

OVERLAKE

SPRING 2017

Healthy OUTLOOK



**Overlake earns top honors for its
compassionate, patient-focused care**



FROM THE
PRESIDENT
& CEO

Overlake Medical Center's mission is to provide medical excellence every day. This issue's feature article on quality and safety sheds light on some of the most important facets of the behind-the-scenes work we do to ensure that we provide the safest and highest-quality care. We know these are key factors as you choose where to go for primary care, inpatient services or surgery. Because we are here to serve you, I am proud that Overlake Medical Center is one of the few hospitals in the region continuously recognized by federal regulatory agencies and consumer groups for our commitment to top-level performance.

In line with our mission, I am also proud to tell you about two significant developments at Overlake. We have formed a joint venture with EvergreenHealth called Eastside Health Alliance (see right), designed to offer you increased access, better value and improved clinical outcomes.

Additionally, our new Cancer Center is in the final stages of construction and is scheduled to be completed early this summer. Much of the beautiful new center is already open, including the breast screening center, infusion rooms, exam rooms, lobby and more. Our next issue of *Healthy Outlook* will have full coverage of the new center.

Living and working on the Eastside reminds me how important excellence in health care is to a thriving community. All of us at Overlake are pleased to be here for you and your family.

Mike

J. Michael Marsh
President & CEO, Overlake Medical Center

NEW PARTNERSHIP WITH EVERGREENHEALTH

Overlake Medical Center and EvergreenHealth recently formed the Eastside Health Alliance, a joint venture to improve access and coordination of care, and to offer the greatest quality and value to residents of the Eastside.

The partnership will focus on (1) collaboration in cardiac, neuroscience and thoracic surgery services; (2) a Coordinated Quality Program to share safety and quality data and best practices; and (3) formation of the Eastside Health Network, combining Overlake Provider Network and Evergreen Health Partners, which includes more than 1,100 providers.

"Our organizations share the goal of providing the highest-quality, best value, safest and most comprehensive care," said Overlake President and CEO J. Michael Marsh. "Through this joint venture, we are able to better compete in the ever-changing health care marketplace and benefit from the sharing of best practices, efficiencies, enhanced care and our position as the Eastside's preferred health care systems."

Each organization will remain independent; the partnership will have no impact on either organization's governance, administration or tax exempt status.

EASTSIDE HEALTH
ALLIANCE

 OVERLAKE
MEDICAL CENTER

 EvergreenHealth

PRIMARY, URGENT AND EMERGENCY CARE

For most medical problems you should go to your regular health care provider first, if possible, where they know you and your medical history. But when it's 2 o'clock on a Sunday afternoon and that pesky cough and sore throat you've had all week still haven't subsided, where should you go?

PRIMARY CARE

Seek primary care for common illnesses, minor injuries and routine health exams. Establishing care with a regular provider can help prevent medical issues or catch them before they become serious. A primary care provider can also help with treatment of chronic conditions. Make an

appointment with your primary care provider for:

- Common illnesses such as colds, flu, earaches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries
- Regular physicals, prescription refills, vaccinations and screenings
- Advice about nonemergent health concerns

URGENT CARE

When your regular health care provider is not available, urgent care clinics provide attention for non-life-threatening medical concerns or problems that could become worse if

you wait. Go to urgent care for:

- Common illnesses such as colds, flu, earaches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries

EMERGENCY CARE

You should use emergency care for very serious or life-threatening problems. If you are experiencing any of the following symptoms, don't wait! Call 911 or get to your nearest hospital emergency room.

- Chest pain
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns
- Deep cuts or bleeding that won't stop
- Sudden blurred vision
- Difficulty breathing or shortness of breath

Overlake offers eight primary care and four urgent care clinics across the Eastside. To find a location near you, visit overlakehospital.org/clinics or call 425.635.6600.



HEALTHY OUTLOOK · SPRING 2017

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

Periodically, we send communications to friends and neighbors in our community that describe the health care services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425.467.3548 or email healthyoutlook@overlakehospital.org.

