

OVERLAKE

FALL 2012

Healthy

OUTLOOK

SIGN UP TODAY!

Overlake has great classes and programs for you and your family



OUR FOCUS? YOUR IMAGE

Leading-edge imaging technology reveals disease and injury like never before

 **OVERLAKE**
MEDICAL CENTER

PLUS: Women's and Infants' Services
Overlake Medical Clinics



From the President & CEO

There are still many unknowns about healthcare reform, but what we do know is healthcare must be more accessible, coordinated and efficient. At Overlake, we focus on serving our community with affordable, top-notch healthcare. That is why we've expanded our network of primary care clinics. We've hired family practice and internal medicine physicians, who each offer same-day access, to help manage the health of those living and working in our communities.

Overlake is also investing in healthcare information technology and electronic medical records to create efficiency across our continuum of care. On Feb. 1, 2013, our clinics will debut a comprehensive integrated electronic medical record (EMR) system provided by Epic, and on May 1, 2013, the hospital will go live with Epic.

I'm also proud to announce Overlake received two awards: the Patient Safety Excellence Award™ from HealthGrades® for the fifth year in a row and the Joint Commission's Key Quality Measures award, which honored 620 of the country's most prestigious hospitals.

As always, Overlake remains committed to providing high-quality and high-value healthcare.

Sincerely,

Craig Hendrickson
President & CEO

COMMUNITY PARTNERS LUNCHEON

11.19.2012

Featuring Keynote Speaker
ALAN MULALLY
President and CEO, Ford Motor Company

To purchase tickets, please visit
overlakehospital.org/CPL

Presented by:

For more information, contact
425-688-5526 or events@overlakehospital.org

HEALTHY OUTLOOK · FALL 2012

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On the cover, clockwise from left: Mary Laplante, technologist; Phillip Lowe, MD; Harold Prow, MD; Daniel Smoots, MD

OVERLAKE MEDICAL CENTER

1035 116th Ave. NE | Bellevue, WA 98004

425-688-5000 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 email healthyoutlook@overlakehospital.org.

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Facts About Falls

Each year, one-third of all Americans age 65 and older experience a fall. Balance-related falls account for 50 percent of the accidental deaths in the population over age 65. Falls are the most common cause of injuries and hospital admissions for trauma among older adults. Sixty percent of falls occur in the home.

If you are having balance problems, consider speaking with your doctor about a referral to physical therapy or signing up for A Matter of Balance sessions. See page 13 for dates.

IMPROVE YOUR BALANCE SKILLS

Physical therapy may help patients reduce their risk of falling

Balance is a skill that's apt to be taken for granted until a situation occurs in which we feel unsteady, suffer from dizziness or have a fall. This can lead to a decrease in confidence and a reluctance to participate in usual activities.

Certain conditions can cause a decrease in balance and increase the risk for falls. The aging process is one of the main conditions that contribute to falls. Others include injury; poor posture; a decrease in muscle strength, flexibility or endurance; and disease.

“Maintaining normal balance is an intricate combination of three body systems—eyes, inner ear and musculoskeletal

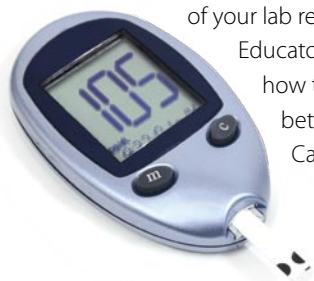
system, which includes the joints and muscles in your body,” explains Garrett Knappe, PT, DPD, manager of Rehabilitation Services at Overlake. “When one of these systems or a combination of them is not working properly, unsteadiness or dizziness may result.”

Many balance problems can be treated, and balance skills can be improved. Physical therapists are trained to assess and treat many balance problems, including those associated with vertigo and dizziness. Research has shown that the risk of falls can be reduced in the older adult with proper exercises and activities prescribed by a physical therapist.

Do You Know Your Number?

Do you know a healthy total cholesterol level is under 200? If you have diabetes, do you know what your blood sugar should be before meals? And do you know what your A1c is?

The A1c test measures sugar outside the red blood cells, and it should be below 7 percent.



The blood sugar before meals should measure 90–130 mg/dl.

If your blood sugar is high, ask for a copy of your lab results. Certified Diabetes Educators at Overlake can show you how to read the numbers and better manage your diabetes. Call 425-688-5700 for more

information about Diabetes Education classes or to schedule an appointment.

November is National Diabetes Month. If you have symptoms of diabetes such as frequent urination, excessive thirst and fatigue, talk with your doctor about your concerns.

