

OVERLAKE

FALL 2016

Healthy
OUTLOOK

NEXT-LEVEL CARDIAC CARE

Overlake's heart team doesn't miss a beat



FROM THE PRESIDENT & CEO

The heart is the subject of so many clichés—but with good reason. It's the most important muscle when it comes to staying healthy. Overlake Medical Center and Clinics offers a comprehensive and innovative cardiac-care program to keep your heart healthy—from prevention to cardiac surgery.

As this issue's title suggests, Overlake is taking cardiac care to the next level with a new cardiac imaging program that offers more precise diagnoses and image-guided procedures. This latest addition comes on the heels of Overlake's becoming the first hospital on the West Coast to receive national recognition for atrial fibrillation (AFib) with an accreditation from the Society of Cardiovascular Patient Care, an Institute of the American College of Cardiology. This means that Overlake has achieved best-in-class standards of care related to the treatment of arrhythmia.

We are proud of the work we do at Overlake, as well as the awards and recognitions we consistently achieve. In fact, we have been rated with "straight A's" since 2013 by the Leapfrog Group and named among the top 10 percent in the nation (and the only one in the state of Washington) for joint replacement, bariatric surgery and stroke-care excellence. These recognitions are true indicators of what really matters to us—that we can be here for you to provide everyone in our community consistently exceptional care.

Overlake's heart is this Eastside community. We are honored to be a part of keeping it healthy.

Best,

J. Michael Marsh
President and CEO



JOIN US

OVERLAKE MEDICAL CENTER FOUNDATION

COMMUNITY PARTNERS LUNCHEON 2016

MONDAY, NOVEMBER 21, 2016
HYATT REGENCY BELLEVUE

WELLNESS FAIR: 11 a.m. – Noon | LUNCH & PROGRAM: Noon – 1:30 p.m.



FEATURING KEYNOTE SPEAKER

RISHI MANCHANDA, MD, MPH

Physician, public health innovator and author of *The Upstream Doctors*

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HEALTHY OUTLOOK · FALL 2016

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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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HAVE A HEART-TO-HEART WITH YOUR PCP

Establishing a relationship with a primary care provider (PCP) and getting regular checkups help in the early detection of heart disease and your overall health. According to the 2016 Heart Disease and Stroke Statistical Update,* approximately one in every three deaths in the United States in 2013 was a result of heart disease, stroke or other cardiovascular disease.

Risk factors for heart disease should be assessed by a PCP every four to six years in adults ages 20 to 79. “As part of a preventive care visit, I routinely discuss with my patients not only any symptoms of heart disease but also family history, which can impact risk,” says Patricia Mathis, ARNP, from Overlake Medical Clinics Lake Hills, Bellevue. These risk assessments can help identify patients who would benefit from further discussion about their heart health.

Screenings to check blood pressure and blood sugar, and evaluate cholesterol may also be performed during a checkup. High blood pressure (hypertension), elevated cholesterol and diabetes

are three of the biggest precursors to heart disease, so detection and effective management of these conditions can reduce the risk of heart attack and stroke.

Many conditions related to the heart can be managed by a PCP, but there are times when a referral to a cardiologist may be necessary to reduce cardiac risk. “If the severity of risk factors appears to put a patient at significant risk of heart attack or stroke, and further assessment is indicated with diagnostic testing, I will refer him or her to a cardiologist,” says Mathis. Another reason to see a cardiologist is if changes in lifestyle and taking medications to control risk factors are not successful.

In addition to screenings and tests, you can discuss with your PCP ways to lead a more heart-healthy lifestyle and lower the risk of heart disease. He or she can guide you to resources on smoking cessation, diet, exercise and stress reduction.

*Compiled by the American Heart Association, in conjunction with the Centers for Disease Control and Prevention, National Institutes of Health, and other government agencies.



Our newest clinic in Bellevue's Lake Hills community offers same-day access for primary and urgent care.