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

DON'T SUFFER IN SILENCE!

Overlake's pelvic health experts have the compassion and skills to help patients resolve their intimate concerns

Overlake's Pelvic Health Program offers innovative, compassionate care for a full range of pelvic floor disorders. These include incontinence, urinary tract infections, pelvic organ prolapse and pelvic muscle problems, as well as less common conditions such as painful bladder syndrome and rectovaginal fistulas (abnormal connections between the rectum and vagina). The goal is always the same: restoring optimal pelvic health.

Here, urogynecologist Julie LaCombe, MD, FACOG, FPMRS, of Overlake's Pelvic Health Clinic, and urologist and urogynecologist Elizabeth A. Miller, MD, FPMRS, of Washington Urology and Urogynecology Associates, discuss pelvic health issues and treatments.

What sets the Pelvic Health Program apart?

Dr. LaCombe: Pelvic health disorders can involve the uterus, vagina, bladder or rectum, as well as the muscles, ligaments, connective tissue and nerves that support and control them. Our program takes a multidisciplinary approach, incorporating urologists and board-certified and fellowship-trained urogynecology specialists, who work in collaboration with Overlake's pelvic floor physical therapists and

colorectal surgeons Mitra Ehsan, MD, and Preetha Ali, MD, as needed.

What new approaches do you offer?

Dr. Miller: One of the newest and most successful is the use of Botox injections for overactive bladders. In addition, we have many other options, from diet and behavior modification and physical therapy, to vaginal inserts, urethral injections, neuromodulation [the implantation of neuroelectrodes in the spine] for overactive bladders and sling surgery for stress incontinence.

Dr. LaCombe: One prolapse surgery we perform robotically results in minimal blood loss and a very low infection rate, and allows most patients to go home in less than 24 hours. We also offer pelvic floor rehabilitation—similar to pelvic floor physical therapy—soon after childbirth. About 60 percent of women have signs of pelvic floor problems such as incontinence after giving birth, but may wait years before seeking help.

Do women sometimes not realize help is available?

Dr. LaCombe: Yes. If problems like incontinence impact a woman's quality of life, she shouldn't suffer in silence. Women should seek help if treatments recommended in the past have been unsuccessful or if a physician has recommended surgery for a pelvic disorder. There are many uterine- and



Julie LaCombe, MD



Elizabeth Miller, MD

ovarian-sparing procedures available to women who seek a surgical solution for their pelvic floor disorder.

Dr. Miller: Women should consult a urogynecologist when they are bothered by symptoms such as vaginal prolapse, which can cause vaginal bulging and difficulty emptying the bowel or bladder. If ignored, these conditions can affect long-term health, leading to problems such as bladder infections and skin breakdown. Women who avoid exercise due to problems like incontinence or prolapse may gain weight and increase their risk for related health problems like diabetes and heart disease.

Overlake Medical Clinics
Pelvic Health - 425.635.3450
Washington Urology
Associates - 425.454.8016



THE HEALTH BENEFITS OF PRE/PROBIOTICS

Our digestive track contains hundreds of different types of bacteria. These bacteria aid in digestion, help our gut absorb nutrients and reduce growth of harmful bacteria. However, stress, a poor diet and the use of antibiotics are a few ways these good bacteria can become depleted.

Eating foods with probiotics can replenish the "good" bacteria, and probiotics have been associated with healthy digestive and immune systems. For centuries, cultures around the world have consumed fermented foods—such as sauerkraut, kimchi and miso soup—to counter digestive issues, all of which contain probiotics. Other examples include kefir, pickles, tempeh and yogurt. (Note on yogurt: Choose a yogurt with live, active cultures, with at least five strains of bacteria, that is also low in sugar. Too much sugar feeds the harmful bacteria.)

Probiotics thrive off carbohydrates humans can't digest. These nondigestible carbs (called prebiotics) can be found in garlic, asparagus, bananas, leeks, onions and whole grains. The more prebiotics you incorporate in your diet, the more healthy bacteria will grow.

