

Healthy Outlook

SUMMER
2011

Freedom of Movement

Overlake's expert vascular team uses advanced technology to treat blood clots and get patients back on their feet

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

**PLUS: Overlake Medical Clinics Medical Tower
Adopts a New Patient-Centered Approach**

From the President & CEO

Healthcare reform continues to be at the top of the national agenda, with political and business leaders debating the best approach to providing universal healthcare at a reasonable cost. Yet all parties agree on one point: Keeping people healthier will help reduce what we spend on healthcare.

At Overlake, we are expanding our network of primary and specialty care clinics with that goal in mind. Giving Eastside residents quick and easy access to top-notch primary care helps keep them healthy, active and productive. That's why in September, we'll be opening a primary care clinic in Kirkland, and near the end of the year, we'll be opening a primary care and an urgent care clinic in Redmond, bringing our network of Eastside primary care clinics to nine as 2011 comes to a close.

Of course, access to excellent specialty care is also critically important. Recently, 13 of the best cardiologists in the state of Washington joined our cardiology clinic, ensuring our cardiac patients will continue to receive the very best cardiac services in the region.

As always, our goal is to give you and your loved ones peace of mind, knowing you're receiving the very best healthcare at Overlake.

Sincerely,



Craig Hendrickson
President & CEO

EMERGENCY DEPARTMENT WAIT TIMES NOW AVAILABLE ONLINE

Overlake is the first hospital in the greater Seattle area to post current Emergency Department (ED) wait times on its website.

The information displayed on Overlake's home page offers patients up-to-the-minute information on ED wait time, giving patients an idea of what to expect once they arrive. The posted wait time is based on the time between when a patient arrives and when a triage nurse evaluates him or her. The average time until initial assessment is five minutes or less, and the average time to see a doctor is 23 minutes.

Patients with severe and/or life-threatening conditions are always given priority treatment. More than 51,000 people are treated in Overlake's ED each year.



**Emergency
Department
Wait Time**

4 mins



HEALTHY OUTLOOK • SUMMER 2011

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OVERLAKE HOSPITAL MEDICAL CENTER

1035 116th Ave. NE
Bellevue, WA 98004

5708 E. Lake Sammamish Pkwy. SE
Issaquah, WA 98029

425-688-5000

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.

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

Creating a Medical Home

The former Bellevue Clinic has a new name—Overlake Medical Clinics Medical Tower—and a new patient-centered approach

Overlake's primary care physician network is growing, and new clinics are opening up on the Eastside. In fact, Bellevue now has two clinics: one in the Medical Tower on the hospital campus (formerly known as the Bellevue Clinic) and the new Overlake Medical Clinics Downtown Bellevue.

Confusing? Not anymore. On May 1, the Bellevue Clinic changed its name to Overlake Medical Clinics Medical Tower to help patients easily distinguish the two.

Along with its new moniker, the Medical Tower clinic will add two more physicians in the upcoming months and is the first Overlake clinic to adopt a patient-centered “medical home model” approach to care. The idea is to engage patients as active participants in their own healthcare while focusing on collaboration and whole-person wellness.

At the heart of this approach is ensuring all patients have a primary care physician who acts as their “medical home,” coordinating their care with any specialists and always staying in the loop. “We want all patients to have a physician who really knows them and helps them develop a plan of care,” says Sheri Malakhova, MD, Overlake Medical Clinics, medical director. “Having one doctor coordinate care helps prevent gaps and redundancies in the patient’s care.”

“We want patients to think of their physician as someone they go to for advice and information,” adds Val Chrusciel, director of Clinic Operations. “If patients need a referral, their primary care physician can help them navigate the healthcare system.”

This effort is part of a two-year medical home pilot project launched jointly by the Washington State Department of



Chi Kit Gall, MD

Health and the Academy of Family Practice Physicians. Approximately 40 sites throughout Washington are participating, including Overlake Medical Clinics Medical Tower. As part of the program, one of the goals will be to reduce inappropriate Emergency Department admissions and unnecessary hospitalizations.

“We’ve used this model for a long time in our senior health centers, and Overlake Medical Clinics Medical Tower is the first general adult primary care clinic where we’ve implemented it,” Chrusciel says. “As we grow our network of primary care clinics, we plan to continue implementing this model.”

To schedule an appointment, call 425-289-3100. For more information, visit www.overlakehospital.org/medicaltower.



Hidden Clot, Silent Danger

Overlake's vascular team uses new technologies to dissolve deep vein clots—and get patients back on their feet again

Like most young adults, Seattle resident Katya Schexnaydre took walking for granted. So when the lively, good-natured 22-year-old developed a painfully swollen leg, she knew something was terribly wrong. “I couldn’t put weight on my leg because it hurt too much,” she says. “I went to the doctor, and she immediately sent me to the ER.”

The ER team (at another hospital) diagnosed Katya with deep vein thrombosis (DVT), in which a blood clot—a thrombus—develops in a large deep vein, ultimately blocking blood flow and causing swelling and pain. There was clotting throughout the veins in Katya’s left leg, so she was put on a blood-thinning medication and then sent home to rest in bed. Katya returned to her job as a receptionist at a local salon two months later, but she was still limping in pain.

DVT: NOT TO BE IGNORED

A manager at the hair salon where Katya works suggested that she get a second opinion at Lake Washington Vascular, one of two vascular centers associated with Overlake (the other is Eastside Vascular). She met with Brian Ferris, MD, a vascular surgeon at Lake Washington Vascular and chief of surgery elect at Overlake, who realized Katya’s clotting was more serious and needed fast and aggressive treatment.

“Katya was pretty miserable because she had clotting from her calf through her knee, thigh, hip and all the way up to her navel,” Dr. Ferris says. “A clot like this builds up and then swells and chokes off the blood supply, and causes significant leg pain that can impact daily activity. And some people with that amount of clot can develop limb-threatening obstruction.”

In some cases, the clot can break off and travel through the bloodstream, ultimately lodging in a vessel in the lungs or brain—a condition called an embolism—which can be life threatening. “Depending on the blood clot, the



After receiving state-of-the-art care for deep vein thrombosis at Overlake, Katya Schexnaydre is dancing again.

A Nationwide Effort: Catching DVT Early

In 2003, more than 50 medical organizations gathered in Washington, D.C., to make deep vein thrombosis (DVT) a national priority. Since that time, the American College of Chest Physicians has developed DVT guidelines—which are continually revised based on the best evidence-based medicine—that are used by Overlake and other hospitals throughout the country to prevent the condition.

“Just going into the hospital increases someone’s risk of developing DVT one hundred-fold, so on a physician’s checklist, one of the questions is, ‘What is the plan for the prevention of blood clots?’” says Brian Ferris, MD, a vascular surgeon at Lake Washington Vascular and chief of surgery elect at Overlake. “It’s an effort to get everybody on board and always thinking about this. Some patients are so high-risk that we use preventive measures—whether it’s mechanical sequential compression devices that massage the calf to keep the blood flowing or blood-thinning medications in low doses—to reduce the risk of blood clots.”

chances of it causing a pulmonary embolism can be over 50 percent,” Dr. Ferris says. “It’s estimated that there are 100,000 to 200,000 deaths a year due to pulmonary embolism, and it has a fatality rate of up to 10 percent in the first hour.”

PINPOINTING THE CAUSE

What causes DVT? There are three broad categories of contributing factors—problems with blood flow (possibly caused by an obstruction in the vessel or prolonged bed rest, which slows blood flow), problems with blood vessels (perhaps due to atherosclerosis or vessel injury) and blood composition (overclotting). These three risk factors are commonly called Virchow’s triad, and the risk of DVT goes up if an individual has more than one of these conditions. Obesity, or certain events such as immobility, illness, recent surgery or hospitalization, or certain medications, can all contribute to the development of any of the Virchow’s triad of factors and consequently make someone more likely to develop DVT.

Dr. Ferris discovered that Katya had an underlying condition called May-Thurner syndrome, which made her prone to DVT. “May-Thurner syndrome causes damage to the iliac vein in the pelvis, and it can become

chronically scarred,” Dr. Ferris says. “Then, some other event can cause the vein to clot, and the most classic is pregnancy (which can put pressure on the vessel), which is what happened with Katya.” Katya had had a stillbirth, and her symptoms arose one week later.

For extensive DVT like Katya’s, the Overlake vascular team uses clot-busting medications called thrombolytics, in combination with new minimally invasive techniques that help further dissolve and remove the clot. “Not every DVT patient is a candidate for these procedures,” Dr. Ferris explains. “First, you need a team of physicians with the expertise to evaluate each case to determine if the person is a candidate, and we have that kind of medical team here at Overlake—the Emergency Department doctors, the hospitalists, vascular surgeons and the interventional radiologists—who all helped in Katya’s case.”

Dr. Ferris ultimately used a technology called the EKOS EkoSonic Endovascular System to treat Katya’s DVT. In this treatment, a surgeon utilizes a catheter to deliver medication into the vessel and then uses ultrasound to drive the medication into the clot, breaking it down more quickly and efficiently like an eggbeater does an egg. The surgeon then removes the clot particles back through the catheter. In Katya’s case, a stent also had been placed to hold open a weakened vessel.

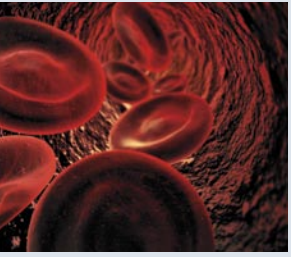
Another technology available at Overlake, called the Trellis Peripheral Infusion System, allows the surgeon to advance into the vessel a special catheter that has inflatable balloons at each end, in order to isolate the clot and administer clot-dissolving medication. The clot then becomes soft enough that the surgeon can vacuum it out through the catheter.

