

Healthy Outlook



PRIMARY CARE WHERE YOU LIVE + WORK
PLUS: TIPS FOR KEEPING YOUR RESOLUTIONS

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ANNUAL REPORT
TO THE COMMUNITY

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THE ATTITUDE OF GRATITUDE

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Overlake Medical Center & 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 or call 425.467.3548.

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MINDFULNESS MEDITATION

SOLUTIONS FOR EVERYDAY STRESS



Juan Antonio Avila, MD

Deep breath in; breathe out. Is that how meditation works? Although it can be as simple as that, mindfulness is a meditation practice that helps you focus on the present to decrease stress and anxiety. And, you can do it anywhere. You don't need a yoga studio or a dark room. In fact, the more you practice in distracting environments, the better you get at tuning out those distractions.

Healthy Outlook spoke to Overlake psychiatrist, Juan Antonio Avila, MD, about practicing mindfulness meditation and how it can help your overall well-being.

Q: What is the difference between meditation and mindfulness meditation?

Meditation is the act of bringing your attention and awareness to a particular subject or object; you contemplate something. Mindfulness meditation is a kind of meditation that brings your attention to the present moment – being in the now. We usually do this by focusing on our breathing, but there are other ways of practicing, too. From walking meditation, in which you walk very slowly and you focus on the process of taking steps, to eating meditation, the goal is to just focus on the now.

Q: How can it help with everyday stress?

Mindfulness is beneficial for coping with life stressors and helps with focusing on what is important. There's quite a bit of research showing that practicing mindfulness meditation is helpful for engagement in the workplace – people who practice it feel like they're more satisfied at work. Especially for those who are in difficult situations at work, they find it helpful

to be able to take a minute or two and then go back to work with more focus.

Q: Are there scientifically proven health benefits to mindfulness meditation?

Yes, there is quite a bit of research that indicates it decreases anxiety and depressive symptoms. It has also been shown to increase the areas of your brain related to emotional regulation, as well as the area of the brain related to compassion. There is research that shows it improves our immune system, decreases cellular inflammation and helps with pain. Research also suggests it helps people with irritable bowel syndrome.

Q: How long have you been practicing, and how has it been beneficial to you?

I started in 2004, while conducting research at Louisiana State University on the benefits of mindfulness meditation to decrease cravings in patients with alcohol dependence. I continued practicing after that, and I think it has helped me build compassion, and it

helps me focus on what is important.

Q: What are some tips on how to get started?

The easiest way to get started is by listening to guided meditation. There are several apps I would recommend, including Insight Timer, Calm, Headspace or Smiling Mind. If you have the time, visit a meditation or "Zen" center, where they usually offer open meditation sessions and sometimes have courses and retreats.

Whichever way you start, don't be discouraged by all the thoughts that come into your head, and, at some point, when you ask yourself, "What am I doing? I'm wasting my time sitting here and I can't even focus." That is the whole point of meditation: sitting with yourself and observing how your mind works.

For more health and wellness tips, check out our new blog at healthyoutlook.org. And while you're there, be sure to sign up for our email newsletter.

PRACTICAL NEW YEAR'S RESOLUTIONS

Every new year we resolve to better ourselves in some way, although most of us have trouble sticking to our resolutions. The issue may lie in setting unrealistic goals. "Small wins lead to bigger wins," says Dr. Maddox. "Instead of having a goal to lose 50 pounds in 2019, make your goal to lose 5 pounds in January. Once you get a couple of quick wins under your belt, it's easier to build sustained and meaningful gains throughout the year."

Here are some more ideas for how to make general resolutions more practical:

General Resolution

- Make healthier food choices.
- Exercise more.
- Quit unhealthy habits.
- Get more sleep.

Practical Resolution

- Eat a piece of fruit or some carrot or celery sticks before each meal.
- Go to the gym eight times in January.
- Replace soda with sparkling water.
- Keep your phone in another room to avoid late-night scrolling.

A LIFETIME OF GOOD HEALTH STARTS WITH PRIMARY CARE

On your ever-growing list of priorities, making a doctor appointment when you're feeling well may not be at the top. But there are good reasons for developing an ongoing relationship with a primary care provider instead of waiting until a health issue arises.

