

# OVERLAKE

SPRING 2013

# Healthy

# OUTLOOK

## WOMEN'S HEALTH

Sign up for one of  
Overlake's classes  
today. See page 13  
to learn more.

## WE'VE GOT YOUR BACK!

Overlake is proud to  
offer the latest, most  
effective techniques  
in spinal surgery



 **OVERLAKE**  
MEDICAL CENTER

**PLUS:** How to minimize your risk of falling  
Healthy (and fast!) meal ideas



## From the President & CEO

Right now, Overlake Medical Center is in the middle of one of the most exciting technological advances I've had the privilege to witness. On February 1, Overlake Medical Clinics implemented the Epic electronic health records (EHR) system, which we are calling ONE (Overlake Network Exchange).

Better patient care is the main goal of our new Epic-based EHR system. ONE supports our one patient, one record objective across the hospital and our specialty and neighborhood clinics. Registration information you provide will be available at all Overlake facilities, so that your time on redundant paperwork is minimized and our staff can get you into the exam room more efficiently. You will have access to ONE Chart, a secure, Web-based portal. Through ONE Chart, you can view your medical history and lab and test results. You can also schedule appointments and request prescription renewals.

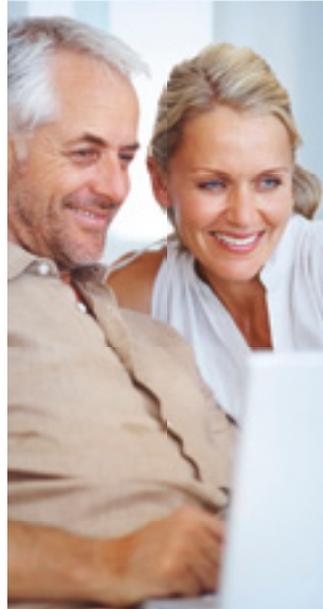
May 1 is the go-live date for the hospital, but the work is not over. Each of our 2,683 employees is committed to this effort and excited to provide you more efficient access. Welcome to ONE.

Sincerely,

Craig Hendrickson  
President & CEO

# one Chart

your secure online health connection



## ONE CHART BENEFITS:

- Check your test results
- Manage your appointments
- Keep track of your family's health
- Message your doctor's office

Ask your provider about ONE Chart today!



## HEALTHY OUTLOOK · SPRING 2013

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## OVERLAKE MEDICAL CENTER

1035 116th Ave. NE | Bellevue, WA 98004

425-688-5000 [www.overlakehospital.org](http://www.overlakehospital.org)

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

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

Healthy Outlook © 2013. Published by the Overlake Marketing Department.  
Director of Marketing and Public Relations: Kipepeo Brown.

Executive Editor: Kelly Blake.

Art Director: Garland Cary.

Photography by Mary Grace Long.

For an e-copy, visit [www.overlakehospital.org/healthyoutlook](http://www.overlakehospital.org/healthyoutlook).



## PREVENT. DETECT. LIVE.

In a national effort to raise skin cancer awareness, Overlake dermatologists are offering a free skin cancer screening. Melanoma Monday is part of the American Academy of Dermatology's campaign to encourage early detection and teach prevention of skin cancer—the most common form of cancer in the United States.

**PREVENT.** Seek shade, cover up and wear sunscreen.

**DETECT.** Look for new or changing spots on your skin.

**LIVE.** See a dermatologist if you spot anything changing, itching or bleeding.

Current estimates are that one in five Americans will be diagnosed with skin cancer in their lifetime. Join us for a FREE skin cancer screening.

**Monday, May 6, 2013**

**Overlake Medical Center**

**5:30–8 p.m.**

**Space is limited; preregistration required.**

**Please call 425-688-5259 for an appointment, or register online at [overlakehospital.org/classes](http://overlakehospital.org/classes).**

## Stroke Is an Emergency

Few people in the United States know the warning signs of stroke. Stroke can happen to anyone at any time, regardless of race, sex or age.

**Use the FAST test to remember warning signs of stroke.**

### **F = FACE**

Ask the person to smile. Does one side of the face droop?

### **A = ARMS**

Ask the person to raise both arms. Does one arm drift downward?

### **S = SPEECH**

Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

### **T = TIME**

If you observe any of these signs (independently or together),

**call 9-1-1 immediately.**



# IS IT A COLD OR ALLERGIES?



Sadia Habib, MD, internist

*The road to recovery begins with knowing which one you have*

## Sneezing. Congestion. A scratch in your throat.

You could be getting a cold, or you might be one of the 50 million Americans who have allergies. A cold and allergies have similar symptoms, so it isn't always easy to tell the difference. Sadia Habib, MD, an internist at Overlake Medical Clinics Redmond, offers tips for pinpointing the trouble and starting to feel better.



