

# Healthy Outlook

SPRING  
2011

## By Your Bedside

*Overlake offers a  
new, round-the-clock  
program of highly  
specialized care for  
critically ill patients*

**OVERLAKE**  
Hospital  
Medical  
Center  
Medical excellence every day™

**PLUS:** *Helping Cancer Patients Find Their Way*  
Advanced Treatments for Incontinence

## From the President & CEO

Overlake is known as one of the region's premier medical centers, and we don't take that distinction lightly.

Providing the Eastside community with high-quality healthcare means we are constantly enhancing our services and identifying areas where we can do more to help our patients. One of the ways we're improving patient care is by ensuring we have specially trained critical care physicians, known as intensivists, onsite 24/7 in Overlake's Critical Care Unit (CCU). Intensivists work closely with surgeons, specialists and our nursing staff to care for our most seriously ill patients. For these patients, this higher level of around-the-clock intensivist care at the bedside can mean less time spent in the CCU and a faster recovery.

Our commitment to compassionate, world-class care also goes beyond treating an illness or injury. We believe caring for you and your loved ones includes helping you make the best decisions as you evaluate often complex treatment options. We offer a range of support services to tend to your emotional, spiritual and financial needs. By caring for the whole person, we help you get back to your best possible health, and back to doing what you love.

Sincerely,

Craig Hendrickson  
President & CEO

## OVERLAKE RANKS AMONG THE TOP 5 PERCENT IN THE NATION FOR PATIENT SAFETY FOUR YEARS IN A ROW

Overlake received the HealthGrades Patient Safety Excellence Award™ for the fourth consecutive year, ranking it among the top 5 percent of U.S. hospitals for overall patient safety.

The award underscores Overlake's position as one of the leading hospitals in the country. The recognition also gives patients the added assurance that they are being cared for at one of Washington's top hospitals for patient safety.



## OVERLAKE BREAST HEALTH PROGRAM RECEIVES NATIONAL ACCREDITATION

The Breast Health program at Overlake is the first in the greater Seattle area to receive a three-year full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC). This designation by the American College of Surgeons underscores Overlake's commitment to the highest level of breast healthcare—from screening and diagnosis to cancer treatment and survivorship services.

Accreditation by the NAPBC is given only to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and performance review.

## HEALTHY OUTLOOK • SPRING 2011

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## OVERLAKE HOSPITAL MEDICAL CENTER

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[www.overlakehospital.org](http://www.overlakehospital.org)

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

Periodically, we send communications to friends and neighbors in our community that describe the healthcare services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548 or e-mail [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org).

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For an e-copy, visit [www.overlakehospital.org/healthyoutlook](http://www.overlakehospital.org/healthyoutlook).

# Take Control of Incontinence

*There's no need to suffer in silence. Physical therapy and biofeedback can help, often in just weeks.*

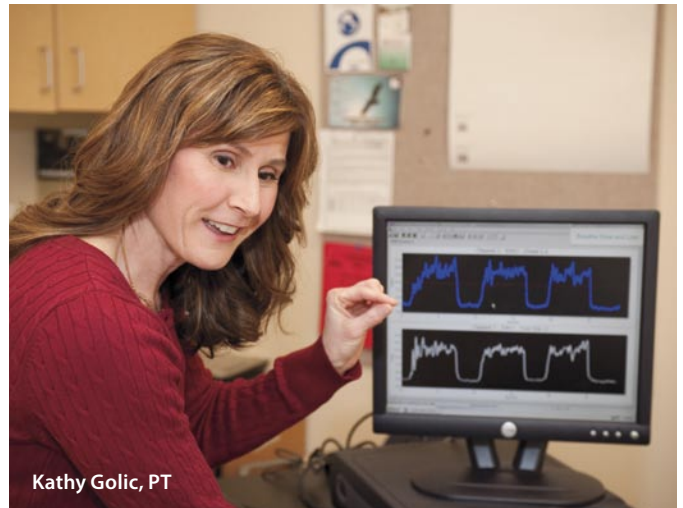
**L**ike other muscle groups, the pelvic floor muscles can weaken. When this happens, a person can experience incontinence and sometimes pelvic pain.

Sadly, less than half of the men and women who have incontinence talk to their doctors about it, often assuming it's just a natural part of aging. Not so, experts say.

In the Overlake Outpatient Center, physical therapists are dedicated to helping patients regain pelvic muscle function and quell symptoms, using a variety of techniques. Physical therapy can help treat the two main types of incontinence: stress incontinence, characterized by involuntary loss of urine from coughing, sneezing, laughing or physical activity; and urge incontinence, leaking associated with a sudden urge to urinate. It can also help relieve chronic pelvic pain (CPP), which is associated with a feeling of heaviness in the pelvis, lower back pain, pain with urination and painful intercourse for women.

