

SUPERFOODS TO BOOST YOUR ENERGY • STAYING ACTIVE ONE DECADE TO THE NEXT

OVERLAKE

SPRING 2016

*Healthy*  
OUTLOOK

ON THE

CUTTING

EDGE

THE OVERLAKE NEUROSCIENCE INSTITUTE BOASTS  
INNOVATIVE TECHNOLOGY AND AWARD-WINNING CARE



## FROM THE PRESIDENT & CEO

One of the great benefits as CEO of Overlake Medical Center is getting to talk with so many people from our Eastside community, and one of my favorite questions to answer is: What makes Overlake remarkable?

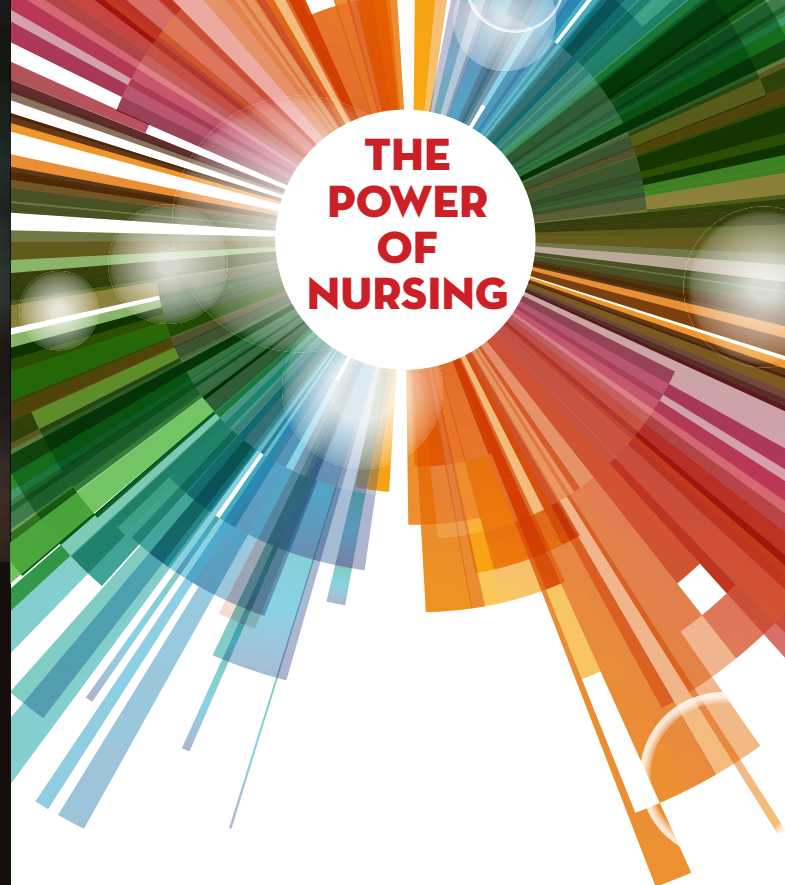
At the top of a long list are Overlake nurses. They are among the best in health care. We receive letters, Facebook posts and comments every day about the quality of our nursing staff and the compassion they show our patients and families. Many of our doctors say the primary reason they choose to work at Overlake is the top caliber of our nurses.

Overlake's commitment to nurturing and honoring nurses includes sponsorship of a 14-week nursing residency program. It offers new and veteran nurses an environment in which to learn and teach best practices, to work in varying specialties, and to experience what makes nursing remarkable beyond clinical care.

This week, we honored a nurse after receiving a letter from a family about how she cared for their mother. They wrote that she approached their mother's care as though it was a "privilege and honor" to be alongside all 20 family members at a most critical time—how she prayed with them and hosted each of them as though they were her guests.

Their story is only one among hundreds we hear every year. It is my privilege and honor to work with a group of nurses who not only care for, but touch the lives of so many in our community. Thank you to our nurses, and to you—we are all grateful you choose Overlake.

J. Michael Marsh  
President and CEO



## OVERLAKE MEDICAL CENTER BANDAGE BALL



Celebrating and supporting  
our exceptional nursing staff.

[bandageball.org](http://bandageball.org)



### HEALTHY OUTLOOK · SPRING 2016

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1035 116th Ave. NE | Bellevue, WA 98004

425.688.5000 [overlakehospital.org](http://overlakehospital.org)

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Periodically, we send communications to friends and neighbors in our community that describe the health care 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](mailto:healthyoutlook@overlakehospital.org).

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



Renderings of the campus renewal project show an aerial view (top) and new campus entrance (bottom).

## project futureCARE

The Eastside is one of the fastest-growing regions of the country, leading to an unprecedented demand for health care. To meet the needs and exceed the expectations of the Eastside community, Overlake recently announced a six-year campus renewal plan: project futureCARE.

