

OVERLAKE

SUMMER 2016

Healthy
OUTLOOK





FROM THE PRESIDENT & CEO

In my letter to you each quarter, I often talk about Overlake Medical Center's connection to the Eastside community. I want to provide some detail about how we stay connected to those who live and work here—aside from medical appointments and hospital stays.

Through Overlake Medical Center and Overlake Medical Clinics, we hold more than 730 community outreach events and provide 6,000 free screenings each year. We are honored to interact with so many of you at these events and hope more of you will join us in the future. We especially enjoy having you visit our facilities to learn and experience firsthand how we can help keep you and your family healthy.

Health screenings are an important way to prevent and diagnose illness early. In this issue, we discuss prostate health and digestive diseases—two potential health concerns that are common, but often go undiagnosed because people are embarrassed to discuss symptoms with their provider. You can learn more in this magazine about treatments that are non-invasive or minimally invasive. We offer classes and education on both of these health topics (and more), as well as specialists who can help you get the screening tests and care you need.

Please remember to take a look at the last few pages of each issue of this magazine for classes and events.

We have many more great outreach events coming this fall and into the new year. At Overlake, we are your partner in health care, prevention and wellness.

Best,

J. Michael Marsh
President and CEO



OVERLAKE
MEDICAL CLINICS

LAKE HILLS NOW OPEN

The newest in our network of Eastside community clinics offers same-day access for primary and urgent care.

Learn more or schedule an appointment at
overlakehospital.org/lakehills

HOURS OF OPERATION

PRIMARY CARE

Monday - Friday
7 a.m. - 5 p.m.

URGENT CARE

Monday - Saturday
Noon - 10 p.m.

619 156TH AVE SE | BELLEVUE, WA 98007 | 425.637.3270

HEALTHY OUTLOOK • SUMMER 2016

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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 e-mail healthyoutlook@overlakehospital.org.

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



Ways to Stay Healthy and Safe This Summer

*By Rowena Reyrao, MD,
primary care provider
at Overlake Medical
Clinics, Lake Hills*

Summer is the season we look forward to most in the Pacific Northwest. To enjoy your summer to the fullest extent, keep the following tips in mind to stay healthy and avoid potential dangers.

Protect your skin with these sun safety tips

- Seek shade: Limit the amount of time you spend in the direct sun between 10 a.m. and 4 p.m.
- Cover up: Wear protective clothing and UV-protective sunglasses and hats.
- Wear sunscreen with at least an SPF of 15.

Stay hydrated

- Add coconut water to your morning smoothie for an extra boost of electrolytes.
- Calculate how many ounces of water you need each day by dividing your body weight by two.
- Snack on water-packed veggies like spinach, cucumbers, red bell peppers and tomatoes.

Keep kids safe

- Practice “touch supervision” when around water: The supervising adult should be within an arm’s length of the child who is in or near water.
- Protect against bites and stings by wearing protective clothing or tick/bug repellants. If hiking, stay in the center of the trail. The same tips can also protect you from exposure to poison ivy, poison oak and sumac.
- Wear helmets when bike riding.
- Keep first aid kits handy for cuts and scrapes.

Prevent sport-related injuries

- Start a new activity slowly. If you’re not an avid runner, start walking and work up to a jog, then a run.
- Start with a warm-up; end with a cool-down and stretch.
- Be mindful of activity in higher temperatures.

Eat smart

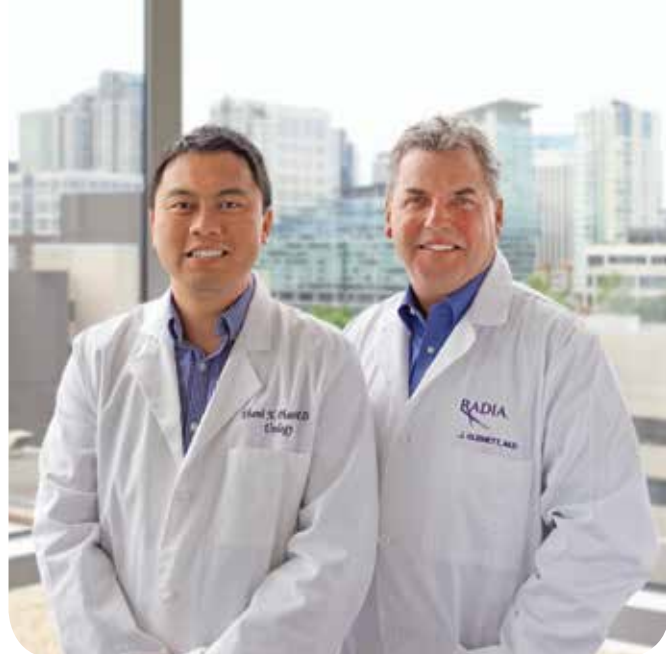
- Add more fruits and veggies to your diet; consider shopping for local, seasonal produce at a farmers market (see page 5).
- For healthy grilling, choose lean cuts of meat; for safe grilling, keep raw meat away from cooked food, and cook meat thoroughly.
- Pack your own healthy snacks when going to the beach, zoo or fair to avoid unhealthy impulse buys.



