

Healthy Outlook

SPRING
2007

The Good Fight

*How Julie Judge conquered breast cancer
with Overlake's help and her own grace
and optimism*

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Help for troubled teens
Superior stroke care



From the President & CEO

We've talked quite a bit in the past year about the merits of our new South Tower and its importance within our community. While it's exciting to be expanding our campus, we know that a better future isn't about buildings. It's about the people who are healed in them and our ability to provide state-of-the-art technology and exceptional healthcare to each and every life we touch.

As a nonprofit, non-tax-supported organization, Overlake Hospital Medical Center depends on broad community support to stay at the forefront of medical technology. Fundraising is a critical component, bridging the gap between what the hospital receives in reimbursements and payments and what it takes to run a regional medical center.

Thanks to community support and philanthropy, Overlake's two most recent Bandage Balls raised funds that supported the purchase of a new CT scanner for the South Tower and four digital mammography units for our Breast Center. These are significant technological improvements that provide even greater efficiency and accuracy for the patients we serve.

This generous support means so much to our organization and to me personally. We are able to be a superb, growing hospital because of the community which supports us so wholeheartedly. We understand that providing high-quality healthcare to our ever-expanding region is crucial. This is a key priority for Overlake, and I promise to keep you informed as our plans unfold for additional services in the communities we serve.

Sincerely,

Craig Hendrickson
President & CEO

OVERLAKE RECEIVES PRIMARY STROKE CENTER DESIGNATION

In January, Overlake received certification of its multifaceted Stroke Program from the Joint Commission. The designation as a Primary Stroke Center enables Overlake to continue providing Eastside patients with leading-edge stroke care, recognizing that through evidence-based medicine and a standardized approach, the hospital can decrease the disability and mortality caused by strokes.

STROKE PROGRAM DIRECTOR RECOGNIZED

Gregory Gorman, MD, a board-certified neurologist and Overlake's Stroke Program director, was one of 50 neurologists in the nation who recently received board subspecialization certification in behavioral neurology. This new subspecialty involves the study and care of patients with brain disorders that cause problems with thinking and remembering.

CORRECTION: In our last issue, we incorrectly listed the phone number to call for more information on bone density testing offered at our Issaquah Women's Center. The correct phone number is 425-467-3630. We regret the error.

HEALTHY OUTLOOK • SPRING 2007

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Overlake Hospital Medical Center is a nonprofit, independently operated, voluntary 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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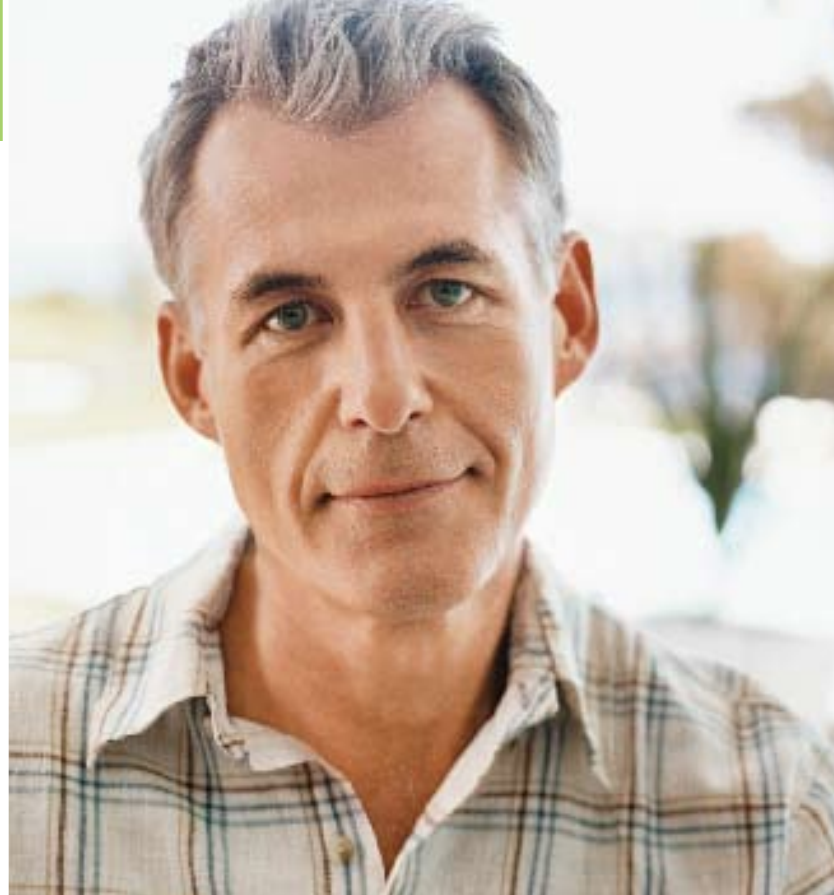
Comprehensive Stroke Care

According to the American Heart Association, more than 750,000 Americans suffer a new or recurrent stroke every year. It's the third leading cause of death in the U.S., taking the lives of nearly 157,000 people a year. More than 80 percent of strokes are ischemic strokes caused by a clogged vessel that blocks the flow of blood to the brain. Blockages are caused by fatty deposits inside the vessel, called atherosclerosis, or hardening of the arteries.

The most common treatment for stroke is using "clot-busters," also known as thrombolytic therapy. This standard procedure involves injecting a clot-busting drug (tPA) into a vein in the arm, or directly into the brain artery near the clot or blockage. The latter treatment method can sometimes dissolve the clot faster.

To enhance care for the nearly 400 stroke patients we treat each year, Overlake Hospital Medical Center recently launched a comprehensive, integrated Stroke Program. The program has earned Overlake the designation as a Primary Stroke Center from the Joint Commission.

