

OVERLAKE MEDICAL CENTER
1035 116TH AVENUE, BELLEVUE, WA 98004
425.688.5000 | overlakehospital.org

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Healthy Outlook



**CARING FOR THE
WHOLE PERSON AND
TREATING ALL CANCERS**

NEW CANCER CENTER NOW OPEN

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 e-mail healthyoutlook@overlakehospital.org.

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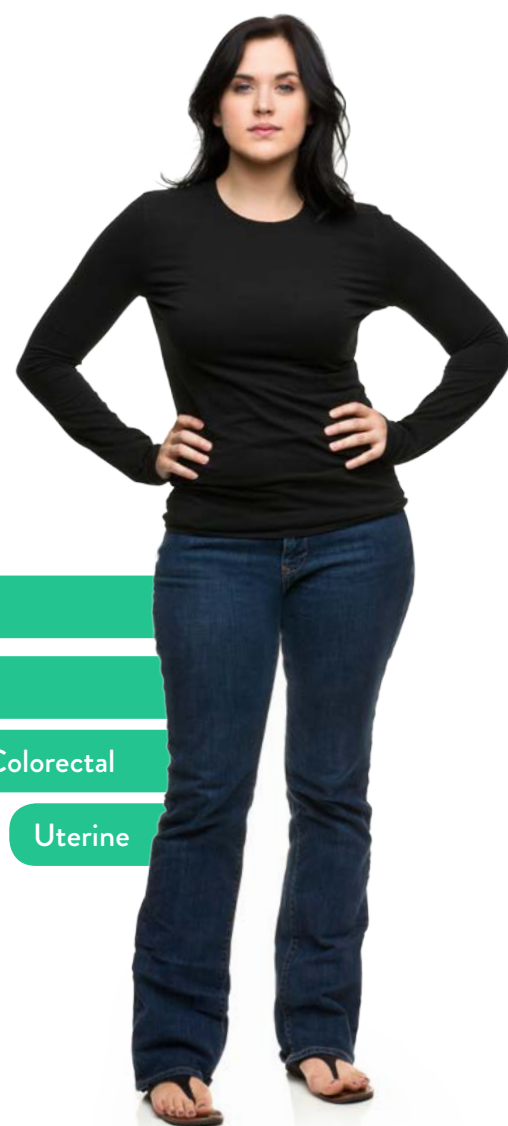
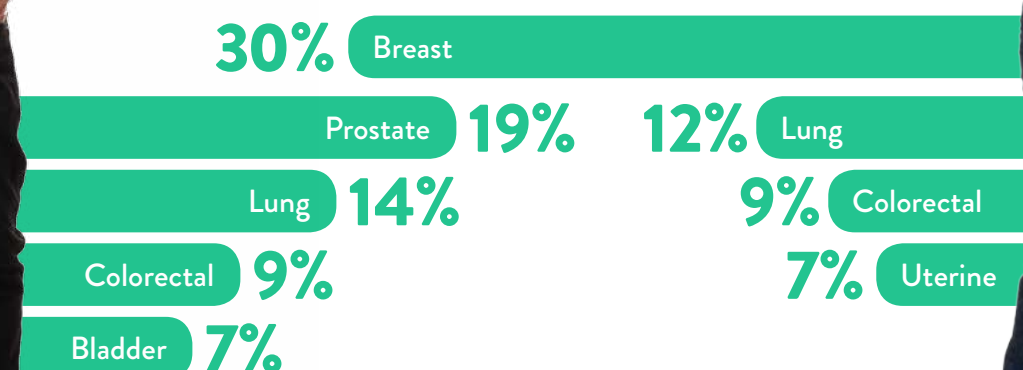
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APPROXIMATELY
39.6% OF MEN
AND WOMEN
WILL BE
DIAGNOSED
WITH CANCER
AT SOME POINT
DURING THEIR
LIFETIMES.

ESTIMATED NEW CANCER CASES
IN THE US IN 2017



SOURCE: American Cancer Society

WHAT IS A GENETIC COUNSELOR?

Genetic counselors help patients and their family members identify and manage inherited cancer risk. This information can help detect cancers early, guide treatment decisions and even prevent cancer. *Healthy Outlook* spoke with Overlake's genetic counselor, Kathy Shih, MS, LGC, to learn more.

WHEN MIGHT SOMEONE GET A GENETIC TEST?

