

Healthy Outlook

SUMMER
2009

On the Road to Health

*Look to the new Overlake Medical
Center Issaquah for top-notch
urgent and primary care, women's
services and more*

OVERLAKE
 Hospital
Medical
Center
Medical excellence every day™

**PLUS: High Marks for Vascular Surgery
Promising New Cardiac Therapy**



From the President & CEO

Easy access to excellent healthcare is an important part of any great community. At Overlake, we're always working hard to improve healthcare services for those who live and work on the Eastside. In this issue, you'll read more about our new and expanded Overlake Medical Center Issaquah, scheduled to open this summer at Overlake Center located at East Lake Sammamish Parkway and Southeast Black Nugget Road.

Designed from the ground up with patients' needs in mind, this brand-new facility will offer 24-hour urgent care, primary care, women's services, mammography, an anticoagulation clinic and education classes at one easy-to-find, centrally located facility. The center will be equipped with new furnishings, equipment and an electronic medical record system, promising an excellent patient experience for the wide range of services we'll be delivering.

Also in this issue are stories of emerging treatments in vascular surgery and interventional cardiology. You'll learn about a local resident who received excellent care at Overlake while undergoing an innovative procedure that quickly got him back to good health and his active lifestyle.

I hope you'll join us for the Overlake Medical Center Issaquah grand opening event this summer—and help us celebrate the expanded medical services we're so pleased to offer the Issaquah/Sammamish community!

Sincerely,



Craig Hendrickson
President & CEO

OVERLAKE WELCOMES NEW ADMINISTRATORS

Overlake is pleased to introduce two senior administrators to the leadership team: Cathy Whitaker, RN, MSN, MS, CNAA-BC, is the hospital's new chief nursing officer (CNO), and Jody Albright, MBA, is chief information officer (CIO). Cathy comes to Overlake with 25 years of experience in nursing administration. Jody previously served as CIO for Western Washington at Providence Health & Services.

PARTICIPANTS NEEDED FOR CLINICAL TRIALS

Overlake is participating in two research studies for those with blood clots in their legs or lungs. Both studies focus on the efficacy of blood clot medications. Treatment for blood clots is given to try to stop the clot from getting bigger or recurring and to prevent pulmonary embolism (blockage of an artery in the lung).

To enroll or for more details, call Tina Fortney, RN, research program coordinator, at 425-688-5407. To learn about these and other research trials at Overlake, visit www.overlakehospital.org/clinicaltrials.

HEALTHY OUTLOOK • SUMMER 2009

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OVERLAKE HOSPITAL MEDICAL CENTER

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Bellevue, WA 98004

6520 226th Place SE
Issaquah, WA 98027

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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Photography by Scott Areman.

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

Celebrating Overlake Medical Center Issaquah

You're invited! Celebrate the opening of the new, expanded Overlake Medical Center Issaquah with your fellow community members on Thursday, August 6, 5:30 to 8 p.m.

Enjoy free food and giveaways, games and activities for the whole family, plus music and tours of the facility.

This free event will take place at the new Overlake Medical Center Issaquah at the Overlake Center, 5708 E. Lake Sammamish Parkway SE, Issaquah, WA 98029 (see map on page 7).

See you there!



Overlake Medical Center Issaquah lobby

OVERLAKE IN THE COMMUNITY

Overlake is pleased to support our surrounding communities at summer events. Make your way to these summer celebrations, and be sure to stop by and visit the Overlake booth!

Bellevue Farmers Market

Every Thursday from May 14 to October 15.
Visit www.overlakehospital.org/events for an up-to-date list of activities at Overlake's booth.

Symetra Bellevue Family 4th

Saturday, July 4, 6 p.m., Bellevue Downtown Park.
The Eastside's biggest 4th of July celebration.

Mercer Island Summer Celebration

Saturday, July 11 and Sunday, July 12, Mercerdale Park.
This year's theme is "Around the World."



Bellevue Farmers Market

Redmond Derby Days

Saturday, July 11, 10 a.m. to 10 p.m., Redmond City Hall Campus.
Parades, activities, food and a bicycle criterium.

Bellevue Arts Museum artsfair

Friday, July 24 to Sunday, July 26, downtown Bellevue.
Visit Overlake's booth, located at the kidsfair inside the Bellevue Arts Museum.

