

Healthy Outlook

SPRING
2009

The Power of Positive Thinking

*George Anderson has
a can-do spirit about his
recovery and his care
by Overlake's skilled
cancer team*

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Find Relief for Severe Back Pain
Attend the 22nd Annual Bandage Ball



From the President & CEO

Stories of inspiration and hope occur every day at Overlake—stories of lifesaving emergency care, life-changing surgery or the joyful welcoming of a new baby. In this issue of *Healthy Outlook*, we share some of these extraordinary stories from patients, staff and donors.

Our high-quality care is personified by the journey of patient George Anderson, who, with our cancer team by his side, beat colorectal cancer. This year we are celebrating the Cancer Center's 35 years as an accredited facility by the Commission on Cancer. This designation reflects Overlake's unwavering commitment to excellence in cancer care, including offering the latest diagnostic and treatment options and superior support services. In fact, to strengthen our support services, we've recently welcomed patient navigator Kelly Zant, who helps direct patients to resources they need during their cancer treatment.

Also committed to enhancing our facility are longtime friends of Overlake, the Rev. John Shaw and his wife, Julia, whose support made possible a new chapel and meditation room—a space serving patients, families and staff in need of solace.

It's dedicated employees like Kelly, donors like the Shaws, and our highly skilled physicians, staff and volunteers who make Overlake a place of healing and hope for patients like George and our entire Eastside community.

Sincerely,

Craig Hendrickson
President & CEO

OVERLAKE'S MOVE AND EXPANSION OF MEDICAL CENTER ISSAQUAH

Overlake will move its existing Medical Center Issaquah to a new facility that's being developed nearby at 5728 East Lake Sammamish Parkway. The new location will provide an improved patient experience and will allow Overlake to consolidate and expand its healthcare services in Issaquah.

The new development, called Overlake Center, will bring together in one facility our Urgent Care Clinic, Anticoagulation Clinic, Breast Health and Women's Services, as well as primary care physician offices and a classroom for community education.

Construction started in late October, and the grand opening is slated for this summer. Operations in its current location will continue until construction of the new facility is completed.

OVERLAKE RECEIVES HEALTHGRADES® PATIENT SAFETY AWARD

For the second straight year, Overlake has received the HealthGrades' Patient Safety Excellence Award, which ranks us among the top 5 percent in the nation for overall patient safety.

HEALTHY OUTLOOK · SPRING 2009

BOARD OF TRUSTEES

Larry Hebner
CHAIRMAN

Jerome E. Mathews
IMMEDIATE PAST CHAIRMAN

John Murphy
SECRETARY

Tom Cleveland
TREASURER

Gregory Engel, MD
CHIEF OF STAFF

Walter Smith, MD
CHIEF OF STAFF ELECT

Craig Hendrickson
PRESIDENT AND CEO

Douglas Albright
HOSPITAL COUNSEL

Jim Doud
Antony Egnal, MD
Janine Florence
Kemper Freeman, Jr.
Cecily Hall
Ken Johnsen
Doug Martin
Skip Rowley
Roger Stark, MD
Bertrand Valdman
Patricia Wangness

OVERLAKE HOSPITAL MEDICAL CENTER

1035 116th Ave. NE
Bellevue, WA 98004

6520 226th Place SE
Issaquah, WA 98027

425-688-5000

www.overlakehospital.org

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

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

Healthy Outlook © 2009. Published by the Overlake Marketing Department.

Photography by Scott Areman.

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

Treating Severe Back Pain

Low back pain is one of the most common health problems in the United States. In fact, up to 80 percent of us will experience significant lower back pain at some time in our lives.

Treatment for low back pain is usually nonsurgical and can include physical therapy, chiropractic care, medications and injections. “But when nonsurgical methods are not effective,” says Alan Brown, MD, of Bellevue Bone and Joint, “surgery is often the best option.”

According to Overlake neurosurgeon Jacob Young, MD, the main indications for surgery are intolerable discomfort, neurologic deficits or the possibility of future damage to the nervous system.

One common cause of back pain is spondylolisthesis, which Phyllis Jacobsen, 63, of Yakima was diagnosed with last October. The condition is usually caused by instability associated with aging of the spine and subsequent vertebrae alignment.

Phyllis had experienced back pain throughout her adult life and got to a point where the pain was unbearable. Dr. Young performed spinal fusion, a type of surgery that anchors vertebrae together so they can no longer move and cause pain.

Phyllis shares, “I’m doing extremely well and looking forward to traveling again.”

FROM DEBILITATING PAIN TO A NORMAL LIFE

Another cause of back pain is spinal stenosis, a degenerative condition that can be helped by surgery. Stenosis occurs when the spine narrows and compresses the spinal cord and nerves, causing leg and back pain.

In a matter of days, Issaquah resident Jami Giammusso, 43 and a mother of four, went from having a full, active life to using a walker and then a wheelchair.



