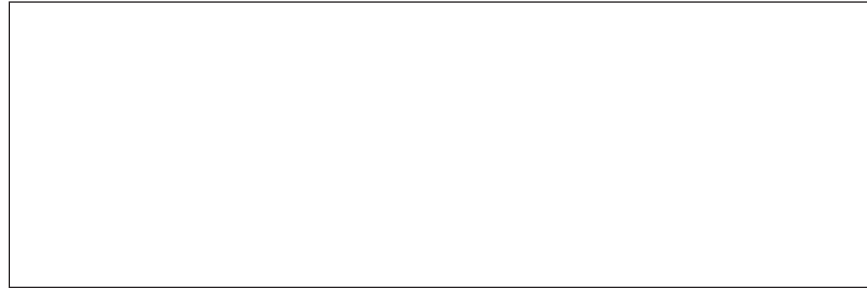


## OVERLAKE MEDICAL CENTER

1035 116<sup>TH</sup> AVE NE, BELLEVUE, WA 98004  
425.688.5000 | [overlakehospital.org](http://overlakehospital.org)



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Overlake 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](mailto:healthyoutlook@overlakehospital.org).

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# Healthy Outlook



**MUSCULOSKELETAL MEDICINE**  
WHAT IS IT AND  
HOW CAN IT HELP YOU?

## PATIENT-CENTERED, COLLABORATIVE CARE

Overlake's Musculoskeletal Medicine Clinic, Neuroscience Institute and Outpatient Rehabilitation work collaboratively to coordinate treatment and rehabilitation for a wide range of neurological conditions, and muscular, spine, and joint pain and injuries. The following diagram illustrates some of the many conditions treated at the clinics.

### MUSCULOSKELETAL CONDITIONS TREATED ACROSS CLINICS



FOR MORE INFORMATION, VISIT [OVERLAKEHOSPITAL.ORG/CLINICS](http://OVERLAKEHOSPITAL.ORG/CLINICS) OR CALL  
 MUSCULOSKELETAL MEDICINE: 425.394.1200  
 NEUROSCIENCE INSTITUTE: 425.635.6560  
 OUTPATIENT REHABILITATION: 425.688.5900  
 PELVIC HEALTH CLINIC: 425.635.3450

# A HOLISTIC

# APPROACH

# TO TREATING

# INJURY + PAIN

"I HAVE BEEN SO IMPRESSED WITH HOW THE TEAM LOOKS AT HEALTH ISSUES HOLISTICALLY; THEY ARE NOT JUST SOLVING ONE ISSUE IN A VACUUM."

Tom Bock,  
Musculoskeletal Medicine patient

This spring, Overlake Medical Clinics (OMC) welcomed a new addition: the Musculoskeletal Medicine Clinic. The clinic comprises physiatrists (physicians who specialize in physical medicine and rehabilitation), physical therapists and massage therapists who work together to treat a wide range of problems related to the spine, bones, joints, muscles and nerves.

With a focus on improving a person's function and quality of life, clinic providers treat health problems that might arise from a lifting injury at work, low back pain that came on years before, a triathlete with a new knee injury who needs rehabilitation, a person with chronic headaches or a grocery checker with carpal tunnel syndrome.

If a problem does not resolve after a short period of rest or physical therapy, it is best to ask to be evaluated by a physiatrist who can provide a clear diagnosis and help guide a person through the best course of care.

"We work with all age groups and focus on getting patients back to the activities most important to them," Michael Hatzakis, Jr, MD, medical director of the clinic.

The clinic's comprehensive approach combines therapeutic exercise, manual therapy, patient education, and multiple modes of treatment to enhance patient recovery and return to full function in the shortest time possible.

Working in conjunction with the Overlake Neuroscience Institute, physiatrists coordinate care for those individuals who might need surgery or specialized neurological management. They also integrate care with Overlake Outpatient Rehabilitation so all OMC therapists are part of the team approach to medical care.

For more information, visit [overlakehospital.org/musculoskeletal](http://overlakehospital.org/musculoskeletal).