PEPS (Program for Early Parent Support)

Eastside Family Event

Saturday, August 1 (date subject to change), 10 a.m. to 2 p.m., Marymoor Park in Redmond. A children's music festival.

The 9,300-square-foot facility's welcoming and eye-catching exterior



When the new Overlake Medical Center Issaquah opens its doors this summer, patients in the Issaquah area will have greater access to first-rate healthcare than ever before. The facility, located at 5708 E. Lake Sammamish Parkway SE, will offer both an improved patient experience and greatly expanded healthcare services. Now, under one roof, patients will find the Urgent Care Clinic, Anticoagulation Clinic, Breast Screening Center and Women's Clinic, as well as primary care physicians and a classroom for community education.

Among the many planned enhancements of Overlake's medical services in Issaquah is the addition of up to three primary care physicians by the end of the year. In response to increased demand for primary care in Issaquah and the surrounding areas, these highly skilled physicians will join

a medical team that is committed to providing essential and convenient care to the community.

As ever, patients' needs and comfort are a top priority, and the new 9,300-square-foot center was designed with those goals foremost in mind. The atmosphere will be warm, inviting and calming, and the configuration of office space and exam rooms will be easily navigable and patient friendly. And because the facility's visibility is greatly improved, patients—especially those in need of urgent care—will be able to find the location fast and receive care quickly and efficiently.

Here are a few of the enhanced services that will be housed at the new center.

URGENT CARE CLINIC

In the four years since it opened in its original location, the Urgent Care Clinic has served



A Grand Opening in Issaquah

The new Overlake Medical Center Issaquah offers state-of-the-art healthcare in one convenient facility.

a vital role in the Issaquah community, offering 24/7 care to a growing number of patients with urgent, but nonemergent, healthcare needs. In 2008, nearly 20,000 patients were seen at the clinic, for everything from abrasions to sports injuries to infections, with pediatric cases representing nearly 20 percent of patient visits. Now, the new facility, staffed by experienced emergency medicine providers, will be able to handle the increased demand even more effectively.

“We are excited to have a dedicated location and more space,” says Eric Shipley, MD, who is the medical director of the Urgent Care Clinic in Issaquah and an emergency medicine physician at Overlake. “People will be able to pull right in front of the building and be seen rapidly. Our goal is to get patients in and out in under one hour, and that will be easier to achieve now.”

ANTICOAGULATION CLINIC

When the Anticoagulation Clinic moves to the Center, patients on anticoagulants, or blood-thinning medications, will receive the same high-quality care they have been accustomed to, but in an enhanced facility. “We do very efficient point-of-care testing here,” explains Carita Osterback, manager of Outpatient Services at Overlake. “Finger-stick readings allow us to assess and adjust our patients’ medications in a single visit.” In addition, the clinic’s nurse practitioners and pharmacists provide ongoing education to patients on how to minimize their risk of blood clots.

BREAST SCREENING CENTER

The Breast Screening Center in Issaquah offers full digital screening mammograms. Our breast imaging radiologists lead our team of highly skilled



(From left)
Jason, Philip and
Janet Palmatier

“My wife, Janet, and I took childbirth and postpartum classes at Overlake Medical Center Issaquah. The instructors were well informed, and it was helpful to have the classes in Issaquah, which is where we live. I’m a stay-at-home dad, and it was great to meet other new parents that we can keep in touch with.”

Jason Palmatier

attended childbirth and postpartum classes

professionals in a soothing, spa-like atmosphere. The Breast Screening Center is part of Overlake Hospital Medical Center's Breast Health Center. Should a patient need additional imaging services, referrals will be made to Overlake's Breast Health Diagnostic Center in Bellevue.

WOMEN'S CLINIC

Our Women's Clinic, staffed by registered nurses who are certified lactation consultants and support staff who are lactation educators, offers first-rate services to new mothers and babies. When it relocates to the new facility, the expanded clinic will continue its tradition of quality care, offering postpartum, lactation and newborn screening appointments. Also available to meet patients' needs are a breast pump rental station, a baby weight check station and breastfeeding support items.

COMMUNITY EDUCATION CLASSROOM

The new center's dedicated classroom will host a series of informative programs and classes on a wide range of topics, from diabetes education to weight loss surgery. We will also continue to offer our comprehensive childbirth and postpartum classes.

