

Healthy Outlook

SPRING
2012

Care From the Heart

*Overlake's innovative cardiac
services offer lifesaving care—
when every second counts*

Heart attack patient Gary Farer
received first-rate care at Overlake

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: New Heart and Vascular Center Comes to Overlake
World-Class Care for High-Risk Newborns



From the President & CEO

Each day at Overlake, I hear amazing stories about how our staff has made a difference in patients' lives. Whether it's a man whose life was saved by our expert cardiologists, or a family welcoming a new baby after a difficult pregnancy—this is why we come to work every day. Remaining state-of-the-art is also critical, and that's why we are making major investments in a new Heart and Vascular Center and new Neonatal Intensive Care Unit (NICU).

Overlake already offers the most comprehensive heart and vascular program on the Eastside. The David and Shelley Hovind Heart and Vascular Center will allow us to bring cardiac testing and therapeutic services into one cutting-edge facility, offering increased convenience and coordination of care in a modern, healing environment.

The NICU is staffed by neonatologists from Seattle Children's and offers highly advanced care to the most vulnerable infants. The new NICU will have more spacious, private rooms with daybeds for family members and natural light to facilitate healing. We know how important it is for young families to have peace of mind that, should something go wrong, the very best care is available at Overlake.

Sincerely,

Craig Hendrickson
President & CEO

URGENT CARE AND PRIMARY CARE NOW OPEN IN REDMOND

In January, Overlake Medical Clinics opened a new Urgent Care Clinic in Redmond. The clinic is conveniently located at Creekside Crossing Shopping Center on Redmond Way, just off State Route 520. For non-life-threatening illnesses and injuries, the Urgent Care Clinic is open seven days a week from 7 a.m. to 11 p.m. with on-site medical imaging (CT scanning, ultrasound and X-ray) and lab services. When used appropriately for quick medical attention, urgent care can be a cost-effective treatment option, with an insurance co-pay that is usually significantly lower than an emergency room visit co-pay.

Last month, Overlake's newest primary care clinic opened at Redmond Town Center. Offering same-day and walk-in appointments, the clinic makes it easy for workers and residents in Redmond to receive care quickly and efficiently. The clinic will offer adult preventive care—including annual exams, health screenings and immunizations—and care for chronic and acute conditions.

- **Urgent Care**
17209 Redmond Way, Redmond, WA 98052
425-635-6400
www.overlakehospital.org/redmondurgentcare
- **Primary Care**
16315 NE 74th Street, Redmond, WA 98052
425-635-6430
www.overlakehospital.org/clinics

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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. Healthy Outlook © 2012. Published by the Overlake Marketing Department. Executive Editor: Kelly Blake.

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For an e-copy, visit www.overlakehospital.org/healthyoutlook.

Keeping Your Heart Beating at a Healthy Pace

Overlake's Electrophysiology Laboratory offers the most advanced treatments for heart arrhythmias

The human heart is an incredibly powerful muscle—beating more than 100,000 times a day. For your heart to pump oxygen-rich blood and nutrients throughout your body, it needs electrical energy to generate a heartbeat. But sometimes the electrical impulses in your heart grow too fast or too slow, causing the heart to beat irregularly and resulting in shortness of breath or light-headedness.

Overlake's Electrophysiology (EP) Laboratory provides leading-edge evaluation and treatment of irregular heartbeats, known as cardiac arrhythmias. The EP lab is staffed by three electrophysiologists (cardiologists trained to diagnose and treat the electrical activities of the heart) and three EP technologists. It is the only EP lab in western Washington with all lab personnel credentialed by the Heart Rhythm Society after each staff member passed the International Board of Heart Rhythm Examiners exam in 2010. "We are very proud of our technologists, and this qualification reflects the professionalism they bring to bear," says Derek M. Rodrigues, MD, FACC. "The safe performance of these complex procedures is a team effort."

The most common procedure performed in an EP lab is an electrophysiology study. "We have a 3-D mapping system, which is kind of like GPS technology," explains J. Alan Heywood, MD, a cardiologist with Overlake Medical Clinics Cardiology. "It allows us to create a 3-D image of the heart so we can map where the arrhythmias come from. It's a more accurate representation than an X-ray, and it's safer for the patient."

Abnormal heart rhythms are studied to diagnose the specific problems with the heart's electrical system. Once an arrhythmia is confirmed, the electrophysiologist decides whether the condition requires medical or surgical treatment.

One treatment option for non-life-threatening arrhythmias is called catheter ablation; it's a fairly low-risk procedure in which high-frequency energy is delivered through a long, thin,



Electrophysiologists
J. Alan Heywood, MD,
and Jeffrey V. Fowler, MD

Symptoms of Serious Arrhythmias

- Recurrent palpitations (a feeling of skipped heartbeats or fluttering).
- Pounding in your chest.
- Dizziness or feeling light-headed.
- Fainting.
- Shortness of breath.
- Chest discomfort.
- Weakness or fatigue.

flexible tube put into a blood vessel. The tube guides into a small area of tissue inside the heart triggering the abnormal heart rhythm. The tip of the catheter heats up with radiofrequency energy, creating a small scar on the tissue so the arrhythmia can no longer travel through the area and thus no longer occur.


