

Healthy Outlook

SPRING
2010

Innovative Heart Care

Using an informative blog and the latest technologies, these Overlake cardiologists connect with and care for patients

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Issaquah Welcomes New Medical Director
Celebrating 50 Years of Community Support



From the President & CEO

A lot has changed in healthcare since Overlake opened its doors 50 years ago. Many of the treatments and diagnostic tools we rely on today were unimaginable then.

In this issue, you'll read how one cardiologist is using an innovative, nonsurgical procedure to repair congenital heart defects and how another cardiologist uses wireless technology to make house calls of a different kind. These are just some of the new tools our medical staff takes pride in mastering so we can continue to provide the high-quality care you have come to know and expect.

As healthcare has advanced, one fundamental part of Overlake has remained the same: For more than 50 years community support has allowed us to provide excellent healthcare. To mark that tradition, we tell the story in this issue of one of our original Auxilians and her lifetime of giving, and we highlight how the next generation of volunteers and donors helps us secure funding for vital medical equipment and patient programs.

All year long we're celebrating a milestone anniversary: 50 years of healing. We are grateful for your support and we look forward to sharing a bright future of good health and wellness with you.

Sincerely,

Craig Hendrickson
President & CEO

STATE-OF-THE-ART MRI TECHNOLOGY NOW AVAILABLE

MRI imaging is now available 24 hours a day, seven days a week at Overlake as a result of the addition of two new MRI suites adjacent to the Emergency & Trauma Center.

Overlake is the first hospital in the region to acquire the Toshiba Titan MRI, equipped with the latest-generation MRI scanner technology. The Titan provides physicians with high-quality, 3-D images of organs and soft tissue. With the widest-diameter bore on the market, nearly 70 percent of all exams can be performed feet first, easing patients' claustrophobia fears.

OVERLAKE NAMED BARIATRIC CENTER OF EXCELLENCE

Overlake has been named a Bariatric Surgery Center of Excellence® (BSCOE) by the American Society for Metabolic and Bariatric Surgery.

The BSCOE designation recognizes surgical programs that have a demonstrated track record of favorable outcomes in bariatric surgery. The designation comes after a rigorous application and screening process and a subsequent site inspection.

The Weight Loss Surgery program at Overlake includes a dedicated team of doctors and nurses with many years of experience. Overlake is committed to helping patients maintain long-term weight loss and address any weight-related medical problems while also achieving a better quality of life.

HEALTHY OUTLOOK • SPRING 2010

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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.

Issaquah Welcomes New Medical Director of Family Practice

Steven Hughes, MD, brings a community-centered approach and stellar track record to Issaquah.

For two decades, Steven Hughes, MD, has practiced medicine in Washington. Before joining the new Overlake Medical Center Issaquah, where he was recently named medical director of family practice, he saw patients of all ages at his office in Bellevue. But the experienced doctor never hesitated to bring his expertise wherever it was needed, whether it was a high school football game, a triathlon or even ringside at a martial arts competition.

“Simply put, the job of primary care doctors is to be the first line of medicine,” says Dr. Hughes. “With that in mind, we need to be out in the community and reach out to people to help them develop healthy lifestyles, manage medical conditions and provide preventive medicine.”

Dr. Hughes has a long history of family practice and sports medicine. In addition to his practice, he serves as medical director for the athletic program at Mount Si High School and advises the Issaquah, Lake Washington and Snoqualmie Valley school districts on developing sports training curricula. He has also advocated for safety guidelines on youth sports injuries.

According to Valerie Chrusciel, director of clinic operations at Overlake Medical Center Issaquah, Overlake is honored to have such an experienced and high-quality doctor lead the clinic. “Dr. Hughes’ background is an excellent match for this family-oriented, sports-minded community,” she says.

Hughes joins two other primary care providers, Christy Gibson, MD, and Bryce Munson, DO, at the new Issaquah facility, which opened its doors last September. The Issaquah facility is part of Overlake’s effort to “place primary care physicians close to where people live so they can conveniently access medical care,” according to Chrusciel. With a burgeoning population, Issaquah was an ideal location for a primary care clinic.

The Issaquah facility features several services in addition to primary care (see sidebar), including a 24-hour Urgent Care Clinic for urgent, but non-life-threatening, healthcare needs. Of great benefit to Issaquah patients is the facility’s adoption of electronic medical records. This is especially helpful because all physicians throughout the facility can instantly share and update patient records, ensuring continuity of care. Furthermore, in cases where patients need referrals to cardiologists, surgeons and other specialists, clinic staff can tap into the expertise of some of the region’s leading specialty physicians already affiliated with Overlake.

“Our goal in primary care is to maintain a patient’s health and help them avoid future problems,” says Dr. Hughes. “Of course, if patients ever need additional care, they are reassured to know we are connected to the Eastside’s leading medical center and its tremendous network of medical specialists.”