Speak with your health care provider or registered dietitian about adding pre- and probiotic foods to your diet, and especially before taking any over-the-counter supplements.

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.

Sammamish Reuben

Serves 1

Ingredients:

- 2 slices rye bread (my favorite is Macrina Bakery's onion rye)
- 1 tablespoon butter
- 2 tablespoons Thousand Island dressing
- 4 ounces beef or turkey pastrami, deli-sliced
- 2 ounces sauerkraut
- ½ Granny Smith apple, shredded (optional)
- 1-2 slices Swiss cheese

Directions:

- Butter one side of each slice of rye bread and place one slice buttered side down on a flat surface.
- Add ingredients in the following order: half the dressing, pastrami, sauerkraut (mixed with optional shredded apple), Swiss cheese. Top with remaining dressing. Crown the sandwich with the other slice of rye, buttered side up.
- Preheat saute pan over medium-high heat, place sandwich in pan, and heat sandwich approximately 3 minutes on each side until the bread is golden-brown and the cheese is melted.



Recipe by Chris Linaman (right), executive chef, Overlake Medical Center

Quality metrics are the gold standard by which health care is measured. Quality of care is about how well hospitals and care providers fulfill their commitment to patients, providing the best possible treatments when and where patients need them; caring for people in clean, safe conditions; and ensuring that the entire care team, from the physicians to the receptionists, treats patients with kindness and respect.

"Our commitment to safety and quality guides everything we do," says Overlake's chief medical officer, David Knoepfler, MD, MBA, FACP, FHM. "Providing the highest-quality treatment and compassionate care to our patients is at the forefront of our mission."

Tom Miller, MD, medical director of quality and safety at Overlake Medical Center, says he and the quality and safety team routinely measure many factors involved in patient care. "Safety is number one, but our care also needs to be timely, effective and efficient, and all patients must be treated equally," Dr. Miller says. "We monitor these metrics very closely as part of our overall measure of quality."

THE POWER OF COLLABORATION

Dr. Miller says a supportive, engaged culture is vital to providing quality care. "We work to identify leaders who are adopters and champions of quality and safety best practices," he says. "We believe in giving all staff the means, tools and support to provide patients with the highest-quality care."

Health care providers also must be transparent when things go wrong. "We have a robust reporting system that enables anyone from a physician to a housekeeper to report concerns, anonymously if they prefer," Dr. Miller says. "These get reviewed by the

Standards in Quality

WHEN IT COMES TO
WORLD-CLASS,
PATIENT-CENTERED CARE,
OVERLAKE MEDICAL CENTER
IS CONTINUOUSLY
RAISING THE BAR

teams in risk management, patient experience, and medical and nursing leadership, and we document the results so everyone can learn from what happened.”

Implementing small changes such as checklists and routine safety procedures can make a big difference in protecting patients. For example, Overlake has initiated daily staff safety huddles. “We do our safety huddles every morning at 9 a.m.,” Dr. Miller explains. “Everybody coming on shift checks in to see what’s happening and we all get a sense of how we need to manage the day. We go over any specific patient concerns, safety events, or issues with staffing or equipment so that real time adjustments can be made.”

In addition, working with other health care organizations in the community improves not only the quality of care provided by each hospital but the overall quality of care available within the community. Overlake recently launched a partnership with nearby EvergreenHealth called the Eastside Health Alliance. “This collaboration offers tangible benefits to the Eastside population,” Dr. Miller says. “If my family or I need medical care, I prefer that it be close to home.” The partnership creates a single provider network called Eastside Health Alliance that increases value and choice for patients. Overlake and EvergreenHealth will share safety and quality data as well as best practices to raise the quality and safety bar for all Eastside patients.

INDUSTRY MEASURES DRIVE IMPROVEMENT

Hospitals monitor and measure quality for themselves as well as outside organizations. Many quality-rating agencies provide assessments at both the state and national levels. For most health care organizations in the country, the Hospital Value-Based Purchasing (VBP) Program is a core measurement. This program, which is run by the Centers for Medicare & Medicaid Services, measures performance of hospitals across the nation based on factors such as clinical outcomes, safety and patient experience, and rewards or penalizes hospitals through their Medicare reimbursement.