HEALTHGRADES
GUIDING AMERICA TO BETTER HEALTHCARE®

5-star ratings for: **Spine Surgery**
Back and Neck Surgery
Spinal Fusion

Awards: **HealthGrades Spine Surgery Excellence Award**

Best in the Region for Spinal Surgery

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

Says Varun Laohaprasit, MD, of Neurological Associates, "Our goal is to treat our patients like our family and see them recover to the point they can enjoy life. These awards are important because they prove that we have given the best care to our community."

“Jami was using a walker when I first met her,” says Jami’s physician, Ash Patel, MD, an Overlake orthopedic surgeon. “After her fusion surgery, she came to my office for follow-up and she looked like a different person—happier, more confident and much taller than I realized.”

“I was in excruciating pain and had zero quality of life. The effects of surgery have been unbelievable,” says Jami. “I feel like my life was handed back to me.”

The following physician groups are affiliated with Overlake's award-winning Spine Surgery program:

Bellevue Bone & Joint
425-462-9800

Overlake Neurosurgery
425-456-0922

Neurological Associates
425-455-5440

Proliance Surgeons
425-454-5344

According to the National Institutes of Health, colorectal cancer is the third most common cancer found in men and women in the United States (excluding skin cancers), and the third leading cause of cancer-related mortalities. However, due to awareness of the disease, earlier screenings and improved treatments in the past 15 years, the death rate and the number of colorectal cancer cases have actually decreased.

Staying Positive in Cancer Recovery

George Anderson was diagnosed with rectal cancer in April of last year. He had been seeing his urologist, Overlake physician Robert Weissman, MD, of Bellevue Urology, due to an elevated PSA (prostate specific antigen) count. When he went in for a follow-up exam, his count had gone way down, but he was still concerned about the persistent abdominal discomfort he was experiencing. Dr. Weissman advised George to undergo a colonoscopy. The colonoscopy uncovered George's cancer.

SEAMLESS CONTINUUM OF CARE

"To better understand and predict the extent of his cancer, we used a combination of endoscopic ultrasound (EUS) and PET/CT scanning to more accurately stage it. By looking from the inside out, we could determine the optimal course of treatment," says George's oncologist, Nicholas Kovach, MD, of Overlake Internal Medicine Associates.

EUS, which has been available at Overlake for three years, is used for gastrointestinal and lung cancers and provides high-resolution images so physicians can confirm the stage of the cancer, explore its exact location, determine the depth of a tumor and determine if the cancer has spread to nearby lymph nodes or organs. Highly trained gastroenterologists, such as

Roanne Selinger, MD, who was George's doctor, perform these procedures.

EUS involves the use of a thin, flexible tube called an endoscope to examine patients. Within the endoscope is an ultrasound transducer, which produces sound waves to create images of the colon. With these detailed images, the extent of the cancer is determined.

Every week, a multidisciplinary conference is held by Overlake's integrated care team. The team, which consists of board-certified medical, surgical and radiation oncologists; specialists such as gastroenterologists, urologists and pathologists; and nurses and support staff, reviews each newly diagnosed cancer patient's case and determines the best treatment plan.

George was found to have stage IIIB rectal cancer. Based on the results from the EUS and discussions of his case in the multidisciplinary conference, his physicians recommended chemotherapy, radiation therapy and surgery.

To shrink and confine the tumor before having surgery, George underwent chemotherapy by Dr. Kovach and radiation therapy by James Pelton, MD.

Oliver Biggers, MD, Overlake colorectal surgeon and someone George has known for 25 years, removed seven inches of George's colon and 28 lymph nodes during surgery. Since one of the removed lymph nodes



George Anderson and wife Jean

contained malignant tissue, George had follow-up (adjuvant) chemotherapy to kill cancer cells that could have spread to other organs.

A “CAN-DO” GUY

“While George’s disease was not uncommon, what has been unusual is his steadfast approach to methodically going after his disease and maintaining his normal life,” says Dr. Kovach.

Since his diagnosis, George has continued to work for Sears’ home improvement division in field sales and also remodeled his home.

“I’m 67 years old, but I’m fully capable of working eight hours a day,” says George. “Chemo makes me tired, and I sleep a lot, but then I’m ready to go.”

According to wife, Jean, “His positive attitude and determination played a big role in his recovery. He’s a very ‘can-do’ guy.”

George says he can’t control his cancer, but he can control his treatment and his attitude. “Life goes on; I try to keep an optimistic outlook.”

ASSESSING YOUR RISK

The American Cancer Society recommends men and women have a colon screening after turning 50. The recommended frequency of subsequent screenings is

dependent upon findings and continued assessment of risk.

Discuss your personal and family health history with your physician, as well as any other health issues that put you at risk. Those with any significant risk (such as a family history of colorectal cancer) should ask their physician when and how often to receive colon cancer screenings.

Signs and symptoms of colorectal cancer may include changes in bowel habits (unusual diarrhea, constipation, narrowing of the stool), the urge to have a bowel movement even after doing so, dark or bloody stools, and stomach pain or cramps.

Many times these symptoms are not caused by colorectal cancer, but it’s important to visit your physician to rule it out and find the cause. For more information on Overlake’s Colorectal Cancer program, visit www.overlakehospital.org/colorectalcancer.

Connecting Cancer Patients with Resources

To complement medical treatment at the Cancer Center at Overlake, support staff provides patients, families and caregivers access to counseling, support groups, educational programs and cancer disease site-specific materials.



Patient navigator Kelly Zant and oncology social worker Desiree Hobson

Two staff members are essential in connecting patients to these resources. Oncology social worker Desiree Hobson, MSW, offers counseling services, and American Cancer Society (ACS) patient navigator Kelly Zant, MSW, directs patients to resources that will help them navigate their care. Their services are provided free of charge to cancer patients and their families.

ACCESS TO COUNSELING SERVICES

“Patients are often overwhelmed and under such high stress at this time that if they don’t take care of their emotional health, it may be even more difficult for them to cope and get through treatment,” says Desiree.

Desiree provides emotional support and teaches coping skills to address issues such as the physical and emotional side effects of treatment, which could hinder care. She can also facilitate family conferences to discuss difficult topics such as end-of-life care.

“I try to help relieve any burden I can. Patients already have enough on their plates,” Desiree adds. “Even making phone calls to various agencies helps ease their minds and lets them spend more time with their families.”

ACCESS TO RESOURCES

Another key member of the Cancer Center team is Kelly, our on-site patient navigator. Overlake has

partnered with ACS to offer a patient navigation program, the first on the Eastside. Permanently based at Overlake’s Cancer Resource Center, Kelly helps men and women newly diagnosed with cancer talk through their concerns and access a wide range of services.

“I respond to a patient’s needs by linking them to services and resources at Overlake, ACS or within the community,” says Kelly. She also helps patients identify and overcome treatment barriers, including transportation, financial and housing issues.

INTEGRATED TEAM APPROACH

The integrated cancer care team at Overlake is a huge strength of the program. Physicians, nurses, social workers and the patient navigator all work together to ensure that the needs of each patient are met.

“The Cancer Center at Overlake provides holistic care—for the mind, body and spirit,” says Desiree. “It’s this comprehensive care that makes a difference.”

For an appointment with our social worker, e-mail desiree.hobson@overlakehospital.org or call 425-688-5586. Our patient navigator may be reached at 425-467-3809 or patientnavigator@overlakehospital.org.

A complete list of cancer programs can be found on page 15 or at www.overlakehospital.org/cancercenter.

CANCER CENTER CELEBRATES 35TH YEAR OF ACCREDITATION

2009 marks the 35th consecutive year the Cancer Center at Overlake has received accreditation from the American College of Surgeons Commission on Cancer (CoC). Overlake undergoes a rigorous review and evaluation process every three years to receive accreditation.

This year, Overlake was granted Three-Year Approval with Commendation, which means the Cancer Center complied with all 36 standards set forth by the CoC and exceeded the standards in seven out of nine possible areas of commendation.

As a CoC-approved facility, we ensure that our patients have access to:

- Comprehensive care including state-of-the-art services and equipment.
- A multidisciplinary team approach to coordinate the best available treatment options.
- Information about clinical trials and new treatment options.
- Access to prevention and early detection programs, cancer education and support services.
- A cancer registry that offers lifelong patient follow-up.
- Ongoing monitoring and improvements in cancer care.
- Quality care, close to home.

"Accreditation assures that we are maintaining high standards of care. The process also allows us to evaluate areas where we might be able to improve services to our patients," says Nicholas Kovach, MD, chairman of the Cancer Committee at Overlake.



C A N C E R C E N T E R

35 years of accreditation by **35** the Commission on Cancer

ART EXHIBIT VISITS OVERLAKE

Lilly Oncology on Canvas: Expressions of a Cancer Journey, a national touring exhibit showcasing art by people affected by cancer, will arrive on the Overlake campus Monday, June 1. Fifty pieces of art will be on display for two weeks (through Sunday, June 14) in the main walkway in the Overlake Medical Tower and the PACCAR Education Center lobby. The exhibit is courtesy of Eli Lilly and Company.



SURVIVORSHIP: LOOKING TO YOUR FUTURE

The Cancer Center at Overlake is hosting *Survivorship: Looking to Your Future*, a one-day conference for cancer survivors and caregivers on Saturday, June 13, 9 a.m. to 3 p.m.

The National Coalition for Cancer Survivorship (NCCS) pioneered the definition of survivorship: "From the time of diagnosis and for the balance of life, a person diagnosed with cancer is a survivor." It also includes family, friends and caregivers who are affected by the diagnosis.

Survivorship: Looking to Your Future will connect survivors and caregivers with healthcare providers who can provide new and valuable information about survivorship.

The conference will help individuals identify common themes relating to quality of life following a cancer diagnosis.

Debra Jarvis, local author of the book *It's Not About the Hair*, will be the keynote speaker. Educational and resource tables will be available throughout the day.

The conference is free to cancer patients and caregivers. A light breakfast and lunch will be provided.

The event is officially registered with National Cancer Survivors Day®.

Survivorship: Looking to Your Future

A motivational and educational conference for cancer survivors and caregivers.

Saturday, June 13

9 a.m. to 3 p.m.

**PACCAR Education Center at Overlake
Breakfast and lunch provided**

FREE

Registration is limited; call Kathleen Craig at 425-688-5816 to register.