NEWEST TECHNOLOGY

Our leading-edge medical imaging boosts your doctor's ability to find and treat your ailments

Thirty years ago, there was no such thing as an MRI, and CT scans took a long time to perform and delivered a higher dose of radiation than current technology.

What a different world we live in today. The staff at Overlake Medical Center uses state-of-the-art medical imaging equipment that produces crisper, more detailed images than ever before, and doctors can even view live images of the body's interior anatomy, like blood flowing through organs. "In my years at Overlake, I have watched the field of radiology expand in ways I would never have imagined," says Bryan Leyton, MD, a radiologist at Overlake. "New technologies have provided us with ways to image patients and identify disease

Exploring the view (from left):
radiologists Harold Prow, MD;
Daniel W. Smoots, MD; and
Phillip Lowe, MD



Ahead in Spotting Alzheimer's

Overlake's new amyvid PET scan, the first and only of its type to win FDA approval, can help doctors estimate certain plaques found in the living brains of people with Alzheimer's—which may be a game changer in the diagnosis of this debilitating disease.

like never before.” Today's superior images help your doctors render more accurate diagnoses and devise more effective treatment plans. Five of these newest imaging capabilities are discussed below.

Amyvid PET Scan: In Search of Alzheimer's

The specter of Alzheimer's disease haunts many of us as we age: Will it strike you or a loved one? Truth is, as many as one in five patients who has been diagnosed with probable Alzheimer's disease during his or her life didn't actually have the disease. Remarkably, that's something we've only been able to confirm through brain examinations in autopsies.

But in April, the FDA approved the first and only radioactive diagnostic agent (amyvid) that can be used with PET scans to reveal the likelihood of Alzheimer's in the living brain. This is done by imaging the amyloid neuritic plaques, which are a protein found in people with Alzheimer's. According to Harold Prow, MD, a neuroradiologist at Overlake, an amyvid scan showing moderate to frequent amyloid plaques increases the likelihood that a patient's cognitive problems are due to Alzheimer's disease. “There's no other imaging out there right now that estimates amyloid plaque in the living brain,” says Mary Laplante, lead PET CT technologist at Overlake, which offers amyloid scans.

“I have watched the field of radiology expand. New technologies have provided us with ways to image patients and diseases like never before.”

“My stepdad has Alzheimer’s, and it can be a year or two from the cognitive testing to the confirmation of the diagnosis because it starts with just forgetting little things before it becomes full-blown Alzheimer’s,” says Merritt Nelson, RDMS, RV, supervisor of ultrasound and nuclear medicine at Overlake. “As a loved one and caretaker, you’re trying to read into every cognitive symptom, so if we had a test like this available 10 years ago, it would have been a real game changer as far as helping to plan ahead and find peace of mind about what we were facing for my stepdad’s future.”

Ultrasound: Going 3-D

At one point, you may have had a standard ultrasound exam, which uses high-frequency sound waves to create two-dimensional images. But now, the team at Overlake is using 3-D ultrasound, which provides more accurate diagnosis and treatment and is faster than traditional ultrasound.

First, the sonographer moves the ultrasound transducer over the patient’s skin as it collects about 100 different scans of that particular area of the patient’s body. The collected data is built up like pages in a book, creating information that looks like a pyramid with its top slightly flattened. The doctor can then reslice and reconstruct these images and view them in different ways to get a good look at the patient’s interior anatomy from nearly any perspective. “As somebody who’s performed and interpreted thousands of ultrasounds over the last 20 years, I am still taken aback by the ability of our 3-D ultrasound technology to let us see the processes of disease with

such physical structural detail,” explains Phillip Lowe, MD, also a radiologist at Overlake. “This technology allows physicians to diagnose and treat patients like never before without the use of radiation. We are on the forefront with the equipment we have and what we can do with it.”

Thanks to advances in computer and microprocessor technology, those 3-D images can now be viewed in motion, called 4-D ultrasound. “You can see unborn babies move in real time,” Nelson says. “You can see their fingers move. We can look at blood flow to see how much of a vessel is being obstructed.”

Fusion Imaging: Better Together

Imagine being able to weave together images of different types—ultrasound, CT, MRI, PET—and get the benefits of viewing them all at once. Doctors at Overlake don’t have to imagine because the hospital’s new GE Logiq E9 ultrasound equipment does just that.

