce your risk for developing type 2 diabetes. For more information, call 425-688-5636. \$40.

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 referral; we recommend contacting your insurance company in advance to determine if your policy covers diabetes education. Bellevue: **Fri., Nov. 4, 11 and 18, 9 a.m.–noon.** Call 425-688-5700 to register.

Is Your Blood Sugar Rising?

Learn how to manage your blood sugars that may be putting you at risk for 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 to register. Jeanne Cullen, MS, RD, CDE, will call and set up a date and time that works best for everyone. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. Cost: \$40 (prepaid at registration).



Living Healthy with Diabetes

Enjoy this free informational event focused on diabetes. Attend seminars, stroll through vendor exhibits showcasing diabetes treatment products and services, and receive free health screenings. Call 425-688-5485 or visit www.overlakehospital.org/diabetesfair for more information. **Sat., Nov. 5, 8:30 a.m.–2 p.m.** FREE.

For more information about our classes, or to register,

SENIOR CARE

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. **Mon. and Wed., Oct. 3–26, 10 a.m.–noon.** The Belletini, 1115 108th Ave. NE, Bellevue. **Tue. and Thu., Nov. 1–29; or Mon. and Wed., Nov. 28–Dec. 21, 10 a.m.–noon.** Preregistration required; call 425-688-5800. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

Exercises to Improve and Maintain Balance

Learn to strengthen and improve the core muscles that keep your body in balance. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Oct. 6–27, 2–3 p.m.** Preregistration required; call 425-688-5800. \$36.75 for four-week session.

(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., Oct. 4–25, Nov. 1–22 or Nov. 29–Dec. 20, 12:30–1:45 p.m.; or Thu., Nov. 3–Dec. 1 or Dec. 8–22, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$44 for four-week session.

Dementia Care: Planning for the Needs of Your Loved One and Yourself

City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Oct. 13, 2–3:30 p.m.** Preregistration required; call 425-688-5800. FREE.

Vision Changes in the Aging Eye

(Class #59407)

North Bellevue Community Center. **Mon., Oct. 24, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

Diabetic Foot Care—Is It Important?

(Class #59412)

North Bellevue Community Center. **Mon., Nov. 28, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

Avoiding the Fall—Reducing the Risk

Bellevue YMCA. **Wed., Oct. 12, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Age-Related Macular Degeneration

Bellevue YMCA. **Wed., Nov. 9, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Seeing Better While Looking Younger

Redmond Senior Center. **Wed., Oct. 19, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Living Wills: Do They Know Your Wishes?

Redmond Senior Center. **Wed., Nov. 16, 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.** For more information, call 425-688-5800. 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.

Family Caregiver Support Group—Mercer Island

Overlake Medical Clinics Mercer Island Senior Health Center. **2nd Tue. of each month, 3–4:30 p.m., or 4th Thu. of each month, 10–11:30 a.m.** No registration required. For more information, call Karin Miller, MSW, 425-688-5637. FREE.

EVENTS

Making Strides Against Breast Cancer Walk

Overlake is the proud Flagship Sponsor of the American Cancer Society's Making Strides Against Breast Cancer Walk starting at **9 a.m. on Sun., Oct. 9,** at Bellevue Downtown Park. The 5K walk raises funds to support breast cancer programs and research in our community. For more information, call 425-688-5816 or e-mail amy.mcgann@overlakehospital.org.

Community Partners Breakfast

Fri., Oct. 14, 7–9 a.m., at the Hyatt Regency Bellevue. Please join with Overlake Hospital Foundation and more than 400 business and community leaders to celebrate and support the health and wellness of our Eastside community, featuring keynote speaker William S. Ayer, chairman & CEO, Alaska Airlines. For more information, e-mail events@overlakehospital.org or call 425-688-5061.

2011 Puget Sound Start! Heart Walk

Sat., Oct. 15, 8 a.m., at the Seattle Center. Overlake is a proud sponsor of the Puget Sound Start! Heart Walk. Funds raised from the walk support research at local institutions and initiatives that promote the prevention and treatment of heart disease. The event includes a Kids Zone and performances by local bands. Be sure to check out Overlake's booth in the "Celebrate Success" village. To register for the walk or to learn about becoming a team captain, visit www.pugetsoundheartwalk.org.

Perfect Settings

Inspiration for elegant decorating and entertaining will be served up in high style at a special three-day fundraising event organized by Overlake's Elsie Barker Cancer Care Auxiliary on **Nov. 3 and 4, from 9:30 a.m.–9:30 p.m., and Nov. 5 from 9:30 a.m.–6 p.m.** at the Henredon furniture store in Lincoln Square, at 2045 120th Ave NE, Suite 200. Funds raised at the event benefit the new Cancer Center at Overlake Hospital Medical Center. For more information, please contact Muffie Signalness at 425-688-5529 or e-mail auxiliaries@overlakehospital.org.

Pulse! Lunchtime Discussion

Pulse! for Overlake presents a luncheon discussion with Washington State Attorney General Rob McKenna about healthcare reform and its effects on the future of your medical care. Free for *Pulse!* members; \$25 for non-members. **Tue., Nov. 8, noon–1:30 p.m.** at the Parlor Collection. Preregistration required. To reserve your space, visit www.overlakehospital.org/pulselunch.

Poinsettia Sale

Overlake's Sonja Potter Senior Care Auxiliary announces the return of its annual poinsettia and wreath sale. Orders must be placed by **Fri., Nov. 11** and will be available for pickup on **Mon., Dec. 5.** Please contact the Auxiliary at 425-688-5529 or auxiliaries@overlakehospital.org to request an order form or to charge by phone.

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, contact Leah Smith, volunteer staffing specialist, at 425-688-5369, **Mon.–Fri., 9 a.m.–4:30 p.m.,** or 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 Hospital 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 e-mail to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.



please visit www.overlakehospital.org/classes.



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Donald Bauermeister, MD
425-688-5117
Pathology

Stephanie Kim, DPM
425-450-0565
Podiatry

Mabel Obeng, MD
425-998-3474
OB/GYN

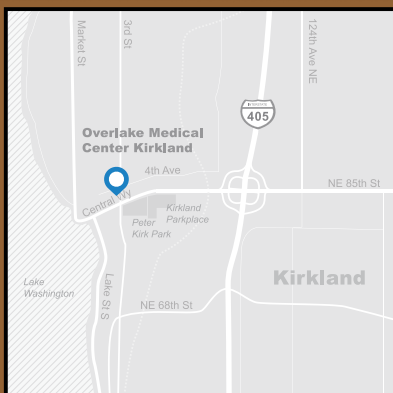
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