Rowena Reyrao, MD

ADVANCEMENTS IN PROSTATE CANCER CARE

Overlake is shedding new light on a complex condition thanks to innovative diagnostic and treatment options



Urologic oncologist Khanh Pham, MD, and diagnostic radiologist John Clemett, MD.

The most commonly diagnosed cancer in men, prostate cancer, affects nearly 3 million people in the United States. Fortunately, with regular screenings, doctors can often find and treat it in time. Here, specialists from Overlake Medical Center—which has the most advanced prostate care in the region—offer insight into how they diagnose this complex condition.

What are PSA levels and Gleason scores, and how are they used?

Khanh Pham, MD, urologic oncologist:

PSA stands for prostate-specific antigen, a protein made by the prostate. PSA levels can be elevated because of infection, inflammation, enlargement or cancer. A high PSA reading signals that something is going on that we need to take a close look at. The Gleason grading system is used to determine how aggressive the cancer is. Prostate biopsy samples are graded from 1 to 5. Grades 1 and 2 are indicative of no cancer; grades

3 to 5 indicate cancer, with 5 being the most aggressive cancer. The two predominant numbers are added to obtain the Gleason score. A diagnosis of prostate cancer is not achieved until the sum is 6, which is consistent with low risk; 8 to 10 is considered high risk.

What happens after someone is diagnosed with prostate cancer?

Dr. Pham: Aggressive cancers may require surgery, radiation or other treatment, but a lot of men don't realize that a significant majority of prostate cancer cases are low risk and may not require any treatment. Now that we have multiparametric MRI, which creates detailed cross-sectional images of the prostate and the surrounding tissues, we can evaluate patients more accurately and more confidently determine which cancers can safely be followed.

How has multiparametric MRI improved diagnoses?

John Clemett, MD, diagnostic radiologist:

The power of the MRI is that it best visualizes high-grade and/or high-volume disease that may require treatment. MRI often does identify low-grade or low-volume disease, but also tends to find the potentially important prostate cancers. If a patient has had negative biopsies after having an unexplained rising PSA, MRI may find a cancer that has been missed due to sampling error or at a location too deep for a standard biopsy to reach.

ASK YOUR DOCTOR

Speak with your primary care provider or urologist if you believe you could benefit from a prostate MRI and/or MR-guided prostate biopsy. To learn more, visit overlakehospital.org/prostateMRI.



ENJOY THE BOUNTY OF SUMMER PRODUCE

Farmers market season is upon us, and what better way to enjoy all that summer has to offer than by shopping for fresh, locally grown produce at farmers markets? Take the kids along, and let them pick out fruits and vegetables, encouraging them to try new ones. You can also talk directly with farmers and learn more about the origin of your food.

Eating a variety of fruits and vegetables in a range of colors is beneficial to your health. In addition to vitamins, minerals and fiber, plant-based foods contain antioxidants and phytochemicals that help protect our cells and prevent disease.

Overlake is proud to sponsor several Eastside farmers markets. We encourage you to visit these markets for wholesome and nutritious food options.

Bellevue Farmers Market

Thursdays through October 27, 3-7 p.m. First Presbyterian Church of Bellevue, 1717 Bellevue Way NE, Bellevue; bellevuefarmersmarket.org.

Kirkland Wednesday Market

Wednesdays through September 28, 2-7 p.m. Marina Park, 25 Lakeshore Plaza Dr., Kirkland; kirklandmarket.org.

Redmond Saturday Market

Saturdays through October, 9 a.m.-3 p.m. 7730 Leary Way NE, Redmond; redmondsaturdaymarket.org.