"One key to finding out what's going on is to assess the pelvic floor muscles, both manually and using an electromyogram (EMG) or biofeedback machine," says Kathy Golic, a physical therapist at Overlake's Outpatient Center. "We want to determine if the cause of the incontinence or pelvic pain is related to muscle dysfunction, such as weakness, poor endurance or even muscle tightness, and then we base our treatment plan on what we find."

One effective treatment is biofeedback training in which the patient does pelvic floor exercises while a sensor detects muscle activity and displays it, as a graph, on a computer monitor. "About 60 percent of patients do pelvic floor exercises improperly, even when given one-on-one instruction," Golic says. "But biofeedback helps these patients do the exercises correctly by getting them in touch with what their muscles are doing." Golic, Sagira Vora, PT, and Diane Sperry, PT, also incorporate bladder retraining and other behavioral strategies. Sometimes, electrical stimulation is used to improve muscle strength and help with symptom



Kathy Golic, PT

management. Patients usually attend therapy sessions once a week and do exercises at home, between appointments.

Over time, the intensity, hold times and repetitions are increased to build strength and endurance. Patients usually begin exercising in a semireclined position, and then progress to sitting, standing, and finally exercising while walking and engaging in other advanced movements. For patients who have pelvic pain, other treatments may be needed, such as manual release of internal tissue and other pain modalities.

If you think you may have incontinence or CPP, there's no need to suffer in silence because both conditions are treatable, often just with physical therapy. As Golic says, "It's rewarding because when people are compliant with their exercises and the other strategies we give them, there's usually good progress within four to eight weeks."

To schedule an evaluation, please have your physician fax a referral to 425-688-5710, or call 425-688-5700.

## TAKE CONTROL OF YOUR LIFE (AND YOUR BLADDER)

### Managing Women's Incontinence

Wed., May 11, 6:30–8 p.m. FREE

Join Elizabeth A. Miller, MD, a urogynecologist, and Sagira Vora, PT, a women's health specialist, to learn about different types of incontinence and treatments. Preregistration is required. Call 425-688-5259, or register online at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).





# Leading the Way

## *Overlake's Intensivist Physicians Collaborate to Offer Top-Quality Care for the Critically Ill*

**F**ew people ever imagine that they will find themselves in a hospital's critical care unit. But if you or a loved one becomes medically unstable due to a life-threatening injury or illness, intensive care is crucial. The Critical Care Unit (CCU) at Overlake is a state-of-the-art facility where a dedicated multidisciplinary team cares for the most vulnerable patients.

On January 3, Overlake took an important step toward making its award-winning CCU even better: It became the only hospital in the greater Seattle area to provide onsite coverage in the CCU by intensivist physicians who are board certified in critical care medicine. Intensivists are trained to treat a broad range of complex medical conditions and possess unique skills for performing specialized bedside procedures.

At Overlake, a team of nine intensivists now provides onsite coverage, ensuring there are always

two intensivists in the CCU during the day and one throughout the night. (The CCU staff previously had telephone and on-call access to intensivists in the evenings.)

At many hospitals, intensivists are available to the CCU staff through an e-ICU system, which is a video hookup that allows intensivists to provide after-hours consultations from a remote location. In contrast, having an intensivist onsite at Overlake at all times offers substantial benefits to patients. "Critical care problems don't follow bankers' hours," says Bill Watts, MD, an intensivist at Overlake. "If an intensivist is present, it contributes to recognizing serious disease or deteriorating situations right away."

"In the CCU, medical conditions can change very rapidly," adds Rob Sandblom, MD, another Overlake intensivist. "Every week, if not every day, an event will occur that shows the advantage of being at the bedside, whether it's dealing with an arrhythmia (irregular heartbeat), shock or a respiratory problem. While remote technology allows us to view much of this, being physically present to examine the patient,

Intensivists Amy Markezich, MD, Todd Freudenberger, MD, and Bill Watts, MD

## Studies show that when critical care is delivered by intensivists, patient outcomes improve.

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listen to the patient and talk to his or her family adds significantly to the quality of care. Having a highly knowledgeable doctor at the bedside also makes a difference in terms of being able to safely move the patient out of the CCU faster.”

The intensivist acts as the team leader, working closely with surgeons, hospitalists, nurses, therapists and other staff to make sure the patient is getting the best possible care. “It’s analogous to an airline,” says Dr. Sandblom. “A team gets the plane from one place to another safely, and the pilot is only one person on that team. As a good leader, you listen to everybody on your team.”

### LIFESAVING CARE

Having coordinated care is key when treating patients such as Pete Talevich, who was in the midst of law school when he developed acute respiratory distress syndrome, a life-threatening condition that prevents oxygen from getting into the bloodstream. “I felt sick for weeks,” Talevich recalls. “I was not in good shape at all. I wasn’t getting enough breath into my body.”