Primary care is the starting point to a lifetime of good health. These providers may be doctors or nurse practitioners. They look at your overall health to help you prevent medical



Gregory Maddox, MD

problems or catch them early, before they get serious. Based on your family history and individual lifestyle, your primary care provider can put together a preventive care plan to keep you healthy and have a baseline in case a medical issue develops. Routine exams aren't just about checking your blood pressure and weight; your provider will ask about your eating and exercise habits and emotional well-being, including work and family stress that might adversely affect your health.

"The more I know about a patient and the dynamics that affect their lives, the better we can make correct medical decisions together," says Gregory Maddox, MD, a family medicine provider who will be on staff at Overlake's newest primary care clinic in Newcastle (opening spring 2019).

The physicians and nurse practitioners on staff offer a wide range of healthcare services, including health maintenance screenings, immunizations, annual physical exams, routine women's care, acute care and chronic disease management. Family medicine providers can see patients as young as newborns, and for additional convenience, you may schedule back-to-back appointments with other members of your family.

"This is highly rewarding from a physician standpoint," says Dr. Maddox. "There is tremendous value in treating multiple family members and getting to know the whole family."

Typically, chronic conditions such as diabetes and hypertension can be easily managed by primary care. However, if the condition doesn't respond to initial treatments, your primary care provider can determine which kind of specialist you need and will make a referral. And, while being seen by a specialist, your primary care provider will stay in the loop and keep an eye on the big picture.

Overlake Clinics offer same-day appointments at our network of primary care and urgent care clinics located conveniently in Eastside neighborhoods. The clinics are also connected to Overlake's emergency services, outpatient imaging, lab and affiliated specialist physicians, offering patients a full spectrum of medical services.

If you're looking for a primary care provider, visit overlakehospital.org/primarycare or call 425.688.5211.



There is tremendous value in treating multiple family members and getting to know the whole family.



CLASSES

PREGNANCY, CHILDBIRTH +
NEWBORN CARE

BREASTFEEDING

Through practice and information, this course helps build confidence and increase knowledge. \$45/couple.

CHILDBIRTH CENTER TOURS

Learn about what to expect from registration to discharge. FREE. Included in the Childbirth Preparation Class.

CHILDBIRTH PREPARATION + NEWBORN CARE

A series of classes to help you prepare for labor, birth and newborn care. Includes Childbirth Center tour. \$160/couple; \$95 for online course.

LABOR COPING SKILLS

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

Whether you are new to parenting or re-entering the world of newborns, Overlake is here to help you every step of the way. \$45/couple.

PELVIC FLOOR WELLNESS:

New + Expectant Moms

Reduce pregnancy-related problems and strengthen pelvic floor muscles. Wed., Jan. 16 or Mar. 13, 6:30–8 p.m. FREE.

PUMPING STRATEGIES

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

or
FOR BOYS: The Joys + Challenges of Growing Up
\$80 per child/parent. Visit seattlechildrens.org/classes to register.

BETTER BABYSITTERS

Held regularly on Sat. and Sun., 9 a.m.–2 p.m. \$45/person. Visit seattlechildrens.org/classes for details and to register.

SAFETY

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.

CAR SEAT CHECKUP

Sat., Feb. 9, 10 a.m.–2 p.m. FREE.

STOP THE BLEED

Learn how you can provide basic bleeding control as immediate frontline aid until first responders arrive. Wed., Mar. 6, 6:30–8 p.m. FREE.



Preregistration required for all classes; visit overlakehospital.org/classes. Classes held at Overlake Medical Center unless otherwise noted.

For questions,
email classes@overlakehospital.org
or call 425.688.5259.

CANCER SERVICES

GENTLE YOGA

Mon., Jan. 7–Apr. 15, 6:30–7:30 p.m. No class Jan. 21.

MEDITATION FOR BEGINNERS

Thu., Jan. 10–31, 5–6 p.m.

MANUAL LYMPHATIC DRAINAGE TECHNIQUES

Tue., Jan. 15, 6:30–7:30 p.m.

COPING WITH STRESS

Wed., Jan. 23, 10–11 a.m.