Overlake Medical Center is the top hospital for VBP in the Puget Sound region for the second year in a row.

“VBP looks at our performance over time, and it also compares us with other hospitals around the nation,” explains Khin Latt, director of clinical effectiveness at Overlake. “That

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helps us learn from each other and share our best practices for various processes and protocols that are important for patient safety, quality and experience.”

Independent organizations like Healthgrades and the Leapfrog Group also evaluate health care providers in a variety of categories to give patients independent, evidence-based assessments of their options when looking for treatment. “Historically, quality departments just fulfilled the regulatory requirements,” Latt says. “Today, we’re constantly studying data to see how we can improve quality of care and patient safety.”

In 2016, for example, Healthgrades rated Overlake among the top 10 percent in the nation for joint replacement, bariatric surgery and stroke care excellence. And Overlake was one of only nine hospitals in the state to earn an “A” safety rating from the Leapfrog Group for the past three years in a row. “We are continuously investing in quality and safety,” Dr. Knoepfler says. “We are grateful these respected outside observers have acknowledged our efforts to deliver exceptional patient care.”

AS TECHNOLOGY ADVANCES, SO DOES QUALITY

As with almost all aspects of modern life, the quality of health care has benefited immensely from rapid improvements in data-gathering technology. One

system used by Overlake is the electronic health records software Epic, which gives providers access to a vast amount of information that can be analyzed to improve patient care.

“A big benefit of Epic is standardization,” says April Kallestad, manager of clinical effectiveness at Overlake. “It’s easy to document everything that’s happened with a patient. Clinicians can quickly go into the patient’s chart to access this data in real time. I could run a report from one of our inpatient units to show, for example, all the patients who are there with stroke or heart failure.”

Epic is used in conjunction with MEWS (Modified Early Warning System), which serves as a front-line tool for nurses at the patient’s bedside. “MEWS monitors vital signs and other data points,” Kallestad says. “If there’s a problem, the system alerts the clinician, who documents what he or she did as a result to care for the patient.” This helps ensure that patients get the right treatment as fast as possible, and documentation ensures all of the care team knows about every intervention the patient received, which helps improve outcomes.

“We have made great strides and exerted a lot of effort in the realm of quality,” Dr. Miller says. “We have put a number of procedures in place—not just metrics but reporting, peer review and other processes to watch our metrics carefully, and intervene when we need to—so we can provide exceptional care to our patients.”

Overlake’s unparalleled standard of care was recognized by several trusted independent health experts in 2016. The following is a list of just a few of the notable awards and honors.

Top Doctors 2016 Seattle Magazine

Award for Excellence American Association of Critical-Care Nurses

Top Docs 2016 Seattle Met Magazine

National Accreditation Metabolic and Bariatric Surgery Accreditation Quality Improvement Program

“A” Grade for Patient Safety The Leapfrog Group’s Hospital Safety Scores

Joint Replacement Excellence Award, Bariatric Surgery Excellence Award and Stroke Care Excellence Award Healthgrades

National Accreditation Society of Cardiovascular Patient Care for Atrial Fibrillation

YOU HAVE THE POWER

Directed giving at Overlake allows you to support your service area of choice

You probably know that Overlake is a nonprofit organization built by the community. You may know that community support is still critical to maintaining and continuously improving the exceptional medical care we provide. But have you ever wondered where exactly your money goes when you make a contribution to Overlake?

The answer? You decide.

Your gift can be directed, according to your interests and priorities, to such areas as:

• Heart and Vascular Care

Overlake's award-winning programs have benefited from the enormous generosity of donors. Donations built the Bob and Patty Edwards Arrhythmia Center—one of only nine in the country to receive national accreditation for atrial fibrillation.

• Cancer Care

Overlake's new state-of-the-art Cancer Center is nearing completion. Our generous community contributed half of the \$20 million cost. Ongoing support ensures the very best care and treatment for cancer will be here on the Eastside.

