

# Healthy Outlook

SPRING  
2008

## The Gift of Life

*Overlake physicians and staff restored  
Christine Callan's heartbeat—and saved  
her life*

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

**PLUS: Are You Taking Medications Safely?  
Reducing Risks for Falls**



## From the President & CEO

Our founders were a group of dedicated community volunteers who were steadfast in their vision to establish an independent, nonprofit hospital not supported by taxes. Thanks to a strong tradition of community support, we continue to carry out this vision.

This issue of *Healthy Outlook* focuses on the enhanced emergency services in our new South Tower. We built this tower to keep pace with the demand for hospital services as the Eastside population grows. To complete funding for our expansion, we launched a capital campaign in April 2006. We are grateful for the donations we have received from local organizations and individuals who believe in Overlake and understand the crucial role we play in this rapidly developing region.

Our hospital Auxiliaries have been longtime partners in marshaling community support for Overlake. On May 17, the Auxiliaries will be hosting the 21st Annual Bandage Ball. Funds raised at this signature Eastside event will help us build a helicopter landing pad, another vital enhancement to our emergency service capabilities.

Since the beginning, your support has been critical to our success, and your continued involvement will ensure excellent healthcare will be available in our community for years to come. I hope you will join us and make your gift today.

Sincerely,

Craig Hendrickson  
President & CEO

## CRITICAL CARE NURSE HONORED IN CHICAGO

Congratulations to Overlake cardiothoracic nurse practitioner Suzy Meader who has been honored with the 2008 Excellent Nurse Practitioner Award by the American Association of Critical Care Nurses (AACN). This is only the second time a nurse practitioner on the west coast has received the award. She will be presented with the award in May at the AACN's annual conference in Chicago. An Overlake employee for 18 years, Meader has consistently demonstrated the highest level of compassion and dedication in caring for her patients. We are proud of her special achievement of excellence.

## RECORD DOOR-TO-BALLOON TIME

Overlake and Snoqualmie Valley Hospital (SVH) have a working partnership to help ensure the rapid transfer of specific cardiac patients from SVH to Overlake's Emergency & Trauma Center. The partnership recently resulted in a record-breaking "door-to-balloon" time of 27 minutes, far exceeding the national standard of less than 90 minutes. "Door-to-balloon" refers to the time it takes to get a patient from the door of the Emergency Room to the Cardiac Cath Lab where a balloon-tipped catheter is used to open the heart vessel and restore blood flow.

## HEALTHY OUTLOOK • SPRING 2008

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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.

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Photography by Scott Areman.



## AVOIDING DANGEROUS MIXES

Advances in pharmaceuticals are helping Americans live longer, healthier lives. However, older adults often take multiple medications, raising the risk of harmful mixtures resulting in adverse side effects.

According to Merck's Institute of Aging & Health, the average 75-year-old has three chronic conditions and uses five prescription drugs. More than likely, people who take multiple prescription medications will also self-prescribe additional over-the-counter medicines to help manage their symptoms.

Taking any medicine in conjunction with other medications without physician consent is not advised. Due to the interaction of ingredients and the way medications are processed as the body ages, one drug may interfere with another, or the combination may cause severe side effects.

Over-the-counter drugs (pain relievers, laxatives, cold medicines, antacids) and herbal supplements need to be taken with care. Antihistamines contain diphenhydramine (found in sleep aids like Unisom and allergy medicines such as Benadryl) and can cause drowsiness and blurred vision in older adults, which may result in falls and confusion. It is best to avoid sleep aids altogether and talk to your doctor about safer options.

Many over-the-counter drugs contain the same ingredients found in prescription medications, so when they are taken together an excessively high dose of the active ingredient can be ingested.

"A good first step to prevent drug interactions," says Hank Williams, MD, medical director of Overlake's Bellevue Senior Health Center, "is to keep an accurate list of your medications including prescriptions, over-the-counter drugs and herbal supplements." Carry it with you at all times so it can be accessed anywhere—at the dentist's office, a specialist appointment or in an emergency.

To help keep track of medications, download Overlake's Medication Tracker from [www.overlakehospital.org/resources](http://www.overlakehospital.org/resources) or call 425-688-5800 to have one mailed to you.



**Be an active participant in your healthcare and medication management. Follow these tips to promote medication safety:**

- **Keep an updated medication list with you at all times.**
- **Understand the reason, frequency, dosage and side effects of each medication.**
- **Ask: Is this medication right for me? Will it interfere with my other medications?**
- **Ask your doctor before taking over-the-counter medications and herbal supplements.**
- **Use the same pharmacy for all prescriptions.**
- **Copy your medication list for a relative or friend in case of emergency.**
- **Take your medication list to all doctor appointments and have him/her update the list if there is any change.**

# When Every Minute Counts

Time is critical in the event of an emergency. Every day, our emergency and trauma teams treat more than 150 people with serious or life-threatening conditions, working against the clock to get them the care they need fast.