### **Q. How can you tell whether you have a cold or allergies?**

**A.** With allergies, there's more sneezing, and you're more prone to itchiness, like itchy eyes or itchy ears. With a cold, a sore throat is more likely to occur. Also, there's more fatigue with a cold.

### **Q. If you have a cold, what's the best treatment?**

**A.** Rest and drink warm fluids, like soup and noncaffeinated tea, which can help with congestion. You can take over-the-counter medications such as cough medicine and acetaminophen [like Tylenol] or ibuprofen [like Advil or Motrin] for achiness. If a cold lasts longer than seven to 10 days, and if your cough gets deeper and your secretions get thick and dark, see your doctor. There's always a concern that a cold can turn into bacterial sinusitis or pneumonia.

### **Q. If allergies are causing your troubles, what should you do?**

**A.** The best treatment is taking an antihistamine. When you're exposed to an allergen, your body produces chemicals called histamines, which can cause itching, sneezing, a runny nose and watery eyes. Different antihistamines are available over the counter like loratadine (Alavert and Claritin) and fexofenadine (Allegra).

### **Q. When should you see a doctor for allergies?**

**A.** Sometimes just taking an antihistamine is not enough. If your symptoms persist and the medication isn't effective, then you should see a doctor. You may need medication like a corticosteroid nasal spray to target the part of the upper respiratory tract where you have the most symptoms. If the symptoms are more noticeable in the eye, you may need a specific eye drop.

Make an appointment with a primary care physician today.

### OVERLAKE MEDICAL CLINICS

Seven Eastside locations in Bellevue, Issaquah, Kirkland and Redmond.

425-635-6600 • [www.overlakehospital.org/clinics](http://www.overlakehospital.org/clinics)



# HEALTHY, FAST MEAL IDEAS

Enjoy easy-to-prepare foods—and try this tasty recipe!

## Breakfast

- Cottage cheese or Greek yogurt topped with fresh fruit and granola.
- Hard-boiled eggs, whole-wheat toast and fruit.
- Whole-wheat English muffin with nut butter and banana.
- Fruit and protein smoothies.
- Frozen waffle with nut butter and fruit.
- Crockpot oatmeal.

## Lunch

- Salads: Add protein such as chicken, salmon or beans. Add dried fruit, nuts, cheese and cooked grains, such as quinoa, to leafy greens.
- Wraps: Fill with hummus and fresh vegetables; add leftover chicken, fish or steak if available.

## Dinner

- Whole-grain pasta with steamed vegetables, feta cheese, olive oil and smoked salmon or chicken. Add prepared pesto and sun-dried tomatoes.
- Veggie or grilled chicken burgers served with side salad.
- Chipotle chicken skewers served with quinoa and a steamed vegetable.
- Tacos with ground turkey or lean beef; add seasoning. Heat a can of beans, serve in tortillas with lettuce, tomato, cheese and low-fat sour cream.
- Quiche using prepared pie crust. Saute veggies with garlic and herbs, milk, eggs and cheese.

## NUTRITION SERVICES

Visit [www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition) to learn how you can help yourself lead a healthier life through the food choices you make.

## Quick Ravioli Lasagna

Makes six to eight servings.

Cooking time: 45 minutes (15 minutes active)

### Ingredients:

#### THE BASICS

- 3 cups prepared pasta sauce
- 1 large package frozen cheese ravioli (about 25 oz.)
- 3 cups shredded mozzarella cheese

#### MUSHROOM SPINACH

- 3 cups prepared pasta sauce
- 1 large package frozen mushroom ravioli
- 2 cups frozen chopped spinach, thawed and squeezed to remove as much liquid as possible
- 3 cups shredded mozzarella cheese

### Directions:

1. Preheat oven to 375°F degrees. Coat a 9x13 baking dish with cooking spray. Cover the bottom of the dish with a thin layer of sauce. Arrange half of the ravioli in one layer over the sauce. If adding vegetables, layer them on top. Cover with half of the remaining sauce and half of the shredded cheese. Arrange the remaining ravioli over the cheese and top with the remaining sauce and shredded cheese.
2. Bake until the cheese is browned and the edges of the dish are bubbling, about 25-30 minutes.

Source: *Parents Need to Eat Too* by Debbie Koenig





# We've

Abhineet Chowdhary, MD, a neurosurgeon with Overlake Medical Clinics, with his patient, Mindy LeDuc, whom he restored to health with minimally invasive spinal surgery.

