

Healthy Outlook

WINTER
2008

Preventing Women's Heart Disease

*Overlake cardiologists Rachael Wyman, MD,
and Gretchen Crittenden, MD, urge women to
manage risk factors with a healthy lifestyle*

PLUS: Planning for Pregnancy

Overlake Recognized for Clinical Excellence

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™





From the President & CEO

The fall brought with it major milestones for Overlake and reasons to celebrate. We opened our new South Tower, a bright and beautifully designed five-story facility that will allow us to better care for the residents of our rapidly expanding Eastside. An estimated 6,500 friends and neighbors came through our doors last September for tours, demonstrations and health information.

Our expanded Emergency & Trauma Center opened on October 30, poised to handle the increased daily volume we expect, or any widespread emergency or disaster that may affect our region. Located on the first floor of the South Tower and three times the size of the old department, the center offers the latest in healthcare diagnostics and treatment, all within an environment designed to reduce stress and support healing.

I hope you'll enjoy this issue of *Healthy Outlook*. You'll read compelling stories highlighting women and heart disease and the complexities of both diagnosing and treating women with cardiac problems. Our cardiac patients are in good hands, and you'll read about how Overlake was recently recognized by HealthGrades® as being among the region's best for Cardiac, Vascular and Stroke services. Excellent patient care and superior patient outcomes are truly worth celebrating.

I wish you a new year of health and happiness!

Sincerely,

Craig Hendrickson
President & CEO

OVERLAKE BREAST IMAGING BECOMES CENTER OF EXCELLENCE

The American College of Radiology's Commission on Quality and Safety has recognized Overlake Hospital Medical Center as a Breast Imaging Center of Excellence. This designation signifies that our Breast Imaging Center provides services at the highest standard and is dedicated to improving women's health by participating in rigorous quality assurance programs.

OVERLAKE WELCOMES NEW ADMINISTRATORS

Overlake is pleased to introduce two senior administrators to the leadership team: David Schultz as the hospital's new chief operating officer, and David Aubrey as vice president of fund development and executive director of the Overlake Foundation. Schultz joins Overlake from Northwest Medical Center in Tucson, Ariz. Aubrey has 25 years of fundraising experience and was most recently a philanthropic consultant with Bentz Whaley Flessner.

HEALTHY OUTLOOK • WINTER 2008

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www.overlakehospital.org

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

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

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Photography by Scott Areman.

OVERLAKE RECOGNIZED FOR CLINICAL EXCELLENCE

The Tenth Annual HealthGrades® Hospital Quality in America Study found patient outcomes at Overlake among the nation's best for Cardiac, Orthopedics, Bariatrics, Vascular Services, Stroke Services, and Women's Health and Maternity. Overlake is the only hospital in Washington to receive a five-star rating for both Women's Health and Maternity Care.

The study, the largest of its kind, analyzed patient outcomes at virtually all of the nation's 5,000 hospitals over the years 2004, 2005 and 2006. Hospitals were assigned a one-star (poor), three-star (as expected) or five-star (best) quality rating for 28 diagnoses and procedures, ranging from heart failure to hip replacement to pneumonia. The study found that Overlake is:

- Rated best in the Seattle region for Cardiovascular Surgery
- Rated number one in the state of Washington for Vascular Services
- Five-star rated for Heart Failure Treatment
- Five-star rated for Valve Replacement five years in a row
- Five-star rated for Joint Replacement
- Five-star rated for Total Knee Replacement
- Five-star rated for Spinal Surgery three years in a row
- Five-star rated for Back and Neck Surgery four years in a row
- Five-star rated for Weight-Loss Surgery—Bariatrics
- Five-star rated for Stroke Care Services
- Ranked among the top 10 percent in the nation for Women's Health—five stars*
- Ranked among the top 10 percent in the nation for Maternity Care—five stars*

*Overlake is the only hospital in Washington to receive a five-star rating for both Women's Health and Maternity Care.

The 2008 HealthGrades ratings for all hospitals nationwide are available at www.healthgrades.com.



SOUTH TOWER GRAND OPENING

To introduce our new South Tower to our community, a number of events were held in September.

Our community open house allowed the public to tour patient rooms and surgical suites before they were occupied. A mock auto accident rescue scenario presented by Bellevue firefighters, paramedics and our Emergency Department fascinated audiences with a demonstration of the Jaws of Life. Other demonstrations included safe skateboarding and helmet safety. Schoolchildren also got to see the workings of the hospital, even conducting their own "candyoscopy" mock surgery.

We want to thank the dedicated efforts of our staff who made these events possible, and thank all who attended for showing their interest in our outstanding facility.



Preventing Heart

Since the American Heart Association's launch of the "Go Red" campaign five years ago, media coverage of heart disease and stroke in women has become increasingly prevalent. While overall awareness has increased, women still underestimate their cardiac risk, and heart disease remains the number one cause of death, taking the lives of more than 350,000 American women each year.

Most women don't know their risk or that the signs of heart attack in women can sometimes be different or more subtle than in men. The importance of prevention has never been greater.

Two female cardiologists on Overlake's medical staff, Gretchen Crittenden, MD, and Rachael Wyman, MD, strongly emphasize assessing risk factors. "It's very important to identify your risk factors and have them treated," says Dr. Wyman. "Modify your lifestyle. If you're not sure what your risk is, ask your physician."

