PREVENTIVE CARE
FEATURE
Overlake Medical Center | Healthy Outlook

Navigating Midlife

The hot flash is the quintessential symptom of the “change of life,” or menopause, for women. But how do you know if your hot flash is from menopause? Or, are you in perimenopause? And, how long will it last?

Menopause, by definition, is 12 months of no menstrual activity. Perimenopause is the transitional period before menopause when there is a gradual decrease in menstrual bleeding and fluctuation of hormone levels. The average age women go through menopause is 51 years old, while perimenopause occurs, on average, four years prior.

Hot flashes are the most common symptom, while others include mood changes, sleep disturbances, irregular menstruation, difficulty concentrating and remembering things, headaches or dizziness, change in sexual desire and comfort, vaginal dryness, skin dryness and thinning hair. Christy Chan, MD, from Overlake Clinics Primary Care – Kirkland, adds, “Changes in lipids and bone loss also occur, both of which have implications for long-term health. So it’s important for women to know their risk factors for heart disease and osteoporosis.”

Studies have shown menopausal symptoms are undertreated. To encourage more women to address these symptoms, Annapoorna Murthy, MD, suggests downloading an app. “MenoPro is a free app recommended by the North American Menopause Society that women can use to check if the symptoms they are experiencing qualify for hormone replacement. It is based on current guidelines and asks a series of questions about age, symptoms, medical and family histories,” says Dr. Murthy. Consult with your healthcare provider about any results you may receive.

Some women can manage their symptoms by watching their weight with diet and exercise, staying away from tobacco and making simple lifestyle changes. When symptoms become unnerving, hormone therapy with diet and exercise, staying away from tobacco and making simple lifestyle changes. 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Should a woman have a pelvic health issue arise after childbirth, such as urinary or bowel incontinence, prolapse or pelvic muscle dysfunction, Overlake’s multidisciplinary care team can help. The team includes urogynecologists, colorectal surgeons and pelvic floor physical therapists. Typically, patients start with conservative treatments like physical therapy, behavioral strategies, medication or minimally invasive minor procedural options, but sometimes surgery is necessary.

“Overlake thinks about women’s pelvic health in a holistic and collaborative way. Whether you receive treatment from a urogynecologist, colorectal surgeon, physical therapist or all three, we will get your pelvic floor going again,” says Dr. LaCombe.

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The pelvic region is a system with many parts – bones, ligaments, joints, connective tissue and muscles – all of which support the pelvic organs and play a role in pregnancy and childbirth.

“If you have a dysfunctional pelvic floor – and a lot of women do – you think it becomes this way because of childbirth. However, what people don’t realize is they likely had dysfunctional pelvic floors before childbirth,” says Urogynecologist Julie LaCombe, MD, FACOG, with Overlake Clinics Pelvic Health.

Women can carry stress in their pelvis and unknowingly clench the pelvic floor muscles. This in turn makes the muscles tight. And, when they are tight, they are actually weak. If you go through childbirth in this state, you run the risk of protracted labor (where the baby’s descent down the birth canal could be stalled by non-relaxing muscles), third- or fourth-degree tearing, or increased risk of C-section because the muscles aren’t trained to relax.

What can be done to balance the relaxation with the strengthening of the pelvic floor? The answer is a combination of breathing and muscle training. “Ideally, the ‘core and floor’ should be strengthened before or during pregnancy,” says Kathy Golic, an Overlake physical therapist who specializes in pelvic floor issues. “This is accomplished by activating the pelvic floor and recruiting the abdominals while working out and when doing challenging activities.” But it is also important to relax and release the pelvic floor muscles in between contracting the muscles. This can be accomplished with diaphragmatic breathing: breathing in through your nose and filling your belly – not chest – with air.

To learn more about women’s services at Overlake, visit overlakehospital.org/womenshealth.

Tips for Discussing Menopause with Your Healthcare Provider

1. MEDICAL HISTORY
   Provide a clear and concise medical history, including surgeries, gynecologic history and current lifestyle. Be honest and thorough.

