

# Healthy Outlook



## MEN'S HEALTH

COMPREHENSIVE SERVICES FOR EVERY STAGE OF LIFE

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COMMUNITY + NEWS

## OVERLAKE MEDICAL CENTER

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Overlake Medical Center and Clinics is a nonprofit regional healthcare system based in Bellevue, serving the Eastside community since 1960. The health system includes a 349-bed hospital and a network of primary, urgent and specialty care clinics located throughout the greater Eastside. Overlake offers comprehensive advanced services including a dedicated Cancer Center, level III Trauma Center, Childbirth Center and level III NICU, cardiac, neurosciences, orthopedic and mental health services. Committed to its mission of compassionate care for every life we touch, Overlake is consistently recognized regionally and nationally for its quality and employees who are committed to going above and beyond to provide exceptional patient care and service.

The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about your health, please contact your healthcare provider.

If you would prefer to not receive communications from our organization, please email [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org) or call 425.467.3548.

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# MESSAGE OF THE {MUSTACHE}

## MEN, MAKE YOUR HEALTH A PRIORITY

Horseshoe. Painter's brush. Lampshade. Handlebar. What sound like a collection of objects in the garage are actually types of mustaches men participating in "Movember" might be sporting. The Movember movement encourages men to grow a mustache for men's health awareness. From prostate cancer to mental health, Movember is a reminder for men to make their health and well-being a priority. By staying on track for annual check-ups and screenings, men can live longer, healthier lives (and have longer, healthier mustaches).



### MEN'S HEALTH GUIDELINES FOR EVERY AGE

In addition to the basics – eating healthy, exercising and staying away from tobacco (including e-cigarettes) – it's important to keep up with the following screenings to ensure any health conditions are caught early, when they are easier to treat. When in doubt, check with your primary care provider (PCP) based on your family history and individual risk factors.

#### Beginning at age 18

##### ANNUALLY

- Blood pressure check (or every two years).
- Body mass index.
- Skin cancer check.
- Flu shot.
- Mental health screening (discuss symptoms with your PCP).
- Vision exams every 2 – 10 years. People with diabetes should have eyes dilated annually.

##### EVERY FOUR TO SIX YEARS

- Cholesterol check – beginning at 20 or earlier or more frequently if you are at high risk for heart disease.

##### EVERY 10 YEARS

- Tetanus booster.

#### Beginning at age 45

##### ANNUALLY

- Cholesterol check.

##### EVERY THREE YEARS

- Glucose/blood sugar check – or more frequently if you are overweight or have family risk factors.

##### EVERY 10 YEARS

- Colorectal cancer screening – or earlier or more frequently if you are at an increased risk.

#### Beginning at age 50

##### AS NEEDED

- Prostate cancer screening – if you have average risk. Begin at 45 if you have a higher than average risk. Begin at 40 if you have more than one close relative with prostate cancer before age 65. Talk to your PCP about the pros and cons of testing.

#### Beginning at age 60

##### ANNUALLY

- Shingles shot.

#### Beginning at age 65

##### ANNUALLY

- Pneumonia shot.
- Fall risk screening.

##### AS NEEDED

- Abdominal aortic aneurysm screening – if you have ever smoked. Talk to your PCP.
- Osteoporosis screening at 70 – or earlier or more frequently if risk factors exist.

##### Looking for a PCP?

Find the primary care provider who is right for you at one of our Eastside neighborhood clinics – [overlakehospital.org](http://overlakehospital.org).

Sources: American Cancer Society, American Heart Association, Centers for Disease Control and Prevention, Movember Foundation, National Cancer Institute



Men are **24%** less likely than women to have visited a doctor in the past year.



