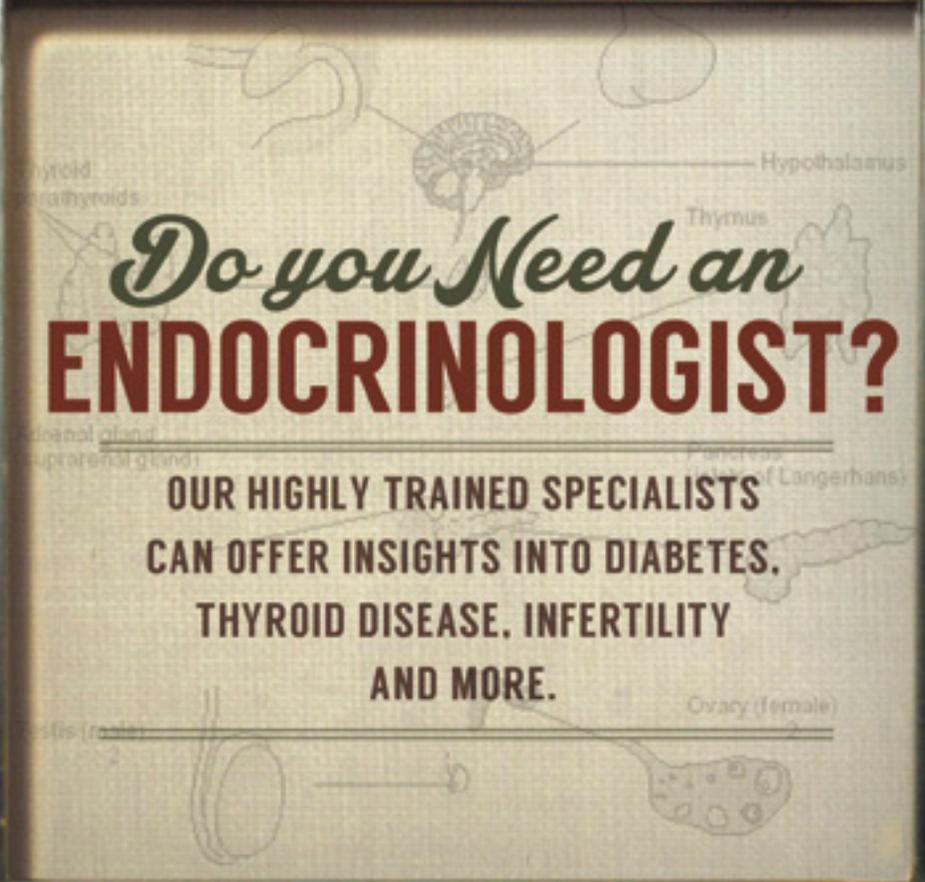


OVERLAKE

FALL 2015

Healthy
OUTLOOK



Do you Need an
ENDOCRINOLOGIST?

OUR HIGHLY TRAINED SPECIALISTS
CAN OFFER INSIGHTS INTO DIABETES,
THYROID DISEASE, INFERTILITY
AND MORE.



FROM THE PRESIDENT & CEO

As the season of giving and gratitude approaches, it serves as a fitting reminder of the importance of caring for community. Overlake began with a grass-roots community effort to respond to a need for an Eastside hospital. As you'll read in this issue, local leaders and volunteers came together with creative ideas to make the hospital a reality.

Overlake continues its legacy of caring for our community through a variety of medical services, outreach events and educational programs we offer at our hospital, clinics and throughout the Eastside. Our new cancer center is one example. The design of the cancer center is well underway, and will break ground in March 2016. Scheduled to open in summer 2017, the cancer center will offer coordinated care and healing in a patient-centric facility.

Our Walk for Life program, featured in this issue, is another example of how Overlake cares for community. Walk for Life provides a safe and convenient way for seniors and others to exercise while meeting friends at Bellevue Square Mall. The program is offered three times a week and allows us to connect directly with our neighbors while fostering healthy habits.

All that we do at Overlake helps to ensure that we deliver exceptional care and meet the changing needs of the dynamic and growing Eastside community we serve.

J. Michael Marsh
President and CEO



YOU'RE INVITED

MONDAY, NOVEMBER 23
HYATT REGENCY BELLEVUE
WELLNESS FAIR: 11 A.M.-NOON
LUNCH & PROGRAM: NOON-1:30 P.M.



FEATURING KEYNOTE SPEAKER

DANIEL KRAFT, MD

Stanford and Harvard trained Physician-Scientist, Inventor, Entrepreneur and Innovator

**The Future of Health & Medicine:
Where Can Technology Take Us?**

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HEALTHY OUTLOOK · FALL 2015

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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 health care services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425.467.3548 or email healthyoutlook@overlakehospital.org.

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

OVERLAKE INTRODUCES THE BALANCE PROGRAM

Having problems with balance or dizziness? Overlake’s Senior Health Clinic, Outpatient Rehabilitation Services, and Bellevue Ear Nose and Throat (ENT) are pleased to introduce the Balance Program, providing patients with help to manage balance and dizziness problems. Many adults are affected by balance issues each year, leading to falls and a decrease in mobility and independence.

The Senior Health Clinic offers primary care for older adults. Physicians specializing in geriatric medicine help assess the causes of balance and dizziness problems and direct the best course of treatment for their patients. The on-staff pharmacists are available to look over medications and ensure they are not contributing to balance problems or dizziness.

Outpatient Rehabilitation Services has trained physical and occupational therapists who can evaluate balance and inner ear-related dizziness issues. The physical therapists offer vestibular (dizziness) therapy, balance therapy and senior exercise. The occupational therapists provide in-home safety assessments to prevent falls; driver’s screens are also available to assess safe driving.