Shih: About 5-10% of cancers are related to a hereditary cancer syndrome. Generally, people are offered testing if they are diagnosed with cancer at a young age and/or have a significant family history of cancer. Some types of cancer, such as ovarian, warrant testing at any age even without a family history.

HOW CAN GENETIC TESTING BE HELPFUL?

Shih: Genetic testing can be empowering and can save lives. Someone with a family history of colorectal cancer can reduce their risk with more frequent colonoscopies or removing polyps before they become cancerous. A woman with hereditary breast and ovarian cancer syndrome may consider surgery to significantly reduce the chance of developing ovarian cancer.

To read the full interview with Kathy, visit overlakehospital.org/healthyoutlook.

CANCER PREVENTION

According to the American Cancer Society, the five most common cancers are breast, lung, prostate, colorectal and melanoma. Ways to reduce your risk of these and other cancers are to:

- Avoid tobacco
- Be safe in the sun
- Eat right
- Stay active
- Limit alcohol
- Know your family history
- Stay current with screening tests (visit cancer.org for the latest recommendations)

RIGHT
BESIDE
YOU
EVERY
STEP OF
THE WAY



“Amy [Overlake cancer social worker] called me the day I was diagnosed. It was the hardest conversation I’ve had in my entire life. She talked me through it, and over time, I built a relationship with her that is so special to me.”

– Neda Shook

What do you do after receiving a cancer diagnosis? Who do you turn to? Overlake's cancer social workers are here to help. Our unique model of care takes a proactive approach, involving social workers from day one of a cancer diagnosis.

“We follow patients through the continuum of their care. We ensure support is offered at every critical touch point,” says cancer social worker Abby McNeil, MSW, LSWAIC, CDP.

Partnering closely with the entire cancer team, the social workers make sure there are no gaps or delays in patient care. This includes medical and radiation oncologists, surgeons, medical assistants, nurses, nutritionists, financial counselors and front desk staff.

They also anticipate, address and overcome barriers to care—which may include emotional distress, psychosocial stressors, challenges paying for treatment and transportation to appointments. Connecting patients with support groups and community resources is core to the social workers' role.

In addition to accessing resources, they can simply be someone to talk to, lending an ear and offering support and encouragement. “We are trained in the therapeutic art of listening,” says Amy Kyi, MSW, LSWAIC. “We are honored to sit with patients during times of stress as well as celebration.”

To learn more about the new Cancer Center and oncology support services, visit overlakehospital.org/cancer.

EVENTS

MOVIES AT MARYMOOR
Wed. nights until Aug. 23
epiceap.com/movies-at-marymoor

BELLEVUE ARTS FAIR
Fri., July 28 - Sun., July 30
bellevuearts.org/bam-artsfair

LABOR DAY HALF
Mon., Sept. 4
labordayrun.com

SPIRIT OF BELLEVUE 12K/5K
Sun., Sept. 10
spiritofbellevuerun.com

CANCER CENTER GRAND OPENING CELEBRATION
Thu., Sept. 14, 4:30-7 p.m.
Enjoy tours of the new Cancer Center, giveaways and more!

OVERLAKE MEDICAL CLINICS EASTSIDE VITALITY HEALTH SCREENINGS

Sat., Sept. 9, 8 -11 a.m., Kirkland
Sat., Sept. 16, 8 -11 a.m., Lake Hills
Sat., Sept. 23, 8 -11 a.m., Redmond

Receive FREE cholesterol*, blood pressure, body mass index, cardiac and diabetes risk assessment, along with a consultation with a health care provider.

*Fasting 9-12 hours is recommended, but not required.

Preregistration is recommended. Registration will open the middle of August. To register for ONE of the clinic screenings, or for more information, call 425.635.6191 or visit overlakehospital.org/eastsidevitality.

EASTSIDE VITALITY HEALTH FAIR, SAT., OCT. 28

Save the date for the annual health fair at Overlake Medical Center's Main Campus in Bellevue.

PREGNANCY, CHILDBIRTH & NEWBORN CARE

AFTER BABY COMES SUPPORT GROUP
For new parents and their baby.

BREASTFEEDING

CAR SEAT CHECK
One-on-one consultation with a trained technician to learn correct car seat installation. Sat., Aug. 5, 10 a.m.-2 p.m.

CHILDBIRTH CENTER TOURS

STARTING SOLID FOODS

PRENATAL YOGA

PREPARATION FOR CHILDBIRTH AND NEWBORN CARE
(English, Spanish and online)

PREPARE THE NEST

PUMPING WHILE RETURNING TO WORK
Learn how to maintain a full milk supply, find the best pumps for your situation and how to bottle feed a breastfed baby.

STARTING SOLID FOODS

PARENTING

FOR GIRLS: A HEART-TO-HEART TALK ON GROWING UP

FOR BOYS: THE JOYS AND CHALLENGES OF GROWING UP
Visit seattlechildrens.org/classes for details and to register. Recommended for girls or boys ages 10 to 12 years and a parent/guardian. \$80 per child/parent.

SAFETY

BETTER BABYSITTERS
Visit seattlechildrens.org/classes for details and to register. Held regularly on Sat. and Sun., 9 a.m.-2 p.m. \$45.

FIRST AID AND CPR CERTIFICATION CLASS
Earn a two-year completion card. Tue., Aug. 1 and Thu., Aug. 3, 6:30-9:30 p.m. \$70.

INFANT SAFETY-PROOFING AND CPR
Completion cards not awarded. Classes held regularly on Saturdays, 9 a.m.-noon or weeknights, 6:30-9:30 p.m. \$35/person; \$60/couple.

SPANISH-SPEAKING CPR AND FIRST AID CLASSES
Call 206.356.5887 (bilingual) for more information.

HEALTHY LIFESTYLES

LSVT BIG® AND LSVT LOUD®
A class for those with movement and communication disorders related to Parkinson's or other neuromotor disease. Physician referral required. Call Overlake Outpatient Rehabilitation Clinic at 425.688.5900.

HIP AND KNEE PAIN RELIEF AND JOINT REPLACEMENT OPTIONS
Is joint pain keeping you from enjoying life? If so, attend one of these informative seminars taught by orthopedic surgeons to learn more about nonsurgical options as well as what is involved in joint replacement surgery. Held weeknights. Visit overlakehospital.org/classes for dates.

PELVIC FLOOR WELLNESS—WOMEN 30+
Learn techniques to improve your pelvic health as you change through your life cycle. Wed., Sept., 27, 6:30-8:30 p.m. Highmark Medical Center, 1740 NW Maple St., Suite 201, Issaquah.

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 and more information.

SENIOR CLASSES

A MATTER OF BALANCE
Improve your quality of life and remain independent by reducing your fear of falling and increasing activity levels. Includes workbook and water bottle. Thu. and Tue., Sep. 5-28; 10 a.m.-noon.

PELVIC CORE FITNESS AND MORE
An Overlake physical therapist will discuss how to maintain optimum pelvic fitness, dynamic breathing and proper pelvic muscle training exercises. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. Thu., Sep. 14, 2-3 p.m. Call 425.746.9900 to register.

WALK FOR LIFE—SENIOR WALKING PROGRAM
Exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. One-mile and half-mile routes available. Mon., Wed. and Fri., 8-9:30 a.m. Bellevue Square Mall; enter at Sky Bridge #4, from west parking garage.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS SUPPORT GROUP
3rd Mon. of the month, 3-4:30 p.m. Overlake Senior Health Clinic, 1750 112th Ave NE, #A101, Bellevue. Call Regina Bennett, MSW, at 425.502.9828.

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.

CANCER SUPPORT GROUPS
Breast cancer, caregiver, grief and loss, and wellness support groups. Call 425.688.5586.

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

Bellevue: Overlake PACCAR Education Center. 3rd Mon. of the month, 7-9 p.m. Call Kay at 425.226.8117.

Issaquah: Highmark Medical Center, 1740 NW Maple St., Suite 201. 1st Mon. of the month, 10 a.m. - noon. Call 425.312.3477 or email LLL.Issaquah@gmail.com.

Eastside Japanese: Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. 2nd Wed. of the month, 11 a.m.-1:30 p.m. 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 using cosmetics, skin care products, wigs, etc. Mon., Sept. 11, 6-8 p.m. Call 425.688.5586.

LYMPHEDEMA SUPPORT
2nd Wed. of the month, 6:30-8 p.m. Call 425.688.5905.

PATH OF GRIEF
For adults coping with the loss of a loved one. Wed., Sept. 6-Oct. 11, 6-8 p.m. Call 425.688.5308.