**32.6%** of men age 20+ have high blood pressure.



**34.5%** of men age 20+ struggle with obesity.



**Prostate cancer** is the most common cancer in men.



**70 – 89%** of sudden cardiac events occur in men.

# PRECISION + ACCURACY

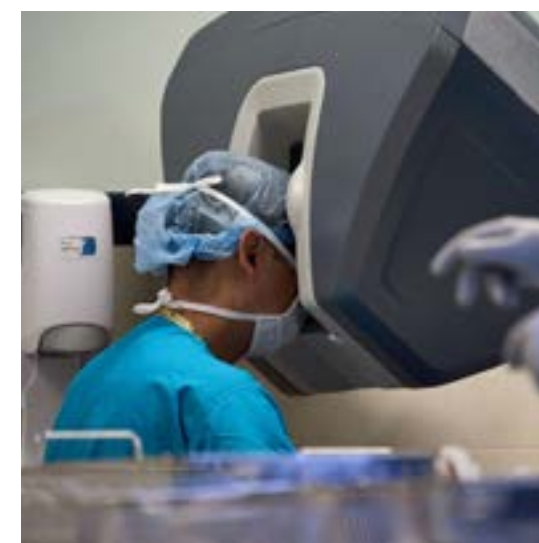
## THE ADVANTAGES OF ROBOT-ASSISTED SURGERY

If you ask most men about their health concerns, bladder cancer probably would not be on their list. Yet, according to the American Cancer Society, bladder cancer occurs three times more often in men than women and is the fourth most common cancer among men. Smoking is the biggest risk factor and causes about half of all cases.

Whether someone with bladder cancer is treated with chemotherapy, radiation or surgery depends on its stage and how deep the disease has penetrated into the bladder muscle.

“One of my recent patients, Brian Constable, had stage two, muscle-invasive bladder cancer,” says urologist Khanh Pham, MD, of Washington Urology. “The ‘gold standard’ treatment approach for this type is chemotherapy followed by surgical removal of the bladder.”

A cystectomy (bladder removal surgery) is typically an “open” surgery, but at Overlake it is performed robotically.



Robot-assisted surgery affords surgeons a broader field of vision and increased accuracy compared to traditional open surgery. The robot is under control of the surgeon at all times. Its precision translates to advantages for the patient, such as smaller incisions, less blood loss and less pain at incision sites.

Robotic surgery also requires less pain medication since the incisions are smaller. Pain medicine tends to cause the intestines to slow down. For cystectomies in particular, minimal pain medicine allows the bowel to more quickly return to normal function. The faster the recovery time, the sooner a patient can return to their usual life.

In addition to removing the bladder and lymph nodes during bladder cancer surgery, the prostate is removed because the lining



inside the urethra of the prostate is the same cell type as the bladder. Removing these structures increases a patient's long-term survival rate since the likelihood is higher that all the cancer was removed.

And, thankfully, for Brian, that was the case. “He had the best scenario in that there wasn't any residual disease found in his bladder,” adds Dr. Pham.

To create a new way for urine to leave the body, a robotic cystectomy also involves urinary tract reconstruction. Dr. Pham teams up with fellow surgeon Elizabeth Miller, MD, who performs the reconstructive portion of these surgeries. There are three options for reconstruction, and Dr. Pham helps patients decide which approach will work best for their lifestyle. (Read Brian's story on page 6 to find out which option he chose and why.)

The most common symptom of bladder cancer is blood in the urine. See your healthcare provider as soon as possible if you experience this or other changes in your health.



For more information on men's health services at Overlake, visit [overlakehospital.org/menshealth](http://overlakehospital.org/menshealth).



## PREGNANCY, CHILDBIRTH + NEWBORN CARE

### PREGNANCY, CHILDBIRTH + NEWBORN CARE

Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) for dates and times.

#### BREASTFEEDING

Learn essential information to help prepare for breastfeeding. \$45/couple.

#### CHILDBIRTH CENTER TOURS

Learn what to expect about having a baby at Overlake from registration to discharge. Note: Tours are included if you are registered in a childbirth preparation class. FREE.

#### CHILDBIRTH PREPARATION

A series of interactive classes filled with research-based information to help you prepare for labor, birth and newborn care. Includes a tour of the Childbirth Center. Available in English and Spanish. \$160/couple; \$95 for online course.

#### LABOR COPING SKILLS

This two-hour class is recommended for those in the second or third trimester of pregnancy and for families who want to refresh or enhance delivery coping skills. \$45/couple.

#### NEWBORN CARE FOR PARENTS + GRANDPARENTS

Whether you're new to parenting or re-entering the world of newborns, get the skills you need to feel confident and ready to nurture and care for a new baby. \$45/couple.

#### PELVIC FLOOR WELLNESS: New + Expectant Moms

Learn ways to reduce pregnancy related problems and strengthen pelvic floor muscles. Wed., Oct. 3 or Nov. 14, 6:30–8 p.m., Ridgewood Corporate Center, Bellevue. FREE.

#### PREPARE THE NEST

A one-day class designed for the busy couple who wants to feel prepared for birth and newborn care. See website for pricing.

#### PUMPING STRATEGIES WHILE RETURNING TO WORK

Learn how to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby. \$25/family.

#### STARTING SOLID FOODS

Is your baby ready to start solid foods? Learn what cues to look for, what to expect during the first feedings and more. Recommended for parents of babies 4–5 months old. \$45/family.

#### YOGA FOR PREGNANT WOMEN

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing. \$75/series.

## ADOLESCENTS

### FOR GIRLS: A Heart-to-Heart Talk On Growing Up

**FOR BOYS: The Joys + Challenges of Growing Up**  
Visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes) to register. For girls or boys ages 10 to 12 and a parent/guardian. \$80 per child/parent.

#### BETTER BABYSITTERS

For those ages 11 to 14. Visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes) for details and to register. Held regularly on Sat. and Sun., 9 a.m.–2 p.m. \$45/person.

## SAFETY

### FIRST AID + CPR CERTIFICATION

Open to participants age 11 and older. Includes infant/child/adult CPR/AED training. Mon., Nov. 5 and Wed., Nov. 7, 6:30–9:30 p.m. \$80.

### INFANT SAFETY + CPR

Completion cards not awarded. Classes held regularly on Sat., 9 a.m.–noon or weeknights, 6:30–9:30 p.m. \$40/person; \$70/couple.

## HEALTHY LIFESTYLES

### HIP + KNEE JOINT PAIN + REPLACEMENT OPTIONS

Attend to hear an orthopedic surgeon discuss nonsurgical joint pain relief options as well as what is involved in replacement surgery. Wed., Nov. 14, 6:30–8:30 p.m. FREE.

## WOMEN

### MAMMOGRAM PARTIES

Host a private mammogram party for 6–10 women at Overlake's Breast Health Center. Includes hors d'oeuvres. Available Monday–Thursday, 6–8 p.m. To schedule, call 425.688.5985 or email [mammoparty@overlakehospital.org](mailto:mammoparty@overlakehospital.org).

### PELVIC FLOOR WELLNESS: Women 30+

Learn techniques to maintain and improve your pelvic floor. Mon., Nov. 5, 6:30–8:30 p.m. FREE.

## SENIORS

### UNDERSTANDING MEDICARE

Get help navigating the complex world of Medicare. No registration required. Sat., Dec. 15, 10:30 a.m. PACCAR Education Center, Vision Room. Call 888.752.5198. FREE.

### WALK FOR LIFE

Join this walking program to exercise safely and effectively. Mon., Wed. and Fri., 8–9:30 a.m. Bellevue Square Mall; enter at Sky Bridge #4, from the west parking garage. FREE.

## CANCER SERVICES

### CHEMICALS THAT DISRUPT HORMONES

Learn about the link between cancer and endocrine disrupting chemicals in the environment and how to reduce risk. Wed., Oct. 3, 10–11 a.m.

### LOOK GOOD...FEEL BETTER

Beauty techniques for women in active cancer treatment. Mon., Oct. 8, 1–3 p.m. Call 800.227.2345 to register.