• Women's and Infants' Care

Overlake welcomes 4,000 babies each year in our comfortable childbirth facilities. And for new arrivals who need extra help, our Neonatal Intensive Care Unit—built with the help of a community fundraising campaign—provides care for our tiniest and most fragile patients right here on our campus, close to their families.

• Brain and Spine Care

From scoliosis to brain tumors, the Overlake Neuroscience Institute has

your back—literally. Money raised at this year's Bandage Ball will support new innovations and expanded services in neuroscience.

• Uncompensated Care

When you're struggling to get by, medical bills can be overwhelming. Overlake is committed to ensuring that care is available to everyone. We provide \$1 million in uncompensated care each month. Philanthropy helps low-income people in your community get the care they need.

For more information about using your power to direct a gift or to learn more about Overlake's programs and services, please visit overlakehospital.org/support.



DELIRIUM AND DEMENTIA: WHAT IS THE DIFFERENCE?

If mild forgetfulness is considered a normal part of getting older—misplacing keys, not remembering certain words, forgetting names—when is memory loss a concern?

Signs that point to more serious memory problems include difficulty performing everyday tasks such as driving or getting dressed; repeatedly asking the same questions; getting lost in familiar places; and confusion about people, places or time.

These symptoms are associated with dementia, a broad term given to the brain's decline in memory and thinking skills. Dementia is a progressive condition, wherein symptoms worsen over a period of time. There are many types of dementia, but the most common is Alzheimer's disease.

Delirium, on the other hand, comes on more suddenly (over a few hours or days) and is often related to an adverse reaction to medication(s), an infection or electrolyte imbalances. Examples of delirium symptoms include sudden confusion, difficulty speaking, personality changes and the inability to focus on one idea or task.

A person experiencing memory-related problems, especially if symptoms are new or sudden, should be evaluated by a primary care provider.

"When evaluating a patient who is confused, it's important to know their baseline mental status. A thorough and careful medical history is the most important step to determine the cause," says Priyanka Duggal, MD, geriatrician at Overlake's Senior Health Clinic.



Did You Know?

At Overlake's Senior Health Clinic, providers spend 60 minutes with new patients and 30 minutes with follow-up patients. These appointments are longer than typical primary care visits, allowing ample time to address complex medical issues. On-staff pharmacists see all new patients and continually monitor patients' medication lists. **To schedule an appointment, call 425.688.5234.**

Resources at Overlake

The following Overlake classes and support groups are related to dementia and Alzheimer's. See page 14 for more information.

DEMENTIA SERIES: THE MIDDLE STAGE

In the middle stage of dementia, care partners transition into hands-on caregivers. Learn helpful strategies to provide safe, effective and comfortable care. **Third Thu. of the month, April-June, 2-3:30 p.m.** Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. Preregistration required; call 425.688.5259 or visit overlakehospital.org. Not for the memory-impaired person.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Third Mon. of the month, 3-4:30 p.m. Overlake Senior Health Clinic, 1750 112th Ave. NE, #A101, Bellevue. Call Regina Bennett, MSW, at 425.502.9828 for information.

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

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.

Classes Available 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
- ♦ Prepare the Nest

Classes Available 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.
- ♦ Starting Solid Foods: Recommended for parents of babies who are 4 to 5 months old.

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 pelvic floor muscles. **Wed., May 10, 6:30–8 p.m.** at Ridgewood Corporate Center, Bellevue. Preregistration required. FREE.

PARENTING

Car Seat Check

One-on-one consultation with a trained child passenger safety technician to learn correct car seat installation and usage. **Sat., May 20, 10 a.m.–2 p.m.** FREE.



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

For Boys: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. Each program is a two-part class from **6:30–8:30 p.m.** Recommended for girls or boys ages 10 to 12 and a parent/guardian. Every family will receive the book *Will Puberty Last My Whole Life?* 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. Adolescents ages 11 to 14 will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips and parent expectations. Classes held regularly on **Sat. and Sun., 9 a.m.–2 p.m.** To register, visit seattlechildrens.org/classes. \$45.