Christine Callans, active wife and mother of four, knows from firsthand experience just how critical it is to have rapid access to emergency care. During a routine morning jog on her treadmill, she collapsed. Her eldest son, Brian, age 10 at the time, found her on the floor. “I thought she was sleeping. I tried to wake her up. When she didn’t respond, I got my dad and told him, ‘I think mom is dead.’ ”

Callans, in cardiac arrest, was rushed from her Issaquah home to Overlake’s Emergency Department. En route, paramedics were able to restore her heartbeat using a defibrillator, but her heart stopped beating again shortly before she arrived at Overlake. Once she reached the Emergency

& Trauma Center, “The staff just would not stop working on me. They didn’t have to continue, but they did,” says Callans. After an hour and a half, she was revived.

“It was one of the most astounding recoveries I have ever seen,” says Eric Shipley, MD, Overlake emergency physician and friend of the Callans family. “The reason the doctors, nurses and medics were amazed by her recovery is the duration of the events. Most resuscitations are concluded after 20 to 30 minutes, after it’s clear there is no hope of recovery. She continued to show enough positive signs, so the effort was continued.”

While most emergency patients are treated and released the same day, others are admitted to the hospital for further treatment or observation, which was the case with Callans. Alan Heywood, MD, an electrophysiologist (a cardiologist specially trained in heart rhythm disorders) placed an AICD (automatic internal cardiac defibrillator) in Callans’ chest to make sure her heart doesn’t stop again, and

she spent the next week at Overlake in recovery.

Her cardiac arrest was triggered by hypertrophic cardiomyopathy (HCM), a genetic heart disease that causes the heart muscle to thicken, making it more difficult to pump blood and sometimes causing volatile disruptions in the electrical impulses of the heart.

“Drs. (James) Copeland, (Eric) Shipley and (Marcus) Trione saved my life. My caregivers were encouraging yet very honest about my situation, and made sure my husband completely understood what was happening to me. I was really lucky to have such expert care. Overlake performed induced hypothermia, a relatively new practice, and, as a result, I have no brain damage,” says Callans.

In addition to providing superb emergency care, Overlake is the highest-level trauma center on the Eastside,





and the backup to Harborview in the event of a large-scale disaster.

Staffed by physicians with board certification in emergency medicine, the center's multidisciplinary healthcare teams can be mobilized in minutes to respond to patients with life-threatening conditions. Cardiologists, surgeons, neurologists and other specialists are available to quickly evaluate patients, confer with other physicians and choose the best course of treatment for those with severe illnesses or injuries.



Emergency &  
Trauma Center patient  
David O'Brien

Quick mobilization was essential to trauma patient David O'Brien's treatment. O'Brien, formerly a member of a bicycle racing team, was cycling in a neighborhood on the Sammamish Plateau when he unexpectedly hit a pothole. Flying head over handlebars, he landed on his head and left shoulder and his bike landed on his chest.

"I couldn't get up. I knew I had fractured a few bones. My body immediately went into shock," says O'Brien. A passing driver called 911, and shortly thereafter an ambulance took O'Brien and his cycling partner, who had collided with him and was also hurt, to Overlake's Emergency Department.

"My doctors were really concerned that I might have had a head injury, and they thought my neck was fractured," explains O'Brien.

Using cutting-edge radiology tools, including new digital X-ray equipment and a new, powerful 64-slice CT scanner, doctors determined that his left clavicle (collarbone) was fractured in three places, his left scapula (shoulder blade) had a three-inch fracture, and he had two fractured ribs, a torn bicep and a torn rotator cuff. The force of the impact also caused a slight concussion.

After his emergency physician James Boehl, MD, learned the extent of the injuries, he brought in orthopedic physician and shoulder specialist Michael Sailer, MD, to follow up with treatment.

As a testament to the area's tight-knit cycling community, two fellow cycling teammates and Overlake physicians Debra Preller, MD, and Brad Kilcline, MD, paid O'Brien a visit during his stay. "I was very well taken care of," says O'Brien. "The staff was knowledgeable and very personable—they not only took care of me, they also empathized with me."

Whether treating life-threatening heart problems or major trauma, Overlake's dedicated Emergency & Trauma Center is committed to providing the best possible care for our community.

# Urgent vs. Emergency Care

When quick treatment is needed—whether it's a child's high fever or spouse's chest pain—what level of care is appropriate? Overlake's 24-hour Urgent Care Clinic in Issaquah and the Emergency Department at the hospital's main campus in Bellevue were designed to serve very different needs, but they often work together to ensure patients receive the right level of treatment at the right time.

The following chart is intended to assist you in determining where it's best to receive treatment for particular illnesses and injuries. In the case of any emergency or life-threatening condition, call 911.