### CHAIR YOGA

Learn the basics of chair yoga and the positive health benefits that regular practice can offer. Tue., Oct. 16, 6:30–7:30 p.m.

### BOOSTING ENERGY WITH NUTRITION

Improve your vitality and quality of life during and after treatment through nutrition. Wed., Oct. 17, 6:30–7:30 p.m.

### STRATEGIES FOR SELF-CARE

Many of us are really good at caring for others but fall short in attending to our own needs. Learn everyday strategies to better care for yourself. Wed., Oct. 24, 10–11 a.m.

### REDUCING STRESS WITH MINDFULNESS

Mindfulness can be used to reduce stress and create more peace in your life. Learn simple yet effective strategies to decrease everyday stressors. Wed., Nov. 7, 10–11 a.m.

### GENTLE YOGA

Practice easy stretches, postures, guided meditation and breathing exercises. Bring your own mat and arrive 5 minutes before class. Mon., Nov. 12–Dec 17, 6:30–7:30 p.m.

### HOLIDAY ART PAPER DECOR

Upcycle holiday cards and miscellaneous papers into cards, tags, ornaments and table decor. Tue., Nov. 13, 11 a.m.–1 p.m.

### MEDITATION FOR BEGINNERS

Meditation can benefit your overall health. Learn techniques you can easily practice whenever you need to quiet the mind. Wed., Nov. 21, 6:30–7:30 p.m.

### COPING WITH STRESS

Do fear, anxiety or stress creep into your daily life? Decrease stress and reclaim inner-balance by taking small, achievable steps. Wed., Dec. 12, 10–11 a.m.

### MEDICAL MARIJUANA

Learn about the medical uses of marijuana in cancer treatment. Wed., Dec. 19, 6:30–7:30 p.m.

## EVENTS

Overlake is proud to sponsor a variety of events and organizations throughout the Eastside. Be sure to visit our booth at Salmon Days this fall!

### ISSAQUAH SALMON DAYS

Sat., Oct. 6 + Sun., Oct. 7  
Downtown Issaquah  
[Issaquahchamber.com/salmondays](http://Issaquahchamber.com/salmondays)

## SUPPORT GROUPS

### AFTER BABY COMES

This group is for new moms to come with their baby and talk about navigating the complexities of motherhood. Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) for dates, times and location.

### ALZHEIMER'S CAREGIVER

3rd 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.

### BALANCE AFTER BABY

For those experiencing postpartum mood disorder or struggling with their new role as mother. 2nd and 4th Tue. of the month, 7–9 p.m. Call 425.688.5259.

### CANCER CAREGIVER

Open to anyone caring for someone with a cancer diagnosis. 2nd and 4th Wed., 10–11:30 a.m. Call 800.255.5505.

### HOLIDAYS + GRIEF

A support event with information about challenges the holidays may bring, ways to take care of yourself and how to honor the memory of your loved one. Sat., Nov. 10, 9 a.m.–noon. Preregistration required; call 425.688.5308.

### LA LECHE LEAGUE

Breastfeeding support and information.

**Bellevue:** Overlake PACCAR Education Center. 3rd Mon. of the month, 7–9 p.m. Call Kay at 425.226.8117.

**Issaquah:** Highmark Medical Center, 1740 NW Maple St., Suite 201. 1st Mon. of the month, 10 a.m.–noon. Call 425.312.3477 or email [LLL.Issaquah@gmail.com](mailto:LLL.Issaquah@gmail.com).

**Eastside Japanese:** Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. 2nd Wed. of the month, 11 a.m.–1:30 p.m. Contact Izumi at 425.869.5136 or [izumimitsuoka@hotmail.com](mailto:izumimitsuoka@hotmail.com).

### LIVING WITH CANCER

For individuals who are just diagnosed, in treatment or post-treatment. 1st Wed. of the month, 10–11:30 a.m. or 3rd Wed. of the month, 6:30–8 p.m. Call 800.255.5505.