“Our new GE equipment has a capability called fusion imaging, where we can load a previous CT, MRI or PET scan with a real-time scan of the patient and sync those two images together,” Nelson explains. “You can lay the images on top of each other, and when I move the ultrasound transducer on the patient, the CT images move with the ultrasound. If I’m going toward the top of the kidney, the CT images also move to the top of the kidney. Ultrasound captures pictures differently than CT, which visualizes differently than MRI, and if you can compare more of those at once, there are more sets of ‘eyes,’ which provides more accurate diagnosis.”

PROSTATE AND CARDIAC IMAGING: MRI STEPS IN

Ultrasound has long been the standard imaging technique used to image the prostate. This exam is invasive and uncomfortable for the patient. In addition, the detail provided by this imaging method is limited. That's changing, thanks to the use of MRI for prostate imaging. "With MRI, you're able to see the entire gland and you get more detail, so you're able to see where the tumor is," says Brenda Rinehart, director of Medical Imaging.

In addition, with our new MRI imaging, it is completely noninvasive. "I think it's a better test," says John Clemett, MD, a radiologist with Overlake. "The patient is more comfortable during the examination. And we're doing the images on a very high-strength 3 Tesla magnet [the new standard in medical imaging], so we have very good images."

While MRI is useful for prostate cancer treatment planning, it can also be used for screening in men who have rising PSA levels, which may indicate a prostate condition, including cancer.

Imaging of the heart has also increased over the past 10 years in keeping with technological advances. Cardiovascular problems such as valve abnormalities, congenital heart disease, ischemia and cardiomyopathy are examples of the disease processes that cardiac MRI visualizes exceptionally well. MRI is noninvasive and does not require exposure to radiation, which is important to patients and physicians. MRI images of the heart are generally better than images obtained from other methods, and the high resolution available on today's scanners makes MRI an invaluable tool in early diagnosis and evaluation. We recommend contacting your insurance company in advance to determine if your policy covers this procedure.

Sodium Fluoride Scan: Focusing on Bone Cancer

The standard method for checking whether cancer has metastasized to bone is doing a whole-body bone scan, which produces a 2-D image, but that test can sometimes miss metastases or "mets."

Enter the sodium fluoride bone scan, which produces a clearer, 3-D image of the bone. "It uses an isotope called sodium fluoride that binds much better to the bone," says Laplante. "It's more sensitive and specific than a body scan, and it's faster too." From injection to scan takes 90 minutes, compared with two to three hours for a body scan.

While most healthcare plans don't cover the procedure, it is covered by the National Oncology PET Registry, so patients with a cancer diagnosis who have Medicare Part B should ask for this scan in place of the whole-body bone scan.

"Overlake Medical Center's ongoing commitment to invest in this and other advanced medical imaging technology has a clear payoff for you and your doctors," says Brenda Rinehart, director of Medical Imaging. "We've taken vital steps to maintain and improve health in the Eastside community and beyond, now and for generations to come."

GIVING FROM THE HEART

Overlake's dedicated Auxiliaries help the hospital serve the health and wellness needs of the Eastside



Left to right:
Overlake Auxiliaries
Veronica Mickelsen,
Kay Bowman and
Diane Litzenberger

Generous and supportive Auxiliaries helped found Overlake in 1960 through creative and tenacious fundraising efforts. While they no longer host kitten sales, they continue to hold lively and popular fundraising events throughout the year to support the hospital.

Phyllis Stark, president of the Auxiliaries, is passionate about their work. “I’ve worked in many hospitals over the years,” Stark says. “And Overlake is the best. The staff goes the extra mile to take care of its patients and families. They do this with no tax support, so we really need our community to step forward.”

The Auxiliaries’ signature fundraising gala is the Bandage Ball, a much anticipated evening that has raised millions of dollars over the years to fund key Overlake initiatives. **Save the date for next year’s Bandage Ball: March 16, 2013, at the Hyatt Regency Bellevue.** The Ball will raise funds to help build a state-of-the-art Heart and Vascular Center at Overlake.

The Auxiliaries also have teams host events to raise funds for specific hospital services. The annual fashion show, Fashions from the Heart, supports cardiac and stroke services, while Tree of Hope helps fund cancer care. Other events support healthcare for seniors and

provide assistance to Overlake employees facing challenging circumstances.

“The Auxiliaries have given me a venue to give back to the community,” says Kay Bowman, membership committee co-chair. “Not only do we enjoy the time we spend together, but we share our talents as we support Overlake.” Patricia Donnellan, who is also a membership co-chair, invites people to get involved. “We welcome new members—you can even start your own team to raise funds for Overlake.”

To join the Auxiliaries or to learn more, email auxiliaries@overlakehospital.org, call 425-688-5526, or visit www.overlakehospital.org/auxiliaries.