**EVENTS**

**SPIRIT OF BELLEVUE 12K/5K**

Sun., Sept. 10  
spiritofbellevuerun.com

**CANCER CENTER GRAND OPENING**

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

**SALMON DAYS**

Sat.+Sun., Oct. 7-8  
salmondays.org

**HEART WALK**

Sat., Oct. 14

**MAKING STRIDES AGAINST BREAST CANCER**

Sat., Oct. 21  
makingstrideswalk.org

**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 assessments, along with a consultation with a health care provider. Preregistration is recommended. To register for ONE of the clinic screenings, or for more information, call 425.635.6191 or visit [overlakehospital.org/eastsidevitality](http://overlakehospital.org/eastsidevitality). \*Fasting 9-12 hours is recommended but not required.

**EASTSIDE VITALITY HEALTH FAIR**

Sat., Oct. 28, 8-11 a.m.

Receive FREE screenings, including cholesterol\*, blood pressure, body mass index (BMI), target heart rate and more. Health displays and medical experts will also be available.

Screenings offered on a first-come, first-served basis. \*Fasting 9-12 hours is recommended but not required. Held at Overlake 1035 116th Ave NE, Bellevue.

Visit [overlakehospital.org/eastsidevitality](http://overlakehospital.org/eastsidevitality) for details.

**PREGNANCY, CHILDBIRTH & NEWBORN CARE**

**AFTER BABY COMES SUPPORT GROUP**

**BREASTFEEDING**

**CHILDBIRTH CENTER TOURS**

**FIRST FOODS**

**PRENATAL YOGA**

**PREPARATION FOR CHILDBIRTH AND NEWBORN CARE**

(ENGLISH AND SPANISH)

**PREPARE THE NEST**

**PUMPING WHILE RETURNING TO WORK**

**UNDERSTANDING BIRTH: ONLINE CLASS**

**ADOLESCENTS**

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

**AND**

**FOR BOYS: THE JOYS + CHALLENGES OF GROWING UP**

Visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes) 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](http://seattlechildrens.org/classes) for details and to register. Held regularly on Sat. and Sun., 9 a.m.-2 p.m. \$45.

**FIRST AID + CPR**

Earn a two-year completion card. Mon., Oct. 23 and Wed., Oct. 25, 6:30-9:30 p.m. \$70.

**INFANT SAFETY + 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.

**HEALTHY LIFESTYLES**

**HIP + KNEE PAIN RELIEF**

Orthopedic Surgeon Jonah Hulst, MD, will discuss nonsurgical options as well as joint replacement surgery. Wed., Sept. 20, 6:30-8 p.m.

**LSVT BIG® + LSVT LOUD®**

For those with movement and communication disorders related to Parkinson's or other neuromotor disease. Referral required. Call 425.688.5900 for information.

**DEPRESSION—WHEN IT'S MORE THAN FEELING SAD**

Overlake Psychiatrist William Pierson, MD, will discuss signs, symptoms and causes of major depression and when to seek medical advice and treatment. Tue., Oct. 24, 6:30-8 p.m.

**WOMEN'S PELVIC HEALTH—A TEAM APPROACH**

A panel of experts will discuss incontinence, constipation, pelvic organ pressure and prolapse, and HRT. Tue., Oct. 10, 6:30-8:30 p.m.

**PELVIC FLOOR WELLNESS FOR WOMEN 30+**

Attend this informative class to learn techniques to maintain and improve your pelvic health. Wed., Sept., 27, 6:30-8:30 p.m.

**HYPNOSIS FOR WEIGHT LOSS**

In this three-part series, certified hypnotherapist Robert W. Felix will help you visualize your ideal body size to achieve desired results. Thu. Nov. 2, 9 and 16, 7-9 p.m. \$95.

**VETERANS: STOP SMOKING WITH HYPNOSIS**

In recognition of Veterans Day, Overlake and certified hypnotherapist Robert W. Felix, a fellow veteran, will offer a FREE group class for veterans. Sat., Nov. 18, 10 a.m.-12 p.m.

**MIGRAINE MANAGEMENT**

Overlake Neurologist Dan Fosmire, MD, will discuss causes and triggers of migraine and what you can do to have fewer, shorter or less severe migraines. Thu., Oct. 19, 6:30-8 p.m.