Steven Hughes, MD



Also at Issaquah

In addition to primary care, Overlake Medical Center Issaquah features these comprehensive services:

- Urgent care available 24 hours a day.
- Anticoagulation Clinic for patients on blood-thinning drugs.
- Breast Screening Center offering digital mammography.
- Women’s Clinic for newborn services.
- Community education classroom hosts Overlake’s outreach programs and classes.

BRINGING PRIMARY CARE TO YOU

Primary care doctors are currently accepting new patients. For more information, please call Overlake Medical Center Issaquah at 425-688-5488 or visit www.overlakehospital.org/Issaquah.

Using New Technologies to Care for Patients

Overlake's heart experts utilize the latest innovations to deliver sophisticated cardiac care

Cardiologists today have far more tools at their disposal to diagnose and treat a wide range of heart conditions.

Compared with just a decade ago, technology plays an integral role in how physicians interact with and care for their patients.

"These innovations are important because while none of our technologies is perfect at this point, each new advance offers more treatment options for our patients," explains Ed Kim, MD, of Eastside Cardiology Associates.

NONSURGICAL ALTERNATIVES TO TREATING HEART DISEASE

Surgery has a clear role in treating patients with heart disease, but in selected cases newer, minimally invasive alternatives have proved to be just as beneficial to patients. "Cardiac conditions that in the past required open heart surgery can now be performed safely using catheter-based procedures," explains Ronnier Aviles, MD, a cardiologist with Overlake Internal Medicine Associates. "In cases where other health conditions make surgery too risky, we now have alternative treatments for our patients."

Dr. Aviles recently became the first physician at Overlake to repair a hole in a patient's heart, called an atrial septal defect, using a catheter-based procedure (see sidebar). Compared with surgery, this procedure results

in less pain, reduced blood loss, and a much faster recovery time with minimal or no impact on patients' quality of life.

"Another exciting technological advance that will be available in the future is catheter-based heart valve repairs and replacements," adds Dr. Aviles. Valves are the one-way gates that allow blood to pass through the heart. If heart valve disease is left untreated, it can lead to heart failure or sudden cardiac arrest. "Being able to use a catheter-based procedure to treat patients with advanced valve disease who are not candidates for surgery is a significant advancement in the field."

KEEPING TABS ON PATIENTS' HEARTS AT ALL TIMES

Tremendous strides have also been made in the devices electrophysiologists use to correct arrhythmias. Much like the Wi-Fi wireless signal people use to connect to the Internet, doctors are using wireless defibrillators and pacemakers to remotely monitor patients' hearts. The devices are now equipped with a small antenna that wirelessly sends a signal to a communicator placed on a patient's nightstand. Data is typically transmitted in the middle of the night. If there is any malfunction in the device or if any significant heart rhythms occur, the information is e-mailed directly to the doctor.



Above: Cardiologists
Ronnier Aviles, MD;
Ed Kim, MD; and
Jeffrey Fowler, MD

“We program the device to signal the physician when the patient’s heartbeat is irregular. We tell the communicator if it ever sees a certain event, we want to know about it tomorrow,” says Jeffrey Fowler, MD, an electrophysiologist with Bellevue Cardiology. “Compare that to just one year ago, when we would see our patients every three months in the clinic—we might find out during a patient visit in April that something went wrong back in January. The wireless technology lets

us know about it the next day so we can take quick action if needed.”

Wireless monitoring also extends Overlake physicians’ reach beyond the Eastside. “I have patients who go to the desert for the winter, and I say, ‘take your communicator and we can still keep an eye on your heart,’” says Dr. Fowler. “It also helps for people living east of the Cascades because if the passes are closed in the winter due to snow, we can still monitor their condition and communicate with the device.”

IMMEDIATE ACCESS TO PATIENT INFORMATION

Just as technology is improving patient care, it's also improving the way physicians keep track of patients' medical histories. Electronic medical records (EMRs) are digital files containing all of an individual's healthcare information.

"I am not in the office every day—I am at the hospital, I'm in the car or I'm at home," says Dr. Kim. "When a patient calls, or another physician calls and asks me for a consultation about a specific patient, I need immediate access to their medical records, and that's what EMR will provide us."

Like many practices, Dr. Kim's office is transitioning to an EMR and will be up and

running with the new system this summer. In time, patients will also have Web access to their own medical records to better track and monitor their health.

THE NEXT INNOVATIONS

Whether it's a new procedure used by interventional cardiologists or a new device implanted by an electrophysiologist, members of Overlake's heart care team are keeping up with innovations in medical technology and developing the necessary expertise that allows them to incorporate new technologies into patient care.

For more information on the Cardiac Center at Overlake, please visit www.overlakehospital.org/cardiac.

Overlake is recognized as a Blue Distinction Center for Cardiac Care by Premiera Blue Cross and Regence BlueShield and as a Center of Excellence by United HealthCare and Aetna.