Touched by Cancer?

The Overlake Cancer Center Auxiliary invites you to join us at the...

13th Annual

Tree of Hope

**November 13
6 p.m.**

Overlake Medical Center
Main Lobby

For more information

www.overlakehospital.org/treeofhope

Celebrate, honor and remember all those who have faced the challenges of cancer by lighting a candle in their honor.

SAVE THE DATE

SATURDAY, MARCH 16, 2013



**And The
Beat
Goes On**

Bandage Ball 2013

Hyatt Regency Bellevue

Proceeds will benefit the new
David and Shelley Hovind Heart & Vascular Center

For more information contact auxiliaries@overlakehospital.org, call 425.688.5526, or visit www.overlakehospital.org/bandageball

Learn More About Giving and Volunteering



www.overlakehospital.org/support
e: foundation@overlakehospital.org
e: auxiliaries@overlakehospital.org



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



Foundation: 425-688-5525
Auxiliaries: 425-688-5529

A CONTINUUM OF SERVICES

Overlake is there for women—at every stage of their lives

Whether you're pregnant or journeying through your middle years, the Women's and Infants' Center at Overlake Medical Center offers world-class services to meet women's health and wellness needs.

The services range from classes in pregnancy and childbirth to specialized care for high-risk pregnancies, a new Neonatal Intensive Care Unit opening in November, comprehensive postpartum support, and outpatient medical and education programs for women approaching menopause and beyond.

"We're offering programs that meet the needs of women and their families across their whole life span," says Marianne Pizzitola, director of Women's and Infants' Services.

Overlake's experienced doctors and nurses skillfully address the full spectrum of women's health needs, says Kristin J. Graham, MD, an obstetrician and gynecologist and Overlake's chairwoman of OB/GYN. "Over the years," she adds, "Overlake has done a good job of providing women with comprehensive, compassionate and individualized healthcare services."



Women's and Infants' Center

Overlake's services include:

- ◆ A three-hour Planning for Pregnancy class, offered quarterly, addresses not just the medical aspects of pregnancy but lifestyle issues, with discussions on financial planning and the emotional transition to parenthood. To ease stress about this major life change, physicians and midwives make themselves available to chat with prospective parents at the start of the class.
- ◆ A full schedule of prenatal classes covers nutrition, exercise and new baby preparation for siblings and grandparents.
- ◆ The recently remodeled Childbirth Center features private, secure and comfortable labor, delivery and recovery suites.
- ◆ The new NICU will enhance services to Eastside families by providing advanced care to infants born as young as 26 weeks' gestation. Spacious, private rooms allow parents to stay as close to their newborns as possible.
- ◆ New moms can come with their babies to the Women's Clinic for checkups soon after birth and consult with lactation consultants, rent breast pumps and find other supplies for newborn care.
- ◆ Physicians skilled in robotic surgery offer a minimally invasive alternative to open surgery for hysterectomies and other gynecological procedures.
- ◆ For women entering midlife, the hospital offers an incontinence clinic and kicks off a new wellness series next year, featuring monthly lectures on perimenopause and bone, cardiac and behavioral health.

Overlake's patients span generations: Molly Goldsworthy with her daughter, Adele, and mother, Janet Josephson

COORDINATED CARE, CLOSE TO HOME

Overlake Medical Clinics offer same-day appointments and easy access to excellent primary care

In today's busy world, people sometimes put off getting routine physicals and instead wait until they experience a crisis that can damage their health and maybe even their wallets. That is why Overlake Medical Clinics offer cost-effective primary care in Eastside neighborhoods where patients live and work.

"People need a quarterback to coordinate their healthcare," explains Alan Ertle, MD, MPH, MBA, chief medical officer and vice president of Network Development at Overlake. "Certain things are important to detect early, and if you detect them early, you can extend people's meaningful life."

Overlake Medical Clinics offer a network of primary care clinics in Bellevue, Issaquah, Kirkland and Redmond, as well as urgent care clinics in Issaquah and Redmond, that all provide same-day access. The physicians and nurse practitioners on staff offer a wide range of healthcare services, including health maintenance screenings and labs, immunizations, annual physical exams, routine women's

care and annual exams, acute care and chronic disease management. Each clinic is equipped with state-of-the-art technology and is designed to provide patients with a comfortable, healing environment. The clinics are connected to Overlake's acute care, emergency services, outpatient imaging, lab and affiliated specialist physicians, offering patients a full spectrum of medical services in a coordinated way.