NUTRITION SERVICES

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

Summer Farmers Market Stir-Fry

Serves 4

Ingredients:

SAUCE

- ⅔ cup pure maple syrup
- 3 tablespoons coconut aminos (a great alternative to soy sauce)
- 3 tablespoons sweet chile sauce

STIR-FRY

- 1 cup kohlrabi, julienned
- 1 cup Brussels sprouts, shaved
- 1 cup broccoli florets, plus julienned broccoli stem
- 1 cup kale, chiffonade
- ½ cup red cabbage, chiffonade
- 1 cup carrots, sliced
- 1 tablespoon sesame oil
- ¼ cup green onions, sliced diagonally

Directions:

- Stir together sauce ingredients, and set aside.
- Mix together vegetables (except green onions).
- Heat large sauté pan or wok on medium-high until very hot, adding sesame oil.
- Add vegetables and quickly stir-fry about 1 minute, then add half of the sauce.
- Sauce will reduce a bit in the hot pan. Continue to cook vegetables until just tender; do not overcook.
- Remove from heat. Garnish with green onions and, if desired, extra sauce.
- Serve over brown rice or quinoa, or alongside a grilled chicken breast (marinated in extra sauce).

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



DIGESTIVE CONDITIONS ARE SOME OF THE MOST COMMON HEALTH ISSUES PEOPLE FACE.

BUT THEY CAN ALSO BE CHALLENGING FOR PATIENTS TO TALK ABOUT. MANY SUFFER SILENTLY, PUTTING OFF SEEING A DOCTOR FOR EASILY TREATABLE CONDITIONS SUCH AS ACID REFLUX, STOMACH CRAMPS AND HEMORRHOIDS BECAUSE THEY ARE EMBARRASSED OR ARE NERVOUS ABOUT PAINFUL PROCEDURES.

The reality is that everyone experiences a form of digestive or gastrointestinal distress at some point. Even chronic conditions are widespread: One in five people in the United States has chronic heartburn, a disorder called gastroesophageal reflux disease (GERD), while irritable bowel syndrome (IBS) affects around 15 percent of Americans. Hemorrhoids alone account for nearly half of all anal-rectal disease. And colorectal cancer is the third most common cancer in the country.

At Overlake Medical Center, an expert team of gastroenterologists and surgeons treats digestive health issues with the most advanced technologies and procedures available. They also follow a collaborative, patient-focused approach to help people feel comfortable talking about their

conditions and confident they're getting a care plan that considers the whole picture.

Nutrition is a vital part of the picture that is often overlooked. "Optimizing the way we eat affects how the bowel works and how well we recover, so I work with the nutrition team on a regular basis," says Mitra Ehsan, MD, colorectal surgeon at Overlake Medical Clinics Colon and Rectal Clinic. This partnership is important not only to help treat particular conditions but also to help patients establish healthier lifestyles and understand how a balanced diet and adequate fiber intake can prevent the condition's recurrence.

"We work with people of all ages and from all walks of life who may suffer from a range

of conditions. The treatments we offer have direct, positive impacts on people's lives," Dr. Ehsan says. "We work alongside urologists, OB-GYNs, oncologists and other providers so patients have a multidisciplinary team working for them, and often can have combined interventions."

IMPROVING QUALITY OF LIFE

Hemorrhoids are an example of a widespread condition sufferers often don't realize can be treated quickly and easily. Hemorrhoids occur when veins located in the lower rectum enlarge over time. While hemorrhoids may be brought on by pregnancy, constipation or heavy exertion, they can occur in anyone.

Overlake offers several treatment options for those who suffer from hemorrhoids, including a procedure called banding. "We use miniature rubber bands that pinch off the blood supply. It's a simple, safe and painless in-office procedure that literally takes seconds to perform and provides permanent relief," says Robert Wohlman, MD, gastroenterologist with Northwest Gastroenterology Associates.

Other conditions such as GERD can also reduce quality of life, as symptoms may affect eating, sleeping or other everyday activities. Yet many people with GERD don't even consult a doctor. "A lot of

people think heartburn is something they can treat themselves with over-the-counter remedies," says Raj Butani, MD, gastroenterologist with Overlake Internal Medicine Associates. "But long-term, recurring heartburn can lead to complications like inflammation [esophagitis] and esophageal narrowing [stricture]. This can lead to problems with swallowing and digestion, and can even be a risk factor for esophageal cancer down the road, especially if complications are not properly detected and managed."

