

# OVERLAKE

FALL 2013

# Healthy OUTLOOK

CLASSES  
+  
PROGRAMS  
pages 12-15



## State-of-the-Art Cardiac Care

Donors David and Shelley Hovind support Overlake's mission to provide comprehensive and highly integrated care for your heart

Donors Shelley and David Hovind  
with cardiac patient Richard Sun (center)

 **OVERLAKE**  
MEDICAL CENTER

**PLUS**  
SEASONAL NUTRITION  
TIPS FOR MANAGING DIABETES



## From the President & CEO

We think the best way to care for our neighbors is to be in the neighborhood. That is why we continue to enhance our healthcare services in local neighborhoods across the Eastside—most recently in Issaquah.

This fall at our Overlake Center location on East Lake Sammamish Parkway SE, we will open an expanded urgent care clinic, while we work on merging Overlake Medical Clinics Issaquah and Gilman, our two primary care practices, by the spring of 2014. In addition, we have added the newest technology in outpatient medical imaging just next door. It's easy access to primary care, urgent care and medical imaging in one, convenient location.

For your specialty care needs, we offer a wide range of services just down the street in Issaquah at our Highmark Specialty Clinic on NW Maple Street. There you can make appointments with our Cardiology, Pulmonary, Breast Screening and Anticoagulation clinics. All of our clinics are connected to the hospital, offering you a full spectrum of medical services.

Thank you for letting Overlake care for you and your family.

Sincerely,

Craig Hendrickson  
President & CEO



MONDAY, NOVEMBER 25, 2013  
NOON - 1:30 P.M.

HYATT REGENCY BELLEVUE  
"World-Class Planning and Caring  
for Our World-Class Region"

a conversation with



**Phyllis Campbell**  
Chairman, Pacific Northwest  
JPMorgan Chase & Co.



and  
**Kemper Freeman, Jr.**  
Chairman and CEO  
Kemper Development Company

For more information or to purchase tickets,  
visit [www.overlakehospital.org/CPL](http://www.overlakehospital.org/CPL).

THANK YOU TO ALL OF OUR SPONSORS

PRESENTING SPONSORS

Alaska National Insurance Company  
SERVICE LEADER IN COMMERCIAL INSURANCE

PARKER | SMITH | FEEK

PREMIER SPONSORS

SYMETRA  
RETIREMENT. HEALTH. LIFE.

BMO Private Bank



FOUNDATION & AUXILIARIES

## HEALTHY OUTLOOK · FALL 2013

### BOARD OF TRUSTEES

Cecily Hall  
BOARD CHAIR

Bertrand Valdman  
IMMEDIATE PAST CHAIR

Jim Doud  
SECRETARY

Patricia Bedient  
TREASURER

Tom Miller, MD  
CHIEF OF STAFF

Richard Clarfeld, MD  
CHIEF OF STAFF ELECT

Craig Hendrickson  
PRESIDENT & CEO

Robert Campbell  
ASSISTANT SECRETARY

Gregory Collins  
Janine Florence  
Kemper Freeman, Jr.  
John B. Hayhurst

David Hovind  
Linda Mahaffey  
Doug Martin  
Lani Mobius  
Nolan Newman  
Russell Stockdale  
Thomas Stoll, MD

## OVERLAKE MEDICAL CENTER

1035 116th Ave. NE | Bellevue, WA 98004  
425-688-5000 [www.overlakehospital.org](http://www.overlakehospital.org)

Overlake Hospital 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 healthcare services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548 or e-mail [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org).

Healthy Outlook © 2013. Published by the Overlake Marketing Department.  
Director of Marketing and Public Relations: Kipepo Brown.

Executive Editor: Kelly Blake.  
Art Director & Photography by Garland Cary.  
Photography by Brian DalBalcon.

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



# FIND BREAST CANCER EARLY

*Beginning in their 20s, women should be aware of how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found.*

AGE 20-39:	AGE 40 AND OVER:
<ul style="list-style-type: none"> <li>• Clinical breast exam by a healthcare professional every three years.</li> </ul>	<ul style="list-style-type: none"> <li>• Yearly mammogram.</li> <li>• Yearly clinical breast exam.</li> </ul>

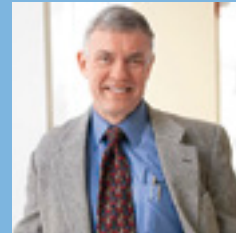
Women at high risk should talk with a doctor about starting mammograms at a younger age and using breast MRI to screen for breast cancer along with mammograms and clinical breast exams.

Call 425-688-5985 to schedule an appointment or visit [www.overlakehospital.org/breasthealth](http://www.overlakehospital.org/breasthealth) for more information.



Is joint pain keeping you from enjoying life? Join us for our complimentary seminar to learn more about joint pain relief and an in-depth discussion on hip and knee replacement.

**Wed., Oct. 16, 6:30-8 p.m.**  
at Overlake Medical Clinics Highmark Specialty Clinic with Steven Ratcliffe, MD



**Wed., Oct. 23, 6:30-8 p.m.**  
at Overlake Medical Center with Jonah Hulst, MD



**Wed., Nov. 6, 6:30-8 p.m.**  
at Overlake Medical Center with James Bruckner, MD

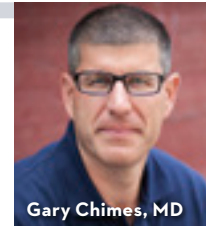


For more information, call 425-688-5259 or visit [www.overlakehospital.org/MIL](http://www.overlakehospital.org/MIL). Preregistration required.

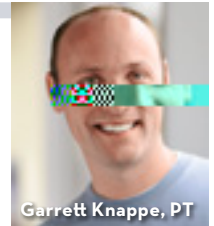
# FIT TO PLAY

*Preventing injury is a winning strategy for active boys and men—no matter your age.*

**W**ant to stay ahead of the game when it comes to sports injuries? Check out the following advice from two experts at Overlake Medical Center: Gary Chimes, MD, PhD, who specializes in physical medicine and rehabilitation, and rehabilitation manager Garrett Knappe, PT, DPT.



Gary Chimes, MD



Garrett Knappe, PT

## What are common sports injuries among young boys and teens and tips for prevention?

**Dr. Chimes:** Kids tend to get more traumatic injuries like fractures and sprains, partly because their bones are weaker and they play more contact sports. They're also more prone to overuse injuries than adults. That's why it's good when kids play multiple sports and don't start specializing too early. Also, children are significantly more vulnerable to concussions than adults. Parents should know risks of secondary concussions, which happen when you suffer another concussion before you've recovered from the first. To avoid an even more serious reinjury, rest and "therapeutic boredom"—minimizing stimulation—is essential after a concussion.

**Garrett Knappe:** For prevention's sake, kids—and athletes of all ages—should use proper equipment that fits well. Also, kids should be supervised by qualified adults and be prepared to play—with proper training and warm-ups and cool-downs. In my experience as a soccer coach, not enough attention is given to proper stretching. It can add range of motion, make kids more limber and help prevent strains and sprains.

## What gets weekend warriors in the worst trouble?

**Garrett Knappe:** By far, it's not knowing their limits. Basketball, for example, is one of the highest-impact sports. If you decide to play it or other sports, train for it and allow your body to adapt to the new activity, using the right techniques. An even better idea: Engage in regular exercise throughout the week.

## How should men develop a safe and healthy exercise program as they get older?

**Dr. Chimes:** Seniors often have chronic conditions such as diabetes or heart problems. I'd advise them to consult a physician with expertise in sports medicine and make sure their exercise program matches their needs. Being assessed for osteoporosis and knowing whether you're at risk of fractures can also be helpful. People think of osteoporosis as a woman's disease, but men get it too.



# AUTUMN NUTRITION

Temperatures are starting to cool down and leaves are turning from green to shades of red, yellow and orange. The change in colors is a reminder to keep a variety of colors in your daily diet. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances important for good health. Most fruits and vegetables are naturally low in fat and calories. Additionally, they are high in fiber, which is filling.

Antioxidants are found in a range of foods, but particularly in colorful fruits and vegetables.

• **FRUIT:** Apples, bananas, grapes, nectarines, peaches, pears, plums, tomatoes, watermelon and nashi pears.

• **VEGETABLES:** Asparagus, beans, broccoli, carrots, cucumbers, eggplant, lettuce, mushrooms, potatoes, pumpkins, snow peas, spring onions, sweet corn, turnips and zucchini.

## NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425-688-5484 or visit [www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition).

## Simple Whole-Wheat Bread

### Ingredients:

3 cups warm water	5 tablespoons butter, melted
2 packages active dry yeast	1 tablespoon salt
$\frac{2}{3}$ cup honey	$\frac{3}{2}$ cups whole-wheat flour
5 cups bread flour	

### Directions:

- In a large bowl, mix warm water, yeast and  $\frac{1}{3}$  cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.
- Mix in 3 tablespoons melted butter,  $\frac{1}{3}$  cup honey and salt. Stir in 2 cups whole-wheat flour. Flour a flat surface and knead with whole-wheat flour until just barely sticky—just pulling away from the counter but still sticky to touch. This may take an additional 2 to 4 cups of whole-wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dish towel. Let rise in a warm place until doubled.
- Punch down, and divide into three loaves. Place in greased 9-by-5-inch loaf pans, and allow to rise until dough has topped the pans by 1 inch.
- Bake at 350 F for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Let cool.

## Pineapple Apricot Sauce

This sauce is an easy alternative to pre-made jams or frostings. It contains no sugar or fat.

### Ingredients:

1 cup apple juice concentrate	1 8-ounce can juice-packed crushed pineapple
$1\frac{1}{2}$ teaspoons agar powder	$\frac{1}{4}$ teaspoon ground ginger
1 cup water	
1 cup chopped apricots, fresh, frozen or canned	

### Directions:

- Combine apple juice concentrate, agar and water in a saucepan. Let stand 5 minutes. Bring to a simmer, stirring occasionally and cook 3 minutes.
- Add apricots, pineapple with its juice and ginger. Stir to mix. Remove from heat and chill thoroughly, 3 to 4 hours.