## URGENT CARE

Use Urgent Care to treat an illness or injury that doesn't appear to pose a serious health risk, such as:

- Allergies
- Asthma attack (minor)
- Bronchitis
- Colds
- Cough
- Dehydration
- Dizziness
- Ear infections
- Fever
- Flu
- Insect bites
- Migraines
- Minor burns
- Minor head injury
- Nausea
- Pink eye
- Rashes
- Simple fractures
- Sore throats
- Sports physicals
- Sprains and strains
- Stitches
- Urinary tract infections

6520 226th Pl. SE, Suite 150  
Issaquah, WA 98027

## EMERGENCY CARE

Emergency care should be used for matters of life or death, or accidents or illness not treatable at your physician's office, such as:

- Chest pain
- Compound fractures (bone visible)
- Confusion
- Fainting
- Fevers in infants less than two months old
- High fever
- Ingestion of obstructive objects
- Ingestion of poisons
- Major head injury
- Palpitations
- Pneumonia
- Seizures
- Serious allergic reactions
- Severe abdominal pain
- Severe asthma attack
- Severe headaches
- Shock
- Significant burns
- Significant trauma or injuries
- Unconscious or catatonic state
- Uncontrollable bleeding

1035 116th Ave. NE  
Bellevue, WA 98004



## THE SOUTH TOWER PROJECT— *an essential community resource*

Overlake's \$133 million expansion project is now complete and fully open to the public. The South Tower is a critical resource for our community, helping Overlake to meet our region's growing and changing healthcare needs with the latest specialized equipment and:

- **additional patient beds**
- **surgical suites**
- **Critical Care Unit**
- **Emergency & Trauma Center**

The South Tower will allow us to continue delivering the high-quality medical service that you've come to expect and deserve, close to home.

## Brenda Rinehart

### *Overlake Employee and Capital Campaign Donor*

*Overlake employees are invested in the future of the organization and the community.*

Overlake employees are your neighbors, friends and maybe even family members. Just like you, they care for our community. They are Little League coaches, parents and community volunteers. And, like many businesses and Eastside residents, Overlake employees have made exceptional gifts to Overlake through contributions to the Overlake Hospital Foundation.

Brenda Rinehart, director of Medical Imaging, is one employee who is deeply committed to her career and to caring for patients. Even her family shares her commitment to the hospital—her two sons Justin and Josh, and daughter-in-law, Liz, also work at Overlake. While she and her family dedicate their time and professional expertise to Overlake every day, she feels contributing financially is another important way to show support.

"As a nonprofit, non-tax-supported hospital, it is imperative that Overlake receive private contributions from individuals and organizations to upgrade facilities and keep pace with advances in medical technologies," says Rinehart.

When Rinehart heard about the employee giving phase of the South Tower Capital Campaign, she saw an opportunity to make a difference and seized it. She rallied her department to join the effort.

Overall, generous contributions from staff made the employee campaign a success, raising more than \$154,000 and exceeding the campaign goal.

"The South Tower Capital Campaign has helped fund a five-story, state-of-the-art facility that allows us to better care for our growing community, now and well into the future," says Rinehart. "Overlake needs your generous contributions so my colleagues and I can continue to provide the compassionate, expert care our patients deserve."



Pictured (L-R): Justin Bakelaar,  
Brenda Rinehart, Josh and Liz Bakelaar



## THE SOUTH TOWER CAPITAL CAMPAIGN— *an investment in healthcare excellence*

We are grateful for the support we have received from so many individual, corporate and foundation donors to the capital campaign. To date we have raised \$12 million!

**Now, Overlake is launching the community phase of this capital campaign, and we invite our patients, families and Eastside residents to make an investment in the future of healthcare excellence.**

With your help, we can reach our goal. Please join our employees, physicians and many generous individuals and make your gift today.

GOAL:  
**\$15 million**

CURRENT GIFTS:  
**\$12 million**



*You may use this envelope or make your gift online at [www.overlakehospital.org/donate](http://www.overlakehospital.org/donate). Thank you!*

## 21st Annual Bandage Ball

Join the fun at Whirligig! Overlake Hospital Auxiliaries is hosting our 21st Annual Bandage Ball on Saturday, May 17 at the Meydenbauer Center in Bellevue. Trips to the far corners of the world, amazing adventures and unique items will be available for purchase at our gala auction and dinner.



Colin and Manio Radford,  
honorary Bandage Ball co-chairs

Over the years, the Auxiliaries have raised millions of dollars through the Bandage Ball to ensure Overlake has the technologies and facilities to provide the highest-quality medical care. This year, all proceeds from the Fund-a-Need

portion of the event will help build a helicopter landing pad on the Overlake campus. The helipad will allow critically injured patients to be transported to our specialized trauma care faster and facilitate the transfer of seriously ill newborns to Children's Hospital in Seattle.