A family history of cardiovascular disease is a leading risk factor. Other risk factors include smoking, diabetes, high blood pressure or high cholesterol, obesity and physical inactivity, all of which can be managed with an active and healthy lifestyle.

Symptoms of a heart attack are slightly different in women. Chest pain is the most common sign for men and women, however women are likely to experience

Disease

in Women

additional symptoms unrelated to chest pain such as nausea, neck and arm pain, dizziness, shortness of breath or fatigue.

For bypass surgery patient Ozzie Traff, the atypical symptoms were precisely those she did experience—neck, jaw and shoulder pain. Although she initially blamed stress, luckily, she didn't ignore the signs for long and continues to enjoy an active, fulfilling life (see Ozzie's story on page 6).

Women tend to minimize their symptoms. Generally, women are used to taking care of others and multitasking, so when experiencing out-of-the-ordinary pain, they are more likely to downplay it or disregard it as stress, as did Ozzie.

Furthermore, types of cardiovascular disease are more varied in women than in men and more difficult to detect. While coronary artery disease, which affects the heart's blood vessels, is the most common heart disease found in women, females are also more likely than males to get microvascular disease, which affects small blood vessels. "Even though these small arteries cannot be seen with an angiogram or CT

scan," Dr. Wyman says, "many women with chest pain may have reduced blood flow." This may be due to plaque build-up or an abnormal constriction of the small vessels. In these cases, the most important action is to aggressively treat risk factors.

Reports indicate women have also been understudied in clinical trials. The clinical studies that have included women show they benefit from heart medications, taking aspirin and quitting smoking. "Cardiac disease is just as preventable in women as it is in men and should be taken just as seriously," says Dr. Crittenden.

Both men and women should pay special attention to their own heart risk this February, which is American Heart Month. Speak with your doctor so you don't wait to start that exercise regime, or add those heart-healthy omega-3 fatty acids, found in certain fish and flaxseed, to your diet. Start prevention early. Knowing your numbers (blood pressure, cholesterol) while in your 20s and keeping those numbers at normal levels can decrease later risk. Take this message to heart.



On the cover (L-R): Rachael Wyman, MD, a preventive cardiologist with Eastside Cardiology Associates, studied at the University of Washington Medical School and completed her residency and fellowship at the University of Wisconsin. Gretchen Crittenden, MD, an interventional cardiologist with Bellevue Cardiology, received her medical degree from Oregon Health Sciences University, completed her residency at the University of Iowa and a fellowship at the University of Washington.



Sound Heart is a joint enterprise between Overlake Hospital Medical Center and Evergreen Hospital Medical Center, each with distinct, superior heart programs. From open-heart surgery to rehabilitation, Overlake and Evergreen are working together to provide a new level of care for patients, their families and the greater Eastside region.



Ozzie Traff

BE HEART SMART: WHAT WOMEN SHOULD KNOW ABOUT THEIR CARDIAC HEALTH

Please join Overlake cardiac experts, Ronnier Aviles, MD, from Overlake Internal Medicine Associates (OIMA) Cardiology, Joseph Austin, MD, from Overlake's Cardiothoracic Surgery group and Sandy Schutz, RN, MSN, CCRN, for an informative discussion about the realities for women and heart disease.

Topics include:

Achy-Breaky Heart: What is a broken heart and its impact on women's lifestyles?

Commitment: Risk factors and a commitment to prevent heart disease.

What Women Want: The optimal and current diagnostic and treatment options for women.

Prior to the program, enjoy a glass of heart-healthy wine and dark chocolate. Free blood pressure checks by the Hope Heart Institute and self-risk assessments will be available. Overlake Education Conference Center. Wed., Feb. 6, 6:30–9 p.m. FREE. Registration is required; call 425-688-5259.

Heart Disease: One Woman's Story

Astrid (Ozzie) Traff, Eastside resident, original Overlake Auxiliary member, and active Foundation and Auxiliary Board Trustee.

It's been 13 years since she had quadruple bypass surgery at Overlake, and Ozzie Traff's heart is still beating strong. A member of Overlake's Auxiliary and Foundation boards with an involvement in numerous other activities around the Eastside, Ozzie keeps her mind and body active. "It's a wonderful feeling to get up in the morning and do what makes me happy," she says.

Overlake's Sandra Rice, MD, has been Ozzie's primary care physician for more than 20 years. Ozzie turned to Dr. Rice when she wasn't feeling quite right. "I had a rough year: I lost my husband, twin brother, mother and sister-in-law. I thought it was just stress, but one night I woke up at 3 a.m. with aches in my shoulder, jaw and eye. I felt tightness in my chest, so I made an appointment with Dr. Rice. She performed a stress test and sent me to the hospital immediately."

Once her situation was assessed and surgery recommended, Ozzie was in the expert hands of now-retired Overlake cardiac surgeon, Roger Stark, MD, anesthesiologist Shelley Agricola, MD, and Joseph Doucette, MD, who has remained her cardiologist. "Within eight days I felt revitalized and was able to go back to nearly all my usual activities."

Her maintenance plan includes an annual echo-stress test, daily medication, exercise, a healthy diet and keeping her cholesterol and blood pressure in check. "I have a disease that needs to be managed, but I live a totally normal life," Ozzie says. "I am able to travel and remain active in my community.

"I always thought of heart disease as a man's disease and a heart attack as a 'clutching your heart' type of pain. Pay attention to your body and know your risk factors. The awareness of symptoms is very important," Ozzie says. "And, get your exercise. As Dr. Rice tells me: 'Walk, walk, walk.'"