***Celebrate the opening of the new, expanded
Overlake Medical Center Issaquah on
Thursday, August 6, 5:30–8 p.m.***

See page 3 for more details.

Please note: Medical Center Issaquah will officially open for business the week of August 10. Check www.overlakehospital.org/Issaquah for the exact opening date.

Expanding Primary Care

Caring for the whole family is a top priority for the center. The new facility will feature dedicated office space for primary care physicians with a broad range of experience in pediatrics, women's health, chronic disease management and sports medicine.

For more information, call 425-688-5488.

"I am very impressed with the care at the Anticoagulation Clinic. It is extremely professional, and the staff made me feel right at home. The clinic is so efficient and convenient to my home that I was in and out in less than half an hour. I was even able to go snowshoeing the same day. Forty-five minutes after my appointment, my wife and I were enjoying the snowshoe trails at Snoqualmie Pass."

Joseph Rossi

Anticoagulation Clinic patient

"I went to the Breast Screening Center in Issaquah for a routine mammogram recently, and everyone was very nice. The exam was quick, I did not have to wait and the explanations they gave me were very helpful."

Gayle Currie

Breast Screening Center patient



From I-90 East or West, take Front St., Exit 17.
From the East exit, turn left on Front St. and go under I-90.
From the West exit, turn right onto E. Lake Sammamish Pkwy.
Continue on E. Lake Sammamish Pkwy.
Turn right onto SE Black Nugget Rd. and make your next left into Overlake Center.
Overlake Medical Center Issaquah will be on your left.

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

24-Hour Urgent Care.....	425-688-5777
Anticoagulation Clinic.....	425-688-5846
Breast Health Services.....	425-688-5787
Community Education Classes.....	425-688-5259
Primary Care.....	425-688-5488
Women's Services.....	425-467-3630



OVERLAKE Medical Center Issaquah
Medical excellence every day™

Wes Wahlin, Urgent Care Clinic patient



Cycle of Care

For physically active residents of the Issaquah community like Wes Wahlin, knowing there's round-the-clock access to urgent care comes as sweet relief. When Wes, a 36-year-old program manager at Microsoft, had a minor bike accident, Issaquah's Urgent Care Clinic was the first place he turned to. "My handlebars hit me in the abdomen, causing quite a bit of swelling that concerned me," he says. "I was in a lot of pain, and the doctor at the clinic saw me immediately. He assured me the swelling would decrease with medication and some time off the bike."

For Wes, a passionate cyclist who rides 26 miles each day to and from his job, getting better—and back on his bike—was top priority. A few weeks later, the swelling had subsided, and Wes was back on his bike. "I was happy to find such excellent care right in my community," Wes adds. "The location of the Urgent Care Clinic was very convenient for me, and the new clinic will be even more so."

Benefactor Society Luncheon

Overlake Hospital Foundation hosted its annual Benefactor Society Luncheon at the Bellevue Club on Wednesday, May 27. One hundred Benefactor Society members and special guests attended the luncheon, sponsored by BNY Mellon, to celebrate their lasting commitment to Overlake. Members are donors who have made legacy contributions such as bequests, endowments or other planned gifts.

This year it was our honor to recognize two individuals whose generosity has benefited thousands of Overlake patients over the years: Bob and Clodagh Ash. Among their many significant gifts was the establishment of the Robert W. and Clodagh C. Ash Endowment for Cancer Care. Funds from their endowment support the Cancer Center's family resource coordinator, a person who helps Overlake reach beyond simply treating disease to providing nurturing care and support for the patient and the patient's family.

The importance of this patient-focused approach was described by our keynote speaker, Richard Clarfeld, MD, a well-respected and nationally renowned breast surgeon who practices at Overlake. He talked about new concepts in the treatment of breast cancer, affirming that the Overlake Cancer Center's comprehensive, individualized care is as essential to a successful outcome as our use of the latest technologies. It is this type of care—made possible by donors like Bob and Clodagh Ash—that makes Overlake a uniquely compassionate, true community hospital.

PLANNED GIVING AT OVERLAKE

A planned or legacy gift can take many forms. Many donors have chosen to include Overlake in their wills through bequests, allowing them to leave a gift to the hospital while



L-R: Honoree Clodagh Ash, Craig and Joan Watjen and Honoree Bob Ash.