At Bellevue ENT, board-certified otolaryngologist Trac Duong, MD, provides expert care for complex inner ear and dizziness problems.

We will also partner and collaborate with our Neuroscience Institute (featured at right) to best meet our patients’ needs.

A clinic focused on fall prevention is in development and will be offered starting early 2016.



To learn more about the Overlake Balance Program, call 425.688.5908 or visit overlakehospital.org/balance.

OVERLAKE NEUROSCIENCE INSTITUTE

On August 17, Overlake opened the Overlake Neuroscience Institute, an innovative center designed to streamline care and improve services for patients.

“This move puts the patient front and center. We will be able to provide diagnosis, treatment and follow-up care for a range of diseases of the brain and spine under a single roof,” says Abhineet Chowdhary, MD, the institute’s medical director. “It’s a challenge dealing with serious neurological issues, and our goal is to make the process of diagnosis and treatment as seamless as possible.”

The Overlake Neuroscience Institute combines the Overlake Neurology and Neurosurgery clinics. The new institute will participate in a number of clinical trials, with the potential to provide patient access to innovative therapy before it becomes widely available.

The Overlake Neuroscience Institute is located at 1135 116th Ave. NE, Suite 500 on the hospital campus. For more information, call 425.635.6560 or visit overlakehospital.org/neuro.

BREATHING FREE

An exciting, noninvasive procedure offers new hope to people with severe asthma

Asthma can often be controlled with medication. But for those who continue to struggle with severe flare-ups, a surgery called bronchial thermoplasty can help. The procedure removes excess smooth muscle tissue along the airway walls, reducing the airways' ability to contract and narrow during an asthma attack. *Healthy Outlook* spoke to pulmonologists Frantz Hastrup, MD, and Amy Markezich, MD, about this innovative procedure.

Who is a good candidate for bronchial thermoplasty?

DR. MARKEZICH: Patients who are on controller medications like Advair or Symbicort but still have symptoms and have to use their rescue medications frequently.

DR. HASTRUP: It's for patients who are being treated by a primary care physician or pulmonologist but who have not achieved a reduction in their symptoms. Patients get a comprehensive pulmonary evaluation because we want to ensure that they will benefit from the procedure.

How is the procedure done?

DR. MARKEZICH: We insert a small fiber-optic tube into the airway through the mouth. Then we can

insert a small metal probe that applies [radiofrequency-generated] heat to different parts of the airway. It's not invasive. Patients aren't left with scars.

DR. HASTRUP: The procedure can be done under conscious or general sedation, based on the severity of illness.

How long does the procedure take?

DR. MARKEZICH: We do it in three separate procedures. Each procedure takes from one to two hours, with three weeks between procedures. We give patients prednisone before, and also for a few days afterward, to help with airway inflammation.

How effective is bronchial thermoplasty?

DR. HASTRUP: The five-year data shows that the procedure is safe, doesn't introduce any unwanted scarring, and for five years, patients have decreased exacerbation of symptoms requiring hospitalization. It can decrease their need for medications, but they will likely still need to be on controller medication. This is not a cure for asthma but a way to reduce symptoms and improve quality of life.



Amy Markezich, MD



Frantz Hastrup, MD

Is follow-up care needed?

DR. HASTRUP: After the procedure is done, and before the next procedure, we have patients come back to make sure they're doing OK. From before the first procedure to the last, patients will be seeing the pulmonologist frequently.

DR. MARKEZICH: In the first one to two weeks after surgery, patients will have more difficulty with their asthma than usual, which is expected. But things improve over time. They'll see the greatest benefit after all three procedures are completely done.

To learn more, talk to your doctor or call Overlake Medical Clinics pulmonary and critical care specialists at 425.454.2671.



HEALTHY EATING ON A BUDGET

Tips for every aisle

Shop smart and have a game plan in place before you grab your next cart of groceries. Here are some tips to get the most for your dollar and eat healthy.

Fruits and Vegetables

- Buy in-season fruits and vegetables. They are usually less expensive and are at their peak flavor.
- Canned and frozen fruits and vegetables last much longer than fresh ones, and they are a convenient way to add nutrients to your daily meals.

Grains

- Make half your grains whole grains. (Try whole-wheat crackers.)
- Rice and pasta are budget-friendly grain options.

Protein

- Beans, peas and eggs are low-cost protein choices.
- Lower meat costs by purchasing family-sized or value packs. Freeze what you don't use.

Dairy

- Choose low-fat or fat-free milk. They provide just as much calcium as whole milk, but fewer calories.
- Always check the sell-by date to make sure you're buying the freshest products.

Other

- Drink water instead of buying soda or other sugary drinks.
- Save time, money and calories by skipping the chip and cookie aisles.

Source: U.S. Department of Agriculture
(choosemyplate.gov)

Apricot-Pear Chutney

Yields eight 2-ounce servings

Chutney:

- 12 ounces cider vinegar
- 1 clove garlic, chopped
- 1 cup dried pears, julienned
- 1 cup dried apricots, julienned
- 1 teaspoon ginger, ground
- ½ cup roasted red pepper, diced small
- ¼ cup brown sugar
- ½ teaspoon kosher salt
- ¼ cup green onion, diagonally cut

Directions:

- Combine vinegar, garlic, pears and apricots in saucepan over medium heat.
- Reduce until almost dry, then remove from heat.
- Add remaining ingredients, adjusting salt as necessary.
- Cool completely prior to serving.



