

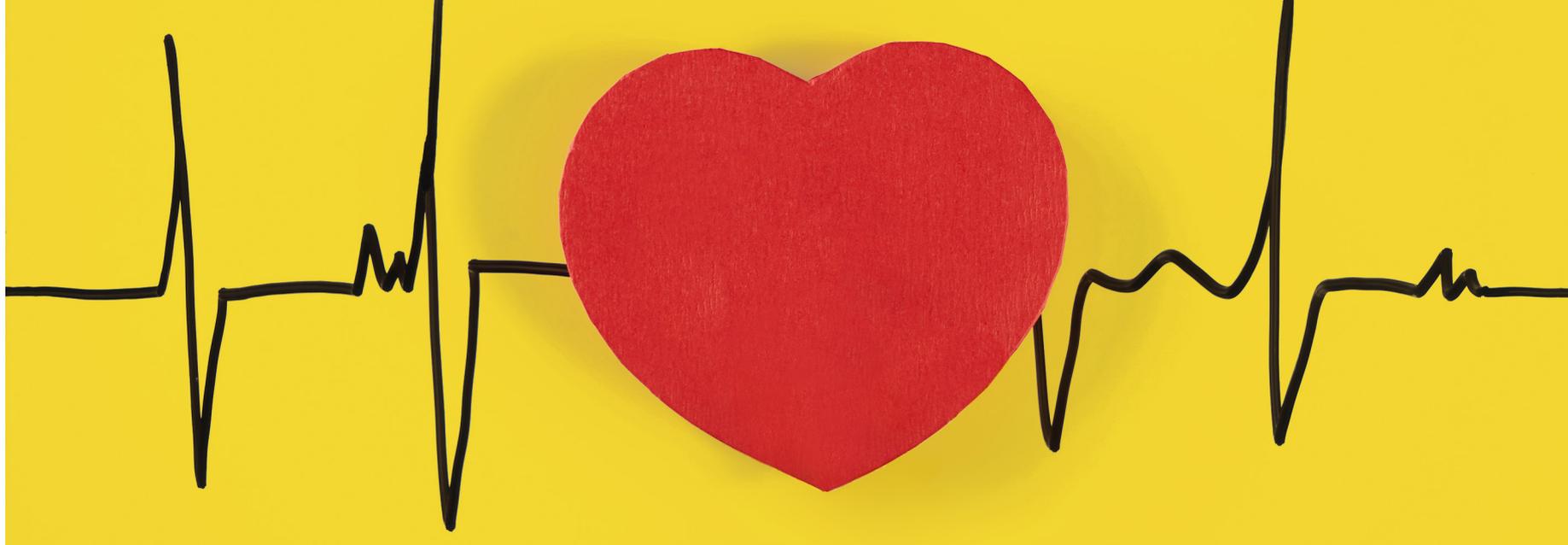
## OVERLAKE MEDICAL CENTER

1035 116<sup>TH</sup> AVE NE, BELLEVUE, WA 98004  
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**OVERLAKE**  
MEDICAL CENTER AND CLINICS

# Healthy Outlook



## CARDIAC ELECTROPHYSIOLOGY ADVANCED CARE FOR IRREGULAR HEARTBEATS

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Overlake 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 email [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org) or call 425.467.3548.

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For an electronic copy, visit [overlakehospital.org/healthyoutlook](http://overlakehospital.org/healthyoutlook)

**1 in 3 Americans**  
will have sepsis in their lifetime...

only **55%** of American adults  
have heard of sepsis



**Sepsis is not just one symptom.**  
It can be a combination of any of the following:

- Shivering or fever
- Extreme pain or discomfort
- Pale or clammy skin
- Confusion or disorientation
- High heart rate
- Shortness of breath

Source: Sepsis Alliance

WHAT YOU NEED TO KNOW ABOUT

**SEPSIS**

The average person battles a number of infections throughout their lifetime—from colds and flu to stomach viruses and urinary tract infections. But for the very young and very old, those with weak immune systems and people with chronic diseases (such as diabetes, cancer, lung or kidney disease), infections pose a greater risk.

Sepsis occurs when the immune system stops fighting an infection and turns on itself, triggering an inflammatory chain reaction that causes damage to tissues and organs.

Almost any infection can lead to sepsis, that's why it's important—no matter your age or state of health—to see the doctor when you

suspect an infection, get it treated and know what signs to look for if it's not getting better.