Overlake also offers cryoablation for selected patients. This treatment uses a refrigerant inside a tiny balloon to freeze the vein tissue. The refrigerant, which cools the tip of the catheter to subzero temperatures, draws heat out of the vein tissue, so the cells in the heart responsible for the arrhythmia are no longer able to conduct electrical impulses.

It is important to learn about your heart to help prevent heart disease. To schedule an appointment with an Overlake cardiac care specialist, call 425-454-2656.

A photograph of two men standing side-by-side. The man on the left is wearing a white lab coat over a white shirt and a grey tie. The lab coat has a logo on the left chest that reads "OVERLAKE MEDICAL CLINICS CARDIOTHORACIC SURGERY" and a name tag on the right chest that says "Dr. Card". The man on the right is wearing a blue polo shirt. Both men are smiling and looking towards the camera. The background is a blurred indoor setting with vertical lines, possibly window blinds or a wall panel.

Our Team Approach

is one of the defining qualities of the state-of-the-art Cardiothoracic Surgery Program at Overlake

A blue ECG (heart rate) line graphic that starts on the left side of the page and extends horizontally across the bottom of the text area.

Cardiothoracic surgeon Robert Binford, MD (left), helped save the life of heart attack patient Gary Farer.

The Heart of the Matter



While driving on a pleasant October afternoon, Gary Farer stopped at an intersection and was waiting to turn left onto I-405 in Factoria. But when the traffic light turned green, his car didn't move. The driver behind him blared his horn to no avail. Gary, a good-natured 59-year-old Bonney Lake resident who had been chatting away at a business lunch just five minutes earlier, was now slumped over his steering wheel, unaware of the world around him. Gary was in cardiac arrest; his heart stopped beating.

Two bystanders, Gary Elbaum and Dominic Dimino, wandered over to the car and knocked on the window. When Gary didn't respond, they tried to break into the car, but it was shut like a vault—doors locked, windows seemingly unbreakable. Just then, a construction worker, David Howe, arrived on the scene. Grabbing a hammer from his truck, Howe smashed through a back window to retrieve Gary from his car. Elbaum began performing CPR, continuing until paramedics and the Bellevue Fire Department arrived.

The paramedics continued CPR and shocked Gary's heart with a defibrillator several times on the way to Overlake. There, the Emergency Department (ED) team flew into action, ramping up the effort to save him. Gary's heart had shown no signs of life for 45 minutes, but the team continued its efforts, which finally paid off in the form of a beep—the long-awaited first heartbeat.

“It was an unbroken chain of great people. I don’t know why I was so lucky.”



Meanwhile, Gary’s wife was concerned he wasn’t replying to her voice mail messages. She began calling local hospitals and learned he was at Overlake. By this time, Overlake’s critical care team had already induced hypothermia to cool Gary’s body temperature and prevent damage to his oxygen-starved brain.

INTERDISCIPLINARY CARE

“Overlake is well-equipped to see patients who come in with a heart attack and other cardiac emergencies that enter through the ED,” says David Nelson, MD, a cardiothoracic surgeon. The team also treats the full range of nonemergent heart conditions. In fact, Overlake has been named one of the Top 100 Hospitals for Cardiovascular Care by Thomson Reuters and was named a Blue Distinction Center for Cardiac Care by Premera Blue Cross.

A key component is Overlake’s Cardiothoracic Surgery Program, which uses the latest procedures and technologies to treat a range of chest disorders. To continue promoting quality care to the highest level, Overlake has brought in two top cardiothoracic surgeons, Dr. Nelson and Robert Binford, MD.

“I came to Overlake because the program is positioned to move ahead with the changes that are coming down the road in medicine,” Dr. Nelson says. “The team here is excellent—from the operating room team to the Critical Care Unit (CCU) nursing and telemetry nursing—and care is very well-coordinated. And the CCU has a critical care specialist, known as an intensivist, in-house, 24 hours a day, which is very helpful for our postoperative patients.”

“Overlake has a culture of cardiologists, surgeons and support staff working together as a team for the benefit

of the patient,” Dr. Binford adds. “Our cardiologists and surgeons provide the most current treatment using the latest technologies, and our outcomes are superior.”

SURGICAL BREAKTHROUGHS

Dr. Nelson and Dr. Binford do both traditional on-pump heart surgery, using a bypass machine, as well as beating-heart surgery, which is performed without stopping the heart. “Patients who are severely restricted by lung disease or kidney function and similar types of issues can benefit from beating-heart surgery because there are fewer side effects, like pulmonary, neurologic and kidney complications,” Dr. Nelson says.

Dr. Nelson and Dr. Binford also offer a new hybrid surgery, in which they use beating-heart surgery to perform a bypass, for example, and partner with a cardiologist who then treats the remaining vessel lesions with stents. The cardiothoracic surgery team is skilled at treating a range of conditions—from heart disease, to valve disease, to aortic aneurysms and aortic dissections (repairing tears in the aorta).

“I’m excited about bringing in new techniques like complex mitral valve repair using artificial cords and minimally invasive valve surgery,” Dr. Binford says. This procedure replaces damaged heart valves, tiny doors that control the one-way flow of blood through the heart, by replacing the valves’ tendonlike cords with artificial ones. “The benefit of minimally invasive surgery is smaller incisions. You don’t have a broken breastbone, so recovery to full activity is shortened dramatically. When the surgery is less invasive, people are often willing to undergo the procedure earlier rather than waiting until they are really sick.”