2. FAMILY HISTORY
   Understand how your family history may play a role in your treatment decisions. Are you more at risk for osteoporosis than heart disease? Does breast cancer run in your family?

3. SYMPTOMS
   Explain your symptoms and your priorities for treating them. Which symptoms are uncomfortable or bothersome?

4. TREATMENT OPTIONS
   Decide your comfort level with various treatments. Do you want to try simple lifestyle changes first?
CALENDAR

YOGA FOR PREGNANT WOMEN
A discussion around the HPV virus and its importance in human health.
Learn practical skills to manage diabetes. To register, call 425.688.5700
Held regularly on Sat. and Sun., 9 a.m.–2 p.m. $45/person.
For ages 11 to 14. Visit seattlechildrens.org/classes for details and to register.
For girls or boys ages 10 to 12 and a parent/guardian. To register, visit

CHILDBIRTH PREPARATION + NEWBORN CARE
Pumping Strategies
Newborn Care
Breastfeeding

DIABETES SERIES
Call 425.688.5259 to register. Held at Bellevue YMCA.
Care Tips for the Caregiver
Thu., Apr. 18, 4–5:30 p.m.
Have Diabetes Will Travel
Thu., May 16, 4–5:30 p.m.
Supplementing Diabetes Management
Thu., Jun. 20, 4–5:30 p.m.
WHEN YOU CAN'T MEND A BROKEN HEART
How palliative care can support heart failure patients. Wed., Apr. 24, 1–3 p.m.
The DELIVERY DEBATE
Pros and cons for natural birth versus C-section. Thu., Apr. 25, 6:30–8 p.m.
UNDERSTANDING STROKES
Thu., May 9, 6:30–8 p.m.
CANCER RESEARCH
Research at Overlake and beyond. Thu., May 23, 6:30–8 p.m.

DIABETES SERIES
Learn practical skills to manage diabetes. To register, call 425.688.5700 and press 5 when prompted.

HEALTHY LIFESTYLES
DIABETES EDUCATION
Learn practical skills to manage diabetes. To register, call 425.688.5700 and press 5 when prompted.

GENDER YOGA

SAFE LIVING

FIND A CAREGIVER

P sketching at the Milgard Center for Creative Arts and Letters
Join us for a keynote presentation on “Talk Saves Lives: An Introduction to Suicide Prevention” as well as breakout discussions led by Eastside experts.
All ages encouraged. Pre-registration is required as seating is limited.

DANCEKIDS

COMMUNITY HEALTH FAIR

WALK FOR LIFE
Exercise safely while improving strength and balance. Mon., Wed. and Fri., 8:30–9:30 a.m. Bellevue Square Mall; enter at Sky Bridge 94 from the west parking garage.

EVE NTS
GRAND OPENING
Newcastle Primary Care + Urgent Care Clinic
Saturday, April 27, 9 a.m. – noon
13159 Newcastle Commons Dr., Newcastle

BANDAGE BALL 2019
Sat., May 4, 5:30 p.m.
Hyatt Regency Bellevue

You’re invited to join us for Overlake’s largest fundraiser of the year. Bandage Ball is an elegant evening that features fabulous silent and live auctions, raffles, a three-course dinner and a lively after-party! Funds raised will benefit Overlake’s new Childbirth Center, opening in 2020.
Learn more at bandageball.org.

CANCER SERVICES
GENTLE YOGA
Mondays, Apr. 1–Jun. 24, 6:30–7:30 p.m.

LIVING WITH CANCER
1st Wed. of the month, 10–11 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. Tue., April 9–May 14, 1–3 p.m. Pre-registration required. Call 425.688.5308.
P.S. SUPPORT GROUP
Support for miscarriage, stillbirth and infant loss. 3rd Thu. of the month, 7–9 p.m. at Hyatt Regency Bellevue.

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

SWELL LYMPHADENOMA
3rd Thu. 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 or visit overlakehospital.org/classes for dates.

MENTAL HEALTH CONFERENCE
Sat., May 18, 10 a.m. – 3 p.m.
Overlake PACCAR Education Center
Join us for a keynote presentation on “Talk Saves Lives: An Introduction to Suicide Prevention” as well as breakout discussions led by Eastside experts.
All ages encouraged. Pre-registration is required as seating is limited.