Consider a Planned Gift to Overlake Hospital Foundation

To make a planned or legacy gift to Overlake or to let us know you have included Overlake Hospital Foundation in your estate plan, contact our Planned Giving Director at 425-688-5533 or plannedgiving@overlakehospital.org.

Please visit www.overlakehospital.org/support for more information about planned giving or other ways you can support medical excellence at Overlake.

"I chose to make a bequest to Overlake in my will because I know that philanthropy is vital in ensuring that my children and grandchildren will benefit from top-level hospital care when they need it. We are fortunate that Overlake has been this community's hospital for almost 50 years and, with help from donors like us, it will be there for a long time to come."

Don Clark

Overlake patient and donor

retaining full control of their assets during their lifetime. Donors may specify a dollar amount or give a percentage of their estate to Overlake.

Another popular option is to set up a charitable annuity, in which donors make an initial investment in return for a guaranteed stream of income. In today's uncertain economic environment, a charitable annuity can offer a higher return on investment to donors than alternatives such as savings accounts or certificates of deposit, while giving donors the security of regular income during their lifetime. Other alternatives include designation of an insurance policy, the establishment of an endowment or a contribution to an existing endowment.

Whatever the type of gift, Overlake Hospital Foundation works with planned giving experts to maximize donor benefits while contributing to the hospital service area that has the most personal meaning to them. Overlake sincerely appreciates the generosity of each and every one of our donors who have made the commitment to help ensure excellent healthcare for our families, friends and loved ones for generations to come.

Philanthropy is a core value in my family. Designating Overlake as a beneficiary of my life insurance policy is one more way that I can demonstrate the importance of giving, and help our hospital deliver superb care to future generations of my family and my community.

Tom Fowler

Trustee, Overlake Hospital Foundation

An Evening of Inspiration

The Overlake Hospital Auxiliaries' 22nd Annual Bandage Ball raised more than \$610,000. The "Fund-a-Need" portion of the evening inspired our community to donate \$282,000 to Overlake's Nurse Residency Program.

The 12-week Nurse Residency Program consists of classroom lectures, simulation labs, support groups and bedside nursing with an experienced RN. The program grew to 100 residencies in 2009.

Thank you to all who made the event possible, including our sponsors, co-chairs Patty Edwards and Ozzie Traff, honorary co-chairs Larry and Patty Hebner and Pearl Barnes, and John Hepler from Tiffany & Co. A very special thank you to Patty Edwards and Kemper and Betty Freeman, who donated \$50,000 to the Nurse Residency Program.

We look forward to next year's event, scheduled for Saturday, April 24, 2010 at the Hyatt Regency Bellevue.



L-R: Bandage Ball co-chairs Patty Edwards and Ozzie Traff.

Neiman Marcus Grand Opening Gala to Benefit Overlake

On Thursday, September 10 at 7:30 p.m., Neiman Marcus will celebrate the opening of its first store in the Pacific Northwest with an elegant black-tie grand opening gala. The store has selected the Overlake Hospital Foundation as one of three organizations that will benefit from ticket sales to the event.

"We are honored to be associated with three very special nonprofit organizations that have meaningful ties to King County," commented Karen Katz, president and CEO of Neiman Marcus Stores. "Being an involved and caring corporate citizen is as much a part of our business philosophy as offering our customers the finest designer merchandise and delivering attentive and gracious service."

To purchase tickets or for more information, please call the Foundation office at 425-688-5534.

When a Heart Attack Can Bring a Cure

Ron Armstrong, a business owner and author, had known for weeks that he was going to check into Overlake and then have a heart attack.