OVERLAKE SURGEONS OFFER MINIMALLY INVASIVE HEART VALVE REPAIR SURGERY

Overlake Hospital Medical Center Cardiothoracic Surgeons Joseph Austin, MD and Vu Hoang, MD, are now performing minimally invasive mitral and aortic valve repair surgery.

The mitral and aortic valves are two of four heart valves (the other two are the tricuspid and the pulmonic). As blood leaves each chamber of the heart, it passes through one of the four valves. The valves ensure that blood flows in only one direction. Valve disease occurs when the heart valves leak (regurgitation) or do not open properly (stenosis).

In a traditional valve repair procedure, the surgeon gains access to the valve through an incision in the center of the patient's chest and division of the breastbone. When using the newer, minimally invasive approach, the surgeon makes a smaller incision on the side of the patient's chest and gains access to the valve by taking a path between the ribs.

The benefits of minimally invasive surgery may include:

- Reduced pain
- Reduced blood loss
- Reduced risk of infection
- Shorter hospital stay
- Faster recovery
- Faster return to work
- Less scarring and improved appearance after surgery

Overlake's Cardiac Center now offers minimally invasive valve repair to qualified patients as an option along with traditional valve repair surgery. This new approach augments the stellar surgical procedures the Cardiac Center is known for. HealthGrades, the nation's leading provider of independent hospital ratings, recently designated Overlake a five-star hospital for valve replacement surgery, the highest rating, and rated Overlake best in the Seattle area for cardiac surgery. For more information about minimally invasive valve repair surgery, or to learn if you are a candidate for this procedure, please call 425-454-8161.

CARDIAC DISEASE PREVENTION

- Know your family history.
- Don't smoke.
- Exercise at least 30 minutes per day, five days per week (in accordance with your physician's directives).
- Eat less saturated fat and salt and opt for a balanced diet including fruits, vegetables, whole grains and heart-healthy foods with omega-3 fatty acids, such as oily fish and flaxseed.
- Lose excess body fat.
- Keep alcohol consumption to a minimum.
- Know your numbers. Normal blood pressure should be 120/80 or below; total cholesterol below 200 mg/dL; and triglycerides below 120 mg/dL.

If you are experiencing severe or unusual chest, neck, arm or jaw pain, dizziness or shortness of breath, dial 911. If you are concerned about your cardiac risk factors, consult your primary care physician. He or she may refer you to one of the following cardiology groups associated with Overlake:

Bellevue Cardiology.....425-455-9555

Cascade Heart Clinic425-454-1560

**Eastside Cardiology
Associates425-899-0555**

**Overlake Internal
Medicine Associates.....425-454-2656**

Ninth Annual Corporate Partners Breakfast

October 10 marked Overlake Hospital Medical Center’s Ninth Annual Corporate Partners Breakfast. More than 200 business, community and civic leaders gathered at the Meydenbauer Center in Bellevue to celebrate Overlake’s mission and discuss business trends and healthcare developments in the community. We were honored to have Brad Smith, senior vice president, general counsel and corporate secretary at Microsoft Corporation, deliver the keynote address, “Global Business and Local Community Investment.”

Congratulations to Overlake’s Corporate Partner of the Year, GLY Construction, for demonstrating exceptional corporate citizenship throughout its organization and going beyond its mission to make a difference on the Eastside.

A special thank you to Herb Weisbaum, the “Problem Solver” on KOMO 1000, for his outstanding service as emcee. Thanks



Craig Hendrickson, president and CEO of Overlake (right), presents the Corporate Partner of the Year Award to Lee Kilcup, president and CEO of GLY Construction.

also to Linda Mahaffey, chair, and all the members of the Overlake Hospital Foundation’s Business Development Committee, and Greg Collins, chair of the Overlake Hospital Foundation Board. All proceeds for this year’s event support the South Tower Capital Campaign.



Microsoft’s Brad Smith presents the keynote address and announces Microsoft’s \$300,000 contribution to the South Tower Capital Campaign.

Many thanks to this year’s sponsors.

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Herb Weisbaum

You probably know him best as KOMO’s “Problem Solver.” Herb Weisbaum is an Emmy award-winning consumer reporter who has been exposing scams and helping people in the Northwest for more than 25 years.



Herb is an Eastside resident and long-time friend of Overlake. He and his wife enjoy the unique lifestyle of the Eastside: the advantages of Bellevue’s vibrant downtown coupled with the beauty of the surroundings.

This is Herb’s fifth year as emcee for the Corporate Partners Breakfast. He volunteers as a way of thanking Overlake for everything the hospital has done for his family, including saving his wife’s life a number of years ago.

“Overlake’s doctors, nurses and technicians are highly qualified and incredibly caring. Hospital management truly cares about delivering exceptional medical care, and the hospital facility is top-notch—and always getting better. I will always be indebted to Overlake for the excellent care my family has received.”

Overlake is also indebted to community members like Herb whose support helps us continue to provide Medical excellence every day™.

BANDAGE BALL

Save the date for the 21st Annual Bandage Ball on Saturday, May 17, 2008, at the Meydenbauer Center in Bellevue. You may donate auction items or purchase tickets by contacting the Auxiliary office at 425-688-5529 or auxiliaries@overlakehospital.org. Proceeds will build a helipad at Overlake.