After arriving at Overlake’s Emergency Department (ED), Talevich was admitted to the CCU and placed into a medically induced coma as doctors worked to usher him back to health. When he awoke, he couldn’t breathe without mechanical ventilation, but he discovered that Todd Freudenberger, MD, and Dr. Watts were spearheading his care with precision.

“Every pulmonologist was involved in my case, but they were the front men,” Talevich says. “They told me what they were doing and how I was going to get better. There was a lot of problem solving that had to occur because it was a serious situation that didn’t lend itself to an easy solution. Nurses would say, ‘Dr. Watts and I discussed this,’ and it was the same with the respiratory therapists. Their opinions would be informed by Dr. Freudenberger and Dr. Watts.”

Key to Talevich’s recovery was a respiratory

therapy program designed to strengthen his lungs. Along the way, the successes were small but significant. “There were times when I would be able to do something that I hadn’t been able to do the day before,” Talevich remembers. “I would be able to walk around the hospital one more time or be off the ventilator for five more minutes. I felt that I was making progress.” And indeed he was. After spending nearly three months in the CCU, Talevich was deemed well enough to return home, where he would recuperate while receiving home physical therapy. Three months later, he was back on campus at Seattle University Law School.

### SPECIALIZED TRAINING

Studies show that when critical care is delivered by intensivists, patient outcomes improve. “Until the mid-’80s, general internists managed all patients in critical care, but it became obvious that there were features of critical care that required more specific training,” says Dr. Sandblom, who was one of the first doctors in the country to become board certified in critical care. “Like any other specialty, critical care evolved because of a need.”

At Overlake, intensivists admit nearly all of the patients who arrive at the CCU from the ED. Dr. Freudenberger was one of the first doctors to see Talevich when he arrived in the ED and was involved with his care every step of the way.

The intensivist who is onsite also participates on the Code Team, which provides life support in a cardiac emergency. “That improves outcomes because we have two physicians responding instead of just one,” says Dr. Freudenberger.

### THE POWER OF TEAMWORK

Many Overlake patients are members of the Group Health Cooperative, and three of the hospital’s intensivists are Group Health providers. “For many years, Group Health and Overlake were friendly competitors on the Eastside, but several years ago, we decided to combine resources,” explains Dr. Sandblom. “It’s been very successful because Group Health has some very strong points and Overlake does too, and we’ve been able to learn from each other. So, we function side by side, caring for both Group Health and non-Group Health patients. The philosophy is





# The 24/7 Difference

Patients in the Critical Care Unit receive round-the-clock coverage by board-certified intensivists. Here are a few of the patient advantages:

- When a medical emergency occurs, a doctor who is board certified in critical care is available to provide care in person.
- Studies indicate that patients who receive care in hospitals with an intensivist program have improved outcomes, lower mortality rates and shorter hospital stays. Research also shows that 24-hour, in-house intensivist coverage is superior to on-demand availability.
- Intensivists coordinate care among specialists, nurses and other staff, ensuring that the entire team is following the same strategy.

## The Intensivist Team

- Scott Bonvallet, MD
- James Copeland, MD
- Matt Fei, MD
- Todd Freudenberger, MD
- Eric Gottesman, MD
- Amy Markezich, MD
- Michael Puruckherr, MD
- Rob Sandblom, MD
- Bill Watts, MD

that we simply share the work without the burden of concern of where the insurance is coming from. We care for the patients first and figure out the business aspects of it afterward.”

Working in the Critical Care Unit requires laser-quick instincts and the ability to handle a broad range of medical crises, but intensivists such as Dr. Watts say the rewards can be significant. “You always remember the patients who had devastating diseases, but, due to extraordinary efforts by the team—and I really emphasize the team—they recover and get back to

their normal life,” he says. “After spending a month or two, or even three, in the CCU, against all odds, they pull through.”

In fact, Pete Talevich did just that, then graduated from law school and garnered a job at a top Seattle law firm. “I’m feeling really well,” he says. “I have plenty of energy, and I’m able to work full-time. The intensivists were very knowledgeable about my entire case and how to treat it. I’m so glad that I happened to be in this area when I was admitted to the hospital because I couldn’t have received better care anywhere else.”

# Exceptional Quality, Compassionate Care: Ensuring Overlake's Future



## CHANGES AND ADVANCES IN

**HEALTHCARE**, such as integrative care and cutting-edge technologies, offer the potential for more dramatic improvements in patient outcomes than ever before. As healthcare continues to evolve, Overlake remains committed to providing exceptional quality and compassionate care to each patient.

Overlake is a nonprofit hospital with no public tax support. We rely on the generosity of our donors to serve our growing region, stay ahead of the technological curve and attract the best doctors, nurses and clinical staff.