### PATH OF GRIEF

Six-week support group for adults grieving the death of a loved one. Mon., Jan. 14–Feb. 18, 2019, 1–3 p.m. Call 425.688.5308.

### P.S. SUPPORT GROUP

Support for miscarriage, stillbirth and infant loss. 3rd Thu. of the month, 7–9 p.m. Call Abbie at 206.367.3991 or Cami at 425.277.9494.

### STROKE SUPPORT GROUP

Open to anyone who's had a stroke, head injury, or any kind of neurological event and the people who love them. 4th Sat. of the month, 1–2:15 p.m. Call Jennifer at 425.688.5295.

### SWELL LYMPHEDEMA

For anyone living with lymphedema and their loved ones. 3rd Tue. of the month, 6:30–8 p.m. Call 800.255.5505.

### WEIGHT LOSS SURGERY

Join those who have similar goals, want to celebrate your successes and support you in challenging times. Select Sat., 10 a.m.–noon; Thu. evenings, 6–8 p.m. Call 425.467.3957 for dates.



**Preregistration required** for all classes; visit [overlakehospital.org/classes](http://overlakehospital.org/classes). Classes held at Overlake Medical Center unless otherwise noted.

**For questions,**  
email [classes@overlakehospital.org](mailto:classes@overlakehospital.org)  
or call 425.688.5259.



**Cancer Services** - preregistration is required. Visit [cancerlifeline.org](http://cancerlifeline.org) or call 800.255.5505. FREE.



**All support groups** are free; no registration required unless otherwise noted.



# ONE MAN'S TESTAMENT

## THE IMPORTANCE OF EARLY DETECTION



Photo of Brian Constable taken by Toni Pinto  
overlakehospital.org/menshealth

Bellevue resident and Microsoft program manager Brian Constable loves playing chess and spending time with his friends and family. An otherwise healthy 54-year-old, Brian acted fast when he saw something that wasn't quite right. This is his story.

Last November, I was going to the bathroom and noticed something unusual – my urine was a brownish color. I had no other symptoms – no pain or burning sensation – but to be sure, I made an appointment and saw my doctor the very next day. She said I likely had a virus or some sort of infection, so she sent my urine to the lab to get tested.

My lab results came back clear, so it wasn't an infection. Since my urine continued to be discolored, I was sent to have a CT scan. The scan picked up several masses, and at that point, I was referred to a urologist – Dr. Khanh Pham.

Dr. Pham did further testing – he performed a cystoscopy, which is a scope of the bladder, and biopsied the masses. A week later, Dr. Pham said, 'I'm sorry, the masses are cancerous, and the cancer is in the bladder wall.'

It was a shock to hear that I had cancer. But if there was any good news, it was that the fatty

tissue around the bladder appeared cancer free, which meant it likely hadn't spread.

I had several options. One option was to undergo radiation and chemo only and not remove my bladder, but that would only give me a 65% 5-year survival rate. Another option was to undergo chemo and then surgically remove my bladder, prostate and lymph nodes. That would give me an 80% survival rate.

**“80% VERSUS 65% – THIS IS HOW I MADE MY DECISION.”**

My 21-year-old daughter wanted all the details on my treatment options and my 16-year-old son wondered: 'Dad, how are you going to pee?'

That was actually another decision I had to make – how I wanted to replace my bladder. Did I want a bag on the outside of my body [urostomy bag] or did I want some of my intestines reconstructed into an internal bladder [neobladder]? Dr. Pham used a car analogy to help me with the decision. He asked, 'Do you want a reliable car that doesn't

break down? Or do you want the one that looks nicer but with more maintenance?' I'm a practical, lower maintenance kind of a guy, so I went with the bag.

After surgery, Dr. Pham told me it went really well and confirmed that the cancer had not spread (and bumped up my 5-year survival rate to 92%). It made me feel really good to know the surgery was even more successful than the doctor thought it would be.

And, because the surgery was done laparoscopically, I recovered more quickly and was back to work sooner than if it had been a traditional 'open' surgery.

