

Healthy Outlook

WINTER
2009

A New Lease on Life

*After weight loss surgery
at Overlake, Katharine
Warmerdam lost excess
pounds and boosted
her quality of life*

OVERLAKE
 Hospital
Medical
Center
Medical excellence every day™

PLUS: Overlake Advances Radiation Therapy
Don't Miss Our January 24 Health Fair



From the President & CEO

From all of us at Overlake, we wish you a happy, healthy new year! And to help make that wish more of a reality for you and your family, Overlake is kicking off 2009 with our first annual community health fair, *Eastside Vitality*, on Saturday, January 24 from 11 a.m. to 3 p.m. at our new PACCAR Education Center. The fair will feature short health seminars, free health screenings, activities for the kids, and information on our community programs and classes. If making healthy lifestyle changes is a priority for you in the new year, please join us for the fair and we'll help you start the year out right.

Continuing that theme, this issue of *Healthy Outlook* focuses on ways to improve your health, including tips from an Overlake nutritionist on healthy eating habits for families, as well as a profile of Katharine Warmerdam, a woman who dramatically improved her health and quality of life with the help of Overlake's comprehensive weight loss surgery program.

I hope to see you at our inaugural health fair, and may you begin the new year with a renewed sense of energy and vitality.

Sincerely,

Craig Hendrickson
President & CEO

HEALTHGRADES® AWARDS OVERLAKE FIVE-STAR RATINGS

Overlake has received top five-star ratings for the quality of care for multiple, major surgical procedures including joint replacement, total knee replacement, valve replacement, spine surgery, back and neck surgery, spinal fusion, and carotid surgery by HealthGrades®, the healthcare ratings company. Overlake is also the recipient of the HealthGrades Spine Surgery Excellence Award and was named Best in the Region for Spinal Surgery.

NOW SERVING: AFTERNOON TEA AND EVENING DESSERTS

Patients are enjoying several food service enhancements at Overlake. Traditional afternoon tea is offered Tuesday



to Friday for patients in the Childbirth Center and Joint Replacement Center. In addition, every evening after dinner, all patients are offered an array of desserts such as tiramisu, chocolate torte or fresh fruit. Bon appetit!

HEALTHY OUTLOOK • WINTER 2009

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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

EASTSIDE VITALITY

OVERLAKE'S FREE COMMUNITY HEALTH FAIR

Bring a friend or bring your entire family to Overlake's first annual Community Health Fair, *Eastside Vitality*, set for Saturday, January 24 from 11 a.m. to 3 p.m.

Health professionals from Overlake will be on hand to help you receive a variety of free health screenings, ranging from blood pressure checks and melanoma screenings for skin cancer, to stroke risk assessments and osteoporosis screenings (must be 40 years or older). You'll also find health information booths staffed with experts from Overlake's Centers of Excellence, including Cancer Care, Surgical Services, Heart and Vascular Services, Maternity and Women's Care, Orthopedics, and more. Free lectures will help you learn to separate the myths from the facts about hormones and breast cancer, depression and seasonal affective disorder, and the heart numbers that could save your life.

Kids will also enjoy a special activity area with games and information just for them.

This free event will take place at the newly remodeled PACCAR Education Center on the Overlake campus.

For a complete list of lecture topics and health information booths, visit www.overlakehospital.org/EastsideVitality.

THE PACCAR EDUCATION CENTER

Our newly refurbished conference center, now called the PACCAR Education Center, is a state-of-the-art facility incorporating the latest technologies and methods for training. It's a terrific learning environment for Overlake staff, physicians and members of the community.



Welcome desk and hallway to conference rooms



"Insight" conference room



The 156-seat Hilscher Auditorium



The PACCAR Education Center lobby

Three years ago, Snoqualmie resident Katharine Warmerdam was in a devastating car accident. After numerous surgeries on her crushed feet, she was told by her primary care doctor that if she didn't lose more than 200 pounds of excess weight, she would spend the rest of her life in a wheelchair.

Help for Those Living With Obesity

Hearing those words was shocking, Katharine shared, and she knew her options weren't going to be easy.

"My doctor told me I needed to have weight loss surgery. I discussed this possibility at length with my husband, and we realized it was my last, best option," says Katharine.

IMPROVING HEALTH CONDITIONS AND QUALITY OF LIFE

According to the Centers for Disease Control and Prevention, more than 35 percent of adult Americans are battling obesity. Obesity is the second-leading cause of preventable death in the United States (after smoking), mainly because it increases the chance of developing other conditions that can be fatal, such as heart disease, cancer and stroke.

"In addition to the major health benefit of losing the extra weight and not gaining it back, surgery effectively improves or eliminates weight-related illnesses such as

diabetes, sleep apnea, osteoarthritis and high blood pressure," says Overlake bariatric surgeon Thien Nguyen, MD.