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Bellevue, WA 98007

Primary Care
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425.637.3270

Urgent Care
Monday through Saturday,
noon–10 p.m.
425.637.3280

To schedule an appointment with a PCP at one of our many clinics on the Eastside, call 425.635.6600 or visit overlakehospital.org/clinics.

HEARTS IN FOCUS

Overlake's Advanced Cardiac Imaging Program uses state-of-the-art technology to make precise diagnoses—and plan and guide cardiac procedures

As cardiovascular care advances, cardiac imaging plays an expanding role in making innovative procedures possible. That's why Overlake Medical Center and Group Health Cooperative recently launched the Advanced Cardiac Imaging Program.

Here, the program's co-directors, cardiologist Joel Wilson, MD, of Overlake, and Gary Mak, MD, medical director of echocardiography at Group Health, explain how the program uses cutting-edge technology, such as a brand-new Siemens 1.5T Tesla MRI and 128-slice cardiac CT, to provide crucial information for diagnosing and treating heart disease.

What are the advantages of using technologies that provide a 3-D image of the heart?

Dr. Wilson: It's the level of detail and the amount of data you're able to get in three dimensions. With cardiac MRI, we can highlight areas of scar tissue. The patterns scar tissue make tell us a lot about what's damaging the heart. With CT, you can see detail under half a millimeter and get fully 3-D data. That's why it's preferred for looking at coronary arteries, which are just a few millimeters in diameter.

Who benefits from your program?

Dr. Mak: We work closely with interventional cardiology, cardiac surgery and electrophysiology to support a number of the advanced programs within the Heart and Vascular Center such as the Structural Heart Program. [See page 6 to learn more.] Many patients with advanced valve disease or other structural heart defects may need a detailed evaluation with 3-D echocardiography, cardiac CT or an MRI study. We also see patients for an evaluation of coronary artery disease and cardiomyopathy [diseases affecting the heart muscle], as well as patients with arrhythmia [irregular heartbeat] and those who need catheter ablation [a minimally invasive procedure] for atrial fibrillation.

How does imaging help in planning minimally invasive procedures?

Dr. Mak: CT imaging is useful in defining the anatomy of the aortic valve and other adjoining structures, which helps us determine the feasibility of doing the procedure and guides the appropriate choice of valve, especially for transcatheter aortic valve replacement (TAVR). For transcatheter mitral valve repair (TMVR) patients, we use 3-D echocardiography to get



Gary Mak, MD



Joel Wilson, MD

a comprehensive evaluation of the mitral valve and to obtain a thorough understanding of the disease process. Imaging is also essential for guiding placement of the MitraClip during the procedure.

How does your program support Overlake's mission to provide comprehensive, collaborative care?

Dr. Wilson: Not every institution has the foresight to put together an advanced cardiac imaging program, but it's the right thing to do for the patient since it achieves the best-quality information for physicians to act upon. What sets Overlake apart from other programs in the area is the collaborative approach between cardiology and radiology, and between Overlake and Group Health.



KICK THE SALT HABIT

Studies have found Americans eat approximately 3,400 mg of sodium per day—that's more than double the American Heart Association's recommended daily limit of 1,500 mg. Surprisingly, shaking salt onto your food is not the biggest contributor to the overconsumption of sodium. Three-quarters of the amount of sodium Americans consume is from processed food.

Lower sodium intake is part of an overall heart-healthy diet, which includes a variety of fruits and vegetables, limited sugar, whole grains instead of refined carbs, and mono- and polyunsaturated fat (olive oil, avocados, nuts, salmon) versus saturated trans fat. These recommendations help keep blood pressure and cholesterol levels in check, and ultimately reduce the risk for heart disease and stroke.