# Got Your Back!

OVERLAKE PROUDLY OFFERS THE LATEST TECHNIQUES IN SPINAL SURGERY, WHICH ARE GENTLER, FASTER AND MORE EFFECTIVE THAN EVER BEFORE

**N**ot long ago, anyone with painful spinal fractures might have been a candidate for major surgery. But today at Overlake Medical Center, that same patient is likely to have a very different experience.

Now, a surgeon can simply insert a needle through the patient's back and, using X-ray guidance, inject cement into the fractures to strengthen the bone, in a procedure called vertebroplasty. "You're awake, but things are numbed," says Abhineet Chowdhary, MD, Neurosurgery and Neuro-Interventional Surgery program director at Overlake. "We can treat tumors that metastasize in the spinal bones with the same procedure, except through the needle we send thermal energy to burn the tumor from the inside out. They're both outpatient procedures, and you go home the same day."

## Oh, My Aching Back!

Chronic back pain can be unbearable, and it can keep you from doing the things you love. Still, many people just live with the discomfort. Nearly

two-thirds of Americans experience lower back pain at some point in their lives, for example, but 37 percent never seek help to alleviate it.

For many people, though, surgery can provide welcome relief. And back surgery—which used to require open procedures through large incisions—has advanced by leaps and bounds.

With the advent of minimally invasive surgery through smaller incisions (or just a needle poke), patients experience less pain, and recovery time is up to 50 percent faster than with traditional surgery. "People used to stay in the hospital as long as five days to a week," says Christopher Smythies, MD, of Overlake Neurosurgery. "But now, about half of my back surgery patients leave the same day, and the rest leave the next day."

Spinal services at Overlake can treat a range of back troubles—from fractures and herniated disks to spinal tumors and scoliosis. While the back is a complex anatomical structure, Overlake's spinal surgeons have specialized training to make a diagnosis and provide leading-edge treatment. "We are better at determining the exact source of a patient's pain due to better imaging, determining

which patients are most likely to benefit from a particular surgery, and executing the surgery with more precise instruments and procedures,” says Todd Jackman, MD, a surgeon from Proliance Orthopedic & Sports Medicine.

“Our understanding of the spine has improved significantly, and the results overall are significantly better than they were 10 years ago,” adds Ash Patel, MD, also a surgeon with Proliance Orthopedic & Sports Medicine.

## Spinal Dream Team

Not every patient requires surgery. In fact, Overlake’s goal is first to consider more conservative treatments, such as physical therapy or pain medication.

If a patient does need surgery, however, Overlake’s multispecialty team—neurosurgeons, orthopedic surgeons, pain specialists and specially trained nurses—provides skilled preoperative, operative and postoperative care.

Of course, even the best team is only as good as the tools available, so Overlake gives the spinal services team access to the best technology. “At other hospitals, surgeons are often asked to use instrumentation made by just a couple of companies,” says Dr. Patel. “But certain companies make spinal implants that are better for certain approaches. Overlake allows us to choose our own instrumentation, and we can tailor it to the patient’s needs.” The team uses effective new surgical techniques as well.

## Improved Procedures

Among those techniques are improved spinal fusion surgeries. In these procedures, the surgeon uses a bone graft to fuse small bones in the spine together, which can relieve back problems caused by degenerative disk disease, fractures and spinal stenosis (the narrowing of the open spaces within the spinal column).

“Spinal fusion has changed in a major way,” says Dr. Smythies. “In the old days, you would just throw some bone in there, and sometimes it fused and sometimes it didn’t. But now, we have structural supports that are like using rebar when you’re setting concrete. They hold everything in place while the fusion takes place, so the success rate is much higher than it used to be.”

Patients with spinal stenosis—which can cause shooting pain and weakness—may also benefit from minimally invasive decompression surgery using the iO-Flex System made by Baxano. Decompression surgery involves removing bone and tissue to relieve pressure around an impacted nerve. Rather than using the former technique of cutting through healthy pieces of spine, the surgeon utilizes a fine wire to guide a tiny shaving instrument into the area. “The Baxano device is used with live monitoring of the nerves to allow the surgeon to free up nerves in previously inaccessible areas,” Dr. Jackman says. “I’ve had good success using it in patients who

## Innovative Solutions

SPINE SERVICES AT OVERLAKE MEDICAL CENTER OFFERS A RANGE OF SPINAL PROCEDURES, INCLUDING:

- Discectomy to treat ruptured or herniated disks of the lumbar spine.
- Laminectomy or laminotomy to reduce pressure on nerves that causes pain.
- Spinal fusion to treat a fractured vertebra and cervical disk herniations, correct a deformity, or eliminate instability or pain.
- Vertebroplasty and kyphoplasty to relieve pain caused by compression fractures and tumors.
- Scoliosis surgery to straighten abnormal curvature of the spine.



otherwise may have required a much larger surgery.”

Better imaging technology also helps surgeons get better results. “For tumors and vascular malformations, we recently purchased a cutting-edge microscope that allows us to visualize blood vessels and tumors much more clearly, so we can be confident we got [them] all out,” Dr. Chowdhary says. “That reduces the need for repeat operations.”

Meanwhile, Overlake offers minimally invasive surgery to stabilize the sacroiliac (SI) joint, which connects the spine and pelvis. Traditionally, the surgeon made a large incision and used a screw-and-rod system to stabilize the joint. “That surgery had a 40 to 50 percent success rate in alleviating symptoms, so people were discouraged about doing it,” Dr. Chowdhary says. “But now, we can do it through a 3-centimeter incision, and we press-fit little spacers across the joint—triangular rods with a porous titanium coating. This procedure has better long-term results, and patients recover a lot faster from an incision that small.”

## The Path to Healing

Following surgery, patients get top-notch care in a dedicated orthopedics and neurosurgery inpatient unit. They also get expert help transitioning back to their normal activities. “The surgery eliminates whatever pathology is causing inflammation and pain, but it doesn’t strengthen the muscles that have been weakened over time,” Dr. Chowdhary says. “It takes a while for a nerve to regenerate if it’s been pushed on for a while. We have our own physical therapy center here at Overlake, and it gives patients the proper exercises and the proper motivation for success.”

For surgeons at Overlake, providing patients with state-of-the-art care is deeply gratifying. “It allows me to help patients accomplish their goals of healthy, active living,” Dr. Jackman says. “It’s very rewarding to help patients do the things they enjoy in life with less pain.”

*To learn more, visit [www.overlakehospital.org/spine](http://www.overlakehospital.org/spine).*

## A Surgical Success Story

THANKS TO THE STATE-OF-THE-ART CARE SHE RECEIVED AT OVERLAKE, MINDY LEDUC NO LONGER SUFFERS FROM DEBILITATING BACK PAIN.

On September 1, 2010, Mindy LeDuc of Snohomish suffered extensive injuries in a car accident. In the days and weeks that followed, she consulted with some 20 different doctors to see if they could help relieve her pain, but with no success. Mindy nearly lost all hope that she would ever be pain-free when a friend, who had once suffered similar debilitating pain, convinced her to see Abhineet Chowdhary, MD, a neurosurgeon with Overlake Medical Clinics.

“After a year of being inactive, I was sure that I’d never fully recover,” Mindy says. “But Dr. Chowdhary said he would help me become active again.” Seven days after meeting Dr. Chowdhary, Mindy underwent minimally invasive sacroiliac (SI) joint fusion surgery; the procedure lasted about one hour. Now, 12 weeks later, Mindy says she has never felt better.

## AND THE BEAT GOES ON



Guests dined and danced at the 24th annual Bandage Ball in March at the Hyatt Regency Bellevue. The gala raised more than \$1 million toward the David and Shelley Hovind Heart & Vascular Center. Pictured (left to right): Bandage Ball co-chairs Diane McLaughlin, Brittany Barker and Shirley Schumacher with CEO Craig Hendrickson.

### Did You Know?

Now, it is easier than ever before to make a planned gift to Overlake. With just a few sentences in your will, a simple bequest can have a lasting impact on patient care. You may direct your gift to the area that means the most to you, and you'll be helping to ensure Overlake continues to deliver outstanding care for our community. Individuals who have remembered Overlake in their wills are welcomed as members of Overlake's Benefactors Society. To let us know about your gift or to find out more about planned giving options at Overlake, contact Stephanie Stewart at [plannedgiving@overlakehospital.org](mailto:plannedgiving@overlakehospital.org) or 425-688-5452.

### Supporting Technology

Overlake depends on community support to keep us on the cutting edge



Your gifts can fund equipment like the region's only biplane imaging system, which offers our patients the most advanced neurovascular procedures available. Contributions support initiatives like the upgrade of our radiation capabilities with the installation of a TrueBeam™ linear accelerator. The Breast Health Center's tomosynthesis equipment, the latest advancement in breast imaging, presents another opportunity to invest in healthcare technologies for our Eastside community. If you would

like to contribute to these and other innovations in care, visit [www.overlakehospital.org/donate](http://www.overlakehospital.org/donate) or contact [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org) or 425-688-5525.