Our 2008 Presenting Sponsor



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TREE OF HOPE

Each year Overlake's friends and family gather to celebrate, honor or remember loved ones who are living with a serious illness and caretakers who deserve special accolades. Please join us this year on Tuesday, February 5, 2008, at 6 p.m. for the Eighth Annual Tree of Hope candle-lighting ceremony.

In honoring a loved one, your donation will benefit Overlake's Cancer Center Auxiliary. Recently the Auxiliary was able to purchase a prone breast board, a specialized piece of equipment that makes our Radiation Oncology patients' visits more comfortable and efficient.

For more information, please contact 425-688-5529 or auxiliaries@overlakehospital.org.

NEW AUXILIARY

For years, Overlake has been recognized as one of the "Top 100" cardiac hospitals in the nation. To support the great work of our cardiac and stroke programs, we are forming a new auxiliary. We invite you to join us for our first meeting on Thursday, February 7, 2008, from 11:30 a.m. to 12:30 p.m. Family and friends who are interested in supporting these programs are also welcome to attend.

Our auxiliaries cultivate community involvement in support of Overlake by raising funds to enhance services, programs and equipment.

GOAL:
\$15
million

CURRENT
GIFTS:
\$9.5
million

The South Tower project— an essential community resource.

Overlake is asking the community to give generously.
To complete funding of this \$133 million 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/capitalcampaign.



Surgical Pre-Admission staff member Robyn Ruff

The Overlake Surgical Pre-Admission Center

days before surgery, a nurse obtains vital information to prepare both the medical team and the patient for surgery. Information gathered includes the patient's current medications, a complete health history and results from lab tests and EKGs performed during the appointment. This process helps ensure that the day of surgery proceeds smoothly and allows a patient to feel better prepared for his or her upcoming procedure.

"I knew it wasn't a serious procedure, but I was still nervous," says Jackie Rawlinson, a patient who had surgery to place stents last year. "When I arrived at my appointment at the center, the staff was so caring and informative, the anxiety about my upcoming surgery vanished."

Visiting the hospital prior to the day of surgery helps patients and family members become familiar with parking, admitting and the hospital layout. Undergoing a medical evaluation early on ensures current medications won't interfere with the scheduled procedure and also provides time to ask questions. If a patient requires further testing prior to surgery, a pre-admission appointment allows ample time for these tests without delays. Also, with records updated and entered electronically, patients can avoid repeating their answers to each health history question and instead confirm the accuracy of the records.

Surgery requires preparation from everyone involved. Overlake's Surgical Pre-Admission Center helps ensure that all parties are informed and information is in place before the day of surgery. Pre-admission screening is offered to every surgery patient at Overlake. Patients can expect a call to set up an appointment or phone interview as soon as their surgery is scheduled.

Hearing that your doctor recommends surgery can be unexpected and overwhelming news. Once the doctor says the word "surgery," you might feel surprised, shocked or anxious, causing you to miss important information about your scheduled procedure. You may need a second chance to take it all in, ideally in a calm environment where you can discuss what to expect before, during and after your surgery.

Overlake's Surgical Pre-Admission Center helps prepare patients for their upcoming surgeries. "The staff has been invaluable in helping alleviate fears patients often have before surgery," says Overlake anesthesiologist, Bradley Perkinson, MD.

During a pre-admission appointment scheduled within seven to 10

Planning for Pregnancy

Pregnancy. It's like biology class all over again, except your body is the show-and-tell. Welcome to one of the most unpredictable, humbling and joyful experiences you'll ever have.

It takes about 40 weeks and a few billion cell divisions for your baby to arrive. So in order for a woman's body to perform the monumental task of creating a baby, there are a few important things she can do to help the process along.

"If you are planning a pregnancy, train like you would for any big physical event. Get healthy!" says James Haines, MD, an Overlake OB/GYN. "Quit smoking and start minimizing alcohol and caffeine. Eat mostly protein, fruits and vegetables," says Dr. Haines. "Train with aerobics and light weights, or try yoga."

Getting enough folic acid is also an important first step for a healthy pregnancy. "Ideally, women should begin taking prenatal vitamins before trying to conceive, because folic acid levels are most important at the time of conception and during the first trimester," says Peggy Kibbel, a certified nurse midwife at Overlake. That's when the neural tube—the part of a growing fetus that becomes the brain and spinal cord—is developing. Folic acid is an important element to help prevent defects such as spina bifida. You can get folic acid in your diet, but it's hard to get enough through food alone. Start taking prenatal vitamins with 800 micrograms of folic acid before conception and continue throughout your pregnancy.

For women eager to delve into pre-pregnancy reading, Kibbel recommends *Pregnancy, Childbirth and the Newborn*, by Simkin, Whalley and Keppler



(Meadowbrook Press). "It's my favorite reference. It's clear, concise and complete and presents information in a nonthreatening way," says Kibbel.

As for pregnancy Web sites, there are many available. "Be sure to verify any information with your care provider, especially if it doesn't make sense," Kibbel says.

Overlake offers a weekly e-mail for expectant parents with information on your baby's developmental milestones and helpful tips. To sign up, visit www.overlakehospital.org/childbirthcenter.

"Planning for Pregnancy" classes for prospective and newly pregnant parents are offered throughout the year. Topics include healthy lifestyles before conception, prenatal testing, transitioning from "couplehood" to parenthood, and family finances. To register, see page 13 or visit www.overlakehospital.org/classes.