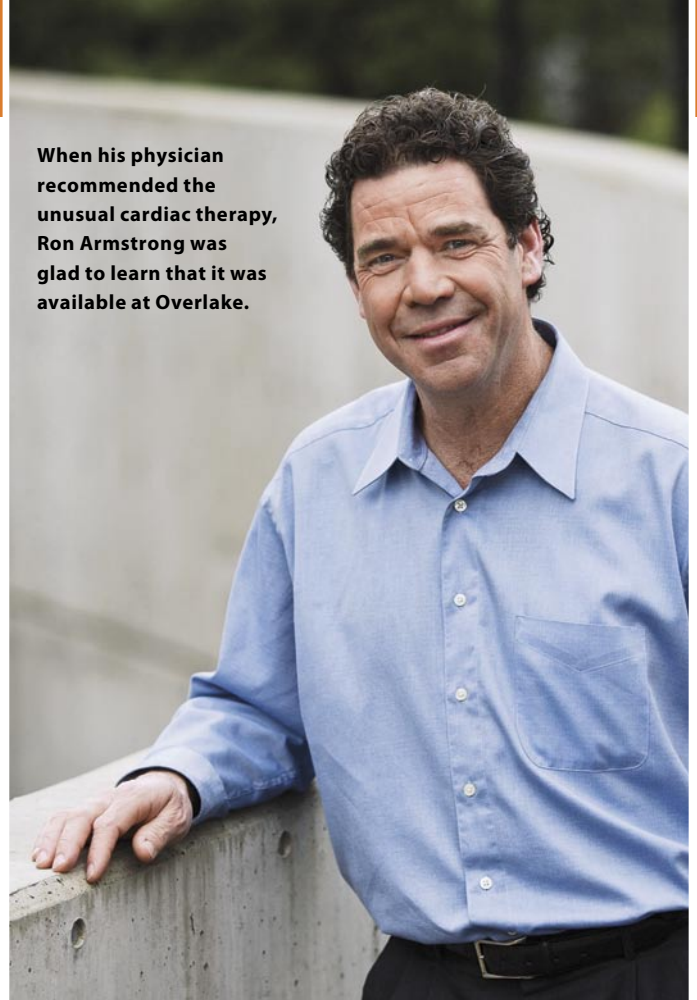
The 49-year-old Kirkland resident wasn't clairvoyant. Rather, he was a well-informed patient who had elected to undergo a promising new therapy at Overlake, called septal ablation, in which a physician purposely kills heart muscle—technically, a heart attack—as a remedy and, in best cases, as a cure.

“We intentionally cause a small, controlled heart attack in order to treat a condition called hypertrophic cardiomyopathy [HCM], which is an abnormality that causes the septum, the wall between the heart's two beating chambers, to become extra thick and obstruct blood flow,” explains Joseph Doucette, the interventional cardiologist who performed Ron's procedure.

In an Overlake cardiac catheterization laboratory, Dr. Doucette used small tubes (catheters) placed into Ron's bloodstream to identify the obstructing part of the septum and the artery supplying it. That's where he injected a very small amount of alcohol, which was toxic to the target heart muscle and ultimately caused shrinkage of the septum and restoration of more normal blood flow.

Ron is one of the estimated 600,000 to 1.5 million people in the United States who have HCM and are, in worst cases, at risk of cardiac arrest. Thomas Amidon, MD, Overlake's Cardiology section chief and Ron's cardiologist, says he suggested septal ablation after medication to lower blood pressure proved ineffective, and Ron's test results worsened. At that point, physical exertion caused him to suffer bouts of fatigue, heart palpitations, shortness of breath and dizziness.

When his physician recommended the unusual cardiac therapy, Ron Armstrong was glad to learn that it was available at Overlake.



Open heart surgery to remove the troublesome part of Ron's septum had been ruled out. “That's a big deal, with six to eight weeks' recovery, plus all the attendant problems of having your chest cut open and put back together,” says Dr. Doucette. “Septal ablation is a way to get rid of the extra muscle in the septum in a less invasive procedure.” That the procedure is now available locally, he adds, is “further evidence of Overlake's position as an innovator and leader in interventional techniques.”

About a week after his procedure, Ron felt well enough to bound up several flights of stairs, and he and his doctors are pleased that tests show dramatic improvement. “I feel so much better, and I have all this incredible energy,” Ron says, crediting his care at Overlake. “I've always been impressed by this facility. The nurses and doctors provided care with the utmost professionalism.”

Adds Dr. Amidon, “The fact that these patients don't have to go elsewhere and can have their own physicians perform an advanced, less invasive procedure at their own hospital is a tremendous benefit.”

High Marks for Overlake's Vascular Surgery

Vascular surgery at Overlake is held in high esteem—by national experts who assess hospital performance, among physicians and other medical staff, and in the eyes of patients.