Throughout it all, I had really great support – from my care team at Overlake to my friends and family. Getting through chemo was the toughest part, but my wife, kids and friends were there for me, every step of the way.

It has been an adjustment to have the urostomy bag, but I'm getting used to it and it's becoming more routine. It's not easy sharing these particular details of my story, but I'm grateful the cancer was caught early and want to encourage men to pay attention to their bodies and not ignore signs and symptoms that are out of the ordinary.

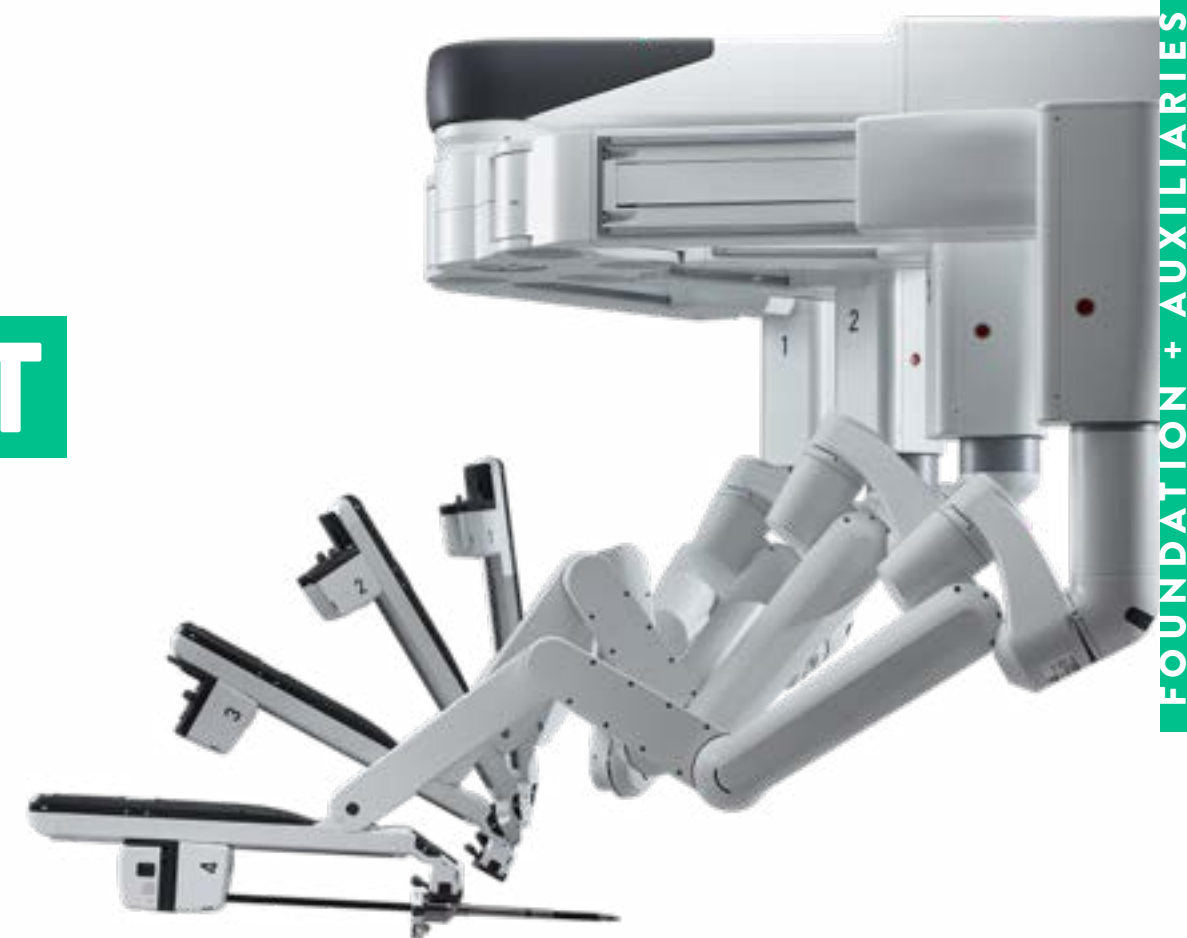
# ROBOT REBOOT

It seems like every day brings news of a new whiz-bang gizmo that will change the world (self-driving cars, anyone?). Technology moves forward with such breathtaking speed that many of yesterday's world-changing machines are giving way to better, faster, upgraded versions.