Consider these tips on minimizing sodium intake:

- Prepare your own food, and use fresh produce. Canned or frozen vegetables are fine if labeled “no salt added.”
- Use herbs and spices instead of table salt.
- When buying premade soups, meals and condiments, choose reduced-sodium options.
- Buy fresh, unprocessed meat.
- Eat potassium-rich foods such as spinach, sweet potatoes and low-fat yogurt. Potassium helps offset sodium's effects and can, in turn, lower blood pressure.

NUTRITION SERVICES

You can learn how to 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.

Seared Salmon With Apple Cider Reduction

Serves 4

Ingredients:


- 16 ounces organic apple cider (cold-pressed)
- 1 sprig fresh thyme
- 1 teaspoon orange zest
- 4 wild salmon fillets (skin on), 5–6 ounces each
- 1 tablespoon olive oil
- 1 teaspoon Chinese five spice (high quality)*

*Look for five spice that has been hand-blended from ground star anise, cloves, fennel, cinnamon and Sichuan peppercorns.

Directions:


- Preheat oven to 450°F.
- In a small, heavy saucepan, combine cider, thyme and orange zest over medium heat until reduced to about $\frac{1}{4}$ cup.
- Strain reduction through a small sieve, then set aside.
- Gently rub salmon with olive oil, then sprinkle salmon fillets with Chinese five spice.
- Place a nonstick skillet over medium-high heat until very hot, then place salmon fillets skin-side up into the pan.
- Sear for 1 to 2 minutes until a brown sear is achieved, then flip over onto skin side and place pan into the oven.
- Finish cooking for approximately 4 to 5 minutes. The high heat will continue to sear the outside of the fish and crisp the skin, without overcooking the meat.
- Remove salmon from pan, set on a serving plate and drizzle with cider reduction (a little goes a long way).
- Serve immediately along with your favorite side dishes. Don't forget to eat the skin for extra omega-3s.
- Remaining cider reduction can be refrigerated. It will thicken as it cools, so it may need to be warmed briefly.

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



NEXT-LEVEL CARDIAC CARE

Overlake's Structural Heart Program offers groundbreaking options for patients with debilitating heart valve disease



The human heart is a truly remarkable structure. Its four chambers work in concert to pump blood throughout the body, while paper-thin valves attached to the heart's walls continually open and close to regulate blood flow. When all is working properly, the blood then delivers oxygen and nutrients to every cell, but a variety of cardiac conditions can hamper the heart's function.

Overlake's comprehensive and innovative program for cardiac services offers a full range of treatment options for patients with heart disorders. At the David and Shelley Hovind Heart & Vascular Center, expert cardiologists and cardiothoracic surgeons treat patients with common and straightforward conditions, as well as those requiring highly specialized therapies.

In collaboration with Group Health, the Heart & Vascular Center recently expanded its Structural Heart Program, providing life-changing treatments to patients with diseases affecting the structure of the heart—such as conditions involving the heart's walls, valves and chambers. The program offers treatment options including open-heart surgery, minimally invasive surgery and catheter-based procedures.

"There's a huge need in the community to care for patients who are not candidates for surgery," says Ronnier Aviles, MD, co-medical director of the Structural Heart Program and program director of cardiac services at Overlake. "When catheter-based therapies became available, Overlake made a decision to be part of that innovative process." Such game-changing techniques drove the expansion of the program and the launch of Overlake's Advanced Cardiac Imaging Program (see page 4), which supports structural heart care and other areas within the cardiology department.

"These minimally invasive structural heart procedures have a double aim," says Scott Haugen, MD, co-medical director of the Structural Heart Program and chief of cardiology at Group Health. "The first aim is to help patients live longer. The second is to make them live better—to have a better quality of life and to vastly improve or alleviate their symptoms. Overlake and Group Health have a unique partnership that allows →

NEXT-LEVEL CARDIAC CARE

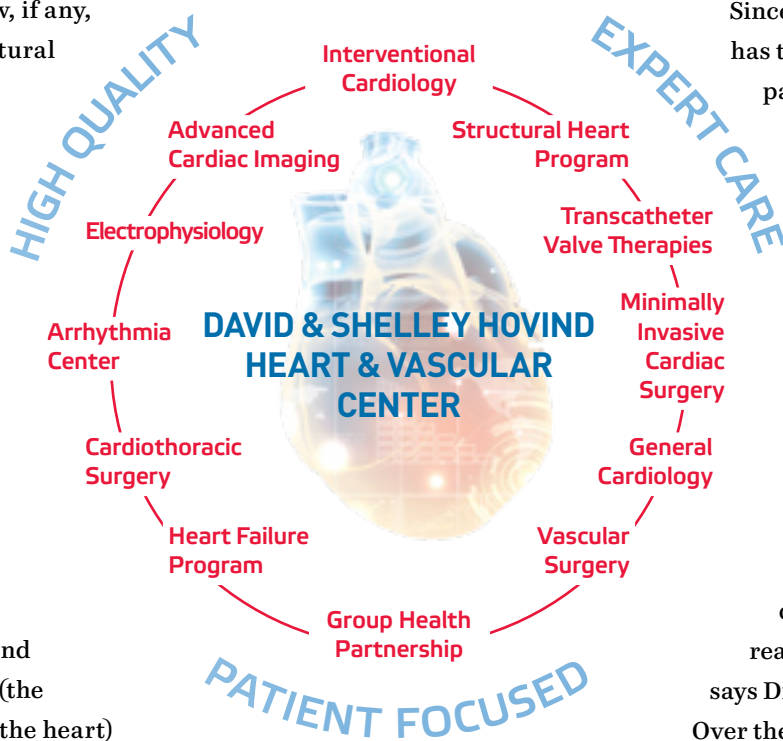
us to foster a team of multispecialty providers who have a high degree of experience in cardiovascular care, expanding the full spectrum of cardiovascular services in a way that is thoroughly patient focused.”

TEAMWORK: THE FOUNDATION FOR SUCCESS

Just a few years ago, patients who were deemed high risk or ineligible for open-heart surgery had few, if any, options to treat their structural heart disease. “These patients tend to be sicker and, in many cases, of more advanced age than the average cardiac patient,” says Dr. Haugen. Many of them live with symptoms that include shortness of breath, chest pain, fainting spells, fatigue and swelling. Left untreated, aortic stenosis (the narrowing of the body’s largest artery) and mitral valve regurgitation (the leakage of blood back into the heart)

can progress to heart failure. If aortic stenosis becomes severe, patients face a bleak prognosis; more than half die within two years.

Overlake has assembled a first-rate team focused on treating these patients. “We knew our success would depend on the cohesiveness of our team,” Dr. Aviles says, “and we are committed to working together to develop an individualized care plan to treat each patient with the best therapy possible. I often compare what we do in the operating room to a symphony orchestra because everybody has an instrument, a part and a skill set to contribute, and we all have to be in sync for the symphony to be successful. We are fortunate to have a really great working orchestra within our team.”



This synchronized teamwork is essential to achieving the best patient outcomes. If a patient needs a transcatheter aortic valve replacement (TAVR) procedure, for example, the multidisciplinary team—including a cardiac surgeon, interventional cardiologist, imaging cardiologist and anesthesiologist—works in concert to replace the patient’s

narrowed valve with an artificial one via a catheter inserted in the groin or arm.

Since December 2013, Overlake has treated more than 150 patients with the TAVR procedure, with outcomes equal or superior to the national average in mortality, stroke and vascular complications. Following a TAVR procedure, patients improve almost immediately. “We have patients walking the same day, and the majority of them are discharged the next day, ready to resume their lives,” says Dr. Haugen.

Over the summer, Overlake began offering transcatheter mitral valve repair (TMVR). This procedure, also known as MitraClip, uses a catheter to deliver and place a clip that holds leaflets (thin flaps of tissue) of a patient’s valve together to stop blood from flowing backward into the heart.