### Learn More About Giving and Volunteering



[www.overlakehospital.org/support](http://www.overlakehospital.org/support)  
e: [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org)  
e: [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org)



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



Foundation: 425-688-5525  
Auxiliaries: 425-688-5529

# DON'T LET FALLS GET YOU DOWN!

*Learn to minimize your risk of falling by attending A Matter of Balance at Overlake*

**H**ave you cut down on a favorite activity or turned down a chance to go out with friends or family because you were worried you may fall? Once a fear of falling sets in, people often limit their activities. Inactivity can result in loss of muscle strength, which in turn increases the risk of falling. This leads to greater isolation and even depression.

Falls are the leading cause of injuries to adults over the age of 65 in America with 85 percent of the injuries sustained in or around their homes. A variety of circumstances can cause falls. They are not necessarily a result of just growing old; many of the mishaps are preventable.

Overlake Medical Center offers A Matter of Balance, a class focusing on addressing fears around falling. Instructors provide preventive recommendations, teach daily exercises and offer one session to work directly with a physical therapist to learn techniques for rising successfully in the event of a fall.

“As a result of coaching A Matter of Balance for the last six years, I have become passionate about the importance of

keeping older adults active in order to lessen the possibility of a devastating fall,” says Susan Posten, class coach. “The curriculum, resource materials and support I receive from the other coaches and the staff at Overlake are all marvelous. The class includes a lot of discussion and group problem solving, as well as the exercises. The participants and their stories make the class a joy.”

A Matter of Balance is an evidence-based program developed by Southern Maine Agency on Aging in conjunction with Boston University.

*For more information, or to register for this FREE class, call 425-688-5259 or go to [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).*

## Call for Coaches

Join an enthusiastic and committed group of instructors who are making a difference in people's lives. No experience is required and training is provided. If you are interested or would like additional information about becoming A Matter of Balance coach, please call 425-688-5806.



## Here's what our students say:

“As a result of this class, I am moving cautiously, but not fearfully.”

**Woman, age 90+**

“Excellent course. Strongly recommended for all individuals age 60+.”

**Man, age 65+**

“This is an excellent class! I have recommended it to all my peers.”

**Woman, age 80+**



# 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 [www.overlakehospital.org/classes](http://www.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

An evening of information for prospective and newly expectant parents. Experts discuss maternal health, prenatal screenings, and changes in the family budget. Refreshments served. Preregistration required. **Tue., May 28, 5:30-8:30 p.m.** FREE.

### 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. Visit [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter) to sign up.

### Childbirth Center Tours

Sign up at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes). For tours in Spanish, call 425-688-5248. FREE.

### Before Baby Comes

Preparation for labor, birth and life with your newborn. Visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) for full class descriptions, including dates and times. Register early in your second trimester for best selection.

### Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Breathing and Relaxation: for extra practice.
- Breastfeeding: essential information.
- Refresher: if you've given birth before and need an update.
- Prenatal Yoga: for expectant and postpartum moms.

- Just for Grandparents: discuss the role of grandparenting with other soon-to-be grandparents. Includes a Childbirth Center tour.
- Infant CPR and Safety-Proofing.
- Infant Massage: learn ways to nurture your baby with loving touch.
- Bringing Baby Home.
- You and Your New Baby
- 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.
- Additional classes listed below.

## PARENTING

### Car Seat Check

Attend a one-on-one consultation with an expert to learn about correct car seat installation and usage. Space is limited. Preregistration required.

**Sat., May 18, 10 a.m.-2 p.m.** at Overlake Medical Center, Bellevue. Reserve your spot at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or by calling 425-688-5259. Checks are also available on **Thu., Apr. 25, May 16 or June 20, 4-6 p.m.** at Barrier Audi, 1533 120th Ave NE, Bellevue. Space limited. Reserve your spot early by calling Barrier Audi at 425-643-3000. FREE.

## BodyWorks

This is a nine-week, family-based fitness and nutrition program designed specifically for those who have children ages 9 to 12. Each week, Alethia Rodriguez, certified BodyWorks trainer and health and fitness instructor, will lead the group through fun activities and provide hands-on tools to help families make better lifestyle choices and avoid common pitfalls. By the end of this series, both parents and children will know what behavioral changes to incorporate into their daily living to build and maintain a healthier, more active way of life. For more information, please visit [www.womenshealth.gov/bodyworks](http://www.womenshealth.gov/bodyworks).

**Wed. May 1-June 26, 6-7:30 p.m.** FREE.

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

Classes in Bellevue are sponsored by Seattle Children's and Overlake. This two-part class is recommended for girls 10 to 12 years old and a parent or guardian. Topics in these two two-hour sessions focus on the physical changes of puberty and menstruation, boys' changes, friendships, sexuality and sexual reproduction. Every family will receive the book *Will Puberty Last My Whole Life?* For a full schedule of classes and to register, please visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes). Register early for best selection. Scholarships available. \$70 per daughter/parent; \$20 per additional person.