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. Earn a two-year American Heart Association completion card and workbook. Recommended for everyone, including day care workers and others needing workplace certification. First aid and CPR/AED may be taken separately for \$40 per class. **Sat., May 13 or June 24, 9 a.m.–4 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards not awarded in this class. Classes held regularly on **Saturdays, 9 a.m.–noon or weeknights, 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.

WOMEN'S PELVIC HEALTH

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

A panel of experts, including a colorectal surgeon, physical therapist and urogynecologists, will discuss a variety of common disorders and treatment options. Topics include incontinence, constipation, and pelvic organ pressure and prolapse. **Wed., June 14, 6:30–8:30 p.m.** FREE.

Pelvic Floor Fitness—For Women 30 and Over

Learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Topics include pelvic fitness and how to minimize sexual discomfort with healthy lifestyle habits, dynamic breathing and proper exercises. Taught by Overlake physical therapist Kathy Golic. **Wed., May 31** in Issaquah or **Tue., June 27** in Bellevue, **6:30–8:30 p.m.** FREE.

HEALTHY LIFESTYLES

MAY IS STROKE AWARENESS MONTH

Brain Attack: Start Reducing Risk Now

Stroke is the fifth leading cause of death and the leading cause of disability in the United States. The good news is 80 percent of strokes are preventable and, when caught early, the right care can save lives and quality of life.

Although stroke can happen to anyone, certain risk factors can increase your chances of having a "brain attack." Attend this informative seminar to hear Overlake neurosurgeon Abhineet Chowdhary, MD, and David Likosky, MD, EvergreenHealth and Overlake stroke program medical director, talk about what you can do to decrease your chance of brain attack, what symptoms to watch for and how critical it is to call 911 if



you suspect you or a loved one is having a stroke.

There will be a special showing of *Aphasia—Hope is a Four Letter Word*, a short film that tells the true story of actor Carl McIntyre who—after suffering a massive stroke at age 44 and losing his ability to read, write and talk—struggles against overwhelming odds to redefine his life. Please note this film contains adult language. **Thu., May 11, 6:30–8 p.m.** FREE.

Melanoma Monday—Free Skin Cancer Screening

Health care providers will perform skin cancer screenings. **Mon., May 15, 5:30–7:30 p.m.** Space is limited; preregistration required. Reserve an appointment online at overlakehospital.org/classes or call 425.688.5259. FREE.

Understanding Migraine Headaches

Migraine is not just a bad headache; it's a chronic neurological disease impacting one in every 10 people. Daniel Fosmire, MD, neurologist at Overlake Neuroscience Institute, will discuss causes and triggers of migraines, and what you can do to have fewer, shorter or less severe migraines. **Mon., June 19, 6:30–8 p.m.** FREE.

Hip and Knee Pain Relief and Joint Replacement Options

Is pain keeping you from enjoying life? If so, attend this seminar taught by orthopedic surgeons to learn more about nonsurgical treatment options, as well as what is involved in joint replacement surgery. Time allowed for questions. **Thu., June 15 or Wed., July 12** in Bellevue, **6:30–8 p.m.** For details, visit overlakehospital.org/classes or call 425.688.5259. Preregistration required. FREE.

Back Pain: Diagnosing and Treating

Neurosurgeon Frank Bishop, MD, FAANS, Overlake Neuroscience Institute, will help you better understand back dysfunction and available treatment options, including nonoperative therapy and new options in minimally invasive surgery. **Wed., June 7, 6:30–7:30 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 desired results. **Thu., May 25, June 1 and 8, 7–9 p.m.** \$95. Reduced rates are available if you have previously taken this class.

LSVT BIG® and LSVT LOUD®

For those with movement and communication disorders related to Parkinson's or other neuromotor diseases. Physician referral required. For details, call Overlake Outpatient Rehabilitation at 425.688.5900.

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.

For more information about our classes, or to register, please visit overlakehospital.org/classes.