Studies also show that those who successfully maintain weight loss after weight loss surgery (also known as bariatric surgery) live longer and develop fewer cancers than those who remain severely obese.

The positive impacts on Katharine's life and health were profound. She no longer had high blood pressure or pre-diabetes, and her social life blossomed. "I became very involved in support groups and even went to a large gathering of weight loss surgery (WLS) patients in Las Vegas. It was something I would never have done before surgery."

Other benefits that improve quality of life following weight loss include reduced medications, increased activity, easier breathing, less hip and knee pain, and the ability to sit more comfortably in small spaces (such as on an airplane).



Katharine Warmerdam lost 235 pounds after weight loss surgery.



“It’s really rewarding to hear from my patients who tell me after surgery they went skiing for the first time since high school or rode on a plane for the first time in a decade,” says Overlake bariatric surgeon David Lauter, MD.

BEFORE UNDERGOING WEIGHT LOSS SURGERY

Preoperative evaluation and education are the first steps in learning if WLS is right for you. “From the beginning, we’re partners with all of our patients to ensure their success,” says Karen Baumann, RN, Overlake’s Weight Loss Surgery Program manager.

The comprehensive Weight Loss Surgery Program at Overlake offers seminars and consultations that provide potential patients with important information about surgery and the various risks of living with obesity. A complete medical evaluation is performed to assess overall health and help a physician determine if surgery is appropriate.

Based on criteria from the National Institutes of Health, WLS is meant for individuals with 100 pounds or more of excess weight and a body mass index (BMI) of 40 or higher, or who have a BMI of 35 or higher with obesity-related illnesses such as diabetes, high blood pressure, sleep apnea, high cholesterol or other weight-related health conditions.

In some cases, it may be necessary to undergo medically supervised weight loss before surgery. “Properly preparing for surgery both physically and emotionally allows the patient time to establish the healthy lifestyle habits that need to be sustained and built upon after the procedure,” explains Frances Gough, MD, co-founder of Sound Health Solutions, which offers pre- and post-surgical weight loss programs.

EXPLORING THE TYPES OF SURGERY

A variety of WLS options are available at Overlake including the two most commonly performed surgeries—adjustable gastric banding and Roux-en-Y gastric bypass—along with the newest procedure, sleeve gastrectomy. All three procedures are performed laparoscopically through small “keyhole” incisions. Compared with “open” surgery, laparoscopic surgery helps reduce pain and reduces the risk of wound infection and hernias developing under the scar.

Determining the best surgical option for a patient is dependent on how much weight he or she needs to lose, along with the patient’s individual medical conditions and goals. All WLS procedures performed at Overlake work by reducing baseline hunger so the patient is satisfied with a small, healthy meal. Some of the operations have an immediate effect on diabetes, leading to decreased usage of insulin or oral medications within days after surgery.

SUCCESS AFTER SURGERY

In Katharine’s case, her weight dropped quickly after surgery, but her image of herself stayed the same. She had a difficult time relating to the new, slimmer figure she saw in the mirror.

“I needed to connect with the new me, so I started scrapbooking my weight loss journey, dating each photo and listing my weight. It helped me see what my family and friends saw—a healthier, thinner me.”

In attending support group meetings, Katharine met others who were having similar experiences, which also helped her mental and emotional transition.

“Katharine’s commitment to working hard at her lifestyle changes and the tremendous support from her husband and kids really made a difference in



Thien Nguyen, MD

Director of the Weight Loss Surgery Program at Overlake. He completed a fellowship in laparoscopic and bariatric surgery at Harvard’s Brigham and Women’s Hospital and practices at the Overlake Weight Loss Surgery Clinic (425-467-3957).

David Lauter, MD

Surgeon in the Weight Loss Surgery Program at Overlake. He has been performing laparoscopic WLS on the Eastside since 1999. He practices at the Institute for Laparoscopic Surgery (425-453-7888).



her weight loss journey,” says Katharine’s surgeon, Dr. Lauter.

Her good habits rubbed off on her family, too: Her husband lost 35 pounds and began working out at the gym, and their kids became more conscious about making healthy choices.

TAKE THE NEXT STEP TO CONQUER OBESITY

“Though I had never considered weight loss surgery,” says Katharine, “it was the tool I needed to change my life. At two years post-surgery, I’ve lost 235 pounds and am at a normal weight. Life is amazing!”

If you’re ready to take the next step, consider the Weight Loss Surgery Program at Overlake. With a comprehensive approach for the treatment of severe obesity, you can feel confident you’ll have the support you need throughout your weight loss journey.

Call 877-399-4WLS (4957) to sign up for a free seminar to learn more about the program and your options. Anyone interested in having surgery, those about to have surgery and those who have had surgery may attend our support group.

LOOKING FOR MORE INFORMATION ONLINE?