New Chapel Opens Thanks to Generous Donors

Offering support and comfort to patients, their families and friends, the Julia Pickard Shaw Chapel and Meditation Room recently opened on the second floor of Overlake's main hospital tower. The new sanctuary is the result of the tireless efforts of former Overlake chaplain, the Rev. John Shaw, and is named in honor of his wife, Julia.

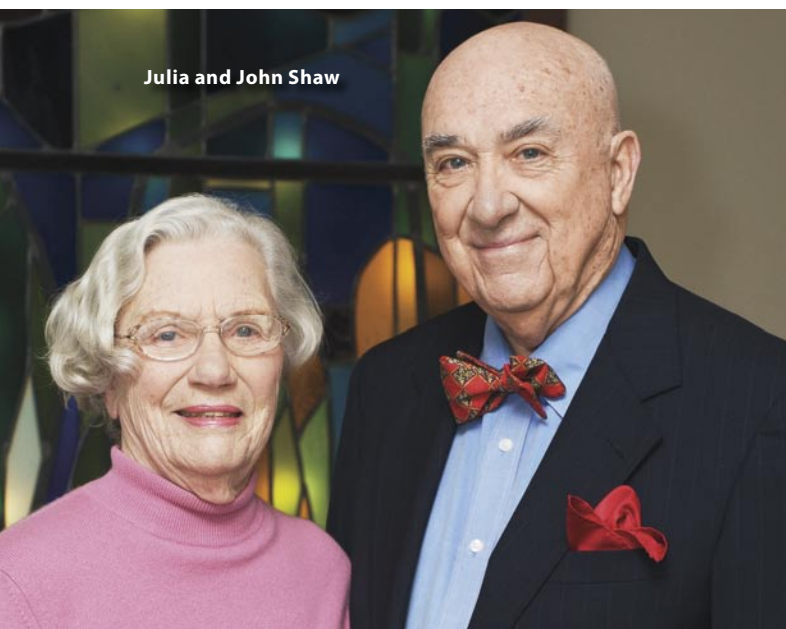
A CHAPEL TAKES SHAPE

When the previous chapel was closed for the South Tower expansion, John wanted to make sure Overlake continued to offer patients a place of refuge. To help the process along, he worked with the Overlake Hospital Foundation and generously agreed to fund the chapel's development.

The new chapel opened in November 2008 and is available 24 hours a day, seven days a week, for people of all faiths. Visitors will find inspirational reading materials and, if they wish, can meet with Overlake chaplains Sue Carlson and Russ Staples, whose office is located within the chapel.

The chapel's design incorporates light and the natural beauty of the Pacific Northwest, with a view of Mt. Rainier from its south-facing windows. An inspirational stained glass artistic representation of a Northwest scene, a legacy from the original chapel, provides a focal point for meditation and personal reflection.

"The chapel will be a place of refuge for families," says John. "There are times when families need to take



Julia and John Shaw

Learn More About Giving Opportunities

Your hospital. Your community. Your commitment.

To learn more about giving opportunities and to make your gift today, visit our Web site at www.overlakehospital.org/support, or mail your contributions to 1035 116th Ave. NE, Bellevue, WA 98004.

You may also contact us at foundation@overlakehospital.org or 425-688-5525.

a few moments away for solace or support. I think it's going to be a real source of comfort for patients, families and visitors."

TRANSCENDING THE DEFINITION OF DONOR

John Shaw is well-known to many patients as Overlake's first full-time chaplain. He and Julia moved here in 1984 from California where John served as chaplain at Santa Monica Medical Center. From 1984 until his retirement in 1992, he provided spiritual and emotional comfort to patients and family members, helping them cope with difficult, and often frightening, times in their lives.

"During my time as Overlake chaplain, I made myself available to the patients, their families and to the staff," says John.

John's commitment to Overlake has spanned 25 years and, during his time as chaplain, went far beyond the scope of his duties. He started an ethics committee, a cancer patient support group and a class on living wills that he continues to teach several times a year. After his retirement in 1992, he continued his service to Overlake, providing leadership as a trustee on the Overlake Hospital Foundation Board for 12 years, with a year and a half as chairman. He also served on the Overlake Board of Trustees for six years.

In addition to their dedication to Overlake, the Shaws are both highly regarded in the Puget Sound region for their community involvement. Julia has devoted a lifetime to education and has been an advocate for literacy education, both in local and international arenas. Since moving to Washington, she has focused her involvement on local literacy and library organizations.

The Shaws' generosity reflects a spirit of giving shared by many Overlake donors. We are deeply grateful for their gift to establish the Julia Pickard Shaw Chapel and Meditation Room.

Chapel and Meditation Room at Overlake

The Julia Pickard Shaw Chapel and Meditation Room offers a quiet place for patients, families and friends. Centrally located on the second floor of Overlake's main hospital tower, the chapel's design evokes a sense of peace and the natural surroundings of the Northwest. The chapel was made possible by a generous donation from the Rev. John Shaw and his wife, Julia.

Overlake chaplain Sue Carlson says, "We're very pleased to have this serene space, a place for all faiths and beliefs. When people feel overwhelmed, they can find comfort and support here."