Sepsis is a life-threatening emergency that requires immediate medical attention. To protect against sepsis, the CDC recommends we: prevent infections, practice good hygiene, know the symptoms and act fast.



**KEEPING THE RHYTHM**

Have you ever felt like your heart skipped a beat, fluttered or beat faster than normal? Most of us have. But when do you know if it's from drinking too much coffee or being under a mountain of stress versus a more serious medical condition?

Heart palpitations can be normal if they happen infrequently and you can trace them to a known cause like caffeine or anxiety. If they happen regularly, however, and you have other symptoms, such as shortness of breath, lightheadedness and fatigue, or risk factors including diabetes, high blood pressure, heart disease or family history of heart disease, it's important to be evaluated by your healthcare provider to ensure there isn't an underlying issue, such as an arrhythmia.

Arrhythmias are abnormal heartbeats. They cause the heart to flutter, pause or beat too slow or too fast. The most common arrhythmia is atrial fibrillation (AFib), which is a rapid and irregular heartbeat.

Our heartbeats are controlled by electrical signals that tell the muscles in our heart when to contract. In AFib, for example, these signals become erratic, causing an irregular rhythm and uncoordinated contractions. Blood isn't pumped as effectively through the body and may then collect in the heart, which can lead to clotting and stroke. In fact, those with the condition have a five times greater risk of stroke than someone without AFib.

In partnership with EvergreenHealth (see below), Overlake's highly trained cardiac electrophysiologists diagnose and treat the electrical activities of the heart with the most advanced technologies available.

"We can provide lasting solutions for people's arrhythmia problems they may have had their entire lives," says Overlake electrophysiologist Robert Rho, MD.

If an arrhythmia is confirmed, the electrophysiologist will determine whether a medical or surgical method is needed. That may include medication, a procedure such as catheter ablation or an implantable device.

"Our patient-centered team approach means we take care in addressing each person's individual condition," adds Overlake electrophysiologist Jeffrey Fowler, MD.

For a more in-depth look at arrhythmia care at Overlake, visit [overlakehospital.org/heartbeat](http://overlakehospital.org/heartbeat). You'll find an array of informational videos on topics such as device therapy, AFib and a tour of our arrhythmia center.

EASTSIDE HEALTH  
ALLIANCE

OVERLAKE MEDICAL CENTER AND CLINICS EvergreenHealth

*The Eastside Health Alliance is a joint venture of Overlake Medical Center and Clinics and EvergreenHealth to enhance the depth and breadth of cardiac, cardiothoracic surgery and neuroscience services on the Eastside. Our providers share a collaborative approach with a focus toward the best quality care and outcome for each patient.*

## CLASSES

FREE, UNLESS OTHERWISE NOTED. PREREGISTRATION REQUIRED; VISIT [OVERLAKEHOSPITAL.ORG/CLASSES](http://OVERLAKEHOSPITAL.ORG/CLASSES).

### PREGNANCY, CHILDBIRTH + NEWBORN CARE

**AFTER BABY COMES SUPPORT**

**BREASTFEEDING**

**CHILDBIRTH CENTER TOURS**

**FIRST FOODS**

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

**PRENATAL YOGA**

**PREPARATION FOR CHILDBIRTH+NEWBORN CARE (English+Spanish)**

**PREPARE THE NEST**

**PUMPING WHILE RETURNING TO WORK**

**UNDERSTANDING BIRTH: Online Class**

**CAR SEAT CHECK**

One-on-one consultation to learn correct car seat installation and usage. Sat., May 19, 10 a.m.–2 p.m.

### 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 ages 10 to 12 years and parent/guardian. \$80.

**BETTER BABYSITTERS**

Visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes) to register. Held regularly on Sat. and Sun., 9 a.m.–2 p.m. \$45.

### SAFETY

**FIRST AID+CPR CERTIFICATION**

Infant/child/adult CPR/AED training. Mon., Apr. 9 and Wed., Apr. 11, 6:30–9:30 p.m.; Mon., Jun. 4 and Wed., Jun. 6, 6:30–9:30 p.m.; or Sat., May 19, 9 a.m.–4 p.m. \$80.

**INFANT SAFETY + CPR**

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

**SPANISH CPR + FIRST AID**

Call 206.356.5887 (bilingual) for information.

### STOP THE BLEED

Learn how to provide basic bleeding control as immediate frontline aid until first responders arrive. Fri, Apr. 20 or Jun. 15, 6:30–8:30 p.m.