SENIOR CLASSES

A Matter of Balance

A Matter of Balance can help seniors improve quality of life and remain independent. The class is designed to reduce fear of falling and increase activity levels. Bellevue Boys & Girls Club, 209-100th Ave. NE. **Tue. and Thu., Jun. 6-29, 10 a.m.-noon.** Includes workbook and water bottle. Preregistration required; call 425.688.5259. FREE.

DEMENTIA SERIES—THE MIDDLE STAGE

In the middle stage of dementia, those who were care partners now become hands-on caregivers. Join us to discuss helpful strategies to provide safe, effective and comfortable care. You are encouraged to attend all classes in the series, but you can attend any. Not appropriate for the memory-impaired person. Bellevue Family YMCA, 14230 Bel-Red Road. **2-3:30 p.m.** Preregistration required; call 425.688.5259 or visit overlakehospital.org/classes. FREE.

♦ The Middle Stage—Part 1

The first class in the series will cover dementia symptoms observed in the middle stage and relationship changes that occur. **Thu., Apr. 27.**

♦ The Middle Stage—Part 2

Become aware of home safety considerations, when to approach the subject of giving up driving and how to handle wandering. **Thu., May 25.**

♦ The Middle Stage—Part 3

Caregivers of people with dementia have one of the most difficult, isolating and challenging journeys. The caregiver will commonly feel it's not possible to care for themselves and the person with dementia. Explore ways caregivers can take care of themselves so they can better care for their loved one.

Thu., June 22.

Aging Successfully

Everyone is affected by the aging process and—no matter how hard you may try—you can't escape it! However, you can stay healthy at any age. Kentaro Nishino, MD, Overlake Senior Health Clinic, will discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully. Bellevue Family YMCA, 14230 Bel-Red Road. **Thu., May 11, 2-3 p.m.** Preregistration required; call 425.746.9900. FREE.

Understanding Strokes

Stroke is the fifth leading cause of death in the United States and the No. 1 cause of long-term disability. It is very important to know stroke warning signs, as time is a critical factor in treatment. Jennifer Kurtz, MS, CCC-SLP, coordinator of the Overlake stroke program, will discuss risk factors, detection and treatments. Redmond Senior Center, 8703 160th Ave. NE. **Wed., May 17, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.



Colon Health

Your colon is a key part of the digestive process, and keeping it healthy helps reduce the chance of developing colorectal cancer. An Overlake physician will discuss diet and lifestyle modifications to reduce the risk of colorectal cancer. Bellevue Family YMCA, 14230 Bel-Red Road. **Thu., Jun. 8, 2-3 p.m.** Preregistration required; call 425.746.9900. FREE.

Medications That Can Increase Falls

As the body ages it becomes more vulnerable to medication-related problems and adverse reactions. An Overlake pharmacist will review how medications can increase the risk of falls and provide recommendations to reduce risk factors. Redmond Senior Center, 8703 160th Ave. NE. **Wed., June 21, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Walk for Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Check in at the registration table on the second floor of Bellevue Square Mall, off Skybridge No. 4, from the west parking garage. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. Call 425.688.5259 for information. FREE.

DIABETES EDUCATION SERVICES

Overlake's Diabetes Education Services offers one-on-one education as well as a two-part series of classes that teach 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

Bellevue Family YMCA, 14230 Bel-Red Road. **4-5:30 p.m.** Preregistration required; call 425.688.5259 or visit overlakehospital.org/classes. FREE.

♦ Sleep Issues and Diabetes

Sleep issues are common among people with diabetes. Learn about sleep problems impacted by diabetes ranging from sleep apnea and restless leg syndrome to insomnia, and how the conditions can be treated. An Overlake physician will discuss contributing factors and provide tips for getting a good night's sleep. **Thu., May 18.**

♦ Traveling with Diabetes

If you're planning to travel, you also need to plan on how to handle your diabetes. What should you pack? How do you plan for unexpected delays and time zone changes? Join Overlake diabetes educators, Kathy Fitzpatrick, RN, CDE, and Leslie Merkin-Barber, RN, CNE, to learn how to safely and comfortably travel while managing diabetes. **Thu., June 15.**

SUPPORT PROGRAMS

Alzheimer's Caregivers Support Group

Support and education for family members of Alzheimer's patients. Overlake Senior Health Clinic, 1750 112th Ave. NE, #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 and families experiencing postpartum mood disorder or those struggling with their new role as a mother. PACCAR Education Center. **2nd and 4th Tue. of the month, 7-8:30 p.m.** No registration required. FREE.