Join Us for the 22nd Annual Bandage Ball

Overlake Hospital Auxiliaries' 22nd Annual Bandage Ball will be held Saturday, April 25 at 5:30 p.m. at the Meydenbauer Center in Bellevue. The 2009 "Fund-a-Need" portion of the event will raise funds to support Overlake's Nurse Residency Program. Our evening of inspiration will include dinner, an auction, dancing and entertainment.

For tickets, call 425-688-5529 or e-mail auxiliaries@overlakehospital.org.

BANDAGE Ball

Overlake physical therapist Diane Sperry treats a patient with positional vertigo.



Treating Vertigo with Vestibular Therapy

Many people experience dizziness but don't know what to do about it. Dizziness may be a symptom of a more serious health issue and should be discussed with your doctor. Quite often, however, dizziness in older people is caused by positional vertigo, and there are simple and effective treatments to reduce or eliminate this “off-balance” feeling.

Three sources in the body contribute to balance: vision, muscles and joints, and the inner ear's vestibular system. “Positional vertigo is just one disorder that can affect the vestibular system, but it's also the easiest to treat,” says Lisa Rehm, a physical therapist at Overlake's Outpatient Center. She has treated many people who have experienced vertigo for years and whose symptoms resolve after just one treatment.

Positional vertigo causes dizziness when tiny calcium crystals collect in one of the semicircular canals in the inner ear. These canals are responsible for telling the brain a person's position. The crystals develop when structures in the ear called otoliths have degenerated or have been damaged by head injury or infection.

The most common symptom of vertigo is dizziness; other symptoms may include light-headedness, imbalance and nausea. Activities that bring on this feeling typically include a change in head position, such as rolling over in bed or reaching up to a high shelf. If positional vertigo is suspected, physical therapists use the Dix-Hallpike test to confirm. The patient's head is turned to a 45-degree angle and then the patient is told to lie down quickly and position his head at 30 degrees below horizontal. Therapists look for nystagmus, a reflexive, involuntary eye movement characteristic of positional vertigo.

Overlake recently purchased a video-monitoring tool (see photo) to aid in diagnosis. The tool includes a set of goggles that magnify the patient's eyes and a video monitor the therapist watches to check the intensity and direction of eye movement. The direction of eye movement tells the therapist which semicircular canal needs to be treated.

A common treatment for positional vertigo is the Epley maneuver, a series of head positions that enables a therapist to move crystals to another part of the inner ear where they can be reabsorbed by the body. After just one treatment, many people no longer experience vertigo. To help minimize the chance of recurrence, a follow-up appointment is scheduled to make sure the Dix-Hallpike test is also negative.

For more information on our vestibular rehabilitation program, contact the Overlake Outpatient Center at 425-688-5900.

Women and Stroke

Consider these disturbing statistics: Stroke is this nation's number three cause of death (about 150,000 fatalities each year) and a leading cause of serious disability. Three of every five deaths from stroke occur in women.

The good news is that women can take steps to protect their health by knowing the causes and signs of stroke and seeking needed medical care as quickly as possible. More heartening news: When stroke strikes, area residents are served by Overlake's top-quality, Joint Commission–certified Stroke Center. "This designation means that we're practicing the latest in evidence-based medicine for stroke, 24/7, and implementing a coordinated, multidisciplinary approach to care," says Carole Hardy, RN, Overlake's Stroke Program coordinator.

What happens in the body when a stroke or "brain attack" occurs? A blood vessel bursts (called hemorrhagic stroke) or is blocked by a clot (called ischemic stroke, accounting for about 83 percent of cases). In either case, part of the brain starts to die because it cannot get the blood and oxygen it needs. Every second counts when it comes to treating stroke—that's why recognizing warning signs is so important, says Carole. (See "If You See Stroke's Warning Signs, Act F.A.S.T. and Call 9-1-1," this page.)

Among Overlake's state-of-the-art treatments for ischemic stroke is the clot-dissolving drug called tPA (tissue plasminogen activator). Maximum benefit is obtained only if the therapy starts within three hours of the onset of stroke symptoms. Treatments for hemorrhagic stroke may include surgical intervention to stop internal bleeding.

Some risk factors for stroke that affect both men and women, such as race and a family history of stroke, can't be changed. Other risk factors can be treated, including high blood pressure (the single largest risk), high cholesterol, smoking, diabetes, being overweight and physical inactivity.



IF YOU SEE STROKE'S WARNING SIGNS, ACT F.A.S.T. AND CALL 9-1-1

FACE Facial droop.

ARMS Arm and/or leg weakness.

SPEECH Speech slurred or abnormal.

TIME Time lost is brain lost. If the person shows any of these symptoms, **call 9-1-1.**

Sources: American Stroke Association, National Stroke Association

BRAIN ATTACK: WHAT YOU SHOULD KNOW ABOUT STROKE

Come hear Overlake Senior Health internist, Randi Leggett, MD, discuss what you can do to decrease your chances of Brain Attack and what symptoms to watch for. Tuesday, June 2, 6:30 to 8 p.m. FREE. Call 425-688-5259 to register.

Risk factors unique to women include:

- Taking birth control pills.
- Being pregnant (due to natural changes in the body such as increased blood pressure and stress on the heart).
- Using a combined hormone therapy of progestin and estrogen to relieve menopausal symptoms.
- Having a thick waist and a high triglyceride (blood fat) level.
- Being a migraine headache sufferer (in the United States, most are women).

To understand and control your particular stroke risk, consult your physician.



Classes and Programs

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

Four easy options for registration:

- 1** Go to www.overlakehospital.org/classes.
- 2** Send an e-mail to 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 Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004.

PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

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

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships, and anticipating changes in the family budget. Plenty of time for questions. Refreshments served. Preregistration required. **Tue., May 26, 6:30–9 p.m.** FREE.

Childbirth Center Tours

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

Before Baby Comes

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

Classes on Childbirth and Newborn Care

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

- *Expecting Multiples*: what you need to know when expecting more than one.
- *Prenatal Yoga*: for expectant and postpartum moms.
- *Just for Grandparents*: discuss the role of grandparenting with other soon-to-be grandparents. Includes a tour of the Childbirth Center.
- *Siblings Are Special*: help your child (3½–9 years old) prepare for a new baby in the house.
- *Conscious Fathering*: for expectant dads, take one before and one after the baby is born.
- *Car-Safe Kids*: how to choose and install an infant car seat.
- *Infant CPR and Safety-Proofing*
- *Bringing Baby Home*: two-day workshop to develop strategies for a loving and thriving family.
- *Happiest Baby on the Block*: see listing at right.

After Baby Arrives

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

PARENTING

NEW! Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Pioneered by pediatrician Harvey Karp, MD, and taught by certified instructors. Attend during pregnancy, or until baby is 3 months old. **Sat., Apr. 25 or May 9, 10 a.m.–noon; or Sat., Jun. 6, 1–3 p.m.** \$60 per family.

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 that it is normal when a baby arrives.*
- *Keep dads involved in infant care.*
- *Co-parent effectively and improve the quality of parent-infant interaction.*
- *Better understand early childhood development.*

The Bringing Baby Home program is a two-Saturday workshop led by a certified instructor. **Sat., May 23 and 30 or Jun. 13 and 20, 9 a.m.–4 p.m.** \$150 per couple.

Becoming a Love & Logic Parent— for parents of 4-year-olds to teenagers

Instructor Lisa Greene, certified parent coach and Love & Logic author will teach you how to avoid power struggles and more success-

For more information about our classes, or to register,

fully handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering and drug/alcohol discussions. **Sat., May 2 and 16, 9 a.m.–2 p.m.** Bring a sack lunch. \$59 per person; \$99 per couple. Additional \$10 material fee required per person or couple.

NEW! Too Much of a Good Thing: Resisting Raising Children Who Feel Entitled

In today's culture, it's easy for children to acquire the attitude that they are entitled to what their parents and peers have and what the media advertises.

Parent educator, Jan Faull, MEd, will show you how to:

- Consider your options when children are demanding.
- Teach children responsibility and accountability instead of entitlement.
- Say "no" in the face of negative effects of peer pressure.

Children who learn to delay gratification have better long-term outcomes. **Tue., Jun. 9, 7–9 p.m.** \$30 per person; \$50 per couple.

Anger: Yours and Your Child's

What's a parent to do when children trigger parent's anger? Learn how to stay calm while responding to your child's anger, disappointment, sadness and frustration. Taught by parent educator Jan Faull, MEd. **Wed., Apr. 29 and May 6, 7-9 p.m.** \$40 per person; \$65 per couple.

Car Seat Check

Protect your precious cargo. As many as nine out of 10 car seats are misused. Bring your infant or child car seat and vehicle for a one-on-one consultation with a car seat expert. **Sat., May 16, 10 a.m.–3 p.m.** FREE.

As Boys Grow Up: Aspects of Puberty, Sex Education and Relationships

For boys ages 10 to 12 and their parents. The class will focus on physical and emotional aspects of puberty, including body changes, sexuality and how babies are conceived. With Bridgett Blackburn, MS, parent educator, and George Lee, MD, Overlake family practitioner. Includes book and refreshments. **Thu., May 28, 6:30–8:45 p.m.** \$45 per parent/son; \$12 per additional person.

As Girls Grow Up: Follow-up Class

For girls ages 11 to 14 and their parents. An 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 in this class. Taught by pediatrician Monica Richter, MD, and parent educator Bridgett Blackburn, MS. Snack provided. **Thu., May 21, 6:30–8:45 p.m.** \$40 per parent/daughter; \$12 per additional person.

Overlake is a proud sponsor of this year's **ParentMap Pathways Lecture series**, which includes:

Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens

With Laura Kastner, MD. **Tue., May 19, 7–9 p.m.**, Meydenbauer Center, Bellevue, \$18 in advance, \$25 at the door. To reserve your ticket, visit www.parentmap.com/pathways or call 800-838-3006.