Attend this year's Bandage Ball to help make this lifesaving project a reality. Tickets start at \$250 per person. For more information, contact **425-688-5529** or **[auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org)**.



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## Take Steps to Prevent Falls

**B**alancing your checkbook is one thing; keeping good balance as you age is another. For older adults, balance falters due to diminished vision, hearing and muscle strength, reduced coordination, and slower reflexes.

Although not an inevitable result of aging, falling is common for older adults. In fact, one of every three adults over 65 falls each year. This results in more than 1.6 million emergency room visits—making fall-related injuries the most common type of injury and the primary

reason for trauma-related hospital admissions among this age group.

Often, seniors don't tell their physicians about falls they've had. Overlake Senior Health Center physician Richard Kaner, MD, says, "It's very important to tell your doctor if you have had a recent fall so he or she can help you prevent future falls."

With a physician's referral, for instance, the physical therapists at Overlake's Outpatient Center can prescribe exercises and therapy to improve balance and strength, and recommend gait-assistive devices. Also, with a physician's referral, home-safety assessments can be performed by the center's occupational therapists.

Overlake's *A Matter of Balance* class (see page 14) is designed to reduce the fear of falling, increase activity levels, and improve quality of life and one's ability to remain independent. Participants learn to make changes to reduce fall risks and learn simple exercises to increase strength and balance.

Additional steps can be taken to reduce the risk of falling. Since a majority of falls occur in the home, creating a safer living environment (see "Safety at Home," adjacent) can be a huge help. Assessing all medications can also contribute to reducing your risk. Ask your doctor if any of your medications have side effects that may increase your risk of falling.

### SAFETY AT HOME

Review these tips for preventing falls in your home. For a more comprehensive fall-prevention guide, visit [www.overlakehospital.org/resources](http://www.overlakehospital.org/resources), or call 425-688-5800 to have one mailed to you.

- Remove clutter, loose wires and cords.
- Anchor rugs with nonskid material.
- Make sure entrances, halls and stairways are well lit.
- Clean spills immediately.
- Store commonly used items in easy-to-reach areas.
- Install grab bars in bathrooms.
- Place non-slip mats in tubs and showers.
- Space furniture to allow clear pathways.

# Boost Your Energy

**W**omen routinely juggle their multiple roles as career woman, homemaker, wife and/or mother. In keeping with this juggling act, exercise and a good night's sleep are often put on the back burner. So it's no surprise women report daytime sleepiness or fatigue twice as frequently as men.

Many factors can contribute to fatigue. The most common causes of fatigue include stress, illness, lifestyle and sleeping habits. Hormonal fluctuations related to pregnancy, menstruation and menopause can also contribute to fatigue by affecting sleep patterns, mood and reaction to stress.

Having enough energy in your daily life improves job performance, concentration, interpersonal relationships and social interactions. To jump-start your body's batteries, consider changing lifestyle habits to include techniques for reducing stress, eating right, exercising regularly, thinking positively, choosing water over soda and making sleep a priority. Rely on healthy habits to increase your energy rather than resorting to drastic measures such as ingesting excessive amounts of caffeine.

Internist Chester Gall, MD, says, "Whenever I see a patient with fatigue, I first examine whether or not it can be attributed to acute or chronic medical conditions such as heart disease, anemia or sleep apnea."

Dr. Gall, an Overlake Physician who practices at the Bellevue Clinic, explains that severe fatigue may be attributed to any one of a number of serious underlying medical conditions, including chronic fatigue syndrome,



thyroid dysfunction, diabetes, congestive heart failure or depression. It could also be a result of medication side effects.

If such conditions aren't present, Dr. Gall explores a patient's daily routine and habits to get to the root of the problem.

In any case, be sure to pay attention to your body and don't ignore symptoms. If you are experiencing persistent fatigue, see your primary care physician. If you do not currently have a physician, call Overlake's physician referral line at 425-688-5211.

## TOO TIRED: EXCESSIVE DAYTIME SLEEPINESS AND FATIGUE

When prolonged fatigue begins to affect your quality of life, it's time to get help. Chester Gall, MD, will discuss reasons for chronic tiredness, tips to achieve a better night's sleep, symptoms of more serious conditions, and current research in the treatment of sleeplessness and fatigue. Mon. Apr. 28, 7-8:30 pm. See page 14 in the class section for details and registration information.





# Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details.  
Pre-registration required.

Four easy options for registration:

- 1 Go to [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).
- 2 Send an e-mail to [teresa.botts@overlakehospital.org](mailto:teresa.botts@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 Conference Center, 1035 116th Ave. N.E., Bellevue, WA 98004.

