

Healthy Outlook

SUMMER
2007

All Better Now

When serious but not life-threatening injuries occur, Overlake's Urgent Care Clinic is there for you and your loved ones

PLUS: Maintaining a healthy weight
Superior primary care





From the President & CEO

In the early years of my career I trained and worked as a physical therapist, so I have firsthand experience with the challenges and rewards that come from working closely with a patient. With this understanding, a day doesn't go by that I'm not extremely proud of the great work our bright, committed and talented team does to provide safe, compassionate and expert care to our community.

As our community grows, we're growing with it and are looking forward to our new South Tower opening in the coming months. A lot has changed on our campus since 1960, when we opened our doors as a 56-bed hospital. What hasn't changed, though, is our commitment to quality healthcare.

This issue of *Healthy Outlook* reflects a deep commitment to our community; included are helpful health resources and details regarding urgent care. Our 24-hour Urgent Care Clinic in Issaquah has helped thousands of residents with non-life-threatening ailments, which so often occur after hours and on the weekend.

When you see our growth and think about how far Overlake has come, think of the men and women committed to doing their very best, each and every day. Always remember, we are ready to help, whenever you need us.

Sincerely,

Craig Hendrickson
President & CEO

OVERLAKE'S CRITICAL CARE DEPARTMENT RECOGNIZED FOR EXCEPTIONAL CARE

Overlake's Critical Care Department was honored recently with the American Association of Critical Care Nurses' (AACN) Beacon Award for Critical Care Excellence, an award recognizing the nation's top hospital critical care units.

The AACN, the largest specialty nursing organization in the world, recognized Overlake's Critical Care Department for exhibiting the highest quality standards and excellence in nurse recruitment and retention, patient outcomes, staff training, healthy work environment, leadership and evidence-based practice and research. Overlake was also recognized for excellence in collaboration, communication and partnerships that support the value of healing and humane environments.

OVERLAKE GIFT GALLERY SEEKS VOLUNTEERS

Do you enjoy working with people? Are you organized and responsible? If so, the Overlake Gift Gallery is looking for you!

Located on the first floor of Overlake Hospital Medical Center, the Gift Gallery offers a dynamic and fun environment with a variety of tasks to match your particular skills and schedule. No prior retail experience is necessary, all training is provided, and both day and evening shifts are available.

Gift Gallery proceeds support vital Overlake programs and services. Your donation of time makes this possible. For more information, please contact Gift Gallery managers Eileen Hood or Carrie Jacobsen at 425-688-5000 ext. 2441 or gift.gallery@overlakehospital.org.

HEALTHY OUTLOOK • SUMMER 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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Managing Weight, Maintaining Health

Maintaining healthy eating habits and a healthy weight is an ongoing challenge for many people, and can be overwhelming at times. According to the American Obesity Association, more than 60 percent of American adults are obese or overweight.

While the number of individuals burdened with excess weight is high, the price we're paying with our health is higher. According to the National Institutes of Health (NIH), severely overweight or obese people are at risk for type 2 diabetes, heart disease, stroke, cancer and other health concerns. Alarming, the number of overweight Americans continues to grow despite the warnings.

Successfully changing food and exercise behaviors can be difficult, but the benefits are tremendous. Increasing activity level can help improve cardiac health, prevent disease, reduce weight and stress levels, improve sleep and help maintain strong bones and muscles. For some, making behavioral changes simply hasn't worked. In these instances, while not right for everyone, weight loss surgery can be a viable option.

In general, weight loss surgery is suited for people who are more than 100 pounds overweight or have a body mass index (BMI) greater than 35, and who have been unsuccessful with a diet or exercise program for long-term, sustained weight loss. A number calculated from a person's weight and height, BMI is the most common measurement for determining categories like overweight and obese. The NIH defines an adult with a BMI of 25 to 29.9 as being overweight, and those with a BMI over 30 as obese.

Overlake Hospital Medical Center has been performing weight loss surgery for more than 15 years and is currently developing a comprehensive weight loss center. Practicing at Overlake since 1992, David Lauter, MD, was one of the first bariatric surgeons in the area to perform laparoscopic gastric bypass surgery and performs more than 100 surgeries annually. He explains, "There is an important distinction between overweight and obesity. For patients who are considered obese, weight loss surgery can be a matter of regaining overall health."

In fact, a recent study reported in the *American Journal of Cardiology* stated that substantial weight loss after gastric bypass surgery was associated with reduced risk of coronary heart disease, decreases in total cholesterol and reduced blood pressure.