Repairing a Hole in the Heart

Hillary Caituiro Monge, an engineer at Microsoft, is inquisitive and likes figuring out how things work. When he recently found out he was born with a hole in the wall of his heart, a common heart defect called an atrial septal defect (ASD), it was only natural that he had a list of questions about the procedure that would repair it.

The Redmond resident was the perfect candidate for percutaneous (performed through the skin) transcatheter closure. The device that plugs the hole is delivered by catheter, and it consists of two metal wire mesh discs and a waist that fits the precise size of the hole. "When Dr. Aviles told me that I could have either open-heart surgery or this new procedure, I completely agreed with him that this was the way to go," says Hillary.

Dr. Aviles made a small incision in Hillary's groin, inserted a tube (catheter) in a vein and carefully pushed the closure device through the catheter and positioned it to fill the hole in the heart. The procedure took less than an hour to complete.

According to Dr. Aviles, this is an important innovation to be able to close an ASD with this approach versus a surgical one. Hillary was the first patient to undergo this procedure at Overlake.

"It was incredibly satisfying for me to walk into Hillary's room after the procedure and tell him and his wife that the hole was corrected," says Dr. Aviles.

Hillary is pleased, too. There was no discomfort other than



Hillary Caituiro Monge

small, temporary bruising on his groin, and he was back at work a week later.

"From an engineering perspective, it's impressive that we can develop these sophisticated tools to correct health concerns," he adds. "I am very grateful because this allowed me to avoid major surgery and resume my normal activities as if nothing ever happened."

Blogging about the Heart of the Matter

WHEN HEALTH ISSUES ARISE, many of us turn to the Internet for some quick research. A recent Harris Interactive Survey showed that in 2009, 67 percent of U.S. adults—154 million people—reported having searched for health information online, up from 34 percent in 1999. With this in mind, Dr. Aviles, Dr. Fowler and Dr. Kim recently started a cardiac blog to help people get answers to their heart health concerns.

"I've long had the ability to communicate with patients while they are in the clinic with me," says Dr. Fowler. "Now I'm able to maintain that communication and reach out to an even broader audience outside the clinic to help them better understand cardiac issues."

The physicians answer queries as simple as what causes heart palpitations to more complex questions about medical breakthroughs.

The goal is to take the mystery out of cardiac care and provide people with access to highly trained and knowledgeable doctors. For instance, if a loved one living out of state just got a pacemaker, you probably wouldn't call his or her doctor with a laundry list of questions. The cardiologists' blog is an ideal place to submit questions and get answers to issues that affect a lot of people.

"This is a great opportunity to inform our community of recent advances in cardiology, to

add perspective to media headlines and to review important topics relevant to our patients," adds Dr. Aviles.

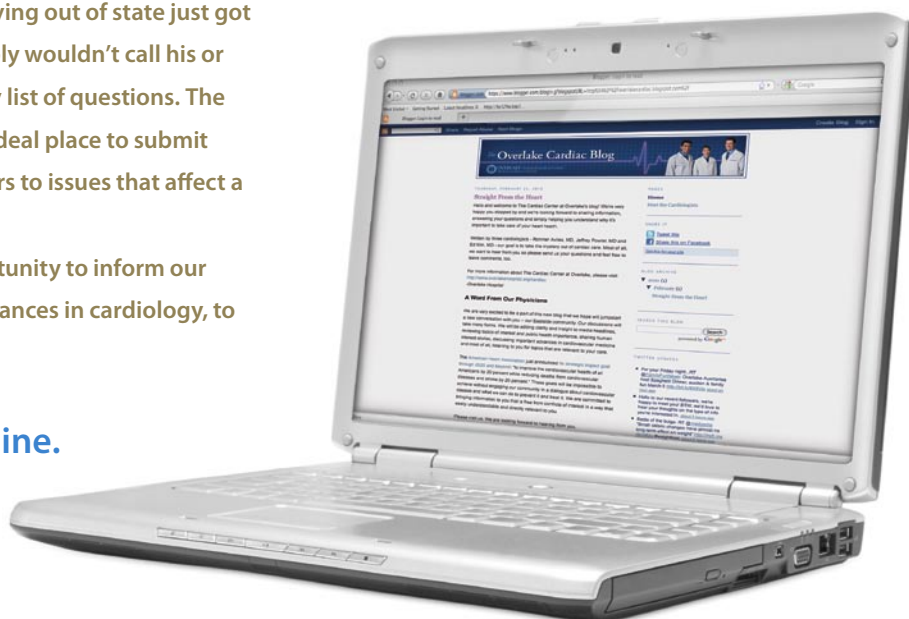
"There is so much information online, and it is difficult to navigate," adds Dr. Kim. "Hopefully we can act as a filter and a reliable source of good information for patients."

Blogging about the latest trials, studies and medical breakthroughs gives Overlake's cardiologists an outlet to share information and spark discussions. They encourage people to submit questions and join the conversation.