OVERLAKE CHILDBIRTH CENTER AT A GLANCE

- Five-star rated for Maternity Care by HealthGrades.
- A record 4,163 babies delivered in 2007.
- A Level II/III Neonatal Intensive Care Unit.
- Classes on childbirth, breastfeeding, parenting and grandparenting.
- Prenatal and postpartum services in Bellevue and Issaquah.
- Language interpreters available and staff trained in various cultural practices for childbirth.
- Postpartum appointment provides one-on-one support and guidance.



Overlake Executive Chef Chris Linaman

Hospital Dining Goes Green

Since his arrival last year, Overlake's Executive Chef Chris Linaman has pushed the hospital's Dining Services to be as "green" as possible. Not only does he strive to provide an abundance of organic and natural food options daily, he has also been instrumental in moving Overlake toward becoming more environmentally friendly.

"We want to uphold our reputation as a hospital focused on providing quality dining options," Linaman says. "The move toward becoming 'green' is a continuing effort to offer more natural products and reduce Overlake's impact on the environment."

In the hospital's cafés and on patient dining trays, more seasonal, organic produce is appearing, and trans fats have been eliminated entirely from the cooking process. Bread is now supplied by Seattle's Macrina Bakery, a bakery which uses organic whole grains and natural and regional ingredients.

Although traditional favorites are still available in the cafés on campus, Dining Services is offering less fried food and more healthful options such as daily fresh salads with organic greens and grilled ahi tuna, cod or salmon. The fish, lean and good for the heart, is

obtained from EcoFish, a distributor of seafood from ecologically sustainable sources.

On the environmental side of the cause, Dining Services has established an innovative recycling and composting program. So far, nearly all environmentally harmful plastic foam has been eliminated and replaced by a combination of compostable and environmentally-friendly paper products. The process includes sorting more than 500 patient trays per day, with most waste going into a composting bin and the rest into a recycle bin. The waste is then resold through Cedar Grove Compost Company as garden and landscape mulch.

Overlake's aim for medical excellence isn't limited to medical procedures. Excellence extends to the nutrition of hospital patients, visitors and staff. Following this mission, Overlake Dining Services has transformed the meaning of "hospital food." A term that once referred to frozen entrées, reheated from a box, can now be used to describe freshly prepared meals created with thoughtful planning by a professional chef and experienced staff who have the ongoing preservation of the environment in mind.

Classes and Programs Winter 2008

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

Four easy options for registration:

- 1 Go to www.overlakehospital.org/classes
- 2 Send an e-mail to teresa.botts@overlakehospital.org.
- 3 Call 425-688-5259, Monday–Friday, 8 a.m.–4:30 p.m.
- 4 Mail a letter with your credit/debit card number, class name, date and attendee information to Teresa Botts, Overlake Hospital, Overlake Hospital Conference Center, 1035 116th Ave. N.E., Bellevue, WA 98004.

PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

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

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Expert speakers discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships and anticipating changes in the family budget. Plenty of time for questions. Preregistration required.

Tue., Feb. 5, 6:30–9 p.m. FREE.