NOURISHING SPICES

Tue., Feb. 5, 11 a.m.–1 p.m.

STENCILS + STAMPS

Tue., Feb. 12, 11 a.m.–1 p.m.

BENEFITS OF LAUGHTER

Wed., Feb. 20, 6:30–7:30 p.m.

HOW TO NAVIGATE DIFFICULT CONVERSATIONS

Wed., Feb. 27, 10–11 a.m.

NAVIGATING THE EMOTIONAL SIDE OF CANCER

Wed., Mar. 6, 10–11 a.m.

MANDALA ROCK PAINTING

Tue., Mar. 12, 11 a.m.–1 p.m.

LYMPHEDEMA MANAGEMENT

Tue., Mar. 19, 6:30–7:30 p.m.

DIETARY CONSIDERATIONS

Wed., Mar. 20, 6:30–7:30 p.m.

BATCH COOKING

Tue., Apr. 2, 1–3 p.m.

VITAMINS + SUPPLEMENTS 101

Tue., Apr. 3, 10–11 a.m.

HEALTHY LIFESTYLES

DIABETES EDUCATION

One-on-one education or two-part class to help you learn practical skills to manage diabetes. Call 425.688.5700 and press 5 when prompted.

DIABETES SERIES

FREE. Held at Bellevue YMCA. Preregistration required. Call 425.688.5259.

New Year, New Me

The new year is a good time to take a fresh look at your diabetes management plan. Thu., Jan. 17, 4–5:30 p.m.

Heart-Healthy Nutrition + You

Heart-healthy tips for managing diabetes. Thu., Feb. 21, 4–5:30 p.m.



Cancer Services - preregistration is required. Visit cancerlifeline.org or call 800.255.5505. FREE.

2018 | Annual Report
to the Community

Great Healthcare Begins With You

For nearly 60 years, caring community members like you have promoted the health and well-being of the Eastside and beyond with your philanthropic support. Your contributions bring world-class medicine, from primary-care visits to lifesaving surgeries, to your loved ones, friends and neighbors. Your generosity has made some great things happen.

The Future Is Now

Project FutureCare, our \$250 million campus renewal, supported by a \$50 million fundraising campaign, is well on its way to transforming Overlake. The project replaces an aging building with a state-of-the-art facility that will extend and support our world-class care. New operating rooms will increase the number of heart patients we can care for. The Childbirth Center in the new building will include beautiful rooms with space to

welcome family members and a host of upgraded features. And an expanded mental health unit will make care more accessible for patients who come to us with mental health as well as medical challenges.

In 2018, the first phase of Project FutureCare began by building a hybrid operating room, optimized for minimally invasive heart surgeries and vascular procedures, and a

new cardiovascular operating room. The new operating suite will bring Overlake's capacity for heart surgeries to 1,000 annually and will open in the summer of 2019. The new building, which will house the Childbirth Center as well as heart, cancer and orthopedic patients, is also under construction and slated to open in 2020. Thank you.

\$0

\$50M

\$21,916,858

Our incredible community has contributed \$21.9 million so far toward our \$50 million goal.

First On the Eastside

In 2018, support from the community helped the Overlake Neuroscience Institute open the first and only epilepsy clinic on the Eastside. Patients with seizure disorders can now receive diagnostic and treatment services close to home. Your support helped build a program with two epilepsy specialists and advanced diagnostic equipment, such as the ambulatory EEG. Patients are fitted with a cap of electrodes and wear it for several days, providing a much more complete picture of their brain activity than a single 20-minute test could provide. Still to come: an advanced epilepsy monitoring unit for in-hospital evaluations. Thank you.



The ambulatory EEG reads brain activity over several days, giving doctors a much more accurate picture of a patient's condition than a single, brief test.

Response to the Opioid Crisis

Every day seems to bring more challenges from the front lines of the opioid crisis. The Eastside has not been immune, and Overlake has developed several response mechanisms. Because we've seen high numbers of opioid-related problems in our emergency department, ambulatory clinics, childbirth center and even our senior health clinic, we have built a drug-monitoring component into our processes and are now developing a treatment program to help those in need. As an example, many seniors have multiple prescriptions from numerous providers and may have trouble keeping track of them all, leading to potential overdoses. We track down each prescription, eliminate duplicates and unneeded medications, and help patients simplify and manage their drug regimens. A comprehensive program is in development in our emergency department, thanks to our dedicated providers and strong community support for emergency services and community health. Thank you.

An Easier Test for Breast Cancer

Overlake clinicians conducted a pilot study of a blood test that may determine which women with abnormal or inconclusive mammography results are at low risk for invasive breast cancer. If proven effective, this technology will enable physicians to assess the likelihood of an invasive cancer with a simple blood test, potentially reducing the need for invasive biopsies.

Because mammography has a high rate of false positive or inconclusive results, many women must undergo painful and invasive tests to rule out cancer. In fact, 75 percent of women who have an ultrasound-guided biopsy will have a negative result, meaning no cancer has been found. The discomfort, expense, anxiety and stress that comes with the biopsy can hopefully be avoided for many of those women in the future with the new technology.

This multi-center prospective clinical trial enrolled 400 patients nationwide. Overlake's community-supported Cancer Center was the only participating site in Washington state. Thank you.

Keeping Our Community Well

With your help, Overlake provided over 750 community education and wellness events and services throughout the year. These included:

- Car seat safety checks.
- Women's health classes.
- Free health screenings and services, such as cholesterol tests, glucose tests and flu shots.
- Cancer support groups.
- Careers in Medicine, an event featuring a physician panel to introduce local high school students to the medical field.
- Overlake Mother's Milk Depot, which works in conjunction with the Mother's Milk Bank of Colorado to provide donated breastmilk for premature, sick or fragile infants.



Local high school students got a chance to explore their interests at Overlake's Careers in Medicine event.

Overlake By the Numbers

Fiscal Year 2018



1,481

Total number of donors



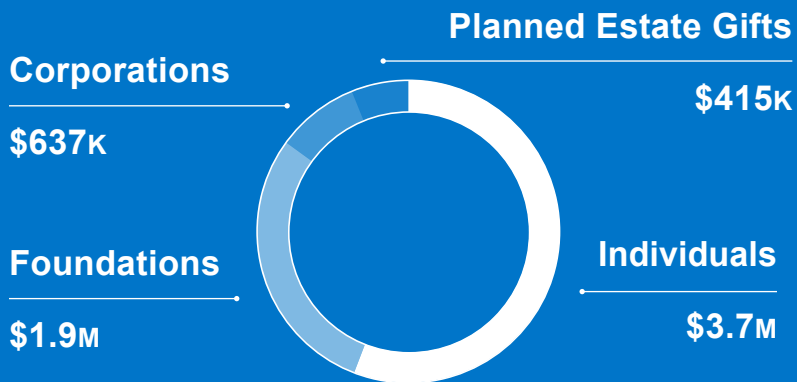
291

Number who joined the Circle of Excellence by giving \$1,000 or more

\$6,721,612

Total amount donated

DONATIONS BY SOURCE



3,069

Patients who received financial assistance

\$7 million

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YOUR WEIGHT, YOUR HEALTH, YOUR SLEEP

Learn more about obstructive sleep apnea and your weight loss options.
Tue., Feb. 5, 6:30–8:30 p.m. Preregistration required. FREE.

WOMEN

MAMMOGRAM PARTIES

Host a private mammogram party for 6–10 women. Available Mon.–Thu., 6–8 p.m. Call 425.688.5985 or email mammoparty@overlakehospital.org.

PELVIC FLOOR WELLNESS: Women 30+

Techniques to maintain and improve your pelvic health. Wed., Jan. 23 or Mon., Feb.25, 6:30–8:30 p.m. FREE.

SENIORS

MEDICARE INSURANCE EDUCATION SEMINAR

Get help understanding Medicare including supplement and prescription drug plans. No registration required. For information, call 888.752.5198.

WALK FOR LIFE

Exercise safely while improving strength and balance. Mon., Wed. and Fri., 8–9:30 a.m. Bellevue Square Mall. For questions, call 425.688.5259.

EVENTS

EASTSIDE WOMEN'S SYMPOSIUM

Sat., March 9, 10 a.m.–2 p.m.

Come join our discussion of women’s health on the Eastside. Our all-female panel of experts will be addressing topics pertinent to women such as heart health, nutrition, mental health, sexuality, aging, pelvic wellness and cancer prevention. This event is 21+. Preregistration is required.

CAREERS IN MEDICINE

Wed., April 3, 5–7:30 p.m.

High school and college students are invited to join us for a conversation with Overlake physicians from a range of specialties. Discussion includes medical careers, education paths and what a day in the life of a doctor looks like. Preregistration is required.

SAVE THE DATE! BANDAGE BALL 2019

Sat., May 4, 5:30 p.m.

Hyatt Regency Bellevue

Join us for Overlake’s largest fundraiser of the year! Get dressed up, have fun and show your support for world-class healthcare on the Eastside. The event features silent and live auctions, raffles, an elegant dinner and a lively after-party! Proceeds from the Ball will benefit Overlake’s new Childbirth Center, due to open in 2020.

To learn more, visit bandageball.org.

SUPPORT GROUPS

AFTER BABY COMES

A group for new moms to come with their baby and talk about navigating motherhood. Visit overlakehospital.org/classes for dates, times and location.

ALZHEIMER’S CAREGIVER

3rd Mon. of the month, 3-4:30 p.m. Overlake Senior Health, 1750 112th Ave. NE, #A101, Bellevue. Call Regina at 425.502.9828.

BALANCE AFTER BABY

For those experiencing postpartum mood disorder or struggling with the 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.

GRIEF + BEREAVEMENT WORKSHOP

A workshop to help the newly bereaved with the journey of grief. Wed., Feb. 27, 10 a.m.–12 p.m. Call 425.688.5308. Pre-registration required.

LA LECHE LEAGUE

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

Bellevue: 3rd Mon. of the month, 7–9 p.m. Call Kay at 425.226.8117.
Issaquah: 1st Mon. of the month, 10 a.m.–noon. Call 425.312.3477 or email LLL.Issaquah@gmail.com.
Eastside Japanese: 2nd Wed. of the month, 11 a.m.–1:30 p.m. Call 425.869.5136 or email izumimitsuoka@hotmail.com.

LIVING WITH CANCER

For those 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 group for adults grieving the death of a loved one. Mon., Jan. 14–Feb. 18, 1–3 p.m. or Tue., Apr. 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. Call Abbie at 206.367.3991 or Cami at 425.277.9494.

STROKE SUPPORT GROUP

Support for those who’ve had a stroke, head injury or other neurological event and their loved ones. 4th Sat. of the month, 1–2:15 p.m. Call Jennifer at 425.688.5295.

SWELL LYMPEDEMA

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.

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

PALLIATIVE CARE

BRINGING COMFORT,
IMPROVING QUALITY OF LIFE



What is palliative care? The goal of palliative care is to address and relieve the symptoms, stress and suffering that may accompany serious illnesses such as cancer or heart failure. It can be appropriate for anyone at any age and any stage of a chronic or serious disease, and can be provided alongside curative care.

The interdisciplinary palliative care team at Overlake provides services in both inpatient settings and at outpatient office visits. They help patients and their loved ones navigate medical options and decisions, manage symptoms that impact daily living, and provide support so patients and their families can better cope with the stress and uncertainty of serious illness. When appropriate, palliative care can help facilitate the transition to hospice care. They also connect patients to community resources and education, and as with Kay Miller (pictured; see story below), assist with advance care planning.

Palliative care is covered by most private insurances as well as Medicare and Medicaid. To make an appointment with Overlake's outpatient palliative care team, please call 425.635.6393.

Visit overlakehospital.org/palliativecare for more information.

“

One of the most important things is my life is my relationship with my daughter, Beth. We talk on the phone and get together regularly. One day, we were talking about what she will do when something happens to me. She was having trouble figuring out how she would handle an emergency with me as I get older.

I have experienced serious illnesses as a nurse, caretaker and as a patient. After experiencing what my husband went through with pancreatic cancer, I felt a real need to have a plan for myself and my daughter. My quality of life is what is most important to me, and my wish is to age at home.