# TAKE

DAVID AND SHELL  
HEART & VASCUL

Brand-new  
facilities and  
state-of-the-art  
procedures  
boost Overlake's  
cardiac care

# HEART

DAVID AND SHELLEY HOVIND  
HEART & VASCULAR CENTER

With the state-of-the-art David and Shelley Hovind Heart & Vascular Center now open, Overlake Medical Center's cardiac services can be accessed in one convenient location. "The new Heart & Vascular Center brings all our people and services in interventional cardiology together, including electrophysiology, cardiac catheterization, interventional radiology and a 15-bed patient care unit," says Joseph Doucette, MD, medical director of invasive cardiology at Overlake. "This will improve the patient experience by increasing access to specialized care while minimizing travel throughout the hospital. The center also allows physicians across different subspecialties to collaborate more efficiently."

The new facilities, along with the introduction of minimally invasive heart procedures, demonstrate Overlake's ongoing commitment to comprehensive cardiac care. The new center



was made possible through generous community donations.

### **Cardiac Arrhythmia: Leading-Edge Evaluation**

That careful design includes two new electrophysiology (EP) labs that cardiologists Jeffrey V. Fowler, MD; J. Alan Heywood, MD; and Derek M. Rodrigues, MD, FACC use to evaluate and treat patients with arrhythmia, a condition characterized by an irregular, fast or slow heartbeat. Arrhythmias occur when the electrical signals that control the heart's rhythm become disrupted. An aging population is driving up the number of patients with atrial fibrillation, a rapid heart rhythm that can increase risk for stroke and heart failure. "What's exciting about electrophysiology is that often we can offer a cure for a patient's condition instead of just managing the disease," Dr. Rodrigues says.

The spacious EP labs will enable Overlake to treat more atrial fibrillation patients using a minimally invasive technique called catheter ablation. This procedure involves guiding thin, insulated wires—typically through veins in a patient's leg—to target the heart tissue in which the displaced electrical signal is occurring. Multiple imaging technologies—including a sophisticated mapping system that produces a 3-D reconstruction of the heart—help cardiologists determine where to deliver radiofrequency energy or freezing therapy to block the arrhythmia's electrical pathway. "Patients don't have any stitches or wounds," Dr. Heywood says. "Recovery is several hours of bed rest. People are usually back on their feet within six hours of the procedure."

Another type of arrhythmia therapy involves implanting devices that monitor and regulate the heartbeat with electrical pulses or jolts. "A defibrillator is meant to prevent cardiac arrest, whereas a pacemaker is designed to regulate the heartbeat," Dr. Fowler says. Additional treatment options include cardiac resynchronization therapy, medications and surgery. Patients also visit the EP labs for evaluation and diagnosis. "Patients may be anxious about having arrhythmias occur even if they're not life threatening," Dr. Rodrigues says. "Our role is to make patients knowledgeable about their condition and guide them with a management plan that works for them."

### **Transcatheter Aortic Valve Replacement (TAVR) for Aortic Valve Disease**

Another minimally invasive, catheter-based procedure is coming this fall to the operating room, making Overlake just the fourth center in the state to offer transcatheter aortic valve implantation/replacement (known as TAVI and TAVR), a treatment for aortic stenosis patients who are inoperable or at high risk for surgery. Aortic stenosis is the narrowing of the aortic valve—usually caused by calcium buildup or scarring—that restricts blood flow through the heart, sometimes resulting in heart failure.

"This program requires highly qualified physicians from multiple disciplines working in teams," says cardiologist Ronnier Aviles, MD, who compares the emergence of TAVI to the introduction of stents in the 1990s. "We're at the juncture where technology is changing the field of cardiology yet again." TAVI, which was approved by the FDA in 2011, involves introducing





“The David and Shelley Hovind Heart & Vascular Center consolidates all the existing cardiac service line functions at Overlake, including electrophysiology, cardiac catheterization, interventional radiology and a 15-bed patient care unit.”

a catheter into the groin, chest, right arm or tip of the heart to implant a bovine tissue valve with a stainless steel mesh frame. “The transcatheter valve is basically a large stent with a compressed tissue heart valve on a balloon catheter,” says James Leggett, MD, a cardiologist. “Once we put the catheter across the valve, we expand the balloon to compress the old valve out of the way. Then we remove the equipment, leaving the new valve in place.” A clinical trial is underway to study TAVI in lower-risk patients; thus far, the FDA has approved the procedure only for high-risk and inoperable patients.

“Previous to this technology, patients [diagnosed with severe symptomatic aortic stenosis] who were not surgical candidates carried a mortality rate as high as 50 percent at two years,” says Scott Haugen, MD, a cardiologist at Group Health, which is partnering with Overlake on the new program. In a clinical trial, TAVI reduced mortality in the same patient population by 20 percent. “This is an opportunity for Overlake and Group Health to not only help improve those patients’ length of life, but also their quality of life,” says Dr. Haugen. Before TAVI, some patients had no choice but to live with symptoms including shortness of breath, chest pain and fainting. “Our goal is to have a truly comprehensive program that offers patients the best available care and most appropriate therapy for each patient,” Dr. Aviles says.