"I expect some patients will likely prefer to be observers who look at what's being written and the questions asked," says Dr. Kim. "Others, we hope, are going to be very active participants. I think everybody is going to benefit regardless of how they use it."

To read the cardiologists' blog, visit <http://overlakecardiac.blogspot.com>.

Become a fan and follow us online.





Fundraisers like the gala Bandage Ball helped Overlake to open in 1960.

Generosity Through the Generations

MUCH HAS CHANGED since Overlake opened its doors in 1960. As we celebrate our 50th anniversary, we have many people to thank for having the passion and commitment that have enabled us to become a world-class, regional medical center.

This year's Bandage Ball on April 24 at the Hyatt Regency Bellevue will pay tribute to our past and honor donors, like those profiled here, who've made Overlake what it is today.

Lorraine Weltzien,
original Overlake
Auxiliary member



A SUPPORTER FROM THE START

In 1952 Lorraine Weltzien, a former nurse and mother of two small children, was eager to get better acquainted with her community. With the encouragement of a neighbor, Lorraine began gathering women together who shared her belief that the community needed a hospital. Twenty women quickly formed an auxiliary, with Lorraine as its first president.

"We were the first hospital in the United States to have an auxiliary formed before the hospital was built," recalls Lorraine. "We did everything under the sun to raise money, including going door-to-door," she says, with a laugh.

Now in her 80s, Lorraine remains active after 57 years of involvement, currently serving as the historian on the Auxiliary Board, while also working with the membership committee.

"Auxiliaries really do help supplement the needs of the hospital and community, and we're trying to encourage people to get to know Overlake before they need it," she adds.

FAMILY HISTORY OF GIVING

"I remember hearing that the Eastside needed better access to medical facilities before I even knew what that meant," recalls Kemper Freeman Jr., owner/developer of Bellevue Square, Bellevue Place and Lincoln Square. "My grandfather died in an ambulance on the way to a hospital in Seattle."

Those recollections, along with a painful memory of having his knee stitched up by a man he thinks may have been a veterinarian, and the memories of his father's commitment to bringing a hospital to the Eastside, shaped Kemper's beliefs on the importance of sustaining quality medical care close to home.

50 Years of Healing 1960-2010



Please join us to celebrate Overlake's 50th anniversary at Bandage Ball 2010 on April 24. It will be an evening of inspiration as we look forward to the next 50 years of medical excellence. To purchase tickets and help us raise \$1 million, call 425-688-5529 or e-mail auxiliaries@overlakehospital.org.

While times have changed, the Freeman family commitment has not. Kemper has served 12 years on the hospital board of trustees, with two of those as chair.

"It's reassuring to know that Overlake is one of the best hospitals in the Northwest any way you measure it," he says.

Kemper encourages people of all ages to donate. "We have to show them the importance. We have obligations to provide emergency services and care for people who can't afford it. We are a nonprofit, non-tax-supported hospital, and the hospital leadership has kept it that way."

LIFESAVING EXPERIENCE INSPIRES GIVING

Lauren Selig-Faenov and her husband, Kyril Faenov, residents of Seattle, had their first daughter in one of Seattle's largest hospitals. But after her experience delivering their daughter Avery, who is now 4, Lauren and Kyril sought another option for their second delivery and chose Overlake.

Although Lauren's second daughter, Pasha, arrived four weeks early, the delivery was uneventful. "Five hours, two pushes, no medication, 7 pounds, and all was fine with my daughter. But I wasn't fine. Due to complications relating to my high-risk pregnancy that could not have been foreseen, I ended up on the operating table for several hours—losing more than half my blood. Dr. Lawler (an Overlake obstetrician) and Overlake Hospital saved my life."

Lauren's near-death experience has indebted her to the hospital. "I owe my life to Overlake—bottom line. We knew we wanted to give to Overlake after that."

Lauren speaks highly of the medical staff, the kindness of the nurses, the impeccable facility and the way they made her feel as a human being.

"I'm proud to give back to Overlake, and I intend to do it for a very long time," adds Lauren. "If a person hadn't given before me, and others before them, we wouldn't have the facility, the people and the possibilities that exist today. There is nothing more important than giving back to your community," encourages Lauren.



Lauren Selig-Faenov,
Overlake patient and donor

Tonsil Cancer Survivor's High Praise for Overlake

Mark Swenson, 48, felt fine when he went to the dentist to have his teeth cleaned. But minutes into the procedure, the dentist noticed that something wasn't right with one of Mark's tonsils.

An appointment with Steve Barthel, MD, an ear, nose and throat specialist, confirmed the dentist's suspicion.

"In three days I went from getting my teeth cleaned to hearing, 'You may have tonsil cancer,'" recalls Mark.

The husband and father of three from Woodinville is no stranger to cancer. His father lost his battle to lung cancer in 2005, his lifelong best friend died from Hodgkin's disease in 2009, and his wife is a five-year breast cancer survivor.