BACK IN ACTION

Katya’s procedure went well, and her clot dissolved nicely. “It was a really easy surgery to have,” she says. “I was walking the next day.” Advances in DVT treatment allow for faster recovery than ever before and less time

Anticoagulation Clinic:

Helping Patients Stay Clot Free



People who have deep vein thrombosis often need to take injectable anticoagulant medication and then transition to an oral medication, Coumadin (warfarin), to stave off the formation of harmful blood clots. Until the mid-1990s, patients had to visit a hospital to get a continuous infusion of medication. Today, they can take a once- or twice-a-day self-injection at home, but need careful monitoring of both oral and injectable medication to prevent bleeding and clotting complications.

Overlake has Anticoagulation Clinics in both Bellevue and Issaquah that offer point-of-care blood testing—similar to the way a diabetic checks his or her blood sugar—with instant results. The Anticoagulation Clinic can also do additional testing if needed.

“We have both pharmacists and nurse practitioners at the clinic who are experts and help patients dose their Coumadin properly,” says Patricia Mathis, an advanced registered nurse practitioner. “We talk about any problems they might be experiencing, and provide education and training for patients and families when appropriate.”

For more information, call 425-688-5846. To schedule an appointment, call 425-688-5700.

Overlake Anticoagulation Clinics

BELLEVUE 1120 112th Avenue NE, Suite 150
ISSAQUAH 5708 East Lake Sammamish Parkway SE, Suite 100

Symptoms of DVT

Each year, about 2 million people develop deep vein thrombosis, which can cause serious and life-threatening complications if not treated. See your doctor right away if you have any of the following signs or symptoms:

- Swelling of the leg or swelling along a leg vein.
- Leg pain or tenderness, especially when standing or walking.
- Warmth in the area of the leg that's swollen or in pain.
- Red or discolored skin on the leg.
- Pulmonary embolism.
- Unexplained shortness of breath.
- Pain with deep breathing.
- Coughing up blood.

Only about half of the people with DVT have signs or symptoms, so talk to your doctor to find out whether you might be at risk.

in the hospital. Katya stayed in the hospital just one night, and many patients can return home the same day they have their procedure.

After her surgery, Katya—who grew up taking dance classes—decided to enroll in a few classes once again to rebuild the strength in her leg. “It felt so weak for a time, but I was determined to get back to life as usual,” she says. “I think being able to focus on your health in a positive way helps a lot.”

That mind-set certainly paid off. Three months after her surgery, Katya was invited to join a modern dance company called Serendip. “There was a time when I wasn't sure if I was ever going to be able to spend the

day in high heels again, but within a few months, I was dancing for six hours a week,” she says.

Once someone develops a blood clot, he or she has a greater chance of getting another one, so it's important to be vigilant. But Katya's prognosis is good, and while she's currently taking a blood thinner, Dr. Ferris says she likely will be able to discontinue her medication soon.

In the meantime, Katya and her fellow dancers at Serendip are rehearsing for an upcoming performance, and she's savoring every moment. “It is amazing to even have this opportunity,” she says. “Almost a year ago, I could barely walk, and now I am dancing again. It's just incredible.”

Caring for Generations

Overlake offers compassionate, comprehensive care for mothers and newborns, close to home



Jayme and Brian Money's twins, Braden and Aiden, spent three weeks in Overlake's NICU after their premature births.

NEW NICU HIGHLIGHTS

- **Enhancements in technology and training** to care for newborns as early as 26 weeks.
- **Private rooms**, including daybeds to welcome families to stay overnight.
- A more **spacious, modern facility** with natural light.
- **Peaceful, healing** environments.



DOUBLE THE IMPACT

of your gifts of \$1,000 or more through a special matching opportunity.

To learn how your gift may qualify, contact the foundation at 425-688-5525 or majorgifts@overlakehospital.org.

Overlake offers comprehensive services for women in their childbearing years and beyond. Together, the Childbirth Center (including an advanced antepartum program for high-risk pregnancies), Neonatal Intensive Care Unit (NICU) and Women's Clinic provide a full continuum of care. To ensure Eastside families will always have the best staff, facilities, technology, equipment and care available, the Overlake Hospital Foundation is seeking donations for Women's & Infants' Services.

WELCOMING NEW LIFE

The Childbirth Center provides a modern, warm and welcoming environment for mothers and their newborns. The birthing suites feel more like home than a hospital, and the highly skilled medical staff and state-of-the-art equipment ensure the best care for every patient.

While most of the 4,000 babies born at Overlake each year are healthy, some require special care and attention due to prematurity, low birth weight, illness or other serious conditions. Thanks to our close collaboration with Seattle Children's, the NICU is staffed by highly skilled, expert neonatologists so families can receive the very best care right here on the Eastside. Approximately 400 fragile newborns are treated in the NICU annually.