For more information about our classes, or to register,

### For Boys Only: The Joys and Challenges of Growing Up

Classes in Bellevue are sponsored by Seattle Children's and Overlake. This two-part class is recommended for boys ages 10 to 12 years old and a parent or guardian. Topics in these two two-hour sessions include body changes during puberty, popular myths about growing up, behavior and attitude changes, what boys need to know about girls, sexual reproduction, sexuality and how to communicate about the experience of adolescence. Every family will receive the book *Will Puberty Last My Whole Life?* For a full schedule of classes and to register, visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes). Register early for best selection. Scholarships available. \$70 per son/parent; \$20 per additional person.

### SAFETY

#### Better Babysitters

Sponsored by Seattle Children's and Overlake. Youth ages 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 are held on **Sat. and Sun., 9 a.m.–2 p.m.** at Overlake in Bellevue and Seattle Children's in Seattle. A class schedule and registration are available at [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community). \$40 per person.

#### 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 workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Apr. 27 or June 8, 9 a.m.–4 p.m.** \$70

#### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. Weeknights, **Apr. 30, May 21, June 11 or June 27, 6:30–9:30 p.m.**; **Sat., Apr. 13 or May 11, 9 a.m.–noon.** \$35 per person; \$60 per couple.

#### CPR for Healthcare Providers

**Tue., May 7, 6–9:30 p.m.** \$60.

#### Spanish-Speaking CPR and First Aid Classes

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

## WOMEN'S HEALTH

### Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Women's incontinence is a common problem and may cause you to "leak" when you cough, laugh or sneeze or have sudden urges to use the bathroom. 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 Miller, MD, urogynecologist, and Sagira Vora, PT, women's health specialist, will discuss different 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 surgical remedies.

**Mon., June 10, 6:30–8 p.m.** Please preregister to reserve your spot. FREE.

## HEALTHY LIFESTYLES

### Melanoma Monday—Free Skin Cancer Screening

Overlake healthcare providers will be available to perform skin cancer screenings. **Mon., May 6, 5:30–8 p.m.** Space is limited; preregistration required. Reserve your appointment online at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or by calling 425-688-5259. FREE.

### Motion Is Life

Is pain keeping you from enjoying life? 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 and Steven Ratcliffe. Time allowed for questions. **Wed., June 5, 6:30–8 p.m.** at Overlake Medical Center in Bellevue. Please preregister to reserve your spot. 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, certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Apr. 18, 25 and May 2 or May 23, 30 and June 6, 7–9 p.m.** \$89. Reduced rates are available for those who have previously

taken an Overlake hypnosis class. Check our website for details.

### Hypnosis to Quit Smoking

Conducted by Robert W. Felix, certified hypnotherapist. **Thu., May 9, 7–9 p.m.** \$49. Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Our presenters include bariatric surgeons Dr. Thien Nguyen and Dr. Joseph Chebli. For information, check our website or call 425-688-5214. Preregistration is required. FREE. **Apr. 16, 25; May 14, 23; June 4, 27; July 2, 25, and Aug. 13, 22.**

## DIABETES EDUCATION SERVICES

### Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a three-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.

### Is Your Blood Sugar Rising?

Learn to manage your blood sugars and risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral. For more information and to register, call 425-688-5636. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. \$40 (prepaid at registration).

### Diabetes Education

A series of three 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 to register. We recommend contacting your insurance company in advance to confirm coverage.

## SENIOR CLASSES

### A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class helps reduce the fear of falling and increase activity levels. **Mon. and Wed., Apr. 1–24, or Tues. and Thu., May 7–30, or Mon. and Wed., June 3–26, 10 a.m.–noon.** The Gardens at Town Square, 933 111th Ave. NE, Bellevue. Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

### (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 Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Apr. 2-23, or May 7-28, or June 4-25; or Thu., Apr. 4-May 2 (no class Apr. 11), or May 9-30, or June 6-27, 11 a.m.-12:15 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session.

### 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., Apr. 18, or June 13, 1-4 p.m.** Preregistration required; call Anita at Alzheimer's Association at 206-363-5500, Ext. 229. FREE.

### Understanding Long-Term Care Insurance

Whether you already have a long-term care insurance policy or might consider one in the future, learn about the caveats, as well as the benefits, that could be very important to you. Learn how to understand and compare policies, plans and providers, not just the premiums. This is an informational seminar, not a sales presentation. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., May 14, 1-3 p.m.** Preregistration required; call 425-688-5259. FREE.