TO LEARN MORE, VISIT  
[www.overlakehospital.org/cardiac](http://www.overlakehospital.org/cardiac).

## A GENTLER APPROACH

### Minimally invasive valve surgery got Mark Phelps back to work—and life—faster than traditional surgery.

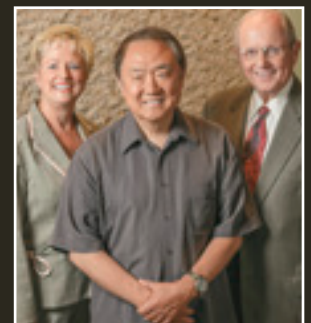
A broken breastbone, an unsightly scar in the center of the chest and a long road to recovery were once unavoidable impacts of heart surgery. Not anymore—at least for some patients—thanks to minimally invasive heart surgery now available at Overlake Medical Center.

Sammamish businessman Mark Phelps was one of the first patients at Overlake to have the procedure. Phelps had a leaky mitral valve, which was causing his heart to work overtime, pumping 50 percent more blood than normal. Due to the severity of Phelps’ leak, his cardiothoracic surgeon, Robert Binford, MD recommended an annuloplasty, which involves inserting a ring around the base of the heart valve to narrow its opening. Within 10 days after the procedure, Phelps returned to his office with just one small scar on the side of his chest, where Dr. Binford had accessed the heart with 10-inch instruments, and a second small scar on his groin, where the heart-lung machine had been attached.

“With traditional heart surgery, most people can’t get back to a full-time job until about six to eight weeks minimum post-surgery,” says Dr. Binford, who helped establish Overlake’s minimally invasive heart surgery program last fall. “Faster recovery is a huge advantage because a lot of people can’t stay out of work that long without significant financial hardship.”

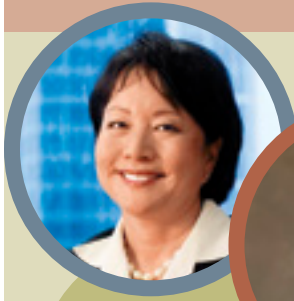
Overlake offers several minimally invasive heart surgeries, including mitral valve repair and replacement, aortic valve replacement, tricuspid valve repair, septal defect repair and the maze procedure for atrial fibrillation. “The fact that we’ve been able to build this program so successfully is a team success,” Dr. Binford says.

#### ON THE COVER



Richard Sun, featured on the cover between Shelley and David Hovind, was one of the Heart & Vascular Center’s first patients. He was treated by Joseph Doucette, MD. “Before my procedure, I felt tightness in my chest,” Sun says. “Now, it’s all gone. Dr. Doucette saved my life.” Sun underwent a complicated stent procedure in July but returned home after just one night in the hospital. He says he’s thankful for a facility that allowed him access to such great cardiac care.

## COMMUNITY PARTNERS EVENT GOES GLOBAL



Phyllis Campbell (above) and Kemper Freeman (right) will discuss the role of healthcare in shaping a globally competitive region.



As part of Overlake's commitment to the health and wellness of the Eastside, the Foundation will provide a forum for business and community leaders to come together for a thought-provoking discussion at our Community

Partners Luncheon. The luncheon will feature a stimulating conversation with two prominent and respected business leaders

in the Puget Sound community: Phyllis Campbell, chairman, Pacific Northwest Region, JPMorgan Chase & Co., and Kemper Freeman Jr., chairman and CEO, Kemper Development Company.

Moderated by *Puget Sound Business Journal* columnist Patti Payne, "World-Class Planning and Caring for Our World-Class Region" promises to be a lively exploration of the relationship between exceptional healthcare delivery to meet the needs of our growing community and the Eastside's ability to be increasingly competitive in the global markets of the future.

Proceeds from the Community Partners Luncheon will go to Overlake's Ensuring Excellence Fund.

Mon., Nov. 25,  
noon-1:30 p.m., at the  
Hyatt Regency Bellevue.  
Tickets are \$150 each.  
For more information,  
visit [www.overlakehospital.org/cpl](http://www.overlakehospital.org/cpl).

## Heart & Vascular Center Now Open!

We would like to thank our generous donors for helping to make this state-of-the-art facility possible. The Foundation & Auxiliaries raised \$4 million to bring our outpatient diagnostic and treatment services together for a better care experience for our patients and families. Contributions from our community help Overlake provide world-class care by bringing advanced services to the Eastside.

The Foundation & Auxiliaries continue to raise funds for the addition of a Vascular Interventional Radiology suite with biplane imaging technology, as well as supporting the development of Cardiac Arrhythmia and Neurointerventional Centers of Excellence.



From left: Patty Edwards; David and Shelley Hovind; and Patricia Zundel, MD, celebrate the opening of the David and Shelley Hovind Heart & Vascular Center.