*Created by Chris Linaman,
executive chef,
Overlake Medical Center*

NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. Visit overlakehospital.org/outpatientnutrition or call Nutrition Services at 425.688.5484 for more information.

The
AMAZING
Endocrine System



{ **AND ITS DARK SIDE** }

You may not spend much time pondering your endocrine system. But your endocrine glands release hormones that affect tissues and organs throughout your body—from your brain and heart, to your liver, kidneys and bones. If you or someone you love develops a condition related to this complex hormonal control system, like diabetes or a thyroid disorder, an endocrinologist can be your best ally.

“We think of the nerves and muscles as a fast-control system,” says M. Scott Magee, MD, an endocrinologist affiliated with Overlake. “But the endocrine system—which has to do with reproductive hormone levels, cortisol and other hormone systems—changes slowly, over months and years.”

Overlake has several endocrinologists on its medical staff who are skilled at diagnosing and treating endocrine conditions. Endocrinologists complete medical school and additional postgraduate study to become board certified in internal medicine, and then do a fellowship in endocrinology. Patients are generally referred to an endocrinologist by their primary care physicians.

DOUBLING DOWN ON DIABETES

Maria Mercado, MD, who studied at the Joslin Diabetes Center at the University of Maryland, recently joined Overlake Medical Clinics. Dr. Mercado’s parents, who live in the Philippines, both have diabetes, which fuels her passion to help patients manage the condition.

“As endocrinologists, we provide personalized care by reviewing patients’ daily routines, including meal times, activities, work schedule and family life,” Dr. Mercado says. “Using the latest technology, we can

identify patterns of high and low blood glucose and determine if this is due to diet or incorrect insulin dosing. We then tailor the dosing and timing of their medication regimens and, if applicable, recommend new oral agents and injectables.”

Diabetes has skyrocketed, with up to 10 percent of Americans now having the condition. Most people with Type 2 diabetes manage it with the help of their primary care doctor, as long as they take their medications and make healthy lifestyle changes. “But if they don’t do well, they should see an endocrinologist,” says Dr. Magee. “People who have Type 1 diabetes should see an endocrinologist because their disease is usually much more complex. An endocrinologist or a perinatologist should also be involved in caring for pregnant women with diabetes and people in high-risk occupations, such as athletes, pilots and truck drivers.”

In addition, having an endocrinologist in your corner ensures that your therapy stays up to date. “Our goal is to provide the most current, high-tech, leading-edge care,” Dr. Mercado says. “Now, we have two continuous glucose sensors available and an insulin pump that functions almost like an artificial pancreas in that it suspends insulin delivery in the event of low glucose.”

TREATING THYROID DISORDERS

Another common endocrine disorder is thyroid disease. When the thyroid gland goes awry, it may leave you feeling weak and sluggish, or anxious and on edge. “Many things can cause the thyroid function to be abnormal,” Dr. Magee says, “and an endocrinologist can help you get an accurate diagnosis.”

About 20 million people in the United States have thyroid problems, including hypothyroidism (underactive thyroid), hyperthyroidism (overactive), thyroid nodules and thyroid cancer. “An underactive thyroid can often be managed by a primary care physician,” says Overlake endocrinologist Mandana Ahmadian, MD. “Patients with an overactive thyroid should consult an endocrinologist because of the condition’s complexity. Any pregnant woman with thyroid, adrenal or pituitary gland disease should also see an endocrinologist.”

Similarly, patients who have a thyroid nodule can benefit from seeing an endocrinologist. “An endocrinologist trained in neck ultrasound can evaluate and treat thyroid nodules, thyroid cancer and parathyroid disease,” says Dr. Ahmadian. “I look at the characteristics of a nodule and decide whether a biopsy or other tests are needed. I can perform ultrasound-guided fine needle aspiration of thyroid nodules or lymph nodes, and parathyroid aspiration in the office.”

Endocrinologists’ understanding of thyroid cancer—a typically slow-growing disease that tends to have a good prognosis—is evolving quickly. In the past few years, Dr. Mercado says, several markers have been identified to help physicians determine the best course of treatment. “The symptoms are mostly nonspecific, so it is comforting to the patient to speak to an endocrinologist who can explain the

condition and set realistic expectations of care,” she adds.

OTHER CONDITIONS

An endocrinologist can assess many other health issues, including infertility in women and low testosterone in men. “We see people who have cholesterol and triglyceride problems, especially those who don’t tolerate medications well, or if their medications aren’t working,” Dr. Magee says.

Patients who have osteoporosis that is premature, severe or resistant to medication can benefit from a consultation. “An endocrinologist

can find any metabolic bone disease or abnormal

hormone production that might contribute to osteoporosis,”

says Dr. Ahmadian.