When weight loss surgery is the correct course, Overlake ensures that physical and emotional support is provided before and after surgery. The program combines nutritional and behavioral consul-



tations, as well as ongoing support groups, to ensure patients incorporate the healthy eating habits and increased physical activity levels that are critical to their success.

Bariatric surgery, as with any surgery, is a decision that should be carefully considered with family members, loved ones and your healthcare provider. Overlake offers free, monthly seminars for interested parties to learn more about surgical options for weight management. For more information or to register, please contact Overlake Community Education at 425-688-5259.

HEALTH EDUCATION AT OVERLAKE

Make healthy eating and regular exercise a habit. Start by taking advantage of the many health and fitness classes offered by Overlake Hospital Medical Center. See page 14 for our current list.



Care

It seemed like fun to jump down a flight of stairs in just my socks, but when I landed, I knew something was wrong,” says Barrett Estep, Overlake Urgent Care patient. “My foot hurt. A lot.” For an 11-year-old who is more interested in spending his time outdoors and not in an exam room, a quick assessment of his injured foot helped ease the experience.

For urgent, yet nonemergent, care of sprains, stitches and sore throats, Overlake Medical Center Issaquah’s Urgent Care Clinic offers one of the only 24-hour-care clinics in the area. The co-pay for a visit to Urgent Care is typically far lower than a visit to the Emergency Room (usually about \$20), and wait times are much shorter.

Since Issaquah has some of the largest youth sports organizations in Washington, that’s a comforting thought for parents. The clinic treats a host of common infections and minor injuries and offers convenient sports physicals and flu shots in the fall to keep families with active kids healthy and on the playing field.

Continually expanding to meet the medical needs of this burgeoning population, Overlake understands the importance of healthcare close to home. Open 24 hours a day, seven days a week, the clinic provides care and treatment for those unexpected situations when you need them most.

And that’s just the kind of care needed for patients like eight-year-old Lexie Patterson. “Lexie had an earache that kept getting worse.” Her mother, Sheri, was worried and didn’t want her to have to suffer through the night. Sheri says, “We needed care right away. When we arrived at Overlake’s Urgent Care, we didn’t have to wait. The doctor was very kind and explained everything to her.”

“Mom knew Urgent Care is always open, and we could probably get help quick. She was right! We were in and out in a short amount of time.”
—Barrett Estep

on the Quick

For serious but not life-threatening illnesses and injuries, Overlake Medical Center Issaquah's 24-hour Urgent Care Clinic is here to help

In treating acute cases such as Lexie's, Urgent Care physician Eric Shipley, MD, stresses the importance of compassionate, quality care that's available any time of day or night. He says, "Patients feel very vulnerable when acutely ill or injured, and proper care is pivotal in their treatment. For me, the joy of medicine occurs when I can intercede in someone's care by placing them on the path back to healing and relief."

Local quality care is important to Urgent Care Manager Barb Schumacher, who was born and raised in Issaquah. She oversees the clinic's mission to ensure that patients are treated promptly and with the utmost respect and professional care. "The clinic plays a vital role in making quality care available when true emergency room-level care is not required," says Schumacher.

Staffed by board-certified emergency medicine and family practice providers, the clinic includes eight exam rooms, one procedure room and adjacent on-site X-ray and lab services. The clinic is conveniently located near I-90 in the Meadow Creek business park at the junction of Issaquah-Fall City Road and East Lake Sammamish Parkway SE. For more information, call 425-688-5777.

For illnesses and injuries that are not life-threatening, but still require immediate attention, Overlake's Urgent Care Clinic is here for you and here for good.

If you are experiencing chest pain, other emergent symptoms or severe injury, call 9-1-1. Overlake's Emergency Department in Bellevue is less than 10 miles away.



URGENT VERSUS EMERGENT CARE

When deciding whether to head to the Emergency Room or Urgent Care, consider this list of nonemergent symptoms. Remember, if you're having chest pain, call 9-1-1.

- Allergies
- Bronchitis
- Colds
- Dehydration
- Ear infections
- Injuries
- Joint injuries
- Migraines
- Non-displaced fractures
- Pneumonia
- Simple fractures
- Sinusitis
- Sore throats
- Sports physicals
- Stitches
- Urinary tract infections

“When we arrived at Overlake’s Urgent Care, we didn’t have to wait. The doctor was very kind and explained everything to her.”

— Lexie & Sheri Patterson



High-Quality Healthcare in Issaquah

Overlake Medical Center Issaquah covers a range of healthcare needs, from urgent care to primary care, a women’s clinic to an anticoagulation clinic, lab services to imaging services.

WOMEN’S CLINIC

For all the stages of a woman’s life, the Women’s Clinic is committed to providing excellence in medical care, support and education.

Childbirth preparation classes, breastfeeding support and a unique boutique, replete with maternity and infant supplies and gifts, are available for the expectant mother. For the new parent, a postpartum follow-up program, classes to learn coping skills and a breast-pump rental station are all conveniently offered.

For the mature woman whose annual screenings are vital to maintaining good health, mammography and bone density screenings are available and can be combined into one visit. Call 425-688-5700 to schedule an appointment.

PRIMARY CARE AND SPECIALTY PHYSICIANS

Overlake is the largest provider of healthcare services for the Issaquah/Sammamish area, with more than 90 practicing primary care and specialty physicians. From cardiology to pediatrics, gastroenterology to obstetrics, our network of physicians ensures quick access to quality care.

IMAGING SERVICES

Washington Imaging Services has been providing superior imaging services to the Eastside for more than 40 years.

Board-certified, subspecialty-trained radiologists and courteous, compassionate staff provide comprehensive imaging services.

The widest spectrum of imaging modalities on the Eastside are linked electronically, sending reports and images directly to your physician to be viewed soon after the study is completed.

ANTICOAGULATION CLINIC

For those on blood-thinning medications and other anticoagulation therapies, Overlake’s pharmacists are available to monitor patients’ ability to clot on a regular basis.

Pharmacists also work with patients and their primary care physicians to review prescriptions, adjust dosages and avoid any possible drug interactions.



Overlake Medical Center Issaquah offers a host of services for your healthcare needs. Keep this clipping on your fridge as an at-a-glance list of services and handy map of our location.

- Overlake 24-hour Urgent Care 425-688-5777
- Women’s Services 425-467-3630
- Anticoagulation Clinic 425-688-5846
- Physician Referral Line 425-688-5211





GETTING THE MOST OUT OF YOUR DOCTOR'S APPOINTMENT

- Bring a list of all medications that you are currently taking, including over-the-counter drugs and herbal remedies. Write down the dose and frequency.
- Bring a list of all your questions, and be prepared to write notes.
- Never hesitate to ask for clarification; consider having a trusted friend or partner come along to the appointment for support.
- If your doctor prescribes a new medication, ask about any common side effects you should know about.
- Listen to your doctor's orders. Primary care doctors will share lifestyle advice that can change your health and well-being considerably. If he or she urges you to lose weight, stop smoking and eat better, find support to make those changes a reality.
- Follow up on recommended tests and procedures such as cholesterol checks, mammograms and colon cancer screenings.

Why You Need a Doctor Even If You're Healthy

It's tempting to avoid seeing the doctor when you're healthy and strong, without any aches, pains or other complaints. But this isn't a good way to stay healthy and well. Having regular visits with a primary care doctor such as a family practice physician or internist is the best way to catch any small issues before they grow into large ones.

Denise Kraft, MD, a Bellevue family practice physician, says that primary care doctors can effectively treat many common conditions. "A number of problems can be handled in primary care, and I tell my patients that this is a good place to start if you have a health concern," says Dr. Kraft. Since family practice providers see patients of all ages, it's an opportunity for doctors and families to develop long-term relationships and establish a health history.

"I routinely take care of two, even four generations of families, and I get a tremendous amount of personal satisfaction from that," says Dr. Kraft. "I can see a teenager and a 90-year-old from the same family—all in one day. It also helps me have a sense of history and understanding for the complete family."

Doctors of internal medicine, or internists (not to be confused with interns, who are doctors in their first year of residency), are primary care providers who have completed training in adult medicine. Like family practitioners, they have special training in the prevention and treatment of diseases. Sometimes internists serve as consultants to other physicians to help solve puzzling or complex diagnostic problems.

Internists provide a wide range of expertise, says Sandra Rice, MD, Overlake internal medicine provider. "We specialize in adult internal medicine, specifically the diagnosis and nonsurgical treatment of diseases," says Dr. Rice. "A spectrum of health needs can be treated by an internal medicine physician."

Primary care, whether family practice or internal medicine, provides patients with a medical "home" to sort through the best possible treatment path when there is a problem. It provides care coordination for hospital or nursing home stays, lab and imaging results and office visits with specialists.

For help finding a primary care provider near your home or workplace, call Overlake's Physician Referral Service at 425-688-5211.

A Planning Opportunity for Those With IRAs

If you are age 70-1/2 or older, new legislation allows you to make charitable gifts directly from an Individual Retirement Account (IRA). This special IRA charitable rollover permits individuals age 70-1/2 and older to make direct transfers of up to \$100,000 in 2007 to charities such as the Overlake Hospital Foundation. Transfers under this provision must be made directly from the IRA administrator, are not taxable and there is no deduction allowed. This provision is most likely to appeal to and benefit the following: individuals who take mandatory minimum withdrawals but don't need the income; individuals

who wish to give more than the deductibility ceiling (50 percent of adjusted gross income); individuals who do not itemize their federal tax returns; individuals with large IRA balances who already plan on giving a portion of these assets to charity; and individuals who don't want their income to increase because it would cause a larger portion of Social Security income to be subject to tax. For more information on gifts of retirement plan assets please contact Andy Whipple, Planned Giving Director, at the Overlake Hospital Foundation at 425-688-5533 or at andy.whipple@overlakehospital.org.

*We recommend that you consult with your own advisor for specific advice that is tailored to your situation.

Carla Clise, Overlake donor and Eastside resident, has seen Bellevue emerge from farmland to the vibrant city it is today. With two daughters now in college, she has an extensive background in fundraising for schools and organizations on the Eastside.



"Overlake and I have truly grown up together, matured together, and I like to think have both gotten better with age. The summer after ninth grade, my mother [one of Overlake's first candy strippers] encouraged me to start volunteering. And I did—by folding laundry in the hospital basement for the next two summers.

"Years passed, and when my husband and I returned to the Eastside community in 1980, we found ourselves facing several health issues with my parents. I came back to Overlake. But this time, my mother was a patient in the Intensive Care Unit (ICU).

"Even though she was critically ill, Robert Bjurstrom, MD, refused to give up on her. I was amazed at his incredible commitment and dedication. After a two-month hospital stay, she was released and spent the next eight years as some of her happiest before passing.

"This experience re-invigorated my dedication to Overlake. In 1997, with fellow supporter Mary Maron, I started an auxiliary to support the ICU called BOW, named for ICU Drs. Bjurstrom, O'Quin and Watts, who had touched our families' lives in extraordinary ways.

"Three years ago, I also started a Critical Care Auxiliary, which will be hosting its second annual Glow Ball fundraiser on July 21 (see information at right for more details).

"It's been an honor for me to support an organization like Overlake. I firmly believe in the merits of volunteerism and am passionate about instilling this conviction in our youth. I'm proud to have passed the tradition on to my daughters.

"I also think it's important to educate our Eastside community about the fact that Overlake is a nonprofit organization that doesn't receive tax dollars. They depend on broad community support, and I hope you'll join me in helping to champion this great institution."

OVERLAKE'S CRITICAL CARE AUXILIARY

*invites you
for cocktails, dinner and*

GLOW BALL GOLF

SATURDAY, JULY 21, 2007

6:30 P.M.

OVERLAKE GOLF & COUNTRY CLUB
8300 NE 16TH STREET, MEDINA

\$100 PER PERSON

(ALL PROCEEDS BENEFIT
CRITICAL CARE AT OVERLAKE)

BRING YOUR FRIENDS, FAMILY, GOLF CLUBS AND FLASHLIGHTS TO PLAY GLOW BALL GOLF. PARTICIPATE IN PUTTING AND LONGEST-DRIVE CONTESTS, OR JUST RELAX AND ENJOY A BEAUTIFUL SUMMER EVENING.

*For more information,
contact Jennifer Bredeson at
jennifer.bredeson@overlakehospital.org
or 425-688-5526.*

Expanded Critical Care

The nurses, physicians and staff of Overlake's Intensive Care (ICU) and Cardiac Care Units (CCU) have been working hard for many months now to plan the complex transition to the South Tower. Overlake's 12-bed ICU and 11-bed CCU units will be combined on the third floor of the South Tower as the new 32-bed Critical Care Unit.

The Critical Care Unit will care for patients who need intensive monitoring, specialized equipment and caregivers trained and certified to treat more critically ill patients. Heart failure, stroke, blood infections and serious breathing problems are some examples of situations requiring the high level of care that this unit will provide.

The new CCU will provide a Best Practice Critical Care model, with a cohesive staff specially trained to handle any patient condition or diagnosis. It will have 32 private patient rooms—each with 250 square feet of space to accommodate the latest equipment and technologies.

Perhaps most important; the South Tower CCU is designed as a family-centered model of care that embraces the whole family as an important part of the patient's hospital experience and healing process. It will be easy to find and access, and will offer a large, more comfortable waiting area. The unit's soothing and healing environment will allow family members to stay overnight in the patient's room—easing the anxiety and stress of a hospital stay and speeding the recovery process.



The South Tower CCU will open this summer.

GOAL

\$15

million

by June
2008

CURRENT
GIFTS

\$7.8

million

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.



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

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



Dr. Mom

Good health doesn't just happen. Disease prevention, regular checkups and prompt treatment play a key part in the quality of everyone's life, so it's critical to take an active role in your own healthcare. Research shows that women make the majority of healthcare decisions for the entire family, including their children, spouse and aging parents.

WOMEN

For many women, keeping track of the needs of their families can be overwhelming—and, as a result, their own healthcare needs often take a back seat. In fact, in today's busy world of juggling carpool, work, the gym and the grocery store, it's likely that the family car gets a tune-up more often than most women do. But regular checkups, screenings and immunizations are among the most important things you can do to stay healthy—and to maximize your odds of living a longer and higher-quality life.

MEN

A recent survey conducted by *Men's Health* and CNN found that one-third of men would not go to the doctor even if they were experiencing major health problems, such as severe chest pain or shortness of breath—two indicators of potential heart disease. If men are reluctant to see their physicians when they are sick, imagine how likely they are to see them when they feel well. Many of the major health risks that men face can be prevented and treated if diagnosed early, which is why regular screenings are so important. And, because surveys indicate that wives, girlfriends and/or mothers are the main source of most men's health information, women can help by encouraging the men in their lives to be screened as suggested.

At left are recommended screenings and immunizations for men and women at average risk; talk to your healthcare provider about personalizing the timing of each test based on your needs.

Ages 20 to 39

	Women	Men
Annual exam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood pressure check	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weight monitoring	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fasting lipoprotein cholesterol check (every 5 years)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Complete eye exam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Regular dental exam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Current vaccinations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Clinical breast exam	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pelvic exam and chlamydial screening	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pap test (every 1 to 3 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Ages 40 to 64

Annual exam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood pressure check	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weight monitoring	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cholesterol check every 5 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Depression screening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Diabetes and colon cancer screening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Current vaccinations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Prostate screening	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bone Density Testing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Clinical breast exam	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mammogram (every 1 to 2 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pap test and pelvic exam (every 1 to 3 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Ages 65 and above

Annual exam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood pressure check	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weight monitoring	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cholesterol check every 5 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Depression screening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Diabetes and colon cancer screening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Current vaccinations —especially influenza (yearly), pneumonia (once at age 65) and tetanus (every 10 years)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Prostate screening	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bone density testing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Clinical breast exam	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mammogram (every 1 to 2 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pap test and pelvic exam (every 1 to 3 years)	<input checked="" type="checkbox"/>	<input type="checkbox"/>

CHILDREN

From the flu to broken bones, illnesses and medical emergencies seem to be an inevitable part of raising kids. It's recommended that every family establish a "medical home." That means building a long-term relationship with a pediatrician or family doctor who can become familiar with your family's medical history, provide wellness care, treat illnesses, and keep complete medical records of immunizations and growth. A doctor who has this information, and gets to know your family over time, can better determine when your child is healthy and developing well, and when something is off track. Regular checkups are especially important so that kids can stay current on their immunizations. Parents have more opportunities than ever to keep kids healthy and safe from contagious illnesses.

SENIORS

As our population ages, more and more Americans find themselves caring for aging parents and older family members; in fact, roughly 25 percent of American households fall into this category. The following are helpful tips for assisting senior family members with their healthcare needs.

Medical professionals and regular visits: Keep a running list of each senior's doctors, including dentist, with phone numbers, addresses and specialty. The list should be kept in an easy-to-access place, such as on the refrigerator. Make regular appointments for checkups, vision testing and dental visits with all medical professionals. Keep all medical records in the same place within your home, preferably in a fireproof box.

Medication awareness: Track all medications, vitamins and dietary supplements, including reason for use, dosage and frequency. Also note any allergies that may exist. Store medications in a proper location, and use one pharmacy to fill all your prescriptions, as it can provide consistency and awareness of the medications you have taken. Keep an up-to-date list of all medications, doses and allergies with you at all times. You can download a free Medication Tracker from Overlake's Web site at www.overlakehospital.org/services/seniorcare.

Household safety and prevention: The home can be a familiar and comfortable place, but unsafe areas are easy to overlook. Help to avoid dangerous situations by removing throw rugs on which seniors can easily slip, keeping cords out of walkways, uncluttering pathways and storing commonly used items in easy-to-reach areas. Overlake Senior Care offers free services to promote health, independence and informed participation in healthcare decisions. For more information, call 425-688-5800.

HEALTHY KIDS, HEALTHY FAMILIES

From the USDA Food Guide Pyramid to the latest food fad, healthy eating can be confusing. But by following some basic guidelines, you can create an environment that encourages children to eat right and maintain a healthy weight. Here are ten key rules to live by:

1. Parents control the supply lines by deciding which foods to buy and when to serve them. Kids won't go hungry. They'll eat what's available at home.
2. From the food selections you offer, let kids choose what to eat and how much of it they want.
3. Quit the "clean-plate club." Letting kids stop eating when they feel they've had enough, teaches them to listen to their own bodies when they feel full.
4. Start them young, when food preferences are developed, by offering a variety of foods.
5. Rewrite the kids' menu. Encourage kids to try things other than burgers and hot dogs; they might surprise you with their willingness to experiment.
6. Calories in drinks count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition.
7. Put sweets in their place. Occasional sweets are fine, but don't let dessert become the prize for eating dinner.
8. Food is not love. Find better ways to say, "I love you." Offer attention, hugs and praise instead of food treats.
9. Kids do as you do. Be a role model and eat healthfully yourself.
10. Limit TV, computer and game time. When you do, you'll avoid mindless snacking and encourage activity.



Back On Your Feet

How to care for DVT

After a long day and lots of activity, many people experience occasional light swelling of their legs or feet, a fairly common and normal occurrence. But older adults especially should note any unusual leg pain or swelling, as it could signal deep-vein thrombosis (DVT), a preventable condition that affects roughly one percent of Americans.

“Risk does increase with age, but make sure you know your family’s health history,” explains Mike Brendel, Overlake’s director of cardiac and critical care services. “Approximately five to eight percent of Americans have a hereditary clotting disorder that can result in DVT.”

In addition to genetics, other risk factors include prolonged sitting or bed rest, recent surgery, trauma to the lower body, obesity, heart attack, pregnancy, hormone replacement therapy, oral contraception or malignant tumors.

The bottom line is: pay attention to your body, no matter what your age. Although DVT patients may have no symptoms, there are some clear-cut signs: an unusual pain in the calf or lower leg, swelling, redness, warmth of the leg and/or skin discoloration.

Commonly known as “economy-class syndrome,” DVT can start developing any time legs are sedentary—including but not limited to extended air travel, long car rides or even at the office, if you spend a great deal of time sitting at a desk.

If sedentary for an extended period of time, follow these tips to improve circulation:

- Get up and move around at least once every hour.
- Drink plenty of water.
- Consider using over-the-calf compression stockings, which help leg veins push blood upward, decreasing stagnant flow.

DIAGNOSIS AND TREATMENT

“Doppler ultrasound imaging is the best way to diagnose DVT; it’s noninvasive and accurate,” says Overlake vascular surgeon Daniel Pepper, MD. Diagnoses of small clots in the calf veins are treated with aspirin, compression stockings and follow-up Doppler studies.

Our bodies have natural enzymes that break down clots; however, patients with high-risk DVT in the thigh or pelvic veins receive clot-dissolving treatment as well as anticoagulation therapy. Anticoagulants are a type of medicine that prevent further clotting and halt the growth of clots already formed. They do not dissolve the clot.

Intermediate-risk clots near the knee or lower thigh may be treated with outpatient anticoagulation started in the clinic on the first visit. Overlake vascular surgeons at Lake Washington Vascular and Eastside Vascular provide outpatient DVT clinics.

“What used to be a five-day hospital stay is now an outpatient treatment,” says Dr. Pepper. “I can safely send a patient home to self-administer an anticoagulant to stabilize the clot. Then, I refer them to the Overlake Anticoagulation Clinic for monitoring.”

Pharmacists at Overlake’s Anticoagulation Clinic monitor clotting ability. “We keep a close eye on whether the blood is functioning properly,” says pharmacist Marie Cermak. “We also get a sense of how the patient is responding to medication. And then we can adjust the dosage accordingly.”

The good news is that clots can be prevented. To best decrease your chance of DVT, know your family history and stay physically active. If you suspect a clot, call your physician immediately.

FOR MORE INFORMATION ON DVT SCREENINGS, PLEASE CONTACT:

Eastside Vascular, 425-450-7007

Lake Washington Vascular, 425-453-1772

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

The Parent Review Newsletter

New and expectant parents have a resource to guide them through their pregnancy and the first year of their baby's life: Overlake's weekly parenting e-mail. This free service offers expectant parents customized information, news and resources from the parent education staff, and allows the hospital team to develop a richer and more supportive relationship with parents. To sign up, go to www.theparentreview.com/overlake.

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*: what you need to know

when expecting more than one.

- *Prenatal Yoga*: for expectant and postpartum moms.
- *Just for Grandparents*: discuss what's new in childbirth and newborn care with other soon-to-be grandparents. Includes a tour of the Childbirth Center.
- *Siblings Are Special*: help your child (3½–9 years old) prepare for the "new baby" in the house.
- *Conscious Fathering*: classes for new dads, both before and after the baby is born, helping celebrate the special relationship of father and child.
- *Car-Safe Kids*: how to choose and install an infant seat.

Classes on Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care*
- *Breathing & Relaxation*: for extra practice.
- *Breastfeeding*: tips and information.

- *Refresher*: if you've done this before and need an update.

After Baby Arrives

- *Conscious Fathering*
- *You & Your New Baby*: for moms with babies 4–12 weeks old.
- *Infant Massage*: learn ways to nurture your baby with loving touch.
- *Baby Boot Camp™*: a fitness program for postpartum moms and babies.

New! Exercise for Pregnancy

Wondering what you can do to keep in shape and improve your birth experience? Come learn ways that you can safely stay or get in shape while pregnant.

Taught by Stefanie Harris, AAAI Certified

Personal Trainer and AFPA Certified Pre- and Post-natal Exercise Specialist. **Tues., Jul. 24; Wed., Aug. 8; Wed., Sep. 19; 7–9 p.m.** \$25. Preregistration required.

PARENTING

New! Mother & Daughter Safety Training

For mothers and their daughters 14 and older.

This three-hour class addresses safety issues facing young women on or off high school and college campuses during the activities of daily living. The training is built on increasing the awareness of our surroundings, obeying instincts and employing proactive safety strategies.

Topics covered:

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

Wed., July 25, 6–9 p.m., \$50/mother-daughter; \$45 per additional daughter.

Young Ladies’ and Gentlemen’s Etiquette: Ages 7–10

Good manners build self-esteem and positive relationships. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care and posture. **Tue., July 24, 9 a.m.–noon.** \$35.

Starting Points: Polish Your Social Skills

For girls and guys ages 11–14. Topics include first impressions, presentation skills, introductions, posture, appearance tips and manners for movies, shopping and dining. **Tue., July 24, 1–5 p.m.** \$40.

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

For nine- to 12-year-old girls and 10- to 12-year-old boys. Taught by Monica Richter, pediatrician, and Bridgett Blackburn, parent educator. Snack and book provided. **Fri., Aug. 24; Girls: 3:30–5:45 p.m. Boys: 6:30–8:45 p.m.** \$40/parent and adolescent; \$12 per additional person.

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. **Mon., Jun. 25 or July 23, Wed., Aug. 22, Aug. 29 or Sept. 24, 6:30–9:30 p.m., or Sat., Jul 14, Aug. 4 or Sept. 8, 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., Aug. 13 and 15, 6:30–9:30 p.m., or Sat., Sept. 29, 9 a.m.–4 p.m.** \$50.

Kid Safety Renewal

Update first aid and infant/child CPR skills. **Tue., July 10 or Wed., Sept. 26, 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., July 16 and 19, or Mon. and Wed., Sept. 17 and 19, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Midweek classes. **Mon., July 9, Aug. 20 or Sept. 10, 6–9:30 p.m.** \$60.

Super Sitters: Babysitting Classes

For ages 11 and up. BCC–North Campus: **Sat., Jul. 21, Aug. 11, Sept. 15 or Tue., Jun. 26, Wed., Jul. 11 or Wed., Aug. 1, 9 a.m.–2 p.m.** \$30.

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

Hypnosis Classes

Robert W. Felix, certified hypnotherapist.

Hypnosis to Quit Smoking

Wed., July 18 or Oct. 3, 7–9 p.m. \$39.

Hypnosis for Weight Loss

Three-part series held monthly. **Thu., July 12, 19 and 26 or Sept. 13, 20 and 27, 7–9 p.m.** \$79.

Weight Loss Surgery Seminars

With Dr. David Lauter. Overlake Conference Center, Room E. **Mon., July 16, or Aug. 13, Mon. Sept. 10, 6–7:30 p.m.** FREE.

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

SENIOR CARE CLASSES AND PROGRAMS

Therapeutic Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah. **Mon., July 9–Aug. 6, or Aug. 13–Sept. 17, 1:15–2:30 p.m.** Registration required; 425-688-5800. \$50.

Beginning Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah. **Mon., July 9–Aug. 6 or Aug. 13–Sept. 17, 3–4:15 p.m.** Registration required; 425-688-5800. \$50.