## Learn More About Giving and Volunteering



[www.overlakehospital.org/support](http://www.overlakehospital.org/support)  
e: [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org)  
e: [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org)



Overlake Medical Center  
Foundation & Auxiliaries  
1035 116th Ave. NE  
Bellevue, WA 98004



Foundation: 425-688-5525  
Auxiliaries: 425-688-5527

# MANAGING DIABETES

*Take control of your health with a few lifestyle changes.*

**T**he risk for developing Type 2 diabetes increases as people age, but managing diabetes does not have to be difficult. Healthy living principles are the same for diabetics as everyone else. Make healthy food choices, be physically active and take medications as prescribed by your physician.

An important component of managing diabetes is maintaining your blood sugar levels within the recommended goals set by the American Diabetes Association. Blood sugar level goals are:

- **Less than 130 before eating.**
- **Less than 180 one to two hours after eating.**

Blood sugar is affected by diet, exercise and blood glucose-lowering medication. An excellent way to help manage blood sugar levels is to engage in regular physical activity. You should warm up, stretch and cool down to prevent injuries. If you are not active right now, you should start slowly.

To maintain a healthy diet and to control blood sugars, it is most important to pay attention to your intake of all carbohydrates. Carbohydrates are made up of:

- **Starches.**
- **Sugars, both natural and artificial.**

A high-fiber diet can also help with better blood sugar control and even help prevent heart disease and diabetes and promote weight loss. So how much fiber do we need? The American Dietetic Association says we should consume between 20 and 35 grams of fiber daily.

To get a more personalized meal plan, consider seeing a registered dietitian. Getting individual attention and advice can make a big difference in your management of diabetes. Talk to your primary care physician to receive a referral to meet one-on-one with a registered dietitian.



## Create Your Plate!

An easy way to manage intake is to use the “plate method” to select portion sizes and ensure that you do not eat more carbohydrates than you need. Take a 10-inch plate and imagine it divided into sections. Fill one-fourth of the plate with a starch (whole grain breads, crackers, pasta), one-fourth with protein (fish, chicken, lean beef/pork) and the other half with nonstarchy vegetables such as broccoli, green beans, asparagus or carrots. Add a glass of milk on the side.





# Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.



TWO EASY OPTIONS FOR REGISTRATION:

1. Go to [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).
2. Call 425-688-5259, Monday-Friday, 8 a.m.-4:30 p.m.

*Many of our programs and classes are supported by our Overlake Medical Center Auxiliaries.*

Become a fan of Overlake and follow us online.



## PLANNING FOR PREGNANCY

**Register Early—Classes Fill Quickly**

### FREE Weekly E-mail

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information and resources from Overlake's parent education staff. To sign up, visit [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter).

### Childbirth Center Tours

Sign up at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

### Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn. Visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) for class descriptions, dates and times.

### Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

### Understanding Birth: e-Class

Can't come to childbirth class? We'll bring it to you. Maybe you work late or find yourself on bed rest for health reasons. Our online childbirth education program is the perfect alternative to an in-person class. To register, visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes). \$75.

## PARENTING

### Car Seat Check

Attend a one-on-one consultation with an expert to learn correct car seat installation and usage.

**3rd Thu. of the month, 4-6 p.m.** at Barrier Audi, 1533 120th Ave. NE, Bellevue. Reserve your spot by calling Barrier Audi at 425-643-3000. Space is limited. Preregistration required. FREE.

### For Girls Only: A Heart-to-Heart Talk on Growing Up and

### For Boys Only: The Joys and Challenges of Growing Up

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered as a two-part class from **6-8:30 p.m.** and is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* Visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes) for more information. Register early for best selection. Scholarships available. \$70 per child/parent; \$20 per additional person.

## SAFETY

### Better Babysitters

Sponsored by Seattle Children's and Overlake. Youth ages 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle

emergencies, age-appropriate toys, business tips and what parents expect. Classes are held regularly on **Saturdays and Sundays, 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. Schedule and registration are available at [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community). \$40 per person.

### First Aid and CPR Certification Class

Includes infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. These classes are recommended for everybody including day care workers and others needing certification for their workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Oct. 26 or Dec. 7, 9 a.m.-4 p.m.** \$70.

### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Wed., Oct. 2 or Dec. 4, 6:30-9:30 p.m.; Sat., Oct. 12 or Nov. 9, 9 a.m.-noon.** \$35 per person; \$60 per couple.

### Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

**For more information about our classes, or to register,**

## HEALTHY LIFESTYLES

### Women's Pelvic Health: An Overview of Common Disorders and What You Can Do

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and overall medical and emotional health. Attend this informative presentation to hear a panel of pelvic health experts discuss common disorders, what diagnoses and treatment options are available and how you can improve your pelvic floor health. Topics include incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. Our presenters include urogynecologist Kathryn Arendt, MD, boarded in female medicine and reconstructive surgery (FPMRS); Mitra Ehsan, MD, colorectal surgeon; Elizabeth Miller, MD, urogynecologist boarded in FPMRS; Kathy Golic, physical therapist; and Sagira Vora, physical therapist, MPT, WCS, boarded in women's health. **Tue., Oct. 29, 6:30-8 p.m.** Preregistration required. FREE.