HealthGrades®, for example, which is a leading independent healthcare ratings company, has awarded Overlake a five-star rating for carotid surgery—procedures that involve the carotid arteries, the main vessels in the neck that supply blood to the brain. “The rating is really significant because it shows that we have exceptional outcomes for one of the most common vascular surgeries,” says Kathleen Gibson, MD, a vascular surgeon with Lake Washington Vascular who has been on staff at Overlake for nearly eight years.

Dudley Moorhead, MD, FACS, a vascular surgeon with Eastside Vascular, credits Overlake's high standing to its staff's expertise and experience, superb facilities, and long-standing commitment to maintaining a high-quality program. “There's been a concentrated effort to make this an outstanding program,” says Dr. Moorhead, who's been on staff at Overlake since 1978. “We have more vascular surgeons than most hospitals and many more than most hospitals our size. One of the reasons we can attract and retain skilled doctors is because Overlake has always been very good about having state-of-the-art facilities and space for people to work.”

Notable among those advanced facilities, says DonnaRae Larson, RN, CNOR, Overlake's vascular coordinator, are the six new operating rooms (OR) located in Overlake's South Tower, including two hybrid operating rooms, which feature all the advanced equipment of a modern OR, plus the latest built-in,

high-resolution imaging technology that's typically found in a radiology suite. Having these facilities, says Dr. Gibson, has been a great asset for Overlake. The ORs are efficiently set up because they can be used for open surgery, endovascular procedures or cases that involve use of both techniques.

James Philp, MD, is in a unique position to speak to the benefits of Overlake's vascular program, having the vantage point of both a veteran physician and well-satisfied patient. The 76-year-old clinical professor of dermatology at the University of Washington is also a practicing dermatologist. He was formerly on staff at Overlake when he was still admitting patients to hospitals. Under Dr. Moorhead's care, he recently underwent a successful endarterectomy, an open-surgery procedure to remove plaque from the lining of his carotid arteries with the aim of reducing his risk of stroke. “When a doctor goes into the hospital, you're judging everything that's happening—from the guy at the front door to the surgeon smiling at you when you wake up,” says Dr. Philp, who lives in Bellevue. “I consider Overlake the equal of a university hospital. The staff and facilities are nothing less than top notch.”



HEALTHGRADES®
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5-star ratings for: Carotid Surgery

Designations from HealthGrades' 11th Annual Hospital Quality in America Study



Classes and Programs

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

Four 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.
- 4 Mail a letter with your credit/debit card number, class name, date and attendee information to Teresa Botts, Overlake Hospital Medical Center, 1035 116th Avenue NE, Bellevue, WA 98004.

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.

Childbirth Center Tours

Call 425-688-5326. For Spanish-speaking tours, call 425-688-5248. FREE.

Before Baby Comes

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

Classes on Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care*
- *Breathing & Relaxation*: for extra practice.
- *Breastfeeding*: essential information.
- *Refresher*: if you've done this 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 to 9 years old) prepare for a new baby in the house; see listing at right.
- *Conscious Fathering*: for expectant dads; take one before and one after the baby is born.
- *Car-Safe Kids*: how to choose and install an infant car seat; see listing on page 13.
- *Infant CPR and Safety-Proofing*
- *Bringing Baby Home*: two-day workshop to develop strategies for a loving and thriving family.
- *Happiest Baby on the Block*: see listing at right.

After Baby Arrives

- *Conscious Fathering*: for new dads with their babies!
- *You & Your New Baby*: for moms with babies 4 to 12 weeks old.
- *Infant Massage*: learn ways to nurture your baby with loving touch; see listing, page 13.
- *Bringing Baby Home*: two-day workshop to develop strategies for a loving and thriving family.
- *Happiest Baby on the Block*: see listing at right.

PARENTING

Happiest Baby on the Block

Attend during pregnancy, or until your baby is 3 months old. Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Pioneered by pediatrician Harvey Karp, MD, and taught by certified instructors. **Sat., July 11, 10 a.m.–noon.** \$60 per family.