To solidify Overlake's position as a regional leader in healthcare delivery, Overlake Hospital Foundation is launching a campaign to generate support for several critical initiatives for 2011 and 2012. Investments in these initiatives will directly improve the patient experience by allowing Overlake to deliver high-quality care in a more integrated, collaborative and efficient way.

"This is a critical time for Overlake because advancements in healthcare continue to progress exponentially," explains Peter Glidden, Overlake Hospital Foundation trustee and regional president of Harris Private Bank. "My vision of Overlake's future is a hospital that is able to keep pace with rapidly changing medical breakthroughs—and the growth of the Eastside and Puget Sound region—while maintaining its roots as a community hospital focused on an exceptional patient experience. Supporting these

## ACT NOW TO DOUBLE THE IMPACT OF YOUR GIFT!

A generous anonymous donor has issued a challenge to expand our circle of donors who contribute \$1,000 or more. An additional \$500,000 will be donated to Overlake Hospital Foundation if we raise \$500,000 in new or increased donations of \$1,000 or more by the end of 2011. Thanks to this generous offer, your gift may qualify for a matching contribution to the Foundation's 2011–2012 campaign.

This is a great opportunity to increase your level of giving or make a first-time donation. To find out how your gift can qualify for a matching contribution, please contact Julie Sun at 425-688-5525 or [julie.sun@overlakehospital.org](mailto:julie.sun@overlakehospital.org).



initiatives ensures Overlake will continue to provide world-class care to our community.”

Here’s a preview of each priority initiative. More details will be available in upcoming issues of *Healthy Outlook*.

#### **ESTABLISHING THE OVERLAKE HEART AND VASCULAR CENTER:**

In addition to bringing Overlake’s outstanding cardiac services together into one state-of-the-art facility, this initiative will upgrade equipment and expand the electrophysiology lab and outpatient unit to meet future demand.

**ENSURING EXCEPTIONAL PATIENT CARE:** Providing compassionate care is at the core of everything we do. This initiative will support programs

such as palliative care for inpatients and strengthen clinical education for Overlake’s staff. Gifts will also support Overlake’s emergency, critical care and surgical services, and upgrade technologies to improve care throughout the hospital.

#### **UPGRADING CANCER CARE**

**SERVICES:** This initiative will enhance Overlake’s Breast Diagnostic Center and expand the oncology social worker/patient navigator program to guide and support patients through multidisciplinary care.

**EXPANDING WOMEN’S AND INFANTS’ SERVICES:** By expanding our Neonatal Intensive Care Unit to serve more high-risk newborns, we allow Eastside

families to stay closer to home while their babies receive specialized care. This initiative will also create the first Women’s Outpatient Center in the Puget Sound region.

**HOW YOU CAN HELP:** The ongoing support of donors will enable us to continue making significant advances in providing exceptional and compassionate care. For more information about how you can support Overlake’s future, visit [www.overlakehospital.org/support](http://www.overlakehospital.org/support), or contact Julie Sun, director of major and planned gifts, at 425-688-5452 or [julie.sun@overlakehospital.org](mailto:julie.sun@overlakehospital.org).

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For more information or to purchase tickets online,  
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YOUR COMMITMENT.**

### **LEARN MORE ABOUT GIVING OPPORTUNITIES**

To learn more about giving opportunities and to make your gift today, visit [www.overlakehospital.org/support](http://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](mailto:foundation@overlakehospital.org).

To learn more about volunteering with the Overlake Hospital Auxiliaries, call 425-688-5529, e-mail us at [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org) or Like us on Facebook.

# Compassionate Care Brings Comfort and Clarity

**NEW SERVICE  
HELPS IMPROVE  
QUALITY OF LIFE  
FOR CRITICALLY  
ILL PATIENTS**

Kerry Eby, MD

Undergoing treatment for a serious illness can feel like an arduous journey, with little rest or comfort along the way. As if navigating the medical options weren't difficult enough, patients must also contend with pain and side effects, stress and uncertainty. That's why this winter, Overlake began developing a new palliative care consult service to help make the journey easier for patients and their loved ones. Overlake received two generous gifts to help fund this program—a \$150,000 grant from the Regence Foundation and a \$100,000 donation from the Gift Gallery.

“Palliative care focuses on addressing and relieving symptoms, as opposed to their underlying causes,” says John Nelson, MD, an internal medicine physician and palliative care specialist at Overlake. “If patients have a chronic or serious disease, we can work to ease suffering during their hospital stay and help support their emotional and spiritual needs as well.”

Palliative care doesn't replace the patient's primary medical care. A team of physicians and nurses—specially trained in palliative medicine—works with hospitalists, nurses and other staff to

deliver an additional level of patient-focused care. Candidates for palliative care include hospital patients with advanced conditions such as heart failure, cancer, lung disease, renal disease or acquired immune deficiency syndrome (AIDS).