## PREPARATION FOR CHILDBIRTH

### FREE weekly e-mail

New and expectant parents have a resource to guide them through their pregnancy and the first year of their baby's life with customized information, news and resources from the 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. Expert speakers discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships and anticipating changes in the family budget. Plenty of time for questions. Pre-registration required.

**Wed., Apr. 23, 6:30–9 p.m. FREE.**

### Tour the Childbirth Center

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

### Before Baby Comes

Consider taking one of the following classes to help you prepare for life with your baby. Full class descriptions, including dates and times, can be found at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

- *Expecting Multiples*: what you need to know when expecting more than one.
- *Prenatal Yoga*: for expectant and

postpartum moms.

- *Just for Grandparents*: discuss what's new in childbirth and newborn care 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 the new baby in the house.
- *Conscious Fathering*: classes for new dads, both before and after the baby is born, helping celebrate the special relationship of father and child.
- *Car-Safe Kids*: how to choose and install an infant car seat.
- *Bringing Baby Home*: see below.

### Classes on Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care*.
- *Breathing & Relaxation*: for extra practice.
- *Breastfeeding*: tips and information.
- *Refresher*: if you've done this before and need an update.

### After Baby Arrives

- *Conscious Fathering*.
- *You & Your New Baby*: for moms with babies 4–12 weeks old.
- *Infant Massage*: learn ways to nurture your baby with loving touch.

## NEW! Bringing Baby Home

Having a child is a life-changing experience. The Bringing Baby Home workshop is based on Dr. John Gottman's 26 years of marriage and family research, and teaches couples how to:

- Avoid marital meltdown and increase marital satisfaction.
- Deal with stress and understand stress is normal when a baby arrives.
- Keep dads involved in infant care.
- Coparent effectively and improve the quality of parent-infant interaction.
- Better understand early childhood development.

The Bringing Baby Home program is a two-day workshop led by a certified instructor. Two **Saturdays, Apr. 26 and May 3, 9–4 p.m.** \$150 per couple. Pre-registration required.

## PARENTING

### Hop to Signaroo™ Baby Sign Language—four-part series

Learn American Sign Language vocabulary and techniques to meet your baby's needs, stimulate intellectual growth, accelerate language and motor development, and reduce frustration. Taught by Nancy Hanauer, a state-certified teacher. **Tue., Apr. 22–May 13, 10:30–11:30 a.m.** \$128 for one or both parents or grandparents. Babies may attend.

### Proactive Parenting—two-part series

For busy parents with children ages 1 to 7. Stop feeling bounced around by your child's whims, desires and temper tantrums by learning tools and successful strategies to parent proactively rather than reactively. Parent educator, Bridgett Blackburn, MS, has spent years researching several parent models and seeking the most effective methods to

**For more information about our classes, please visit**

help parents develop skills. **Wed., Apr. 30 and May 7, 6:30–8:30 p.m.** \$45 per person or \$70 per couple.

#### New! BodyWorks

BodyWorks is a new health education program developed by the Department of Health and Human Services. This 10-week program is designed to provide parents and caregivers of girls (ages 9 to 13) tools to improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. Details at [www.womenshealth.gov/bodyworks](http://www.womenshealth.gov/bodyworks); daughters encouraged to attend. **Tuesdays, Apr. 22–Jun. 24, 6:30–8 p.m.** FREE.

#### As Girls Grow Up: Follow-Up Class

For 11- to 14-year-old girls and their parents. You asked for it and here it is—a more in-depth discussion covering sensitive adolescent topics including body image, making healthy choices, friendships and dating, and sexual activity. Girls need to have an understanding of body changes and sexual intercourse to participate fully in this class. Taught by Monica Richter, pediatrician, and Bridgett Blackburn, MS, parent educator. Snack provided. **Thu., Jun. 5, 6:30–8:45 p.m.** \$40 per parent and adolescent; \$12 per additional person.

#### Mother and Daughter Safety Training

For daughters 14 years and older and their mothers. This class addresses safety issues facing young women on or off high school and college campuses. The training is built on increasing the awareness of your surroundings, obeying instincts and employing proactive safety strategies. **Tue., May 13, 6–9 p.m.** \$55 per mother/daughter; \$45 per additional daughter.

## SAFETY

#### Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. **Weeknights, Apr. 15, 28; May 5, 27; Jun. 2, 10 or 23; 6:30–9:30 p.m., or Sat., May 17, 9 a.m.–noon.** \$30.

#### Bike Safety Fair

Overlake is proud to sponsor the Third Annual Bike Safety Fair on **Saturday, Jun. 7, 10 a.m.–2 p.m. at Issaquah Valley Elementary School and Sunday, Jun. 8, 2–6 p.m. at Lake Hills Elementary in Bellevue.** FREE.

Fun for the whole family!