I saw Dr. [Atul] Gawande on “Book TV,” where he spoke about his book Being Mortal

and talked about palliative care. This got me thinking about how I could use it. I had also seen flyers about Overlake palliative care in an Overlake clinic. This led me to making an appointment with Overlake's Palliative Care Services.

My appointment was with Dr. Jane Yeh, and Beth and I went in together. Dr. Yeh was a great listener, and we gave her the information she needed to help us put together a plan. It was very helpful and reassuring for my daughter to have all the information and instructions in place when an emergency comes up. It gives me peace of mind, too.

My first interaction with Overlake was when I volunteered when I first moved to

the area in the 70s. Subsequent experiences at Overlake have been when I had a knee replacement in 2004, then I had breast cancer and two mastectomies in 2009. In 2012, I was diagnosed with Atrial fibrillation [a heart arrhythmia], which is managed with medications. I see Denise [LeDoux] and Dr. [Joseph] Doucette at Overlake Cardiology. Dr. [Chailin] Wey, my primary care doctor, has guided me through a lot of medical issues; she is a fabulous internist.

I have been very happy with the care I've received throughout the years at Overlake; that's why I was confident in receiving palliative care services, which I praise. It has really served my family well.

”

THE ATTITUDE OF GRATITUDE



At the best of times, when everything is going well for you, gratitude springs up naturally. You might feel thankful for your job, spouse, kids and community. You might even make a habit of keeping a gratitude journal and sending off handwritten thank you cards.

When you are sick or in the hospital, thankfulness becomes much more specific. You might well up with gratitude for a compassionate nurse who makes you more comfortable, a doctor you credit with saving your life or a friendly tech who chats with you about your golden retriever while wheeling you to imaging.

Those feelings are natural and, it turns out, they help you heal. Studies have shown that positive emotions like gratitude cause your body to release chemicals that promote healing. Some have found that a conscious focus on gratitude results in greater well-being and physical health, including lower stress levels, lower blood pressure and better immune function.

How do we cultivate gratitude? Here are some suggestions from the experts:

- ⋮ Take out that gratitude journal again. A daily practice of committing your gratitude to paper helps you find your inner happiness, even on the most trying of days.
- ⋮ Say thank you. Handwritten notes are nice, but for everyday interactions a simple verbal or email thank you – delivered with sincerity – will give a boost to you and the person you are thanking. See your barista glow when you tell him or her that your latte is perfect. And, a direct thank you to your nurse will make their day.
- ⋮ Make donations to organizations that make the world a better place. Nonprofits rely on philanthropic support to fulfill their missions. If you are glad they're in your community, make a gift at whatever level you can afford.
- ⋮ Accept the gratitude of others when it comes your way. Don't deflect – you earned it! A gracious response will make the person thanking you feel good about having spoken up.

Did someone at Overlake earn your gratitude? Please tell us about it! Email your gratitude story to foundation@overlakehospital.org.

Overlake Medical Center is a 501c3 nonprofit organization with a mission to provide compassionate care for every life we touch. To learn more about how the community supports us, please visit overlakehospital.org/support.

*I have a passion for trains—
and painting them.*

*I have three grown children
I love to spend time with.*

I HAVE TWO NEW HIPS *and*

*I have serenaded the sunset
with my bagpipes.*

*I have Dr. Jonah Hulst to thank for
the minimally invasive hip surgery that
got me back on my feet faster.*

I have mobility again.

I have Overlake.

OVERLAKE MEDICAL CENTER
& CLINICS

overlakehospital.org

OVERLAKE MEDICAL CENTER
BANDAGE BALL
PRESENTED BY KeyBank

Saturday, May 4

Funds raised will support our new Childbirth Center
bandageball.org

Welcome!
New Overlake Providers

 <p>Amit Joshi, MD Issaquah Primary Care 425.688.5488</p>	 <p>Tuvien Le, DO Issaquah Primary Care 425.688.5488</p>	 <p>Greg Maddox, MD Newcastle Primary Care 425.635.3010</p>
 <p>May Mar, MD Issaquah Primary Care 425.688.5488</p>	 <p>April Phantana-angkool Breast Surgery 425.688.0212</p>	 <p>Jennifer Rabbat, MD Issaquah Primary Care 425.688.5488</p>

overlakehospital.org/clinics



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