For more information about our classes, or to register,

Siblings Are Special

For children ages 3½ to 9 and their parents. Introducing a new baby into the family poses many questions for parents and siblings. In this class, siblings will learn what babies look like, what they do, and the difference between themselves and the baby. They will also use dolls to practice safely holding and diapering a baby. Siblings will be encouraged to discuss feelings about becoming an older brother/sister. Includes a tour of Childbirth Center. **Mon., July 13 or Tue., Aug. 4, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

Infant Massage

For parents of babies 3 months old to crawling. Learn to nurture your baby with loving touch. Infant massage communicates a message of love, helps babies grow emotionally and physically strong, and helps them relax and therefore digest food more easily and sleep better. Infant massage helps parents get in touch with their baby to better understand his or her unique body language. **Sat., Aug. 1, 10 a.m.–noon.** \$30 per couple and baby.

Car-Safe Kids: How to Choose and Use a Car Seat

For expectant parents and parents of newborns and young children. Did you know that as many as 9 out of 10 car seats are misused? Protect your precious cargo! Learn how to select and install the appropriate seat, how to buckle up baby with correct harness use and when to transition from rear-facing to forward-facing to booster seat to vehicle seat belt. **Tue., July 21 or Mon., Aug. 17, 6:30–9 p.m.** FREE.

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

For girls ages 9 to 12 and their parents. The class will focus on physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. Bridgett Blackburn, MS, parent educator, and Monica Richter, MD, pediatrician. Includes book and refreshments. **Fri., Aug. 21, 3:30–5:45 p.m.** \$50 per parent and daughter; \$12 per additional person.

SAFETY

Super Sitters: Baby-Sitting Classes

This program is designed to train young people, ages 11 to 17, in basic baby-sitting skills, so they're better prepared to provide a safer, more effective and positive baby-sitting experience. Class content includes parent expectations, sitter responsibilities, fire prevention, first aid, Heimlich maneuver, telephone tips, child development, personal safety and home security. Held at BCC–North Campus on **Sat., July 25, Aug. 22 or Sept. 19; Wed., July 15; or Tue., Aug. 4, 9 a.m. to 2 p.m.** \$35.

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. Weeknights, **July 1, July 28, Aug. 4, Aug. 24, 6:30–9:30 p.m.; or Sat., July 18, Aug. 8, 9 a.m.–noon.** \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. After this two-part class, receive a two-year completion card. CPR may be taken separately. **Mon., July 6 and Wed., July 8, 6:30–9:30 p.m.** \$55.

Adult First Aid and Adult/Child CPR

First aid and adult/child (ages 1–8) CPR. This two-part class includes a book. Classes may be taken separately. **Mon., Aug. 17 and Wed., Aug. 19; 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Wed., July 22; 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

HEALTHY LIFESTYLES

Weight Loss Surgery Seminars

Get the facts about weight loss surgery to see if it's right for you. Bellevue: **Tue., July 14, Aug. 11, or Sept. 8, or Issaquah: Tue., July 28, Aug. 4 or Sept. 22, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **2nd and 4th Sat. of each month, 10 a.m.–noon.** For location and more information, call 425-688-5214. FREE.

Hypnosis for Weight Loss

In this three-part series, find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that keep you stuck. Most attendees begin losing weight almost immediately (1 to 2 pounds per week) and, to their surprise, find that they actually enjoy the process. Taught by Robert W. Felix, certified hypnotherapist. **Thu., July 9, 16 and 23, 7–9 p.m.** \$89.

Breast Health Program

Personalized, one-hour breast self-exam instruction taught by registered nurses. **Monday evening classes.** 425-688-5259. FREE.

Diabetes Support Group

The Diabetes Support Group is open to anyone with diabetes, their family members and the community. **2nd Mon. of each month, except July, Aug. and Dec.** Call 425-688-5485 for more information. FREE.

Diabetes Education

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

Reducing Your Risk for Diabetes

If you have been told you have pre-diabetes or glucose intolerance, attending this 90-minute class will provide you with steps you can take to lower your risk of developing diabetes. Call 425-688-5485 for dates, times and cost.

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. The training is built on increasing the awareness of our surroundings, obeying instincts and employing proactive safety strategies. Topics covered include:

- *Safety in elevators, parking lots and "fringe" areas.*
- *The importance of the buddy system and teamwork.*
- *What to do when approached by a stranger.*
- *Alcohol and common predatory drugs (what they are and how to avoid them).*
- *Early recognition of inappropriate acquaintance/date behavior.*

Thu., July 30, 6–9 p.m. \$55 per mother/daughter; \$45 per additional daughter.