Visit www.overlakehospital.org/wls to read our latest e-newsletter, link to additional online resources and view a list of seminar and support group dates for 2009. Upcoming seminars will be held on Tuesdays: Jan. 13, Feb. 10 or Mar. 10, 6 to 7:30 p.m. in Bellevue; Feb. 17 or Mar. 24, 6 to 7:30 p.m. in Issaquah. The support group meets the second and fourth Saturdays of the month, 10 a.m. to noon. Call 877-399-4WLS (4957) to register for a seminar and for more information.

WEIGHT LOSS SURGERY MYTHS

Myth—Weight loss surgery is cosmetic surgery.

Truth—WLS is done to cure and prevent serious medical conditions, such as high blood pressure, type 2 diabetes, sleep apnea and osteoarthritis, as well as allow patients to live longer, healthier lives.

Myth—Weight loss surgery is the easy way out.

Truth—Most patients have already tried many years of dieting, exercise and medications without lasting success. Only after meeting multiple requirements, medical evaluations and tests is surgery an option. WLS will result in losing the majority, but not all, of the extra weight and is only the first step to better health. Commitment to good eating habits, an exercise plan, support group meetings and regular checkups with a dietitian and doctor are necessary to achieve maximum weight loss after surgery.

Myth—Weight loss surgery is not safe.

Truth—All major surgeries have risks, and WLS is not for everyone. WLS is offered when the benefits outweigh the risks of surgery. There have been many medical advancements in WLS in recent years. Surgery is now tailored to the patient for the best outcome and is performed laparoscopically, which means reduced scarring, a lower risk of infections and shorter recovery time. And by following your doctor’s and nutritionist’s recommendations, complications with nutrition should not arise.

Myth—I’ll have to take a cabinet full of vitamins and supplements the rest of my life.

Truth—Most WLS patients take one to six supplements a day, which may include a multivitamin, vitamin B-12 and calcium. Many patients are on fewer pills after surgery as illnesses go away and prescription medications become unnecessary.

Overlake's Corporate Partners

Investing in a Healthy Community

With the growth of business opportunities and influx of new Eastside workers and residents, Overlake plays an increasingly critical role in ensuring healthy and successful community development. Overlake receives strong support from local businesses that recognize that their employees, shareholders and customers need access to excellent healthcare.

Overlake Hospital Foundation celebrates this support each year at our Corporate Partners Breakfast. Puget

Sound Energy (PSE) received the 2008 Corporate Partner of the Year award for more than 25 years of contributing to Overlake through philanthropic and energy-efficiency grants, and for going above and beyond its mission to make the Eastside a vibrant place to live and work.

One key way that local businesses support Overlake is by sponsoring events. Through sponsorships, corporate funding can be leveraged to encourage even broader participation from the community. The 10th Annual Corporate Partners Breakfast was presented by Unigard in partnership with Parker, Smith & Feek, with the keynote address delivered by Randy Talbot, president and CEO of Symetra Financial.

Businesses also make direct contributions to enhance services and upgrade facilities. The PACCAR Education Center at Overlake is a first-class training facility for staff and a central hub of the hospital, made possible by a \$1 million grant from the PACCAR Foundation. PACCAR Inc. was Overlake's 2004 Corporate Partner of the Year and has continued its long-standing involvement with the hospital.

For more information on how your company and employees can support Overlake, please call the Foundation at 425-688-5525 or e-mail foundation@overlakehospital.org.

Overlake held the ribbon-cutting ceremony for the PACCAR Education Center on Sept. 29, 2008. From L-R: Greg Collins, Stewart Hilscher, MD, Mark Pigott, Craig Hendrickson.

"Community involvement is the best investment we can make. Supporting Overlake allows the hospital to devote its resources to what it does so well—saving lives and keeping our community healthy."

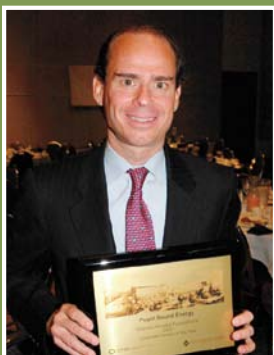
Stephen P. Reynolds, Chairman, President & CEO
Puget Sound Energy

"Overlake's integration of the latest technology and efficiency contributes to the quality of healthcare for the entire Eastside. I am proud of PACCAR and Overlake's leadership to improve the lives of our employees, friends and neighbors."

Mark Pigott, Chairman & CEO
PACCAR

"Having a world-class facility like Overlake has far-reaching benefits. We are fortunate to have immediate access to the finest medical care in our own backyard. Symetra is proud to support Overlake's efforts to provide outstanding healthcare."

Randy Talbot, President & CEO
Symetra Financial



Bert Valdman, executive vice president and COO, accepted the Corporate Partner of the Year award on behalf of PSE.



THE AUXILIARIES: A Commitment to Caring

Fundraising is a deeply rooted tradition at Overlake. The Overlake Auxiliaries formed in the 1950s to raise money to build the hospital, and Auxilians have continued their efforts to secure funding for vital medical equipment and patient programs throughout the hospital's nearly 50-year history.