MINIMALLY INVASIVE ADVANTAGES

Since fall 2012, Overlake has been offering minimally invasive surgery to qualifying patients as an alternative to open-heart surgery. “We’ve always provided excellent treatment of cardiac disease,” says Robert Binford, MD, cardiac surgeon at Overlake. “But the way things move forward is by challenging ourselves to improve all the

A Personalized Approach to Cardiac Care

Patients referred to Overlake's Structural Heart Program meet a team passionate about providing supportive, patient-centered care. "From the very first conversation, we give patients our work and cellphone numbers and e-mail," says Valerie O'Mara, PA, Structural Heart Program coordinator.

Program coordinators guide patients along their cardiac-care journey, fielding questions, scheduling appointments and even meeting them in the lobby as they navigate a series of medical, imaging and testing appointments.

Patients scheduled for open-heart surgery receive education about what to expect during and after their hospital stay. In the hospital, nurses and physician assistants provide additional education, and social workers and discharge planners help connect patients to home health services and other resources, if needed. Some patients may be referred to cardiac rehabilitation, a supervised exercise program.

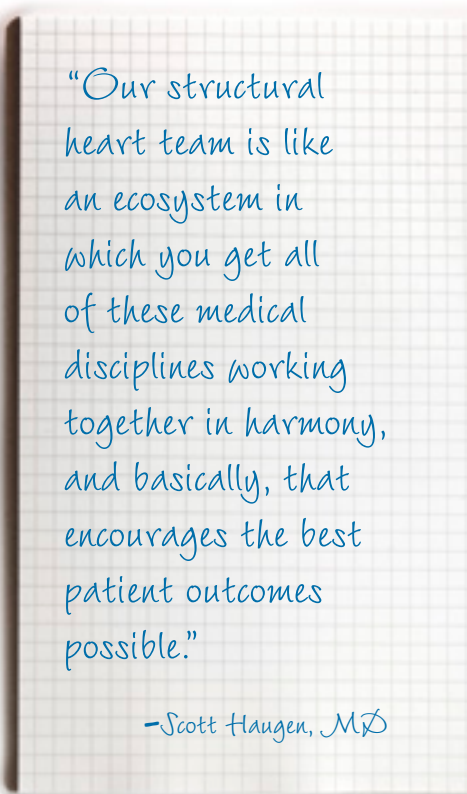
The goal, says O'Mara, is to put patients safely on the road to recovery before referring them back to their primary care provider or cardiologist, who can also connect them with Overlake's health and wellness classes, and ongoing physical or occupational therapy as required.

Before that handoff occurs, "a lot of these patients touch your heart," says O'Mara. "You know their kids' names; you know their pet's name. You become part of these patients' and their families' lives, and that is the most rewarding part of my job."

time, and that's why I have championed the minimally invasive surgery program."

Dr. Binford repairs or replaces mitral, tricuspid and aortic valves using the same surgical techniques as in open-heart surgery, with one major difference: He operates through a 2-inch incision between the ribs instead of a large cut in the sternum. "When we do minimally invasive surgery, we're not breaking any bones," says Dr. Binford.

"Patients return to work and are off restrictions in three to four weeks. That's a huge advantage in recovery time because it typically takes three to four months to recover from open-heart surgery."

A quote written in blue ink on a piece of white graph paper. The text reads: "Our structural heart team is like an ecosystem in which you get all of these medical disciplines working together in harmony, and basically, that encourages the best patient outcomes possible."

"Our structural heart team is like an ecosystem in which you get all of these medical disciplines working together in harmony, and basically, that encourages the best patient outcomes possible."

—Scott Haugen, MD

EXPANDING CARE THROUGH INNOVATION

In August, the U.S. Food and Drug Administration approved certain TAVR valves for use in intermediate-risk patients, which opens the door for more patients to have less invasive procedures to replace their valves. "The hope is that we will be able to offer an increasingly larger population of people treatment for heart valve disease," Dr. Binford says.