The transformation—which includes a new Childbirth Center, additional operating rooms and more—is designed to enhance the patient and family experience. Project futureCARE continues Overlake's commitment to provide innovative and compassionate care to patients. The first phase—a new Cancer Center—is slated to open in the second quarter of 2017.

Visit [overlakehospital.org/futurecare](http://overlakehospital.org/futurecare), and follow project futureCARE on social media: #projectfutureCARE.

## RECONSTRUCTION FOLLOWING BREAST SURGERY

Breast cancer cure rates are on the rise—thanks to earlier detection and better treatment—giving women facing the disease more freedom to positively address the change in their bodies. For women whose treatment plan includes mastectomy, that means starting a dialogue soon after diagnosis about the option of immediate reconstruction following the same surgery.

Cancer treatment at Overlake is about treating the whole person, not just the disease. "Our primary goal is always to preserve a patient's health and try to cure them of their cancer. The secondary goal is to help women have a normal, healthy body image when they complete their treatment," says Overlake breast surgeon Kristi Harrington, MD, PhD.

Careful planning also improves the probability of immediate reconstructive surgery. Meeting with a reconstruction surgeon early in the process can put a woman on the road to recovery faster, helping her plan for the future. Often, when the conversation about reconstruction is delayed until after treatment is completed, it's difficult to think about facing additional medical appointments and procedures.

"We've taken great care to develop a top-notch breast cancer program at Overlake," Harrington adds. "We are fortunate to have a number of skilled reconstructive surgeons in our community who are willing to partner with us for breast reconstruction."

## ADVANCED CARE FOR ATRIAL FIBRILLATION

*Overlake offers innovative treatments for the most common arrhythmia*

Overlake Medical Center's electrophysiology lab is the only one on the West Coast fully accredited by the Institute of American College of Cardiology as an atrial fibrillation center to treat the most common type of arrhythmia, affecting more than 30 million people worldwide. With AFib, rogue electrical impulses make the heart beat irregularly, so doctors use a minimally invasive procedure called ablation in which they insert a catheter into the atria of the heart via a blood vessel. On the catheter's tip is a small tool that emits blasts of energy to disable these problem impulses. *Healthy Outlook* spoke to three Overlake electrophysiologists to learn more about this condition.

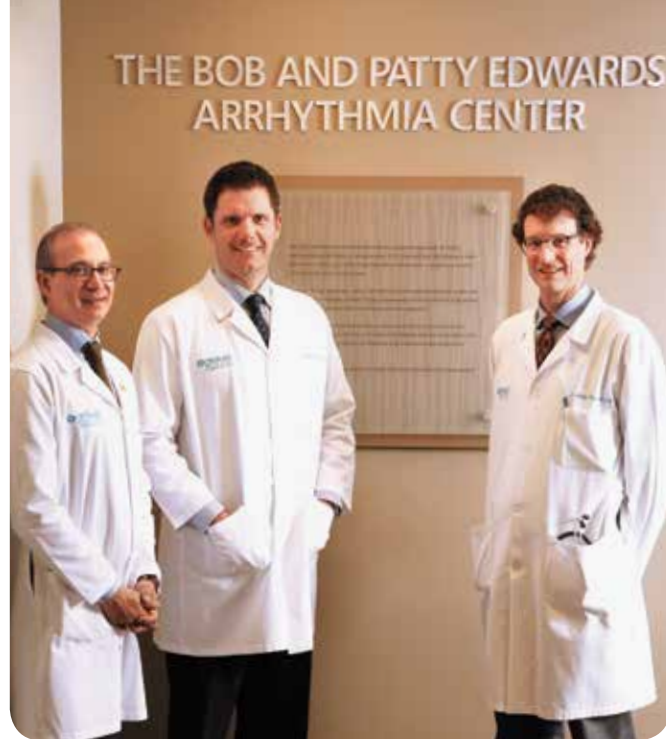
### What do we know about the causes of AFib?

**Jeffrey Fowler, MD:** AFib incidence increases with age. It is slightly more common in men than women, though it's increasing overall in the population. This is likely due, at least in part, to increases in obesity and diabetes. High blood pressure, obstructive

sleep apnea and excessive alcohol consumption also contribute to AFib, so diet and lifestyle are very important for reducing risk. All of these factors put stress on the heart, causing inflammation, stretching and scarring that can disrupt normal electrical activity.

### Overlake has recently begun using new technologies to treat AFib. How do these work?

**Derek Rodrigues, MD:** What's revolutionary about one of them, the SmartTouch catheter, is that we can measure how much force we are putting on the vessel wall. We get better, stronger ablation lines, and increased sensitivity makes it safer. In the past two years, we've experienced higher rates of success with fewer incidents of recurrence compared with previous ablation technology. We also use Topera mapping for patients with advanced forms of AFib who have



From left: Derek Rodrigues, MD; Jeffrey Fowler, MD; and J. Alan Heywood, MD.

persistent problems after ablation treatment. Our current understanding is these patients may have fixed areas of electrical disturbance, and this helps us target those areas.

### Why does AFib increase patients' risk for stroke?

**J. Alan Heywood, MD:** AFib can cause the atria to beat rapidly and erratically, which results in stagnation and pooling of blood within that area of the heart. This may promote blood clot formation within the heart chamber. When the blood clot breaks free from the heart, it can travel through the bloodstream and lodge in an artery of the brain, resulting in a stroke.

To help estimate a patient's risk of stroke associated with AFib, we use a risk scoring tool.

Visit [overlakehospital.org/hearhythm](http://overlakehospital.org/hearhythm) to learn more about atrial fibrillation and other arrhythmias.

This helps determine who is a candidate for anti-coagulation medication to reduce the risk of stroke.

## SUPERFOODS

*Healthy ways to boost your energy*

It's tempting to fill your mug with another cup of coffee for a boost of energy, but for longer-lasting pick-me-ups, reach instead for a "superfood."

Superfoods are considered "super" because, bite for bite, they are packed full of more vitamins, nutrients and minerals than other foods and tend to boost mood and energy levels. Some superfoods include oatmeal, quinoa, nuts and seeds (for long-lasting energy), legumes, fish and green, leafy vegetables (for mental health and energy), and dark chocolate (for mood and alertness).

Many superfoods are rich in B vitamins, omega 3s, folate, selenium, fiber, protein and magnesium. B vitamins help in energy production, and B6 and B12 have been linked to easing depression and insomnia and increasing energy levels. Folate and omega 3s are excellent sources for improved mental health and energy.

Pistachios in particular (see recipe) are a perfect snack; high in protein and fiber, with B vitamins, folate and magnesium, they keep you satisfied longer and provide a great deal of energy.

In addition to eating superfoods, reducing refined carbohydrates and sugar and increasing fruits and vegetables in your diet help boost energy and improve mood. Eating regularly (not skipping meals) and including a protein source at each meal and snack help to balance blood sugar and sustain energy.

### NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425.688.5484 or visit [overlakehospital.org/outpatientnutrition](http://overlakehospital.org/outpatientnutrition).

## Red Quinoa and Pistachio Salad

Serves 4-6

### Ingredients:

- 1½ cups organic red quinoa, rinsed
- 3 cups organic vegetable broth
- ¼ cup shelled pistachios, lightly toasted
- 1 teaspoon cumin, ground
- ½ teaspoon coriander, ground
- 1 teaspoon sea salt
- ¼ teaspoon black pepper, ground
- ½ cup fresh mint, chopped
- 2 green onions, diagonally sliced
- ½ cup golden raisins
- 2 tablespoons lemon juice, fresh
- 2 tablespoons orange juice, fresh
- 1 tablespoon orange zest (do this before juicing orange)
- 2 tablespoons blood orange-infused olive oil

### Directions:

- Rinse quinoa in a fine mesh sieve until water runs clear, drain and transfer to a medium pot. Add vegetable broth and bring to a boil. Cover, reduce heat to medium low and simmer until liquid is absorbed, 15 to 20 minutes. Set aside for 5 minutes; uncover and fluff with a fork, spread out on sheet pan and let cool.
- Combine remaining ingredients in mixing bowl. Add cooled quinoa and stir to coat. Adjust seasoning to taste.
- Top with dollop of organic Greek yogurt, and enjoy!

Recipe by Chris Linaman, executive chef, Overlake Medical Center



**ON THE** CUTTING  
**EDGE**

THE OVERLAKE  
NEUROSCIENCE  
INSTITUTE BOASTS  
INNOVATIVE  
TECHNOLOGY  
AND  
AWARD-WINNING  
CARE

**T**he brain is the command center of the entire human experience, sending signals that control movement, speech and thought, not to mention personality and consciousness. So it's not surprising that neurological issues can prove among the most vital and complex conditions to treat. "At the Overlake Neuroscience Institute, our overarching vision is to advance the field, offering patients innovative and minimally invasive treatments for a complex range of brain problems," says Abhineet Chowdhary, MD, neurosurgeon and program director of the institute.

Fortunately, modern medical technology and knowledge have led to huge advances in the treatment of neurological disorders. These cutting-edge technologies and expertise can be found at the Overlake Neuroscience Institute, where industry-leading experts offer both neurosurgical and neurological care.

**AWARD-WINNING STROKE CARE**

Brain damage from stroke is not only a leading cause of death but also a leading cause of disability. Strokes deprive the brain of blood and oxygen, and the longer a stroke goes untreated, the more damage is caused to the brain. Stroke patients who survive often experience at least some degree of brain damage—so literally every second counts. That's why the stroke team at Overlake works constantly to improve both the quality of stroke care and the speed at which it is provided. These efforts have made Overlake an award-winning stroke care center. Recently, Overlake received the 2016 Healthgrades Stroke Care Excellence Award

and was named among the top 10 percent in the nation for stroke treatment.

The procedures a stroke patient might receive will depend on whether the stroke is ischemic, caused by blood clots, or hemorrhagic, from a ruptured blood vessel. For ischemic stroke patients, a clot-busting medication (tPA) is almost always the first choice, but it has to be given within 4.5 hours of when the stroke started.

More advanced techniques include unique catheter-based tools like the Solitaire Flow Restoration or Trevo Retriever devices, which remove the blood clot and restore blood flow in a minimally invasive fashion.

Most commonly, a patient is given tPA, but if that doesn't work, or the patient doesn't qualify, a catheter can be guided into the brain through a blood vessel in the leg, and the clot can be pulled out to minimize or eliminate the stroke.

For patients suffering a hemorrhagic stroke from a ruptured brain aneurysm, other minimally invasive endovascular procedures can be performed via a catheter. "New devices include stents, balloons and coils," Dr. Chowdhary says. "Just like a cardiologist would use them for the heart, we are able to guide them into the blood vessels in the head."

Another vital part of stroke care at Overlake is an innovative neurohospitalist program that provides a continuum of care for stroke patients from the emergency department through discharge from the hospital. "All of our neurohospitalists specialize in stroke management," says David Likosky, MD, medical director of the neurohospitalist program. "We work closely with the medical and surgical teams while patients are in the hospital. We also work to find out why the patient had a stroke and how they can prevent another one."

The other side of the Overlake Neuroscience Institute—the neurology branch—treats an equally wide

range of conditions. "In neurology, we care for illnesses that affect the brain, spinal cord and central nervous system," says Overlake neurologist Olav Jaren, MD, PhD. "The kinds of conditions we see every day can be as common as headaches or more rare movement disorders like Parkinson's disease and essential tremor, and neuromuscular disorders like ALS. We also see patients with Alzheimer's, epilepsy, multiple sclerosis and many other issues."

### CHRONIC HEADACHES

**F**or many people, a headache is an occasional inconvenience. Chronic headaches, however, are far from rare. "Headaches are the most common condition we see at the Overlake Neuroscience Institute," Dr. Jaren says. "They can be migraine, tension or cluster headaches. A patient's description of the symptoms along with a neurological exam can help us diagnose which one it is."

Patients with migraines often experience symptoms like nausea and sensitivity to light and sound, while a tension headache feels like a band of pressure around the head,

and can last from a day to even weeks. Cluster headaches may feel like a stabbing sensation above one eye, and they can come like clockwork at the same time every day.

"Each type responds to different treatments," says Overlake neurologist Daniel Fosmire, MD, "but all treatments generally revolve around lifestyle changes and tailoring the medical therapy to the individual patient. It's also very important to factor in any other health conditions the patient may have, which can help guide the selection of prescription and nonprescription medications."

Tension headaches may simply require an over-the-counter medication, along with stress reduction through massage or meditation. Migraine treatments can include taking supplements like vitamin B2 and magnesium,

tricyclic antidepressants like amitriptyline, and a group of drugs called triptans that block serotonin receptors to offer headache relief.

### MOVEMENT AND NEURODEGENERATIVE DISORDERS

**T**he rarer movement disorders, such as Parkinson's disease and essential tremor, and neurodegenerative disorders, like Alzheimer's disease and ALS, can be devastating illnesses resulting in significant loss of mental or motor functions. Alzheimer's and ALS, for example, are caused by the degeneration of certain parts of the nervous system. Alzheimer's destroys brain cells, causing memory loss and dementia, while ALS results from a breakdown of nerve cells in the spine that control muscle movement. In both cases, medications can help slow the progression, but neurologists are also looking for treatments that might halt or reverse the damage.

As with headaches, the first step in diagnosing these conditions is a simple neurological exam here at the institute. Looking at things like pupillary light response, tendon reflex strength, and how the patient walks and talks can indicate a diagnosis. With essential tremor, diagnosis can happen just from seeing the patients, as they often have involuntary movements in the hands that get worse when they write or hold a glass of water.

Parkinson's results when the brain stops producing the neurotransmitter dopamine, so taking dopamine medication often improves the quality of life for Parkinson's patients. But for those needing additional help, another option is a high-tech implant called a neurostimulator. This deep-brain stimulation goes into a part of the brain called the globus pallidus and it works like a pacemaker, sending electrical impulses into the brain to modulate movements.

Overlake's continued investment in the latest technology and leading expertise ensure its patients are in the best hands. Whether patients require surgery or can be treated medically, Overlake's Neuroscience Institute offers comprehensive, award-winning services whatever treatment they may require. For more information, visit [overlakehospital.org/neuro](http://overlakehospital.org/neuro).

"Overlake has made these advanced procedures possible for all neurological conditions whether they require surgery or can be treated medically."



Critical Care nurse, Kelly Malcolm, RN; Leon Condon; neurosurgeon Abhineet Chowdhary, MD.

## NEURO-TRAUMA PATIENT MAKES AMAZING RECOVERY

Two years ago, Leon Condon (a Microsoft employee based in England) was in Redmond on a business trip that took an unexpected turn.

"I was returning from a Seattle Mariners game, back to my hotel in Redmond. The next thing I knew I was waking up in a hospital in the U.K.," says Leon.

Leon had fallen outside his hotel and sustained a near-fatal head injury that put him into a coma. He was transported to Overlake where Dr. Chowdhary performed surgery, removing a large part of Leon's skull to relieve brain pressure.

Leon remained in a coma with a low chance of survival; when he began to show some improvement, the bone was placed in his abdomen so he could return home to England for rehabilitation. Once the swelling in his brain decreased, surgeons removed the bone from his abdomen, replacing it back in his head.

Today, Leon is fully recovered and recently reunited with his care team at Overlake (pictured). "Overlake staff rescued me when, at first, I was predicted to suffer very serious injuries and perhaps even death. Now I am back at work, driving and a father," he says.

## THE POWER OF NURSING

Ball gowns and bow ties and a wine toss, oh my! The 2016 Bandage Ball supports Overlake's incredible nursing staff.

Study after study shows the connection between nursing expertise and patient outcomes. Patients do best when their nurses are highly experienced and educated and when nurses and doctors work in close and respectful teams. With these factors in place, great things happen for patients. That's the power of nursing.

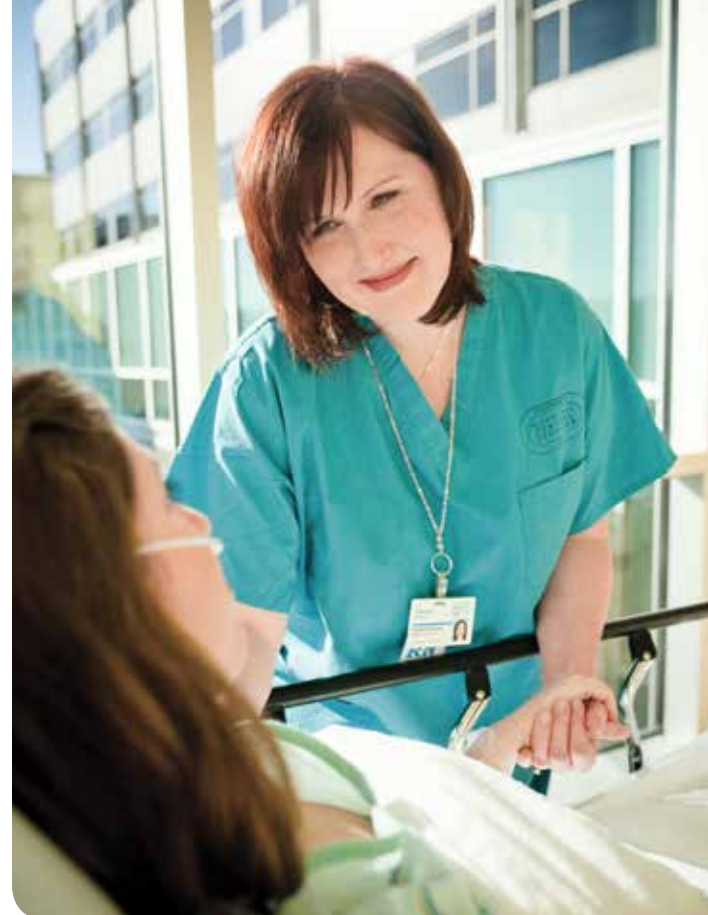
This year's Bandage Ball will raise funds for three critical initiatives at Overlake.

» **Residency program:** New nursing school graduates begin their careers with a residency program at Overlake. They receive 420 hours of hands-on clinical training under the watchful eyes of experienced nurses, taking on increasing responsibilities until they are ready to manage patients on their own. Overlake is the only hospital on the Eastside and one of only two in the region to offer this program. Better-prepared nurses mean better patient care.

» **Specialty training:** Experienced nurses may seek training in other specialties, increasing their skills and preparing them for moves to other departments. When nurses have advanced training in a specialty area, their patients have better outcomes.


» **Tuition reimbursement:** Nurses who want to go back to school for further training may receive tuition reimbursements and other support to encourage and assist them in reaching their goals. What's good for our nurses is good for our patients.

Nurses play a unique role in our lives. They work on the front lines of medicine; from the time you walk through our doors to the end of your visit, they are always there when you need them. We are honored to support our nursing team through this year's gala fundraiser.



### Learn More About Giving and Volunteering

As a nonprofit hospital that receives no public tax support, Overlake relies on contributions and volunteers from the communities we serve to help support world-class care for patients and their families.

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

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

 Foundation & Auxiliaries: 425.688.5525

**YOU CAN SUPPORT THE POWER OF NURSING AT OVERLAKE!**

Visit [bandageball.org](http://bandageball.org) to make a donation.

## STAYING ACTIVE FROM ONE DECADE TO THE NEXT

*Overlake offers many resources to help seniors find the right fitness program*

**A**s we know, exercise is an essential factor in leading a healthy life. And although it can become more difficult as we age, it is important for older adults to remain physically active.

Physical activity strengthens bones and muscles, reduces risk of disease and generally improves quality of life. Many chronic health conditions can be improved by moderate exercise.

For maximum health benefits, try incorporating the four types of exercise—balance, flexibility, strength and endurance—into your routine. For balance, try tai chi; to improve flexibility, yoga is a good option. For strength, use resistance bands. For endurance, walking is a great, low-impact choice.

Thirty minutes of physical activity most days of the week is recommended, but if 30 minutes is too difficult, break it up into two 15-minute sessions or three 10-minute sessions.

Pay attention to your body and know your limits. If you experience pain during exercise, can no longer participate in an activity you once enjoyed or have a health condition that limits your activity, work with your health care provider, physical therapist or a fitness professional to find activities that match your abilities.

It's never too late to get your body moving, and even small amounts of activity can have positive effects. Start slowly, set realistic goals, and be sure to speak with your health care provider before starting any new exercise program.

### Classes and Programs to Help You Stay Active

The following are a few of the numerous classes offered by Overlake to help seniors stay active; additional listings can be found on page 14.

**Registration required; call 425.688.5259.**

#### (Seated) Yoga for Balance

Increase circulation, release tense muscles, and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to an individual's ability.

#### A Matter of Balance

This class can help seniors improve quality of life, remain independent, reduce fear of falling and increase activity levels.



Overlake's Outpatient Rehabilitation Services can help assess physical ability and find an exercise program to meet your needs. To learn more, call 425.688.5900. Physician referral required.

# Classes and Programs

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



## PREGNANCY AND CHILDBIRTH

### Register Early—Classes Fill Quickly

Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) for complete class descriptions, dates, times and to register.

### Before Baby Comes

- ♦ FREE Weekly E-mail: A resource to guide expectant parents through pregnancy and the first year of their baby's life.
- ♦ Childbirth Center Tours
- ♦ Preparation for Childbirth and Newborn Care (English and Spanish)
- ♦ Understanding Birth: Online class.
- ♦ Breastfeeding
- ♦ Prenatal Yoga

### After Baby Comes

- ♦ Pumping While Returning to Work: Learn strategies on how to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.
- ♦ After Baby Comes Support Group: New moms can attend this drop-in group with their baby to talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

### Pelvic Floor Fitness—For New and Expectant Moms

Learn concrete tools and exercises to lessen pregnancy-

related musculoskeletal problems, exercise safety guidelines, and ways to retrain and strengthen your pelvic floor muscles. **Tue., June 14 or July 19, 6:30–8 p.m.** Preregistration required. FREE.

## PARENTING

### Car Seat Check

One-on-one consultation with a trained child passenger safety technician to learn correct car seat installation and usage. **Sat., May 21, 10 a.m.–2 p.m.** FREE.

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

and

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

Bellevue classes are sponsored by Seattle Children's. Each program is a two-part class from 6:30–8:30 p.m. and recommended for girls or boys ages 10 to 12 and a parent/guardian. Visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes) for more information or to register. \$80 per child/parent; charges apply for additional children.

## SAFETY

### Better Babysitters

Sponsored by Seattle Children's. For adolescents 11 to 14 years of age. Classes held regularly on **Sat. and Sun., 9 a.m.–2 p.m.** at Overlake in Bellevue and Seattle Children's. For more information or to register, visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes). \$45 per person.

### First Aid and CPR Certification Class

Includes infant/child/adult CPR, AED and basic first-aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. **Sat., May 14 or June 11, 9 a.m.–4 p.m.** \$70. First aid and CPR/AED portions may be taken separately for \$40 per class.



### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. Classes held regularly on **Saturdays from 9 a.m.–noon or weeknights from 6:30–9:30 p.m.** \$35 per person; \$60 per couple.

### Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

## HEALTHY LIFESTYLES

Melanoma Monday—Free Skin Cancer Screening  
Overlake health care providers will perform skin cancer screenings. **Mon., May 2, 5:30–8 p.m.** Space limited; preregistration required. FREE.

## WOMEN'S PELVIC HEALTH SERIES

Preregistration required. FREE.

### Women's Pelvic Health—a team approach to common disorders

A panel of experts will discuss a variety of common disorders, diagnoses and available treatment options. Topics include incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. **Tue., May 3, 6:30–8:30 p.m.**

### Pelvic Floor Fitness—for women 30 and over

Learn techniques to maintain and improve pelvic health through your life cycle. Topics include how to obtain optimum pelvic fitness and minimize sexual discomfort with the use of healthy lifestyle habits, dynamic breathing and proper exercises. **Thu., May 26 in Bellevue or Wed., July 6 in Issaquah, 6:30–8 p.m.**

### Pelvic Floor Fitness—for new and expectant moms

Refer to page 12 for details.

### Managing GERD, Heartburn and Acid Reflux

A panel of medical experts will discuss effective treatment options to relieve GERD symptoms, improve quality of life and decrease cancer risk. **Wed., June 8, 6:30–8 p.m.** FREE.



### Joint Pain and Replacement

If joint pain is keeping you from enjoying life, attend one of the following seminars to learn more about nonsurgical treatment options as well as what is involved in joint replacement surgery. Time allowed for questions. **Held at Overlake from 6:30–8 p.m.** Preregistration required. FREE.

### Hip Pain and Joint Replacement

**Wed., May 18** with Steven Ratcliffe, MD

### Knee Pain and Joint Replacement

**Mon., June 20** with Jonah Hulst, MD

### Hypnosis for Weight Loss

In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu. June 2, 9 and 16, 7–9 p.m.** \$95.

### Back Pain: Diagnosing and Treating

Back symptoms often limit activities, which can lead to obesity, depression and general physical deterioration. Neurosurgeon Frank Bishop, MD, can help you better understand back dysfunction and available treatment options, including nonoperative therapy and new options in minimally invasive surgery. **Tue., June 7, 6:30–7:30 p.m.**, FREE.

## DIABETES EDUCATION SERVICES

Overlake's Diabetes Education Services offers one-on-one education as well as a two-part series of classes to help you learn practical skills to manage diabetes. To register or schedule an appointment, call 425.688.5700 and press 5 when prompted.

### ABCs of Diabetes: The Importance of Dental Care

Nearly 30 million people in the U.S. have diabetes. Studies show that diabetics run an increased risk of gum disease because they are more susceptible to bacterial infections and have more difficulty fighting off infection. Serious gum disease can affect the control of blood glucose and can contribute to the progression of the disease. A speaker from Delta Dental will discuss oral issues facing diabetics and the importance of proper dental care. **Thu., May 19, 4–5:30 p.m.** Bellevue Family YMCA (14230 Bel-Red Road, Bellevue). Preregistration required; call 425.688.5259. FREE.

**For more information about our classes, or to register, please visit [overlakehospital.org/classes](http://overlakehospital.org/classes).**

## SENIOR HEALTH

### (Seated) Yoga for Balance

This breath-oriented practice will help you increase circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Preregistration required. For upcoming dates, call 425.688.5259. FREE.

### Dementia Series

**4th Thu. of the month, 2-3:30 p.m.** Bellevue Family YMCA (14230 Bel-Red Road, Bellevue). Preregistration required; call 425.688.5259. FREE. Not appropriate for the memory-impaired person.

### Communicating with People with Dementia

Good communication can improve quality of life for people with dementia and their caregivers and can help prevent resistance and difficult behaviors. Learn practical hands-on communication tools. **Thu., May 26.**

### Healthy Habits for a Healthier You

For centuries, we've known the health of the brain and the body is connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. **Thu., June 23.**

### A Matter of Balance

This class can help seniors improve quality of life, remain independent, reduce fear of falling and increase activity levels. **Tue. and Thu., June 7-30, 10 a.m.-noon.** Preregistration required, call 425.688.5259. FREE.

### Feel the Beat: What You Need to Know About Atrial Fibrillation (AFib)

Learn about risk factors, symptoms and treatments of the most common cause of abnormal heartbeat. Mary Hall, ARNP, from Overlake's Arrhythmia Center will discuss atrial fibrillation, what you should be aware of and what can be done. Redmond Senior Center, 8703 160th Ave. NE. **Wed., May 18, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

### Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and



communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., May 19, 9 a.m.-noon.** Preregistration required; call Katherine at Alzheimer's Association at 206.363.5500. FREE.

### Walk for Life—Senior Walking Program

Exercise safely and effectively while improving strength and balance. One-mile and half-mile routes. **Mon., Wed. and Fri., 8-9:30 a.m.,** Bellevue Square Mall. Enter on the lower level west side by The North Face. No registration required. For more information, call 425.688.5259. FREE.

## SUPPORT PROGRAMS

### Alzheimer's Caregivers Support Group

Support and education for family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** No registration required. Overlake Senior Health Clinic, 1750 112th Ave. NE, Suite A101, Bellevue. To learn more, call Regina Bennett, MSW, at 425.502.9828. FREE.

### Balance After Baby: Mood Disorder Support Group

For new moms and families experiencing postpartum mood disorder or those struggling with their new role as mother. **2nd and 4th Tue. of the month, 7-8:30 p.m.,** PACCAR Education Center. No registration required. FREE.