SO WHAT EXACTLY IS AN AUXILIAN?

An Auxilian is a dedicated volunteer who plans events and projects on behalf of an Auxiliary group to raise money for a specific area or need of the hospital. For instance, through its annual "Tree of Hope" candle lighting ceremony, the Cancer Center Auxiliary funded laptops for the Cancer Resource Center and books for the "Look Good ... Feel Better" classes and created a patient assistance fund.

As a member of the Cancer Center Auxiliary and a volunteer in the Cancer Resource Center and Radiation Oncology, Evie Foster is involved in both raising and allocating funds for the Auxiliary and is able to see how patients are positively impacted by the Auxiliary's donations. Evie shares, "Sometimes, it's the little things that make a big difference to patients, like helping a patient who has lost her hair pick out a wig."

Evie is also part of the newly formed Roger Stark Cardiac/Stroke Auxiliary. She is especially interested in raising stroke awareness and promoting early detection, having seen what her mother went through after suffering a massive stroke. In fact, Evie and her husband, Chuck, worked with the hospital and physicians to offer free stroke screenings.

Overlake Auxilians from L-R: Melinda Kresek, Sue Raschella, Patricia Wangness, Lynette Johnson, Diane Litzenberger, Jody Cunningham



"We started these screenings because I wanted to do something to help prevent others from experiencing what my mother had to go through," she says.

It is often this type of personal experience that sparks the work of the Auxiliaries. If you're interested in becoming part of this committed group of fundraisers, call 425-688-5529 or e-mail auxiliaries@overlakehospital.org.

FASHIONS FROM THE HEART

Fashion show and luncheon hosted by the Roger Stark Cardiac/Stroke Auxiliary **Wed., Feb. 25, 11:30 a.m. to 1:30 p.m.**, at the Overlake Golf & Country Club with a fashion show by Newport House. All proceeds benefit the cardiac/stroke programs at Overlake Hospital Medical Center. Tickets are \$65 per person or \$100 for a Sweetheart Patron. For more information, contact 425-688-5529 or auxiliaries@overlakehospital.org.

BANDAGE BALL

Mark your calendars for **Sat., Apr. 25** to attend the Auxiliaries' marquee event of the year, Bandage Ball, at the Meydenbauer Center. Are you or your business interested in sponsoring the event? Call 425-688-5529 or visit www.overlakehospital.org/bandageball to download a sponsorship form.



Members of Overlake's radiation therapy team:
Back row—Brent Reece, MD, radiation oncologist; James Pelton, MD, radiation oncologist; Ann Daaga, RN, BSN, OCN;
Front row—Max Vicente, dosimetrist; Svetlana Young, radiation therapist.

Advancements in Radiation Therapy

Leading-edge treatment and care are the top priorities at the Cancer Center at Overlake. For patients whose treatment plan includes radiation, an advanced, sophisticated treatment called image-guided radiation therapy (IGRT) is used to more effectively pinpoint cancer tissue, sparing healthy tissue.

IGRT combines imaging and treatment on a single, fully robotic machine. Using advanced linear accelerators, IGRT delivers effective radiation doses in a short period of time, providing faster and more accurate treatment. In using precise, real-time imaging of a patient while under treatment, radiation oncologists are able to make on-the-spot radiation therapy adjustments in response to a patient's slight body movements and subtle physiological changes—such as respirations,

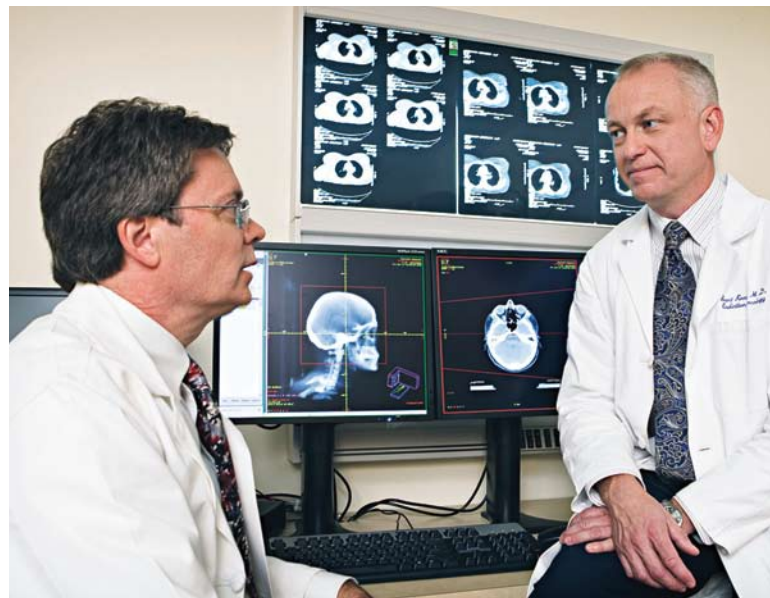
shifts in internal organs, even day-to-day shrinkage of a tumor that's responding to treatment.