Meanwhile, Overlake is developing additional state-of-the-art treatments for structural heart disease. "This hospital came together because of community and physician leaders who wanted to provide health care in a comprehensive way on the Eastside," says Dr. Aviles. "It's exciting that we have the skill set, facilities and technology to provide the full spectrum of cardiac care."

GIFTS FOR THE FUTURE

How to support organizations that you value

Charitable organizations are always happy to accept your contributions. But what if your cash flow doesn't allow you to make the impactful gift you would like to make? You can make that gift right now without going over your budget. Here are three ways to give that you may not have thought about.

1. Bequest

You can put a gift to your favorite charity in your will for a fixed amount or a percentage of your estate. You will help ensure that the organization's good work will continue in the future. The bequest will have no effect on your immediate finances but will lower the taxes on your estate.

2. Charitable Gift Annuity

In some circumstances, you can make a gift now and have the organization return a fixed monthly or annual sum to you for the rest of your life. After you pass away, the remainder of the account goes to the charity. Charitable gift annuities may be purchased with appreciated stocks, eliminating the

need for a cash payment. They provide you with a tax benefit and a secure source of income.

3. Name a Charity as Beneficiary

The life insurance policy you purchased long ago for a need that no longer exists is an asset that can be donated easily. Gifting your life insurance policy to a charity can significantly reduce the tax bill to your estate and may provide an immediate tax deduction. Donating your life insurance policy is as simple as putting the name of your favorite charity on the "beneficiary" line, and it costs you nothing. Similarly, you can designate a charity to receive the remainder of any retirement account.



Taxes Are Complicated

Everyone's tax situation is unique. Consult a professional adviser when making any planned giving decisions. You may find you can make a significant gift to a charity and still take care of your family.

And remember, whether your passion is health care, the arts, the environment or human services, your gift to the future will make a difference.

Want to talk about making a future gift to Overlake?

Contact Stephanie Stewart,
Director of Major and Planned
Giving, at 425.688.5452
or stephanie.stewart@overlakehospital.org.

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
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Bellevue, WA 98004



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425.688.5525

THE LINK BETWEEN DIABETES AND HEART DISEASE

People with diabetes can reduce their risk for cardiovascular disease by following these tips



According to the American Heart Association, adults with diabetes are two to four times more likely to have cardiovascular disease or a stroke. And a staggering 68 percent of those over age 65 with diabetes die of heart disease.

People with diabetes typically have risk factors associated with heart disease that can include high blood pressure, high cholesterol, obesity and low rates of physical activity. The risk is further elevated if there is a family history of heart disease or stroke.

However, steps can be taken to help minimize risk, and having a multidisciplinary care team is essential in doing so. “It is important to work with a health care provider, diabetes educator and nutritionist to establish a plan to keep blood sugar at goal and prevent complications,” says Overlake endocrinologist Maria Mercado, MD.

To reduce risk of heart disease, Dr. Mercado suggests diabetics:

- Control blood glucose levels and take medications as directed.
- Keep blood pressure under 140/90.
- Manage cholesterol and triglyceride levels. Diabetes tends to lower “good” (HDL) cholesterol levels. A buildup of the “bad” (LDL) cholesterol levels can cause plaque formation, which can impair blood flow and lead to heart disease and/or stroke.
- Maintain a healthy weight: Eat a low-fat, low-sodium diet with plenty of fruits and vegetables containing fiber. (For tips on lowering sodium consumption, see page 5.) Also, stick with an exercise routine. (Try to achieve 150 minutes of moderate activity each week. Do not allow more than two days between activity.)
- Lower stress with meditation, regular exercise and healthy sleep habits. Build in daily “unplugged” time from electronic devices.
- Quit smoking. Smoking narrows blood vessels and doubles the risk of heart disease.

Overlake offers multiple resources for diabetes management, including education services and ongoing classes.