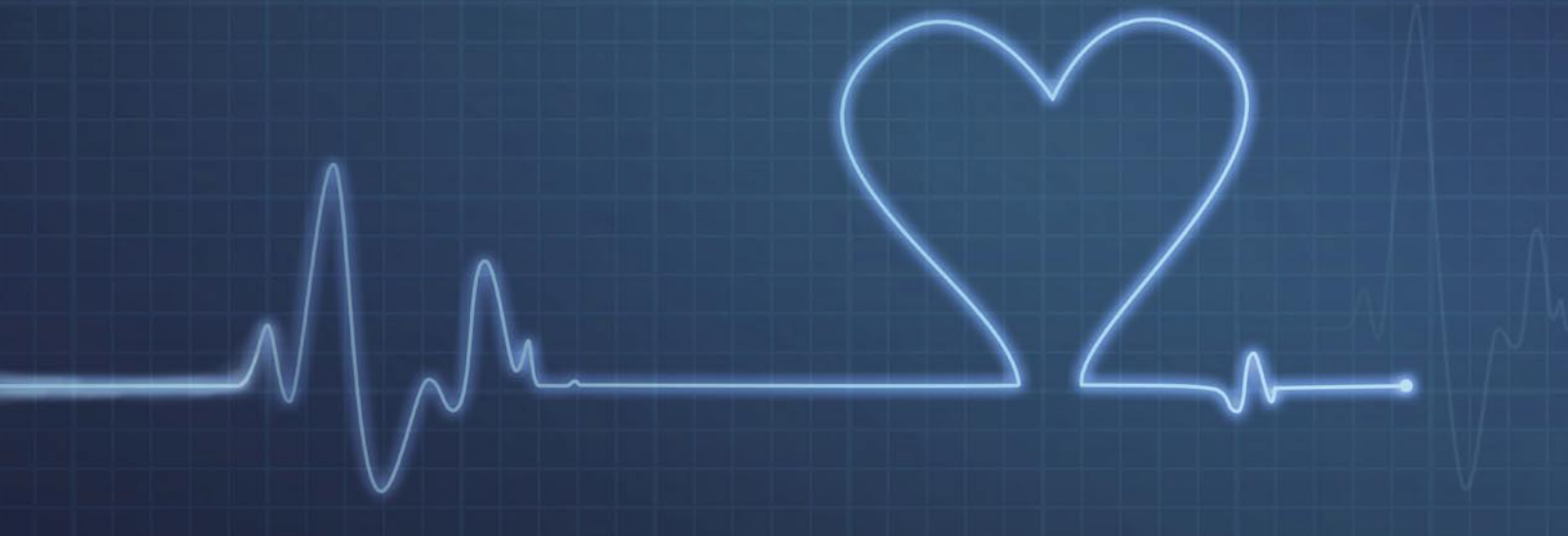
IN EXPERT HANDS

Patients like Gary Farer particularly benefit from Overlake’s advanced expertise in different specialties. Over the course of his stay, Gary received leading-edge care from a skilled multidisciplinary team, including cardiologists James Watson, MD; Scott Haugen, MD; and Ronnier Aviles, MD; and intensivist and pulmonologist William J. Watts, MD.

After Gary’s medical team returned his body temperature to normal, he awoke and slowly regained his bearings. “For the first three days, I had short-term memory loss,” he says. “It was like Groundhog Day, over and over. Then, everything came back. From that point on, it was just clickety-clickety-click.”

CARDIOTHORACIC SURGERY: WHAT IS IT FOR?

- Coronary artery blockages.
- Abnormalities of the large blood vessels connecting to the heart.
- Problems with the heart's electrical conduction system.
- Heart valves that require repair or replacement.



Still, Gary had heart disease in three vessels, so he was placed in the skillful hands of Dr. Binford, who performed heart bypass surgery and implanted a defibrillator in Gary's chest. Gary's wife and two adult children, Nick and Amber, were ever present to provide moral support.

"The doctors did a great job and put everything back—no spare parts," Gary quips. "Talk about having really good people who are on your side, making good decisions. Everybody was exceptionally nice. I'm 6 feet 2 inches, so the regular beds were too short for me, and the nurses were even trying to find extensions for the beds."

Of course, Gary was thrilled to be back home in his own bed just a few days after surgery. "I came home and felt really good," he says. "I can walk around and go shopping, and do anything I need to do."

"His function is good," Dr. Binford confirms. "If he takes care of himself, his prognosis for a normal life expectancy is no different than if this never happened."

With his health scare behind him, Gary says he appreciates his second chance. Two months after Gary's

cardiac event, the Bellevue Fire Department presented his three citizen rescuers—Dimino, Elbaum and Howe—with the Citizens' Award for Merit. Gary was able to thank them face to face.

"All the right people were exactly where I needed them to be in every step of the process, from the three guys who helped me initially, to the paramedics, to my doctors and surgeons at Overlake," Gary says. "It was an unbroken chain of great people. I don't know why I was so lucky."