Even though palliative care is a specialty steeped in the latest treatments and pain-management techniques, it takes an old-fashioned approach. “We begin by talking to patients and getting to know them as people,” says Kerry Eby, MD, an Overlake physician board certified in internal medicine as well as hospice and palliative medicine. “We help them determine their goals during the course of their care. We help them realize they have options.”

In essence, palliative care is about comfort and relief. Overlake's palliative care services team is highly experienced in pain management and can prescribe medications and therapies to soothe pain from cancer or nausea from dialysis. When patients suffer from anxiety or depression, a palliative care nurse may bring in a social worker or chaplain to help. Or, if someone nearing the end of life wishes to remain in comfort with as much independence as possible, a palliative care physician can adjust care to fit this goal. Communication and coordination are hallmarks of palliative care.

It's important to note that patients receiving palliative care are not necessarily terminally ill. “Palliative care is not the same as hospice care, which focuses on end-of-life patients,” says Dr. Nelson. “It's a common misconception.”

To receive palliative care at Overlake, a patient must be referred by an attending physician. Once that happens, “We're going to listen to the patients' needs,” says Dr. Eby, “and support them to improve their quality of life.”



PHOTO BY LARRY GILL

# Guiding Cancer Patients Through Challenges

**W**hen Dorie Ross, 43, was diagnosed with breast cancer, she found herself facing a complex healthcare system, a daunting to-do list and a swarm of emotions. Fortunately, Overlake's patient navigator team was there to help, guiding her through the treatment process. "I never felt alone or like I needed to ask for something," Ross says. "It's an amazing program."

Overlake's three patient navigators, Desiree Hobson, MSW, OSW-C, Kristin Holmberg, MN, RN, and Kelly Zant, MSW, help cancer patients and their families with an array of needs. The service is available at no cost to patients. They evaluate and address practical concerns that can include transportation to treatment, insurance issues, paperwork, understanding work leave and more. Some patients need surgery but lack support at home for a six-week recovery. Others are uninsured or struggle to pay rent after missing work. The navigators connect them to resources in the hospital and throughout the community.

The navigators also support patients emotionally. "We provide holistic care—mind, body and spirit," says Hobson. Hobson and Zant are oncology social workers, with Hobson specializing in women's cancers and Zant focused on other cancer diagnoses. Holmberg, a nurse, works with lung cancer patients and focuses on medical education and coordination of care. "A cancer diagnosis affects virtually every aspect of a patient's life—from physical and emotional health to spirituality and finances," says Zant. "It can be overwhelming."

When still reeling from diagnosis, patients often must choose a team of doctors,

make appointments and choose among treatments. Navigators help with all of these tasks. For example, one of Hobson's breast cancer patients recently had to choose between a lumpectomy with radiation treatment or a mastectomy. With Hobson's counseling, the patient decided to meet various doctors, learn more about each option and see pictures before deciding between treatments.

Navigators connect patients and their families with resources to solve problems outside the hospital, too. They helped Ross secure financial aid from a nonprofit to pay utility bills. They help others apply for medical insurance, find housing near the hospital, connect with support groups, or find wigs, prostheses or needed community agencies. They educate patients on work leave, help arrange hospice care, facilitate referrals to physical therapy and acupuncture, and address other problems.

When Ross was in treatment, Hobson and Zant called regularly to check on her. They offered help, ranging from referral suggestions for treating swallowing problems to free lotion to help treat side effects from chemotherapy.

That helped her a great deal emotionally, Ross says. "Every person I talk to, I try to send to Overlake."

**For more information, visit [www.overlakehospital.org/cancer](http://www.overlakehospital.org/cancer).**



From left: Kristin Holmberg, MN, RN, Desiree Hobson, MSW, OSW-C, and Kelly Zant, MSW





# 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](http://www.overlakehospital.org/classes).
2. Send an e-mail to [classes@overlakehospital.org](mailto: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.*

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](http://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 12, 6:30–9 p.m.** FREE.

### Childbirth Center Tours

Call 425-688-5326. 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](http://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. 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.
- ♦ *Happiest Baby on the Block:* 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.
- ♦ *Happiest Baby on the Block:* see listing at right.
- ♦ *Balance After Baby:* a postpartum mood disorder support group.

## PARENTING

### Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., May 21, 10 a.m.–2 p.m.** FREE.

### 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. 16, May 7, or Jun. 11, 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, coparent effectively, and improve the quality of parent-infant interaction. **Sat., May 14 and 21, 9 a.m.–4 p.m.** \$150 per couple.

### ParentMap Pathways Lecture Series

Overlake is a proud sponsor of this year's ParentMap Pathways Lecture Series, which includes the following lecture.