**WEIGHT LOSS SURGERY SEMINARS**

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

**SENIOR CLASSES**

**A MATTER OF BALANCE**

Reduce your fear of falling and increase activity levels. Thu. and Tue., Sep. 5-28; 10 a.m.-noon.

**PELVIC CORE FITNESS + MORE**

Kathy Golic, RPT, Overlake Medical Clinics Outpatient Rehabilitation Services, will discuss techniques for maintaining and improving pelvic health. Tue., Sept. 12, 2-3 p.m. Call 425.746.9900 to register.

**EXERCISES TO IMPROVE BALANCE**

Learn how to reduce the risk of falls and exercises to help with balance. Wed., Sept. 20, 10-11:30 a.m. Call 425.556.2314 to register.

**UNDERSTANDING STROKES**

Jennifer Kurtz, Overlake stroke program coordinator, will discuss risk factors, detection and available treatments. Thu., Oct. 12; 2-3 p.m. Call 425.746.9900 to register.

**PREVENTING FALLS**

Kentaro Nishino, MD, will discuss factors that cause dizziness and falls, prevention measures and treatments. Wed, Oct. 18, 10-11:30 a.m. Call 425.556.2314 to register.

**ABCS OF DIABETES CARE: ANSWERING THE NUTRITION QUESTIONS**

Nutrition plays an important role in the management of your diabetes. Gentle Chikani, RD, will discuss how to control blood sugar levels and reduce secondary risk factors. Thu., Sept. 21; 4-5:30 p.m.

**ABCS OF DIABETES CARE: CURRENT + FUTURE DIABETES TREATMENTS**

Technologies and treatments are advancing rapidly for the management of diabetes, even over the past year. Overlake Physician Christian Herter, MD, will discuss new technologies and those on the horizon. Thu., Oct. 19; 4-5:30 p.m.

**KEYS TO DEMENTIA: UNDERSTANDING THE BASICS**

Caring for or interacting with a person with dementia, while rewarding, can provide unique challenges. This class covers dementia basics including risk factors, types of dementia, how the brain is affected by dementia, treatments and resources available. Thu., Oct. 5; 2-3:30 p.m.

**KEYS TO DEMENTIA: IMPROVING COMMUNICATION**

Learn techniques on how to improve communication with a person with dementia. Thu., Oct. 26; 2-3:30 p.m. Not appropriate for the memory-impaired person.

**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**

3rd Mon. of the month, 3-4:30 p.m. Overlake Senior Health Clinic, 1750 112th Ave NE, #A101, Bellevue. Call 425.502.9828.

**BALANCE AFTER BABY: MOOD DISORDERS**

For new mothers experiencing postpartum mood disorder or struggling with their new role as mom. 2nd and 4th Tue. of the month, 7-8:30 p.m.

**CANCER SUPPORT**

Support groups offered at Overlake through Cancer Lifeline. Call 800.255.5505 for more information.

**LA LECHE LEAGUE**

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

**Bellevue:** Overlake campus. 3rd Mon. of the month, 7-9 p.m. Call 425.226.8117.

**Issaquah:** Highmark Medical Center, 1740 NW Maple St, #201. 1st Mon. of the month, 10 a.m.-noon. Call 425.312.3477 or email [LLL.Issaquah@gmail.com](mailto: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](mailto:izumimitsuoka@hotmail.com).

**LOOK GOOD...FEEL BETTER**

Beauty techniques for women in active cancer treatment. Mon., Sept. 11, 6-8 p.m. and Mon., Nov. 13, 1-3 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 206.367.3991 or 425.277.9494.

**STROKE SUPPORT**

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 unless otherwise noted. Preregistration required for all classes.

For complete descriptions, dates, times, locations and to register, call the number or visit the webpage below.

