

Healthy Outlook

WINTER
2010

A Healthy Start

Women with high-risk pregnancies count on Overlake for quality care



PLUS: **State-of-the-Art Cancer Therapies**
Patient Dining Gets a Delicious Upgrade



From the President & CEO

As the Eastside's preferred healthcare provider, we feel a responsibility to assume a leadership role when health issues affect our community. That's one reason Overlake chose to step forward and protect one of the populations most vulnerable to the H1N1 flu virus: pregnant women. Last fall, Overlake offered free H1N1 vaccinations to nearly 2,000 pregnant women who planned to deliver at Overlake.

Because our community looks to us for a range of services in addition to hospital care, we provided free health screenings at many of our 2009 community events. We will be offering more free screenings, along with lectures and other health information, at our annual Eastside Vitality Health Fair on January 23, here on the Overlake campus.

No matter what changes result from healthcare reform, preventive care will continue to be a central focus for healthcare providers, and Overlake will continue to find ways to care for you and your loved ones, both inside the hospital and out in the community.

In this issue, you'll read about many more ways Overlake supports families and addresses our community's healthcare needs. I welcome the changes a new year always brings. Let's look forward together and celebrate good health in 2010.

Sincerely,

Craig Hendrickson
President & CEO

VALLEY RADIOLOGISTS JOIN THE BREAST HEALTH CENTERS AT OVERLAKE

Overlake is pleased to welcome Valley Radiologists to our Breast Health Centers. Valley Radiologists has provided breast imaging services in the Puget Sound region for more than 25 years. Steve Scallon, MD, now serves as the medical director for breast imaging at Overlake and works with a select group of breast imaging specialists to staff the Overlake Breast Health Centers.

Overlake provides comprehensive breast imaging services at three convenient locations: Breast Screening Centers in Bellevue and Issaquah and a Breast Diagnostic Center in our Medical Office Tower.

NEW MEDICAL PAVILION UNDER CONSTRUCTION

Health Realty Trust is building a new six-story medical office tower on the east side of the campus, along 116th Avenue NE. The project is scheduled to be completed in approximately two years.

FOLLOW US ON

Stay up to date on news, events and classes at Overlake by following us on Twitter. We also share links to news stories and a range of health-related information. To follow our updates, visit www.twitter.com/OverlakeHMC.

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OVERLAKE HOSPITAL MEDICAL CENTER

1035 116th Ave. NE
Bellevue, WA 98004

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

425-688-5000

www.overlakehospital.org

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

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

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



An attendee collects physician referrals and information on classes at the 2009 Eastside Vitality Health Fair.

Eastside Vitality Community Health Fair Celebrates Health and Wellness

Every year, millions of Americans make New Year's resolutions to eat better, exercise more and improve their health. One way to act on these resolutions is to take advantage of free health screenings and health talks at Overlake's second annual Eastside Vitality Community Health Fair on **Saturday, January 23, 11 a.m. to 3 p.m.**, in the PACCAR Education Center on the Overlake campus.

HEALTH SCREENINGS

Screenings are an important part of a preventive healthcare program. They can help identify health issues early, when they are often easier to treat, manage and even cure. To help you maintain good health, we offer the following free screenings:

- Cholesterol tests.
- Osteoporosis screenings.
- Skin cancer checks.
- Stroke assessment, carotid screening (for those considered high risk) and Peripheral Artery Disease (PAD) screening.
- Blood pressure checks.
- Blood glucose testing.

INFORMATIVE HEALTH TALKS

Another important contributor to good health is staying informed and learning about issues that matter to you and your family during the various stages of life. To help, health experts will present several free lectures including:

- 11:15 a.m. **Take a Load Off Your Heart: Stress Management for Bailout Times.** Joe Piscatella, author of *Positive Mind, Healthy Heart*.
- 12:15 p.m. **Preventing Cancer: What's Fresh, Fibrous and Omega-Rich Got to Do With It?** Nutritionist Melicent Smith, MS, RD.
- 1:15 p.m. **"Will Someone Please Turn Down The Heat?"** How the latest research can help you cope with menopause. Bryce Munson, DO, Overlake family practice physician.
- 2:15 p.m. **Don't Go Breaking Your Heart: A Boomer's Guide to Heart Health.** Joseph Doucette, MD, Overlake cardiologist.

THE DOCTOR IS IN

Want to talk with an orthopedic surgeon about your sore knee? Need advice on how to eat better to prevent diabetes or help control your blood sugar? Interested in learning how strengthening your core will reduce your risk for injury? The Eastside Vitality Community Health Fair offers you access to the area's leading experts, including several Overlake-affiliated physicians, all ready to help you make healthy choices and live better.

For more information and a complete list of lecture topics and health information booths, visit www.overlakehospital.org/EastsideVitality, or call 425-688-5185.



High-Risk Pregnancy Care

The Childbirth Center at Overlake offers state-of-the-art care for mothers and babies, in a nurturing and compassionate environment.

When Sarah Mejlaender went to her obstetrician's office for an ultrasound last January, she expected some reassuring news before heading home for dinner. Instead, the first-time mom—pregnant with twins—was admitted to the Childbirth Center at Overlake, where she spent the next 63 days on bed rest due to unexpected complications.