Overlake Medical Clinics have combined electronic medical records that are deployed throughout the system. Patients can go to any one of the clinics to take care of same-day needs, and the clinic will have access to the patients' medical history, including medications and allergies.

"We try to make it seamless," Dr. Ertle says. "Same-day access, convenience, electronic medical records, better coordination of care—it's what we do. We want to be viewed as the most efficient, cost-effective integrated provider on the Eastside."



Meredith Lepore, ARNP

OVERLAKE MEDICAL CLINICS

Providers Taking New Patients

Medical Tower (hospital campus)

425-289-3100
Mandana Shamsa, MD
Ruchi Sharma, MD
John Tudela, MD

Gilman (Issaquah)

425-391-0705
Keya Chisholm, ARNP

Issaquah

425-688-5488
Jennifer Edwards, MD
Patricia Mathis, ARNP

Downtown Bellevue

425-635-6350
Alexandre DeMoraes, MD
Meredith Lepore, ARNP
Sai Prasanna Mannem, MD

Kirkland

425-635-6470
Mark Edwards, MD
Aloysius Yinug, MD

Redmond

425-635-6430
Sadia Habib, MD
James Kriseman, DO



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.
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

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screenings, and changes in the family budget. Refreshments served. Preregistration required.

Mon., Nov. 19, 5:30–9 p.m. For more information, visit www.overlakehospital.org/classes. FREE.

Childbirth Center Tours

To sign up for one of the many tour options, visit www.overlakehospital.org/classes. For tours in Spanish, call 425-688-5248. FREE.

Before Baby Comes

Register for the following classes in preparation for labor, birth and life with your newborn. Full class descriptions, including dates and times, can be found at www.overlakehospital.org/classes. Register in your first trimester for best selection.

Classes on Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care.*
- *Breathing and Relaxation: for extra practice.*
- *Breastfeeding: essential information.*
- *Refresher: if you've given birth before and need an update.*
- *Expecting Multiples: what you need to know when expecting more than one.*
- *Prenatal Yoga: for expectant and postpartum moms.*
- *Just for Grandparents: helpful discussion of the role of grandparenting with other soon-to-be grandparents. Includes a tour of the Childbirth Center.*
- *Siblings Are Special: help your child (3½–9 years) prepare for a new baby in the house.*

- *Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.*
- *Car-Safe Kids: how to choose and install an infant car seat.*
- *Infant CPR and Safety-Proofing.*
- *Bringing Baby Home.*

After Baby Arrives

- *Infant Massage: learn ways to nurture your baby with loving touch.*
- *Bringing Baby Home (see listing under Parenting).*
- *Balance After Baby: a postpartum mood disorder support group.*

PARENTING

Balance After Baby

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 otherwise 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.

Conscious Fathering

Designed especially for expectant dads. In this hands-on program, learn to recognize and meet your baby's needs, support your partner, develop your own fathering style and celebrate the special relationship between you and your new baby! **Thu., Nov. 1, Dec. 6 and Jan. 3, 6:30–9 p.m.** \$30.

Bringing Baby Home

In this two-day workshop, couples will learn how to increase marital satisfaction, deal with the normal stress after baby arrives, keep dads involved in infant care, co-parent effectively and improve the quality of parent-infant interaction. **Sat., Dec. 8 and 15, 9 a.m.–4 p.m.** \$150 per couple.

Siblings Are Special

Would you like help preparing your child(ren) for the baby on the way? Designed for children ages 3½ to 9 years, this course helps parents prepare older siblings for the new arrival. **Wed., Nov. 7, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

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

Sponsored by Seattle Children's and Overlake. For girls ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what girls should know about boys, sexuality and sexual reproduction. Includes book *Will Puberty Last My Whole Life?* For a full schedule of classes and to register, please visit www.seattlechildrens.org/classes-community. Scholarships available. \$70 per daughter/parent; \$20 per additional person.

For more information about our classes, or to register,

For Boys Only: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. For boys ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what boys should know about girls, sexuality and sexual reproduction. Includes book *Will Puberty Last My Whole Life?* For a full schedule of classes and to register, please visit www.seattlechildrens.org/classes-community. Scholarships available. \$70 per son/parent; \$20 per additional person.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. For youth ages 11 to 13. This course teaches responsible babysitting through instruction in basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., Oct. 27, Nov. 10, Nov. 17 or Dec. 1, 9 a.m.–2 p.m.** Bellevue location. Register at www.seattlechildrens.org/classes-community. \$40 per person.