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. BCC—North Campus, 10700 Northrup Way, Bellevue. **Tue. and Thu., Sept. 15–Oct. 8, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Walk for Life—Senior Walking Program

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

CAREGIVER SUPPORT

Caregiver of Older Adults Support Group—Bellevue

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

Family Caregiver Support Group—Mercer Island

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

CANCER PROGRAMS

Cancer Resource Center

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

Cancer Support Programs

For more information on our free support programs, visit www.overlakehospital.org/supportgroups.

Wig Closet

A private area for women who are experiencing hair loss to try on wigs. Free wigs donated by the American Cancer Society. Feel free to drop in weekdays, or call 425-688-5986.

Look Good ... Feel Better

A free program that teaches beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained, volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics, skin care products, wigs, scarves and turbans. **Mondays, Aug. 10,**



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.

1–3 p.m. or Sept. 21, 6–8 p.m. FREE. Call Kelly Zant at 425-467-3809 to register.

Breast Cancer Support Group

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

Reconstruction After Breast Cancer Surgery

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

Grief and Loss Support Group

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

Sit and Knit

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

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, call Leah Smith, volunteer staffing specialist, at 425-688-5369, Mon.–Fri., 9 a.m. to 4:30 p.m., or visit www.overlakehospital.org/volunteer.

For more information about our classes, or to register,

WEIGHT LOSS SURGERY *seminar*



Has the time come to get the facts about weight loss surgery? Overlake invites you to join us for an informative evening to find out if weight loss surgery is right for you.

BELLEVUE:

Tuesday, July 14, August 11 or September 8, 6–7:30 p.m.

PACCAR Education Center at Overlake: 1035 116th Avenue NE, Bellevue, located on the first floor of the West Parking Garage.

ISSAQUAH:

Tuesday, July 28 or August 4, 6–7:30 p.m., at 22510 SE 64th Pl, Ste. #120, Issaquah.

Tuesday, September 22, 6–7:30 p.m., at 5708 E. Lake Sammamish Pkwy., Issaquah.

**To register for this free seminar, call 425-688-5259,
or visit www.overlakehospital.org/classes.**

MOTION *is* LIFE

Is joint pain keeping you from enjoying life? If so, learn about options for joint pain relief at our complimentary Motion is Life seminar. Space is limited; reservations are required.

Thursday, July 23 or Wednesday, September 30

7–8:30 p.m.

Overlake Hospital Medical Center | PACCAR Education Center

To make your reservation, call 425-688-5579.

Presented by The Joint Replacement Center at Overlake



please visit www.overlakehospital.org/classes.



OVERLAKE Hospital Medical Center
Medical excellence every day™

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NEW MEDICAL STAFF AT OVERLAKE

Michael Battaglia, MD

425-462-9800
Orthopedics

Elise Everett, MD

206-965-1700
OB/GYN

DeEtta Gray, MD

425-457-7900
Dermatology

Troy Houseworth, MD

425-453-7888
Bariatric Surgery

Talat Khan, MD

425-460-7140
Pediatrics

Jeong Kim, MD

425-289-3100
Internal Medicine

Wayne Larrabee, MD

206-386-3550
Otolaryngology

Daniel Levy, MD

425-895-6568
Dermatology

Ryan McAdams, MD

206-543-4827
Neonatology

Sasidhar Narra, DDS

425-391-8284
Oral/Maxillofacial

Scott Sadler, MD

206-838-9570
Plastic Surgery

Lorena Shih, MD

425-827-4600
Pediatrics

Fun for the whole family!

Join us for the Free Grand Opening Celebration of **THE NEW OVERLAKE MEDICAL CENTER ISSAQUAH**
Thursday, August 6 from 5:30 to 8 p.m.

- Activities for children of all ages, including a speed pitching booth and climbing wall.
- Free picnic dinner and giveaways.
- Coupons for \$20 sports physicals to the first 100 kids.
- And much more!

Where you need us. When you need us.



OVERLAKE Medical Center Issaquah
Medical excellence every day™

5708 E. Lake Sammamish Pkwy SE
www.overlakehospital.org/Issaquah