Mark's doctors reassured

him that tonsil cancer is very treatable with a combination of chemotherapy and radiation.

Overlake oncologist J. Walter Smith, MD, devised an aggressive chemotherapy treatment plan to target the walnut-sized tumor that was obstructing almost half of Mark's throat. "The tumor responded to chemotherapy better than anyone could have expected," says Dr. Smith. "The mass in his tonsil went away after three months of treatment."

To ensure all cancer cells were eliminated in the lymph nodes in his throat and neck, Mark also underwent intensity-modulated radiation therapy (IMRT) with Brent Reece, MD, a radiation

oncologist at Overlake. IMRT is an advanced radiation therapy technique that pinpoints the cancer cells while sparing the surrounding healthy tissue.

"Mark had significant, and expected, side effects of treatment, including pain, infection, weight loss, dehydration and fatigue," says Dr. Reece. "Fortunately, we were able to treat and control these as much as possible with the help of proper medications, interventions and a supportive family. We used a central IV catheter to administer fluids and medication, as well as a temporary feeding tube to provide liquid nutrition directly into the stomach, bypassing Mark's sore mouth and throat."

"Our family has always followed a healthy diet based on organic foods," says Mark's wife, Colleen, "and when Mark needed the feeding tube, I couldn't imagine a diet based entirely on premade liquids. Instead, I used fresh and healthy ingredients to blend homemade shakes for every meal."

"Colleen was my rock," Mark shares. "I couldn't have fought so hard against the cancer without all of her help, support and love."

In January, exactly a year to the day when Mark was first diagnosed, Dr. Reece told him he was cancer-free.

"Both Dr. Smith and Dr. Reece are angels," Mark says with deep gratitude, "and Dr. Reece's nurse, Karla Shultz, was exceptionally caring. Every single person at Overlake that helped me through this whole process was passionate, loving and incredible—I felt like I couldn't have been in better hands."

For more information on Overlake's Cancer program, visit www.overlakehospital.org/cancer.



Mark Swenson describes his cancer care at Overlake as "amazing."

Caring for Mental Health

Overlake offers a continuum of high-quality care to patients in need of psychiatric services

The prevalence of mental illness is often debated. What is increasingly clear is that many, if not most, people will experience at least some difficulty with anxiety, depression or substance abuse during their lives.

Finding timely and empathetic treatment may be a daunting task. Many outpatient physicians have long waiting lists for new patients, sometimes up to several months, and few hospitals offer inpatient care.

Overlake's inpatient, outpatient and day programs offer a comprehensive continuum of services that can help most people recover and "get on with their lives," says Shirley Goodman, director of the Psychiatric Services Program.

"The defining aspect of our psychiatric program is that we can seamlessly move patients between different levels of care," explains Kelan Koenig, MD, medical director of psychiatric services at Overlake.

INPATIENT CARE

Patients requiring acute stabilization benefit from the services of the inpatient team, which monitors them closely. Specifically tailored to meet an individual's needs, a patient's hospital care may involve medication management, group and recreational therapy, family meetings, substance abuse evaluation and referral, and nutritional counseling. Adolescents 14 through 18 are cared for on a different, customized track.

DAY PROGRAMS

For adolescents and adults with less severe symptoms, elective day programs are available. Typically, patients come to the Behavioral Health facility near the hospital campus for six hours a day, Monday through Friday, and participate in group therapy, medication management and

recreational therapy, among other services. "At each step of the recovery process, our treatment philosophy is to utilize the least restrictive care possible that will still achieve our goals of managing symptoms and improving life skills," says Goodman.

OUTPATIENT CARE

Outpatient appointments are available for those leaving the hospital and day programs; they are also available to individuals in the community. Patients can receive assessments and medication management; they can also come for "bridge" appointments if they need to be seen before their next regularly scheduled community psychiatric visit.

OTHER SERVICES

In addition to offering psychiatric consultation to medical inpatients, the Psychiatric Services Program also runs the Overlake Specialty School, with on-site, accredited classes for students ages 7 to 21 who are unsuccessful in traditional academic settings. "Our goal is for them to return to the school system and their lives with greater emotional stability, self-control and confidence," says Goodman. "Our staff specializes in the treatment of emotional and behavioral problems, and there is nothing more rewarding than seeing these kids move on and succeed."

For more information, please visit www.overlakehospital.org.



Shirley Goodman, director of the Psychiatric Services Program, and Kelan Koenig, MD, medical director of psychiatric services.



Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.

THREE EASY OPTIONS FOR REGISTRATION:

1. Go to www.overlakehospital.org/classes.
2. Send an e-mail to classes@overlakehospital.org.
3. 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.

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., May 20, 6:30–9 p.m. FREE.

Childbirth Center Tours

Call 425-688-5326. For Spanish-speaking tours, 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, take one before and one after the baby is born. Help 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 below.
- ♦ *Happiest Baby on the Block:* see listing below.