Often, GERD can be controlled by medication; in some cases, however, surgery may be the best option. "For patients with persistent symptoms, those with hernias or those not happy with medication, surgery can be a life-changing treatment," says Geoffrey Chow, MD, general surgeon with Proliance Surgeons. "We can do procedures to increase pressure where the stomach and esophagus meet so people don't have to be on medications for the rest of their lives. These procedures can improve symptoms and cure the underlying problem as well," adds Adel El-Ghazzawy, MD, also a general surgeon with Proliance.

CANCER PREVENTION & TREATMENT

For Overlake's digestive health specialists, colon cancer is a condition of paramount concern and one that is routinely screened for. Many of the signs and symptoms of noncancerous gastrointestinal illnesses—diarrhea, stomach cramps, rectal bleeding—can also be warning signs for cancer.

But it's hard to distinguish one from the other by looking at symptoms alone, so a screening colonoscopy is a vital tool for finding and treating colon cancer. If polyps or early-stage cancer is found, the patient's chances for survival can be very high. "All the primary care providers here are very proactive about screening," Dr. Ehsan says. "If we can do a colonoscopy and find polyps, we can prevent cancers."

For most people, regular screenings should start

OVERLAKE'S DIGESTIVE HEALTH PROGRAM INCLUDES THE FOLLOWING PRACTICES:

Northwest Gastroenterology Associates
425.454.4768

Overlake Internal Medicine Associates
425.467.0150

Overlake Medical Clinics Colon and Rectal Clinic
425.646.7400

Proliance Surgical Specialists at Overlake
425.688.1916

at age 50, but younger is usually better for those who have either a family history of colon cancer or a personal medical history that includes other gastrointestinal issues, such as inflammatory bowel disease, Crohn's disease or ulcerative colitis.

THE FULL SCOPE OF DIGESTIVE HEALTH CARE

Digestive health isn't only about conditions that affect the stomach or colon, even though these are core parts of the digestive system. The digestive health field is as complex as the digestive system itself. At Overlake, gastroenterologists also offer treatment for autoimmune disorders like celiac and Crohn's disease that happen when the immune system attacks the digestive system, as well as hepatobiliary conditions like gallstones, liver disease and hepatitis.

Hepatitis C is a form of viral hepatitis. Most patients who have hepatitis C don't know they have it, as it does not typically cause symptoms. Hepatitis C infection can lead to progressive liver damage and is now the most common reason for needing a liver transplant. "The past five years have shown amazing treatment advances for hepatitis C," Dr. Wohlman says. "We have progressed from treating with shots of interferon for a year, which had cure rates of around 50 percent, to taking one pill a day for two to three months with cure rates of 95 to 99 percent."

Overlake's advanced surgical care works especially well on gallstones. "Problems related to gallstones

are the top operation we do," says Dr. El-Ghazzawy, who helped pioneer the use of the high-tech da Vinci Robotic Surgical System at Overlake. "We have to remove the entire gallbladder, and we can do it through a small incision, using minimally invasive robotic surgery." Nearly all surgeries performed at Overlake for digestive health conditions use this or other minimally invasive techniques.

"There are many reasons patients may see a surgeon,"

Dr. Ehsan says. "We take care of colorectal cancer, diverticulitis and prolapse, and this minimally invasive approach helps patients get back to their lives quickly."

For a list of conditions treated by Overlake Medical Center's Digestive Health program or to contact providers who treat these conditions, visit overlakehospital.org/digestivehealth.



MANAGING GERD, HEARTBURN & ACID REFLUX

Overlake is committed to community education and raising awareness of the signs, symptoms and treatment of medical conditions. To learn more about digestive health disorders, check out Overlake's class Managing GERD, Heartburn and Acid Reflux in which a panel of medical experts will talk about effective treatment options to relieve GERD symptoms, improve your quality of life and decrease your cancer risk. **Wed., Sept. 14, 6:30–8 p.m. FREE.** To register, call 425.688.5259 or visit overlakehospital.org/classes.



YOUR BRAIN LIKES TO GIVE

Generosity is a win-win proposition, benefiting all who are touched by it

“You make a living by what you get; you make a life by what you give.”

Though the origin of this quote is unknown (and often misattributed to Winston Churchill), the saying persists because it resonates. Anyone who has ever brought soup to a sick friend or helped a stranger dig his or her car out of the snow knows the pleasure of giving. We are a social species, and we like to take care of each other.

Science backs this up. A 2006 study by the National Institutes of Health used functional magnetic resonance imaging (fMRI) to watch what happens when we give to charity. It turns out the pleasure centers in the brain light up like a carnival marquee when we make a point of helping others.

Other studies show that volunteering increases our well-being. In 1999, a University of California study showed that for people over 55, volunteering for two or more organizations reduced their risk of dying in the next five years by 44 percent, regardless of factors like weight, smoking and general health.

The evidence points to a virtuous circle: Giving makes you happy, and happy people give more. A 1972 study showed that after experiencing positive events like receiving cookies, participants were more likely to help others. Even young children were more likely to give to others if first told to think about happy memories.

In spite of uncertain economic times, Americans give generously. In 2014, the average household contributed \$2,974 to charity. All of the individual contributions put together came to an eye-popping \$258.5 billion. That generosity means charitable organizations are able to offer services to people in need, protect the environment, provide health care, create a vibrant arts scene and enrich our children’s educations. No wonder we feel good about it.

To reap the maximum benefit and make the world a better place—give often.



Learn More About Giving and Volunteering

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



overlakehospital.org/support
foundation@overlakehospital.org



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



Foundation & Auxiliaries: 425.688.5525

JOIN AN AUXILIARY!

Join or create an auxiliary that speaks
to you and your passions.
Volunteer, meet others and support
your community!

For more information, contact
auxiliaries@overlakehospital.org.

UNDERSTANDING DIVERTICULAR DISEASE

Preventing, diagnosing and treating this common complication of the colon

According to the National Institutes of Health, more than 50 percent of Americans over the age of 60 have diverticulosis. And, by age 80, more than two-thirds are affected by this condition. Some people have no symptoms, but for others, it can be painful and create ongoing discomfort.

Diverticula are small pouches that can form along the colon and often do not cause symptoms, but some people may experience mild abdominal pain, bloating or constipation. Diverticulitis arises when the pouches become inflamed or infected, which can cause abdominal pain (typically on the left side), nausea, vomiting, cramping, constipation, and/or fever and chills. The pain can be sudden and severe, or can be mild and increase in intensity over time.

“As a colon and rectal surgeon, I take diverticulitis seriously,” says Preetha Ali, MD, a gastroenterologist from Overlake’s Colon and Rectal Clinic. “Given that the disease can escalate quickly, it’s important to treat the infection early.”

Although the exact reason diverticula form is unknown, a low-fiber diet is the most common theory. A diet low in fiber can cause constipation, which

puts pressure on the intestines and causes muscle strain during bowel movements. Over time, this can weaken the muscles, making it easier for diverticula to form. Studies show diets high in red meat and low in fruits and vegetables cause three times an increase in symptoms. In fact, diverticular disease is less common in vegetarians, whose diets tend to be higher in fiber than meat eaters.

Treatment for diverticulitis focuses on reducing inflammation and infection with a pain reliever and antibiotics. In acute cases, surgical treatment may be needed.

“Simple preventive measures, such as taking a fiber supplement, can go a long way toward reducing the risk of complications,” says Dr. Ali. She recommends those who have had episodes of diverticulitis speak with a primary care provider about having a colonoscopy to rule out other reasons for infection or obstruction in the colon.



Lifestyle considerations for preventing diverticular disease:

- Eat a high-fiber diet, and consider adding a fiber supplement to your daily regimen—aim for 25 to 35 grams of fiber per day. Foods high in fiber include oats, bran, lentils, beans, peas, blackberries, raspberries, pears, avocados, artichokes, broccoli and spinach.
- Nuts, popcorn and seeds are fine to eat. Previously, those with diverticulosis were advised against consuming these foods, but a recent study shows they do not increase the risk of diverticulosis or complications from diverticulitis.
- Reduce red meat consumption.
- Exercise regularly, stop smoking and limit alcohol intake.

Keeping Your Colon Healthy

Preetha Ali, MD, will discuss colon health in this informative seminar.

Wed., Oct. 19, 10–11:30 a.m. See page 14 for more information.

Classes and Programs

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



PREGNANCY & CHILDBIRTH

Register Early—Classes Fill Quickly

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

Before Baby Comes

- ♦ FREE Weekly E-mail: A resource to guide expectant parents through pregnancy and the first year of their baby's life.
- ♦ Childbirth Center Tours
- ♦ Preparation for Childbirth and Newborn Care (English and Spanish)
- ♦ Understanding Birth: online class
- ♦ Breastfeeding
- ♦ Prenatal Yoga

After Baby Comes

- ♦ Pumping While Returning to Work: Learn strategies on 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: New moms can attend this drop-in group with their baby to 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

Learn tools and exercises to lessen common pregnancy-related musculoskeletal problems, safety guidelines for exercise and ways to strengthen your pelvic floor muscles. **Thu., Sept. 22, 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 program 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. Includes book *Will Puberty Last My Whole Life?* To learn more or to register, visit seattlechildrens.org/classes. \$80 per child/parent; charges apply for additional children.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. For adolescents 11 to 14 years of age. Classes held regularly on **Sat. and Sun., 9 a.m.–2 p.m.** at Overlake in Bellevue and Seattle Children's. For schedule and registration, visit seattlechildrens.org/classes-community. \$45 per person.



First Aid and CPR Certification Class

Includes infant/child/adult CPR, AED and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Sept. 17, 9 a.m.–4 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. Classes are held regularly on **Saturdays from 9 a.m.–noon** or **weeknights from 6:30–9:30 p.m.** For details, visit overlakehospital.org/classes. \$35 per person; \$60 per couple.

Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

For more information about our

HEALTHY LIFESTYLES

Managing GERD, Heartburn and Acid Reflux

A panel of experts will talk about effective treatment options to relieve GERD symptoms, improve your quality of life and decrease your cancer risk. **Wed., Sept. 14, 6:30–8 p.m.** FREE.

Pelvic Floor Fitness—For Women 30 and Over

Learn 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. Held at Issaquah, **Wed., Sept. 14, 6:30–8:30 p.m.** FREE.

Joint Pain Relief and Replacement Options

Is pain keeping you from enjoying life? If so, attend one of these informative seminars, taught by orthopedic surgeons, to learn more about non-surgical treatment options as well as what is involved in joint replacement surgery. Held at Overlake, **6:30–8:30 p.m.**; time allowed for questions. Preregistration required. FREE.

Knee Joint Pain

Thu., Aug. 25, with Steven Ratcliffe, MD

Hip Joint Pain

Wed., Sept. 14, with James Bruckner, MD

Hypnosis for Weight Loss

In this three-part series, certified hypnotherapist Robert W. Felix will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Sept. 15, 22 and 29, 7–9 p.m.** \$95.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Seminars take place **monthly**; call 425.467.3957 for dates.

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 diabetes. To make an appointment or register, call 425.688.5700 and press 5 when prompted.



DIABETES SERIES: ABCS OF DIABETES CARE

Preregistration required; call 425.688.5259 or visit overlakehospital.org/classes. FREE.

Nutrition: Incorporating Seasonal Foods Into Your Diet

When managing diabetes, you are encouraged to eat a well-balanced diet, but it can become complicated and overwhelming. Sifting through all the information can be a daunting task. Overlake dietitian Abbie Hall, RD, will explain the benefits of eating healthy, teach you how to include fall produce in your diet and provide tips on making permanent diet changes. Recipes will be available. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Sept. 15, 4–5:30 p.m.** FREE.

Medications and Diabetes

Your physician may recommend medications to help control your diabetes. An Overlake pharmacist will review the different types of medications available, and explain why they are used to manage diabetes and how to use them safely. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Oct. 20, 4–5:30 p.m.** FREE.

SENIOR HEALTH

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, relieve tense muscles and strengthen core muscles while also 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. **Mon., Tue., Wed. and Thu. classes, 12:15–1:30 p.m.** Call 425.688.5259 for availability. FREE.

A Matter of Balance

This class can help seniors improve quality of life, remain independent, reduce fear of falling and increase activity levels. **Tue. and Thu., Sept. 6–29, or Mon. and Wed., Oct. 3–31, 10 a.m.–noon.** Includes workbook and water bottle. Preregistration required; call 425.688.5259. FREE.

New! Falls Clinic

The Falls Clinic is offered the **third Wednesday of the month, beginning Wed., Sept. 21**, at Overlake's Senior Health Clinic. A multidisciplinary team will evaluate your risk of falling and provide a plan to address identified issues. Call the Senior Health Clinic at 425.688.5234 and ask for a Falls Clinic appointment. Covered by insurance; no referral required.

classes, or to register, please visit overlakehospital.org/classes.

DEMENTIA SERIES

Legal Planning for What Lies Ahead—Part 1

This class will cover how to make legal plans that fit the needs of the person with dementia and their caregiver, important legal documents required and what they mean. Not appropriate for the memory-impaired person. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Sept. 22, 2–3:30 p.m.** Preregistration required; call 425.688.5259. FREE.

Financial Planning for What Lies Ahead—Part 2

It is important for family members/caregivers to begin planning for financial issues that will come up in the course of dementia care. Learn about making a long-term care plan, financial assistance, government programs that can help pay for care, and tax deductions and credits. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Oct. 27, 2–3:30 p.m.** Preregistration required; call 425.688.5259. FREE.

Feel the Beat: What You Need to Know About Atrial Fibrillation (A-Fib)

Learn risk factors, symptoms and treatments of the most common cause of abnormal heartbeat. Join Mary Hall, ARNP, from Overlake's Arrhythmia Center, who will discuss atrial fibrillation, what you should be aware of and what can be done. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Sept. 8, 2–3 p.m.** Preregistration required; call 425.746.9900. FREE.

Preventing Falls

Falls are not only a part of growing older; they are an issue for many people. Kentaro Nishino, MD, from Overlake's Senior Health Clinic, will discuss factors that cause dizziness and falls, as well as prevention and treatments. Donella Kim, PharmD, from Overlake's Senior Health Clinic, will review how medications can increase the risk of falls and how to reduce risk factors. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Sept. 21, 10–11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

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. **Tue., Oct. 4, 9 a.m.–noon.** Preregistration required; call Katherine at Alzheimer's Association at 206.363.5500. FREE.



Taking a Stand Against Strokes

Stroke is the third-leading cause of death in the United States and one of the leading causes of long-term disability. An Overlake physician will discuss the risk factors of stroke and ways to compensate for them. Learn about prevention, detection and treatments to help reduce your risk factors. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Oct. 13, 2–3 p.m.** Preregistration required; call 425.746.9900. FREE.

Keeping Your Colon Healthy

Your colon plays a vital role in your digestive system, but a number of conditions can impact its ability to work properly. Join Preetha Ali, MD, Overlake Medical Clinics Colon and Rectal Clinic, to learn how to keep your colon healthy, symptoms to be aware of and available treatments. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Oct. 19, 10–11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Walk for Life—Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Bellevue Square Mall, enter on the second level west side, off Skybridge No. 4. **Mon., Wed. and Fri., 8–9:30 a.m.** Attend days and times that fit your schedule. No registration required. Call 425.688.5259 for information. FREE.

SUPPORT GROUPS

Alzheimer's Caregivers Support Group

Support and education for family members of Alzheimer's patients. **3rd Mon. of the month, 3–4:30 p.m.** Overlake Senior Health Clinic, 1750 112th Ave. NE, Ste. A101, Bellevue. No registration required. Call Regina Bennett, MSW, at 425.502.9828 for information. FREE.

Balance After Baby: Mood Disorder Support Group

For new moms and families experiencing postpartum mood disorder or those struggling with their new role as a mother. **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 miscarriage, stillbirth or newborn loss. **3rd Thu. of the month, 7–9 p.m.** PACCAR Education Center. Call Abbie at 206.367.3991 or Cami at 425.277.9494 for information. FREE.

La Leche League Groups

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

For more information about our

BELLEVUE: 3rd Mon. of the month, 7-9 p.m., at the Women's Clinic, 1051 116th Ave. NE, Ste. 200, Bellevue. Call Kay at 425.226.8117 for information.

ISSAQUAH CLASSROOM: 1st Mon. of the month, 10 a.m.-noon, at Highmark Medical Center, 1740 NW Maple St., Suite 201. Email LLL.Issaquah@gmail.com, or call 425.312.3477 for more information.

EASTSIDE JAPANESE: 2nd Wed. of the month from 11 a.m.-1:30 p.m., at Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. For more information, contact Izumi at 425.869.5136 or izumimitsuoka@hotmail.com.

Look Good...Feel Better

Beauty techniques for women in active cancer treatment to help combat appearance-related side effects. **Mon., Sept. 12, 6-8 p.m.** PACCAR Education Center. Call 425.688.5586 to register. FREE.

Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer Breast Cancer, Caregiver, Grief and Loss, and Wellness support groups. To register, call 206.709.1400. FREE.



Lymphedema Support Network

2nd Wed. of the month, 6:30-8 p.m. Overlake Outpatient Rehabilitation, 1417 116th Ave. NE, Ste. 110, Bellevue. Call 425.688.5905 for more information. FREE.

Stroke Support Group

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

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **Select Saturdays, 10 a.m.-noon; Thu. evenings, 6-8 p.m.** Call 425.467.3957 for dates. No registration required. FREE.

EVENTS

Overlake is proud to sponsor the following community events this summer/fall.

Eastside Vitality Screenings and Fair

See back page for details.