### WOMEN'S

**MAMMOGRAM PARTIES**

Host a private mammogram party for 6–10 women. Parties available Monday–Thursday, 6–8 p.m. To schedule, call 425.688.5985 or email [mammoparty@overlakehospital.org](mailto:mammoparty@overlakehospital.org).

**WOMEN'S SEXUAL HEALTH**

Join us for a class for women by women to discuss common female sexual concerns and what to do about them. Tue., May 8, 6:30–8:30 p.m.

**WOMEN'S PELVIC HEALTH: A team approach to common disorders**  
Experts will discuss common disorders and what diagnoses and treatment options are available. Tue., May 1, 6:30–8:30 p.m.

**PELVIC FLOOR WELLNESS: Women 30+**

Learn techniques to maintain and improve pelvic health. Tue., Apr. 24 or May 22, 6:30–8:30 p.m.

### HEALTHY LIFESTYLES

**MANAGING GERD, HEARTBURN + ACID REFLUX**

A panel of experts will talk about effective treatment options to relieve GERD symptoms, improve quality of life and decrease cancer risk. Wed., Apr. 18, 6:30–8:30 p.m.

**ABCS OF DIABETES SERIES**

Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) to register. Bellevue Family YMCA (14230 Bel-Red Rd).

**Nutrition + Weight Management**

Learn how to incorporate appropriate nutrition to better control blood sugar levels and manage your weight. Thu., Apr. 19, 4–5:30 p.m.

**Traveling with Diabetes**

How to safely and comfortably travel while managing diabetes. Thu., May 17, 4–5:30 p.m.

**Vision Issues**

Learn the impact of diabetes on vision, early signs of vision issues and their treatments. Thu., Jun. 21, 4–5:30 p.m.

**HIP + KNEE JOINT PAIN RELIEF**

An orthopedic surgeon will discuss nonsurgical options as well as what is involved in replacement surgery. Thu., Apr. 26, 6:30 to 8 p.m.

**MELANOMA MONDAY: Free Skin Cancer Screening**

Space limited; preregistration required. Mon., May 7, 5:30–7:30 p.m.

**NEW! YOUR WEIGHT, YOUR HEALTH, YOUR OPTIONS: Focus on Diabetes**

Living with excess weight increases risk of type 2 diabetes as well as other serious medical issues. The good news is even with modest weight loss, you can avoid these conditions and improve quality of life. Join our dedicated team of providers to learn about your risk and weight management options available. Tue., May 15, 6:30–8:30 p.m.

**BRAIN ATTACK: Start Reducing Risk Now**

Neurosurgeon Abhineet Chowdhary, MD, will discuss how to decrease stroke risk, symptoms to watch for and what can be done to reverse acute stroke symptoms. Thu. May 17, 6–7:30 p.m.

### SENIORS

**EXERCISES TO IMPROVE BALANCE**

Learn how to reduce the risk of falls and exercises that can help with balance. Wed, Apr. 18, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

**MY ACHING FEET**

Tips for preventing common foot problems and treatments to reduce pain. Thu., May 10, 2–3 p.m. Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) to register. Bellevue Family YMCA (14230 Bel-Red Rd).

**PELVIC CORE FITNESS + MORE**

A physical therapist will discuss pelvic fitness, dynamic breathing and exercises. Wed., May 16, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

**TIPS FOR HEALTHY COOKING**

A dietitian will review nutrition basics and how to prepare well-balanced meals. Wed., Jun. 20, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

**KEYS TO DEMENTIA SERIES**

Not appropriate for the memory-impaired person. Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) to register. Bellevue Family YMCA (14230 Bel-Red Rd).

**Safe Return—The Wanderer**

Join us to discuss why people wander, strategies for safe freedom of movement and how to find wanderers quickly. Thu., Apr. 26, 2–3:30 p.m.

**The Late Stage (Two-Part Series)**

In the late stage of dementia, caregiving involves new ways of connecting and interacting with one's loved one. Thu., May 24 and Jun. 28, 2–3:30 p.m.

**WALK FOR LIFE**

Senior walking program. Mon., Wed., Fri., 8–9:30 a.m. Bellevue Square; enter at Sky Bridge 4 from west parking garage. No registration required.

### CANCER SERVICES

FREE. Open to cancer patients, survivors, friends and family. Register at [cancerlifeline.org](http://cancerlifeline.org) or call 800.255.5505.

**CHEMICALS THAT DISRUPT HORMONES**

Learn about the link between cancer and endocrine disrupting chemicals in the environment and how to reduce risk. Wed., Apr. 18, 6:30–7:30 p.m.