Worried about her unborn infants, Sarah cried that day. But she also vowed to do whatever was necessary to help her daughter and son continue to grow and develop.

"My friends and family often ask me, 'How did you do it?' and my answer is 'I'm 38 years old. I would have hung upside down if that's what my doctors told me was best for the babies,'" says Sarah. "You just do what you have to do."

RISE IN HIGH-RISK PREGNANCIES

Sarah's was considered a high-risk pregnancy for a handful of reasons.

"We see a combination of factors that result in more high-risk pregnancies," says Marcia Soderling, Director of Women's and Infants' Services. "More women are waiting until later in life to start their families, and fertility treatments are becoming more common. There are also more diabetic women in this country, which may result in complications in pregnancy."

In most high-risk pregnancies, Overlake obstetricians work in conjunction with specialists at Eastside Maternal Fetal Medicine to provide seamless care for mother and baby. Among other services, these specialists perform advanced ultrasounds and consult with patients on issues such as hypertension, twin-to-twin transfusion syndrome, growth restriction, clotting disorders and diabetes, and then make recommendations regarding the patient's care.

"It's basically a triad: the patient, her primary care obstetrician and her high-risk obstetrician. We all work together as a team," explains Eastside Maternal Fetal Medicine's Daniel Gavrila, MD. "Sarah is a great example because she initially came in with a short cervix and high risk of premature delivery, and then we discovered the babies' heart rates were slowing down on occasion."

In Sarah's case, there was no guarantee that she and her twins would remain in good health at home for the last few months of her pregnancy. It was clear she needed to be admitted for antepartum services so her doctors could monitor the twins' heart rates and try to prevent her from going into preterm labor.

"Sarah had a great outcome, in part because she was willing to do anything that we thought would be helpful, including bed rest and a high-protein diet to try and prevent preterm labor and promote healthy growth of her twins," says Overlake OB/GYN Kristin Graham, MD. "She also complied with all of our recommendations, including an extended hospital stay, frequent fetal monitoring, activity and position

Opposite: Sarah Mejlaender with Anja and Aksel. On the cover: Sarah, Anja, Aksel and OB/GYN Kristin Graham, MD.



OVERLAKE CHILDBIRTH CENTER RECOGNIZED FOR ITS HIGH STANDARD OF CARE

For the third year in a row, Overlake is five-star rated, a recipient of the 2009/2010 Maternity Care Excellence Award, and was found to be in the top 5 percent of the nation for maternity care, according to the sixth annual HealthGrades® Women's Health in American Hospitals study.

restrictions—all of which were designed to give her babies the best possible chance for a healthy birth.”

CARING FOR PREMATURE INFANTS

In collaboration with physicians from Seattle Children's, Overlake has a sophisticated Neonatal Intensive Care Unit (NICU) that stands ready to care for babies born prematurely.

“We have an exceptional team, consisting of neonatologists and NICU nurses. We also have neonatal nurse practitioner coverage 24/7,” says Soderling. “This enables us to treat most premature infants right here in our NICU. When babies do need an even higher level

of care, our close collaboration with Seattle Children's ensures they have a seamless transfer to one of the nation's best children's hospitals.”

After 35 weeks of pregnancy, Sarah gave birth to her daughter, Anja, and her son, Aksel, on March 16, 2009. They spent just six hours in the NICU before joining Sarah in a typical mother and baby room.

PART OF OUR FAMILY

Being away from the comforts of home for more than two months was difficult, but Overlake's team of physicians and nurses did everything they could to make Sarah feel at ease, and to let her know she was part of the Overlake family.

“The nurses were fabulous. I call them the A-Team,” says Sarah, with a laugh. “They made a calendar for me, and we checked off the days as they passed. Dr. Graham came in for visits every morning, and Dr. Gavrilu would visit me once a week. I felt like everyone was looking out for me at all times.”

ACCESS TO RESOURCES

Childbirth is just one piece of the parenting puzzle. New parents also need support in learning how to take care of their infant. To that end, Overlake offers a wide range of services, such as lactation support and postpartum care, to ensure babies are eating well and mothers are healing properly after childbirth. These services help parents get off to a good start raising healthy children. For example, in the days immediately after childbirth, the Postpartum Follow-up Program at Overlake's Women's Clinics in Bellevue and Issaquah includes an assessment of baby's health and mom's recovery, as well as answering questions about feeding and proper baby care.



Far left: labor and delivery room; left: mother and baby (postpartum) room.

Pregnancy & Parenting Classes at Overlake

Full class details and registration information are available on page 12.

- **Planning for Pregnancy:** Information for prospective parents and newly expectant parents.
- **Expecting Multiples:** A five-week series on what you need to know when you are expecting more than one.
- **Happiest Baby on the Block:** New parents learn techniques to soothe even the fussiest newborn in minutes.
- **You and Your New Baby:** For moms with babies four to 12 weeks old.