CPR and First Aid Certification Classes

Includes infant/child/adult CPR, automated external defibrillators (AED) 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.

Basic First Aid Classes: **Sat., Oct. 20 or Dec. 8, 9 a.m.–noon.**

CPR/AED Classes: **Sat., Oct. 20 or Dec. 8, 12:45–4 p.m.**

\$40 per class or \$70 for both.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class.

Weeknights, **Oct. 29, Nov. 28 or Dec. 3, 6:30–9:30 p.m.**; **Sat., Oct. 6, Nov. 3 or Dec. 15, 9 a.m.–noon.** \$35 per person; \$60 per couple.

CPR for Healthcare Providers

Wed., Nov. 14 or Mon., Dec. 10, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

WOMEN'S HEALTH

Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Women's incontinence is a common problem and may cause you to "leak" when you cough, laugh or sneeze or have sudden urges to use the bathroom. Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a healthcare professional. Elizabeth Miller, MD, urogynecologist, and Sagira Vora, PT, women's health specialist, will discuss different types of incontinence and how treatments vary with individual lifestyle and

personal preferences, including:

- ♦ Lifestyle changes.
- ♦ Pelvic floor strengthening exercises.
- ♦ Medications.
- ♦ Nonsurgical devices.
- ♦ Implanted devices and surgical remedies.

Mon., Nov. 12, 6:30–8 p.m. Please preregister to reserve your spot. FREE.

HEALTHY LIFESTYLES

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. Time allowed for questions. Overlake Hospital, **Wed., Nov. 14, 6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Hypnosis for Weight Loss (two versions)

Give your subconscious mind a map that tells it where you want to go. Robert W. Felix, certified hypnotherapist, offers two varieties of weight loss classes to help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. Three-part series for those who prefer more support and time to experience a deeper level of trance. **Thu., Nov. 1–15, 7–9 p.m.** \$89.

Single four-hour class for those who want an added boost to their weight loss efforts. **Sun., Nov. 18, 9:30 a.m.–noon.** \$59

Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist.

Thu., Nov. 29, 7–9 p.m. \$45. Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Issaquah: **Tue., Oct. 23, 6–7:30 p.m.** Bellevue:

Tue., Oct. 9 & 16; Tue., Nov. 6, 13 and 27; Tue., Dec. 4 and 18, 6–7:30 p.m.; or **Sat., Oct. 27, Nov. 24 and Dec. 22, 10:30 a.m.–noon.**

For information, call 425-688-5214. FREE.

Weight Loss Surgery Support Group

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

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 for the next class, please call 425-688-5700 and press option 5 when prompted.

Is Your Blood Sugar Rising?

Learn how to manage your blood sugars that may be putting you at risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral and will help you understand how to manage your blood sugars and how you can reduce the risk of developing diabetes. Call 425-688-5636 for more information and to register for our next class scheduled for **Tue., Oct. 9, 3:30–5 p.m.** 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 with different topics covered at each. 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 for upcoming classes scheduled **Oct. 2, 9 and 16 and Nov. 2, 9 and 16, 9 a.m.–noon.** We recommend contacting your insurance company in advance to determine if your policy covers diabetes education.

SENIOR CLASSES

A Matter of Balance

These sessions can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. **Mon. and Wed., Oct. 1–24, or Tue. and Thu., Nov. 1–29, 10 a.m.–noon.** The Gardens at Town Square, 933 111th Ave. NE, 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. All exercises are done from a chair and adapted to each individual's ability. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Oct. 2–23, or Nov. 6–27.** \$44 for four-week session, or **Dec. 4–18,** \$33 for three-week session; **11 a.m.–12:15 p.m.;** or **Thu., Oct. 4–25, or Nov. 1–29,** \$44 for four-week session, or **Dec. 6–20,** \$33 for three-week session; **11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5259.

please visit www.overlakehospital.org/classes.



Walk For Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively 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. For more information, call 425-688-5259. FREE.

BELLEVUE YMCA CLASSES

Speak Up, I Can't Hear You

It's annoying and frustrating to continually ask, "What did you say?" An audiologist will discuss the causes of hearing loss, offer viable options and provide resources that can improve the quality of life. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Oct. 10, 10–11:30 a.m.** Preregistration required; call 425-746-9900. FREE.

Shoulder Pain: Why Does It Hurt?

Pain in the shoulder can be bad enough to keep you from doing even the simplest of tasks. An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Nov. 14, 10–11:30 a.m.** Preregistration required; call 425-746-9900. FREE.