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. Weeknights, **Apr. 6, May 13, May 26, Jun. 2 or Jun. 23, 6:30–9:30 p.m.; or Sat., Apr. 11, May 9 or Jun. 13, 9 a.m.–noon.** \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. CPR may be taken separately. **Mon., Apr. 13 and Wed., Apr. 15, 6:30–9:30 p.m.** \$55.

Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. **Sat., Jun. 27, 8 a.m.–noon.** \$40.

Adult First Aid and Adult/Child CPR

First aid and adult/child (ages 1–8) CPR. This two-part class includes a book. Classes may be taken separately. **Mon., May 18 and Wed., May 20, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Tue., May 12, 6–9:30 p.m. \$60.

Super Sitters: Baby-Sitting Classes

For ages 11 and older. Held on Saturdays, 9 a.m.–2 p.m. at multiple locations: BCC–North Campus: **Apr. 25, May 16 and Jun. 20**, 425-688-5259; Issaquah Parks: **May 9**, 425-837-3300; Kirkland Parks: **Apr. 18 and Jun. 27**, 425-587-3336; Mercer Island Parks: **May 30**, 206-236-3545; Encompass (North Bend): **May 30**, 425-888-2777; Redmond Parks: **May 2**, 425-556-2300; Renton Parks: **May 16**, 425-430-6700. \$35 (park fees differ).

Spanish-Speaking CPR and First Aid Classes

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

HEALTHY LIFESTYLES

Melanoma Monday—Free Skin Cancer Screening

Free skin cancer screening by Overlake dermatologists. **Mon., May 4, 5:30–8 p.m.** Space is limited; preregistration required. Call 425-688-5259 for an appointment.

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. Overlake Senior Health internist Randi Leggett, MD, will discuss what you can do to decrease your chances of brain attack and symptoms to watch for. **Tue., Jun. 2, 6:30–8 p.m.** FREE.

Life Line Screening®: Know Your Risk Factors for Stroke and Heart Disease

Be a part of your own personal prevention plan by evaluating your risk factors. Wellness Package includes four screenings for \$139: Carotid Artery/Stroke, Abdominal Aortic Aneurysm (AAA), Peripheral Arterial Disease (PAD) and Atrial Fibrillation. Each screening can be taken individually; other screening tests available, call for details.

Sat., May 16, 9 a.m.–4 p.m. Preregistration required; call Life Line Screening at 800-324-1851.

Take Control of Your Life (and Your Bladder): Managing Incontinence

If you are leaking urine when you cough, laugh or sneeze, or you have sudden urges to go to the bathroom, you are probably experiencing incontinence. Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a healthcare professional. Urogynecologist Elizabeth Miller, MD, and women's health specialist Kathy Golic, PT, will discuss types of incontinence and how treatments vary with individual lifestyle and personal preferences, including:

- Lifestyle changes
- Pelvic floor strengthening exercises
- Medications
- Nonsurgical devices
- Implanted devices and surgical remedies

Mon., May 11, 6:30–8 p.m. FREE.

Breast Health Program

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

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., May 7, 14 and 21 or Jun. 4, 11 and 18, 7–9 p.m.** \$89.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Apr. 30 or Jun. 25, 7–9 p.m.** \$45.

Weight Loss Surgery Seminars

Get the facts about weight loss surgery to see if it's right for you. Bellevue: **Weeknights, Apr. 14, May 13 or Jun. 9**, or Issaquah: **Apr. 28, May 26 or Jun. 23, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

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

Diabetes Support Group

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

Diabetes Education

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

Reducing Your Risk for Diabetes

If you have been told 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 of developing diabetes. Call 425-688-5485 for dates, times and cost.

SENIOR CARE

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. BCC–North Campus, 10700 Northup Way, Bellevue. **Tue. and Thu., Apr. 7–30; Wed.**

and Fri., May. 6–29; or Mon. and Wed., Jun. 1–24, 10 a.m.–noon. Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Communicating With People With Dementia

BCC–North Campus, 10700 Northup Way, Bellevue. **Wed., Apr. 8, 2:30–4 p.m.** Preregistration required; call 425-688-5800. \$5.

A Better Understanding of Long-Term Care Insurance Policies

BCC–North Campus, 10700 Northup Way, Bellevue. **Tue., Apr. 28, 10 a.m.–noon or 7–9 p.m.** Preregistration required; call 425-688-5800. \$5.

Keep Your Memory Sharp

BCC–North Campus, 10700 Northup Way, Bellevue. **Tue., May 12, 1–2:30 p.m.** Preregistration required; call 425-688-5800. \$5.

Vitamin and Mineral Supplements—Do We Really Need Them?

BCC–North Campus, 10700 Northup Way, Bellevue. **Tue., May 19, 1–2:30 p.m.** Preregistration required; call 425-688-5800. \$5.

Avoiding Adverse Medication Effects as You Age

BCC–North Campus, 10700 Northup Way, Bellevue. **Thu., Jun. 25, 2-3:30 p.m.** Preregistration required; call 425-688-5800. \$5.