### From Barbie to Bieber: Parenting Growing Girls

Veteran parent educator Julie Metzger offers parents tools and valuable insights into the inner lives of growing girls, including navigating the social, emotional, cognitive and physical changes of female puberty. **Wed., Apr. 13, 7–9 p.m.,** Meydenbauer Center, Bellevue.

To reserve your ticket or see a complete list of all ParentMap lectures, call 1-800-838-3006, or go to [www.parentmap.com/pathways](http://www.parentmap.com/pathways).

**For more information about our classes, or to register,**

### 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., Apr. 11, Wed., May 25, or Mon., June 13, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

### You and Your Amazing New Infant and Toddler Series

The following three classes may be taken as a series or individually, and are taught by Jan Faul, author of *Amazing Minds: The Science of Nurturing Your Child's Developing Mind with Games, Activities and More*. Single class: \$25 per person; \$40 per couple. Two classes: \$40 per person; \$65 per couple. All three classes: \$55 per person; \$90 per couple.

#### What to Expect From Your Infant: Mentally, Emotionally and Socially

While babies are born physically fragile, their minds are keen. Attend this class to learn what researchers have discovered about the amazing mind of your baby. Learn about infants' developing senses, language and memory, and find ways to interact with your child to better support his or her learning. **Mon., May 9, 6:30–8:30 p.m.**

#### What to Expect From Your Toddler: 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 when children continue to learn about the physical world around them while defining themselves as separate individuals. **Mon., May 16, 6:30–8:30 p.m.**

#### Managing Your Toddler's Behavior

A toddler's behavior can be perplexing. One minute they are sweet and cuddly, the next they are throwing a tantrum. Toddlers are active explorers with few inner controls—"No!" and "Mine!" being their favorite words. Learn skills and techniques to manage this amazing and fun, but often challenging period of development.

**Mon., May 23, 6:30–8:30 p.m.**

### New! Raising Low-Stress Kids in a High-Stress World

Join us for a class that will introduce you to tools and concepts to bring more peace and calm to your home. Parents will learn long-term parenting skills that support children in becoming resilient and capable critical thinkers, while looking at how their parenting style affects the stress level of their child. Taught by Melanie Miller, M.Ed. **Wed., May 11, 6:30–8:30 p.m.** \$25 per person; \$40 per couple.

### New! Parenting With Love and Logic® for Children With Health Issues

Does your child have a chronic illness or special medical need? Come 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, along with Foster Cline, MD, coauthored 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. **Sat., Jun. 4, 9 a.m.–noon.** \$15 per person; \$25 per couple (scholarships available).

### Love and Logic® Summertime Survival Skills for Petrified Parents

For parents of children of all ages. Lisa Greene, certified parent coach and author of Love and Logic resources, 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. **Wed., Jun. 8, 6:30–9:30 p.m.** \$29 per person; \$49 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. **Tue., Apr. 26, 6:30–9:30 p.m. and Sat., Apr. 30, 9 a.m.–5 p.m.** \$59 per person; \$99 per couple; additional \$10 workbook fee required.

### 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](http://www.seattlechildrens.org/classes-community) to register. **Wed., May 4 and 11 or Jun. 1 and 8, 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](http://www.seattlechildrens.org/classes-community) to register. **Tue., May 24 and 31, 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 youths responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies, and more. **Sat., Apr. 23, May 14, May 21, Jun. 11; Tue., Jun. 21; or Thu., Jun. 23, 9 a.m.–2 p.m.** Bellevue location. \$40 per person. Please register at [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community).

### Mother and Daughter Safety Training

For girls 14 years and older and their mothers. This three-hour class addresses safety issues facing young women on or off high school and college campuses during daily activities. The training is built on increasing the awareness of our surroundings, obeying instincts and employing proactive safety strategies. Topics include:

- ♦ The victim selection process and how to make yourself a "harder target."
- ♦ What to do when approached by a stranger in an isolated area.
- ♦ Safety in elevators, parking lots and "fringe" areas.
- ♦ Being smart and safe with social media.
- ♦ Alcohol and common predatory drugs: what they are and how to avoid them.
- ♦ Early recognition of inappropriate acquaintance/date behavior.

**Wed., May 18, 6–9 p.m.** \$55 per mother/daughter; \$45 per additional daughter.

### Infant Safety Proofing and CPR

Completion cards are not awarded in this class. Weeknights, **Apr. 11, Apr. 20, May 16, Jun. 8 or Jun. 27, 6:30–9:30 p.m.; Sat., May 7 or Jun. 4, 9 a.m.–noon.** \$35 per person; \$60 per couple.

### First Aid for the Family and CPR

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. **Weeknights, Apr. 25 and 27 or Jun. 13 and 15, 6:30–9:30 p.m.** \$60.

