



Chief Operating Officer Tom DeBord leads a hard-hat tour of the new hybrid OR.

YOU built them

Imagine the heart is a house. A house has rooms and the heart has chambers and valves. The house has plumbing and the heart has arteries. That's how Dr. Ron Aviles describes the work of Overlake's heart and vascular surgery program.

Like a house, a hospital needs periodic upgrades. You might install new appliances in your kitchen or add rooms to accommodate your growing family. At Overlake, the heart program needed additional operating rooms for our growing patient population. The rooms needed to be larger and include the latest technology.

Thanks to your generous contributions, two new operating rooms have been built and are ready to serve. [Read on to learn how they will make our top-quality care even better.](#)

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The new operating rooms
will enhance our ability
to deliver on our vision of
providing the most **advanced**
cardiovascular care.

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— Dr. Ron Aviles
Director of Cardiovascular Services

Support the heart program at Overlake and help ensure that everyone in our community has access to the best possible heart care should they need it. Make a gift at overlakehospital.org/heartcare.

Vision for the heart program

When a heart condition sends you to your local hospital, you want to find **advanced care, the latest medical technology, state-of-the-art facilities and some of the best doctors in the region**. Put all that together with personalized, patient-centered care and you see the vision of our heart surgery program. Along with our stellar surgical team, the two new operating rooms that your contributions helped build are bringing that vision to life.

Wouldn't you rather play golf?

The **hybrid operating room** is ideal for minimally invasive procedures. That means a tiny incision is made in the leg and a thin tube is threaded through an artery to reach the heart. The surgeons, who can see inside the patient with the help of advanced imaging equipment and big screens, can then make repairs.

For example, in some patients, the aortic valve becomes too narrow or stiff to keep blood flowing properly through the heart. For patients who are considered to be at high risk of complications from an open-heart procedure, a minimally invasive transcatheter aortic valve replacement (TAVR) may be an option. In a TAVR, the surgeon maneuvers a tiny

synthetic aortic valve through the catheter and inserts it in the aortic valve to restore blood flow. The best part? Recovery time is much shorter. "Would you rather have a twelve-week recovery, as you might with an open-heart procedure," asks Dr. Aviles. "Or would you rather go home the next day and be back to playing golf the following week?"

With the only TAVR program on the Eastside, Overlake expects to serve an ever-increasing number of heart patients. Our population is both growing and aging. By 2035, an estimated 20 percent of the Eastside's residents will be 65 or older. And just this year, the U.S. Food and Drug Administration (FDA) approved the use of the TAVR procedure for a wider range of patients.

Patients needing TAVRs will find highly experienced physicians, the best outcomes in the state, a one-day length of stay on average, and a state-of-the-art operating room. Your contributions have made that possible.

Ready for innovation

For many patients with heart and lung problems, open-chest surgery is the gold standard. You helped build an advanced, high-tech room for that, too.

Next door to the new hybrid operating room is the new **cardiovascular operating room (CVOR)**. If you could gown-up and step inside, the first thing you would

notice is how big the room is—over 800 square feet. The old heart operating room is about one-third smaller, and with all of the technology, machinery, and surgical team members who need to be in it, the quarters were cramped.

"The new room is better for patient care," says Dr. David Nelson, Director of Cardiothoracic Surgery. "We have a great cardiac team and they will work more effectively and efficiently



The heart and vascular surgery team, from left: Dr. Elena Rinehardt, Dr. Scott Louis, Dr. Ron Aviles, Dr. Renee Minjarez, Dr. David Nelson, Dr. Scott Haugen, Dr. Robert Binford.

DONOR SPOTLIGHT

**Longtime Overlake donor and patient**

Patty Edwards, pictured here cutting the ribbon on the new heart ORs with Dr. David Nelson, could see what she needed to do. On a heart program tour, she caught a glimpse of the old CVOR in action.

"The surgical team was packed in there so tight, I don't know how they were able to operate," she explains. "As soon as I saw that, I decided to give for the new ORs."

Patty made an incredibly generous gift of \$2.5 million to help get the project off the ground. She was there with a radiant smile at the grand opening of the Bob and Patty Edwards Cardiac Operating Suite. "Overlake took great care of my husband before he passed," she says. "And me too. I tell everyone I know, I don't care where I am in the world—if I get sick, take me to Overlake." Thanks to Patty, that great care will be even better.

"I tell everyone I know, I don't care where I am in the world—if I get sick, take me to Overlake."

in the new space. It's state-of-the-art, with better visualization, and it will be used for both open-chest and some of the newest minimally invasive procedures."

You may have noticed that your office or your kitchen works best for you when things are in the right place. The phone should be in reach when you are at your desk. The wooden spoons should be easy to grab when you are at the stove. The same rule holds true in an operating room.

"These ORs were designed for what we need," Dr. Nelson explains. "The architects worked closely with our staff—the doctors, the nurses, the techs, all were involved—to create an optimal design. Everything from where the switches are to how the desks are set up, how the electrical and gases come in—the design was carefully done."

Dr. Scott Louis, a cardiothoracic surgeon, echoes the excitement. "I will be performing open-chest procedures

such as coronary artery bypass grafts as well as valve procedures and minimally invasive lung cancer surgeries," he says. "The new rooms will allow us to future-proof our system as new technologies become available."

An additional operating room at Overlake is being enlarged and refurbished to act as a second CVOR. As the Eastside has grown, the need for heart surgery has increased as well. Going from one heart operating room to three—the hybrid room and the two CVORs—greatly increases our capacity to care for patients. "The new operating rooms will enhance our ability to deliver on our vision," says Dr. Aviles. "They set us up to take advantage of the new innovations coming in the future."

***Thank you for supporting
leading-edge heart care at Overlake.***

Questions? Contact us @ 425.688.5525 or foundation@overlakehospital.org

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Advance Care Planning

If you become ill or need significant medical intervention, you may be unable to direct your own care. That's why Overlake offers and encourages Advance Care Planning sessions to help participants ensure that if that time comes, their wishes will be known and respected. Thanks to your generous support, Overlake is able to make these sessions free, so there is no financial barrier to anyone who wishes to learn about healthcare power of attorney, advance directives, and developing a plan that reflects their personal values. Thank you.

Interested?

Attend a Session

First Tuesday of every month
from 2:30 to 3:30

Overlake Senior Health Clinic
1750 112th Ave NE, Suite A101, Bellevue

Or Volunteer

Support Overlake in offering individual and group advance care planning discussions to our patients and the community.

This role requires:

- **Good communication and listening skills,**
- **The ability to remain neutral and not influence individual decisions, and**
- **Comfort in dealing with grief, loss and end of life issues.**

Volunteers will be required to participate in training as well as observe facilitated conversations and workshops.

To request a job description outlining responsibilities and qualifications for this role, please email eileen.stevens@overlakehospital.org.