P.S. SUPPORT GROUP
Support for miscarriage, stillbirth and infant loss. 3rd Thu. of the month, 7-9 p.m. Call Abbie at 206.367.3991 or Cami at 425.277.9494.

STROKE SUPPORT GROUP
4th Sat. of the month, 1-2:15 p.m. Call Jennifer at 425.688.5904.

WEIGHT LOSS SURGERY
Select Sat., 10 a.m.-noon; Thu. evenings, 6-8 p.m. Call 425.467.3957.

Classes, events and support groups are FREE and take place at Overlake Medical Center; preregistration is required, unless otherwise noted. For complete descriptions, dates, times, locations and to register call the number or visit the webpage below.

CALL 425.688.5259 OR VISIT OVERLAKEHOSPITAL.ORG/CLASSES

As a community-based hospital, our patients are our neighbors, our friends, our family. In every issue of *Healthy Outlook* we will dedicate this page to hearing from you. We put a call out to our community on both our Facebook page and a construction wall at our Cancer Center for inspirational words of encouragement from you to those battling cancer. Here's what you shared:

“YOU

“CARRY ON, WARRIORS.”

“DON'T GIVE UP. YOU ARE LOVED.”

ARE

“FROM ONE SURVIVOR TO THE NEXT:

STAY STRONG, STAY POSITIVE. YOU GOT THIS.”

“KEEP UP THE GOOD FIGHT.”

STRONGER

THAN “MOM, YOU INSPIRE ME WITH

CANCER. YOUR STRENGTH,

HUMOR AND BRAVERY.

I LOVE YOU MORE THAN WORDS CAN SAY.”



Campaign Fundraising Committee members toured the Cancer Center during construction.

HOW TO BUILD A CANCER CENTER

It takes a lot of passion to build a brand new, world-class Cancer Center. It's not just the doctors who need to feel that passion—it's you.

Long before the shovel hit the ground, the Eastside community rolled up its collective sleeves and went to work raising dollars for the new Center. The Campaign Fundraising Committee, ably co-chaired by Clodagh Ash, Jan Conrad and Linda Mahaffey, helped galvanize Eastsiders to learn about the Cancer Center, get involved and raise the funds.

Fully half of the cost of the Cancer Center was contributed by the community it will serve. Over 1,000 generous people donated a combined \$10 million for state-of-the-art, multi-disciplinary, patient-centered cancer care close to home.

Please visit overlakehospital.org/cancercampaign to learn more about the Cancer Center, see the list of contributors and support world-class cancer care right here on the Eastside.

HOW TO GET INVOLVED WITH THE FOUNDATION

Visit us at overlakehospital.org/support
 Email us at foundation@overlakehospital.org
 Call us at 425.688.5525

JOIN THE PULSE! NETWORK: Community supporters in their 20s, 30s and 40s. Engage in fun events, learn about Overlake and support great care on the Eastside. OverlakePulse.org

JOIN AN AUXILIARY: Fundraising activities support vital hospital services. Creative and passionate volunteers, please learn more at overlakehospital.org/auxiliaries.

EXPERIENCE OVERLAKE'S NEW CANCER CENTER

The new Cancer Center's warm, healing environment offers all services in one location for a seamless patient experience. Designed with input from cancer survivors, current patients, doctors and nurses, patients are literally at the center of care.

The Center optimizes engagement between patients and their caregivers, and allows specialists to work together to find the best treatments for their patients.



The Infusion Suite: This space offers a selection of seating options: a community space and semi-private and private settings. This allows patients and caregivers to easily interact with one another.



Wig Fitting Room: A private room where patients undergoing chemo who have experienced hair loss can try on and choose a wig or other head covering.



Exam Room: Every element of this space was designed so the focus is always on the patient.



"Living Garden" Hallway: Designed with input from patients to bring the outdoors in, the central hallway from the entrance into the Center's interior evokes an inside garden.



Main Lobby/Check-in: To ease the stress for patients, all patients of the Cancer Center enter and check in at one place. This removes the need to check in multiple times at different locations.



Consult Room: A private room for patients and families to meet with providers.

Join us for the grand opening of the Cancer Center, Thu., Sept. 14, 4:30–7 p.m.
Visit overlakehospital.org/cancer to learn more.

BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