After Baby Arrives

- ♦ *Conscious Fathering:* for new dads with their babies!
- ♦ *You and Your New Baby:* for moms with babies 4 to 12 weeks old.
- ♦ *Infant Massage:* learn ways to nurture your baby with loving touch.
- ♦ *Bringing Baby Home:* see listing below.
- ♦ *Happiest Baby on the Block:* see listing below.

PARENTING

Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Attend during pregnancy or until baby is 3 months old. **Sat., Apr. 17, May 1 or Jun. 26, 10 a.m.–noon.** \$60 per family.

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. **Two Saturdays, May 8 and 15, 9 a.m.–4 p.m.** \$150 per couple.

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., May 15, 10 a.m.–2 p.m. FREE.**

NEW! Love and Logic—Summertime Survival Skills for Petrified Parents

For parents of children of all ages. Lisa Greene, certified parent coach and *Love and Logic* author, will show you summertime survival skills such as neutralizing arguing and complaining, turning your words into gold, getting help with chores and the summertime biggie: handling sibling rivalry. **Tue., May 18, 7–9 p.m.** \$25 per person; \$40 per couple.

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

Instructor, Lisa Greene, certified parent coach and *Love and Logic* author, will show you how easy parenting can be. Learn to avoid power struggles and how to handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering and drug/alcohol discussions. **Sat., May 1 and 15, 9 a.m.–2 p.m.** \$59 per person; \$99 per couple; additional \$10 workbook fee per person or couple.

NEW! What to Expect from your Baby: Mentally, Emotionally and Socially

Expectant parents and babies welcome. Babies arrive with a learning agenda all their own. Their bodies may be fragile, but their minds are active and responsive. Learn about your baby's developing mind, emotions and social ability so that you can engage with your baby in a way that supports development. Taught by Jan Faull, MEd, author of *Amazing Minds: The Science of Nurturing Your Child's Developing Mind*. **Mon., May 17 and 24, 6:30–8 p.m.** \$35 per person; \$60 per couple.

For more information about our classes, or to register,

NEW! What to Expect From Your 1- to 2-Year-Old Child: Mentally, Emotionally and Socially

As your child moves into the second year of life, language skills emerge, emotions take a roller-coaster ride, and social skills provide challenges. Learn more about this fascinating year as your child takes it upon himself to learn about the physical world around him while defining himself as a separate individual.

Taught by Jan Faull, MEd, author of *Amazing Minds: The Science of Nurturing Your Child's Developing Mind*. **Wed., May 5 and 12, 6:30–8 p.m.** \$35 per person; \$60 per couple.

Anger: Yours and Your Child's

What's a parent to do when children trigger parents' anger? Learn how to stay calm while responding to your child's anger, disappointment, sadness and frustration. Taught by Jan Faull, MEd, author of *Unplugging Power Struggles: Resolving Emotional Battles With Your Kids*. **Tue., May 4 and 11, 7–9 p.m.** \$40 per person; \$65 per couple.

BodyWorks

This 10-week fitness and nutrition program for girls and boys ages 9 to 13 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. Details at www.womenshealth.gov/bodyworks. **Mon., Apr. 19–Jun. 28, 6:30–8 p.m.** FREE.

As Girls Grow Up: Aspects of Puberty, Sex Education and Relationships

For girls ages 9 to 12 and their parents. The class will focus on physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. Taught by Bridgett Blackburn, MS, parent educator, and Monica Richter, MD, pediatrician. Includes book and refreshments. **Thu., Jun. 3, 6:30–8:45 p.m.** \$50 per parent and daughter; \$12 per additional person.

New! 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. **Fridays, May 14 and 21, 6:30–8:30 p.m.** Using an informal format, this two-part class focuses on body changes to expect during puberty, myths and facts, what boys should know about girls, sexuality and sexual reproduction. Please register at www.seattlechildrens.org/classes-community/. \$50 per son/parent pair; \$10 per additional child.

SAFETY

Infant CPR and Safety-Proofing

Completion cards are not awarded in this class.

Weeknights, Apr. 8, Apr. 28, May 26 or Jun. 16, 6:30–9:30 p.m., or Saturdays, Apr. 17, May 22 or Jun. 26, 9 a.m.–noon. \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year completion card. First aid and CPR portions may be taken separately. Two-part midweek class:

Mon. and Wed., Apr. 12 and 14, 6:30–9:30 p.m., or Sat., Jun. 12, 9 a.m.–4 p.m. \$55.