**BENEFITS OF ESSENTIAL OILS**

How to use essential oils to manage sleep and stress. Wed., May 2, 10–11 a.m.

**GENTLE YOGA**

Practice easy stretches, postures, guided meditation and breathing exercises. Please arrive 5 minutes early. Mon., May 7–Jun. 25, 6:30–7:30 p.m. No class May 28.

### SUPPORT GROUPS

ALL SUPPORT GROUPS ARE FREE; NO REGISTRATION REQUIRED

**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, 7–8:30 p.m.

**CANCER CAREGIVER**

This group is open to anyone caring for someone with a cancer diagnosis. 1st and 3rd Tue. of the month, 7–8:30 p.m.

**LA LECHE LEAGUE**

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

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

### EVENTS

**BANDAGE BALL 2018**

Join us for Overlake's most anticipated fundraising gala. Funds raised will support Overlake's emergency services.

Sat., Apr. 21, 5:30 p.m.

Hyatt Regency Bellevue  
[bandageball.org](http://bandageball.org)

**FASHIONS FROM THE HEART LUNCHEON + FASHION SHOW**

Presented by the Roger Stark Cardiac & Stroke Auxiliary. RSVP by May 15.

Tue., May 22, 11:30 a.m.

Bellevue Hilton  
[overlakehospital.org/FFTH](http://overlakehospital.org/FFTH)

**MEDITATION FOR BEGINNERS**

Meditation can ease stress and increase your sense of peace and focus. Learn to practice meditation whenever you need it most. Tue., May 15, 7–8 p.m.

**COPING WITH CANCER + POST-TRAUMATIC STRESS**

Learn about differences between typical stress and cancer-related PTS, managing triggers and helpful strategies. Wed., May 16, 6:30–7:30 p.m.

**CARD MAKING**

Artistic expression is a great way to relieve stress and have fun. Handouts and materials will be provided. Tue., May 22, 11 a.m.–1 p.m.

**LIFE IN SURVIVORSHIP**

Completion of treatment is a major milestone that provides opportunities for personal growth

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 a.m.–noon; 3rd Wed. of the month, 6:30–8:30 p.m.

**LOOK GOOD...FEEL BETTER**

Beauty techniques for women in active cancer treatment. Mon., Apr. 9 or Jun. 11, 1–3 p.m. Call 425.688.5586.

**LYMPHEDEMA SUPPORT**

2nd Wed. of the month, 6:30–8 p.m. Call 425.688.5905.

as well as new challenges. Explore issues that may arise and ways to help manage them. Wed., Jun. 6, 10–11 a.m. or Wed., Jun. 20, 6:30–7:30 p.m.

**PRACTICING MINDFULNESS THROUGH EASY DRAWING**

Zentangle© is an easy-to-learn way to create beautiful images by drawing structured patterns. It increases focus, creativity and a sense of personal well-being. Thu., Jun. 14, 11 a.m.–1 p.m.

**END OF LIFE CONVERSATIONS**

Having conversations around end of life can be emotional, challenging and complicated. Join us for a presentation by End of Life Washington to learn how to manage these conversations. Tue., Jun. 19, 7–8 p.m.

**PATH OF GRIEF**

Six-week support group for adults grieving the death of a loved one. Mon., Apr. 16–May 21, 10:30 a.m.–12:30 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**

4th Sat. of the month, 1–2:15 p.m. Call Jennifer at 425.688.5295.

**WEIGHT LOSS SURGERY SUPPORT**

Select Sat., 10 a.m.–noon; Thu. evenings, 6–8 p.m. Call 425.467.3957.

Overlake is proud to sponsor a variety of events and organizations throughout the Eastside. Look for us at the following events over the new few months!

**STUDIO EAST STORYBOOK THEATER**

Sat., Apr. 28  
Kirkland Performance Center  
[storybooktheater.org](http://storybooktheater.org)

**MARCH FOR BABIES**

Sat., May 5  
Seattle Center  
[marchforbabies.org](http://marchforbabies.org)

**NAMI WALKS**

Sat., Jun. 2  
Marina Park, Kirkland  
[namiwalks.org](http://namiwalks.org)

## IT TAKES A COMMUNITY

As a community-based hospital, our patients are our neighbors, our friends, our family. When an emergency arises—whether it's a heart attack, stroke, car accident or other life-threatening illness or injury—Overlake is here for you.

In this issue, we share a letter from Redmond resident Peter Tracy about the remarkable care he received from first responders and Overlake emergency department staff after a fishing accident last fall.