In addition to providing patients with a full range of effective treatment options, Overlake's Stroke Program offers rapid, early response, rehabilitation and caring support. "The most critical program components involve educating the community and emergency medical technicians about the importance of fast action in response to stroke, as well as the fact that there is hope and reliable treatment for stroke patients," says Carole Hardy, RN, Overlake Stroke Program coordinator.



As part of the program, a dedicated team of caregivers in the Emergency Department mobilizes all stroke-related resources, including diagnostics, interventional radiology, laboratory, pharmacy and neurology, so that patients receive the immediate care needed to prevent brain cell loss and disability.

Stroke patients are given specialized care in the stroke units, where the clinical staff has in-depth training in neurological assessment and stroke, aspiration risks and prevention, and certification in advanced cardiac life support (ACLS). The care team also includes physical therapists, occupational therapists and speech therapists to help with any rehabilitation needs, with the goal of beginning rehab within 24 hours of a patient's admittance to the hospital.

In addition, Overlake offers education and support for stroke patients so they can prevent recurring strokes and get back to their routine as quickly as possible. A Stroke Mentor Program is staffed by volunteers, some of whom are former stroke patients. These volunteers share their experiences and provide ongoing guidance.

For more information on Overlake's Stroke Program, contact Carole Hardy at 425-688-5600.

If you think someone may be having a stroke, **act F.A.S.T.** and do this simple test:

F. FACE	Ask the person to smile. Does one side of the FACE droop?
A. ARMS	Ask the person to raise both arms. Does one ARM drift downward?
S. SPEECH	Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
T. TIME	If the person shows any of these symptoms, time is important. Call 911. Brain cells are dying.

WANT TO LEARN MORE ABOUT STROKE?

Overlake offers four educational programs on stroke— Acting Against Brain Attack , Brain Attack, Fighting Back Against Brain Attack and Life Line Screening®. For details, see our class and program listings beginning on Page 12.



Beat

“I told the doctor, ‘While you’re saving my life, I’m living it,’”

says Julie Judge, a charismatic mother of two and national sales manager for five well-known Seattle radio stations. “I didn’t want to play the victim. It was easier for me to go about my normal life and take a positive outlook.”

Judge has now joined the ranks of over 2 million breast cancer survivors in the U.S. today. The key to those numbers is early detection and treatment. According to the American Cancer Society (ACS), “The earlier breast cancer is found, the better the chances that treatment will work. The goal is to find cancers before they start to cause symptoms.”

One of the first lines of defense against breast cancer is getting a mammogram. The ACS recommends that women age 40 and older have a mammogram every year. For Judge, this early detection was crucial. “A month after my 49th birthday, I noticed a lump,” she recalls. She immediately scheduled an appointment with her OB/GYN who, after an exam, sent her to the Overlake Breast Center for a diagnostic mammogram.

There are two types of mammograms. A screening mammogram is an X-ray exam of the breast in a woman who has no symptoms. Judge received a diagnostic mammogram, which is designed for women who have a breast complaint or have had an abnormality found

ing Breast Cancer

Julie Judge Fought Back with Strength and Humor

during a screening mammogram. During a diagnostic mammogram, more pictures are taken to focus on suspicious areas. Unlike most hospitals, where radiologists study X-rays and images from all areas of the body, Overlake Hospital Medical Center has three dedicated breast radiologists who work exclusively in the Breast Center.

After radiologists pinpointed the suspicious area, they scheduled Judge for a needle biopsy that same day. Using a thin needle, physicians removed small samples of tissue from the area in question for further study. The results determined that cancer was indeed present, so Judge was referred to an oncologist and a breast surgeon.

“I never said, ‘Why me?’” remembers Judge. “I actually felt pretty lucky, because I knew that if you catch breast cancer early, you don’t die from it.”

Judge’s oncologist, Tanya Wahl, MD, recommended she undergo chemotherapy prior to surgery in order to shrink the cancer so that it would be small enough to be removed by lumpectomy. Lumpectomy is a surgical procedure to remove the breast lump and a small amount of surrounding tissue. Another surgical procedure is mastectomy, which is used less often than lumpectomy, and involves the removal of the entire breast. Either surgery may include removing the lymph nodes under the arms.

Following a successful surgery, Judge underwent radiation therapy to kill cells in the area of the cancer and to keep them from growing and dividing. She managed to keep up

with her busy work and travel schedule throughout her treatments. “I didn’t really have any major side effects from any of the treatments. I was a little tired, and I lost my hair—but I got a great wig!” she recalls. “I just wanted to keep things as normal as possible. It gave me less time to moan.”

She credits the Overlake team with helping her manage the demands of eight months of breast cancer treatments, on top of motherhood and a busy career. “It’s definitely a team approach at Overlake,” she says. “I could tell they were working together, because one physician would mention something I’d spoken with another physician about. They really did a good job of communicating with each other and with me.”

In fact, Overlake’s breast cancer program is unique in that physicians meet weekly to discuss every patient, not just some selected patients as in most other facilities. “Having multiple physician specialists’ input can often mean a better process,” states Overlake breast radiologist David Magaram, MD. He explained that teamwork is crucial when a patient like Judge is seeing multiple physicians, from breast radiologists to medical oncologists and radiation therapy specialists.

“We’re a very collegial team,” says Overlake breast surgeon Kristi Harrington, MD. “I have no problem walking down the hall to talk to a physician about a particular patient.” Also, at Overlake’s Breast Center, oncologists, radiation therapy, and breast surgeons are located adjacent to one another. “The fact that all of our facilities are geographically close,” she says, “makes that communication easier.”