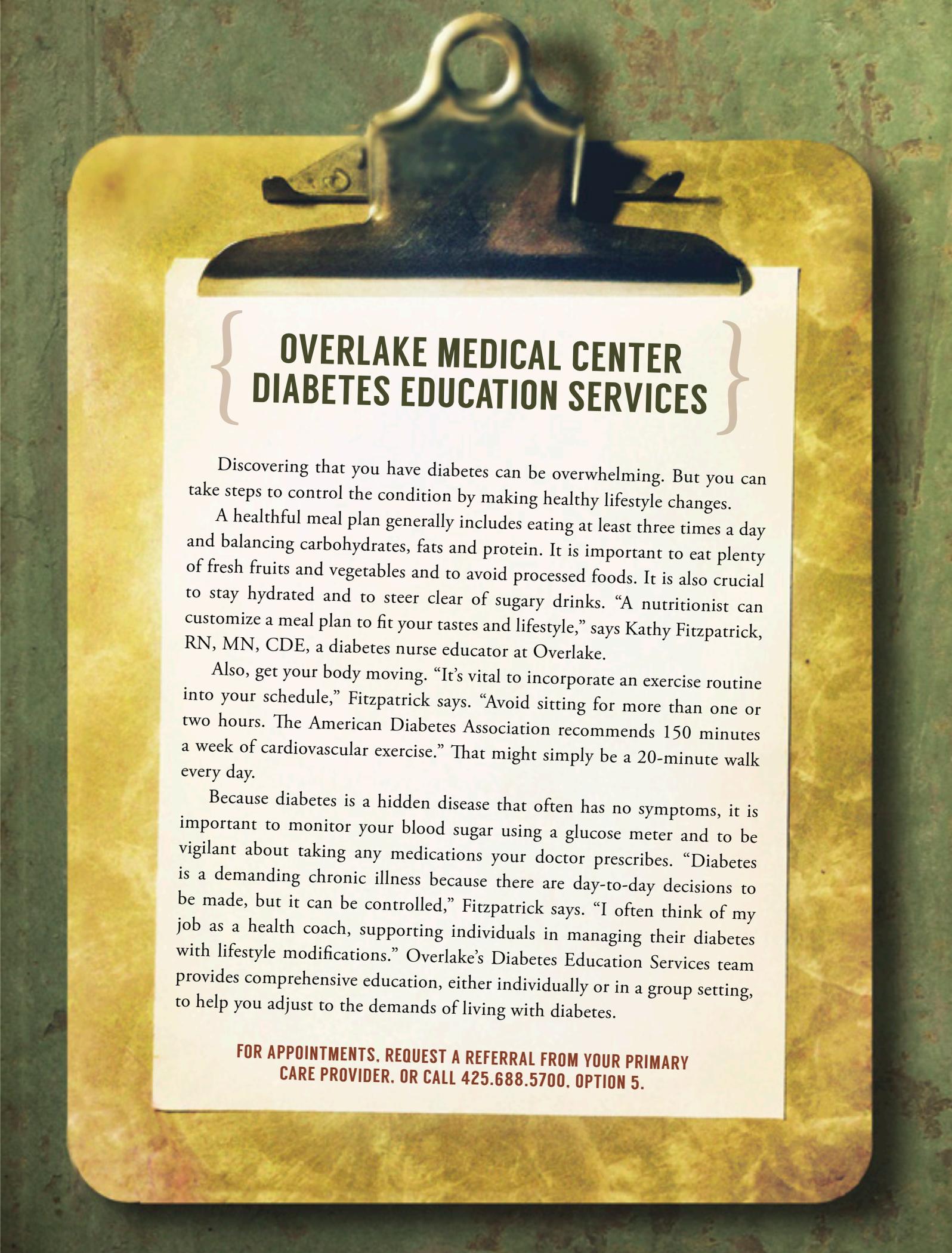
Endocrinologists also address calcium disorders, parathyroid disease, and disorders of the pituitary gland and adrenal gland. Treatments frequently involve hormone testing, imaging, and collaborations

between endocrinologists and neurosurgeons or general surgeons.

While endocrinologists may be immersed behind the scenes in analyzing test results, much of their face-to-face work with patients focuses on education. “We want our patients to understand what they have and what the treatment consists of,” Dr. Magee says. “And we want them to know that we can treat most chronic endocrine conditions very well.”

“Our job is to recognize any barriers patients may have in managing their chronic illness,” Dr. Mercado adds. “We view patients holistically. This requires spending a great deal of time getting to know them and their health care goals. Then, we can refer them to additional specialty services as needed.”

“We view patients holistically. This requires spending a great deal of time getting to know them and their health care goals. Then, we can refer them to additional specialty services as needed.”



OVERLAKE MEDICAL CENTER DIABETES EDUCATION SERVICES

Discovering that you have diabetes can be overwhelming. But you can take steps to control the condition by making healthy lifestyle changes.

A healthful meal plan generally includes eating at least three times a day and balancing carbohydrates, fats and protein. It is important to eat plenty of fresh fruits and vegetables and to avoid processed foods. It is also crucial to stay hydrated and to steer clear of sugary drinks. “A nutritionist can customize a meal plan to fit your tastes and lifestyle,” says Kathy Fitzpatrick, RN, MN, CDE, a diabetes nurse educator at Overlake.

Also, get your body moving. “It’s vital to incorporate an exercise routine into your schedule,” Fitzpatrick says. “Avoid sitting for more than one or two hours. The American Diabetes Association recommends 150 minutes a week of cardiovascular exercise.” That might simply be a 20-minute walk every day.

Because diabetes is a hidden disease that often has no symptoms, it is important to monitor your blood sugar using a glucose meter and to be vigilant about taking any medications your doctor prescribes. “Diabetes is a demanding chronic illness because there are day-to-day decisions to be made, but it can be controlled,” Fitzpatrick says. “I often think of my job as a health coach, supporting individuals in managing their diabetes with lifestyle modifications.” Overlake’s Diabetes Education Services team provides comprehensive education, either individually or in a group setting, to help you adjust to the demands of living with diabetes.

**FOR APPOINTMENTS, REQUEST A REFERRAL FROM YOUR PRIMARY
CARE PROVIDER. OR CALL 425.688.5700, OPTION 5.**

COMMUNITY COUNTS

Without a doubt, selling kittens door to door was the cutest fundraiser in Overlake history

It was the early 1950s, when community leaders and volunteers envisioned an Eastside hospital and began a seven-year campaign to make it a reality. From penny drives to variety shows, as well as the kitten drive, community members poured their hearts—and imaginations—into fundraising.