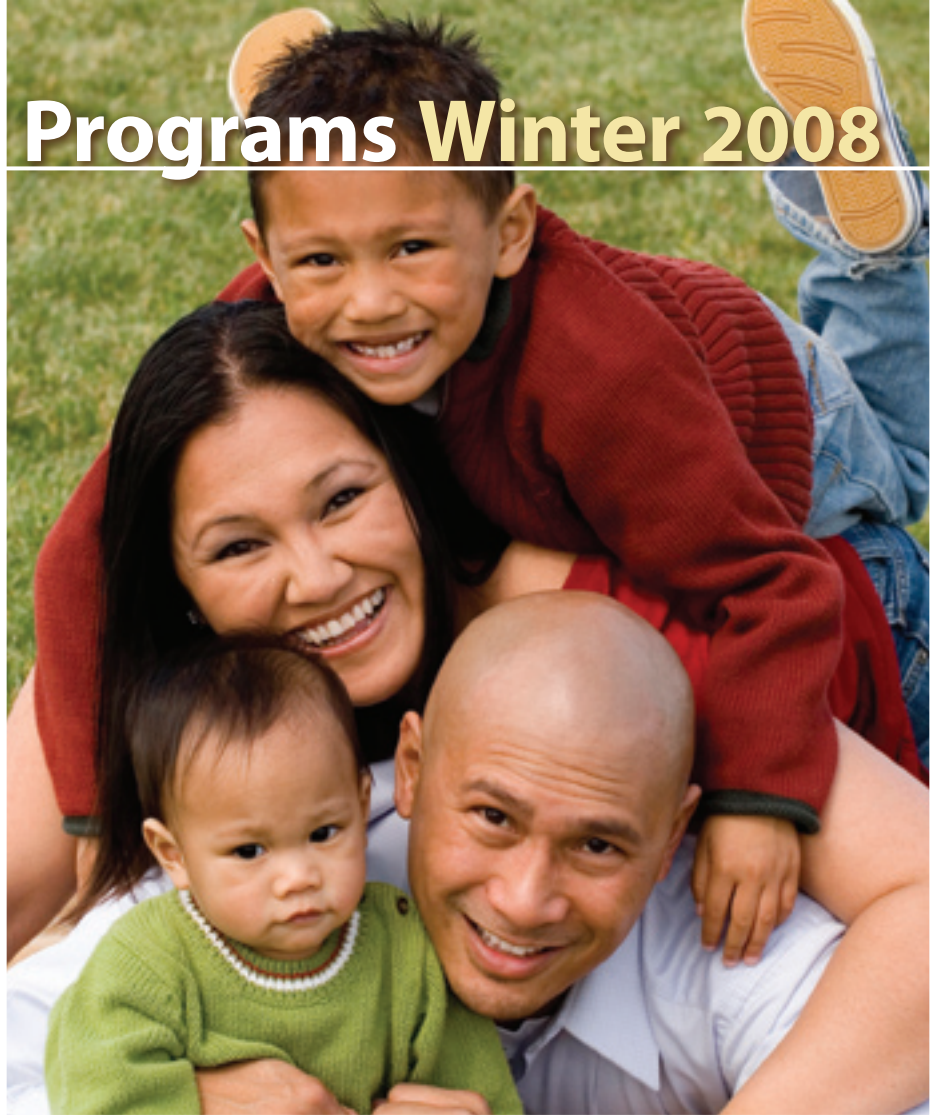
Tour the Childbirth Center

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

Before Baby Comes

Consider taking one of the following classes to help you prepare for life with your baby:

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



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.

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 postnatal exercise specialist. **Thu., Jan. 17 or Wed., Apr. 16, 7–9 p.m.** \$25.

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., Feb. 9, 10 a.m.–2 p.m.** FREE

PARENTING

NEW! Introducing the New Baby

Your firstborn has been number one, and soon,

he or she must share time and attention with the new baby. How can parents prepare their child for the arrival of the new baby? What can they do to ease the transition during those first few days, weeks and months? Taught by author and *Seattle Times* columnist, Jan Faull, MEd. Issaquah Meadowcreek Office Park. **Wed., Feb. 27, 7–9 p.m.** \$30 per person; \$50 per couple.

Hop to Signaroo™- Baby Sign Language 4-part series

Learn American Sign Language vocabulary and techniques to meet your baby's needs, stimulate intellectual growth, accelerate language and motor development and reduce frustration. Taught by Nancy Hanauer, a state-certified teacher. **Tuesdays, Feb. 5–26, 10:30–11:30 a.m.** \$98 for one or both parents of the same baby, or one parent and a grandparent. Babies may attend.

Minimizing Sibling Rivalry—2-part series

How to strengthen the sibling bond, stop the physical battles and teach siblings to negotiate and compromise. Taught by author and *Seattle Times* columnist Jan Faull, MEd. Issaquah Meadowcreek Office Park. **Thu., Jan. 24 and Jan. 31, 7–9 p.m.** \$40 per person; \$65 per couple.

Potty Challenges

For parents with children 3 years and older. Learn

to gently guide your child away from power plays and toward success. Taught by author and *Seattle Times* columnist Jan Faull, MEd. **Mon., Feb. 4, 7–9 p.m.** \$30 per person; \$45 per couple.

NEW! Proactive Parenting—3-part series

For parents with children ages 1 to 7. Stop feeling bounced around by your young child's whims, desires and tantrums by learning tools and successful strategies to parent proactively rather than reactively. Parent educator Bridgett Blackburn, MS, has spent years researching several parenting models and the best sources to help parents develop effective parenting skills. Parents will create a written plan that can be tested and refined between classes. **Wed., Mar. 5, 12 and 19, 6:30–8:30 p.m.** \$50 per person; \$80 per couple.

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

For 10- to 12-year-old boys and their parents. Discussion focuses on family relationships and the physical and emotional aspects of puberty, including a brief, factual discussion about sexual intercourse. Taught by Overlake physician George Lee, MD, and parent educator, Bridgett Blackburn, MS. Snacks and book are provided. **Wed., Jan. 23, 6:30–8:45 p.m.** \$40 per parent with son; \$12 per additional person.

Mother and Daughter Safety Training

For daughters 14 years and older and their mothers. 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. Visit our Web site at www.overlakehospital.org/classes for further details. **Tue., Jan. 29, 6–9 p.m.,** \$55 per mother/daughter; \$45 per additional daughter.

Young Ladies' and Gentlemen's Etiquette

For children ages 7 to 10. Manners build self-esteem and positive relationships. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care and posture. **Sat., Mar. 1, 9 a.m.–noon.** \$35.

Starting Points: Polish Your Social Skills

For girls and guys ages 11 to 14. Topics include first impressions, presentation skills, introductions, posture, appearance tips, and manners for movies, shopping and dining. **Sat., Mar. 1, 12:30–4:30 p.m.** \$40.

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. **Weeknights, Jan. 9, Jan. 15, Jan. 28, Feb. 5, Mar. 4, Mar. 11 or Mar. 24, 6:30–9:30 p.m., or Sat., Feb. 23 or Apr. 5, 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., Feb. 25 and 27 or Apr. 21 and 23, 6:30–9:30 p.m., or Sat., Jan. 19 or Mar. 8, 9 a.m.–4 p.m.** \$55.

Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. **Wed., Jan. 30, 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. 4 and 6 or Apr. 7 and 9, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Midweek classes. **Jan. 16, Feb. 20 or Mar. 17, 6–9:30 p.m.** \$60.