Overlake Medical Clinics Cardiothoracic Surgery

1135 116th Ave. NE,
Suite 605
Bellevue, WA 98004
425-454-8161

HOURS
Monday through Friday
8:30 a.m. – 4:30 p.m.
www.overlakehospital.org/CT

New Heart and Vascular Center Coming to Overlake

Community support will help fund our new state-of-the-art facility

David Hovind's father was only 57 years old when he died of a heart attack in the 1960s—a time when cardiac care was primitive by modern standards. “If you had a heart attack, the best they could do was keep you comfortable,” says David's wife, Shelley Hovind.

In contrast, Shelley's father was diagnosed with congestive heart failure in 2002. With medical technology and the care he received at Overlake, he lived another enjoyable nine years, until age 91.

These memories are just one reason the Hovinds have donated \$1 million to help Overlake build a new Heart and Vascular Center. The new center will allow Overlake, already a leader in care, to stay on top of the latest medical advances and meet the needs of a growing Eastside.

While heart disease can affect people at much younger ages, it is most prevalent in those ages 65 and older. On the Eastside, this population is slated to grow by 30 percent in the next five years. “The new center will give us additional capacity to treat patients,” says Brian Kuske, director of Cardiovascular Services.

The hospital seeks the community's help to build the new facility, with a minimum fundraising goal of \$2.75

million for the \$17 million project.

Overlake now offers the most current, comprehensive heart and vascular care on the Eastside. With numerous awards, it's a regional leader in new treatments. As new procedures have multiplied, heart and vascular services have been scattered throughout the hospital. The center will bring these services together, with 19,200 square feet located centrally off the main lobby. “It will be a one-stop shop,” says Caitlin Moulding, vice president of strategy and marketing.

Right now, for example, a patient scheduled for an angioplasty would check in on the first floor of the hospital, visit another floor to be prepped by a nurse, return to the first floor for the procedure, then recover in another room. The patient's family waits on the second floor, where the doctor must travel to relay results. “There are long excursions up and down hallways—it's not easy,” says Director of Invasive Cardiology Joe Doucette, MD.

In the new center, it will be much easier for patients to navigate the system. Doctors will also be able to communicate with each other, with patients and with families more quickly. “It's a forum for rapid dissemination of information and rapid review of cases,” Moulding says.

Learn More About Giving and Volunteering



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



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



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



David and Shelley Hovind, left, donated \$1 million to help Overlake build a state-of-the-art centralized Heart and Vascular Center, shown in the above rendering.

In addition, pre- and post-procedure rooms will be larger, so family members can be present for consultations. Doctors will be able to show patients visuals of their results immediately, something they can't do right now.

The facility will feature natural light and welcoming surroundings. Scheduled to open in 2013, it will include two electrophysiology suites, two cardiac catheterization labs, one vascular intervention radiology suite, 15 outpatient pre- and post-procedure rooms, an education/conference room, and nursing and administrative support space. Open-heart surgeries and cardiologists' offices will remain separate.

The new center will offer up-to-the-moment treatments and allow Overlake to keep up with new ones as they develop. For example, electrophysiology equipment will be updated in the new center by January 2014.

Overlake is a nonprofit hospital and receives no tax

support. Donors make a tremendous difference in the hospital's ability to stay on top of the latest treatments, says Molly Stearns, executive director of the Overlake Hospital Foundation.

That's one reason the Hovinds are dedicated to raising money for the new center. They serve on the Heart and Vascular Fundraising Committee and have hosted fundraising events in their home. "We've been blessed to have the ability to help on a project we feel so personally about," says Shelley. "This is a nonprofit hospital. It needs community support."

The Hovinds have also been impressed by the care they and family members received at Overlake. "The medical care is absolutely top-notch, but it's also about compassion," says Shelley. "There's great communication—it's a totally different experience than a hospital that works by the numbers. They honestly seem to care."

Comprehensive and Convenient Care for Seniors

Overlake offers an integrated approach to geriatric health

Getting to the doctor can be a challenge for older adults. For some, their physical mobility is limited while others don't always recognize their symptoms are serious enough to warrant a medical exam. With this in mind, Overlake is dedicated to offering Eastside seniors convenient access to outstanding care. The Overlake Medical Clinics Bellevue Senior Health Center is staffed by a team that emphasizes prevention and wellness and is specially trained to meet seniors' unique health needs, including mental and emotional ones.

Worawan Rattanasamphan, MD, the clinic's newest team member, explains physicians in the clinic are specially trained to provide expert care to senior patients. "We are taught to understand our patients' environment. I understand the world of seniors because I've seen them in various settings. I've seen patients from a very dependent level and in need of close monitoring for multiple

health conditions to those who are highly independent."

Overlake offers coordinated, comprehensive care for older adults through an innovative approach to primary healthcare. "Patients can expect kind and compassionate care from a team of experts who specialize in primary care for seniors," says Clinic Manager Greg Beeks. All the physicians are board certified in geriatrics and are "in tune with how chronic illnesses and other acute illnesses affect the senior patient," adds Beeks. Patients benefit from a treatment plan that helps ensure the quickest road to recovery or aims to prevent illness in the first place. In addition, patients receive a longer evaluation than they would at a clinic that does not specialize in senior care. "We make sure to spend ample time with our patients to really understand and manage their complex conditions specific to aging," says Dr. Rattanasamphan.

One of the key factors in treating older adults is the support they receive from their family and their care team. "It is sometimes a complex undertaking to understand what the patient really needs," explains Dr. Rattanasamphan. "That's why we involve other team members. It could be a social worker,



Worawan Rattanasamphan, MD

a rehabilitation therapist or speech therapist. As a team, we share important information to ensure the patient and family are educated on what the patient needs most."

Senior Health Center programs are carefully integrated into Overlake's Senior Care program. Seniors may take advantage of free and low-cost health screenings and education classes available on-site.

For more information on the clinic and other senior services, visit www.overlakehospital.org/seniorcare.

Overlake Medical Clinics Bellevue Senior Health Center

1750 112th Ave NE, Suite A101
Bellevue, WA 98004
425-688-5234

Caring for Our Littlest Patients

Overlake is proud to provide world-class care for high-risk newborns—and a new NICU will care for even tinier babies

When Christine Hardy came to Overlake on October 28, 2011, she didn't know she was in labor. She was pregnant with twin boys and her due date was still several weeks away.

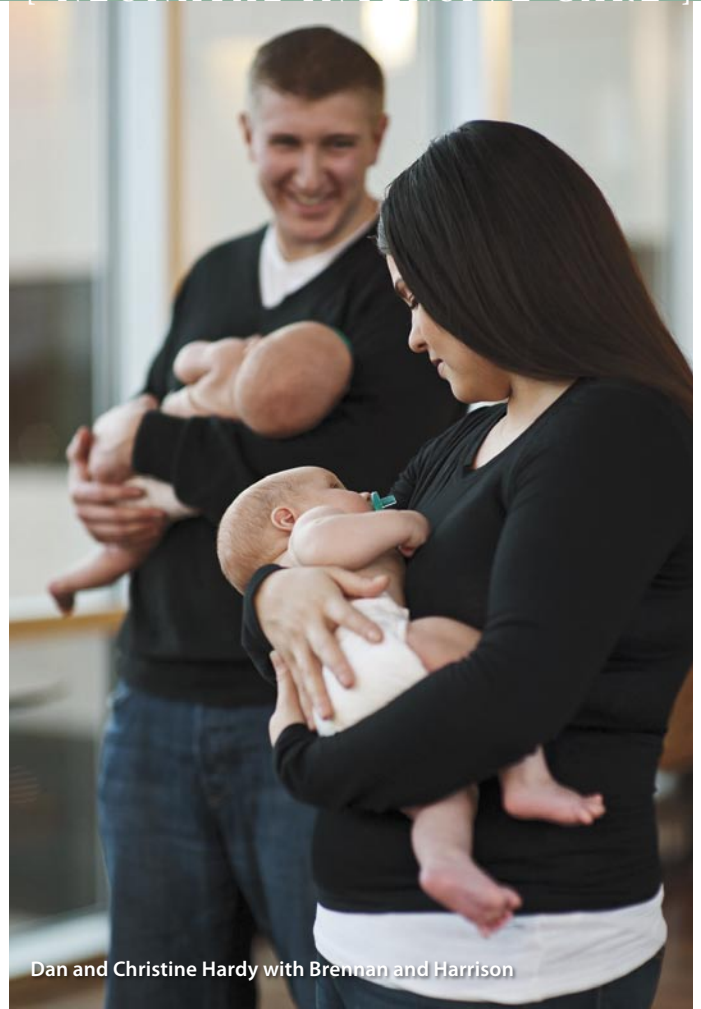
"The nurses and doctors at Overlake spent two days trying to stop me from going into labor so the boys would have more time to develop and grow stronger," explains Christine, 27. "But then my water broke, and the next two days were spent trying to get me to go back into labor."

Christine had a cesarean section on November 2, and Harrison and Brennan were born a minute apart. Because they were about six weeks early and in need of special care, the babies spent the next 20 days in Overlake's Neonatal Intensive Care Unit (NICU). "After I was released, my husband and I spent 12 hours a day with our boys in the NICU," Christine says. "The staff was fantastic. They encouraged us to be as hands-on with our babies as we wanted, which we didn't expect."

Overlake understands how important it is for parents to stay by their infant's side during a difficult time. That's why the sophisticated antepartum program and Level III NICU focus on providing highly skilled support for families as well as for babies in need of critical care.

"It's important for our community to know that our NICU is partnered with Seattle Children's," explains Overlake OB/GYN Kristin Graham, MD. "Our parents can stay close to home, while their babies receive world-class care."

To ensure Eastside families continue to have the best staff, facilities, technology and equipment, the Overlake Hospital Foundation is raising funds to build a new NICU. The facility will enable better care for the growing number of high-risk newborns treated each year.



Dan and Christine Hardy with Brennan and Harrison

"We've always provided high-risk care, but what the NICU allows us to do is not just care for the babies, but to safely deliver them at even earlier gestational ages," adds Dr. Graham. "Currently, our NICU can care for babies delivered as early as 28 weeks. With the new NICU and the appropriate education and collaboration with other services, we will be able to deliver and care for babies as young as 26 weeks and eventually, 24 weeks." These improvements will further enhance a program that is already ranked as one of the best in the country.

For new moms like Christine, the care Overlake provides is an important beginning. Harrison and Brennan are now five months old and perfectly healthy. "Everybody at Overlake was absolutely phenomenal," raves Christine. "I would definitely recommend Overlake to other families. And if my husband and I decide to have more children, we will definitely be back."

Visit www.overlakehospital.org/nicu for more information about neonatal intensive care.



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 Hospital Auxiliaries.

Become a fan of Overlake and follow us online.



PREPARATION FOR CHILDBIRTH

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, news and resources from Overlake's parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships, and anticipating changes in the family budget. Refreshments served. Preregistration required. **Mon., Apr. 16.** Visit www.overlakehospital.org/classes for times. 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: discuss 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 old) 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

- ♦ *You and Your New Baby: for moms with babies 4 to 12 weeks old. Share experiences with other new moms while learning important information.*
- ♦ *Infant Massage: learn ways to nurture your baby with loving touch.*
- ♦ *New! Infant Massage for Japanese-Speaking Families and Caregivers.*
- ♦ *Bringing Baby Home: see listing at right.*
- ♦ *Balance After Baby: a postpartum mood disorder support group.*

PARENTING

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., May 19, 10 a.m.–2 p.m.** Preregistration required. FREE.

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., Apr. 5, May 3, or June 7, 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., May 12 and 19, 9 a.m.–4 p.m.** \$150 per couple.

For more information about our classes, or to register,

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 of age, this course helps parents prepare older siblings for the new arrival. **Wed., Apr. 11; Mon., May 21; or Wed., June 6, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

Becoming a Love and Logic Parent—for parents of 4-year-olds to teenagers

Lisa Greene, certified parent coach and author of Love and Logic resources, will show you how easy parenting can be. In this two-class series, learn to avoid power struggles and handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering, and more. Workbook included. **Wed., May 16, 23 and 30, 6–9 p.m.** \$69 per person; \$109 per couple.

Parenting With Love and Logic for Children With Health Issues

Does your child have a chronic illness or special medical need? Learn practical and proven tools for raising confident, responsible kids with high coping skills, kids who are optimistic about life and take good care of themselves—even when no one else is watching. Taught by Lisa Greene, who, with Foster Cline, MD, co-authored the award-winning book *Parenting Children With Health Issues*, based on the popular Love and Logic parenting program. Greene is a mother of two children with cystic fibrosis and a certified parent coach and educator. **Tue., May 15, 6:30–9:30 p.m.** \$15 per person. \$25 per couple (scholarships available).

Understanding Our Daughters and Their Challenging Relationships

Glares, rumors, gossip, friends one day, exclusion the next ... it's been a part of our girls' world for a long time, but it doesn't have to continue. Join this class to learn more about relational aggression between girls and what parents and daughters can do to decrease the hurt among girls. During the class, moms or caregivers and daughters ages 9 to 14 will participate in experiential activities that will support long-term open communication, learning, support and hope. Taught by LWS D school counselor and Positive Discipline lead trainer Melanie Miller, MEd. **Thu., May 10, 6:30–8:30 p.m.** \$35 per daughter/mother pair. \$10 per additional person.

BodyWorks

This nine-week fitness and nutrition program for girls and boys ages 9 to 12 and their families is designed to help improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavioral changes to prevent obesity and help maintain a healthy weight. For more information, visit www.womenshealth.gov/bodyworks. **Tue., May 1–June 26, 6:30–8 p.m.** FREE.

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*. Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Fri., Apr. 13 and 20; Tue., May 1 and 8; or Mon., June 4 and 11, 6:30–8:30 p.m.** \$70 per daughter/parent pair; \$10 per additional child.

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*. Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Fri., Apr. 27 and May 4 or Tue., May 15 and 22, 6:30–8:30 p.m.** \$70 per son/parent pair; \$10 per additional child.

SAFETY

Mother and Daughter Safety Training

For girls 14 years and older and their mothers. This three-hour class addresses safety issues facing young women on or off high school and college campuses during daily activities. The training is built on increasing the awareness of our surroundings, obeying instincts and employing proactive safety strategies. Topics include:

- ♦ *The victim selection process and how to make yourself a "harder target."*
- ♦ *What to do when approached by a stranger in an isolated area.*
- ♦ *Safety in elevators, parking lots and "fringe" areas.*
- ♦ *Being smart and safe with social media.*
- ♦ *Alcohol and common predatory drugs: what they are and how to avoid them.*
- ♦ *Early recognition of inappropriate acquaintance/date behavior.*

Thu., May 3, 6–9 p.m. \$55 per mother/daughter; \$45 per additional daughter.

Better Babysitters

Sponsored by Seattle Children's and Overlake. For youths ages 11 to 13. This course teaches youth responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., Apr. 7, Apr. 21, May 5, May 19, June 2, June 16; Tue., June 26; or Wed., June 27, 9 a.m.–2 p.m.** Bellevue location. Please register at www.seattlechildrens.org/classes-community. \$40 per person.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Weeknights, Apr. 25, May 7, May 30 or June 25, 6:30–9:30 p.m.; Sat., Apr. 14, May 12 or June 9, 9 a.m.–noon.** \$35 per person; \$60 per couple.

First Aid for the Family and CPR—includes AED

Infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Tue., Apr. 24 and Thu., Apr. 26; Mon., June 11; or Wed., June 13, 9 a.m.–4 p.m.** \$70.

Adult First Aid and Adult/Child CPR—includes AED

Adult/child (ages 1–8) CPR, automated external defibrillators (AEDs) and basic first aid training. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Sat., May 26, 9 a.m.–4 p.m.** \$65.

CPR for Healthcare Providers

Mon., Apr. 30 or Wed., June 6, 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 Kathy Golic, 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.*

Wed., May 2, 6:30–8 p.m. Please preregister to reserve your spot. FREE.

HEALTHY LIFESTYLES

Melanoma Monday—Free Skin Cancer Screening

Overlake dermatologists will be available to provide free skin cancer screenings. **Mon., May 7, 5:30–8 p.m.** Space is limited; preregistration required. Please call 425-688-5259 for an appointment.

please visit www.overlakehospital.org/classes.

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 orthopedic surgical team includes James Bruckner, MD, and Steven Ratcliffe, MD. Time allowed for questions. **Thu., May 10** at Overlake or **Tue., June 12** at Overlake Medical Clinics Issaquah, **6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., May 31, 7–9 p.m.** \$45. Reduced rates are available for those who have previously taken an Overlake hypnosis class. Check our website for details.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series offered on **Thu., Apr. 19, 26 and May 3 or June 7, 14 and 21, 7–9 p.m.** \$89. 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., Apr. 24 and June 26, 6–7:30 p.m. Bellevue: Tue., Apr. 10, Apr. 17, May 8, May 15, May 22, June 5, June 12, July 3, 6–7:30 p.m. Sat., Apr. 28, May 26, June 23, 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

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. Classes are offered in Bellevue and Issaquah.

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 about our next class and to register. 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; we recommend contacting your insurance company in advance to determine if your policy covers diabetes education. Call 425-688-5700 for exact dates and to register.

SENIOR CARE

A Matter of Balance

A Matter of Balance 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. The Gardens at Town Square, 933 111th Ave. NE, Bellevue. **Mon. and Wed., Apr. 2–25; or Tue. and Thu., May 1–24; or Mon. and Wed., June 4–27, 10 a.m.–noon.** Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

Simple Secrets of Balance, Agility and Stability—an exercise class

Learn how to increase both stability and mobility and become your own movement coach. Perform activities with more confidence and agility, and prevent falls. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Wed., Apr. 4–25 or Thu., May 3–24, 2–3 p.m.** Preregistration required; call 425-688-5259. \$36.76 for four-week session.

(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., Apr. 3–24, or May 1–22 or June 5–26, 12:30–1:45 p.m.; or Thu., Apr. 5–26, May 3–24 or June 7–28, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session.

A Better Understanding of Long-Term Care Insurance

This is an informational seminar, not a sales presentation. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Apr. 10, 1–3 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. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Apr. 12, 1–4 p.m.** Preregistration required; call Anita at Alzheimer's Association at 206-529-3868, ext. 229. FREE.

Dealing With the Challenges of Dementia

Presented by the Alzheimer's Association. Not appropriate for the memory-impaired person. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Apr. 26, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia: Assessing and Addressing Pain

Presented by the Alzheimer's Association. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., May 17, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Living Wills: Does Your Family Know Your Wishes?

Learn how to develop your own advance directive for healthcare using a workbook covering living wills, durable power of attorney and value statements. Includes workbook. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Wed., May 23, 10 a.m.–noon.** Preregistration required; call 425-688-5259. FREE.

Dementia: Self-Care for Caregivers

Presented by the Alzheimer's Association. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., June 14, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Standing Up to Strokes (Class #63890)

North Bellevue Community Center. **Mon., Apr. 23, 1–2:30 p.m.** Preregistration required; call 425-452-7681 and mention class number. \$7 residents; \$8 nonresidents.

Oh My Aching Feet

Bellevue YMCA. **Wed., Apr. 11, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Healthy Aging

Bellevue YMCA. **Wed., May 9, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Shoulder Pain: Why Does It Hurt?

Bellevue YMCA. **Wed., June 13, 10–11:30 a.m.** Preregistration required; call 425-746-9900. FREE.

Keeping Your Mind Fit

Redmond Senior Center. **Wed., Apr. 18, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Incontinence: It's Not a Fact of Life

Redmond Senior Center. **Wed., May 16, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Speak Up, I Can't Hear You

Redmond Senior Center. **Wed., June 20, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Walk for Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8–9:30 a.m.** For more information, call 425-688-5259. FREE.

For more information about our classes, or to register,

CAREGIVER SUPPORT

Family Caregiver Support Group—Bellevue

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

CANCER PROGRAMS

Cancer Resource Center

The Cancer Resource Center's classes, support groups and services are FREE and include use of a lending library, cancer information and counseling. The center is located in the Overlake Medical Tower, Suite 240. For more information, call 425-688-5986 or visit www.overlakehospital.org/cancerresourcecenter.

Wig Closet

A private area for women who are experiencing cancer-related hair loss to try on wigs. All wigs are complimentary for Overlake patients. Call the Cancer Resource Center at 425-688-5986 to set up an appointment.