Incontinence: It Doesn't Have to Be a Part of Growing Older (Class #40418)

North Bellevue Community Center. **Mon., Apr. 27, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Keeping Your Balance and Avoiding Falls (Class #40419)

North Bellevue Community Center. **Mon., Jun. 22, 1–2:30 p.m.** Preregistration required; 425-452-7681. \$6 residents; \$7 nonresidents.

Stay on Your Feet, Avoid a Fall

Bellevue YMCA. **Wed., Apr. 8, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

The Tearing Patient—Dealing With Eye Problems as You Age

Bellevue YMCA. **Wed., May 13, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

Diet Tips to Help Your Bones—Preventing Osteoporosis

Bellevue YMCA. **Wed., Jun. 10, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

I Can't Hear You!

Redmond Senior Center. **Wed., Apr. 15, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Outpatient Center

Helping to Maintain Your Vitality

Overlake's Outpatient Center focuses on increasing independence and improving health and wellness following injury, surgery, disease or the onset of pain.



The Center offers a wide range of services, including:

- Anticoagulation Clinic
- Nutrition Services, including an Infant Nutrition Clinic
- Diabetes Education Services
- Physical Therapy
- Spine and Sports Injury Rehabilitation
- Vestibular Rehabilitation
- Balance Training/Fall Prevention
- Pelvic Floor Treatment (incontinence and pelvic pain)
- Occupational Therapy
- Speech, Language, Voice and Swallow Therapy

The Center is located just west of the hospital campus, across I-405. Most services require a referral from your primary care physician. For more information, call 425-688-5900 or visit www.overlakehospital.org/outpatientcenter.

For more information about our classes, or to register,

Brain Attack: Take a Stand Against Stroke

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

I Can't Take Another Step

Redmond Senior Center. **Wed., Jun. 17, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Walk for Life—Senior Walking Program

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

CAREGIVER SUPPORT

Caregiver of Older Adults Support Group—Bellevue

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

Family Caregiver Support Group—Mercer Island

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

CANCER PROGRAMS

Cancer Resource Center

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

Cancer Support Programs

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

Patient Navigator

Overlake, in partnership with the American Cancer Society, now offers an on-site Patient Navigator. The navigator works with cancer patients to identify their concerns, map out a plan and access a wide range of available services. Contact patientnavigator@overlakehospital.org or call 425-467-3809.

Look Good ... Feel Better

A free program that teaches beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained, volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics, skin care products, wigs, scarves and turbans. **Mon., May 11, 6–8 p.m.** FREE. Call Kathleen Craig at 425-688-5816 to register.



Breast Cancer Support Group

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

Reconstruction After Breast Cancer Surgery

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

Sit and Knit

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

EVENTS

Bellevue Farmers Market

Thursdays, May 14–Oct. 15, 3–7 p.m. Overlake will offer information and activities and feature different services each week. For an up-to-date listing of activities at Overlake's booth, visit www.overlakehospital.org/events.

Bike Safety Fair

Overlake is proud to sponsor the Third Annual Bike Safety Fair on **Sat., Jun. 13, 10 a.m.–2 p.m.** at Issaquah Valley Elementary and **Sun., Jun. 14, 2–6 p.m.** at Lake Hills Elementary in Bellevue. Fun for the whole family includes bike safety tips and inspections, an obstacle course challenge, bike helmets, prizes, games and activities. FREE.

VOLUNTEER OPPORTUNITIES

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

LOOKING FOR A DOCTOR?

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

please visit www.overlakehospital.org/classes.



OVERLAKE Hospital Medical Center
Medical excellence every day™

1035 116th Ave. NE, Bellevue, WA 98004
www.overlakehospital.org

Nonprofit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 1007

OVERLAKE IS A NONPROFIT,
INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

NEW MEDICAL STAFF AT OVERLAKE

Carol Baer, MD

425-827-4600
Pediatrics

Benson Chen, MD

206-386-9522
Ophthalmology

Laura Ferguson, MD

206-764-2081
Psychiatry

Maria Gutierrez Rivas, MD

425-460-7140
Family Practice

Setsuko Hosoda, MD

425-451-7737
Family Practice

James B Houser, MD

425-688-5460
Psychiatry

Jean Kawata, MD

425-451-4141
Anesthesiology

Randi Leggett, MD

425-688-5234
Internal Medicine

George Min, MD

425-463-8277
Plastic Surgery

Benjamin Pinto, MD

206-275-3588
Geriatrics

Linda D Wallen, MD

206-598-4606
Neonatology

Muhammad Zubair, MD

425-885-5020
Internal Medicine

A cancer diagnosis quickly becomes a story of hope.
And soon a grandfather is stronger than ever.



At Overlake, "cancer care" is an understatement.

Cancer is bigger than one person. It ripples across families and touches entire communities. So, at the Cancer Center at Overlake, cancer care is bigger than one doctor, one approach or even one specialty. It starts with earlier, more accurate diagnoses. It encompasses personalized, leading-edge therapies and multidisciplinary teams of expert doctors. It includes the comfort of our Healing Arts program and support provided to family members. And it ends with you, back where you belong—as a grandfather, husband, friend and vital member of our Eastside community.



OVERLAKE Hospital Medical Center
Medical excellence every day™

www.overlakehospital.org/cancercare