Super Sitters: Babysitting Classes

For ages 11 and older. Saturdays, 9 a.m.–2 p.m. at multiple locations: BCC–North Campus: **Jan. 26, Feb. 9 or Mar. 15, 425-688-5259;** Kirkland Parks: **Feb. 2, 425-587-3336;** Issaquah Parks: **Jan. 19 or Mar. 29, 425-837-3300;** Mercer Island Parks: **Mar. 8, 206-236-3545;** Encompass (North Bend): **Jan. 12, 10 a.m.–3 p.m.** 425-888-2777. \$35 (park fees differ).

Spanish-Speaking CPR and First Aid Classes

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

WOMEN'S HEALTH

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

Includes presentations by experts, blood pressure checks and more. **Wed., Feb. 6, 6:30–9 p.m.** FREE. See sidebar on page 6.

Breast Health Program

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

Comprehensive Osteoporosis/Bone Density Screening

Covered by most insurance plans. Call 425-688-5985.

HEALTHY LIFESTYLES

Seasonal Affective Disorder: When It's More Than Cabin Fever

If winter's short days and long nights induce feelings of depression, lethargy, fatigue, cravings, headaches, sleep problems and irritability, you may have SAD, Seasonal Affective Disorder. Although there's no cure, Overlake physician Neeru Bakshi, MD, will advise you on how to better manage the condition and reduce symptoms.

Dr. Bakshi will address:

- Signs, symptoms and causes
- When to seek medical advice
- Screening and diagnosis
- Treatment and coping skills

Wed., Jan. 30, 7–8:30 p.m. FREE.

Weight-Loss Surgery Seminars

With David Lauter, MD. Overlake Conference Center, Room E. **Tue., Jan. 15, Feb. 12 or Mar. 11, 6–7:30 p.m.** FREE.

Freedom From Smoking

Seven-part series developed by the American Lung Association. **Jan. 28, Feb. 4, 11, 13, 25, Mar. 3 and 10, 7–9 p.m.** \$70 (covered by some insurance plans).

Hypnosis Classes

Taught by Robert W. Felix, certified hypnotherapist.

Hypnosis to Quit Smoking

Thu. Feb. 21, 7–9 p.m. \$45.

Hypnosis for Weight Loss

Three-part series held monthly on the following Thursdays: **Jan. 31, Feb. 7 and Feb. 14 or Mar. 6, 13 and 20, 7–9 p.m.** \$89.

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. **Mon., Feb. 13 and 20; 7–8:30 p.m.** \$30.

SENIOR CARE CLASSES AND PROGRAMS

Active Senior Fair



Enjoy this fun, free, day-long event featuring numerous vendor exhibits, mini-seminars and enjoyable live entertainment from Marianne Binetti of the Great Gardening Show, a fashion show, Wrinkles of Washington, a song-and-dance variety show, and more. Sponsored by Overlake Hospital Medical Center, DiRe Dentistry, *The Seattle Times* and KIXI radio. \$5 suggested donation at the door. No registration required. For questions, call Senior Care at 425-688-5800. Westminister Chapel of Bellevue, 13646 NE 24th Street, Bellevue. **Sat., Mar. 1, 10 a.m.–3 p.m.**

NEW! A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. BCC–North Campus, 10700 Northup Way, Bellevue. **Mon. and Wed., Jan. 21–Feb. 13; Feb. 20–Mar. 17; Mar. 24–Apr. 16.** or **Tues. and Thurs., Jan. 22–Feb. 14; Feb. 19–Mar. 13; Mar. 25–Apr. 17, 10 a.m.–noon.** Registration required; 425-688-5800. \$15 for four-week session.

Therapeutic Yoga for Seniors

Taught by certified yoga instructor. The Yoga Barn, Issaquah, **Mon., Jan. 7–Feb. 4; Feb. 11–Mar. 10;**

For more information about our classes,

or Mar. 17–Apr. 14, 1:15–2:30 p.m. or 3–4:15 p.m. The Yoga Barn, Fall City, **Thu., Jan. 10–Feb. 7; Feb. 14–Mar. 13; or Mar. 20–Apr. 17, 10:45 a.m.–noon.** \$50. Registration required; call Yoga Barn at 425-427-0038.

Introduction to Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah, **Tue., Jan. 8–Feb. 5; Feb. 12–Mar. 11; or Mar. 18–Apr. 15, 1–2:15 p.m. or 3–4:15 p.m.** \$50. Registration required; call Yoga Barn at 425-427-0038.

Surviving the Symptoms of Alzheimer’s Disease

BCC–North Campus, 10700 Northup Way Bellevue, **Thu., Jan. 24; 6–9 p.m.** \$5. Registration required; 425-688-5800.

Income for Life

With Pam Hottinger, a financial advisor with Waddell & Reed. BCC–North Campus, 10700 Northup Way Bellevue, **Tue., Jan. 29; 1–2 p.m.** \$5. Registration required; 425-688-5800.

Living Wills

With retired Overlake chaplain John Shaw, PhD., BCC–North Campus, 10700 Northup Way Bellevue, **Wed., Feb. 6; 10:30 a.m.–noon.** \$5. Registration required; 425-688-5800.

Long-Term Care Insurance

With Luke Gjurasic, a long-term care insurance specialist. BCC–North Campus, 10700 Northup Way Bellevue, **Thurs., Mar. 13; 10 a.m.–noon.** \$5. Registration required; 425-688-5800.

Incontinence and the Aging Woman (Class #25522)

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

Keep Your Memory Healthy (Class #25523)

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

My Aching Joints (Class #25524)

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

Taking a Stand Against Brain Attack

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

Is It Alzheimer’s Disease or Normal Memory Loss?