Adult First Aid and Adult/Child CPR

This two-part class includes a book. First aid and adult/child (ages 1–8) CPR portions may be taken separately. **Mon. and Wed., May 10 and May 12, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Mon., May 3 or Wed., Jun. 23, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

Super Sitters: Babysitting Classes

For ages 11 and older. Held at multiple locations on **Sat., 9 a.m.–2 p.m.**, unless otherwise noted. BCC–North Campus: **Apr. 24, May 15, Jun. 19, or Tue., Jun. 29, 425-688-5259**; Renton Parks: **May 22, 425-430-6700**; Redmond Parks: **Tue., Jun. 22, 425-556-2300**; Kirkland Parks: **June 19, 425-587-3336**; Encompass (North Bend): **Jun. 5, 10 a.m.–3 p.m., 425-888-2777**; Issaquah Parks: **Apr. 10, 425-837-3300**; Mercer Island Parks: **Apr. 17 or Wed., Jun. 30, 206-236-3545.** \$35 (class fees differ by location).

WOMEN'S HEALTH

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

If you are leaking urine when you cough, laugh or sneeze, or you have sudden urges to go to the bathroom, you are probably experiencing incontinence. 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 A Miller, MD, urogynecologist, and Sagira Vora, 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.

Wed., Apr. 28, 6:30–8 p.m. FREE.

Breast Health Program

This personalized, one-hour breast self-exam instruction and education program is taught by registered nurses. **Monday evening classes.** Please call 425-688-5259 for an appointment. FREE.

HEALTHY LIFESTYLES

Melanoma Monday—

Free Skin Cancer Screening

Overlake dermatologists will be available to provide free skin cancer screening. **Mon., May 3, 5:30–8 p.m.** Space is limited; preregistration required. Please call 425-688-5259 for an appointment.

Brain Attack: What You Should Know About Stroke

Stroke, also referred to as brain attack, happens when the arteries leading to the brain are blocked or rupture. Brain attacks kill nearly 150,000 American each year and are the leading cause of adult disability. Come hear Dr. John Nelson, MD, director of Overlake hospitalists, discuss what you can do to decrease your chances of brain attack and what symptoms to watch for. **Wed., May 19, 6:30–8 p.m.** FREE.

Motion Is Life

Is pain keeping you from enjoying life? If so, learn more about joint pain relief as well as knee and hip replacement in this informative seminar presented by The Joint Replacement Center at Overlake. Time allowed for questions. **Wed., Apr. 28 at Overlake Hospital or Thu., Jun. 3 at Overlake Medical Center Issaquah; 6:30–8 p.m.** FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Apr. 29, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., May 6, 13 and 20 or Jun. 3, 10 and 17, 7–9 p.m.** \$89.

Weight Loss Surgery Seminars

Get the facts about weight loss surgery to see if it's right for you. Bellevue: **Tue., Apr. 6, Apr. 20, May 4, May 18, Jun. 1 or Jun. 15,** or Issaquah: **Tue., Apr. 27, May 25 or Jun. 22, 6–7:30 p.m.** 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.** For information, call 425-688-5214. FREE.

Diabetes Education

Overlake's Diabetes Education Services offers one-on-one education as well as classes. Call 425-688-5485 for information.

With Gratitude to Our Corporate Partners Breakfast Sponsors

We would like to thank the following sponsors for their generous support of Overlake at the **2009 Corporate Partners Breakfast**

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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. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue. and Thu., Apr. 6–29; Wed. and Fri., May 5–28; or Mon. and Wed., Jun. 7–30, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Exercises to Improve and Maintain Balance

Learn to strengthen key muscle groups and improve use of the core muscles that keep your body in balance. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thu., Apr. 1, 8 and 15; Tue., Apr. 20, 27 and May 4; Wed. May 12, 19 and 26; or Thu., Jun. 3, 10 and 17, 1–2 p.m.** Preregistration required; call 425-688-5800. \$25.

Posture and Balance Refresher

Refresher course for Exercise to Increase and Maintain Balance. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., May 25 or Tue., Jun. 22, 1–2:30 p.m.** Preregistration required; call 425-688-5800. \$15.

Introduction to Therapeutic Senior Yoga

The Yoga Barn's breath-oriented practice will help increase your circulation and strengthen core muscles. Exercises done from a seated position in a chair and adapted to each individual's needs. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tuesdays, Apr. 27–Jun. 1 or Jun. 8–Jul. 13, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$69 for each six-week session.

Therapeutic Yoga to Maintain Balance

Continuation of the Yoga Barn's breath-oriented practice that increases circulation and strengthens core muscles. Exercises done from a seated position in a chair and adapted to each individual's needs. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thursdays, Apr. 29–Jun. 3 or Jun. 10–Jul. 15, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$69 for each six-week session.

Communicating With Persons With Dementia

Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Apr. 27, 2:30–4 p.m.** Preregistration required; call 425-688-5800. \$5.

A Better Understanding of Long-Term Care Insurance Policies

This is an informational seminar, not a sales presentation. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Wed., Apr. 7, 10 a.m.–noon or 7–9 p.m.** Preregistration required; call 425-688-5800. \$5.

Dealing With the Challenging Behaviors of Dementia

Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Wed., Jun. 2, 2:30–4 p.m.** Preregistration required; call 425-688-5800. \$5.