To complement their efforts, a dedicated group of women formed the first of what would be many auxiliaries to bring the dream of the hospital to life. One of the earliest, the Alexander Fleming Auxiliary, held a fun-filled cocktail party in the penthouse of Seattle's Sorrento Hotel.

"The auxiliary members prepared all the hors d'oeuvres, and everyone had a great time dressed to the nines, mixing and mingling while raising money for Bellevue's first hospital," says Barbara Knopf, an auxiliary member in the 1950s and '60s and a former All-Auxiliary president.

Many community members have been personally touched by Overlake's exceptional care and want to ensure the medical center remains a top facility.

"My mother died from a stroke, and I have heart issues also," explains Isa Nelson, president of the Roger Stark Cardiac and Stroke Auxiliary. "We want to make sure that Overlake maintains its excellent level of care, especially for stroke and cardiac treatment."

As a nonprofit, non-tax-supported, 501(c)(3) organization, Overlake continues to rely on the generosity of community members for its success. And while the deep tradition of community fundraising remains as strong as ever, only the methods have changed. (See sidebar for ways you can raise funds to help provide exceptional health care for the region.)



FIVE FUN WAYS YOU CAN RAISE FUNDS FOR OVERLAKE

There are many ways to support Overlake. Enlist co-workers, kids and grandkids. Make it fun!

1. Join an auxiliary or Overlake's Pulse! Network, a networking and leadership group for those ages 45 and under (overlakepulse.org).
2. Form a fundraising team in your neighborhood, office or with family.
3. Launch an online campaign through websites like Crowdrise or Razoo.
4. Host an office potluck, wine tasting or silent auction and collect donations.
5. Organize a competition, like a chili cook-off or battle of the bands.

To get started or ask questions about how you can help raise funds, please contact the Foundation at 425.688.5534.

Learn More About Giving and Volunteering

As a nonprofit hospital that receives no public tax support, Overlake relies on contributions from the communities we serve to help support program, technology and capital needs and provide world-class care for patients and their families.



overlakehospital.org/support
e: foundation@overlakehospital.org
e: auxiliaries@overlakehospital.org



Overlake Medical Center
Foundation & Auxiliaries
1035 116th Ave. NE
Bellevue, WA 98004



Foundation: 425.688.5525
Auxiliaries: 425.688.5527

WALK FOR LIFE

Transforming Bellevue Square into a fitness track

Three days a week, scores of seniors pace around the 1-mile circuit in the Walk for Life program at Bellevue Square Mall. Many tell us they consider the walk a great way to stay healthy, connect with the community and energize their day.

Started in 1987, the Walk for Life program is run by Overlake Medical Center. Walk for Life has about 160 active members and 65 to 80 active walkers each Monday, Wednesday and Friday from 8 to 9:30 a.m. A specially trained Walk for Life coordinator helps participants sign in, orient them to the one-mile and half-mile courses, record miles walked, and take vital signs like blood pressure and heart rate for those who are interested.

Most walkers show up for the health benefits. In fact, a high percentage of seniors report that Walk for Life improved their health, including such factors as blood pressure, breathing, circulation, energy, stamina, flexibility, body weight and blood sugar levels. As age brings its share of health challenges, Walk for Life promotes overall fitness and the ability to stay active.

As extensive as the health benefits are, the social rewards may be even more significant. If you'd like to jump-start your mornings with this FREE activity, it's easy to join! All you

have to do is check in at the Walk for Life registration table located inside the doors at The North Face entrance at Bellevue Square Mall. Park in the ground-level parking garage just south of Nordstrom, and enter through the first mall entrance off NE 8th Street.

For more information, visit overlakehospital.org/walk or call 425.688.5259.

WHY MALL WALK?

- * Well-lit, flat walking surface
- * Temperature controlled—not impacted by weather
- * Walk before stores open and crowds arrive
- * Friendly, social and safe environment
- * Walk at own pace and distance



Walk for Life participants at Bellevue Square Mall.



Classes and Programs

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



TWO EASY OPTIONS FOR REGISTRATION:

1. Go to overlakehospital.org/classes.
2. Call 425.688.5259, Monday-Friday, 8 a.m.-4:30 p.m.

Many of our programs and classes are supported by our Overlake Medical Center Auxiliaries.

Become a fan of Overlake and follow us online.



PLANNING FOR PREGNANCY

Register Early—Classes Fill Quickly

Visit overlakehospital.org/classes for class descriptions, dates and times.

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 and resources from Overlake's parent education staff. Visit overlakehospital.org/childbirthcenter to sign up.

Childbirth Center Tours

Sign up at overlakehospital.org/classes.

Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn.

Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Understanding Birth: eClass. Can't join the childbirth class? We'll bring the class to you.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

After Baby Comes

- Pumping While Returning to Work: Learn strategies for women who are returning to work. How to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.

- After Baby Comes Support Group: This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

Pelvic Floor Fitness—for new and expectant moms

Being pregnant and having babies can weaken the pelvic floor muscles, which play an important role in controlling the bladder and bowel and enhancing sexual function. In this interactive class, Sagira Vora, board-certified women's health physical therapist, will teach specific tools and exercises to lessen common pregnancy-related musculoskeletal problems, safety guidelines for exercise, and ways to retrain and strengthen your pelvic floor muscles. **Dec. 7, 6:30-8 p.m.** Preregistration required. FREE.