THE FOLLOWING OB/GYN PRACTICES ARE AFFILIATED WITH OVERLAKE:

Bellegrove OB/GYN

425-455-0244

Bellevue Family Medicine

425-454-5311

Eastside Maternal Fetal Medicine

425-688-8111

(Bellevue)

425-899-2200

(Kirkland)

Graham Rogers & Kupferman

425-454-5758

Issaquah OB/GYN

425-391-8886

Lakeside Family Physicians

425-369-1342

Overlake Obstetricians & Gynecologists, PC

425-454-3366

(Bellevue)

425-391-8655

(Issaquah)

Snoqualmie Ridge Women's Health Clinic

425-831-1120

University of Washington Physicians, Factoria

425-957-9000

The Women's Center

425-827-0100

Young M. Kim, MD

425-455-8888

Revitalizing the Childbirth Center

WITH THE HELP of generous donations from The Norcliffe Foundation, the D.V. and Ida McEachern Charitable Trust and the Auxiliaries, Overlake recently completed a major renovation of our Childbirth Center. The end result of this \$4 million project is a more welcoming and positive environment to enhance the childbirth experience for mothers and families, improved patient flow, and upgraded equipment.

A total of 12 labor and delivery rooms, 28 mother and baby rooms, and two operating rooms were remodeled. Each room is also equipped with emergency equipment in the rare case it is needed.

In addition, we created a dedicated triage area near the entrance. This allows our patients to be evaluated before they are admitted.

The renovation took place over the course of 11 months.

Some infants have special nutritional needs, and for them, Overlake offers a unique support system. Registered dietitians at Overlake's Infant Nutrition Clinic offer a feeding plan and follow-up support for parents of premature infants and low birth-weight babies after they leave the hospital, helping ensure these children achieve their growth potential.

Today, Aksel and Anja are active, healthy toddlers. Sarah shares, "Aksel is Mr. Happy with his smiles and giggles, and Anja is headstrong. He'd better learn to run fast because if she gets a hold of him, he's in trouble!"

For more information on Overlake's Childbirth Center and programs offered to expectant and new families, visit www.overlakehospital.org/maternitycare.



Corporate Partners Breakfast a Huge Success

WHEN JULIE DIJULIO SHARED her heartfelt story of overcoming a serious illness thanks to the outstanding care and compassionate staff at Overlake, the packed audience of more than 500 business leaders and friends listened with genuine interest and concern. And when her husband, Matt, took the stage, he delivered the winning pitch for support of Overlake.

Generous supporters contributed a record \$225,000 to Overlake at the 11th annual Corporate Partners Breakfast.

The event honored Overlake's Corporate Partner of the Year, Sterling Realty Organization, and Fredric Danz, a longtime supporter of Overlake. David Schooler, Sterling's CEO, accepted the award on behalf of Fredric Danz, who passed away in August at age 91.

Special thanks to Tod Leiweke, CEO of Vulcan Sports and Entertainment/Seattle Seahawks, who delivered the keynote address; Patti Payne, of the *Puget Sound Business Journal*, for serving as the master of ceremonies; and the dozens of companies, large and small, that sponsored this event at levels never seen before. Your support helps us to deliver Medical excellence every day.™

From left: Craig Hendrickson, President and CEO, Overlake Hospital Medical Center; Tod Leiweke, CEO of Vulcan Sports and Entertainment and the Seattle Seahawks; Patti Payne, *Puget Sound Business Journal* columnist; David Aubrey, Vice President for Fund Development, Overlake Hospital Medical Center.

Make Your Reservations for Bandage Ball

Join community leaders and friends of Overlake for our most anticipated event of the year: the 23rd annual Bandage Ball. It's set for Saturday, April 24, at the Hyatt Regency Bellevue.

A special celebration of Overlake's 50th anniversary serving residents of Bellevue and the Eastside will highlight the festivities. And because this event will pay tribute to Overlake's past and launch a new era in care, the Overlake

Auxiliaries have set an ambitious goal: 1,000 guests and \$1 million raised.

We hope you'll join us for what promises to be an inspiring and exciting evening. To reserve tickets, or to find out about corporate sponsorship or team captain opportunities, **contact us at 425-688-5529, or auxiliaries@overlakehospital.org**.



Donations Help Overlake Deliver Excellence

ASK ANY ONE OF THE THOUSANDS of families who come to Overlake's state-of-the-art Childbirth Center what they appreciate most about their experience, and you'll likely hear about the friendly, helpful and compassionate nursing staff. Or the wonderful environment that combines the comforts of home with the sophisticated medical backup of Overlake's world-class care.

What's behind the newest technology and the renovation of Overlake's Childbirth Center? The generous support of donors, including The Norcliffe Foundation and D.V. and Ida J. McEachern Charitable Trust.

The Norcliffe Foundation, longtime contributors to Overlake, provided vital funds to renovate the Childbirth Center, creating a modern, healing environment that soothes and promotes family involvement.

Installation of specialized equipment to care for newborns, including oxygen equipment and radiant heaters, was made possible by a donation from the McEachern Charitable Trust. Its contribution helps Overlake continue a strong tradition of providing the highest-quality care for newborns.

Thanks to The Norcliffe Foundation, the D.V. and Ida J. McEachern Charitable Trust, the Auxiliaries and thousands of other generous donors in our community, Overlake continues to deliver award-winning care—and more than 4,000 newborns every year.



Newly installed equipment in labor and delivery rooms provides ready access to oxygen and heaters, should an infant show signs of distress.