DIABETES EDUCATION SERVICES

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

The following classes are FREE and held at Bellevue Family YMCA, 14230 Bel-Red Rd. Preregistration required; call 425.688.5259 or visit overlakehospital.org/classes.

For class descriptions, please see page 13.

How Diabetes Affects Your Vision

Thu., Nov. 17, 4–5:30 p.m.

Managing Diabetes During the Holidays

Thu., Dec. 8, 4–5:30 p.m.

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.

PARENTING

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

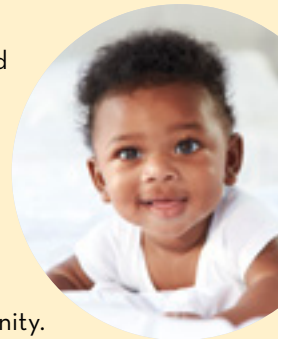
For Boys: The Joys and Challenges of Growing Up

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 with 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 a full schedule and to register, visit Seattle Children's at 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., Dec. 3, 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.

For more information about our

Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

HEALTHY LIFESTYLES

Managing GERD, Heartburn and Acid Reflux

A panel of experts will talk about effective treatment options to relieve GERD symptoms, improve quality of life and decrease cancer risk. Presenters include general surgeon Geoffrey Chow, MD, and gastroenterologists Venkat Mohan, MD, and Eric Yap, MD. **Thu., Dec. 8, 6:30-8 p.m.** FREE.

Women's Pelvic Health—A Team Approach to Common Disorders

A panel of experts, including urogynecologists, a colorectal and vascular surgeon, and a physical therapist, will discuss common disorders and what diagnosis and treatment options are available. Topics include incontinence, constipation, pelvic organ pressure and prolapse, pelvic pain, and hormone replacement therapy. **Wed., Nov. 30, 6:30-8:30 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, **Tue., Dec. 6, 6:30-8:30 p.m.** FREE.

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., Nov. 17 (skip Thanksgiving) and Dec. 1, 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. Classes held at Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. FREE.

How Diabetes Affects Your Vision

Increasing blood sugar levels over time can take a toll on the eyes and lead to an increased risk of developing cataracts, glaucoma and retinopathy. Diabetes is the leading cause of blindness in adults 20-74 years of age. An optometrist will discuss the effect of diabetes and the impact on vision, and will review early signs and treatments. **Thu., Nov. 17, 4-5:30 p.m.**

Managing Diabetes During the Holidays

The holidays can be stressful when trying to manage your diabetes. Overlake's Diabetes Educators Kathy Fitzpatrick, RN, MN, CDR, and Lisa Levinson, RN, CDE, will provide tips and strategies to navigate what can be a challenging time for diabetes management. The class will identify ways you can enjoy celebrations while controlling blood glucose levels. **Thu., Dec. 8, 4-5:30 p.m.**

SENIOR HEALTH

(Seated) Yoga for Balance

This breath-oriented practice helps increase circulation, relieve 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. **Mon., Tue., Wed. and Thu., 12:15-1:30 p.m.** Call 425.688.5259 for availability. FREE.

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

A Matter of Balance

This class helps seniors improve quality of life, remain independent, reduce fear of falling and increase activity levels. Includes workbook and water bottle. Preregistration required; call 425.688.5259 for dates, times and locations. FREE.

DEMENTIA SERIES

Preparing for the Holidays

Holidays and life celebrations cause stress under the best conditions, but they offer even more challenges to people living with dementia. This session explores the causes of “celebration stress” and how it affects the person with dementia, offering strategies for creating more pleasant and less stressful events. Presented by the Alzheimer’s Association. Not appropriate for the memory-impaired person. Bellevue Family YMCA, 14230 Bel-Red Rd., Bellevue. **Thu., Dec. 1, 2-3:30 p.m.** Preregistration required. FREE.