- Bike safety tips and inspections
- Obstacle course challenge
- Bike helmets
- Prizes
- Games and activities

For more information, contact Hannah Blomberg at 425-688-5185 or [hannah.blomberg@overlakehospital.org](mailto:hannah.blomberg@overlakehospital.org).

#### Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. Classes can be taken separately. Two-part midweek class: **Mon. and Wed., Apr. 21 and 23, 6:30–9:30 p.m., or Sat., Jun. 14, 9 a.m.–4 p.m.** \$55.

#### Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. **Tue., May 19, 6–10 p.m.** \$40.

#### Adult First Aid and Adult/Child CPR

This two-part class includes a book. First aid and adult/child (ages 1–8) CPR may be taken separately. **Mon. and Wed., Apr. 7 and 9 or Jun. 16 and 18, 6:30–9:30 p.m.** \$55.

#### CPR Course for Healthcare Providers

Midweek classes. **Wed., Apr. 16, Mon., May 12 or Wed., Jun. 11, 6–9:30 p.m.** \$60.

#### Super Sitters: Babysitting Classes

For ages 11 and older. Held mostly on **Saturdays, 9 a.m.–2 p.m.** (unless otherwise noted) at multiple locations: BCC—North Campus: **Apr. 19, May 10, Jun. 7 and Tue., Jun. 24,** 425-688-5259; Kirkland Parks: **Apr. 12,** 425-587-3336; Issaquah Parks: **May 3,** 425-837-3300; Mercer Island Parks: **May 3,** 206-236-3545; Encompass (North Bend): **Jun. 14, 10 a.m.–3 p.m.,** 425-888-2777. \$35 (park fees differ).

#### Spanish-Speaking CPR and First Aid Classes

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

## WOMEN'S HEALTH

#### Breast Health Program

Personalized, one-hour breast self-exam instruction and education taught by registered nurses.

**Midweek evening classes.** 425-688-5259. FREE.

## HEALTHY LIFESTYLES

#### Nutrition and Weight Management for Surgical Weight-Loss Patients

Offered by Overlake Outpatient Nutrition Services. **Class 1:** (4–6 weeks after surgery) **first Wednesday of each month.** **Class 2:** (3–6 months after surgery) **second Wednesday of each month.** **Class 3:** (12 months after surgery) **third Wednesday of each month.** **All classes run from 1–2 p.m.** \$25 per class. Pre-registration required. Call 425-688-5485.

#### Weight-Loss Surgery Seminars

With David Lauter, MD. Overlake Conference Center, Room E. **Tue., Apr. 15, May 13 or Jun. 17, 6–7:30 p.m.** FREE.

#### Weight-Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **First and fourth Saturdays of each month, 10 a.m.–noon.** For location and more information, call 425-688-5214.

#### Freedom From Smoking

Seven-part series developed by the American Lung Association. **Mondays, Apr. 21 to May 19 and Wed., May 27, 7–9 p.m.** \$70 (covered by some insurance plans).

#### Hypnosis Classes

Taught by Robert W. Felix, certified hypnotherapist.

#### Hypnosis to Quit Smoking

**Wed., May 21, 7–9 p.m.** \$45.

#### Hypnosis for Weight Loss

Three-part series held monthly. **Apr. 17, 21 and May 1; or May 8, 15 and 22; or Jun. 12, 19 and 26, 7–9 p.m.** \$89.

#### Emotional Eating: How to Control Food So That Food Doesn't Control You

In this two-part series you will learn to eat in response to "stomach hunger" versus "mouth hunger," develop concrete strategies for building a healthy respect for your body and examine how your inner conversation affects food choices. Gain skills to replace poor habits with good habits and to become an effective manager of your health through positive self-talk. Time allowed for discussion. Taught by Susan Casser, CPC, health coach. **Sat., Apr. 19 and 26, 9 a.m.–noon.** \$45.



**Child Safety Fair & Baby Extravaganza**  
Saturday, May 17 10 a.m. to 3 p.m. • Factoria Mall

Co-sponsored by Bellevue Police and Fire Departments

Activities include: • Operation Child Safe—ID program by Bellevue Police  
• Certified bicycle helmets for \$7 fitted by Bellevue Police  
• Free car seat check—for appointments, call 425-688-5259  
• Live entertainment

For more information, call 425-688-5259 or visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes)

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



### Brain Attack: What You Should Know About Stroke

Strokes, or brain attacks, kill nearly 150,000 Americans each year and are the leading cause of adult disability. Come hear Henry Williams, MD, Overlake internist and medical director of the Overlake Senior Health Centers, discuss what you can do to decrease your chances of brain attack and what symptoms to watch for. The Hope Heart Institute will provide free blood pressure checks.