Learn More About Giving Opportunities

Overlake flourishes thanks to the ongoing generosity of donors who appreciate and depend on its quality care. 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: Overlake Hospital Foundation, 1035 116th Ave. NE, Bellevue, WA 98004.

You may also contact us at 425-688-5525 or e-mail the Foundation office at foundation@overlakehospital.org.

Your hospital. Your community. Your commitment.

New Therapies for Cancer Patients

In the fight against cancer, precision is a powerful and protective tool. A new type of radiation therapy at the Cancer Center at Overlake enables radiation oncologists to spare healthy tissue while targeting and destroying cancer cells with even greater accuracy and speed than was possible just a few years ago.

Stereotactic Radiosurgery (SRS) is not really surgery at all but a cancer treatment that delivers a very high dose of radiation to a small, focused area of cancer tissue. Unlike standard external beam

therapy that might be delivered to cancerous tissue daily over a six-week period or longer, SRS can be used in a single visit to achieve the same results. SRS requires extremely precise patient positioning, image acquisition and detailed treatment planning.

SRS is a noninvasive treatment option. While primarily used for brain tumors, both SRS and Stereotactic Radiotherapy (SRT), which delivers multiple treatments over several days, can also be used to treat other types of tumors in the body.

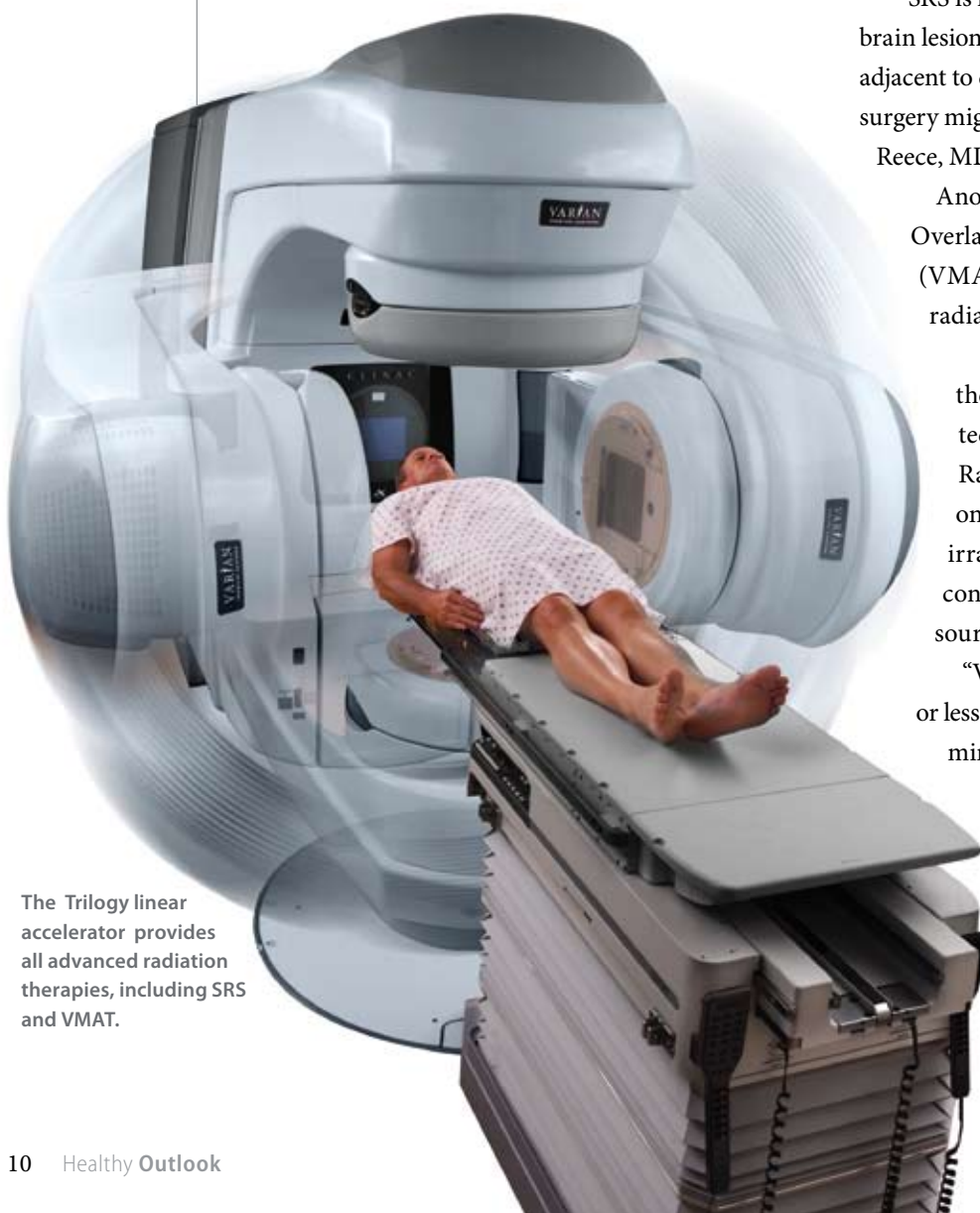
“SRS is helping us treat brain tumors, metastatic brain lesions, lung cancers and other localized tumors adjacent to critical structures, where traditional surgery might be difficult or impossible,” says Brent Reece, MD, a radiation oncologist at Overlake.