### When It's More Than Feeling Sad—Major Depressive Disorder

If you have been experiencing feelings of depression, lethargy, fatigue, sleep problems and a lack of interest in activities, you may have major depressive disorder. In this presentation, Overlake psychiatrists Albert Tsai, MD, and James Houser, MD, will address signs and symptoms, causes, when to seek medical advice, screening and diagnosis, treatment and coping skills. **Tue., Oct. 15, 6:30-8 p.m.** Preregister to reserve a spot. FREE.

### Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons James Bruckner, Jonah Hulst and Steven Ratcliffe. Time allowed for questions. Preregistration required. FREE. Overlake Medical Clinics Highmark in Issaquah, **Wed., Oct. 16, 6:30-8 p.m.** Overlake Medical Center in Bellevue, **Wed., Oct. 23 or Nov. 6, 6:30-8 p.m.**

### Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Oct. 17, 24 and 31 or Nov. 7, 14**

**and 21, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken this class. Check our website for details.

### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. For information, check our website or call 425-688-5214. Preregistration is required.

**Oct. 1, 8, 15, 22 and 29; Nov. 5, 12 and 26; and Dec. 3, 10 and 17.** FREE.

## DIABETES EDUCATION SERVICES

### Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a three-part series of classes to help you learn practical skills to manage your diabetes. To schedule an appointment or register, call 425-688-5700 and press 5 when prompted.

### Is Your Blood Sugar Rising?

Learn to manage your blood sugars and risk for type 2 diabetes. This one-time, 90-minute class does not require a physician referral. For more information and to register, call 425-688-5636. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. \$40 (prepaid at registration).

### Diabetes Education

A series of three classes that build on each other. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician's referral. Call 425-688-5700 to register. We recommend contacting your insurance company in advance to confirm coverage.

## SENIOR CLASSES

### A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class helps reduce the fear of falling and increase activity levels. **Tue. and Thu., Oct. 8-31 or Mon. and Wed., Nov. 4-27; 10 a.m.-noon.** The Gardens at Town Square, Bellevue. Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

### (Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue, Rm. 15. **Tue., Oct. 1-22, or Nov. 5-26, or Dec. 3-17 (three weeks), or Thu., Oct. 3-24, Nov. 7-21 (three weeks, no class on the 21st), or Dec. 5-19 (three weeks); 11 a.m.-**

**12:15 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session, \$33 for three-week session. FREE parking.

### Dementia Series: Challenging Behaviors of Dementia

Participants will learn to enter the world of the person with dementia to better understand the meaning of behaviors and uncover their triggers, as well as to intervene to decrease the distress and prevent/defuse inappropriate behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, Bellevue.

**Thu., Oct. 3, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE parking. FREE.

### Dementia Series: Assessing and Addressing the Pain

How can we identify, assess and respond to pain in people with dementia, particularly if they are unable to accurately tell us what they are experiencing? This class will address these issues and provide tips for improving comfort for those with pain. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, Bellevue. **Thu., Oct. 17, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE parking. FREE.

### Dementia Series: Self-Care for the Caregiver

This class provides an overview of how care needs change over time, discussing the importance of self-care and meeting the needs of the family caregiver. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, Bellevue. **Thu., Oct. 31, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE parking. FREE.

### Early-Stage Memory Loss

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue, Rm. 16. **Thu., Nov. 14, 1-4 p.m.** Preregistration required; call Liz at Alzheimer's Association at 206-363-5500, ext. 229. FREE parking. FREE.

## HEALTHY LIVING SERIES

### Keeping Your Heart Healthy

As the heart grows older, this complex muscular organ begins to exhibit telltale signs of its age. An Overlake cardiologist will examine conditions that affect the heart in seniors and review healthy decisions and the latest treatment options to help maintain a healthy heart. Era Living-University House, 22975 SE Black Nugget Road, Issaquah. **Thu., Oct. 10, 2-3:30 p.m.** Preregistration

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

required; call 425-688-5259. Refreshments served. FREE parking. FREE.

### Heart Healthy Nutrition

As we age, we still need plenty of vitamins and minerals but less fat and fewer calories. Learn how to eat well while cutting fats and cholesterol from your diet. An Overlake wellness dietitian will review guidelines for healthy nutrition. Era Living-University House, Issaquah.

**Thu., Oct. 24, 2-3:30 p.m.** Preregistration required; call 425-688-5259. Refreshments served. FREE parking. FREE.

### Don't Let Joint Pain Keep You Down

Arthritis (joint inflammation) is a common cause of joint deterioration, but injuries such as a fall or accident can also lead to limited mobility and decrease a person's activity level. An Overlake physician will discuss how these conditions impact your joints and provide a comprehensive view of treatment options. Era Living-University House, 22975 SE. Black Nugget Road, Issaquah.

**Thu., Nov. 7, 2-3:30 p.m.** Preregistration required; call 425-688-5259. Refreshments served. FREE parking. FREE.

### Health and Fitness

Appropriate exercise is one of the keys to a healthier body, better appearance and a more positive outlook on life. An Overlake physical therapist will discuss ways to make exercise an enjoyable daily activity and how to overcome roadblocks even through the aches and pains. Era Living-University House, 22975 SE. Black Nugget Road, Issaquah. **Thu., Nov. 21, 2-3:30 p.m.** Preregistration required; call 425-688-5259. Refreshments served. FREE parking. FREE.