**Wed., May 14, 6:30–8 p.m. Bellevue YMCA. FREE.**

### Melanoma Monday—Free Skin Cancer Screening

Overlake dermatologists are once again offering a free skin cancer screening. **Mon., May 5, 5:30–8 p.m.** Space is limited; preregistration required. Please call 425-688-5259 for an appointment. FREE.

### NEW! Too Tired: Excessive Daytime Sleepiness and Fatigue

When prolonged fatigue begins to affect your quality of life, it's time to get help. Chester Gall, MD, will discuss reasons for chronic tiredness, tips to achieve a better night's sleep, symptoms of more serious conditions, and current research in the treatment of sleeplessness and fatigue.

**Mon., Apr. 28, 7–8:30 p.m. FREE.**

### Diabetes Support Group

The Diabetes Support Group is open to anyone with diabetes, their family members and the community. **Second Monday of each month, except July, August and December.** 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 425-688-5932 for information.

### Reducing Your Risk for Diabetes

If you have been told that you have pre-diabetes or glucose intolerance, attending this 90-minute class will provide you with steps you can take to lower your risk for developing diabetes. Call 425-688-5932 for dates, times and cost.

## SENIOR CARE CLASSES AND PROGRAMS

### 20th Eastside Senior Housing Fair

This free event includes information on Senior housing options. For more information call 888-466-5345. North Bellevue Community Senior Center—4063 148th Ave. NE, Bellevue. **Sat., Apr. 26, 9:30 a.m.–noon.**

### 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,



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

# Now Accepting New Patients

- Seven board-certified primary care physicians
- Same-day appointments available
- Convenient on-campus lab and imaging facilities

To schedule an appointment call 425-289-3100.

 **OVERLAKE PHYSICIANS**  
The Bellevue Clinic

10700 Northup Way, Bellevue. **Mon. and Wed., Apr. 21–May 14 or Jun. 23–Jul. 16, or Tue. and Thu., May 20–Jun. 12, 10 a.m.–noon.**

Registration required; 425-688-5800. \$15 for four-week session. Includes workbook and free water bottle. Scholarships available.

### Therapeutic Yoga for Seniors

Taught by certified yoga instructor. The Yoga Barn, Issaquah. **Mon., Apr. 21–May 19 or Jun. 2–30, 1:15–2:30 p.m. or 3–4:15 p.m.** Registration required; call The Yoga Barn at 425-427-0038. \$50.

### Introduction to Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah: **Tue., Apr. 22–May 20 or May 27–Jun. 24, 1–2:15 p.m. or 2:30–3:45 p.m.** The Yoga Barn, Fall City: **Thu., Apr. 24–May 22 or May 29–Jun. 26, 10:45 a.m.–noon.** Registration required; call The Yoga Barn at 425-427-0038. \$50.

### Surviving the Symptoms of Alzheimer's Disease

BCC—North Campus, 10700 Northup Way, Bellevue. **Tue., May 27, 6–9 p.m.** Registration required; 425-688-5800. \$5.

### Income for Life

BCC—North Campus, 10700 Northup Way, Bellevue. **Tue., Jun. 3, 10:30–11:30 a.m.** Registration required; 425-688-5800. \$5.

### Living Wills

With retired Overlake chaplain John Shaw, PhD. BCC—North Campus, 10700 Northup Way, Bellevue. **Wed., Jun. 4, 10:30 a.m.–noon.** Registration required; 425-688-5800. \$5.

### Long-Term Care Choices in a Changing World

BCC—North Campus, 10700 Northup Way, Bellevue. **Tue., Jun. 10, 10:30–11:30 a.m.** Registration required; 425-688-5800. \$5.

### Seeing Better While Looking Younger (Class #29068)

North Bellevue Community Senior Center. **Mon., Apr. 28, 1–2:30 p.m.** Registration required; 425-452-7681. \$6 residents; \$7 nonresidents.

### Low Cholesterol Diet Tips (Class #29069)

North Bellevue Community Senior Center. **Mon., Jun. 23, 1–2:30 p.m.** Registration required; 425-452-7681. \$6 residents; \$7 non-residents.

### Getting a Good Night's Sleep

Bellevue YMCA. **Wed., Apr. 9, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for non-members.

### Do We Really Need Vitamin Supplements?

Bellevue YMCA. **Wed., May 14, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

### Should You Worry About Skin Cancer When You're Older?

Bellevue YMCA. **Wed., Jun. 11, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

### Common Foot and Ankle Problems

Redmond Senior Center. **Wed., Apr. 16, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

For more information about our classes,



### Reducing the Risks of Strokes

Redmond Senior Center. **Wed., May 21, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

### How to Prevent Identity Theft

Redmond Senior Center. **Wed., Jun. 18, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

### I Can't Hear You!

Overlake Medical Center Issaquah. **Tue., Apr. 15, 9:30–10:30 a.m.** Registration required; 425-688-5800. \$5.