Today, many women give birth later in life, obesity rates are on the rise and medically assisted pregnancies are more common. This translates to more high-

risk pregnancies, multiple births and babies with low birth weight who are seriously ill. Overlake's sophisticated antepartum program and 18-bed NICU all center around support for Mom and care for the most fragile newborns. A plan is under way to further enhance the NICU program through advanced facilities, clinical expertise and technology. Overlake understands how important it is for Eastside families to stay together, close to home.

ACCESS TO RESOURCES

Overlake's outstanding care continues after families return home from the hospital. The Women's Clinic provides postpartum care, breastfeeding support, newborn hearing screening and a boutique for new moms and babies. Women have access to experienced mother/baby nurses and referrals to pediatricians and

lactation consultants—all of which give new mothers the information and confidence they need to care for their newborns.

Generous community support gives Eastside babies—particularly the most fragile newborns—access to unparalleled care close to home. Gifts to the foundation's Women's & Infants' initiative are encouraged at all levels, and naming opportunities are available for our most generous donors.

"Our twin boys spent 41 days in Overlake's NICU. Overlake saved their lives: It is an outstanding hospital."

—T. J. AND CAROLE WOOSLEY

YOUR HEALTH. YOUR COMMUNITY. YOUR COMMITMENT.

LEARN MORE ABOUT GIVING OPPORTUNITIES

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

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

Patients Benefit From Overlake's Relationship With Seattle Cancer Care Alliance

**WORKING
TOGETHER ENSURES
THAT CANCER
PATIENTS RECEIVE
THE LATEST
TREATMENTS**

After two stem cell transplants at SCCA, Nicole Kelly's cancer is in total remission.

For over a year, Nicole Kelly, 38, thought a stubborn cold was to blame for her chronic congestion, coughing and runny nose. She went from doctor to doctor and was finally referred to Kathryn Crossland, MD, an oncologist at Overlake. On January 19, 2009—Nicole's birthday—she learned she had Stage III Hodgkin's lymphoma.

"I was in shock," remembers Nicole. "I'm still young; I live a healthy lifestyle and don't have a family history of cancer." With the support of her husband and three-and-a-half year old daughter, Nicole was determined to regain her health.

The cancer had spread to lymph nodes in her chest and neck. Dr. Crossland pursued an aggressive chemotherapy treatment, which successfully removed 90 percent of the cancer. Yet two months later, a scan revealed a mass was still present in Nicole's chest. It was time for a stem cell transplant.

Fortunately for Nicole, Overlake is part of the Seattle Cancer Care Alliance (SCCA) Network. SCCA unites doctors and researchers from Fred Hutchinson Cancer Research Center, UW Medicine and Seattle Children's to provide patients with the

very latest cancer treatments. Because SCCA performs hundreds of stem cell transplants each year, Dr. Crossland didn't hesitate to send Nicole there for her transplant.

Overlake's relationship with SCCA helps many patients, says Pam Rock, director of Overlake's Cancer Services. "It's the best of both worlds," explains Rock. "Our patients benefit from Overlake's highly personalized care, our cutting-edge technologies and the expertise of our oncology physicians. Our patients also have access to SCCA's clinical trials of promising new cancer-fighting drugs as well as SCCA's expertise in treatments we don't provide at Overlake."

Nicole ultimately had two stem cell transplants. The first used her own stem cells but didn't eliminate the cancer. A year later, she returned to SCCA for a different type of stem cell replacement. This time, she was implanted with stem cells from her brother's bone marrow—which closely matched with her own—and it worked. Eight months later, Nicole's cancer is in total remission.

"I'm very happy with this outcome," says Dr. Crossland. "We'll keep monitoring Nicole to make sure her brother's stem cells integrate properly with Nicole's system. But she should be on the road to a complete recovery."

For Nicole, getting her health back means spending more time with her family and at her job as a professor of astronomy. "I couldn't have asked for better treatment than I received from the staff at Overlake and SCCA," Nicole says. "Dr. Crossland in particular was wonderfully knowledgeable and caring. Every time I talked to her, I just knew I was going to be okay."

Visit www.overlakehospital.org/cancer for information on Overlake's cancer program.



Radiation Safety Awareness

One of the great advances in modern medicine is the use of imaging, such as X-rays and CT scans, to diagnose and treat injury and illness. Some types of imaging expose patients to small amounts of radiation. While these exposures carry some minor risk, the risks are outweighed by the benefits of an accurate diagnosis.

Despite the clear benefits of medical imaging, radiation exposure has been a topic of concern. Overlake is committed to the safest possible use of radiation and our patients' well-being is our highest priority.

Last year, Overlake was one of just six hospitals nationwide to win a Putting Patients First grant from Toshiba American Medical Systems. The \$7,500 grant enabled us to create the TRACE program—Tools for Radiation Awareness and Community Education.

“The TRACE program is designed to help our patients and the community understand the safe use of radiation, and to become more active participants in their own healthcare,” says vascular interventionalist and neuroradiologist Mark Pfleger, MD, president of Overlake Imaging Associates.

The first phase of the program, launched in early 2011, emphasizes patient education. Informational posters are displayed throughout the hospital, and a brochure that explains Overlake's safety procedures and addresses common concerns is available to all patients.

The brochure includes a chart where patients can track the amount of radiation they receive. Besides empowering patients with the ability to monitor their own radiation doses, the chart helps physicians

and technologists keep radiation exposure to a minimum.

Overlake also now provides each patient with a letter prior to his or her procedure, explaining the amount of radiation the patient will receive. The letter includes an assessment of risk, ranging from negligible to moderate, so patients know exactly what to expect.

Overlake also is focusing on a type of imaging called fluoroscopy (continuous X-ray imaging), which generates more radiation than traditional X-rays and most CT procedures. Fluoroscopy is used in some surgeries, interventional procedures and gastrointestinal series. Under the TRACE guidelines, the physician operating the equipment will be informed as radiation levels hit three measurement benchmarks. This enables physicians to monitor a patient's accumulated radiation exposure and keep the patient's other doctors up to date as well.

Overlake's TRACE program is making medical imaging safer than ever. More improvements aimed at reducing radiation doses will be introduced over the next two years, says Overlake's Director of Medical Imaging, Brenda Rinehart. “We're excited about launching this program. By educating patients and the larger community, involving patients in their own radiological care, and creating greater awareness of radiation doses among our physicians, Overlake is setting the standard for radiation safety.”



Overlake's medical staff is committed to educating patients about radiation exposure.



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.

Become a fan of Overlake and follow us online.



PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information, news and resources from Overlake's parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships and anticipating changes in the family budget. Refreshments served. Preregistration required. **Mon., Aug. 22, 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. Register in your first trimester for the 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: See listing at right.*
- ♦ *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 4–12 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: See listing below.*

PARENTING

Balance After Baby

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are otherwise struggling with their new role as mothers. **2nd and 4th Tuesday of the month, 7–8:30 p.m.,** PACCAR Education Center. Free. No registration required.

Conscious Fathering

Designed especially for expectant dads. In this hands-on program, learn to recognize and meet your baby's needs, support your partner, develop your own fathering style and celebrate the special relationship between you and your new baby! **Thu., Aug. 4 or Sep. 1, 6:30–9 p.m.** \$30.

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., Jul. 30, Aug. 20 or Sep. 24, 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., Jul. 16 and 23, or Sep. 24 and Oct. 1, 9 a.m.–4 p.m.** \$150 per couple.

Siblings Are Special

Would you like help preparing your child(ren) for the baby on the way? Designed for children ages 3½ to 9 years of age, this course helps parents prepare older siblings for the new arrival. **Mon., Aug. 8, or Wed., Sep. 21, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

NEW! Parent to Infant Massage—in Japanese
For Japanese-speaking parents and caregivers of

For more information about our classes, or to register,

babies 6 weeks to 12 months old. Expectant parents welcome. Along with the many benefits of infant massage, Chiaki Hirate, certified instructor, will encourage you to get to know other local, Japanese-speaking parents with infants close in age. For more information, visit www.parent2infant.com. **Classes held on most Wednesdays from 10–11:30 a.m.** \$25 per class or \$100 for five classes.

BodyWorks

This 10-week fitness and nutrition program for girls and boys ages 9 to 16 and their families is designed to help improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavioral changes to prevent obesity and help maintain a healthy weight. For more information, visit www.womenshealth.gov/bodyworks. **Tue., Sep. 20–Nov. 22, 6:30–8 p.m.** FREE.

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, and sexual reproduction. Visit www.seattlechildrens.org/classes-community to register. **Tue., Sep. 20 and 27, 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, and sexual reproduction. Visit www.seattlechildrens.org/classes-community to register. **Thu., Sep. 15 and 22, 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., Aug. 13, Aug. 27, Sep. 10, Sep. 24 or Oct. 8; or Wed., Jul. 27 or Aug. 10; or Tue., Aug. 16, 9 a.m.–2 p.m.** Bellevue location. \$40 per person. Please register at 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., Aug. 17, 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, Aug. 8, Sep. 7 or Sep. 26, 6:30–9:30 p.m.; or Sat., Jul. 30, Aug. 20 or Sep. 17, 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. **Sat., Aug. 6, 9 a.m.–4 p.m.** \$70.

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., Sep. 19 and 21, 6:30–9:30 p.m.** \$65.

CPR Course for Healthcare Providers

Wed., Aug. 3 or Sep. 14, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

WOMEN'S HEALTH

Time Out for Moms (and all women interested in living healthier lives)

Enjoy wine, appetizers and free screenings.

Cholesterol screening: Available to the first 50 women who preregister. Fasting not necessary.
Skin cancer screening: Available on a first-come, first-serve basis.