The Fight Goes High Tech

New digital mammography, dedicated MRI and MammoSite radiation

MAMMOGRAPHY GOES DIGITAL

Just as digital cameras revolutionized the home photography market, digital mammography is revolutionizing diagnosis and treatment for breast cancer. Not only does digital mammography provide faster exams and lower radiation, but with digital tools, physicians can manipulate the images to better detect small calcifications or other changes in the breast.

Overlake will soon be providing digital mammography for every patient, thanks to the generosity of the Overlake Hospital Auxiliaries. Proceeds from this year's Bandage Ball funded the technology. (See page 10 for more information.)

"Particularly in younger women and those with dense breasts, digital mammography provides greater screening sensitivity," says Kathryn Crossland, MD, an Overlake oncologist.

In fact, a recent study in *The New England Journal of Medicine* stated that "the accuracy of digital mammography was significantly higher than that of film among women under the age of 50."

"And for those patients who are diagnosed with breast cancer, the clinical advantages are extremely valuable," says David Magaram, MD, one of Overlake's dedicated breast radiologists. "Now, if a breast surgeon is in the operating room and has a question for the radiologist, we can both pull up the file and look at the same picture, from two locations, without having to physically be in the same room together looking at a piece of film."

"There is also a huge advantage in not having to worry about misplacing films," adds Dr. Magaram. "A patient with breast cancer often has to see numerous physicians and, at each point, must bring her films along. Digital files make those images easy to copy and share."

MRI ADDS EXTRA LAYER OF DETECTION

Magnetic resonance imaging (MRI) has become another helpful ally in the diagnosis and treatment of breast cancer. An MRI uses magnets and radio waves to produce detailed, cross-sectional images of the body. The only MRI completely dedicated to breast exams in the Pacific Northwest is located on Overlake's campus.

"Because the MRI is used only for breast patients, it is engineered to optimize imaging for those types of patients," says Dr. Magaram. "Especially for high-risk patients, with a family history of breast cancer, MRI is a tremendous asset in detection. And because it provides such helpful information on the true extent of the cancerous cells, it is becoming a common practice for almost everyone with a diagnosis of breast cancer."

RADIATION TREATMENT ADDS CONVENIENCE FACTOR

On the treatment side, Overlake Radiation Oncology offers the convenient option of high dose rate (HDR) radiation for certain patients utilizing MammoSite technology. Rather than using a machine that focuses rays from outside the body, MammoSite works by delivering radiation from inside the breast. A thin catheter is used to insert a tiny radioactive seed inside the lumpectomy cavity. The seed then delivers a high dose of radiation to the area most at risk for recurrence. Because the area is treated from the inside out, the normal surrounding tissue receives a decreased radiation dose.

Convenience is key with MammoSite therapy. It can be completed in only five days, as opposed to five to seven weeks with conventional radiation. "The whole point of these new developments is to provide options for women who need this treatment," says James Pelton, MD, a radiation oncologist at Overlake.

"Women have confidence in our program when they see how focused we are on offering the best options out there," says Overlake breast surgeon Kristi Harrington, MD. "It's important to continue to look for these newer technologies, so that we can customize treatment plans for each unique patient."



To make an appointment for a screening mammogram, call 425-688-5985, or visit www.overlakehospital.org and click on Breast Health Scheduling in the Patients & Visitors Section. Screening mammograms are available in Bellevue and Issaquah.



Heather Osterman-Thorne, who works in the Women's and Infants' boutique

Women's Services in Issaquah

Overlake is fully committed to serving residents in Issaquah and its neighboring communities. That's why we have comprehensive services for women on our Issaquah campus.

HELP FOR NEW MOTHERS

Overlake offers a postpartum follow-up program to help new moms and babies through those critical first days at home. For those who live in the Issaquah area, the program can be accessed at the Issaquah Women's Clinic in our Lakeside II/Meadow Creek campus. The program provides a checkup for mom and baby, three to five days after birth, to ensure adequate feeding and overall good health. The clinic also has a free weight station that can be used anytime during office hours to monitor a baby's weight.

Breastfeeding support is offered to new mothers who would like additional education or for those who are having breastfeeding problems. Hospital-grade, electric breast pump rentals and other nursing accessories are available, as are bra fittings to help new mothers find the nursing bra that is right for them.

Overlake also schedules parenting classes in Issaquah that are geared toward first-time moms and dads, including:

- *Preparation for Childbirth and Newborn Care.*
- *You & Your New Baby*, for mothers with infants 4–12 weeks old.
- *Conscious Fathering*, for new dads after baby arrives.

- *Baby Boot Camp™*, a fitness program for postpartum moms and their babies.

For a full list of classes, call 425-688-5259 or log on to www.overlakehospital.org. Click on the Health & Wellness link, then Classes at Overlake.

Another unique offering at the Women's Clinic is the Women's and Infants' Boutique, which carries an array of personal items and relaxation products, maternity supplies and gifts. Expectant and new moms can find nursing clothing, birthing and massage balls, and prenatal abdominal support belts and binders. There's plenty for baby too; preemie and newborn clothing, blankets, baby carriers, slings, hats and much more.

MIDLIFE SCREENINGS

Women in midlife can conveniently take care of two procedures with one appointment: a mammography screening and a bone-density screening. The American Cancer Society recommends an annual screening mammogram starting at age 40. To identify the risk of developing osteoporosis, bone density is measured with The MetriScan™ device, a tabletop unit that estimates bone density in the three middle fingers of a woman's hand. The test takes only seconds to perform, and results are immediate.

The Issaquah Breast Screening Center offers appointments Monday through Friday, 8 a.m. to 4:30 p.m. Please call 425-688-5985 or schedule your appointment online at www.overlakehospital.org and click on Breast Health Scheduling in the Patients & Visitors section.