## BELLEVUE YMCA CLASSES

### Vision Changes in the Aging Eye

Most people become aware of changes in their vision around the age of 50. Older eyes are at greater risk for problems from minor irritations to cataracts to macular degeneration to glaucoma. An Overlake ophthalmologist will review what normal changes are and identify signs of problems. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Oct. 9, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE parking. FREE.

### Preventing Falls and Dizziness

Falls are not a part of growing older, but are a common issue for many people. A third of adults experience a fall in the United States annually. A fall can lead to severe and debilitating injuries that limit mobility. Dizziness can be a contributing factor to a fall. Priyanka Duggal, MD, Overlake Bellevue

Senior Health Clinic, will discuss factors that cause dizziness and falls as well as prevention and treatments. Trang Le, pharmacist, Overlake Bellevue Senior Health Clinic, will review how medications impact balance. **Wed., Nov. 13, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE parking. FREE.

## REDMOND SENIOR CENTER CLASSES

### Heart Health

Our heart is key to our survival, yet we often take it for granted. An Overlake physician will discuss risk factors of heart disease. Learn prevention techniques, detection and the latest treatment options. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Oct. 16, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE parking. FREE.

### Understanding Diabetes

Early diagnosis and control of diabetes are essential for preventing serious complications. An Overlake diabetes nurse educator will review risk factors, symptoms and treatments. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Nov. 20, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE parking. FREE.

### Walk For Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. One-mile and half-mile routes available. Bellevue Square; enter at Skybridge 4. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. Call 425-688-5259 for more information. FREE.

## SUPPORT PROGRAMS

### Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are struggling with their new role as mothers. **2nd and 4th Tue. of the month, 7-8:30 p.m.**, PACCAR Education Center. No registration required. FREE.

### P.S. Support Group

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.** at Overlake's PACCAR Education Center. For more information, call

Abbie, the group facilitator, at 206-367-3991, or Cami at 425-277-9494.

### La Leche League Groups

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

**Bellevue: 3rd Mon. of the month, 7-9 p.m.**, at the Women's Clinic, 1051 116th Ave. NE, Suite 200, Bellevue. Call Kate at 425-226-8117. **Issaquah Classroom: 1st Mon. of the month, 10 a.m.-noon.** Call Tiffany at 425-605-0837 or Laura at 425-868-6945. You can also e-mail [lll.issaquah@gmail.com](mailto:lll.issaquah@gmail.com).

**Japanese-Speaking Group: 2nd Wed. of the month, 11 a.m.-1 p.m., in Bellevue.** For more details, contact Izumi at 425-869-5136 or e-mail [izumimitsuoka@hotmail.com](mailto:izumimitsuoka@hotmail.com).

### Look Good ... Feel Better

A FREE program led by American Cancer Society volunteer cosmetologists teaches beauty techniques to women in active cancer treatment to help combat appearance-related side effects using cosmetics, skin care products, wigs and scarves. **Mon., Nov. 4, 6-8 p.m.** To register, call Kelly Brajcich at 425-467-3809. FREE.

### Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer four different cancer support groups at Overlake. To register for these FREE programs, call 206-709-1400.

- ◆ Breast Cancer Support Group.
  - ◆ Grief and Loss Support Group.
  - ◆ Caregiver Support Group.
  - ◆ Wellness Support Group: for any cancer diagnosis.
  - ◆ Alzheimer's Family Support Group.
- Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** Registration required; 425-688-5807 (48 hours in advance).

### Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of the month, 10 a.m.-noon. Also on Thu. evening once a month, 6-8 p.m.** Call 425-688-5214 for more information. FREE.

### Family Caregiver Support Group—Bellevue

Overlake Medical Clinics Bellevue Senior Health Center, **2nd and 4th Thu. of the month, 3-4:30 p.m.** No registration required. Please call Regina Bennett, MSW, at 425-688-5807 for more information. FREE.

## EVENTS

### Salmon Days

Overlake is proud to sponsor this Issaquah festival, celebrating the miraculous return of the salmon. Activities will include a parade, barbecue, games, live music and an art show. **Sat. and Sun.,**

**For more information about our classes, or to register,**

**Oct. 5 and 6, 10 a.m.–6 p.m.** FREE. For more information, visit [www.salmondays.org](http://www.salmondays.org).

#### Making Strides

Overlake is proud to sponsor the ACS Making Strides walk in Downtown Bellevue. Join us as we walk to raise money and awareness to end breast cancer. **Sun., Oct. 6, 8 a.m.–noon.** For more information or to join an Overlake team, visit [makingstrides.acevents.org](http://makingstrides.acevents.org).

#### AHA Puget Sound Heart & Stroke Walk

Overlake is a proud sponsor of the Puget Sound Heart & Stroke Walk. **Sat., Oct. 26,** at the Seattle Center. Funds raised support lifesaving research and initiatives promoting the prevention and treatment of heart disease. To register for the walk, visit [www.pugetsoundheartwalk.org](http://www.pugetsoundheartwalk.org).