Another new radiation treatment tool at Overlake, Volumetric Modulated Arc Therapy (VMAT), also will benefit patients needing radiation as part of their treatment plan.

VMAT is a significant improvement to the existing advanced radiation therapy technique of IMRT (Intensity Modulated Radiation Therapy). It allows radiation oncologists to zero in on and continuously irradiate the tumor with a carefully controlled dose of radiation, as the beam source rotates around the patient.

“VMAT treatments may take two minutes or less, while conventional IMRT takes 10 to 20 minutes,” explains Dr. Reece. “As a result, the patient is more comfortable, and the chance for patient motion is minimized with the shorter treatment time.”

The addition of these new therapies at Overlake gives doctors more options and capabilities to treat patients and to tailor treatments to each patient’s unique cancer diagnosis.



The Trilogy linear accelerator provides all advanced radiation therapies, including SRS and VMAT.



Seasons Dining room service gives patients more control over their meals.

Patient Dining Gets a Delicious Makeover

You're scanning today's menu and are faced with tantalizing options. Should you start with a selection of top-quality artisan cheeses or the tandoori grilled chicken skewers with a mango-chutney dipping sauce? And which entrée? Savory osso bucco-style pork shanks or a fresh Elliott Bay salmon fillet?

You may be surprised to learn that such appetizing and nutritious choices are everyday fare at Overlake, as part of our commitment to serve the finest seasonal and locally sourced foods available. In December, we started a unique Seasons Dining room service program, in which patients can order from an array of meal choices anytime between 6:30 a.m. and 7 p.m., and be served within 45 minutes.

"It's like room service in a hotel but in a hospital setting," explains Mark Eggleston, Director of Hospitality Services at Overlake, where about 645 patient meals are prepared and served each day. "Some hospitals have a one-size-fits-all menu, but we redesigned our kitchen and developed all new menus and now make everything to order so it's as fresh as possible."

The room service offerings, created by Executive Chef Christopher Linaman, are customized for each

patient based on his or her dietary requirements. There are 12 different menus in all, including heart-healthy, low-sodium and low-fiber options. "We also plan to offer seasonal specials as well as ethnically and culturally diverse items," adds Eggleston. The menus, available in English, Russian or Spanish, have informative panels explaining each diet.

Melanie Gonzales, Manager of Clinical Nutrition and Patient Dining, estimates that 70 to 80 percent of patients at Overlake will make their selections from the regular diet menu, which features all-natural breads from Seattle's famed Macrina Bakery, cage-free eggs, Nancy's organic yogurt, organic salad greens and Starbucks fair-trade coffee. Of course, when you're not feeling well, there's nothing like comfort food,

and the menu also features classics such as meatloaf, chicken pot pie, and macaroni and cheese that are as satisfying as they are nutritious.

"We want to offer superior quality in both our food and service," says Eggleston. "We've found that patients tend to be happier when they have more control over their dining experience, and our physicians report that patients eat better and heal faster when they're able to make their own food choices."





Classes and Programs

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

FOUR EASY OPTIONS FOR REGISTRATION:

1. Go to www.overlakehospital.org/classes.
2. Send an e-mail to classes@overlakehospital.org.
3. Call 425-688-5259, Monday–Friday, 8 a.m.–4:30 p.m.
4. Mail a letter with your credit/debit card number, class name, date and attendee information to:

Teresa Botts
Overlake Hospital Medical Center
1035 116th Avenue NE, Bellevue, WA 98004

Many of our programs and classes are supported by our Overlake Auxiliaries. Call 425-688-5529 for more information.

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. Refreshments served. Preregistration required. **Wed., Feb. 17, 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 and 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. Help celebrate the special relationship between father and child.

- *Car-Safe Kids*: how to choose and install an infant car seat.
- *Infant CPR and Safety-Proofing*
- *Bringing Baby Home*: see listing below.
- *Happiest Baby on the Block*: see listing below.

After Baby Arrives

- *Conscious Fathering*: for new dads with their babies!
- *You and 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*: see listing below.
- *Happiest Baby on the Block*: see listing below.

PARENTING

Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Attend during pregnancy or until baby is 3 months old. **Sat., Jan. 16, Feb. 20 or Mar. 6, 10 a.m.–noon.** \$60 per family.

Bringing Baby Home

In this two-day workshop, couples will learn how to 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. **Two Saturdays, Jan. 23 and 30, or Mar. 13 and 20, 9 a.m.–4 p.m.** \$150 per couple.

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., Feb. 20, 10 a.m.–2 p.m.** FREE.

ParentMap's Preschool Preview Night

Overlake Hospital once again sponsors this annual event showcasing more than 40 Eastside preschools and programs. **Wed., Jan. 13, from 5:30–8 p.m.,** Meydenbauer Center, Bellevue. FREE.

ParentMap Pathways Lecture Series

Overlake is a proud sponsor of this year's ParentMap Pathways Lecture Series, which includes the following two lectures.