Attend health presentations.

Optimal Nutrition and Supplement Intake for Disease Prevention, by Carrie Tollefson, Overlake registered dietician.
Health Screening Guidelines for Women for Healthier Aging, by Sai Prasanna Mannem, MD, Overlake internist.

Location: KidsQuest Children's Museum, 4091 Factoria Mall SE, Bellevue.

Preregistration required. To register or for more information, call KidsQuest at 425-637-8100, or visit www.kidsquestmuseum.org.

Wed., Aug. 3, 6–8 p.m. FREE.

HEALTHY LIFESTYLES

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 Overlake orthopedic surgeons. Time allowed for questions.

Thu., Sep. 15, 6:30–8 p.m. Please contact Overlake to reserve your spot. FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jul. 28, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Sep. 22–Oct. 6, 7–9 p.m.** \$89.

Want to refresh your self-hypnosis skills?

Reduced rates are available for those who previously took an Overlake hypnosis class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Bellevue: **Tue., Jul. 19, Aug. 2, Aug. 16, Sep. 6 or Sep. 20, 6–7:30 p.m.; or Sat., Jul. 23, Aug. 27 or Sep. 24, 10:30 a.m.–noon;** or Issaquah: **Tue., Aug. 23 or Sep. 27, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery; **4th Sat. of each month, 10 a.m.–noon.** Also on **Thu. evenings once a month from 6–8 p.m. on Aug. 11, Sep. 8 and Oct. 6.** For information, call 425-688-5214. FREE.

Pre-Diabetes Classes

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

Diabetes Education

A series of three classes that build on each other with different topics covered at each. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician referral, and we recommend contacting your insurance company in advance to determine if your policy covers diabetes education. Bellevue: **Fri., Sep. 9, 16, and 23, 10 a.m.–1 p.m.** Issaquah: **Wed., Sep. 14, 21, and 28, 1–4 p.m.** Call 425-688-5700 to register.

Is Your Blood Sugar Rising?

Learn how to manage your blood sugars that may be putting you at risk for diabetes. This one-time, 90-minute class does not require a physician referral and will help you understand how to manage your blood sugars and how you can reduce the risk of

developing diabetes. Call 425-688-5636 to register. Jeanne Cullen, MS, RD, CDE, will call and set up a date and time that works best for everyone. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. Cost: \$40 (prepaid at registration).

SAVE THE DATE

Living Healthy With Diabetes Fair

Plan to attend the second annual informational fair on **Sat., Nov. 5, 8:30 a.m.–2 p.m.**, at Overlake's PACCAR Education Center. Enjoy seminars, visit information booths and take advantage of free health screenings. Free parking; no preregistration required. For more information, visit www.overlakehospital.org/diabetes. FREE.

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., Sep. 6–29, 10 a.m.–noon.** Preregistration required; call 425-688-5800. Includes workbook and water bottle. FREE.

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., Aug. 2 and 9; or Aug. 16 and 23, 2–3 p.m.** Preregistration required; call 425-688-5800. \$18.38 for two-week session.

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. All exercises are done from a chair and adapted to each individual's ability. City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Tue., Jul. 5–26, Aug. 2–23 or Sep. 6–27, 11 a.m.–12:15 p.m. or 12:30–1:45 p.m.; or Thu., Jul. 7–28, Aug. 4–25 or Sep. 8–29, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$44 for four-week session.

Dementia—Dealing With Challenging Behaviors

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

Living Wills: Does Your Family Know Your Wishes?

City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Mon., Sep. 19, 10 a.m.–noon.** Preregistration required; call 425-688-5800. FREE.

A Better Understanding of Long-Term Care Insurance

City University, 150 120 Ave. NE, Bldg. F, Bellevue. **Thu., Sep. 22, 1–3 p.m. or 7–9 p.m.** Preregistration required; call 425-688-5800. FREE.

Low Cholesterol Diet (Class #59402)

North Bellevue Community Center. **Mon., Sep. 26, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

GI Blues

Bellevue YMCA. **Wed., Sep. 14, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Importance of Diabetic Foot Care

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

Walk For Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8–9:30 a.m.** For more information, call 425-688-5800. FREE.

CAREGIVER SUPPORT

Family Caregiver Support Group—Bellevue

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

Family Caregiver Support Group—Mercer Island

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

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. All wigs are complimentary. Call the Cancer Resource Center at 425-688-5986 to set up an appointment, or drop by weekdays.

Look Good ... Feel Better

A 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., Aug. 8, 6–8 p.m.; Mon., Sep. 12, 1:30–3:30 p.m.; Mon., Oct. 10, 1:30–3:30 p.m.** To register, call Kelly Zant at 425-467-3809. FREE.

Support Groups

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups provide a welcoming environment where people living with cancer can come together to build emotion-

al, 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.