“With IGRT, we use directed imaging each day with treatment,” says Brent Reece, MD, a radiation oncologist at Overlake. “I can make adjustments for patient positioning. I can change the treatment if I see a reduction in cancer volume as the tumor is responding to therapy. I can account for very small movements such as patient breathing or motion of internal organs.”

“We get a better image of what we're treating because IGRT actually shows the anatomy in real time,” adds James Pelton, MD, another of Overlake's radiation oncologists. “That gives confirmation that we're delivering the dose of radiation to the target area and ensures we minimize collateral damage to surrounding healthy tissues.”

Radiation oncologists James Pelton, MD, and Brent Reece, MD

Using advanced linear accelerators, IGRT delivers effective radiation doses in a short period of time, providing faster and more accurate treatment.



Are You Raising a Healthy Eater?

With every meal and every munch, children build their eating habits—habits that may last a lifetime. To encourage your kids to enjoy eating healthfully, follow this family-friendly advice from www.MyPyramid.gov, the USDA's interactive Web site, and from experts in nutrition and family medicine at Overlake.

- Model your message. "Parents sometimes feel they're fighting an uphill battle, but during their formative years, it's important for children to see their parents eating healthy meals, as this will plant the seeds for healthy eating now, and have a positive influence for years to come," says Jeanne Cullen, MS, RD, CDE, a clinical dietitian at Overlake.
- Involve kids in food shopping and meal preparation.
- Eat together as a family several times per week. Children who eat regularly with their families tend to eat healthier (more fruits and vegetables; less fried foods, soda and saturated fat) than those who don't. "It's a good time for parents to weigh in on quantities and recommend different varieties of food," says Larry Madewell, MD, an Overlake family physician.
- Children who eat breakfast seem to have an easier time learning than those who don't, and are more likely to behave better in school, says Cullen. Try to include foods from at least three food groups.
- Vary your vegetables and focus on fruits. Opt especially for dark green and orange vegetables such as spinach, broccoli, carrots and sweet potatoes. Select fruits for meals and snacks; go easy on juice.
- Make half your grains whole. Whole wheat bread, oatmeal, brown rice and low-fat popcorn are good choices, says Dr. Madewell.



KIDS' NUTRITION CLASSES AT OVERLAKE

Full class details and registration information are available on page 13.

STRATEGIES FOR CREATING HEALTHY EATERS

Reduce mealtime power struggles and encourage even picky eaters' healthy eating habits. Wed., Feb. 11, 7–9 p.m. \$30.

BODYWORKS

A program providing girls (ages 9–13) and their parents/caregivers with tools to prevent obesity and improve family eating and activity habits. Tue., Jan. 27–Mar. 31, 6:30–8 p.m. FREE.

- Bank on calcium-rich foods. Serve low-fat and fat-free milk and other milk products.
- Emphasize lean or low-fat meat, chicken, turkey and fish. Try to include more dry beans and peas.
- Opt for unsaturated oil. Good sources are oils from fish and nuts, and liquid oils, such as corn, soy, canola and olive oil.
- Avoid foods and beverages with sugar or caloric sweeteners as one of the first ingredients. "There's a link between high-fructose corn syrup and the development of diabetes," says Cullen. "Because of today's obesity epidemic, children are getting diabetes before age 20, which has never occurred before."
- Be smart about snacking. Choose snacks from all food groups.



Classes and Programs

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

Four easy options for registration:

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

PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

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

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. **Thu., Feb. 26, 6:30–9 p.m.** FREE.

Childbirth Center Tours

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

Before Baby Comes

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

Classes on Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care*
- *Breathing & Relaxation*: for extra practice.
- *Breastfeeding*: essential information.
- *Refresher*: if you've done this before and need an update.
- *Expecting Multiples*: what you need to know when expecting more than one.
- *Prenatal Yoga*: for expectant and postpartum moms.

- *Just for Grandparents*: discuss the role of grandparenting with other soon-to-be grandparents. Includes a tour of the Childbirth Center.
- *Siblings Are Special*: help your child (3½–9 years old) prepare for a new baby in the house.
- *Conscious Fathering*: for expectant dads, take one before and one after the baby is born. 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*: two-day workshop to develop strategies for a loving and thriving family.
- *Happiest Baby on the Block*: see listing at right.

After Baby Arrives

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

PARENTING

NEW! Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Pioneered by pediatrician Harvey Karp, MD, and taught by certified instructors. Attend during pregnancy, or until baby is 3 months old.

Sat., Feb. 21; 10 a.m.–noon or Fri., Mar. 20, 7–9 p.m. \$60 per family.

NEW! Day Care Dilemma—How to Find First-Class Child Care

Looking for the best home-away-from-home for your child, but not sure where to start? Terri Congelli, a former working mom turned seasoned 25-year day care provider, will share vital tips and strategies to help you make the best day care decision for your family. Learn what to consider when choosing between in-home child care and day care centers, where to look to find the best options, how to interview and assess providers, and how to navigate nuances like nutrition, discipline methods and finances. **Mon., Feb. 2, 7–8:30 p.m.** \$30 per person; \$50 per couple.

Toddler Topics—four-part series

Feb. 4: What makes toddlers tick? Gain an understanding of toddler development and their often perplexing behavior.

Feb. 11: Can't sleep, won't eat? Learn options for positive bedtime routines and realistic expectations for your toddler's eating behavior.

For more information about our classes, or to register,

Feb. 25: Temper tantrums—Develop an approach for responding to tantrums so they subside rather than continue into preschool.

Mar. 4: Potty training—Learn readiness signs and a way to begin the process.

With Jan Faull, MEd, *Seattle Times* columnist.

Wed., Feb. 4–Mar. 4, 7–9 p.m. \$60 per person; \$95 per couple.

NEW! Strategies for Creating Healthy Eaters

Beverly Pressey, RD, mother and author of *Simple and Savvy Strategies for Creating Healthy Eaters*, has spent 14 years helping families take the confusion out of meal planning and the emotion out of mealtimes. Parents with children ages 3 to 7 will learn simple strategies to:

- Reduce mealtime power struggles.
- Encourage and establish healthy eating habits for even the pickiest of eaters.
- Identify how much protein, calcium and iron your child really needs and where it is found.

Mon., Jan. 26, 7–9 p.m. \$30.

BodyWorks

This 10-week program is designed to provide girls (ages 9 to 13) and their parents/caregivers tools to improve family eating and activity habits. Details at www.womenshealth.gov/bodyworks. **Tue., Jan. 27–Mar. 31, 6:30–8 p.m.** FREE.

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

Instructor Lisa Greene, certified parent coach and *Love & Logic* author will teach you how to avoid power struggles and more successfully handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering and drug/alcohol discussions. **Sat., Feb. 28 and Mar. 7, 9 a.m.–2 p.m.** Bring a sack lunch. \$59 per person; \$99 per couple. Additional \$10 material fee required per person or couple.

ParentMap Pathways Lecture Series

Overlake is proud to sponsor this year's ParentMap Pathways Lecture series, which includes the following two lectures:

The Homework Myth: Questioning

Achievement Pressures in (and after) School

Alfie Kohn, author of *Unconditional Parenting* and *The Homework Myth*. **Tue., Mar. 3; 7–9 p.m.** Mercer Island High School, Performing Arts Theater. \$18 in advance; \$25 at the door.

Making Marriage Work

John Gottman, PhD, author of *The Seven Principles for Making Marriage Work*. **Thu., Mar. 19, 7–9 p.m.** Town Hall Seattle. \$25 in advance; \$30 at the door.

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

SAFETY

Are You Ready? Strengthening Emergency Preparedness

This course will teach basic disaster preparedness for you, your family and your neighborhood when such events as earthquakes, severe weather and system failures occur. Vernon Owens, from the Bellevue Fire Department's Emergency Preparedness Division, will show you how to ensure your safety, develop a family disaster plan, stock supplies and organize your neighbors to be ready in the event of a disaster or emergency. **Tue., Jan. 27, 7–8:30 p.m.** FREE.

Mother and Daughter Safety Training

For daughters 14 years and older and their mothers. This class addresses safety issues facing young women on or off high school and college campuses. The training is built on increasing awareness of our surroundings, obeying instincts and employing proactive safety strategies. **Mon., Feb. 9, 6–9 p.m.** \$55 per mother/daughter; \$45 per additional daughter.

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. Weeknights, **Jan. 6, Jan. 26, Feb. 3, Feb. 24, Mar. 3, Mar. 16, 6:30–9:30 p.m.; or Sat., Jan. 17, Feb. 14 or Mar. 28, 9 a.m.–noon.** \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. CPR may be taken separately. **Sat., Jan. 31, 9 a.m.–4 p.m.** \$55.

Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. **Sat., Mar. 7, 8 a.m.–noon.** \$40.

Adult First Aid and Adult/Child CPR

First aid and adult/child (ages 1–8) CPR. This two-part class includes a book. Classes may be taken separately. **Mon., Feb. 23 and Wed., Feb. 25, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Wed., Jan. 21 or Mar. 4, 6–9:30 p.m. \$60.

Super Sitters: Baby-sitting Classes

For ages 11 and older. Held on Saturdays, 9 a.m.–2 p.m. at multiple locations: BCC–North Campus: **Jan. 24, Feb. 28 and Mar. 21**, 425-688-5259; Issaquah Parks: **Jan. 10 and Mar. 28**, 425-837-3300; Kirkland Parks: **Feb. 7**, 425-587-3336; Mercer Island Parks: **Feb. 21**, 206-236-3545; Encompass (North Bend): **Feb. 28**, 425-888-2777; Redmond Parks: **Mar. 14**, 425-556-2300. \$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

A woman, at any age, is at greater risk of dying from a heart attack than a man. According to the American Heart Association, heart attacks, strokes and related cardiovascular diseases are responsible for almost twice as many deaths among women as all forms of cancer combined. The good news is that studies report women can lower heart disease risk substantially just by leading healthy lifestyles.

Please join Overlake cardiologists Thomas Amidon, MD, and Rachael Wyman, MD, as they discuss:

- Risk factors for CAD (coronary artery disease).
- What women can do to improve their odds against having a heart attack.
- Current diagnostic and treatment options for women.

Come early and enjoy a glass of heart-healthy red wine and dark chocolate. The Hope Heart Institute will be providing free blood pressure checks. **Wed., Feb. 11, 6:30 p.m.–9 p.m.** FREE.

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

Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a healthcare professional. Elizabeth A. Miller, MD, urogynecologist, and Kathy Golic, physical therapist, will discuss the types of incontinence and how treatments vary with individual lifestyle and personal preferences, including:

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

Wed., Mar. 18, 6:30–8 p.m. FREE.

Breast Health Program

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

HEALTHY LIFESTYLES

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.

Tue., Feb. 24 and Mar. 3, 7–8:30 p.m. \$35.

please visit www.overlakehospital.org/classes.

Weight Loss Surgery Seminars

Get the facts about weight loss surgery to see if it's right for you. Bellevue: **Tue., Jan. 13, Feb. 10, or Mar. 10, or Issaquah: Feb. 17 or Mar. 24, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

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

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Jan. 29, Feb. 5 and Feb. 12; or Feb. 26, Mar. 5 and Mar. 12, 7–9 p.m.** \$89.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jan. 22, 7–9 p.m.** \$45.

Diabetes Support Group

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

Diabetes Education

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

Reducing Your Risk for Diabetes

If you have been told that you have prediabetes or glucose intolerance, attending this 90-minute class will provide you with steps you can take to lower your risk of developing diabetes. Call 425-688-5485 for dates, times and cost.

SENIOR CARE

Active Senior Fair 2009

see ad at right

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. BCC–North Campus, 10700 Northup Way, Bellevue. **Tue. and Thu., Jan. 6–29; Fri. and Wed., Feb. 6–Mar. 4; or Mon. and Wed., Mar. 2–25, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Therapeutic Yoga for Seniors

Taught by certified yoga instructor. The Yoga Barn, Issaquah. **Tue., Jan. 6–Feb. 3 or Feb. 10–Mar. 10**

or Mar. 17–Apr. 14, 1–2:15 p.m.; or Wed., Jan. 7–Feb. 4 or Feb. 11–Mar. 11 or Mar. 18–Apr. 15, 11:30 a.m.–12:45 p.m. or 1:30–2:45 p.m. \$60. Preregistration required; call 425-427-0038.

Surviving the Symptoms of Alzheimer's Disease

BCC–North Campus, 10700 Northup Way, Bellevue. **Wed., Jan. 28, 6–9 p.m.** Preregistration required; call 425-688-5800. \$5.

Arm Yourself to Fully Understand Diabetes

Educate yourself on diabetes and take control of your life. BCC–North Campus, 10700 Northup Way, Bellevue. **Thu., Feb. 19, 3–4:30 p.m.** Preregistration required; call 425-688-5800. \$5.

Healthy Feet as You Age (Class #37334)

North Bellevue Community Center. **Mon., Jan. 26, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Living Wills: Does Your Family Actually Know Your Wishes? (Class #37335)

North Bellevue Community Center. **Mon., Feb. 23, 11:30 a.m.–1 p.m.** Preregistration required; 425-452-7681. \$6 residents; \$7 nonresidents.

Heart Healthy Nutrition (Class #37336)

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

Power of Prevention: Taking a Stand Against Brain Attack

Bellevue YMCA. **Wed., Jan. 14, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

Pain From Varicose Veins—Can It Be Treated?

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

Keeping Your Memory Healthy

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

I Can't Hear You!

Redmond Senior Center. **Wed., Jan. 21, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Incontinence: It Can Be Treated

Redmond Senior Center. **Wed., Feb. 18, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Living Wills—Make Your Wishes Known

Redmond Senior Center. **Wed., Mar. 18, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Walk for Life—Senior Walking Program

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

CAREGIVER SUPPORT

Caregiver of Older Adults Support Group—Bellevue

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

Family Caregiver Support Group—Mercer Island

Overlake Mercer Island 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.

Managing Care at Home

Question-and-answer session with an Overlake Senior Care social worker to help better manage care in your home. Call 425-688-5800 to schedule day and time at the Senior Care office. FREE.

CANCER PROGRAMS

Cancer Resource Center

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

Cancer Support Programs

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

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. 12, 1–3 p.m. or Mon., Mar. 23, 6–8 p.m.** FREE. For more information, call Kathleen Craig at 425-688-5816.

For more information about our classes, or to register,

Breast Cancer Support Group

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

Reconstruction After Breast Cancer Surgery

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

Sit and Knit

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

EVENTS

Issaquah/Sammamish Health & Safety Fair

Overlake is proud to sponsor the Issaquah/Sammamish Health & Safety Fair **Sat. Mar. 21, 10 a.m.-2:30 p.m.** at Pickering Farm in Issaquah. Free health screenings, children's fingerprinting, home safety and emergency preparedness from more than 50 health and safety professionals including family physicians and specialists, dentists, chiropractors, nutritionists, fitness professionals and alternative health practitioners. FREE.



VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, 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 2009

SATURDAY, MARCH 14, 10 A.M.-3 P.M.

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

This fun, FREE, daylong event features a fashion show and a variety of entertainers. Sit in on mini-seminars and stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. Take advantage of free screenings. The entire day is geared to the active senior.

**Call 425-688-5800
for more information.**

Don't miss this fun-filled event!



please visit www.overlakehospital.org/classes.

NEW MEDICAL STAFF AT OVERLAKE

Chitra Fernando, MD
425-688-5434
Geriatrics

Robin Graham, MD
425-827-4600
Pediatrics

Jose Heraud-Larranaga, MD
206-275-3588
Internal Medicine

Brandi Irwin, DO
425-827-4600
Pediatrics

Mark Ochenrider, MD
425-899-2525
Internal Medicine

Rod Oskouian, MD
206-320-2800
Neurosurgery

Howard Stroupe, MD
425-451-4141
Anesthesiology

Eric Subong, MD
206-363-7035
Ophthalmology

Manika Suryadevara, MD
425-827-4600
Pediatrics

Michael Tasch, MD, PhD
425-990-8866
Nephrology

Cynthia Warner, MD
425-899-0555
Cardiology

Nelly Bardman, MD
425-208-0026
Internal Medicine

Michael Brown, MD
425-688-5289
Radiation/Oncology

Charles Drescher, MD
206-965-1700
OB/GYN

Sule Karakus, MD
425-688-5175
Psychiatry

Thien Nguyen, MD
425-467-3957
Bariatric Surgery

George Ko, MD
206-363-7035
Ophthalmology

Timothy Riesenberger, MD
425-688-5100
Emergency Medicine

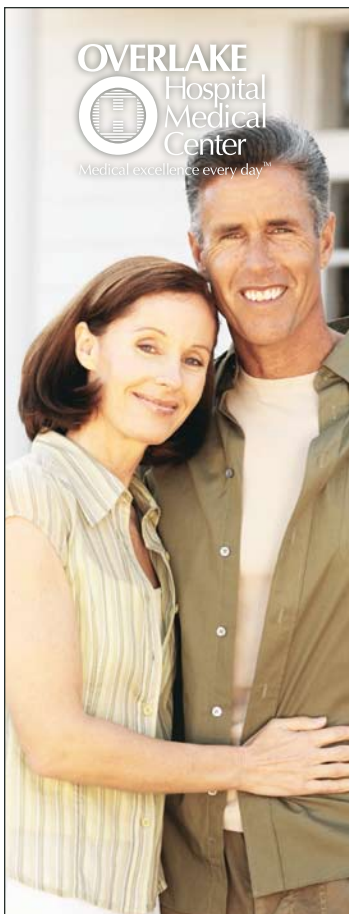
Sarah Jost, MD
206-320-2800
Neurosurgery

Kenneth Lee, MD
425-451-4141
Anesthesiology

Kurt Leinweber, DO
425-451-4141
Anesthesiology

Dana Oren, MD
425-827-4600
Pediatrics

Anika Sanda, MD
425-557-8000
Pediatrics



Eastside Vitality

OVERLAKE HOSPITAL MEDICAL CENTER'S COMMUNITY HEALTH FAIR

Saturday, January 24, 2009 | 11 a.m. to 3 p.m.
In the PACCAR Education Center on the Overlake campus
FREE Admission and FREE Parking

Featuring:

- **Health screenings** for stroke risk, skin cancer, osteoporosis, and more
- **Mini-seminars** with the latest information on a range of topics, including seasonal affective disorder, breast cancer and heart attack risk factors
- **Booths** staffed with representatives from Overlake's many service areas
 - **Activity center** for kids with a focus on fun and fitness

Bring a friend or your entire family.
It's **FREE** and important for a vital part of our community – you.

For a complete list of screenings, lectures and health information booths, visit us at
www.overlakehospital.org/EastsideVitality.



OVERLAKE Hospital Medical Center
Medical excellence every day™

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www.overlakehospital.org

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