PARENTING

For Girls Only: A Heart-to-Heart Talk on Growing Up and

For Boys Only: The Joys and Challenges of Growing Up

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered as a two-part class from **6:30-8:30 p.m.** and is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every

family will receive the book *Will Puberty Last My Whole Life?* For more information or to register, visit seattlechildrens.org/classes. Register early for best selection. Scholarships available. \$70 per child/parent; charges apply for additional children.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. Adolescents 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips and what parents expect. Classes will be held regularly on **Sat. and Sun., 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. Visit seattlechildrens.org/classes-community for schedule and registration. \$40.

First Aid and CPR Certification Class

Includes infant/child/adult CPR, automated external defibrillators (AEDs) and basic first-aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. These classes are recommended for everybody including day care workers and others needing certification for their work. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Dec. 5, 9 a.m.-4 p.m.** \$70.

For more information about our classes, or to register,

Infant Safety-Proofing and CPR

Certification cards are not awarded in this class.

Tue., Nov. 3 or Wed., Dec. 9, 6:30–9:30 p.m.;
Sat., Nov. 21, 9 a.m.–noon. \$35 per person; \$60 per couple.

Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

HEALTHY LIFESTYLES

Women's Pelvic Health Series

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and medical and emotional health. Attend one or more of these informative presentations to find out what you can do to improve your pelvic floor health.

Pelvic Floor Fitness—for women 30 and over

In this interactive class, you will learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Topics include how to obtain optimum pelvic fitness and minimize sexual discomfort with the use of healthy lifestyle habits, dynamic breathing and proper pelvic muscle training exercises. Taught by Kathy Golic, an Overlake physical therapist specializing in pelvic floor issues. **Wed., Nov. 4 or Dec. 9, 6:30–8 p.m.** FREE.

Pelvic Floor Fitness—for new and expectant moms

Please refer to page 12 for details.

Women's Pelvic Health—a team approach to common disorders

A panel of experts, including colorectal surgeons, urogynecologists and physical therapists, will discuss common disorders and what treatment options are available. Topics include incontinence, constipation, pelvic organ pressure and prolapse. **Wed., Feb. 3, 6:30–8:30 p.m.** FREE.

Preregistration required for all classes. Visit overlakehospital.org/classes or call 425.688.5259 to learn more or to register.

NEW! Diagnosis and Treatment of Common Adult Hip Disorders

Do you suffer from persistent hip pain, have trouble sitting for long periods of time or struggle when getting up or out of the car? Hip disorders can happen at any stage of life and often occur in active people and athletes who are more susceptible to degenerative hip disease. In this informative seminar, Christopher Boone, MD, an orthopedic surgeon specializing in all types of

common and complex hip and pelvic disorders, will discuss a multidisciplinary approach to hip care, from evaluation and diagnosis to surgery and rehabilitation. Hip conditions covered in this talk include labral tears, hip dysplasia and cartilage degeneration. Physical therapists and other health care providers are encouraged to attend. **Thu., Nov. 12, 6:30–8 p.m.** FREE.

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons James Bruckner, Jonah Hulst, Douglas Patch and Steven Ratcliffe. Time allowed for questions. **Mon., Nov. 16, 6:30–8 p.m.** at Overlake Medical Center; register at overlakehospital.org/classes or call 425.688.5259. Preregistration required. FREE.

Back Pain: Diagnosing and Treating

Back symptoms often limit self-supporting daily activities, work, and social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration. Neurosurgeon Frank Bishop, MD, will help you better understand back dysfunction and available treatment options, including nonoperative therapy and new options in minimally invasive surgery. **Wed., Nov. 4, 6:30–7:30 p.m.** FREE.

Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Nov. 12, 19 and Dec. 3, 7–9 p.m.** \$95. Reduced rates are available for those who have previously taken this class. Check our website for details.

Weight Loss Surgery Seminars & Webinars

Learn about weight loss surgery to see if it's right for you. Presented by Thien Nguyen, MD, medical director of Overlake Metabolic and Bariatric Surgery. Call 425.467.3957 or visit overlakebariatrics.com for information. Preregistration is required. FREE.

DIABETES EDUCATION SERVICES

Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a two-part series of classes to help you learn practical skills to manage your diabetes. To register or schedule an appointment, call 425.688.5700 and press 5 when prompted.

Diabetes Education

A series of two classes that build on each other. Education includes discussion of medications,

meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician's referral. Call 425.688.5700, option 5 to register. We recommend contacting your insurance company in advance to confirm coverage.

NEW! Managing Diabetes During the Holidays

While the holidays are a time of celebration, they can be particularly stressful when trying to manage your diabetes. Overlake endocrinologist Maria Mercado, MD, and diabetes educators Kathy Fitzpatrick, RN, MN, CDE, and Lisa Malgesini, RN, CDE, will provide tips to navigate what can be a challenging time for diabetes management. The class will identify ways you can enjoy events and celebrations and control your blood glucose levels. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue.

Thu., Nov. 12, 4–5:30 p.m. Preregistration required. Visit overlakehospital.org/classes or call 425.688.5259 to register. FREE.

SENIOR HEALTH

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 fear of falling and increase activity levels. **Mon. and Wed., Nov. 2–25, 10 a.m.–noon.** Includes workbook and water bottle. Preregistration required; call 425.688.5259. FREE.

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Complex, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Nov. 3–24 or Dec. 1–22; or Thu., Nov. 5–19 (three sessions) or Dec. 3–17 (three sessions); 12:15–1:30 p.m.** Preregistration required; call 425.688.5259. FREE.

Dementia Series: Preparing for the Holidays

Holidays and life celebrations cause stress under the best of conditions, but they offer even more challenges to people living with dementia. This session explores "celebration stress" and how it affects the person with dementia and offers strategies for creating more pleasant and less stressful events. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Nov. 5, 2–3:30 p.m.** Preregistration required; call 425.688.5259. FREE.

please visit overlakehospital.org/classes.

Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Nov. 12, 1-4 p.m.** Preregistration required; call Katherine at Alzheimer's Association at 206.363.5500, ext. 229. FREE.

Nutrition Myths and Mythology

Every year we are bombarded by reports relating to nutrition. The information can be overwhelming and confusing. Overlake wellness dietitian Peggy Swistak, RD, will review various myths relating to nutrition and provide insight into nutritional buzzwords while providing an overview of healthy eating. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Nov. 18, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Walk for Life—Senior Walking Program

Join this walking program to exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. One-mile and half-mile routes available. Bellevue Square Mall, enter on the lower level west side by The North Face. **Mon., Wed. and Fri., 8-9:30 a.m.** Walkers attend days and times that fit their schedules. No registration required. Call 425.688.5259 for more information. FREE.

SUPPORT PROGRAMS

Alzheimer's Caregivers Support Group

Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** No registration required. Overlake Senior Health Clinic, 1750 112th Ave. NE, Suite A101, Bellevue. To learn more, call Regina Bennett, MSW, at 425.502.9828. FREE.

Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families experiencing postpartum mood disorder or those who are struggling with their new role as mothers. **2nd and 4th Tue. of the month, 7-8:30 p.m.,** PACCAR Education Center. No registration required. FREE.

P.S. Support Group—Support for Miscarriage, Stillbirth and Infant Loss

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.** at Overlake's PACCAR Education Center. For more information, call Abbie, the group facilitator, at 206.367.3991, or Cami at 425.277.9494. FREE.

La Leche League Groups

Support and information for women who want to breastfeed their babies.

- Bellevue: **3rd Mon. of the month, 7-9 p.m.** at Overlake Medical Center, PACCAR Education Center, 1035 116th Ave. NE, Bellevue. For more information, call Kay at 425.226.8117. FREE.
- Issaquah Classroom: **1st Mon. of the month, 10 a.m.-noon** at the Highmark Medical Center, 1740 NW Maple St., Suite 201. For more information, email LLL.Issaquah@gmail.com or call 425.312.3477. FREE.
- Eastside Japanese: **2nd Wed. of the month, 11 a.m.-1:30 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. To learn more, contact Izumi at 425.869.5136 or izumimitsuoka@hotmail.com. FREE.

Look Good ... Feel Better

This program led by American Cancer Society volunteer cosmetologists teaches beauty techniques to women in active cancer treatment to help combat appearance-related side effects using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Nov. 2, 6-8 p.m.** in PACCAR's Insight. Call Kelly Brajcich at 425.467.3809 to register. FREE.

Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer four different cancer support groups at Overlake. To register for these FREE programs, call 206.709.1400.

- Breast Cancer Support Group.
- Grief and Loss Support Group.
- Caregiver Support Group.
- Wellness Support Group: for any cancer diagnosis.

Lymphedema Support Network

Every **3rd Wed. of the month, 7-8:30 p.m.** at Overlake Medical Clinics Outpatient Rehabilitation Services, 1417 116th Ave. NE, Suite 110, Bellevue. FREE.

Stroke Support Group

For stroke survivors and their loved ones. **4th Sat. of the month, 1-2:15 p.m.** in the PACCAR Education Center. For more information, call Jennifer Kurtz at 425.688.5904. FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **Sat. morning sessions from 10 a.m.-noon. Thu. evening sessions from 6-8 p.m.** Visit overlakebariatrics.com or call 425.467.3957 to learn more. No registration required. FREE.

EMPLOYER EDUCATION AND OUTREACH

If you are interested in having Overlake involved in your company's upcoming Health Fair or

Lunch and Learn program, please contact amy.padgett@overlakehospital.org.

FOUNDATION & AUXILIARY EVENTS

Community Partners Luncheon

Mon., Nov. 23, noon-1:30 p.m. at the Hyatt Regency Bellevue. Join Overlake Medical Center Foundation and more than 500 business and community leaders to celebrate and support the health and well-being of our Eastside community. The event will feature Dr. Daniel Kraft, a Stanford and Harvard trained physician-scientist, who will speak on "The Future of Health & Medicine: Where Can Technology Take Us?" Arrive early to attend our second annual Technology & Wellness Fair starting at 11 a.m. There is no cost to attend, but a minimum donation of \$150 is suggested. Proceeds will benefit patient care at Overlake by supporting the latest technologies, community outreach programs and high-quality, compassionate care. Register at overlakehospital.org/cpl or call 425.688.5526.

Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to work for Overlake by joining this vibrant organization. To learn more, contact us at 425.688.5527 or auxiliaries@overlakehospital.org, or visit overlakehospital.org/auxiliaries.

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, visit overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425.688.5211 to find physicians who are affiliated with Overlake Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.

For more information about our classes, or to register,



SAVE *the* DATE! 2016 Active Senior Fair

Saturday, March 12 from 10 a.m. to 3 p.m.
Westminster Chapel in Bellevue
13646 NE 24th St.

Enjoy this fun, FREE, annual, daylong event that features free health screenings, miniseminars on health and workshops. Enjoy a variety of entertainment, including a spring fashion show. Stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. For more information, call 425.635.6191 or visit overlakehospital.org/activeseniorfair.

+ OVERLAKE
MEDICAL CLINICS
METABOLIC AND
BARIATRIC
SURGERY

“Bariatric surgery changed my life—not only on the outside but on the inside, too.”