So it is in medicine, where the latest and greatest innovations are frequently updated.

Case in point: Many Overlake patients have benefited from robot-assisted surgeries in the past eight years. Our da Vinci robots have deployed their robotic arms (always under the control of the surgeon) to perform thousands of minimally invasive procedures with smaller incisions and often shorter hospital stays.

Contributions from the community were instrumental in enabling Overlake to bring



the da Vincis onto the surgical team, and philanthropy will again play a critical role as we add two new da Vinci Xi robots this year.

Integrating new technologies into Overlake's operating rooms is an ongoing process and requires careful research and vetting by an interdisciplinary team of clinical professionals. It also takes millions of dollars.

Each year, thousands of Eastsiders make gifts to Overlake to help ensure that their community's hospital remains on the leading edge of medical technology and treatment. Their investments pay off in outstanding care for their families and neighbors.

To learn more about the da Vinci robots and the Overlake Medical Center Foundation's work in connecting the community with medical technology, please visit [overlakehospital.org/robot](http://overlakehospital.org/robot).





# OVERLAKE IN THE COMMUNITY + NEWS



## STUDENTS EXPLORE CAREERS IN MEDICINE

High school and college students joined Overlake physicians on an evening in August to talk about various medical careers, education paths and what a day in the life of a doctor looks like. Speakers included neurosurgeon Abhineet Chowdhary, MD; psychiatrist Kelan Koenig, MD; urogynecologist Julie Lacombe, MD; and cardiologist Andrea Vitello, MD.



## TESTING BRAIN ACTIVITY AT HOME

Overlake epilepsy patients are now able to be tested at home with ambulatory electroencephalograms (EEG). A patient wears the device for 24 to 72 hours to record the brain's electrical activity during their normal, daily life. This gives neurologists a more robust set of data rather than the "snapshot" they'd typically get from a half-hour office visit.



## INTERNS GAIN HOSPITAL EXPERIENCE

This past summer, Overlake's internship program fielded a crop of outstanding college students. Students were placed in departments based on their interests and career goals to get their first real-world hospital experiences. Pictured: interns Riley Hofheins (left) and Aaron Graham (right) with intern coordinator, Brenda Epstein.



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

**Urgent Care Pass**  
Get in Line, Online.



Minimize your wait by getting in line before arriving – **it's easy:**

- 1 Go to [overlakehospital.org/urgentcare](https://overlakehospital.org/urgentcare).
- 2 Choose your Urgent Care location and click **RESERVE MY SPOT**.
- 3 Enter your information and click **CONFIRM ME**.

### URGENT CARE CLINIC LOCATIONS

BELLEVUE-DOWNTOWN • BELLEVUE-LAKE HILLS  
ISSAQUAH • REDMOND • SAMMAMISH

[overlakehospital.org/urgentcare](https://overlakehospital.org/urgentcare)

If you experience life-threatening symptoms, please call 9-1-1. The severity of patient conditions may impact wait times.

**Welcome!**  
New Overlake Providers



**Preetha Ali, MD**  
Colon + Rectal Surgery  
425.646.7400



**Nadia Hameed, MD**  
Endocrinology  
425.289.3130



**Scott Louis, MD**  
Cardiothoracic Surgery  
425.454.8161



**Nicholas Serrano, MD**  
Radiation Oncology  
425.688.5289



**Ian White, MD**  
Colon + Rectal Surgery  
425.646.7400

[overlakehospital.org/clinics](https://overlakehospital.org/clinics)