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 or call 425-667-3548.

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For an electronic copy, visit overlakehospital.org/healthyoutlook

CARDIAC ELECTROPHYSIOLOGY
ADVANCED CARE FOR IRREGULAR HEARTBEATS
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.

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. You’ll find an array of informational videos on topics such as device therapy, AFib and a tour of our arrhythmia center.

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

WOMEN’S MAMMOGRAPHY PARTIES
Host a private mammography party for 6–10 women. Parties available Monday–Thursday, 6–8 p.m. To schedule, call 425.688.5985 or email mammography@overlakeshosp.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, 6–8:30 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 weight and weight management options available. Tue., May 15, 6:30–8:30 p.m.

BRAIN ATTACK: Start Reducing Risk Now
Neurosurgeon Abraham Chouwkhay, 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.

HEALTHY LIFESTYLES
MANAGING GRED, HEARTBURN + ACID REFUX
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.

ABS OF DIABETES SERIES
Visit overlakeshosp.org/classes to register. Bellevue Family YMCA (14230 Bel-Rd 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 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; pre-registration required. Mon., May 7, 5:30–7:30 p.m.

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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 overlakeshosp.org/classes to register.

PELVIC CORE FITNESS + MORE
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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 cold. 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

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 82 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 for more information.
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.

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!

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.

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OVERLAKE IN THE COMMUNITY + NEWS

BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

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