*I write today to thank and recognize your employees who saved my life on Tuesday, Oct. 31, 2017.*

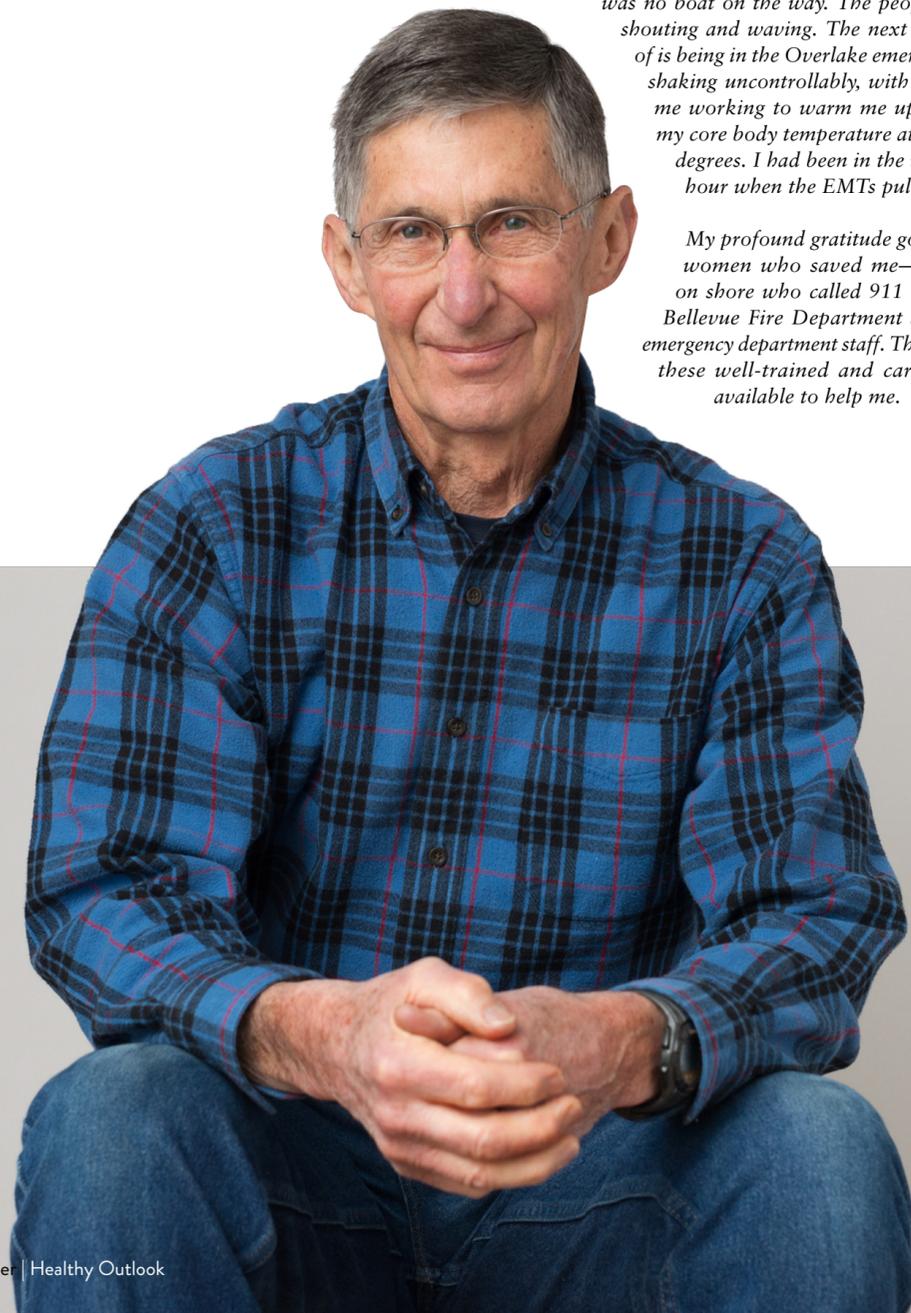
*That afternoon, I was fishing on Rattlesnake Lake in my canoe. It was the third time I have fished there this year. I reached behind my seat for my fly rod, the boat tipped left, water rushed in and I was in the water. Fortunately, I always wear a personal flotation device, so I didn't feel any panic. I righted the boat, and my plan was to bail as much water out of the boat as possible and then swim it to shore, about 100 yards away. Bailing was difficult and slow. I had two, 20-pound anchors down on 40 feet of line and had to pull them up. I tried to swim hanging on to the boat with one hand and using various kicks and one-armed strokes.*