### Are Your Bones Weak?

Overlake Medical Center Issaquah. **Tue., May 20, 9:30–10:30 a.m.** Registration required; 425-688-5800. \$5.

### A Heart Healthy Diet

Columbia Athletic Club, Juanita Bay. **Thu., Apr. 17, noon–1 p.m.** Registration required; 425-821-0882. \$5 for nonmembers.

### Exercises for Living with Arthritis

Columbia Athletic Club, Juanita Bay. **Thu., May 15, noon–1 p.m.** Registration required; 425-821-0882. \$5 for nonmembers.

### 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.

### Family Caregiver Support Groups

Two family support groups are offered to help meet the needs of people caring for loved ones.

### Family Caregiver Support Group—Bellevue

Overlake Senior Health Center, Bellevue. **Second and fourth Thursday 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. **Second Tuesday of each month, 3:30–5 p.m.** No registration required. For more information, call Karin Miller, MSW, 425-688-5637. FREE.

### Managing Care at Home

Question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to help better manage care in your home. **Call to schedule day and time at Senior Care office.** Registration required; 425-688-5800. FREE.

## CANCER PROGRAMS

### Cancer Resource Center

The Cancer Resource Center's classes, support groups and services are free and include 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). The center is looking for volunteers. Greet visitors,

familiarize clients with using the center's self-serve functions and help with clerical support. Training provided. Application, interview and orientation required prior to training. For further information, contact Volunteer Services at 425-688-5369.

### Cancer Support Programs

For more information on our free support programs, visit our Web site at [www.overlakehospital.org/supportgroups](http://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.

### Food for Life – Nutrition and Cooking (four-week series)

In partnership with the Cancer Project, Overlake presents this four-week series intended to help cancer survivors take advantage of the healing power of foods. **Mondays, Apr. 14–May 5, 2 to 4 p.m.** Overlake cafeteria. Pre-registration is required, call 425-688-5816. FREE.

### Look Good ... Feel Better

An American Cancer Society program addressing skin care and hair loss, using cosmetics, wigs, scarves and turbans. Overlake Conference Center, Room E. **Mon., May 12, 6–8 p.m.** For more information, call 1-800-345-LOOK. FREE.

### Bereavement Support Group

Overlake Medical Tower, Suite 250. **Second and fourth Monday of each month, 7–8:30 p.m.** Call 425-688-5986 for more information.

### Breast Cancer Support Group

Open to all women who have or have had breast cancer. Overlake Medical Tower, Suite 250. **First and third Tuesday 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. Overlake Medical Tower, Suite 250. **Fourth Wednesday of each month, 7–8:30 p.m.** FREE. Call 425-688-5986 for more information.

### Sit and Knit

Volunteer program. **Wednesdays and Fridays, 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, contact Volunteer Services' open-assignment line at 425-688-5552, or Heidi Eakins, volunteer staffing specialist, at 425-688-5369, Mon.–Fri., 9 a.m. to 4:30 p.m.



# MOTION is LIFE

*Presented by*  
The Joint Replacement Center at Overlake

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

**Wednesday | April 16 | 7 – 8:30 p.m.**

**Overlake Hospital Medical Center | Conference Room A**

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

## NEW MEDICAL STAFF AT OVERLAKE

### Monica Anselmetti, MD

360-923-7500  
OB/GYN

### YunYu Cao, MD

425-391-3900  
Internal Medicine

### Karen Fratantoni, MD

206-275-2122  
Pediatrics

### Robert Geise, MD

425-899-5100  
Infectious Diseases

### Jinwah Hoy, DPM

206-682-8741  
Podiatry

### Julie Hsieh, MD

425-462-8088  
Family Practice

### John Kidd, MD

425-451-4141  
Anesthesiology

### Daniel Lowinger, DPM

206-248-3668  
Podiatry

### Paul Mystkowski, MD

425-454-5046  
Endocrinology

### Byzan Shek, MD

425-688-5072  
Internal Medicine

### Karen Ting, MD

425-462-1132  
Internal Medicine

### Robert Waugh, DO

425-450-2020  
Ophthalmology

### Cong Yu, MD

206-386-2013  
Pain Management

## OVERLAKE HOSPITAL AUXILIARIES PRESENT THE 21<sup>ST</sup> ANNUAL BANDAGE BALL

**SATURDAY,  
MAY 17, 2008**  
**MEYDENBAUER  
CENTER,  
BELLEVUE**

*Whirligig!*  
**TICKETS  
START AT \$250**

Our 2008 Presenting Sponsors



**SYMETRA**  
FINANCIAL



This year's event will raise funds to help build a helipad on the hospital campus, upgrading critical emergency services in King County.

For more information, please call 425-688-5529 or visit [www.overlakehospital.org/bandageball](http://www.overlakehospital.org/bandageball).



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