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., Apr. 9, 6–8 p.m.; Mon., May 14, 1:30–3:30 p.m.; Mon., June 11, 1:30–3:30 p.m. To register, call Kelly Brajcich at 425-467-3809. FREE.

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.*

Sit and Knit

Volunteer program. **Wed. and Fri., 10 a.m.–1 p.m.** Call 425-688-5552 for more information.

EVENTS

Sixth Annual Bellevue 5K/10K

Overlake is a proud sponsor of this Bellevue Breakfast Rotary Club event, which raises funds to support Seattle Children's Autism Center and Bellevue's Kinderling Center. Welcome spring with an exciting, family-oriented 10K Run, 5K Walk and Kids' Dash that start and finish at Bellevue Downtown Park. **Sun., Apr. 29.** Visit www.bbrc.net for more information.

Bellevue Farmers Market

Thu., May 10–Oct. 11, 3–7 p.m. Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to visit the market for wholesome and nutritious food options. The market is located at First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. Visit www.bellevuefarmersmarket.org for more information.

Bellevue Arthritis Walk

Sat., May 19 at Crossroads Park. Join Overlake and kick off National Arthritis Month by supporting the Arthritis Foundation's signature Arthritis Walk event that raises funds and awareness to fight arthritis, the nation's most common cause of disability. Bring the whole family—there will be free snacks, live music, a bounce house, kids arts and crafts, and more.

Relay For Life

Overlake is a proud sponsor of the American Cancer Society's Relay For Life of Issaquah **Sat. and Sun., June 2 and 3**, at Skyline High School in Issaquah. These overnight events raise funds to support cancer programs and research in our community. For more information or to sign up, visit www.cancer.org.

Outdoor Movies at Marymoor Park

Wed. nights, July 11–Aug. 29. Overlake is proud to be the presenting sponsor at the Northwest's premier outdoor cinema event. Grab your family, friends, blankets, dogs and lawn chairs, and join us at McNair Field in Marymoor Park for trivia contests, games, prizes and big-screen movies under the stars! Check www.moviesatmarymoor.com for movies and more information.

Redmond Derby Days

Overlake is proud to sponsor the 72nd annual Redmond Derby Days festival, held at the Redmond City Hall Campus. Festivities will include live music, activities for the kids, the Funtastic Carnival, a bike race, refreshments and a spectacular fireworks show. Come out and take part in this local summer tradition! **July 13, 14 and 15.** For more information, visit www.redmond.gov/derbydays.

AUXILIARY ACTIVITIES

Join Us!

Our fundraising activities support vital hospital services, which help Overlake carry out the vision of providing exceptional quality and compassionate care to every life we touch. 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 425-688-5529 or auxiliaries@overlakehospital.org.

Fashions From the Heart

The Roger Stark Cardiac and Stroke Auxiliary invites you to see the latest spring fashions from Papillon, Tempó and Sturtevant's, **Thu., Apr. 26, 11:30 a.m.**, at the Hyatt Regency Bellevue. All proceeds benefit the cardiac and stroke programs at Overlake. For more information, please contact us at 425-688-5526 or events@overlakehospital.org.

Family Fun Day

The Touching Tiny Hearts Teen Auxiliary is planning a day of games, activities and food for the entire family on **Sat., Apr. 14, 4–9 p.m.**, at the Sammamish Teen & Recreation Center. The Auxiliary is raising funds to purchase a new isolette bed for the Neonatal Intensive Care Unit. For more information, please contact us at events@overlakehospital.org or 425-688-5526.

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, visit www.overlakehospital.org/volunteer or contact Kim Smith, Director of Volunteer Services, at 425-688-5365, **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 Hospital 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. We appreciate your input as we partner with you in the journey to lifelong health.



please visit www.overlakehospital.org/classes.



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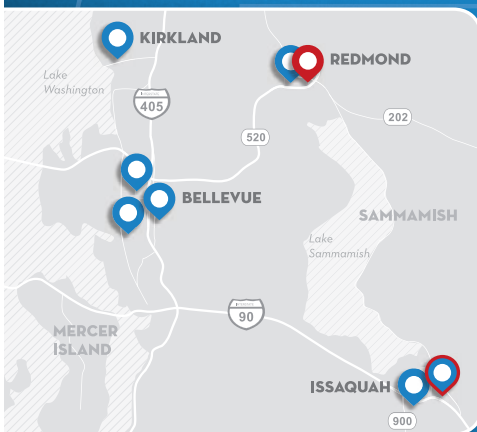
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NEW MEDICAL STAFF AT OVERLAKE

<p>Cynthia Bader, MD 425-827-4600 Pediatrics</p>	<p>Eduardo Gembs, MD 425-635-6400 Urgent Care</p>	<p>Tae Soon Park, DPM 425-893-8100 Podiatry</p>	<p>Worawan Rattanasamphan, MD 425-688-5234 Geriatrics</p>	<p>EunJoo Yoo, MD 425-635-6400 Urgent Care</p>
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OVERLAKE MEDICAL CLINICS



PRIMARY CARE

Same-day appointments.

Walk-ins welcome.

Expanding network of
Eastside clinics.

Complete primary
care services.

URGENT CARE

Open 7 days a week.

Cost-effective treatment
option compared to a
freestanding emergency
room visit.

Two convenient locations.

425-635-6600

www.overlakehospital.org/clinics