Walk for Life—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. Walkers attend days and times that fit their schedules. Bellevue Square Mall; enter on the second level off Skybridge No. 4. Park on the second level of the west parking garage, near the NE 4th St. entrance, entering across the last skybridge. **Mon., Wed. and Fri., 8-9:30 a.m.** 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. Overlake Senior Health Clinic, 1750 112th Ave. NE, Ste. A101, Bellevue. **3rd Mon. of the month, 3-4:30 p.m.** No registration required. Call Regina Bennett, MSW, at 425.502.9828 for information. FREE.

Balance After Baby: Mood Disorder Support Group

For new moms experiencing postpartum mood disorder or those struggling with their new role as a mother and their families. PACCAR Education Center. **2nd and 4th Tue. of the month, 7-8:30 p.m.** No registration required. FREE.

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

For those who experienced miscarriage, stillbirth or newborn loss. PACCAR Education Center. **3rd Thu. of the month, 7-9 p.m.** For information, call Abbie 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: At the Mom & Baby Care Center, 1051 116th Ave. NE, Ste. 200, Bellevue. **3rd Mon. of the month, 7-9 p.m.** Call Kay at 425.226.8117 for information.

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

EASTSIDE JAPANESE: At Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. **2nd Wed. of the month, 11 a.m.–1:30 p.m.** 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. PACCAR Education Center. **Mon., Jan. 9, 2017, 6-8 p.m.** Call 425.688.5586 to register. FREE.

For more information about our

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

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

Stroke Support Group

For stroke survivors and their loved ones. PACCAR Education Center. **4th Sat. of the month, 1-2:15 p.m.** 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, or Thu. evenings, 6-8 p.m.** Call 425.467.3957 for dates. No registration required. FREE.

EVENTS

Redmond Lights

Redmond Town Center. **Sat., Dec. 3, 4-8 p.m.** For more information, visit redmondlights.com.

Magic Season Ice Arena

Downtown Bellevue Park. **Nov. 25, 2016-Jan. 8, 2017.** To learn more, visit bellevuedowntown.com/events/magic-season.



Save the Date: 2017 Active Senior Fair

This fun, annual, daylong event features numerous free health screenings, mini-health seminars and workshops. Enjoy a variety of entertainers, including a spring fashion show. Stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. Westminster Chapel, 13646 NE 24th St., Bellevue. **Sat., Mar. 11, 10 a.m.-3 p.m.** For more information, visit overlakehospital.org/activeseniorfair or call 425.635.6191. FREE.

FOUNDATION & AUXILIARIES ACTIVITIES

Community Partners Fundraising Luncheon

Join Overlake Medical Center Foundation and more than 600 business and community leaders to celebrate and support the health and well-being of our Eastside community. The event will feature Rishi Manchanda, MD, physician, public health innovator and author of *The Upstream Doctors*. He will look at how health begins at home and in the workplace with the social and environmental factors of our everyday lives. Arrive early for our third annual Health & Wellness Fair starting at 11 a.m. Hyatt Regency Bellevue. **Mon., Nov. 21, noon-1:30 p.m.** There is no cost to attend, but a minimum donation of \$150 is suggested. Proceeds will go directly to benefit patient care and community programs at Overlake. Register at overlakehospital.org/cpl or call 425.688.5526.

Overlake's Pulse! Network

Pulse! is a network of community supporters in their 20s, 30s and 40s 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. To learn more about how you or your company can become involved with Pulse!, visit overlakepulse.org, email pulse@overlakehospital.org or call 425.688.5533.

Volunteer Opportunities

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

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



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Diagnostic Radiology

TRANSCATHETER AORTIC VALVE REPLACEMENT IS MORE THAN A SURGERY. IT'S A TOTAL TEAM EFFORT.

Stan Brandt came to Overlake needing a new heart valve. Rejected by other hospitals due to risk factors from typical open heart surgery, nine physicians came together to perform a successful transcatheter aortic valve replacement. Getting Stan back to the life he loves: it's just another example of Overlake's exceptional care in action.

To learn more, visit
overlakehospital.org/cardiac.