LOCATION

Conveniently located near I-90, the center is at 6520 226th Pl. S.E., Ste. 130 in the Urgent Care building. Free parking is abundant. For more information, call 425-467-3630.

WOMEN'S CARE IN ISSAQUAH

Athena Urology.....	425-899-4646
Overlake Breast Imaging	425-688-5985
Issaquah OB/GYN	425-391-8886
Medical Arts Group of Issaquah	425-837-8842
Overlake OB/GYN	425-391-8655
Overlake Women's Services.....	425-467-3630



Adolescent Day Program brings help and hope

Many parents ask at some point, “Does my teen need help with an emotional problem? Is this behavior normal?” Some amount of uncertainty, questioning and conflict is inherent in raising children, and mood variations are typical during a child’s development. For some families, though, the problems are significant enough that seeking outside help can be a lifeline, turning a child and family toward wellness.

“I encourage any family profoundly struggling with a child or teen’s behavior to give us a call,” advises Francis Shih, MD, an Overlake adolescent psychiatrist. “We can help sort out what services are appropriate.” Problems that deserve attention are usually pronounced and impact daily living. “When family members and teachers are concerned about a child’s emotional and physical well-being, I suggest seeking outside help,” says Dr. Shih.

One study showed that 13 percent of young Americans ages 9 to 17 years old suffer from an anxiety and panic disorder that can impact the activities of daily life. Up to 3 percent of children and 8 percent of adolescents suffer from depression, which affects energy, appetite, sleep, interest in daily activities and overall functioning. Depression can significantly impact a child’s ability to function well at home and at school. Extreme shifts in moods may be caused by bipolar disorder, which affects 1 percent of children.

Overlake offers the Adolescent Day Program, a service custom-fit for teens who are struggling with these and other issues. Programs such as Overlake’s are quite rare because of a nationwide shortage of psychiatrists specializing in treating teens. The program, in an attractive office park building a few miles from the hospital, was described by one teenager as “just like going to classes to learn to deal with my depression.” This unique service provides children and adolescents with intensive, comprehensive treatment without overnight hospital stays. The goal is to offer the treatment that kids need, while minimizing the disruption for families and

schools. It is a good fit for a child who is not at imminent risk to self or others, and who has a support system at home.

The Adolescent Day Program is multidisciplinary. Patients and families benefit from an adolescent psychiatrist trained in the special needs of teens, plus psychiatric registered nurses, master’s level social workers, certified therapeutic recreation specialists, occupational and physical therapists, and other professionals. For children ages 12 and older with more acute needs, Overlake offers inpatient hospitalization for rapid stabilization. Another service, the Psychiatric Intensive Outpatient Program, provides brief intensive therapy meetings, typically over a three-week time frame.

If you have a teenager in your life who is struggling, consider seeking help. Overlake offers same-day or next-day outpatient evaluations for both children and adolescents (ages 3 to 18), depending on the urgency. Staff can be always reached by phone or pager. For more information, please call 425-688-5460.

ADAPTING TO REALITY: MANAGING BEHAVIORAL HEALTH ISSUES IN THE HOSPITAL (AND COMMUNITY)

Overlake is proud to sponsor this all-day symposium on April 17 for nurses and other healthcare providers. It will cover common mental health diagnoses and disorders, as well as how to manage associated behaviors through nursing interventions, strategies and medication therapy in order to support the patient’s recovery. For more information, please call 425-688-5882 or e-mail eugenia.stull@overlakehospital.org. The symposium is made possible through an endowment for “Advancement of Nursing and Clinical Education” by John and Hazel Matheson.

Neurosciences Today

One in five Americans suffers from a neurological disorder, such as Alzheimer's, Parkinson's or chronic pain. As our population ages and lives longer, the incidence of neurological disease will likely increase to as many as one out of two people facing the prospect of losing independence, productivity and quality of life due to a brain or nervous system malfunction.

Overlake's Neurosciences Program offers board-certified neurosurgeons and neurologists working together as a comprehensive team with skilled nurses and other caregivers to provide state-of-the-art diagnostic, therapeutic and rehabilitative services to patients living with a wide range of neurological diseases and disorders that affect the brain, spinal cord, spinal column,



nervous system and peripheral nerves. This includes treatment for diseases and disorders such as brain and spinal cord tumors, Parkinson's disease, carpal tunnel syndrome, migraine, multiple sclerosis, epilepsy, sciatica, slipped discs, spinal stenosis, neck and back pain, and sports-related head injuries.

The first step toward an effective treatment is an accurate diagnosis, which involves getting a patient's detailed health history and neurological tests for vision, strength, coordination, reflexes, and sensation. "Our goal is to diagnose what is wrong and work with our patients to develop the optimal treatment plan, whether that includes surgery or not," says Christopher Smythies, MD, Overlake neurosurgeon. "Perhaps surprising to some, we operate on roughly 25 percent of our patients, as surgery is used as a last resort." For example, many cases of back pain can be treated with anti-inflammatory medication, physical therapy and muscle relaxants. Overlake neurosurgeon Jeffrey Pearce, MD, also explains that, "With today's active population getting older and living longer, we spend nearly 70 percent of our time treating patients with more common spine and peripheral nerve problems."

For patients who do require surgery, Overlake's team of neurosurgeons utilize cutting-edge medical tools, as well as less invasive surgical equipment and techniques, which are changing the way many neurological disorders are treated. "We have much better instrumentation and equipment today than we used to," notes Dr. Smythies.

For example, cervical plates (medically designed implants) are used during spinal procedures to provide neck stability, which may reduce the need for external bracing following surgery. Also helpful is the opportunity to get bone from a bone bank rather than having to take bone grafts from a patient's hip. "These advances help to eliminate the most painful parts of surgery for patients, as well as enhance our ability to care for our patients," says Dr. Smythies.

OVERLAKE NEUROLOGISTS

Erik R. Armitano, MD	425-899-6200
A. Thomas Collins, MD	425-455-5440
Jeffrey E. Dunn, MD	425-455-5440
Daniel P. Fosmire, MD	425-709-7055
D. Gregory Gorman, MD	425-709-7055
Rodney Johnson, MD	425-455-5440
Joseph J. Robin, MD	425-455-5440
Randip Singh, MD	425-289-3000
James Yumin Song, MD	425-455-5440

OVERLAKE NEUROSURGEONS

Varun Laohaprasit, MD	425-455-5440
Ali Naini, MD	425-455-5440
Jeffrey E. Pearce, MD	425-455-5440
Jacob N. Young, MD	425-456-0922
Christopher Smythies, MD	425-456-0922

For more information or to find an Overlake neurologist or neurosurgeon, please call our physician referral line at 425-688-5211 or visit www.overlakehospital.org.

BANDAGE BALL

Overlake Hospital Auxiliaries would like to thank the following businesses and individuals for their support of the 20th Anniversary Bandage Ball:

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Ogden Murphy Wallace, PLLC

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Bob and Joan Wallace

EVENT CHAIR

Mary Odermat

A successful businesswoman in the private banking industry, Sue Smith is also an Overlake Hospital Foundation Board member, proud Eastside resident, wife and mother of two.

Below, she shares her family's
commitment to Overlake
and why they choose to support the hospital.



"When my husband Greg and I moved from Dayton, Ohio, to Sammamish eight years ago, we immediately took an interest in Overlake. It's our community's hospital and it is important to us.

"I joined the Overlake Hospital Foundation Board in 2003. With a young and active family, I knew someday we would be in need of Overlake's services. And I was right. Both my daughter and my son have landed in the Overlake Emergency Department, each having very positive experiences despite serious ailments. Their care was handled professionally, swiftly and, perhaps most important, respectfully. Our son's caregivers explained why they were seeing him, what they were going to do and exactly what was happening. For a kid who had never been in a hospital before, it was extremely reassuring to receive that kind of personalized care.

"We have consistently supported Overlake, and this year we also made a contribution to the Overlake South Tower Capital Campaign. We know that the new South Tower will greatly add to the hospital's capabilities and help it meet the needs of our

growing Eastside community. We've witnessed the community's tremendous growth firsthand in the short time we've been here and know that it will continue for years to come. This is why it is so crucial that Overlake's resources be at their best, for when our community needs them the most.

"We all hope that our loved ones won't need to use a hospital's services, but when that time does come, everyone wants to have the very best care made available to them, in the most comfortable surroundings. But it takes money to make that a reality. That's why Greg and I choose to donate both our time and our money to support Overlake.

"Much like you, I enjoy living in this beautiful region and appreciate all it has to offer. I am especially grateful for Overlake—a true community hospital dedicated to caring for each person with compassion, respect and medical excellence.

"I hope you will join my family in support of Overlake."

Your Will is Vital

If you passed away without a will or revocable living trust, or with one that is outdated, how would it affect those you care about? If you find yourself among the 50 percent of Americans who do not have an up-to-date will, it is essential that you take action now.

If you do not have a will, state law would determine your asset distribution at your death. An outdated will might result in the improper disbursement of your estate. As the primary instrument in determining what will happen with your estate, your will is a way to care for the people you love. It will allow you the peace and freedom of knowing your family's long-term security will be provided for. Below are a few things to think about:

- Do you have a will?
- Does it need to be updated?
- If your will were to go into effect tomorrow, how would it impact those you care about most and those who depend on you?
- Does your will include provisions to save estate taxes?
- Have you designated a guardian for your children?

To receive free information on wills and living trusts, please contact Andy Whipple, Planned Giving Director at the Overlake Hospital Foundation, at 425-688-5533 or andy.whipple@overlakehospital.org.

We know estate plans are rarely prepared for the sole purpose of leaving a charitable bequest, but we hope that when creating or updating your plan, you consider a charitable gift to Overlake.



The South Tower project will cost more than \$133 Million.

Overlake is asking the community to give generously.
To complete funding of this vital project we need:

\$15 Million
We need your help.
Please make your gift now.



GOAL:
\$15
million
by June
2008

CURRENT
GIFTS:
\$7.5
million

To donate or learn more about the Capital Campaign, please contact Laura Welle, Capital Campaign Director, at 425-688-5530 or at laura.welle@overlakehospital.org.

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



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 and click on the Health & Wellness link, then on Classes at Overlake.
- 2** Send an e-mail to teresa.botts@overlakehospital.org.
- 3** Mail a letter with your credit/debit card number, class name, date and attendee information to Teresa Botts, Overlake Hospital, Overlake Hospital Conference Center, 1035 116th Ave. N.E., Bellevue, WA 98004.
- 4** Call 425-688-5259, Monday–Friday, 8 a.m.–4:30 p.m.

PREPARATION FOR CHILDBIRTH

Planning for Pregnancy

An evening of information just for prospective and newly expectant parents. Expert speakers discuss maternal health and lifestyle, prenatal screening tests, couple relationship changes and anticipating changes in the family budget. Plenty of time for questions. Preregistration required. **Thu., Apr. 26, 6:30–9 p.m.** FREE.

We offer a wide selection of classes in a variety of formats so you can create an education plan that best suits your needs and schedule.

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 baby:

- *Expecting Multiples*
- *Prenatal Yoga*
- *Just for Grandparents*

- *Siblings Are Special*
- *Conscious Fathering*
- *Car Safe Kids*

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 Comes

- *Conscious Fathering*
- *You & Your New Baby*: for moms with babies 4–12 weeks old
- *Infant Massage*
- *Baby Boot Camp™*: a fitness program for postpartum moms and babies

For complete class listings or to register, please visit www.overlakehospital.org or call 425-688-5259.

PARENTING

NEW! Discipline 101: Beyond Time Out, Consequences, Choices, Bribes and Threats—three-part series

Taught by parent educator Jan Faull, MEd. Some of today's mainstream parenting techniques leave parents frustrated with children who talk back, don't comply and are downright defiant. In this class, you will learn how to use parenting methods effectively while taking into account your child's developing brain and intellect. Class designed for parents with children ages 3–10 years. **Tue., May 1, 8 and 22, 7–9 p.m.** \$45 per person, \$75 per couple.

Potty Challenges

Taught by parent educator Jan Faull, MEd. Learn to gently guide your child away from power plays and toward success. For parents whose children are 3 years and older. **Thu., May 3, 7–9 p.m.** \$30 per person, \$45 per couple.

Anger: Yours and Your Child's—two-part series

Taught by parent educator Jan Faull, MEd. What's a parent to do when children trigger the parent's anger? Learn how to stay calm while responding to your child's anger, disappointment, sadness and frustration. **Tue., May 29 and Jun. 5, 7–9 p.m.** \$40 per person, \$65 per couple.

For more information about our classes, please go to

PATHWAYS PARENTING LECTURE SERIES

Featuring popular authors and experts in their fields. To register or for details, call 800-838-3006 or visit parentmap.com/pathways.htm. Sponsored by *ParentMap* magazine. \$18 (\$20 at the door).

Babies and the Brain: Truths, Myths and Politics

Andrew Meltzoff, PhD, and Patricia Kuhl, PhD, researchers at the University of Washington and co-founders of the Institute for Learning and Brain Sciences at UW. Seattle Children's Theatre. **Tue., Apr. 17, 7–9 p.m.**

Overdrive: How Too Much Ambition Can Harm Kids

Suniya Luthar, PhD, professor of developmental and clinical psychology, Teachers College, Columbia University, Yale University. Lincoln Square Cinema, Bellevue. **Tue., Apr. 24, 7–9 p.m.**

"How Big IS a Hormone?" Tackling Tough Questions Kids Ask

Julie Metzger, RN, and Rob Lehman, MD, with more than 20 years' experience, will help answer the tough questions that are on the minds of pre-teens and teens. Seattle Children's Theatre. **Wed., May 9, 7–9 p.m.**

Coaching Kindness: The Impact of Language on Your Child's Character

Hal Urban, PhD, author of *Positive Words, Powerful Results*. Museum of History and Industry, Seattle. **Tue., May 22, 7–9 p.m.**

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. **Weeknights, Apr. 2, Apr. 23, May 14, May 30, Jun. 4 or Jun. 25, 6:30–9:30 p.m., or Sat., Apr. 7 or Jun. 16, 9 a.m.–noon.** \$30.

Kid Safety and CPR Workshop

Infant/child CPR and basic first aid. Receive two-year completion card. Classes can be taken separately. Two-part midweek class: **Mon. and Wed., Apr. 16 and 18, or Mon. and Wed., Jun. 18 and 20, 6:30–9:30 p.m., or Sat., May 5, 9 a.m.–4 p.m.** \$50.

Kid Safety Renewal

Update your first aid and infant/child CPR skills. **Tue., May 9, 6–10 p.m.** \$35.

Adult First Aid and CPR Workshop

This two-part class includes a book. First aid

and adult CPR may be taken separately. **Mon. and Thu., May 7 and 10, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Midweek classes. **Wed., Apr. 25, Wed., May 16, Mon., Jun. 11, 6–9:30 p.m.** \$60.

Super Sitters: Babysitting Classes

For ages 11 and up. **9 a.m.–2 p.m.** BCC–North Campus: **Sat., Apr. 21, May 12, Jun. 9 or Tue., Jun. 26, 425-688-5259.** Kirkland Parks: **Sat., Jun. 2, 425-587-3336;** Issaquah Parks: **Sat., Apr. 28 or Jun. 16, 425-837-3300;** Mercer Island Parks: **Sat., May 5, 206-236-3545;** Renton Community Center: **Sat., May 19, 425-430-6700.** \$30 (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 RNs. Midweek evening classes. 425-688-5259. FREE.

Comprehensive Osteoporosis/Bone Density Screening

Your insurance will be billed. 425-688-5985.

HEALTHY LIFESTYLES

Migraine Management

Nearly half of migraine sufferers in the U.S. go for years before obtaining an accurate diagnosis and effective treatment. In this two-hour class, Joseph Robin, MD, Overlake neurologist, will address misconceptions about migraines, recognizing symptoms and lifestyle changes and treatments that can shorten and lessen the recurrence of headaches. Plenty of time allowed for questions. **Wed., Apr. 25, 7–8:30 p.m.** FREE.

Brain Attack:

What You Should Know About Stroke

Stroke (or brain attack) happens when the arteries leading to the brain are blocked or rupture. In this two-hour program, three Overlake practitioners, John Nelson, MD, internist, Janine Jones, MEd., CDE, registered nutritionist, and Chris Wherity, MA, EPC, exercise physiologist, will discuss how to decrease your chances of brain attack. Co-sponsored by The Hope Heart Institute. **Sat., May 12, 9–11 a.m.** FREE.

Life Line Screening®:

Know your Risk Factors for Stroke, Heart Disease and Osteoporosis

Be a part of your own personal prevention plan by evaluating your risk factors. Wellness Package includes the following four screenings for \$129: Carotid Artery/Stroke, Abdominal Aortic Aneurysm (AAA), Peripheral Arterial Disease and Osteoporosis Risk. Each screening can be taken individually. Call for details. Overlake Hospital Medical Center, **Sat., Jun. 2, 9 a.m.–4 p.m.** Preregistration required; to register call Life Line Screening at 800-324-1851.

Melanoma Monday:

Free Skin Cancer Screening

Overlake Dermatologists are once again offering a free skin cancer screening. Melanoma Monday is a part of a national campaign to encourage early detection and teach prevention of skin cancer—the most common form of cancer in the U.S. **Mon., May 7, 5:30–8 p.m.** Space is limited; preregistration required. Please call 425-688-5259 for an appointment.

Freedom from Smoking

Seven-part series developed by the American Lung Association. **Wed., Apr. 25–May 30, and Mon., May 7, 7–9 p.m.** \$70 (covered by some insurance plans).



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.

www.overlakehospital.org and click on Health & Wellness / Classes at Overlake.

Hypnosis Classes

Robert W. Felix, certified hypnotherapist.

Hypnosis to Quit Smoking

Thu., Apr. 12, 7–9 p.m. \$39.

Hypnosis for Weight Loss

Three-part series held monthly. **Thu., Apr. 19, Apr. 26 and May 3 or May 24, May 31 and Jun. 7, 7–9 p.m.** \$79.

Personal Fitness Plan—

Design and Commit to an Effective, Individual Wellness Plan

Work with a fitness professional to discover activity options that fit your style and needs, and create a plan to meet your goals. **Thu., Apr. 12, 19 and 26, 1–2 p.m. or 5:30–6:30 p.m.** Advance registration required. Check our Web site at www.overlakehospital.org or call 425-688-5811 for details. \$40.

Dumping Daily Stress Through Mindfulness Meditation

Mindfulness meditation is a simple and powerful tool used in medical centers nationwide to reduce stress and stress-related illness. Overlake Outpatient Center. **Tue., Apr. 3, May 8, Jun. 5, 12:15–1:15 p.m.** Advance registration required. Call 425-688-5811. \$8/class or \$18/three sessions.

Strength, Posture, Flexibility—Exercises You Can Do Anywhere (for young and older adults)

Learn simple exercises you can do with a wall, a chair, weights or bands to improve posture and strengthen and stretch arms, stomach, torso and legs. Each class offers different exercises. Overlake Outpatient Center. **Arms and Abs: Tue., Apr. 10 and May 15. Legs and Core: Tue., Apr. 17 and May 22, 1–2 p.m.** Advance registration required; 425-688-5811. \$15 for one one-hour session or \$27 for two one-hour sessions.

Diabetes Support Group

The Diabetes Support Group is open to anyone with diabetes, their family members and the community. Meetings are held the second Monday of each month except July, August and December. Call 425-688-5485 for more information. FREE.

Diabetes Education

Overlake Hospital Diabetes Education Services has a Certificate of Recognition from the American Diabetes Association assuring that our program meets national standards for diabetes self-management education. We offer 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.

EVENTS

Together for Women’s Health

Featuring Phylicia Rashad as Keynote Speaker.

Please join Overlake Hospital Medical Center and Evergreen Healthcare as they present Together for Women’s Health, a special evening event that educates and empowers women to be proactive about their health and personal wellness. The evening will begin with wine and hors d’oeuvres, followed by an inspirational program with speaker and actress Phylicia Rashad.

Mothers, daughters, sisters and friends come together and leave inspired. **Thu., Apr. 12, 5:30–8:30 p.m.** Kirkland Performance Center. Register online at www.overlakehospital.org or by calling 425-688-5259. For more information, contact Hannah Blomberg at 425-688-5185 or hannah.blomberg@overlakehospital.org. \$35.



Together
for
Women’s Health

Sonja Potter Auxiliary Pancake Breakfast

Physicians from Overlake Hospital Medical Center will scrap their scrubs, and don aprons instead, to prepare a hearty morning meal for attendees at a pancake breakfast and silent auction. North Bellevue Community Center, 4063 148th Avenue N.E. **Sat., Jun. 9, 8:30 a.m.** The event, hosted by the Sonja Potter Senior Care Auxiliary, is open to the public. Tickets are available at the door for \$5.

SENIOR CARE CLASSES AND PROGRAMS

Annual Senior Residence Housing Fair

The event will include lectures on a wide range of senior housing options along with a resource fair with more than 55 senior housing facilities represented. Open houses at the senior residences will follow in the afternoon. Sponsored by the City of Bellevue and Overlake Senior Care. North Bellevue Community Senior Center, 4063–148th Avenue N.E., Bellevue. **Sat., May 12, 9:30 a.m.–noon.** Call 425-688-5800 for further information.

Therapeutic Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah. **Mon., Apr. 23–May 21, or Jun. 4–Jul. 2, 1:15–2:30 p.m., or Tue., Apr. 24–May 22, or May 29–Jun. 26, 11:30 a.m.–12:45 p.m.** Registration required; 425-688-5800. \$50.

Beginning Seniors Yoga

With certified yoga instructor. The Yoga Barn, Issaquah. **Mon., Apr. 23–May 21, or Jun. 4–Jul. 2, 3:00–4:15 p.m.** Registration required; 425-688-5800. \$50.

As We Age: What Is Normal Aging?

With Hank Williams, MD and Lester Sauvage, MD. Overlake Hospital Conference Center Auditorium. **Tue., May 8, 3:30–5 p.m.** Call 425-688-5800 to register. \$5.

Surviving the Symptoms of Alzheimer’s Disease

With Sue Schepp, Alzheimer’s Association. BCC-North Campus, 10700 Northup Way, Bellevue. **Mon., Jun. 18, 6–9 p.m.** Advance registration required; 425-688-5800. \$5.