REDMOND SENIOR CENTER CLASSES

Cholesterol and Heart Disease Prevention

Do you understand all of the jargon about good cholesterol (HDL) and bad cholesterol (LDL)? Sadia Habib, MD, Overlake Medical Clinics Redmond, explains the significance of these terms, the importance of knowing your numbers and how cholesterol affects your heart. Redmond Senior Center. **Wed., Oct. 17, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Understanding Digestive Problems

Common gastrointestinal complications can be uncomfortable and worrisome. An Overlake physician will review symptoms, prevention, diagnosis and treatment options for common digestive problems encountered by older adults. Redmond Senior Center. **Wed., Nov. 7, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Challenging Behaviors of Dementia

This workshop will provide a brief overview of dementia and hands-on tools for working with individuals with challenging behaviors. 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. **Thu., Oct. 11, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Long-Term Care Insurance

Whether you already have a long-term care insurance policy or might consider one in the future, learn about the caveats, as well as the benefits that could be very important to you. Learn how to understand and compare policies, plans and providers, not just the premiums. This is an informational seminar, not a sales presentation. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Oct. 23, 1–3 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia—Assessing and Addressing the Pain

People with dementia have a greater risk of experiencing unrelieved pain, which in turn can worsen confusion. 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.

Thu., Oct. 25, 2–3:30 p.m. Preregistration required; call 425-688-5259. FREE.

Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. The program aims to provide education and supportive discussion on topics of medical causes and treatments, future planning and communication strategies. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Nov. 1, 1–4 p.m.** Preregistration required; call Anita at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

Dementia—Self-Care For the Caregiver

Should you involve the person with dementia in planning for the future? How can you talk about difficult topics with a family member who has dementia? What are advance directives (such as durable power of attorney and living will), and why is it important to complete them early on in the disease? This class will answer these questions and provide an overview of how care needs change over time. We will also discuss 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. **Thu., Nov. 8, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

For more information about our classes, or to register,

CANCER PROGRAMS

Look Good ... Feel Better

A FREE program teaching beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Nov. 12, 1:30–3:30 p.m.** or **Mon., Dec. 10, 6–8 p.m.** To register, call Kelly Brajcich at 425-467-3809. FREE.

CANCER SUPPORT GROUPS

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups provide a welcoming environment where people living with cancer can come together to build emotional, social and educational support as a supplement to medical care. 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.*

EVENTS

Neonatal Intensive Care Unit (NICU) Grand Opening

Community Open House on **Thu., Nov. 1, 4–7 p.m.**

Save the Date!

2013 Active Senior Fair

Don't miss this fun, free, daylong event geared to the active senior! **Sat., March 9, 10 a.m.–3 p.m.** Westminster Chapel of Bellevue, 13646 NE 24th St., Bellevue

2012 Puget Sound Heart and Stroke Walk

Sat., Oct. 20, 8 a.m., at the Seattle Center. Overlake is a proud sponsor of the Puget Sound Heart and Stroke Walk. Funds raised from the walk support research at local institutions and initiatives that promote the prevention and treatment of heart disease. The event includes a Kids Zone and performances by local bands. Be sure to check out Overlake's booth in the "Welcome Home" village. To register for the walk, visit www.pugetsoundheartwalk.org.

2012 NAMIWalk Washington

For the second year, the walk will be held at Marina Park in Kirkland on **Sat., Oct. 27**. Check-in starts at 8 a.m. The race begins at 9:30 a.m. For more information, go to www.namiwalks.org/Washington.

Hopelink Turkey Trot

On **Sun., Nov. 18**, Hopelink will hold its annual Turkey Trot in Kirkland to raise money to help low-income families in east and north King County. For more information, go to www.hope-link.org/events/1hopelink_turkey_trot/.

Community Partners Luncheon

Mon., Nov. 19, 12–1:30 p.m., at the Hyatt Regency Bellevue. Please join Overlake Medical Center Foundation and more than 600 business and community leaders to celebrate and support the health and wellness of our Eastside community. The event will feature keynote speaker Alan Mulally, president and CEO, Ford Motor Co. Suggested donation: \$150 per person. Proceeds will go to Overlake's Ensuring Excellence Fund. To register, please go to www.overlakehospital.org/CPL. For more information, contact events@overlakehospital.org or 425-688-5526.

EMPLOYER EDUCATION AND OUTREACH

Interested in involving Overlake in your company's upcoming Health Fair or Lunch and Learn program? Contact jayme.kennedy@overlakehospital.org.

Upcoming events are already scheduled with City of Bellevue, PACCAR and Expedia.