### 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 23 and 25, 6:30–9:30 p.m.** \$60.

### CPR Course for Healthcare Providers

**Wed., May 18 or Mon., Jun. 20, 6–9:30 p.m.** \$60.

### Spanish-Speaking CPR and First Aid Classes

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

## WOMEN'S HEALTH

### Breast Health Program

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

### Take Control of Your Life (and Your Bladder): Managing Women's 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., May 11, 6:30–8 p.m.** FREE.

## HEALTHY LIFESTYLES

### Melanoma Monday—Free Skin Cancer Screening

Overlake dermatologists will be available to provide free skin cancer screenings. **Mon., May 2, 5:30–8 p.m.** Space is limited; preregistration required. Please call 425-688-5259 for an appointment.

### 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. Taught by Overlake orthopedic surgeons. Time allowed for questions. **Thu., May 12, 6:30–8 p.m.** at Overlake Medical Clinics Issaquah. FREE.

### 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 Americans each year and are the leading cause of adult disability. Come hear Overlake Hospitalist, Christopher Andersen, MD, discuss what you can do to decrease your chances of brain attack and what symptoms to watch for. **Wed., May 4, 6:30–8 p.m.** Overlake Hospital PACCAR Education Center. FREE.

### Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., May 12, 7–9 p.m.** \$45.

### Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Apr. 21–May 5, or June 9–23, 7–9 p.m.** \$89.

### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right

for you. Bellevue: **Tue., Apr. 12, Apr. 19, May 3, May 10, Jun. 7 or Jun. 14; or Sat., Apr. 23., May 28 or Jun. 25, 10:30 a.m.–noon;** or Issaquah: **Tue., Apr. 26, May 24 or Jun. 28, 6–7:30 p.m.;** or Tukwila: **Sat., Apr. 16, May 14 or Jun. 18, 10:30 a.m.–noon.** 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 Apr. 7, May 12 and Jun. 9.** For information, call 425-688-5214. FREE.

### Diabetes Education

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. 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. Physician referral is required. 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. We recommend contacting your insurance company in advance to determine if your policy covers diabetes education.

### 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.

## 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. City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Tue. and Thu., Apr. 5–28; Mon. and Wed., May 2–25; or Wed. and Fri., Jun. 1–24, 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 and improve the core muscles that keep your body in balance. City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Tue., Apr. 19–May 10, or Thu., Jun. 2–23, 2–3 p.m.** Preregistration required; call 425-688-5800. \$36.75 for four-week session.

### 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, 150 120 Ave. NE, Bldg. F, Bellevue. **Tue., Apr. 5–May 3; May 10–31; or Jun. 7–28, 11 a.m.–12:15 p.m. or 12:30–1:45 p.m.;** or **Thu., Apr. 7–28; May 5–26; or Jun. 2–23, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$44 for four-week session.

### Dementia: Understanding the Basics

City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Wed., Apr. 27, 2–3:30 p.m.** Preregistration required; call 425-688-5800. \$5.

### Communicating With People With Dementia

City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Wed., Jun. 22, 2–3:30 p.m.** Preregistration required; call 425-688-5800. \$5.

### Keeping Your Memory Fit (Class #54822)

North Bellevue Community Center. **Mon., Apr. 25, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

### Avoiding the Fall—Reducing the Risk (Class #54821)

North Bellevue Community Center. **Mon., May 23, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

### Incontinence: It Doesn't Have to Be a Part of Growing Older

Bellevue YMCA. **Wed., Apr. 13, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### GI Blues

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

### Nutrition Myths and Misinformation

Bellevue YMCA. **Wed., Jun. 8, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Oh, My Aching Feet

Redmond Senior Center. **Wed., Apr. 20, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Understanding Osteoarthritis

Redmond Senior Center. **Wed., May 18, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Hypertension: Should I Be Concerned?

Redmond Senior Center. **Wed., Jun. 15, 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., 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.

**For more information about our classes, or to register,**



## 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](http://www.overlakehospital.org/cancerresourcecenter).

### Wig Closet

A private area for women who are experiencing hair loss to try on wigs. All wigs are complimentary. Feel free to drop in to the Cancer Resource Center weekdays, or call 425-688-5986.

### Look Good ... Feel Better

A program that teaches beauty techniques to women in cancer treatment to help them combat appearance-related side effects. Volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Apr 11, 6–8 p.m.; Mon., May 9, 1:30–3:30 p.m.; Mon., Jun. 13, 1:30–3:30 p.m.** Call Kelly Zant at 425-467-3809 to register. FREE.

### Support Groups

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups provide a welcoming environment where people living with cancer can come together to build emotional, social and educational support as a supplement to medical care. To register for these FREE programs call 206-709-1400.

- ♦ Breast Cancer Support.
- ♦ Grief and Loss Support.
- ♦ Caregiver Support.
- ♦ 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.