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

Identity Theft

Bellevue YMCA. **Wed., Mar. 12, 11:30 a.m.–12:30**

p.m. For more information, call 425-746-9900. \$5 for nonmembers.

Do You See What I See?

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

GI Blues

Redmond Senior Center. **Wed., Feb. 20, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

Maintain Your Brain: Three Ways to Keep Your Brain Healthy

Redmond Senior Center. **Wed., Mar. 19, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

Senior Smiles: Neglecting Dental Care Can Be Risky

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

Speak Up, I Can’t Hear You!

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

Understanding the Cholesterol Mystery

Columbia Athletic Club, Juanita Bay. **Thu., Feb. 21, noon–1 p.m.** Registration required; 425-821-0882. \$5 for nonmembers.

My Aching Feet

Columbia Athletic Club, Juanita Bay. **Thu., Mar. 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 Group

Family support group offered to help meet the needs of people caring for loved ones. Overlake Senior Health Center, Bellevue. **Second and fourth Thursday of each month, 3–4:30 p.m.** No registration required. For more information, call Regina Bennett, MSW, 425-688-5807. FREE. Or Overlake Mercer Island Senior Health Center, Mercer Island. **Second Tuesday of each month, 3:30–5 p.m.** No registration required. For more information, call Karin Miller, MSW, 425-688-5637. FREE.

Managing Care at Home

Question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to help better manage care in your home. **Thursdays, 4:30–6 p.m. or Fridays, 10–11:30 a.m.** Registration required; 425-688-5800. FREE.

CANCER PROGRAMS

Cancer Resource Center

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

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

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

An American Cancer Society program addressing skin care and hair loss, using cosmetics, wigs, scarves and turbans. Overlake Conference Center, Room A. **Sat., Mar. 10, 6–8 p.m.** For more information, call 1-800-345-LOOK. FREE.

Cancer Support Programs

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

Bereavement Support Group

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

Breast Cancer Support Group

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

Reconstruction After Breast Cancer Surgery

Open to women who have, or have had, breast cancer and are considering reconstructive surgery. Overlake Medical Tower, Suite 250. **Fourth Wednesday of each month, 7–8:30 pm.** FREE. Call 425-688-5986 for more information.

Sit and Knit

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

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital’s needs.

To learn more, contact Volunteer Services’ open-assignment line at 425-688-5552, or Heidi Eakins, volunteer staffing specialist, at 425-688-5369, **Mon.–Fri., 9 a.m. to 4:30 p.m.**

please visit www.overlakehospital.org/classes

NEW MEDICAL STAFF AT OVERLAKE

Christopher Andersen, MD

425-688-5072
Internal Medicine

Neeru Bakshi, MD

425-688-5460
Psychiatry

Maneesh Batra, MD

206-987-4606
Pediatrics

Elias Benitez, MD

206-275-3588
Internal Medicine

Raj Butani, MD

425-467-0150
Gastroenterology

Amy Carter, MD

425-827-4600
Pediatrics

Elaine Chong, MD

425-451-4141
Anesthesiology

Kalyan Dandala, MD

425-688-5175
Psychiatry

Shaune Demers, MD

425-688-5175
Psychiatry

Scott Fannin, DO

206-275-3487
Family Practice

Chi Kit Gall, MD

425-289-3100
Internal Medicine

Denise Garcia, MD

206-598-8111
Ophthalmology

Michael George, MD

425-885-9292
Pediatrics

Holly Ginsberg, MD

425-814-5170
Pediatrics

Eric Gottesman, MD

425-454-2671
Internal Medicine

Greg Grabowski, DPM

425-453-1598
Podiatry

Davis Guilbert, MD

425-228-4000
Radiology

Keith Hardy, MD

425-451-2272
Physical and Rehabilitative
Medicine

Edwin Lai, MD

425-454-4768
Gastroenterology

George Lee, MD

425-688-5777
Family Practice

Luz Lopez, DPM

425-453-1598
Podiatry

Leslie Lu, MD

425-462-1132
Internal Medicine

Larry Madewell, MD

425-688-5777
Family Medicine

Carolyn McHugh, MD

425-688-5072
Internal Medicine

Robert Mertz, MD

800-342-7901
Pediatrics

Daniel Nadig, MD

425-688-1916
Surgery

Tanya Nazemi, MD

425-899-5800
Urology

Danh Ngo, MD

206-386-9522
Nephrology

Brian Nordstrom-Lane, MD

425-688-5072
Internal Medicine

Bettina Paek, MD

425-688-8111
OB/GYN

Khurram Rehman, MD

425-646-4700
Endocrinology

Matthew Robon, MD

425-455-3600
Orthopedics

Gwen Seaver, MD

425-827-4600
Pediatrics

Vivienne Souter, MD

425-688-8111
OB/GYN

Leonard Su, MD

425-453-1772
Vascular Surgery

Kristin Tarbet, MD

425-455-2131
Ophthalmology

Ildiko Thomas, MD

425-827-4600
Pediatrics

Arpan Waghay, MD

425-688-5175
Psychiatry

Bryan Winn, MD

425-216-7200
Ophthalmology

Rachael Wyman, MD

425-899-0555
Cardiology

Stephanie Yang, MD

425-451-4141
Anesthesiology

Brooks Young, DPM

425-644-2313
Podiatry



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