Raising an Emotionally Intelligent Child

Dr. John Gottman, **Wed., Mar. 3, 7–9 p.m.,** Redmond High School.

Kids, Emotions and Active Problem Solving in Families

Dr. Laura Kastner, **Tue., Mar. 16, 7–9 p.m.,** Bear Creek School, Redmond.

To reserve your ticket or check out a complete list of all ParentMap lectures, go to www.parentmap.com/pathways, or call 1-800-838-3006.

Toddler Topics—four-part series

What makes your toddler tick? Taught by parent educator Jan Fauli, MEd.

Feb. 2—What makes toddlers tick? Gain an understanding of toddler development and often perplexing behavior.

Feb. 9—Can't sleep, won't eat. Learn options for positive bedtime routines and realistic expectations for toddler's eating behavior.

Feb. 23—Temper tantrums. Develop an approach for responding to tantrums so they'll subside rather than continue into the preschool years.

Mar. 2—Potty training. Learn readiness signs and a way to begin the process to potty training success.

Tue., Feb. 2, 9, 23 and Mar. 2, 7–9 p.m. \$60 per person; \$95 per couple.

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. In this class, parent educator Jan Fauli, MEd. will talk about your options when children are demanding, how to teach children responsibility and accountability instead

For more information about our classes, or to register,

of entitlement, and how to say no in the face of negative effects of peer pressure. Children who learn to delay gratification have better long-term outcomes. **Mon., Mar. 22, 7–9 p.m.** \$30 per person; \$50 per couple.

Becoming a Love and Logic Parent— for parents of four-year-olds to teenagers

Lisa Greene, certified parent coach and *Love and Logic* author, will show you how easy parenting can be. Learn to avoid power struggles and how to handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering, and drug/alcohol discussions. **Sat., Mar. 6 and 20, 9 a.m.–2 p.m.** \$59 per person; \$99 per couple; additional \$10 material fee required.

BodyWorks

This 10-week fitness and nutrition program for girls and boys ages 9 to 13 and their families is designed to help improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavioral changes to prevent obesity and help maintain a healthy weight. Details at www.womenshealth.gov/bodyworks. Held in Issaquah at Grand Ridge Elementary, **Mon., Jan. 25–Apr. 12**, or at Bellevue College–North Campus, **Tue., Jan. 26–Apr. 13; 6:30–8 p.m.** FREE.

Aspects of Puberty, Sex Education & Relationships

As Girls Grow Up: For girls ages 9–12 and their parents. **Thu., Jan. 28, 6:30–8:45 p.m.**

As Boys Grow Up: For boys ages 10–12 and their parents. **Thu., Feb. 25, 6:30–8:45 p.m.** Class focuses on physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. Includes book and refreshments. Bridgett Blackburn, MS, parent educator, and Monica Richter, MD (girls) or Antony Egnal, MD (boys). \$50 per pair; \$12 per additional person.

SAFETY

Infant CPR and Safety-Proofing

Completion cards are not awarded in this class. **Weeknights, Jan. 14, Jan. 25, Feb. 10, Feb. 25, Mar. 2, Mar. 15 or Apr. 8, 6:30–9:30 p.m., or Sat., Jan. 9, Feb. 20, Mar. 27 or Apr. 17, 9 a.m.–noon.** \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. Classes can be taken separately. Two-part midweek class: **Mon. and Wed., Apr. 12 and 14, 6:30–9:30 p.m., or Sat., Jan. 30, 9 a.m.–4 p.m.** \$55.

Kid Safety Renewal

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

Adult First Aid and Adult/Child CPR

This two-part class includes a book. First aid and adult/child (ages 1–8) CPR may be taken separately. **Mon. and Wed., Feb. 22 and 24, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Wed., Jan. 20 or Thu., Mar. 4, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

Super Sitters: Babysitting Classes

For ages 11 and older. Held on **Sat., 9 a.m.–2 p.m.** at multiple locations. BCC–North Campus: **Jan. 23, Feb. 27 and Mar. 20**, 425-688-5259; Redmond Parks: **Feb. 6**, 425-556-2300; Kirkland Parks: **Jan. 30**, 425-587-3336; Encompass (North Bend): **Feb. 27**, 425-888-2777; Issaquah Parks: **Jan. 30**, 425-837-3300; Mercer Island Parks: **Feb. 20**, 206-236-3545. \$35 (park fees differ).

WOMEN'S HEALTH

Be Heart Smart: What Women Should Know About Their Cardiac Health

Men welcome

Please join Overlake Hospital cardiologists Thomas Amidon, MD, and Jeffrey Fowler, MD, and physical therapist Lisa Rehm, PT, as they discuss the risk factors for coronary artery disease, what women can do to improve their odds against heart attack and current diagnostic and treatment options.

Come early to attend our Heart Health Fair, which includes:

- Free, nonfasting cholesterol screening—pre-reserve your timeslot, space limited.
- Blood pressure checks by The Hope Heart Institute.
- Visiting with Lisa Rehm, a physical therapist specially trained in cardiac health.
- Self-risk assessment and resource fair.
- A glass of “heart-healthy” red wine and dark chocolate.