*It was a beautiful day, sunny, no wind and around 60 degrees Fahrenheit. I knew the water temperature was 50 degrees, but I didn't feel cold. I noticed two people on the shore I was trying to reach. I started to get frustrated at not making progress toward the shore, but I kept trying.*

*Then, I saw flashing red lights at the boat ramp, but there was no boat on the way. The people on shore were shouting and waving. The next thing I am aware of is being in the Overlake emergency department, shaking uncontrollably, with nurses all around me working to warm me up. I was told later my core body temperature at that point was 87 degrees. I had been in the water roughly one hour when the EMTs pulled me out.*

*My profound gratitude goes to the men and women who saved me—from the people on shore who called 911 to the EMTs with Bellevue Fire Department and the Overlake emergency department staff. Thank you for having these well-trained and caring professionals available to help me.*

- Peter Tracy



## EMERGENCY!

On December 18, 2017, a train fell out of the sky. Or so it must have seemed to the drivers making their way to work on Interstate 5 near DuPont, Washington that morning when an Amtrak train derailed on a bridge over the freeway. Three people died and 62 sustained injuries requiring medical treatment at nearby hospitals.

Train derailments thankfully happen only rarely, but the incident reminds us of a universal reality: accidents happen. No matter how careful, responsible and prepared you may be, you can't stop the train from running off the tracks.

Accidents and other medical emergencies, such as heart attacks and strokes, make it critically important to have access to a top-quality hospital with a full range of emergency services. If you live or work on the Eastside, that hospital is Overlake, and we are here for you.

Each year, thousands of patients come to Overlake for emergency medical care, and we are committed to providing exceptional, compassionate care to each one. In addition,

we stand ready to serve our community in the event of any large-scale disaster, such as earthquake, avalanche, act of terrorism or even a train derailment.

Maintaining our readiness to respond to emergencies, large and small, is of the utmost importance. We use training, drills, equipment checks and upgrades, and careful coordination with other regional providers and first responders to ensure that we are always prepared.

At this year's annual fundraising gala, we will invite the community we serve to come out and honor the incredible lifesaving work done by Overlake's emergency services department. Proceeds will support the training and equipment that keep our program cutting-edge and enable facility improvements that will expand our capacity to care for our growing population.

We hope you will join us on April 21, 2018, for an inspirational evening filled with stories of everyday heroism. Please visit [bandageball.org](http://bandageball.org) for more information.

Step into Summer with  
*Fashions from the Heart*

HOSTED BY THE ROGER STARK CARDIAC & STROKE AUXILIARY

**TUESDAY, MAY 22, 2018 at 11:30 A.M.**  
BELLEVUE HILTON | 2<sup>nd</sup> Floor Ballroom  
300 112<sup>th</sup> Ave SE Bellevue, WA

**FASHION PRESENTATION:** Title Nine  
"Divalani" Style

**KEYNOTE SPEAKER:** Derek Rodrigues, MD  
Cardiologist & Cardiac Electrophysiologist

**Your generous support of the event will benefit cardiac and stroke programs at Overlake**

RSVP by May 15  
**For more information or to purchase tickets call 425.688.5534**



**OVERLAKE**  
MEDICAL CENTER  
FOUNDATION & AUXILIARIES

# OVERLAKE IN THE COMMUNITY + NEWS



## SEATTLE MAGAZINE RECOGNIZES OVERLAKE

*Seattle Magazine* named Overlake as one of the best places to work in the Seattle area, citing a best-in-class work environment with employees who are committed to going above and beyond to provide the best patient care.



## OVERHEARD: THE NEW PODCAST FROM OVERLAKE

This spring, Overlake is launching a monthly podcast called Overheard that will feature a wide variety of health topics and information. Be sure to find us on SoundCloud, iTunes or your favorite podcast app.



## CEO RECEIVES LEADER IN HEALTH CARE AWARD

Overlake President + CEO J. Michael Marsh received an Outstanding Medical Center/Hospital Executive award at *Seattle Business* magazine's 2018 Washington Leaders in Health Care Awards gala. Congratulations, Mike!



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

## OVERLAKE MEDICAL CENTER BANDAGE BALL



SATURDAY, APRIL 21, 2018

5:30 P.M.

Hyatt Regency Bellevue

Funds raised will support Overlake's Emergency Services

Purchase your tickets today!

[bandageball.org](http://bandageball.org)