### Relay For Life of Issaquah

Overlake is the proud Gold Level Sponsor of the American Cancer Society's Relay For Life of Issaquah **Sat./Sun., May 21 and 22**, at Skyline High School in Issaquah. This overnight event raises funds to support cancer programs and research in our community. For more information or to sign up to walk, call 425-688-5816.

### Cancer Survivorship Event

The Cancer Center at Overlake would like to invite cancer survivors and their families to join us for a special evening in recognition of National Cancer Survivorship Day. An educational lecture, survivor panel, resource materials and refreshments will be provided. **Thu., Jun. 2, 6:30–8:30 p.m.** in Overlake's PACCAR Education Center. For more information, call 425-688-5816.

### Learn and Live Well Cancer Prevention Event

According to the American Cancer Society, two-thirds of cancer deaths can be attributed to poor nutrition, lack of physical activity, obesity and tobacco use. Join us **Sat., Jun. 11, 9 a.m.–12:30 p.m.** at Eastridge

Church in Issaquah, where experts from Overlake and Seattle Cancer Care Alliance will share exciting information on what you can do to reduce your risk of cancer. For more information, call 425-688-5816.

## EVENTS

### Bellevue Farmers Market

**Thu., May 12–Oct. 13, 3–7 p.m.** Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to visit the market for wholesome and nutritious food options. The market is located at First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. Visit [www.bellevuefarmersmarket.org](http://www.bellevuefarmersmarket.org) for more information.

### Bike Safety Fair

Overlake is proud to sponsor the Fourth Annual Bike Safety Fair on **Sat., Jun. 11, 12–3 p.m.** and **Sun., Jun. 12, 12–3 p.m.** 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. Visit [www.optimistis.org](http://www.optimistis.org) for more information. FREE.

### Outdoor Movies at Marymoor Park

Overlake is proud to sponsor this weekly night of entertainment, held **Wednesday nights in July and August**. Check [www.MoviesatMarymoor.com](http://www.MoviesatMarymoor.com) for dates and movies.

## 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](http://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 valuable and needed health education classes and lectures to the Eastside community, and we're looking for your input. 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](mailto:education@overlakehospital.org). We will work to implement your ideas as we partner with you in the journey to lifelong health.**



**"Overlake gave me my life back."**

**Rediscover life's joys.** Attend our free Weight Loss Surgery info session.

Center of Excellence Bariatric Surgery

Obesity affects quality of life and is the second leading cause of preventable death in the United States. If you or someone you care about has unsuccessfully tried to lose weight, we can help with a proven solution. Join us as one of our bariatric surgeons walks you through the steps of Overlake's acclaimed weight loss surgery process, answers your questions and discusses Overlake's ongoing support to help you maintain a healthy weight after surgery. **All sessions are FREE.**

**Bellevue: Tuesdays, April 12, 19; May 3, 10; June 7 or 14 | 6 – 7:30 p.m.**

**Bellevue: Saturdays, April 23, May 28 or June 25 | 10:30 a.m. – noon.**

**Issaquah: Tuesdays, April 26, May 24 or June 28 | 6 – 7:30 p.m.**

**Tukwila: Saturdays, April 16, May 14 or June 18 | 10:30 a.m. – noon.**

For location information, or to make a reservation, please call 425-688-5259 or visit [www.overlakehospital.org/wls](http://www.overlakehospital.org/wls).

**please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).**



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## NEW MEDICAL STAFF AT OVERLAKE

**Eric Hink, MD**

425-216-7200  
Ophthalmology

**Sheri Malakhova, MD**

425-289-3100  
Internal Medicine

**Sai Prasanna Mannem, MD**

425-635-6350  
Internal Medicine

**Bryan McIntosh, MD**

203-909-4059  
Plastic Surgery

**Jenny Radesky, MD**

425-827-4600  
Pediatrics

**Michael Ramsey, DO**

425-688-5460  
Psychiatry

# MOTION *is* LIFE

Is joint pain keeping  
you from enjoying life?

Join us for our complimentary seminar to learn  
more about joint pain relief and an in-depth  
discussion on hip and knee replacement.

Seminar taught by Overlake orthopedic  
surgeons James Bruckner, MD,  
and Steven Ratcliffe, MD.

**Thursday, May 12, 6:30 to 8 p.m.**

**Overlake Medical Clinics Issaquah**

5708 E. Lake Sammamish Pkwy SE, Suite #103  
Issaquah, WA 98029

*Pre-registration required. Call 425-688-5259  
or visit [overlakehospital.org/classes](http://overlakehospital.org/classes).*

For more information about our Joint  
Replacement Program, call 425-688-5579,  
or toll-free at 866-777-4142  
or email [totaljoint@overlakehospital.org](mailto:totaljoint@overlakehospital.org).

[www.overlakehospital.org/totaljoint](http://www.overlakehospital.org/totaljoint)