AUXILIARY ACTIVITIES

Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are always looking for enthusiastic volunteers to put their creativity and passion to work for Overlake by joining this vibrant organization. For more information on these activities or how you can become a member of the Auxiliaries, please contact us at 425-688-5526 or auxiliaries@overlakehospital.org, or visit www.overlakehospital.org/auxiliaries.

Tree of Hope Ceremony

The Overlake Hospital Cancer Center Auxiliary will host the 13th annual Tree of Hope Ceremony on **Nov. 13** in Overlake's Main Lobby. Remember a loved one, honor someone meeting the challenges of cancer or recognize a special caregiver by making a donation to the Cancer Center at Overlake and having a candle lit in his or her name. For more information, contact Jennifer Fischer at 425-688-5526 or events@overlakehospital.org.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works with applicants to match their interests, skills and experience to the hospital's needs. To learn more, visit www.overlakehospital.org/volunteer or contact Beverly Murray, manager of Volunteer Services, at 425-467-3308, Mon.–Fri., 9 a.m.–4:30 p.m.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425-688-5211 to find physicians who are affiliated with Overlake. 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 you would like us to offer, send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.

FREE HEALTH SCREENINGS AND TOURS

SAT., NOV. 10 9 A.M. – NOON

You are invited to come meet your neighborhood physicians and staff at our new Overlake Medical Clinics Highmark location in Issaquah:

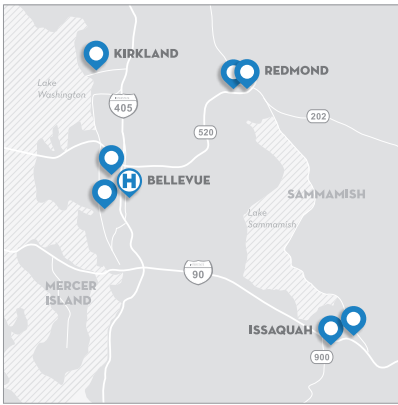
**1740 NW Maple Street
Suite 207
Issaquah, WA 98027**

Check website for
additional details.



www.overlakehospital.org/eastsidevitality

please visit www.overlakehospital.org/classes.



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

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 INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

NEW MEDICAL STAFF AT OVERLAKE

<p>Shabnam Balali, MD 425-688-5460 Psychiatry</p>	<p>Aaron Heide, MD 425-264-2568 Neurology</p>	<p>Midori Larrabee, MD 425-688-5072 Hospitalist</p>	<p>Rebecca Partridge, MD 425-557-8000 Pediatrics</p>	<p>Darwin Viernes, MD 425-451-4141 Anesthesia</p>
<p>Sigrid Barnickel, MD 425-688-5234 Family Practice</p>	<p>Glen Hiss, MD 425-688-5326 OB/GYN</p>	<p>Christine Larson, MD 425-827-4600 Pediatrics</p>	<p>Eugenio Rivera, DPM 206-447-0302 Podiatric Medicine</p>	<p>Tygh Wyckoff, MD 425-451-4141 Anesthesia</p>
<p>Abhineet Chowdhary, MD 425-454-8161 Neurological Surgery</p>	<p>Pen Hou, MD 425-688-5488 Family Practice</p>	<p>Chike Linton, MD 425-264-2568 Neurology</p>	<p>Taylor Sawyer, DO 206-543-3200 Neonatology</p>	
<p>Dionne Gallagher, MD 425-455-0244 OB/GYN</p>	<p>Jonah Hulst, MD 425-462-9800 Orthopedic Surgery</p>	<p>Julius Michaelson, MD 425-688-5326 OB/GYN</p>	<p>Benjamin Tibbals, MD 425-451-4141 Anesthesia</p>	
<p>Patrick Garvin, MD 425-635-6400 Emergency Medicine</p>	<p>James Kriseman, DO 425-635-6430 Family Medicine</p>	<p>Tyler Nathe, MD 425-455-3600 Orthopedic Surgery</p>	<p>Albert Tsai, MD 425-688-4560 Psychiatry</p>	



And he felt really great knowing he'd saved \$211.

Fred was treated at an **Overlake Urgent Care Clinic**. His total out-of-pocket cost was \$99. If he had gone to a standalone Emergency Room for the same treatment, Fred's out-of-pocket cost would have been \$310.

For treatment of non-life-threatening illnesses and injuries, visit an **Overlake Urgent Care Clinic** in Issaquah or Redmond.



Costs above are estimates based on a typical health insurance plan. Your out-of-pocket costs may vary.

www.overlakehospital.org/urgentcare