Thu., Feb. 4, 6–9 p.m.; Health Fair from 6–7 p.m.; presentation from 7–9 p.m. FREE.

Preregistration required; call 425-688-5259 or online at www.overlakehospital.org.

Take Charge of the Change: Maneuvering Menopause

There is one thing that all midlife women have in common: The more they know about menopause, the better they will navigate through this significant life transition. Come hear Overlake OB/GYN Christine Werner, MD, talk about the various health choices you can make and the importance of being an active partner with your clinician in deciding what options are best for you.

Topics will include:

- Physiological changes of menopause.
- Options available to reduce uncomfortable symptoms, including hormone and alternative therapies.
- How menopause impacts other midlife health concerns such as osteoporosis and heart disease.

Tue., Mar. 9, 6:30–8:30 p.m. FREE.

Breast Health Program

This personalized, one-hour breast self-exam instruction and education program is taught by registered nurses. **Monday evening classes.** 425-688-5259. FREE.

HEALTHY LIFESTYLES

Orthopedic Health Talks:

Minimizing Body Pain

As we age, our bodies may show the wear and tear of everyday living. Add athletic activities and repetitive motion at work all day long, and we find ourselves living with discomfort and pain. Come hear Overlake orthopedic physicians and a physical therapist discuss various conditions and treatment options to live a more comfortable, pain-free life. Ample time is included for questions. FREE.

Issaquah Classroom: Talks from **6:30–8 p.m.**

Thu., Jan. 28 *Knee Pain: Options for the Athlete in All of Us*—Dr. Jeremy Idjadi.

Mon., Feb. 22 *Relief From Spine Pain: Surgical and Nonsurgical Approaches*—Dr. Todd Jackman.

Tue., Mar. 9 *Pain in the Neck! Dealing With Neck and Shoulder Pain*—Dr. Jeremy Idjadi and Dr. Todd Jackman.

Overlake Hospital: Talks from **6:30–8:30 p.m.**

Wed., Mar. 17 *Relief From Spine Pain: Surgical and Nonsurgical Approaches*—Dr. Todd Jackman and Shawn Lambert, PT.

Thu., Mar. 25 *Establishing Optimal Body Mechanics and Ergonomic Practices*—Shawn Lambert, PT.

Retraining Your Body's Stress Response

Prolonged stress disrupts vitality, leading to more serious health problems. In this two-part class, you will learn how to incorporate conscious breathing as a tool to retrain your nervous system to more readily access and sustain the physiological state of relaxation and healing. Taught by Julie Glassmoyer, certified reflexologist and body centered therapist, who specializes in stress reduction. **Thu., Mar. 4 and 11, 7–8:30 p.m.** \$40.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jan. 21, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Jan. 28, Feb. 4 and 11; or Mar. 11, 18 and 25, 7–9 p.m.** \$89.

Weight Loss Surgery Seminars

Get the facts about weight loss surgery to see if it's right for you. Bellevue: **Tue., Jan. 5, Jan. 19, Feb. 2, Feb. 16, Mar. 2 or Mar. 16**, or Issaquah: **Tue., Jan. 26, Feb. 23 or Mar. 23, 6–7:30 p.m.** FREE.



Presented by
The Joint Replacement Center at Overlake

MOTION *is* LIFE

Is joint pain keeping you from enjoying life? If so, learn about options for joint pain relief at our complimentary **Motion is Life** seminar. Space is limited, reservations are required. To make your reservation, call **425-688-5579**.

**THURSDAY, FEBRUARY 11,
 6:30 TO 8 P.M.**
**OVERLAKE HOSPITAL MEDICAL CENTER,
 PACCAR EDUCATION CENTER,
 INSPIRATION ROOM**

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 information, call 425-688-5214. FREE.

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. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Wed. and Fri., Jan. 13–Feb. 5; Tue. and Thu., Feb. 9–Mar. 4; or Mon. and Wed., Mar. 8–31, 1–3 p.m.** Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Exercise to Increase and Maintain Balance

Learn to strengthen key muscle groups and improve use of the core muscles that keep your body in balance. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thu., Jan. 14, 21 and 28; Wed., Feb. 10, 17 and 24; or Tue., Mar. 9, 16 and 23, 1–2 p.m.** Preregistration required; call 425-688-5800. \$25.

Exercise to Improve Balance Refresher

Exercise to Increase and Maintain Balance refresher course. Bellevue College–North Campus,

10700 Northup Way, Bellevue. **Tue., Jan. 26; Thu., Mar. 25, 1–2:30 p.m.** Preregistration required; call 425-688-5800. \$15.

Therapeutic Yoga to Maintain Balance

The Yoga Barn, Issaquah, 660 NW. Gilman Blvd, Ste. C6, Issaquah. **Tue. and Thu., Jan. 12–28; Feb. 2–18; Feb. 23–Mar. 11 or Mar. 16–Apr. 1, 11 a.m.–12:15 p.m.** Preregistration required; call 425-427-0038. \$69.

Living Wills: Do They Know Your Wishes?

Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thu., Mar. 18, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$5.