### EMPLOYER EDUCATION AND OUTREACH

If you are interested in having Overlake Medical Center involved in your company's upcoming Health Fair or Lunch and Learn program, please contact [jayne.kennedy@overlakehospital.org](mailto:jayne.kennedy@overlakehospital.org).

### FOUNDATION

#### Community Partners Luncheon 2013

**Mon., Nov. 25, noon–1:30 p.m.,** at the Hyatt Regency Bellevue. Please join Overlake Medical Center Foundation and more than 650 business and community leaders to celebrate and support the health and wellness of our Eastside community. The event will feature a panel discussion with Phyllis Campbell from JPMorgan Chase & Co. and Kemper Freeman Jr. from Kemper Development Company on "World-Class Planning and Caring for Our World-Class Region." Suggested donation of \$150 per person. Visit [www.overlakehospital.org/cpl](http://www.overlakehospital.org/cpl) to register or for more information.

### AUXILIARY ACTIVITIES

#### Tree of Hope

Please join us for the 14th Annual Tree of Hope. Celebrate, honor and remember those who have faced the challenges of cancer. Celebrate life! Honor loved ones. Remember. For more information, contact Alexis Held at 425-688-5527 or [alexis.held@overlakehospital.org](mailto:alexis.held@overlakehospital.org).

#### Fashions From the Heart—Fashion Show and Luncheon

The Roger Stark Cardiac and Stroke Auxiliary is planning the always fun and popular event Fashions from the Heart for early **February 2014**. The Auxiliary would love your help planning.

Please contact Susan Feldman, president, at 425-466-7620 or [feldmansusan@msn.com](mailto:feldmansusan@msn.com) for more information.

#### Bandage Ball 2014

The Overlake Medical Center Auxiliaries' most anticipated and successful fundraiser will be held **Sat., Mar. 29,** at the Hyatt Regency Bellevue. Proceeds from this year's Bandage Ball will benefit Overlake's Cancer Center. For more information, please contact 425-688-5526 or [events@overlakehospital.org](mailto:events@overlakehospital.org) or visit [www.overlakehospital.org/bandageball](http://www.overlakehospital.org/bandageball).

#### Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to work for Overlake by joining this vibrant organization. For more information, contact us at 425-688-5527 or [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org), or visit us at [www.overlakehospital.org/auxiliaries](http://www.overlakehospital.org/auxiliaries).

### VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to

the hospital's needs. To learn more, please visit [www.overlakehospital.org/volunteer](http://www.overlakehospital.org/volunteer).

### LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425-688-5211 to find physicians who are affiliated with Overlake Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, please send an e-mail to [education@overlakehospital.org](mailto:education@overlakehospital.org). We appreciate your input as we partner with you in the journey to lifelong health.



OVERLAKE  
MEDICAL CLINICS

## REHABILITATION SERVICES

PHYSICAL THERAPY • OCCUPATIONAL THERAPY  
SPEECH THERAPY

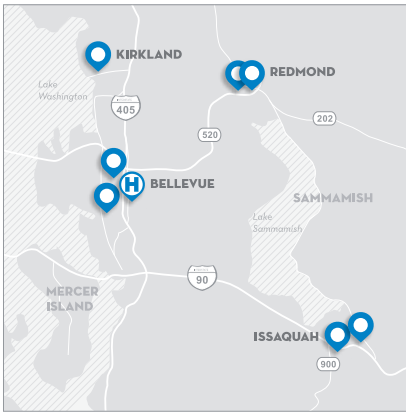
- 11 private treatment rooms
- Central gym with open floor plan
- Custom-built specialty areas

OPENING IN A NEW LOCATION

**NOVEMBER 18, 2013**

1417 116<sup>TH</sup> AVENUE NE, SUITE 110  
BELLEVUE, WA 98004

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).



1035 116th Ave. NE, Bellevue, WA 98004  
www.overlakehospital.org

Nonprofit Org.  
U.S. Postage  
PAID  
Seattle, WA  
Permit No. 1007

OVERLAKE IS A NONPROFIT,  
INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

## NEW MEDICAL STAFF AT OVERLAKE

**Christopher Boone, MD**  
425-462-9800  
Orthopedics

**Philip Chung, MD**  
253-582-8440  
Psychiatry

**Trac Duong, MD**  
425-454-3938  
Otology/Neurotology

**Sun-Jung Lim, MD**  
425-454-2671  
Pulmonary Medicine

**Arash Moghaddam, MD**  
425-688-5460  
Psychiatry

**Rossana Palomino, MD**  
425-827-4600  
Pediatrics

**Catherine Thomas, MD**  
425-391-8886  
OB/GYN



**7 adult and family medicine clinics on the Eastside**

*we think about you*



DOWNTOWN BELLEVUE | OVERLAKE CAMPUS | ISSAQUAH | GILMAN | KIRKLAND | REDMOND | BELLEVUE SENIOR HEALTH

OverlakeHospital.org/clinics