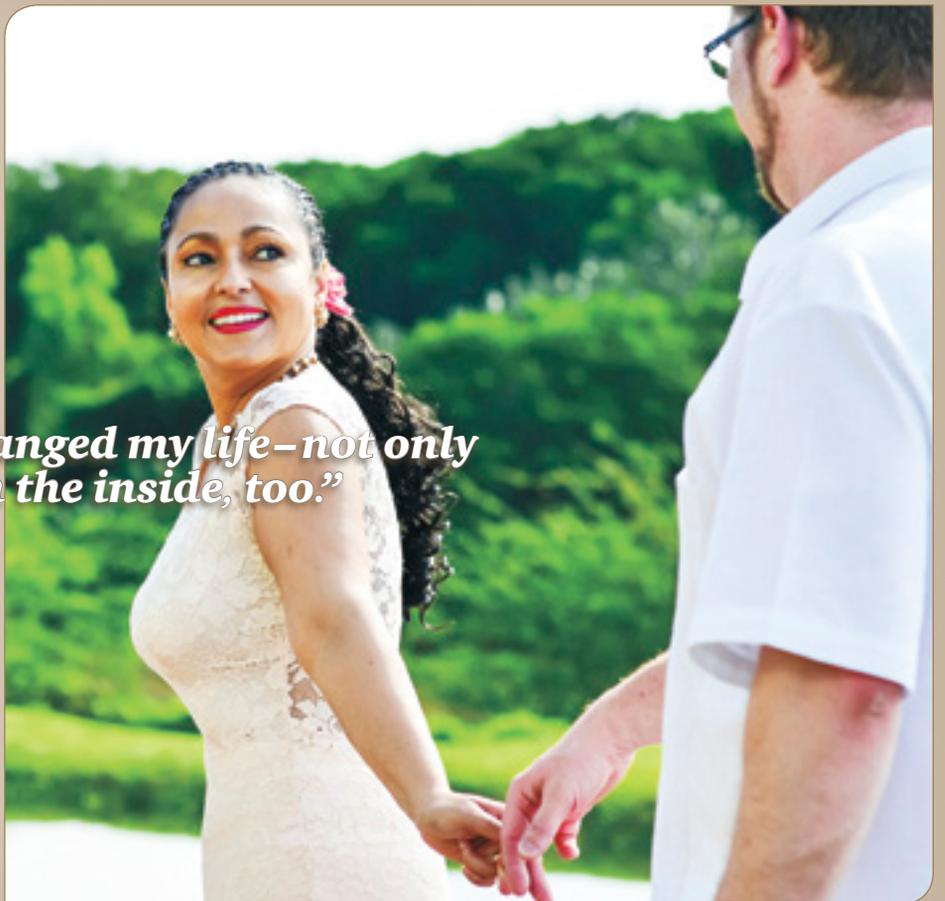
Nhora Keith, Overlake Bariatric Surgery patient

A CHANGE IN YOUR HEALTH AND WELL-BEING BEGINS NOW.

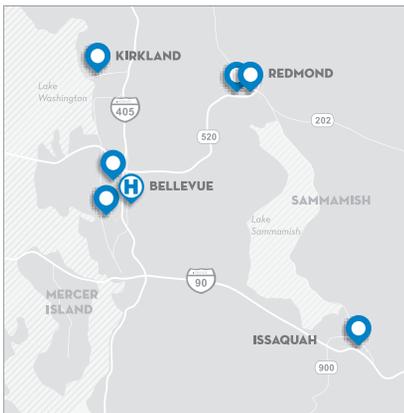
Overlake offers leading-edge surgery within a comprehensive program that gives patients tools and support they need.

To learn more,
sign up for a free seminar or webinar.
Call: 425.467.3957

Email: wlsclinic@overlakehospital.org
Visit: overlakebariatrics.com



please visit overlakehospital.org/classes.



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NEW MEDICAL STAFF AT OVERLAKE

| | | | |
|---|---|--|---|
| <p>WINSTON CHOI, MD 425.822.8888 Anesthesia</p> | <p>STEPHEN FOX, MD 952.595.1503 Telemedicine</p> | <p>MARIA MAIDA MERCADO, MD 425.289.3100 Endocrinology</p> | <p>TAL RUBINSTEIN, MD 425.216.7200 Ophthalmology</p> |
| <p>JOHNETTE CRAWFORD, MD 425.635.6400 Family Practice, Urgent Care</p> | <p>MEGAN GRAY, MD 206.987.2675 Neonatology</p> | <p>RIKESH PARIKH, MD 425.990.3223 Plastic Surgery</p> | <p>BARRY SANDOVAL, MD 425.313.5536 Ophthalmology</p> |
| <p>STEVEN DAVIS, MD 952.595.1503 Telemedicine</p> | <p>OLAV R. JAREN, MD 425.635.6560 Neurology</p> | <p>WILLIAM PIERSON, MD 425.688.5460 Psychiatry</p> | <p>ANNABELLE SIMPSON, MD 425.688.5175 Psychiatry</p> |
| <p>NICHOLAS FLUGSTAD, MD 425.454.5133 Plastic & Reconstructive Surgery</p> | <p>LIN LI, MD 425.453.8406 Nephrology</p> | <p>DAVID REUTER, MD, PHD 425.827.4600 Pediatrics</p> | <p>FRANK WELTE, MD 952.595.1100 Telemedicine</p> |



THE DOCTOR CAN SEE YOU NOW. REALLY, WE MEAN NOW.

Our same-day, Eastside-focused care ensures you'll see a highly skilled provider right away. Our six conveniently located Primary Care clinics and three Urgent Care clinics are open 7 a.m. to 11 p.m., seven days a week. To learn more, visit overlakehospital.org/clinics.



OVERLAKE
 MEDICAL CLINICS

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