### Understanding Dementia

This class provides a brief review of the basic information relating to dementia. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., May 2, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Communicating With Someone With Dementia

This class provides families and caregivers with practical hands-on tools. Good communication can improve quality of life for people with dementia and their families and can help prevent resistance and difficult behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., May 9, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Challenging Behaviors of Dementia

Participants will learn to enter the world of the person with dementia to better understand the behaviors and uncover their triggers, as well as to intervene to decrease the distress and prevent/defuse inappropriate behaviors. Not appropriate

for the memory-impaired person. Presented by the Alzheimer's Association. Date and location to be determined. Preregistration required; call 425-688-5259 for more information. FREE.

### Dementia: Assessing and Addressing the Pain

How can we identify and respond to pain in people with dementia, particularly if they are unable to tell us what they are experiencing? This class will provide tips for improving comfort for those with pain. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., June 6, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Dementia: Self-Care for the Caregiver

This class provides an overview of how care needs change over time, discussing the importance of self-care and meeting the needs of the family caregiver. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., June 20, 2-3:30 p.m.** Preregistration required; please call 425-688-5259. FREE.

### Healthy Living Series: Normal Changes That Occur as You Age

Is there such a thing as normal aging? Everyone is involved in the aging process and no matter how hard you try, you can't escape the process. Overlake physician Sigrid Barnickel, MD, will review the process of aging and how it can be influenced. Era Living-University House, 22975 SE. Black Nugget Road, Issaquah. **Tue., May 21, 2-3:30 p.m.** Preregistration required; call 425-688-5259. Refreshments served. FREE parking. FREE.

### Preventing Dizziness and Falls in Seniors

Falls are not part of growing older, but a common issue with many people. A third of adults in the U.S. experience a fall annually. A fall can lead to debilitating injuries that limit mobility. Dizziness can be a contributing factor to a fall. Priyanka Duggal, MD, Overlake Bellevue Senior Health, will discuss factors that cause dizziness and falls, as well as prevention and treatments. Era Living-University House, 22975 SE. Black Nugget Road, Issaquah. **Tue., May 28, 2-3:30 p.m.** Preregistration required; call 425-688-5259. Refreshments served. FREE parking. FREE.

### Walk For Life—Senior Walking Program

Join this ongoing 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; enter at Skybridge 4. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. For more information, call 425-688-5259. FREE.

## CLASSES AT BELLEVUE YMCA

### Keeping Your Mind Fit

The best way to keep your memory working well is to use it actively and to stay healthy. A variety of tips will be offered as well as how to give your brain an aerobic workout to help keep it healthy. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Apr. 10, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Vitamins and Supplements:

#### Do We Need Them?

Vitamin and mineral supplements shouldn't be used as a substitute for a well-balanced, nutritious diet, but how do you know when you need to take supplements? An Overlake wellness dietitian will help you sift through the information as well as outline the benefits and precautions relating to vitamin and mineral supplements. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., May 8, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Vision Changes in the Aging Eye

Most people become aware of changes in their vision around the age of 50. Older eyes are at greater risk for problems from minor irritations to cataracts to macular degeneration to glaucoma. An Overlake ophthalmologist will review what normal changes are and identify signs of problems. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., June 12, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

## CLASSES AT REDMOND SENIOR CENTER

### Preventing Dizziness and Falls in Seniors

Falls are not part of growing older, but a common issue with many people. A third of adults in the U.S. experience a fall annually. A fall can lead to debilitating injuries that limit mobility. Dizziness can be a contributing factor to a fall. Priyanka Duggal, MD, Overlake Bellevue Senior Health, will discuss factors that cause dizziness and falls, as well as prevention and treatments. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Apr. 17, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

**For more information about our classes, or to register,**

### Caring for Yourself as You Age

You can stay healthy at any age. An Overlake physician will discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully and well. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., May 15, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Our Feet Impact Our Health

Many foot problems are painful and worrisome; however, many can be prevented. An Overlake podiatrist will review important foot issues and offer tips for preventing and treating foot problems. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., June 19, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

## SUPPORT PROGRAMS

### Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or 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

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.

### La Leche League

Support and information for women who want to breastfeed their babies. Bellevue: **3rd Mon. of the month, 7-9 p.m.** at the Women's Clinic, 1051 116th Avenue NE, Suite 200, Bellevue. Call Kate at 425-226-8117. Issaquah Classroom: **1st Tue. of the month, 10 a.m.-noon.** Call Tiffany at 425-605-0837, or Laura at 425-868-6945. You can also send an email to [lll.issaquah@gmail.com](mailto:lll.issaquah@gmail.com).

### Look Good ... Feel Better

A FREE 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., May 20, 6-8 p.m.** To register, call Kelly Brajcich at 425-467-3809. 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.