Senior Smiles: Neglecting Dental Care Can Be Risky (Class #21377)

North Bellevue Community Senior Center. **Mon., Sept. 24, 1–2:30 p.m.** Registration required; 425-452-7681. \$6 residents; \$7 nonresidents.

Understanding the Cholesterol Mystery

Bellevue YMCA. **Wed., Sept. 12, 11:30 a.m.–12:30 p.m.** Registration required; 425-746-9900. \$5 for nonmembers.

As the Eye Ages

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

Heart Healthy Nutrition

Overlake Medical Center at Issaquah. **Tue., Sept. 19, 9:30–10:30 a.m.** Registration required; 425-688-5800. \$5.

My Aching Joints: Understanding Arthritis

Columbia Athletic Club, Juanita Bay. **Thu., Sept.**

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

20, noon–1 p.m. Registration required; 425-821-0882. \$5 for nonmembers.

Walk for Life—Senior Walking Program

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

Family Caregiver Support Groups

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.

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. Call the Cancer Resource Center at 425-688-5986 for location. **Mon., Aug. 13, 6–8 p.m.**

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 Medical Tower, Ste. 250. **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.



EVENTS

Glow Ball Golf

Overlake's Critical Care Auxiliary invites you for cocktails, dinner and Glow Ball golf. Bring your friends, family, golf clubs and flashlights. Participate in putting and longest-drive contests, or just relax and enjoy a beautiful summer evening. Overlake Golf & Country Club, 8300 NE 16th St., Medina. Sat., July 21, 6:30 p.m. \$100 per person (all proceeds benefit Critical Care at Overlake). For more information, contact Jennifer Bredeson at jennifer.bredeson@overlakehospital.org or 425-688-5526.

Overlake is committed to giving back to the communities we serve. Be sure to check out Overlake's booth at these upcoming summer events:

Symetra Bellevue Family 4th

Celebrate Independence Day while enjoying live entertainment, a variety of foods and a "fun zone" for kids, all leading up to the Eastside's most spectacular fireworks display, accompanied by the live music of Bellevue Philharmonic.

July 4

Activities begin at 6 p.m.
Fireworks begin at 10 p.m.
Bellevue Downtown Park

Redmond Derby Days

Redmond Derby Days Criterium is America's longest-running bicycle race. Enjoy parades, entertainment, kids' activities, a carnival and great food.

July 7

10 a.m.–9 p.m.
Redmond City Hall Campus

Mercer Island Summer Celebration

"Gang Way!" for this pirate-themed festival, which includes a fireworks show, community parade, music, entertainment, arts and crafts, food fair, children's celebration, giant inflatable rides and games, boat rides around the island, teen battle of the bands and a classic car gathering.

July 14-15

Saturday, 10 a.m.–7 p.m.
Sunday 10 a.m.–5 p.m.
Mercerdale Park

Bellevue ArtsFair

The Northwest's premier arts event, featuring spectacular art, delightful entertainment, tantalizing food and an award-winning Kidsfair, all in a festive downtown atmosphere.

July 27-29

9:30 a.m.–9:30 p.m.
(closes at 6 p.m. Sunday)
Bellevue Square

Issaquah Concerts on the Green

Held every Tuesday evening during the summer, these family-friendly concerts take place on the lawn in the heart of old downtown Issaquah.

August 7

Legends of Northwest Rock in Concert
(Northwest rock stars of the 60s and 70s)
6–8:30 p.m.

Issaquah Community Center

and click on Health & Wellness / Classes at Overlake.

NEW MEDICAL STAFF AT OVERLAKE

Pamela Girres, MD
425-883-5656
Occupational Medicine

William Hammonds, MD
206-386-9500
Internal Medicine

Stanley Hurst, MD
206-598-4067
Internal Medicine



OVERLAKE GIFT GALLERY

Discover the Unexpected

Come in and be surprised by the ever-changing array of unique gifts, flower and living plant arrangements, cards and sundry items featured in the Gift Gallery. Proceeds from your purchases fund vital hospital services.

Enjoy a summertime discount of 15% off any item of \$25 or more when you mention this ad and always, one-hour free parking while you shop.

Our well-trained volunteer staff is happy to take your phone orders at 425-688-5303 for gift and floral delivery within the hospital during business hours, or visit us online at www.overlakehospital.org.

Hours:
Monday – Friday 9:30 a.m. to 5:30 p.m.
Saturday & Sunday 10 a.m. to 2 p.m.



OVERLAKE Hospital Medical Center
Medical excellence every day™



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