Cancer Support Groups

Overlake partners with Cancer Pathways to offer Breast Cancer, Caregiver, Grief and Loss, and Wellness support groups. To register, call 206.709.1400. FREE.

La Leche League Groups

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

Bellevue: Overlake Medical Center, PACCAR Education Center, 1035 116th Ave. NE. **3rd Mon. of the month, 7-9 p.m.** Call Kay at 425.226.8117.

Issaquah Classroom: Highmark Medical Center, 1740 NW Maple St., #201. **1st Mon. of the month, 10 a.m.-noon.** Call 425.312.3477 or email LLL.Issaquah@gmail.com.

Eastside Japanese: Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15, Bellevue. **2nd Wed. of the month, 11 a.m.-1:30 p.m.** To learn more, call Izumi at 425.869.5136 or email 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., May 8, 6-8 p.m. and Mon., Jul. 10, 1-3 p.m.** Call 425.688.5586 to register. FREE.

Lymphedema Support Network

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

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

For those experiencing miscarriage, stillbirth or newborn loss. PACCAR Education Center. **3rd Thu. of the month, 7-9 p.m.** Call Abbie at 206.367.3991 or Cami at 425.277.9494 for information. FREE.

The Path of Grief: Grief and Bereavement Support Group

Six-week support group for adults coping with the death of a loved one. **Wed., May 24-June 28, 1-3 p.m.** Registration required; call 425.688.5308. 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 Sat., 10 a.m.-noon; Thu. evenings, 6-8 p.m.** Call 425.467.3957 for dates. No registration required. FREE.

EVENTS

March of Dimes March for Babies

Sat., May 6. Registration at 8 a.m.; walk starts at 9 a.m. Seattle Center—Fisher Pavilion. Visit marchforbabies.org.

Spirit of Bellevue 12K and 5K Run/Walk

Sun., May 28. Registration at 7 a.m.; 12K starts at 7:45 a.m., 5K starts at 8:15 a.m. North end of Bellevue Downtown Park. Visit spiritofbellevuerun.com.

National Alliance on Mental Illness NAMI Walks

Sat., June 3. Check in at 8 a.m.; walk starts at 9 a.m. Marina Park, Kirkland. Visit namiwa.org.

Lake to Lake Bike Ride

Sat., June 3. Registration begins at 8 a.m.; first riders depart at 9 a.m. Start/finish: Lake Hills Community Park, Bellevue. Visit bellevuewa.gov/lake-to-lake-ride.htm.

American Cancer Society's Relay for Life

Sat., June 17. Relay begins at noon. Wilburton Park, Bellevue. Visit relayforlife.org.

FOUNDATION AND AUXILIARIES

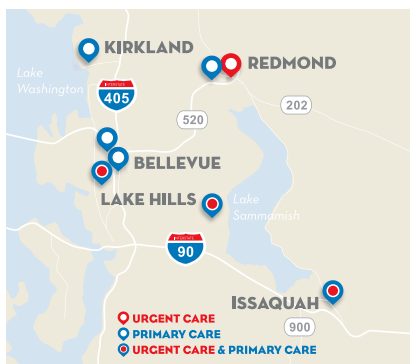
Overlake's Pulse! Network

Pulse! is a network of community supporters in their 20s, 30s and 40s engaged in events throughout the year to learn about and invest in Overlake as a resource for their families, the community and their companies. For more information, visit OverlakePulse.org or email pulse@overlakehospital.org.

Join Us!

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

For more information about our classes, or to register, please visit overlakehospital.org/classes.



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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.