Counting Sheep (Class #45566)

North Bellevue Community Center. **Mon., Apr. 26, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

GI Blues (Class #48427)

North Bellevue Community Center. **Mon., May 24, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Exercise Your Brain

Bellevue YMCA. **Wed., Apr. 14, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

Taking a Stand Against Strokes

Bellevue YMCA. **Wed., May 12, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

The Aging Eye

Bellevue YMCA. **Wed., Jun. 9, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

Living Productively with Arthritis

Redmond Senior Center. **Wed., Apr. 21, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Understanding Peripheral Vascular Disease

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

For more information about our classes, or to register,

Incontinence, It Doesn't Have to Be Part of Growing Older

Redmond Senior Center. **Wed., Jun. 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

Caregiver of Older Adults Support Group—Bellevue

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

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 hair loss to try on wigs. Free wigs donated by the American Cancer Society. Feel free to drop in weekdays, or call 425-688-5986.

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., Apr. 12, 6–8 p.m.; Mon., May 17, 1–3 p.m.; Mon., Jun. 14, 6–8 p.m.** Call Kelly Zant at 425-467-3809 to register. FREE.

Breast Cancer Support Group

Open to all women who have or have had breast cancer. **1st and 3rd Tue. of each month, 7–8:30 p.m.** Call 425-688-5986 for more information. FREE.

Reconstruction After Breast Cancer Surgery

Open to women who have, or have had, breast cancer and are considering reconstructive surgery. **4th Wed. of each month, 7–8:30 p.m.** Call 425-688-5986 for more information. FREE.

Breast Cancer Survivorship Clinic

The Overlake Breast Cancer Survivorship Clinic is held monthly at our Bellevue and Issaquah locations. For more information or to schedule an appointment, call 425-467-3669.

Grief and Loss Support Group

For people who have suffered the loss of a loved one due to cancer. **2nd and 4th Thu. of each month, 6–7:30 p.m.** Registration is required; call Desiree Hobson, MSW, Cancer Support Services social worker, at 425-688-5586. FREE.

Sit and Knit

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

EVENTS

Bellevue Farmers Market

Thursdays, May 13–Oct. 14, 3–7 p.m. Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to eat healthy and visit the market for wholesome and nutritious food options. The location of the Market has changed to First Presbyterian Church of Bellevue, located at 1717 Bellevue Way NE.

Bike Safety Fair

Overlake is proud to sponsor the Fourth Annual Bike Safety Fair on **Sat., Jun. 12, 12–3 p.m.**, at Issaquah Valley Elementary and **Sun., Jun. 13, 12–3 p.m.**, at Newport Heights Elementary School in Bellevue. Fun for the whole family includes bike safety tips and inspections, an obstacle course challenge, bike helmets, prizes, games and activities. Note: quantities of bike helmets are limited. FREE.

Cancer Survivorship Day

Sat., May 8, 8:30 a.m.–1:30 p.m. at Overlake's PACCAR Education Center. This event is open to all cancer survivors and their families. Featuring keynote speakers and breakout sessions led by local experts on topics including nutrition, genetics, exercise, fatigue, complementary therapies, stress and self-care. For more information or to register, call Amy McGann at 425-688-5816. FREE.

Relay for Life

Overlake is proud to sponsor the Relay for Life of Issaquah **starting at noon on June 5 through June 6 at 8 a.m.** at Skyline High School. The annual overnight Relay celebrates cancer survivors, remembers those who lost their battle to cancer and raises money for the American Cancer Society. For more information on team captain opportunities or to sign up to be a volunteer, go to www.issaquahrelayforlife.org or call 425-688-5816.

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 the open-assignment line at 425-688-5552, or Leah Smith, volunteer staffing specialist, at 425-688-5369, Mon.–Fri., 9 a.m. to 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.



please visit www.overlakehospital.org/classes.



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425-688-5985
Mammography

Jennifer Chavez, MD
425-688-5072
Hospitalist

David Farrell, DO
425-369-1342
Family Practice

Michelle Gurvitz, MD
206-987-2015
Pediatric Cardiology

Sarah Handley, MD
206-987-5863
Pediatrics

Brandy Hattendorf, MD
206-987-2000
Pediatric Cardiology

Scott Isenhath, MD
206-346-6647
Dermatology

Mark Justus, MD
425-688-5985
Mammography

Joseph King, MD
425-525-1000
Ophthalmology

Thomas Knipe, MD
425-454-3938
Otolaryngology

Jocelyn Manangan, MD
425-827-4600
Pediatrics

Michael Portman, MD
206-987-2015
Pediatric Cardiology

Jennifer A. Saam, DPM
425-450-0565
Podiatry

Elliot Sacks, MD
425-688-5985
Mammography

Scott Van Appledorn, MD
425-899-5800
Urology

Aloysius Yinug, MD
425-289-3100
Family Practice

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