PREREGISTRATION REQUIRED FOR ALL CLASSES. CALL 425.688.5259 OR VISIT [OVERLAKEHOSPITAL.ORG/CLASSES](http://OVERLAKEHOSPITAL.ORG/CLASSES)



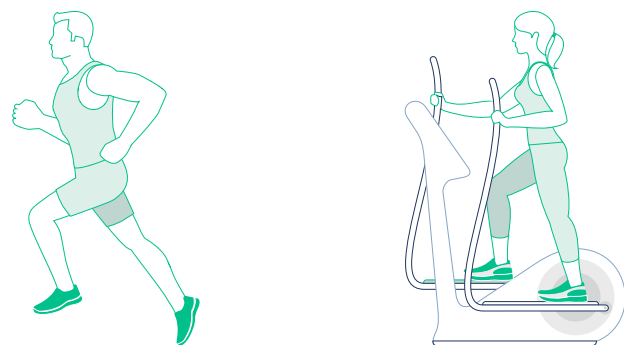
**WEEKLY BODY TUNE-UP**

**CARDIORESPIRATORY**

**WHAT KIND?**  
Moderate-intensity exercise (walking, running, cycling, swimming)

**WHEN**  
5 days/week

**HOW LONG?**  
30-60 minutes

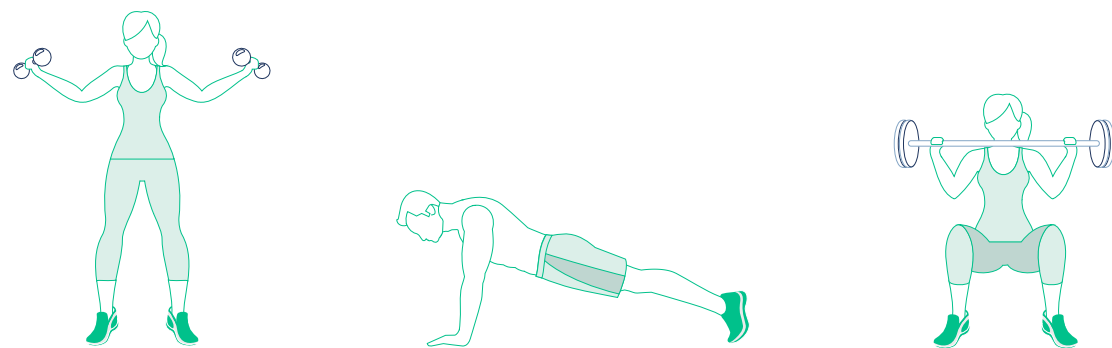


**RESISTANCE**

**WHAT KIND?**  
Train each major muscle group using weights or resistance bands

**WHEN?**  
2-3 days/week

**HOW LONG?**  
2-4 sets of each exercise with at least 8-12 repetitions



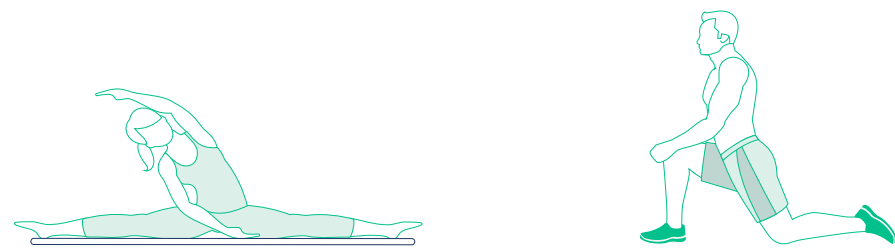
Note: Wait at least 48 hours between resistance training sessions.

**FLEXIBILITY**

**WHAT KIND?**  
Stretching

**WHEN?**  
2-3 days/week

**HOW LONG?**  
Hold each stretch 10-30 seconds, repeat 2-4 times



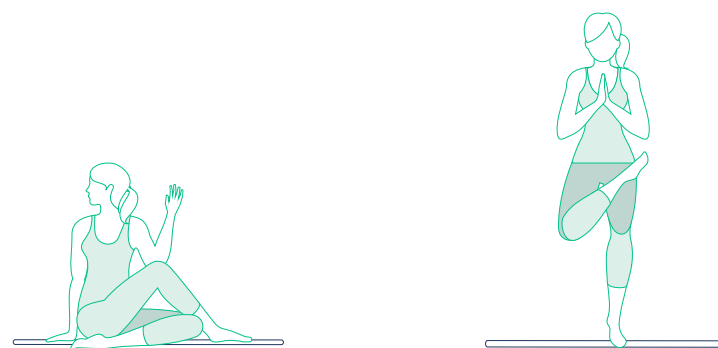
**NEUROMOTOR**

**WHAT KIND?**  
Tai chi and yoga

**WHEN?**  
2-3 days/week

**HOW LONG?**  
20-30 minutes/day

Note: To avoid injury, gradually progress your exercise time, frequency and intensity. Those unable to meet these minimums can still benefit from some activity.