Prostate Health: What Every Man Should Know About Prostate Cancer

Prostate cancer is the most common cancer among men. Join us to learn the latest in prevention, diagnosis and treatment of prostate cancer from experts at Overlake. **Wed., Sep. 21, 6:30–8 p.m.**, in Overlake's PACCAR Education Center. To register or for more information, call 425-688-5816. FREE.

The Cancer-Fighting Kitchen

The Cancer Center at Overlake has teamed up with Seattle Cancer Care Alliance (SCCA) and Healing Journeys to present **The Cancer-Fighting Kitchen**. The program features Rebecca Katz, MS, who has helped thousands of people improve their health while battling chronic diseases such as cancer, and Jeanne Wallace, PhD, a national expert in nutritional oncology who empowers people through simple diet and lifestyle changes. **Fri., Sep. 23, 9 a.m.–3:30 p.m.** at Bastyr University Auditorium. To register or for more information, visit www.healingjourneys.org.

Beyond the Pink: What YOU Can Do to Reduce Your Risk of Breast Cancer

Join us to learn the latest in the prevention of breast cancer and how you can change your modifiable risk factors from experts at Overlake. **Wednesdays in October, 6:30–8 p.m. Oct. 5**, Mercer Island Community Center, **Oct. 12**, North Kirkland Community Center and **Oct. 19**, Overlake Medical Clinics Issaquah. To register or for more information, call 425-688-5816. FREE.

EVENTS

Issaquah Concerts on the Green

No summer is complete without a good outdoor concert. Join us as Overlake teams with Issaquah Parks and Recreation to present a balanced offering of free summer musical entertainment that appeals to families and people of all age groups within our community. **Tue., Jul. 5–Aug. 30, 7–8:30 p.m.** (arrive early for community picnicking), on the Issaquah Community Center Green. For more information and a concert schedule, visit www.ci.issaquah.wa.us.

Sammamish Summer Nights in the Park Concert Series

Join us as Overlake teams with the city of Sammamish to present a summer full of family-friendly musical entertainment at beautiful Pine Lake Park in Sammamish. **Thu., Jul. 7–Aug. 25, 7–8:30 p.m.** (arrive early for community picnicking).

For more information about our classes, or to register,

For more information and a concert schedule, visit www.ci.sammamish.wa.us/events.

Redmond Derby Days

Overlake is proud to sponsor the 71st annual Redmond Derby Days festival, held at the Redmond City Hall Campus. Festivities will include live music, activities for the kids, the Funtastic Carnival, a bike race, refreshments and a spectacular fireworks show. Come out and take part in this local summer tradition! **Jul. 8 and 9.** Visit www.redmond.gov/derbydays for more information.

Mercer Island Summer Celebration

Join us for the 21st annual Mercer Island Summer Celebration. This year, the Summer Celebration, held at Mercerdale Park, is going back in time with a medieval Renaissance Revelry theme! The event will feature jousting knights on horseback, sword-fighting action, magic shows and roving entertainers, in addition to a community parade, classic car show, children's inflatable fun zone, and plenty of refreshments sure to satisfy every palate. Be sure to stay for the fireworks show sponsored in part by Overlake. **Jul. 9 and 10.** For more information, visit www.mercergov.org.

Movies at Marymoor

Overlake is proud to be the presenting sponsor at the Northwest's premier outdoor cinema event. Grab your family, friends, blankets, dogs and lawn chairs, and join us at McNair Field in Marymoor Park for trivia contests, games, prizes and big-screen movies under the stars! **Wed., Jul. 13–Aug. 31.** For more information and a schedule of movies, visit www.moviesatmarymoor.com.

Kirkland Uncorked

Overlake is proud to sponsor this signature summer event benefiting the Hope Heart Institute. Held at the Marina Park in downtown Kirkland, this festival features wine tasting, live music, artist showrooms, a boat show, cooking demonstrations—even a dog modeling contest! **Jul. 15–17.** For more information, visit www.kirklanduncorked.com.

Bellevue Arts Museum Artsfair

Come support over 325 talented local artists offering handmade arts and crafts that are one of a kind. Overlake is pleased to sponsor the kidsfair, located inside the Bellevue Arts Museum in downtown Bellevue, which will feature fun hands-on art activities for children. **Jul. 29–31.** For more information, visit www.bellevuearts.org/fair.

Tree of Hope

Celebrate, honor and remember family members and friends who have faced the challenges of cancer at the 12th Annual Tree of Hope, **Tue., Sep. 13, 6 p.m.** You may make a gift by calling 425-688-5527 or visiting www.overlakehospital.org/treeofhope. All proceeds benefit patient-related programs at Overlake's Cancer Resource Center and the Ash Endowment to fund a Cancer Center social worker.