### Alzheimer's Family Support Group

Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** Registration required; 425-688-5807 (48 hours in advance).

### Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of the month, 10 a.m.-noon.** Also on **Thu. evening once a month, 6-8 p.m.** For more information, call 425-688-5214. FREE.

### Family Caregiver Support Group—Bellevue

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

## EVENTS

### Sixth Annual Bellevue 5K/10K

Overlake is a proud sponsor of this Bellevue Breakfast Rotary Club event, which raises funds to support Seattle Children's Autism Center and Bellevue's Kinderling Center. 10K Run, 5K Walk and Kids Dash start and finish at Bellevue Downtown Park. **Sun., Apr. 28.** For more information, visit [www.bbrc.net](http://www.bbrc.net).

### Bellevue Farmers Market

**Thu., May 9-Oct. 10, 3-7 p.m.** Overlake is proud to sponsor the Bellevue Farmers Market, located at First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. For more information, visit [www.bellevuefarmersmarket.org](http://www.bellevuefarmersmarket.org).

### Issaquah Farmers Market

**Sat., May 4-Sep. 28, 9 a.m.-2 p.m.** Overlake is proud to sponsor the Issaquah Farmers Market at Pickering Barn. For more information, visit [www.issaquahfarmersmarket.org](http://www.issaquahfarmersmarket.org).

### March for Babies

**Sat., May 4, 9 a.m.** Fisher Pavilion, Seattle Center. Overlake is proud to sponsor the March of Dimes' March for Babies walk. Join Overlake as we "walk for future generations." For more information or to sign up to walk, visit [www.marchforbabies.org/team/t1958064](http://www.marchforbabies.org/team/t1958064).

### Bellevue Arthritis Walk

**Sat., May 18** at Downtown Bellevue Park. Join Overlake and kick off National Arthritis Month by supporting the Arthritis Foundation's signature Arthritis Walk event, which raises funds and awareness to fight arthritis, the nation's most common cause of disability.

### Relay For Life

Overlake is proud to sponsor the American Cancer Society's Relay For Life events. These one-of-a-kind, overnight events raise funds to support cancer programs and research in our community.

- ♦ Redmond/Kirkland Relay is on **Sat., June 1 and Sun., June 2** at Redmond High School
- ♦ Issaquah Relay is on **Sat., June 8 and Sun., June 9** at Issaquah High School
- ♦ Bellevue Relay is on **Sat., June 29 and Sun., June 30** at Bellevue College.

For more information or to sign up to walk, visit [www.cancer.org](http://www.cancer.org).

## EMPLOYER EDUCATION AND OUTREACH

If you're interested in having Overlake involved in your company's upcoming Health Fair or Lunch and Learn program, please contact [jayme.kennedy@overlakehospital.org](mailto:jayme.kennedy@overlakehospital.org).

## AUXILIARY ACTIVITIES

### 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. For more information, contact us at 425-688-5526 or [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org), or visit [www.overlakehospital.org/auxiliaries](http://www.overlakehospital.org/auxiliaries).

## VOLUNTEER OPPORTUNITIES

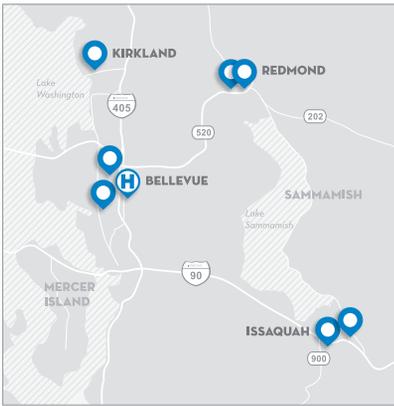
Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, please visit [www.overlakehospital.org/volunteer](http://www.overlakehospital.org/volunteer) or contact Beverly Murray, manager of Volunteer Services, at 425-467-3308, 9 a.m.-4:30 p.m. Mon.-Fri.

## LOOKING FOR A DOCTOR?

Please 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, please send an email to [education@overlakehospital.org](mailto:education@overlakehospital.org). We appreciate your input as we partner with you in the journey to lifelong health.

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).



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## NEW MEDICAL STAFF AT OVERLAKE

**Joseph Chebli, MD, FACS**

425-467-3957  
Metabolic & Bariatric Surgery

**David Dong, MD**

206-365-8252  
Hematology/Oncology

**Priyanka Duggal, MD**

425-688-5234  
Internal & Geriatric Medicine

**Julie LaCombe, MD**

425-392-8611  
Urogynecology

We think  
the best way to care  
for our neighbors is to be  
in the neighborhood.

7 adult and family medicine clinics on the Eastside

*we think about you*



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