SAVE THE DATE!
OVERLAKE COMMUNITY HEALTH FAIR
Sat., Sept. 21, 10 a.m. – 3 p.m.
Together Center, Redmond
Interactive demonstrations, free medical screenings and flu shots.
In the fall of 2017, doctors and staff of Overlake Medical Center were critical emissaries of miracles during Barbara’s 50-day journey through three deaths and resuscitations and three open heart surgeries.

My journey started at home with severe chest pain and unexplainable symptoms. Although I thought I was experiencing gas and it would pass, my husband called 911 anyway. I was taken to Overlake emergency, where they immediately tested and ruled out stroke and heart attack. The attending doctor asked where my pain level was, and my response was the same as when I arrived in the ambulance. He found this odd and recommended one more test before we left: a CT scan. He explained it was possible I was experiencing an aortic dissection – a disorder in which the inner lining of the aortic wall suddenly tears and separates from the middle layer of the aortic wall. The results of my CT scan confirmed I had type A aortic dissection.

Little did we know, this was the first miracle. Twenty percent of type A aortic dissection patients die before they ever reach the hospital, and misdiagnosis can occur without proper tests. Given the many complications that can happen before, during and after surgery, if the patient makes it to the hospital, type A aortic dissection has a 99 percent fatality rate.

My surgeon, Dr. David Nelson, and his team were conduits for the next miracle: the 10-hour open heart surgery required to save my life. My doctors and nurses are all experienced, highly qualified healthcare professionals who are good at what they do. But medical knowledge alone did not save my life. The compassion and human empathy my family and I received were equally critical to my survival.

The new Childbirth Center will feature:

1. Larger rooms with plenty of space to welcome family members who want to share in the joyful moments. Modern families are much more involved in the birth process than they have been in the past. Our new center accommodates and celebrates them.
2. Expanded space within the Childbirth Center for emergency care of pregnant women.
3. Dedicated rooms for moms-to-be on medically supervised bedrest.
4. Mom and baby care clinic, with breastfeeding support, well-baby/mom visits and baby care classes, all integrated into the new center.
5. When new families get the support they need, babies get off to a great start.
6. Comfortable, homelike environment with advanced medical support whenever needed.
7. The excitement among staff, providers and especially future Eastside moms is building as the structure begins to take shape. Overlake’s world-class care in a beautiful, brand new center? Yes, please.

That’s why this year’s Bandage Ball is all about the babies. In the nearly 60 years we’ve been serving the Eastside, we have welcomed thousands of little ones, and we plan to keep on delivering. With the help of our generous community, we aim to raise $1.3 million to help bring the new Childbirth Center—opening in 2020—into the world.
COME CELEBRATE

GRAND OPENING OF PRIMARY & URGENT CARE IN NEWCASTLE

Join us for tours, family-friendly activities, refreshments and more!

Saturday, April 27
9 a.m. to noon
13159 Newcastle Commons Dr

Special Giveaway for the First 100 Guests!

Welcome
New Overlake Providers

Edward Chun, MD
Hospitalist
425.688.5460

Ann Padilla, ARNP
Outpatient Psychiatry
425.668.5460

Sarah Hiam, DO
Urgent Care
425.455.8248

Abdul Siddiqui, MD
Infectious Disease
425.455.8248

Julie Nicholson, MD
Lake Hills Primary Care
425.637.3270

Brianna Walker, ARNP
Cardiology
425.454.2656

Saturday, May 4, 2019 at 5:30 p.m.
Hyatt Regency Bellevue

Join us for an unforgettable evening benefiting Overlake’s new Childbirth Center, opening in 2020.

Purchase your tickets at bandageball.org

overlakehospital.org/newcastle

COMEBECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

overlakehospital.org/clinics

BELLEVUE  •  KIRKLAND  •  ISSAQUAH  •  NEWCASTLE  •  REDMOND  •  SAMMAMISH

BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE