

OVERLAKE

WINTER 2017

Healthy
OUTLOOK

PATHWAYS *TO* HEALTH

OVERLAKE'S VASCULAR EXPERTS TREAT CONDITIONS
AFFECTING THE BODY'S ARTERIES AND VEINS



FROM THE PRESIDENT & CEO

Once again we are beginning a new year and are a few weeks into our resolutions to make this one the best year yet. Overlake Medical Center can help you with your wellness goals to become and stay healthy for 2017 and beyond. I invite you to visit our new website at overlakehospital.org to learn about our comprehensive array of services for primary and urgent care as well as highly specialized procedures and research that can be found only at Overlake. We are here for you and your family's needs, from birth to intensive care medicine and everything in between.

One of those areas of specialty is covered in this issue—vascular care. Our highly trained team of surgeons and therapists specializes in the care of your arteries, veins and lymphatic system. We are pleased to offer our Eastside community free screenings and support groups for vascular issues. Read the article on page 6 for more information.

In this first quarter of 2017, we are also offering additional free screening events and will be present at many community events to help you keep those resolutions. In particular, we have an event about women and heart health on February 15 and the largest event of its kind in this area, Active Senior Fair on March 11 in Bellevue. There is a full schedule of events and screenings starting on page 12 of this issue and on our website at overlakehospital.org.

Cheers to a great year,

J. Michael Marsh
President & CEO, Overlake Medical Center

OVERLAKE MEDICAL CENTER BANDAGE BALL



IMAGINE MORE

SAVE THE DATE SATURDAY, APRIL 22, 2017 HYATT REGENCY BELLEVUE

SUPPORTING THE
OVERLAKE NEUROSCIENCE INSTITUTE



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HEALTHY OUTLOOK · WINTER 2017

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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 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.

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

CANCER CENTER UPDATE: MULTIDISCIPLINARY CLINIC NOW OPEN

As the Cancer Center project nears completion, we're excited to announce the opening of our new multidisciplinary clinic. The clinic reflects the unique approach of our new Cancer Center: delivering personalized, coordinated care directly to patients.

Typically, cancer patients have to navigate multiple appointments at multiple locations on their own. With the opening of the multidisciplinary clinic, all the services are now in one location. Not only do patients have access to their physicians in a single location, our designated social workers help guide patients and families through the treatment

process to diminish the added stress of navigating their cancer journey alone.

The clinic brings together the following specialties in one convenient location: medical oncology, radiation oncology, breast surgery, nutrition and social work.

"We have always been able to provide top-notch care, but the key is making it more patient-friendly and patient-centered to create this one-stop shop. In our new Cancer Center, doctors will go to the patients and the patients will be at the center of the facility," says Overlake breast surgeon Kristi Harrington, MD, PhD.



Arrhythmia Center Receives Accreditation

The Bob and Patty Edwards Arrhythmia Center at Overlake is the first program on the West Coast and the ninth in the country to receive national accreditation for the diagnosis and treatment of atrial fibrillation. This designation is bestowed by the Society of Cardiovascular Patient Care (SCPC), an Institute of the American College of Cardiology. This agency accredits hospitals that have achieved best-in-class standards of care related to the treatment of cardiovascular disease.

SCPC-accredited hospitals have a 25 percent lower average length of stay and a 20 to 50 percent decrease in readmissions.

"Our team of doctors and administrators has worked hard to reach this level of quality because we know the end result is that our patients will get the best care in the western U.S.," says Overlake cardiologist Derek Rodrigues, MD. "The SCPC accreditation affirms that commitment."



SAFE RADIATION

Overlake goes the extra mile to ensure imaging is always done safely and effectively

Detailed images from computed tomography (CT) or X-ray can be key in diagnosing myriad health conditions and diseases, but with obtaining those images also comes radiation exposure. Thanks to improved technology and skilled radiologists, however, we are able to deliver lower doses of radiation and track radiation exposure over time. David Winokur, director of medical imaging, and diagnostic radiologist and radiation safety officer Daniel Smoots, MD, address Overlake's safety precautions when it comes to radiation doses.

How does Overlake ensure radiation doses are effective but safe?

Winokur: We're always trying to reduce patients' unnecessary exposure to radiation without compromising the image quality necessary for accurate diagnoses. Because of our highly trained, long-tenured team of radiologists and technicians, we are able to work smarter and safer on behalf of our patients to measure and track radiation exposure.

Has Overlake acquired any new radiation dose-reduction technology recently?

Dr. Smoots: Diagnostic imaging

equipment manufacturers continue to improve their products, resulting in machines that generate great images at increasingly low radiation doses. Overlake has an ongoing program of equipment replacement, which allows us to acquire new technologies as they become available. Most recently, Overlake has acquired two state-of-the-art CT scanners with dose-reduction hardware and software.

What else sets Overlake apart in terms of radiation safety?

Winokur: We utilize a system that compiles all radiation dose data, which is then aggregated and analyzed by Landauer Medical Physics, a nationally recognized health physics company. This analysis gives us the ability to constantly reduce doses.

How does Overlake's multidisciplinary team help keep doses on target?

Winokur: On a regular basis, our Patient Dose Reduction Committee, which includes radiologists, technologists, a medical physicist and administrators, gets together to review our data compared to guidelines set by the American College of Radiology and other



national benchmarks. This allows us to continuously review and change our protocols so patients receive the lowest possible doses.

How does radiation dose reduction benefit patients?

Dr. Smoots: As the effects of low doses of radiation are unknown, it is assumed that no amount of radiation can be deemed safe and that radiation effects may be cumulative. Therefore, we practice the principle that all radiation exposure should be as low as reasonably achievable (ALARA). Failure to correctly diagnose and treat the patient's condition also carries risk. So when alternative testing is insufficient, exposing the patient to low-dose medical imaging can be the safest course. This is the art of medicine, trying to help the patient while minimizing the risk of harm.



CUT BACK ON ADDED SUGAR

We're told from a young age that eating too much sugar will rot our teeth, but the health implications of a diet high in sugar go beyond its first point of contact with our bodies. High sugar intake not only causes cavities but also causes weight gain and increases inflammation in the body. Recent studies have linked excessive sugar intake to obesity, Type 2 diabetes, heart disease and cancer.

The Department of Health and Human Services' 2015-2020 Dietary Guidelines recommend limiting calories from added sugars to no more than 10 percent each day. That's 200 calories (12 teaspoons) for a 2,000-calorie diet. The average American consumes about 17 teaspoons of sugar daily.

Nutritious foods like fruits, vegetables and milk may contain natural sugars, but these are not "added sugars." Added sugars are empty calories that don't contain nutrients. They are found in soda, fruit drinks, baked goods, candy, sauces, yogurt—the list goes on.

Here are some tips for cutting down on added sugars:

- Drink water or low-fat milk with meals.
- Eat fruit for dessert.
- When baking, cut the sugar the recipe calls for by one-third to one-half, or substitute sugar with unsweetened applesauce.
- Enhance flavor in your recipes by using vanilla, almond or orange extracts and adding spices like cinnamon, ginger or nutmeg.

NUTRITION SERVICES

You can learn how to 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.

Quinoa with Beets, Oranges and Pomegranate Seeds

Serves 8

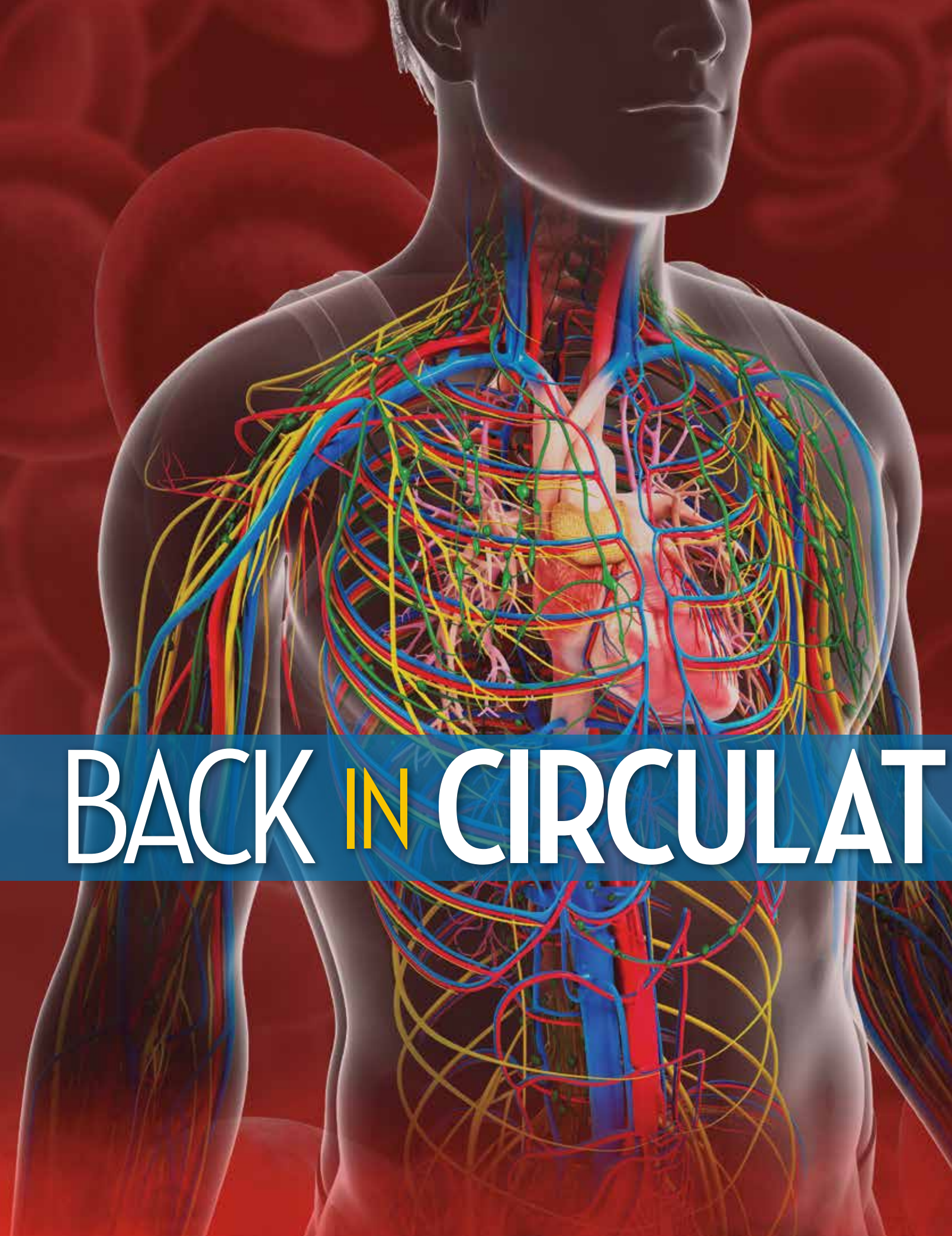
Ingredients:

- 3 medium beets
- 2 cups vegetable broth
- 1½ cups water
- 2 cups red quinoa (white is fine, too)
- 1 teaspoon salt
- 3 medium oranges
- 1 tablespoon freshly squeezed lemon juice
- ½ teaspoon freshly ground pepper
- 3 tablespoons extra virgin olive oil
- ¼ cup plus 2 tablespoons parsley, finely chopped
- 1 whole pomegranate, seeded
- ½ cup chopped dates, pitted


Directions:

- Preheat oven to 350°F.
- Trim ends of beets and remove greens. Rinse, pat dry and wrap individually in foil. Roast until tender, about 1 hour.
- Combine broth, water, quinoa and ½ teaspoon salt in a large saucepan and bring to a boil. Reduce heat, cover and simmer until liquid is absorbed, about 20 minutes. Transfer quinoa to a large bowl.
- Cut two oranges into segments and set aside. Zest then juice the remaining orange (about ¼ cup). Place zest and juice in a medium bowl. Add lemon juice, pepper and remaining salt to the juice, and whisk in oil until well combined. Stir in ¼ cup parsley.
- Roll a whole pomegranate back and forth on counter to loosen seeds, then cut in half. Over a medium bowl, loosely hold one half of the pomegranate in one hand, open side down, and smack the top of the fruit with a wooden spoon or rubber spatula and the seeds will fall out. Repeat with other half.
- Peel and dice beets once roasted and cooled. Add beets and dates to quinoa, and gently combine. Pour dressing over mixture and toss. Serve garnished with orange segments, pomegranate seeds and remaining parsley.

Recipe adapted from Eating Well magazine by Chris Linaman, executive chef, Overlake Medical Center



BACK IN CIRCULAT



Overlake Medical Center's vascular experts treat conditions affecting the body's arteries and veins with advanced procedures and world-class expertise

Just like a plumber clears blockages and maintains the pipes in your house, vascular surgeons manage and repair the complex network of “pipes”—arteries and veins—that make up your circulatory system. These comprehensively trained surgeons specialize in a wide variety of conditions that affect the arteries, veins and lymphatic system throughout most of the body.

At Overlake Medical Center, vascular care is part of the David and Shelley Hovind Heart & Vascular Center, where surgeons offer some of the region's most advanced procedures and expertise. “We have an excellent core team of doctors and therapists that coordinates well with the hospital,” says Kathleen Gibson, MD, vascular surgeon at Lake Washington Vascular.

Vascular surgeons treat all of the body's blood vessels except those in the heart and brain (because cardiologists, cardiothoracic surgeons, neurosurgeons and neurologists specialize in those organs), but they treat the same diagnosis: atherosclerosis—plaque buildup in the arteries as a result of risk factors such as aging, smoking, diabetes and genetics that lead to heart disease or stroke risk. Namely, they find and clear blood vessels blocked by clots or plaque buildup and repair damaged blood vessels. They also provide valuable emergency support and expertise for the hospital. “Our specialty gets involved if a patient suffers a ruptured abdominal aortic aneurysm, traumatic bleeding or if another surgeon encounters bleeding or other vascular problems in the operating room,” explains Brian Ferris, MD, vascular surgeon at Lake Washington Vascular.

ARTERIAL CONDITIONS

The arteries carry oxygen-rich blood to all the tissues in the body, but over time, arteries can get blocked from a combination of cholesterol and calcium. Most people recognize this as coronary artery disease affecting the heart, or carotid artery stenosis affecting the brain. When it happens in other arteries throughout the body, however, it's called peripheral artery disease (PAD) and can lead to claudication—reduced blood flow that causes pain, weakness and trouble walking—or can cut off circulation entirely, leading to constant pain, tissue loss, gangrene or potentially amputation if not treated properly.

As with heart disease, many people with PAD can be treated with medications and lifestyle changes such as quitting smoking, exercising and having a healthy diet. “We actively participate in clinical trials for new blood thinners to see how they may help with PAD and if they perform better than aspirin [the current, common treatment],” Dr. Ferris says.

There have also been recent advancements in surgical treatments for patients who need more than medication to treat their PAD, or for those with aneurysms. Stents, coils and bypass surgery can help restore normal blood flow. “Arterial interventions used to be prolonged open procedures,” Dr. Gibson says. “But now we can do minimally invasive procedures to shave plaque out of the

Lymphedema Support Network

Monthly support group for those with lymphedema

Overlake Medical Clinics
Outpatient Rehabilitation Services
Every second Wednesday from 6:30 to 8 p.m.

CONTACT:

Magdalena Pertoldova, PT, 425.688.5905

Free Screening

Lake Washington Vascular will offer free swollen limb screenings at this year's Active Senior Fair, which will take place on March 11, from 10 a.m. to 3 p.m. at Westminster Chapel of Bellevue. (See listing on page 15 for event information.)

arteries, place stents or treat aneurysms, and patients can go home the same or next day.”

VENOUS DISORDERS

While arteries deliver oxygen-rich blood to the body's tissues, the veins take the deoxygenated blood from the tissues back to the heart and lungs to expel carbon dioxide and load it back up with new oxygen. Just as a clot from an artery can lodge in the brain and cause a stroke, clots can happen in the veins as well and can cause potentially deadly conditions if they reach a vital organ, such as the lungs. A severe form of this is pulmonary embolism (PE), which occurs when a clot from the deep veins in the legs (deep vein thrombosis, or DVT) breaks off and travels to the lungs.

The Centers for Disease Control and Prevention estimates that some 900,000 people are affected by DVT every year, and of those who get PE, one-quarter die instantly, which is why prevention is one of the vascular surgeon's best tools. Historically, procedures for veins have seen less innovation than their counterparts in the arteries. “Vascular surgeons had to adapt stents made for arteries or for the bronchi in the lungs,” Dr. Gibson says. “However, we're currently doing active clinical trials on dedicated stents for veins and for deep venous reconstruction.”

Varicose veins are another common concern, and they can be a bigger problem than many people realize. These clusters of twisted veins are often visible at the surface of the skin. “A lot of people think it's just a cosmetic issue,” Dr.

Among the Best in the Country

Lake Washington Vascular was recently selected as one of 115 locations throughout the United States and Canada to participate in a large clinical trial called CREST-2, sponsored by the National Institute of Neurological Disorders and Stroke. The trial looks at patients with carotid artery stenosis—a major cause of stroke—to compare the outcomes of medicine-based treatments with carotid revascularization procedures (both endarterectomy and carotid stenting). “To be considered, participants had to be rated among the top in the country,” Dr. Gibson says. “We were chosen.”

Gibson says. “But in some cases, varicose veins can cause significant pain, as well as ulceration and chronic wounds if they’re not treated.”

Varicose veins occur when the valves in the veins weaken, allowing blood to pool and stretch the vein walls. This usually happens in the legs, where the veins must pump blood upward, against gravity. But they can happen elsewhere, including the pelvis, especially in pregnant women. Fortunately, there are several noninvasive procedures to treat varicose veins. “We have laser treatments, catheters with radiofrequency waves, specialized adhesive to glue them shut and injected medications,” Dr. Gibson says. “They are all simple, in-office procedures.”

CARE FOR THE LYMPHATIC SYSTEM

The third facet of vascular care involves the lymphatic system, an intricate interface between the circulatory

and immune systems that removes toxins and carries white blood cells around the body. The lymphatic system has hundreds of tiny hubs, called lymph nodes, all over the body. Most of the time, the lymphatic system works well, even when parts of it are removed, such as the spleen or the tonsils. However, after incidents of trauma, infection or cancer, the lymphatic system can become blocked and cause lymphedema, which can cause progressive and sometimes extreme swelling in the limbs and lead to chronic hardening of the tissue and serious infections such as cellulitis.

It’s uncommon to operate on someone with lymphedema; treatment is usually done through physical therapy. Overlake Medical Clinics Outpatient Rehabilitation Services has a team of physical therapists trained in complete decongestive therapy (CDT). “We can treat any body part affected by lymphedema with the four components of CDT: compression bandaging, manual lymphatic drainage, skin care and exercise in an effort to drain fluid from the tissue and help prevent it from reaccumulating,” explains Overlake physical therapist Magdalena Pertoldova, MPT. “Our goal is to help patients manage the condition on their own and help prevent progression of the condition and possible complications.”

Lake Washington Vascular

425.453.1772

Brian Ferris, MD
Kathleen Gibson, MD
Renee Minjarez, MD
Daniel Pepper, MD
Leonard T. Su, MD

Vein, Vascular & Aesthetic Associates

425.250.9999

Ramandeep S. Sidhu, MD

YOU MADE IT HAPPEN

A look back at 2016, with deep gratitude

As we ease into 2017, it's time to thank everyone who supported Overlake last year.

- **Nearly 1,800 people** made financial gifts. Your contributions supported care for fragile infants in the neonatal intensive care unit, lifesaving heart surgeries, the new state-of-the-art Cancer Center, uncompensated care for those in need and so much more. Thank you.

- **Over 500 volunteers** gave over 40,000 hours of service to Overlake patients, staff and the community we serve. From transporting patients through the campus to staffing the gift shop, playing the piano in the lobby, and serving on our leadership boards and committees, volunteers keep the wheel(chair)s of the hospital rolling. Thank you.


- **Over 100,000 patients** trusted Overlake for their care, from wellness checks to high-tech surgeries. Thank you.

- **Countless family members and friends** visited Overlake, bringing love and healing energy with them. You are truly part of the care team. Thank you.

Please take a look at our 2016 Annual Report, beginning on page 16 of this magazine. You'll find a financial review, updates and a list of donors who gave



at least \$500. We at the Overlake Medical Center Foundation & Auxiliaries are deeply grateful for everyone who contributed in fiscal year 2016. Your generosity is one of the things that make the Eastside community a great place to live and work.



Step into Spring with
Fashions from the Heart
HOSTED BY THE ROGER STARK CARDIAC & STROKE AUXILIARY


TUESDAY, FEBRUARY 28, 2017 at 11:30 A.M.
BELLEVUE HILTON | 300 112th Ave SE Bellevue, WA

STYLE PRESENTATION: Annette Bond
Certified Personal Image Consultant

KEYNOTE SPEAKER: Robert Binford, MD
Cardiothoracic Surgeon

Proceeds benefit cardiac and stroke programs
at Overlake Medical Center

For more information or to purchase tickets call 425.688.5534



OVERLAKE
MEDICAL CENTER
FOUNDATION & AUXILIARIES

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
foundation@overlakehospital.org



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



Foundation & Auxiliaries
425.688.5525

INNOVATIVE PRIMARY CARE FOR SENIORS

Overlake's Senior Health Clinic offers specialized, comprehensive care

With the population of those over age 65 growing at an exponential rate, specialized medical care for seniors is needed now more than ever.

This type of care geared toward older adults is provided by physicians called geriatricians. Geriatricians have expertise in diagnosing and treating common health problems in older people such as dementia, delirium, incontinence and falls. These fellowship-trained physicians treat the “whole person,” offering personalized care that takes into account a patient’s values, goals, social situation and quality of life.

With four geriatricians on staff, Overlake Medical Center’s Senior Health Clinic offers a unique approach to primary care for people 65 and over. The clinic’s coordinated on-site care team also includes four pharmacists who specialize in geriatrics, a geriatric psychiatrist, registered dietitians, diabetes nurse educators and pharmacist-managed anti-coagulation care. Two registered nurses, specially trained to care for seniors, help coordinate care and assist patients with chronic disease management.

“Another key benefit of our clinic is we are able to spend a longer amount of time with each of our patients. Many issues facing older people require an in-depth, comprehensive approach, which is difficult to accomplish in a short visit,” says Kentaro Nishino, MD, one of the clinic’s geriatricians.

Medication Management

Seniors often have multiple health conditions that may require complex medication regimens. “Medication management is crucial to the health and well-being of our patients, as complications in the elderly often occur due to taking too many medications,” says Dr. Nishino.

Pharmacists at the clinic review patients’ medication lists; screen for drug side effects; and advise physicians on each medicine’s

The Senior Health Clinic’s Geriatric Specialists



Priyanka Duggal, MD

Chitra Fernando, MD



Kentaro Nishino, MD

Worowan Rattanasamphan, MD

Now Accepting:

- New patients
- Medicare Part B
- Medigap plans
- Medicare Advantage plans (Aetna, Amerigroup, Humana, Molina, Premera, Regence, Soundpath, United Health Care)

Senior Health Clinic

Hidden Valley Office Park,
Building A/Lobby 1
1750 112th Ave. NE, Suite A-101
Bellevue, WA 98004
425.688.5234

appropriateness, dosage and potential drug interactions. The pharmacists also provide counseling to patients and their families about medication-related problems.

For more information about the Overlake Senior Health Clinic or to make an appointment, call 425.688.5234.

Classes and Programs

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



PREGNANCY & CHILDBIRTH

Register Early—Classes Fill Quickly

Visit overlakehospital.org/classes for complete class descriptions, dates, times and to register.

Classes Available Before Baby Comes

- ♦ FREE Weekly Email: 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

Classes Available 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.
- ♦ NEW! Starting Solid Foods

Pelvic Floor Fitness—For New and Expectant Moms

Learn tools and exercises to lessen common pregnancy-related musculoskeletal problems, safety guidelines for exercise and ways to strengthen pelvic floor muscles. **Wed., Mar. 22, 6:30–8 p.m. at Ridgewood Corporate Center, Bellevue.** 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., Feb. 4, 10 a.m.–2 p.m.** FREE.

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

and

For Boys: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. Each program is a two-part class from **6:30–8:30 p.m.** Recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* To register, visit seattlechildrens.org/classes. Scholarships available. \$80 per child/parent; charges apply for additional children.



SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. Adolescents 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips and what parents expect. Classes held regularly on **Sat. and Sun., 9 a.m.–2 p.m.** To register, visit seattlechildrens.org/classes. \$45.

First Aid and CPR Certification Class

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

Infant Safety-Proofing and CPR

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

CPR for Health Care Providers

Wed., Feb. 8, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

For more information about our

WOMEN'S CARDIAC HEALTH

Be Heart Smart: What Women Should Know About Their Cardiac and Vascular Health

Learn how to improve your odds against heart attack, stroke and heart disease. Discussion will include risk factors and symptoms and a review of innovative diagnostic tools and treatment options. Presenters include cardiologists Gretchen Crittenden, MD, and Joel Wilson, MD, and vascular surgeon Renee Minjarez, MD.

Heart Health Screening—Reserve your time in advance for free screenings including blood pressure, nonfasting cholesterol, carotid ultrasound and opportunities to speak with specialists about risk factors. Screening space is limited; register early.

Arrive early to enjoy a glass of “heart-healthy” red wine, refreshments, informative health resources and tours of the Heart & Vascular Center.

Wed., Feb. 15. Heart Health Screening from 5:30–7 p.m.; presentation from 7–8 p.m. Men welcome. Preregistration required. To register, visit overlakehospital.org/classes. FREE.

WOMEN'S PELVIC HEALTH

Women's Pelvic Health—A Team Approach to Common Disorders

A panel of experts, including a colorectal surgeon, urogynecologist, nurse practitioner and physical therapist will discuss a variety of common disorders and available treatment options. Topics include incontinence, constipation, pelvic organ pressure and prolapse. **Mon., Mar. 6, 6:30–8:30 p.m.** FREE.

Pelvic Floor Fitness—For Women 30 and Over

Learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Topics include pelvic fitness and how to minimize sexual discomfort with healthy lifestyle habits, dynamic breathing and proper exercises. Taught by Overlake physical therapist Kathy Golic, RPT. **Wed., Feb. 8 in Issaquah or Tue., Apr. 4 in Bellevue, 6:30–8:30 p.m.** FREE.



HEALTHY LIFESTYLES

Understanding Migraine Headaches

Migraine is not just a bad headache; it's a chronic neurological disease impacting 1 in every 10 people. Attend this informative seminar taught by Daniel Fosmire, MD, neurologist at Overlake Neuroscience Institute, to learn more about causes and triggers of migraine, and what you can do to have fewer, shorter or less severe migraines. **Thu., Feb. 16, 6:30–7:30 p.m.** FREE.

Managing GERD, Heartburn and Acid Reflux

March is Colorectal Cancer Awareness Month. A panel of experts will discuss effective treatment options to relieve GERD symptoms, improve quality of life and decrease your cancer risk. Presenters include general surgeon Geoffrey Chow, MD, and gastroenterologists Venkat Mohan, MD, and Eric Yap, MD.

Wed., Mar. 29, 6:30–8 p.m. FREE.

Hip and Knee Pain Relief and Joint Replacement Options

Is pain keeping you from enjoying life? If so, attend this informative seminar taught by orthopedic surgeons to learn more about nonsurgical treatment options as well as what is involved in joint replacement surgery. Time allowed for questions. **Thu., Feb. 23 in Issaquah or Wed., Mar. 8 in Bellevue, 6:30–8:30 p.m.** For details, visit overlakehospital.org/classes or call 425.688.5259. Preregistration required. FREE.

Back Pain: Diagnosing and Treating

Neurosurgeon Frank Bishop, MD, FAANS, from Overlake Neuroscience Institute, will help you better understand back dysfunction and available treatment options, including nonoperative therapy and new options in minimally invasive surgery. **Mon., Feb. 27, 6:30–7:30 p.m.** FREE.

Hypnosis for Weight Loss

In this three-part series, certified hypnotherapist Robert W. Felix will help you visualize your ideal body size and shape through hypnosis to achieve desired results. **Thu., Feb. 9, 16 and 23 or April 6, 13 and 20, 7–9 p.m.** \$95. Reduced rates are available if you have previously taken this class.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Seminars take place monthly; call 425.467.3957 for dates.

NEW: LSVT BIG® and LSVT LOUD® (Parkinson's Disease Support)

For those with movement and communication disorders related to Parkinson's or other neuromotor disease. Physician referral required. For details, call Overlake Outpatient Rehabilitation at 425.688.5900.

classes, or to register, please visit overlakehospital.org/classes.

SENIOR CLASSES

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Mon., Tue., Wed. and Thu., 12:15-1:30 p.m.** Call 425.688.5259 for availability. FREE.

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 fear of falling and increase activity levels. Boys and Girls Club, Hidden Valley Clubhouse, 1903-112th Ave. NE, Bellevue. **Tue. and Thu., Feb. 2-28; 10 a.m.-noon.** Includes workbook and water bottle. Preregistration required; call 425.688.5259. FREE.

DEMENTIA SERIES

Caring for or interacting with a person with dementia can provide unique challenges. Not appropriate for the memory-impaired person. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **2-3:30 p.m.** Preregistration required; call 425.688.5259. FREE.

Keys to Dementia—Part 1

This class will cover dementia basics including risk factors, types of dementia and how dementia affects the brain. **Thu., Jan. 26.**

Keys to Dementia—Part 2

Learn techniques on how to better communicate with a person with dementia to help decrease dementia-related behaviors. **Thu., Feb. 23.**

Keys to Dementia—Part 3

Learn how to decipher the meaning of behaviors and uncover their triggers. **Thu., Mar. 23.**



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 make an appointment or register, call 425.688.5700 and press 5 when prompted.

DIABETES SERIES: ABCS OF DIABETES CARE

Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **4-5:30 p.m.** Preregistration required; call 425.688.5259. FREE.

How Diabetes Impacts the Heart

An Overlake cardiologist will discuss risk factors associated with heart disease and stroke in relation to diabetes, and will review how to make lifestyle changes to reduce your risk. **Thu., Feb. 16.**

The World of Supplements

Leslie Merkin-Barber, RN, CNE, Overlake Diabetes Education Services, will provide an overview of vitamins and supplements, how they can be beneficial, and those that can have a negative interaction with diabetes medications and blood sugar levels. **Thu., Mar. 16.**

Colon Health

Your colon is a key part of the digestive process, and keeping it healthy helps reduce the chance of developing colorectal cancer. An Overlake physician will discuss diet and lifestyle modifications to reduce cancer risk. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 9, 2-3 p.m.** Preregistration required; call 425.746.9900. FREE.

Pelvic Core Fitness and More

Learn techniques to maintain and improve pelvic health as you change through your life cycle. Overlake physical therapist Kathy Golic, RPT, will discuss pelvic fitness, dynamic breathing and exercises. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Feb. 15, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Exercises to Maintain Balance

Falls are not a part of growing older but are a common issue with many people. An Overlake physical therapist will discuss how to reduce the risk of falls and review exercises that can help with balance issues. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 9, 2-3 p.m.** Preregistration required; call 425.746.9900. FREE.

Managing Osteoporosis

Approximately one in two women and one in four men over age 50 in the U.S. are affected by low bone mass or osteoporosis. An Overlake pharmacist will review risk factors, preventive measures and treatment options, including medications. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Mar. 15, 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 while improving strength and balance. Check in at registration table inside doors on the second floor of Bellevue Square Mall, off Sky Bridge No. 4, from the west parking garage. **Mon., Wed. and Fri., 8-9:30 a.m.** Attend days and times that fit your schedule. No registration required. Call 425.688.5259 for more information. FREE.

SUPPORT PROGRAMS

Alzheimer's Caregivers Support Group

Support and education for family members of Alzheimer's

For more information about our

patients. Overlake Senior Health Clinic, 1750 112th Ave. NE, Ste. A101, Bellevue. **3rd Mon. of the month, 3-4:30 p.m.** No registration required. Call Regina Bennett, MSW, at 425.502.9828 for information. 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 a mother. PACCAR Education Center. **2nd and 4th Tue. of the month, 7-8:30 p.m.** No registration required. FREE.

Cancer Support Groups

Overlake partners with Cancer Pathways to offer Breast Cancer, Caregiver, Grief and Loss, and Wellness support groups. To register, call 206.709.1400. FREE.

La Leche League Groups

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

Bellevue: At Overlake Medical Center, PACCAR Education Center, 1035 116th Ave. NE, Bellevue. **3rd Mon. of the month, 7-9 p.m.** For more information, call Kay at 425.226.8117.

Issaquah Classroom: At the Highmark Medical Center, 1740 NW Maple St., Suite 201. **1st Mon. of the month, 10 a.m.-noon.**

For more information, call 425.312.3477 or email LLL.Issaquah@gmail.com.

Eastside Japanese: At the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. **2nd Wed. of the month from 11 a.m.-1:30 p.m.** For more information, contact 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. PACCAR Education Center. **Mon., Mar. 13, 1-3 p.m.** Call 425.688.5586 to register. FREE.

Lymphedema Support Network

Overlake Outpatient Rehabilitation, 1417 116th Ave. NE, Ste. 110, Bellevue. **2nd Wed. of the month, 6:30-8 p.m.** Call 425.688.5905 for more information. FREE.

NEW: The Path of Grief: Grief and Bereavement Support Group

Six-week support group for adults coping with the death of a loved one. **Wed., Feb. 22-Mar. 29, 1-3 p.m.** Registration required; call 425.688.5308. FREE.

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

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



Stroke Support Group

For stroke survivors and their loved ones. PACCAR Education Center. **4th Sat. of the month, 1-2:15 p.m.** To learn more, 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. evenings, 6-8 p.m.** Call 425.467.3957 for dates. No registration required. FREE.

EVENTS

2017 Active Senior Fair

This fun, daylong event features free health screenings, mini-health seminars, workshops and demonstrations. Enjoy a variety of entertainers including a spring fashion show by J. Jill of Bellevue Square. Stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. The entire day is geared toward the active senior. Westminster Chapel, 13646 NE 24th St., Bellevue. **Sat., Mar. 11, 10 a.m.-3 p.m.** No registration required. Free parking. For more information, visit overlakehospital.org/activeseniorfair or call 425.635.6191. FREE.

Kirkland Shamrock Run

Marina Park, 25 Lakeshore Plaza Drive, Kirkland. **Sat., Mar. 11, 9 a.m.** Visit kirklandmarket.org.

Mercer Island Half Marathon

Supporting Colon Cancer prevention. Mercer Island Community and Event Center. Pre-race expo: **Sat., Mar. 18, 11 a.m.-4 p.m.** Race: **Sun., Mar. 19, 7:30 a.m.** Visit mercerislandhalf.com for more info.

Studio East StoryBook Theater

Kirkland Performance Center. **Sat., Feb. 11.** For tickets, visit storybooktheater.org.

FOUNDATION AND AUXILIARIES

Bandage Ball 2017

Save the date! Overlake's most anticipated fundraising gala will be held **Sat., April 22** at the Hyatt Regency Bellevue. Funds raised will support Overlake Neuroscience Institute. Visit bandageball.org for more information or call 425.688.5526.

Overlake's Pulse! Network

Pulse! is a network of community supporters in their 20s, 30s and 40s engaged in events throughout the year to learn about and invest in Overlake as a resource for their families, the community and their companies. For more information, visit OverlakePulse.org or email pulse@overlakehospital.org.

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. To learn more, contact us at 425.688.5527, auxiliaries@overlakehospital.org or visit overlakehospital.org/auxiliaries.

classes, or to register, please visit overlakehospital.org/classes.

2016 Annual Report to the Community Overlake Medical Center Foundation & Auxiliaries

This Is Your Hospital

At Overlake Medical Center, compassionate, personalized care meets advanced technology and treatment. From preventive check-ups to lifesaving surgeries, Overlake physicians, nurses and staff members are committed to providing world-class medical care with a gentle, human touch to each and every patient.

We are deeply grateful to all of you—the community that sustains us. Overlake is a nonprofit organization receiving no taxpayer support. Your contributions ensure that top-quality, compassionate care is here, on the Eastside, for you, your family and your neighbors.

Cancer Center Update

In January, 2016, we broke ground on the new Cancer Center, slated to open in summer, 2017. Parts of the Center, including breast cancer screening facilities, have already opened for business. The Cancer Center will include all cancer services in one natural light-filled healing space—the only fully integrated Cancer Center in the region. Community contributions provided half of the funds needed to build this facility and provide unparalleled cancer care for the Eastside. Thank you!



Cancer Center Fundraising Committee inspecting construction.

Caring for Our Community

In 2016, Overlake provided \$1 million in uncompensated care to people in need every month. The contributions of our generous donors helped ensure that we served everyone in our community.

“THANK YOU FOR YOUR LETTER EARLIER THIS MONTH, LETTING ME KNOW THAT YOU APPROVED MY APPLICATION FOR CHARITY CARE. WORDS CAN HARDLY EXPRESS HOW GRATEFUL ME & MY WIFE ARE TO RECEIVE SUCH A GENEROUS GIFT, ESPECIALLY FOLLOWING THE GIFT OF HAVING MY LIFE SAVED THROUGH THE EXCELLENT CARE OF YOUR ER AND CRITICAL CARE UNIT.”

Financial Review

Overlake Medical Center Patient Revenue	\$494,961,000	100,000+ Patients Served
Other Operating Revenue, Investment Income, Contributions	\$22,878,000	3,944 Babies Born
Total Revenue	\$517,839,000	832 Physicians
Expenses	\$496,268,000	500+ Volunteers
Net Income	\$21,571,000	40,000+ Volunteer Hours
		\$3,818,897 Fundraising Income
		1,758 donors
		377 in the Circle of Excellence

Circle of Excellence

Circle of Excellence members are an invaluable group of donors who make annual gifts of \$1,000 or more to ensure world-class care for our community. Members receive special invitations to Circle events, physician presentations, behind-the-scenes tours and more.

Contact Us

1035 116th Ave NE
Bellevue, WA 98004
foundation@overlakehospital.org
425-688-5525
www.overlakehospital.org/support

Overlake Medical Center Foundation & Auxiliaries would like to extend our heartfelt gratitude to each of our annual donors who contributed \$500 or more from July 1, 2015, to June 30, 2016.

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Careers in Medicine brought Eastside high school students to Overlake to learn about the field from a panel of physicians.

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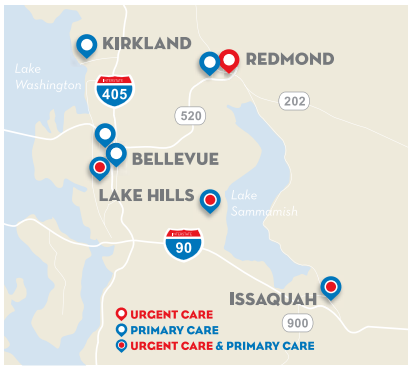
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