When Counting Sheep Doesn’t Work (Class #19613)

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

Fighting Back Against Brain Attack (Class #19614)

With Carole Hardy, RN, Overlake stroke coordinator. North Bellevue Community Senior Center. **Mon., Jun. 25, 1–2:30 p.m.** Registration required; 425-452-7681. \$6 residents; \$7 nonresidents.

Identity Theft

With Pam Hottinger, CMFC, Waddell & Reed financial advisor. Bellevue YMCA. **Wed., Apr. 11, 11:30 a.m.–12:30 p.m.** Registration required; 425-746-9900. \$5 for nonmembers.

Neglecting Dental Care Is Risky to Your Health

With Mark DiRe, DDS, Bellevue YMCA. **Wed., May 9, 11:30 a.m.–12:30 p.m.** Registration required; 425-746-9900. \$5 for nonmembers.

The Aging Foot

With Doug Ichikawa, DPM, Bellevue YMCA. **Wed., Jun. 13, 11:30 a.m.–12:30 p.m.** Registration required; 425-746-9900. \$5 for nonmembers.

Acting Against Brain Attack

With Carole Hardy, RN, Overlake stroke coordinator. Redmond Senior Center. **Mon., Apr. 9, 10:15–11:30 a.m.** Registration required; 425-556-2314. FREE.

For more information about our classes, please go to www.overlakehospital.org

Breast Cancer in Senior Women and Treatment Options Available

Redmond Senior Center. **Mon., May 14, 10:15–11:30 a.m.** Registration required; call 425-556-2314. FREE.

It Hurts When I Move My Shoulder!

Redmond Senior Center. **Mon., Jun. 11, 10:15–11:30 a.m.** Registration required; 425-556-2314. FREE.

Shoulder Pain: Why Does It Hurt?

With Vincent Santoro, MD. Overlake Medical Center at Issaquah. **Tue., Apr. 17, 9:30–10:30 a.m.** Registration required; 425-688-5800. \$5.

Acting Against Osteoporosis

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

Keeping Your Memory Sharp

With Regina Bennett, MSW. Columbia Athletic Club, Juanita Bay. **Thu., Apr. 19, noon–1 p.m.** Registration required; 425-821-0882. \$5 for non-members.

Vitamin Supplements:

What's All the Buzz About?

With Peggy Swistak, RD. Columbia Athletic Club, Juanita Bay. **Thu., May 17, noon–1 p.m.** Registration required; 425-821-0882. \$5 for non-members.

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

Family support group offered to help meet the needs of people caring for loved ones.

Bellevue Caregiver Support Group

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.

Individualized, Group

Senior Fitness Workout Sessions

Overlake Fitness Center. **Mon., Tue., Thu.** \$145–\$165/three months. Advance registration required; 425-688-5811.

Personal Training and Weight Control

Consults for Individuals or Small Groups

Call to schedule. Advance registration required; 425-688-5811. \$40/30 minutes.



Better Balance and Posture for Every Body

A simple approach for anyone to significantly improve their balance and agility. Overlake Outpatient Center. **Thu., May 10, 17 and 24, 1–2 p.m.** Advance registration required; 425-688-5811. \$40.

CANCER PROGRAMS

The Overlake Cancer Resource Center's classes, support groups and services are free and include a lending library, Internet access and counseling.

Wig Closet

Feel free to drop in weekdays, or call 425-688-5986 for an appointment.

Look Good, Feel Better

An American Cancer Society program addressing skin care and hair loss using cosmetics, wigs, scarves and turbans. Overlake Cancer Resource Center, Ste. 140. **Mon., Apr. 9, 1–3 p.m., Mon., Jun. 11, 6–8 p.m.** To register, call 800-ACS-2345.

Cancer Support Programs

For more information on our free support programs, go to www.overlakehospital.org and click on Health & Wellness/Support Groups.

Bereavement Support Group

Overlake Medical Tower, Ste. 250. **2nd and 4th Mon. of each month, 7–8:30 p.m.** Call 425-688-5986.

Breast Cancer Support Group

Overlake Cancer Resource Center, Ste. 140. **1st and 3rd Tues. of each month, 7–8:30 p.m.** Call 425-688-5986.

Reconstruction After Breast Cancer Surgery

Overlake Medical Tower, Ste. 250. **4th Wed. of each month, 7–8:30 p.m.** Registration required; call 425-688-5986.

Sit and Knit

Volunteer program. **Wed. and Fri., 10 a.m.–1 p.m.** For more information, call 425-688-5986.

LOOKING FOR AN OVERLAKE 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.

and click on Health & Wellness / Classes at Overlake.

NEW MEDICAL STAFF AT OVERLAKE

Cheryl Jacobs, MD

425-462-1132
Internal Medicine

Hongxiu Ji, MD

425-688-5117
Pathology

Stephanie Phan, MD

425-454-7912
Ophthalmology

Laura Schellenberg-Johnson, MD

206-448-6194
Internal Medicine

Katharine Te, MD

425-391-8886
OB/GYN

Vivian Schiedler, MD

425-216-7200
Ophthalmology

Lekha Madhavan, MD

425-688-5072
Internal Medicine

Roberta Winch, MD

425-836-5407
Pediatrics



Is Joint Pain Keeping You From Enjoying *Life?*

If you're having to quit activities you enjoy, such as walking or biking, because you're in too much pain, or if you experience little or no relief from pain medication, please join us for *MOTION is LIFE*, an educational event featuring options for joint pain relief.

Space is limited, reservations are recommended. To make *your* reservation, call 425 - 688 - 5579.

Wednesday | Apr. 25th | 7– 8:30 p.m.

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

Presented by
The Joint Replacement Center at Overlake



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