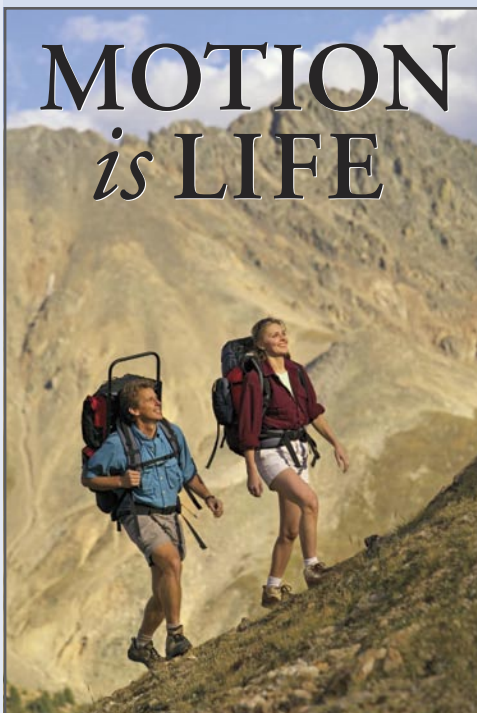
VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, contact Leah Smith, volunteer staffing specialist, at 425-688-5369, **Mon.–Fri., 9 a.m.–4:30 p.m.**, or visit www.overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425-688-5211 to find physicians who are affiliated with Overlake Hospital Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring 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. We will work to implement your ideas as we partner with you in the journey to lifelong health.



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 surgeon,
James Bruckner, MD.

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

www.overlakehospital.org/totaljoint

Thursday, September 15, 6:30 to 8 p.m.
Overlake's PACCAR Education Center

Preregistration required. Call 425-688-5259 or visit overlakehospital.org/classes.



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JOINT REPLACEMENT CENTER

please visit www.overlakehospital.org/classes.



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NEW MEDICAL STAFF AT OVERLAKE

Radha Agrawal, MD
425-454-2671
Pulmonary, Critical Care

Suleman Aziz, MD
425-633-2472
Internal Medicine

David Chu, MD
425-688-5072
Internal Medicine

Mark Fan, MD
425-698-1588
OB/GYN

Allen Hu, MD
206-363-7035
Ophthalmology

Elizabeth Jacobson Misbe, MD
206-543-3200
Neonatology

Helen H. Kim, MD
425-454-2883
General Surgery

Pamela LaBorde, MD
425-827-4600
Pediatrics

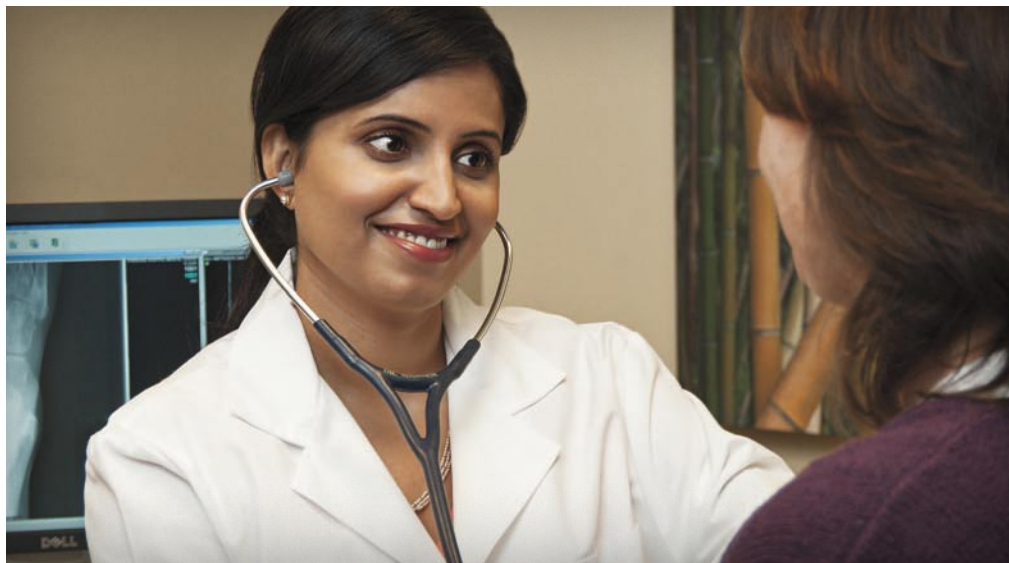
Dominique Marion, MD
425-827-4600
Pediatrics

Scott Rennie, DO
425-301-4173
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Ruchi Sharma, MD
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John Tudela, MD
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425-289-3100

DOWNTOWN BELLEVUE
400 108th Ave. NE
Bellevue, WA 98004
425-635-6350

ISSAQUAH
5708 E. Lake Sammamish Parkway SE
Issaquah, WA 98029
425-688-5488

Overlake Medical Clinics also has a 24-hour Urgent Care Clinic in Issaquah for treatment of non-life-threatening illness and injuries. When you need urgent care, drop in or call 425-688-5777.

www.overlakehospital.org/clinics



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MEDICAL CLINICS