### P.S. Support Group—Support for Miscarriage, Stillbirth and Infant Loss

For those experiencing stillbirth, newborn death or miscarriage. **3rd Thu. of the month, 7-9 p.m.** PACCAR Education Center. For more information, call Abbie at 206.367.3991 or Cami at 425.277.9494. FREE.

### La Leche League Groups

Support and information for women who want to breastfeed their babies. FREE.  
Bellevue: **3rd Mon. of the month, 7-9 p.m.** PACCAR Education Center. To learn more, call Kay at 425.226.8117.  
Issaquah: **1st Mon. of the month, 10 a.m.-noon.** Highmark Medical Center, 1740 NW Maple St., Suite 201. To learn more, call 425.312.3477 or e-mail LLL.Issaquah@gmail.com.  
Eastside Japanese: **2nd Wed. of the month, 11 a.m.-1:30 p.m.** Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15, Bellevue. To learn more, call Izumi at 425.869.5136 or izumimitsuoka@hotmail.com.

### Look Good ... Feel Better

Beauty techniques for women in active cancer treatment to help combat appearance-related side effects. **Mon., May 2, 6-8 p.m. and Mon., July 11, 1-3 p.m.** PACCAR Education Center. Call 425.688.5586 to register. FREE.

### Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer Breast Cancer, Caregiver, Grief and Loss, and Wellness support groups. To register, call 206.709.1400. FREE.

### Lymphedema Support Network

**3rd Wed. of the month, 7-8:30 p.m.** Overlake Outpatient Rehabilitation, 1417 116th Ave. NE, Suite 110, Bellevue. FREE.

### Stroke Support Group

For stroke survivors and their loved ones. **4th Sat. of the month, 1-2:15 p.m.** PACCAR Education Center. For more information, call Jennifer at 425.688.5904. FREE.

### Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **Select Saturdays, 10 a.m.-noon; Thu. evening sessions, 6-8 p.m.** Visit [overlakebariatrics.com](http://overlakebariatrics.com) or call 425.467.3957 for dates. No registration required. FREE.



### Looking For a Doctor?

Call our Physician Referral Line at 425.688.5211 to find physicians who are affiliated with Overlake Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

### Volunteer Opportunities

Overlake's Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, visit [overlakehospital.org/volunteer](http://overlakehospital.org/volunteer).

## COMMUNITY EVENTS

Overlake is proud to sponsor the following community events this spring.

### Bellevue Farmers Market

**Thursdays, May 12-Oct. 27, 3-7 p.m.** First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. Visit [bellevuefarmersmarket.org](http://bellevuefarmersmarket.org).

### Redmond Saturday Market

**Saturdays, May-Oct., 9 a.m.-3 p.m.** 7730 Leary Way NE, Redmond. Visit [redmondsaturdaymarket.org](http://redmondsaturdaymarket.org).

### American Cancer Society's Relay For Life

**Sat., May 21, 10 a.m.-10 p.m.** Bellevue High School. Visit [relayforlife.org/bellevuewa](http://relayforlife.org/bellevuewa).

### Bellevue Chamber's Spirit of Bellevue Run/Walk

12K run, 5K run/walk and kids' fun run. **Sun., May 22, 8 a.m.** Bellevue Downtown Park. Visit [spiritofbellevuerun.com](http://spiritofbellevuerun.com).

### National Alliance on Mental Illness NAMI Walks

**Sat., June 4. Check-in at 8 a.m., walk at 9 a.m.** Marina Park, Kirkland. Visit [namiwalks.org](http://namiwalks.org).

### Lake to Lake Ride

**Sat., June 11, 9 a.m.** Lake Hills Community Park, 1200 164th Ave. SE (164th Ave. SE and SE 16th Street), Bellevue.

## FOUNDATION & AUXILIARY ACTIVITIES

### Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to work for Overlake by joining this vibrant organization. Contact us at 425.688.5527 or [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org), or visit [overlakehospital.org/auxiliaries](http://overlakehospital.org/auxiliaries) to learn more.

**For more information about our classes, or to register, please visit [overlakehospital.org/classes](http://overlakehospital.org/classes).**





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## NEW MEDICAL STAFF AT OVERLAKE

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425.563.1400  
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**CHRISTOPHER BEATTY, MD**

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 Pediatric Neurology

**ZEENIA BILLIMORIA, MD**

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**LESLEY DEBRIER, MD**

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 Family Practice

**ELIZABETH EVANS, MD**

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 Pediatric Neurology

**JAVAD SAJAN, MD**

206.209.0988  
 Otolaryngology

**ERIC YAP, MD**

425.467.0150  
 Gastroenterology

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Stan Brandt came to Overlake needing a new heart valve. Rejected by other hospitals due to risk factors from typical open heart surgery, nine physicians came together to perform a successful transcatheter aortic valve replacement. Getting Stan back to the life he loves: it's just another example of Overlake's exceptional care in action. To learn more, visit [overlakehospital.org/cardiac](http://overlakehospital.org/cardiac).