**EXERCISE TO STAY INJURY FREE**

We take our cars in for regular tune-ups and oil changes. We sharpen our kitchen knives

when they're dull. We service our washing machines when they're not running properly. Why not think of exercise as the maintenance our bodies need?

Whether it's taking care of young children, gardening or stand-up paddle boarding on the weekends, we use our bodies as tools that allow us to accomplish everyday activities we

want and need to do. In order for our bodies to keep running efficiently without injury or pain, it requires weekly maintenance.

The exercises above are basic recommendations for adults from the American College of Sports Medicine to help keep your body in tune for overall strength, stability and injury prevention.

**A HEALTHY USE FOR YOUR DONOR-ADVISED FUND**

A donor-advised fund is like a charitable savings account—it's an increasingly popular tool for people who want to do good for their community or the world. With your donor-advised fund you can make a gift to any IRS-qualified nonprofit organization.

Giving by individuals, including by those with donor-advised funds, increased by 3.9% in 2016 to a record \$390 billion. Yet only 8% of those dollars went to health causes.

Many people don't realize that most hospitals—including Overlake—are charitable nonprofit organizations that need contributions from the communities they serve. Supporting your community's hospital through your donor-advised fund or through direct donation helps ensure great medical care is there for you, your family and your neighbors, now and in the future.

To learn how you can use your donor-advised fund to support a healthy community, visit [overlakehospital.org/DAF](http://overlakehospital.org/DAF).

**OTHER GREAT WAYS TO SUPPORT OVERLAKE**

Join the Pulse! Network, a group of community supporters in their 20s, 30s, and 40s holding fun events to support great care on the Eastside. [OverlakePulse.org](http://OverlakePulse.org)

Join an Auxiliary, a group of volunteers engaged in fundraising activities to support vital hospital services. [overlakehospital.org/auxiliaries](http://overlakehospital.org/auxiliaries).

For more info, please visit the Overlake Foundation online: [overlakehospital.org/support](http://overlakehospital.org/support)

Email: [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org)

Phone: 425.688.5525





# OVERLAKE IN THE COMMUNITY + NEWS

Overlake connects with our community members through health and wellness outreach activities, health events and fundraising efforts. Here's a sample of where we've been over the past few months, along with the latest hospital news.

## 1. DERBY DAYS

Overlake's committed volunteer team at Redmond Derby Days.

## 2. MOVIES AT MARYMOOR

We connected with Eastside families in July and August at the Movies at Marymoor series.

## 3. PET THERAPY

Certified therapy dogs visit the hospital weekly, bringing patients love, joy and a sense of calm. Pictured: Australian Labradoodle, Charlie, with a patient in the Cancer Center.

## 4. CANCER SURVIVORSHIP SYMPOSIUM

This first annual event brought together survivors, caregivers and providers for a day of information and inspiration.

## 5. CLASSIC CAR FUNDRAISING EVENT

Overlake donors enjoyed exclusive access to a private collection of classic and exotic cars, sports and film collectibles, and nostalgic Americana. Proceeds for the evening benefited the Overlake Neuroscience Institute.

## 6. NEW CLINIC COMING SOON

This fall, Overlake Medical Clinics will open a primary care/urgent care clinic at The Village in Sammamish Town Center. Visit [overlakehospital.org/clinics](http://overlakehospital.org/clinics) for updates.

## 7. MOST WIRED HOSPITAL

For the third consecutive year, Overlake received the "Most Wired" distinction from the American Hospital Association's Health Forum. The award spotlights hospitals that are harnessing innovation to better serve patients.

## 8. PROJECT FUTURECARE UPDATE

Our campus renewal and expansion project is designed to meet the growing health care needs of the Eastside community. Completion of the Cancer Center was the project's first major milestone. The first large scope of work for the next phase was recently completed: the fuel tank installation for expansion of the heart and vascular operating rooms.

## 9. BELLEVUE ARTSFAIR

Kids learned about the importance of drinking water and decorated their own color-changing cups at Overlake's hydration station.