The Sneak Thief of Sight: Glaucoma (Class #45559)

North Bellevue Community Center. **Mon., Jan. 25, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Getting to the Heart of the Matter (Class #45565)

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

Vitamin Supplements—Should We Be Taking Them? (Class #45569)

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

Taking a Stand: Keeping Your Feet Healthy

Bellevue YMCA. **Wed., Jan. 13, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

My Aching Shoulder

Bellevue YMCA. **Wed., Feb. 10, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

Did You Hear That?

Bellevue YMCA. **Wed., Mar. 10, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

Portion Control for Weight Loss

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

Hypertension: Should I Be Concerned?

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

Keeping Your Mind Fit

Redmond Senior Center. **Wed., Mar. 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.

For more information about our classes, or to register,

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.

Wig Closet

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

Look Good ... Feel Better

A free program that teaches beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Jan. 11, 1–3 p.m.; Mon., Feb. 15, 6–8 p.m.; Mon., Mar. 15, 1–3 p.m.** Call Kelly Zant at 425-467-3809 to register. FREE.

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.** Call 425-688-5986 for more information. FREE.

Reconstruction After Breast Cancer Surgery

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

Grief and Loss Support Group

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

Sit and Knit

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

EVENTS

Fashions From the Heart

The Roger Stark Cardiac & Stroke Auxiliary will host a luncheon and fashion show by Newport House on **Wed., Feb. 24, 11:30 a.m.**, at the Overlake Country Club in Medina. Tickets range from \$65 to \$100. To reserve your seat, call 425-688-5526, or e-mail auxiliaries@overlakehospital.org.

Spaghetti Dinner & Silent Auction

Hosted by the Sonja Potter Senior Care Auxiliary. **Fri., Mar. 5, 5 p.m.**, at the Westminster Chapel in Bellevue. To reserve a seat, call 425-688-5526, or e-mail auxiliaries@overlakehospital.org.

Eastside Vitality Health Talks: The Latest in Colorectal Cancer Prevention, Diagnosis and Treatment

Thu., Mar. 11, 6:30–8 p.m. at Overlake's PACCAR Education Center. Learn about the latest in prevention, screening and treatment for colorectal cancer during National Colorectal Cancer Awareness Month. For information, call 425-688-5816.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, contact the open-assignment line at 425-688-5552, or 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.

ACTIVE SENIOR FAIR

SATURDAY, MARCH 13, 10 A.M. TO 3 P.M.

WESTMINSTER CHAPEL OF BELLEVUE • 13646 NE 24TH STREET, BELLEVUE

Enjoy this fun, FREE daylong event that features enjoyable live entertainment, a fashion show, a special gardening presentation by Marianne Binetti of the Great Gardening Show and much more. Attend mini health seminars by Orthopedic doctors James Bruckner, MD, Ash Patel, MD, and Geriatrician Hank Williams, MD. Stroll through vendor exhibits, highlighting a wide variety of Eastside businesses and organizations. Take advantage of a variety of free health screenings. The entire day is geared to the active senior.

Call 425-688-5800 for more information.

Don't miss this fun-filled event!

www.overlakehospital.org/activeseniorfair



please visit www.overlakehospital.org/classes.



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425-822-7426
Podiatry

Molly Capron, MD
425-827-4600
Pediatrics

Darcy R. Carr, MD
425-688-8111
Maternal-Fetal

Rebecca Dale, MD
425-292-0716
Ophthalmology

Marshall Emig, MD
425-451-2272
PM/Rehab

Christy Gibson, MD
425-688-5777
Family Practice

Luz Gonzalez, MD
206-275-2122
Pediatrics

Kate Halamay, MD
425-827-4600
Pediatrics

Ami Mehta, MD
425-827-4600
Pediatrics

Meera Mohanakumar, MD
425-688-5700
Family Practice

Bryce Munson, DO
425-688-5777
Family Practice

Tyler Munson, DO
425-688-5777
Family Practice

Michael Nelsen, MD
425-688-5985
Mammography

Allen Rubin, MD
425-450-7007
Thoracic/ Vascular

Steven Scallon, MD
425-688-5985
Mammography

Christine Werner, MD
425-391-8886
OB/GYN

Garrett Yam, MD
425-746-2400
Internal Medicine

Eastside Vitality OVERLAKE HOSPITAL MEDICAL CENTER'S COMMUNITY HEALTH FAIR

Saturday, January 23, 2010 • 11 a.m. to 3 p.m.
PACCAR Education Center • Overlake campus

FREE health screenings including cholesterol, osteoporosis, diabetes, stroke and skin cancer.

FREE lectures from leading health experts:

- ☒ **Take A Load Off Your Heart: Stress Management for Bailout Times.**
Presented by Joe Piscatella, best-selling author of "Positive Mind, Healthy Heart."
- ☒ **Preventing Cancer: What's Fresh, Fibrous and Omega-Rich Got To Do With It?**
Presented by Overlake nutritionist Melicent Smith, MS, RD.
- ☒ **"Will Someone Please Turn Down The Heat?"**
Bryce Munson, DO, Overlake family practice physician, shares the latest research on coping with menopause.
- ☒ **Don't Go Breaking Your Heart: A Boomer's Guide To Heart Health.** Presented by Joseph Doucette, MD, Overlake cardiologist.

Plus expert advice, resources and more!

www.overlakehospital.org/EastsideVitality