Kirkland Summer Concerts

Thursdays through Aug. 18, 7-8:20 p.m. Marina Park, 25 Lakeshore Plaza Dr., Kirkland. Visit kirklandsummerconcerts.weebly.com.

Kirkland Wednesday Market

Wednesdays through Sept. 28, 2-7 p.m. Marina Park, 25 Lakeshore Plaza Dr., Kirkland. Visit kirklandmarket.org.

Bellevue Farmers Market

Thursdays through Oct. 27, 3-7 p.m. First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. Visit bellevuefarmersmarket.org.

Redmond Saturday Market

Saturdays through Oct., 9 a.m.-3 p.m. Downtown Redmond, 7730 Leary Way NE. Visit redmondsaturdaymarket.org.

Outdoor Movies at Marymoor Park

Wednesdays until Aug. 24. Seating opens at 6:30 p.m.; movie begins at dusk. Marymoor Park, 6046 W. Lake Sammamish Pkwy. NE, Redmond. Visit moviesatmarymoor.com.

Overlake Medical Center Labor Day Half Marathon

Mon., Sept. 5, 8 a.m. Marymoor Park, 6046 W. Lake Sammamish Pkwy. NE, Redmond. Visit labordayrun.com.

Issaquah Salmon Days

Oct. 1-2, 10 a.m.-6 p.m. Downtown Issaquah. Visit salmondays.org.

American Heart Association's Heart & Stroke Walk

Sat., Oct. 15, 8 a.m. Seattle Center, 305 Harrison St., Seattle. Visit pugetsoundheartwalk.org.

Making Strides Against Breast Cancer

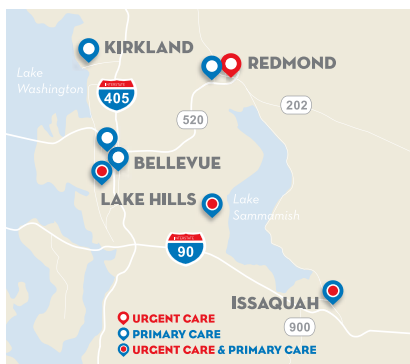
Sat., Oct. 29, 8 a.m. Seattle Center, 305 Harrison St., Seattle. Visit makingstrides.acsevents.org.

FOUNDATION & AUXILIARY ACTIVITIES

Overlake's Pulse! Network

Pulse! is a network of community supporters ages 45 and under interested in learning about and investing in Overlake Medical Center as a resource for themselves, their families and their companies. Through a range of fun events throughout the year, Pulse! is an opportunity to network, engage, have fun and give back. Learn more about how you or your company can become involved with Pulse! by visiting OverlakePulse.org, or contact us at 425.688.5533 or pulse@overlakehospital.org.

classes, or to register, please visit overlakehospital.org/classes.



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NEW MEDICAL STAFF AT OVERLAKE

BENIS BABUSIS, MD

425.563.1400
Diagnostic Radiology

XIUHUA BOZARTH, MD

206.987.2078
Pediatric Neurology

KIMBERLY BROCKENBROUGH, MD

425.563.1400
Diagnostic Radiology

SUNG CHO, MD

425.688.1916
General Surgery

MARK FISHMAN, MD

425.861.6258
Family Practice

ANDREA FISK, MD

425.688.5100
Emergency Medicine

DAVID HOAK, MD

509.892.2700
Pathology

HANNU HUHDANPAA, MD

425.563.1400
Neuroradiology

RUBEN KRISHNANANTHAN, MD

425.563.1400
Nuclear Medicine

ANDREW LEVINE, MD

425.563.1400
Diagnostic Radiology

DAVID MARLOW, MD

425.563.1400
Diagnostic Radiology

JOHN MCGOWAN, MD

425.563.1400
Radiology

HILLARY SHAW, MD

425.563.1400
Teleradiology

DAVID SHIN, MD

425.563.1400
Interventional Radiology

EASTSIDE VITALITY

FREE Health Screenings

8 - 11 A.M.

SEPTEMBER 10 >> Overlake Medical Clinics **KIRKLAND**

SEPTEMBER 17 >> Overlake Medical Clinics **ISSAQUAH**
(Overlake Center)

SEPTEMBER 24 >> Overlake Medical Clinics **REDMOND**

OCTOBER 22 >> **EASTSIDE VITALITY HEALTH FAIR**
Overlake Medical Center **BELLEVUE**

For more information, visit overlakehospital.org/eastsidevitality
or call 425.635.6191.



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