

OVERLAKE MEDICAL CENTER

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OVERLAKE
MEDICAL CENTER AND CLINICS

Healthy Outlook



CARDIAC ELECTROPHYSIOLOGY ADVANCED CARE FOR IRREGULAR HEARTBEATS

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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 email healthyoutlook@overlakehospital.org or call 425.467.3548.

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For an electronic copy, visit overlakehospital.org/healthyoutlook

1 in 3 Americans
will have sepsis in their lifetime...

only **55%** of American adults
have heard of sepsis



Sepsis is not just one symptom.
It can be a combination of any of the following:

- Shivering or fever
- Extreme pain or discomfort
- Pale or clammy skin
- Confusion or disorientation
- High heart rate
- Shortness of breath

Source: Sepsis Alliance

WHAT YOU NEED TO KNOW ABOUT

SEPSIS

The average person battles a number of infections throughout their lifetime—from colds and flu to stomach viruses and urinary tract infections. But for the very young and very old, those with weak immune systems and people with chronic diseases (such as diabetes, cancer, lung or kidney disease), infections pose a greater risk.

Sepsis occurs when the immune system stops fighting an infection and turns on itself, triggering an inflammatory chain reaction that causes damage to tissues and organs.

Almost any infection can lead to sepsis, that's why it's important—no matter your age or state of health—to see the doctor when you

suspect an infection, get it treated and know what signs to look for if it's not getting better.

Sepsis is a life-threatening emergency that requires immediate medical attention. To protect against sepsis, the CDC recommends we: prevent infections, practice good hygiene, know the symptoms and act fast.



KEEPING THE RHYTHM

Have you ever felt like your heart skipped a beat, fluttered or beat faster than normal? Most of us have. But when do you know if it's from drinking too much coffee or being under a mountain of stress versus a more serious medical condition?

Heart palpitations can be normal if they happen infrequently and you can trace them to a known cause like caffeine or anxiety. If they happen regularly, however, and you have other symptoms, such as shortness of breath, lightheadedness and fatigue, or risk factors including diabetes, high blood pressure, heart disease or family history of heart disease, it's important to be evaluated by your healthcare provider to ensure there isn't an underlying issue, such as an arrhythmia.

Arrhythmias are abnormal heartbeats. They cause the heart to flutter, pause or beat too slow or too fast. The most common arrhythmia is atrial fibrillation (AFib), which is a rapid and irregular heartbeat.

Our heartbeats are controlled by electrical signals that tell the muscles in our heart when to contract. In AFib, for example, these signals become erratic, causing an irregular rhythm and uncoordinated contractions. Blood isn't pumped as effectively through the body and may then collect in the heart, which can lead to clotting and stroke. In fact, those with the condition have a five times greater risk of stroke than someone without AFib.

In partnership with EvergreenHealth (see below), Overlake's highly trained cardiac electrophysiologists diagnose and treat the electrical activities of the heart with the most advanced technologies available.

"We can provide lasting solutions for people's arrhythmia problems they may have had their entire lives," says Overlake electrophysiologist Robert Rho, MD.

If an arrhythmia is confirmed, the electrophysiologist will determine whether a medical or surgical method is needed. That may include medication, a procedure such as catheter ablation or an implantable device.

"Our patient-centered team approach means we take care in addressing each person's individual condition," adds Overlake electrophysiologist Jeffrey Fowler, MD.

For a more in-depth look at arrhythmia care at Overlake, visit overlakehospital.org/heartbeat. You'll find an array of informational videos on topics such as device therapy, AFib and a tour of our arrhythmia center.

EASTSIDE HEALTH
ALLIANCE

OVERLAKE MEDICAL CENTER AND CLINICS EvergreenHealth

The Eastside Health Alliance is a joint venture of Overlake Medical Center and Clinics and EvergreenHealth to enhance the depth and breadth of cardiac, cardiothoracic surgery and neuroscience services on the Eastside. Our providers share a collaborative approach with a focus toward the best quality care and outcome for each patient.

CLASSES

FREE, UNLESS OTHERWISE NOTED. PREREGISTRATION REQUIRED; VISIT OVERLAKEHOSPITAL.ORG/CLASSES.

PREGNANCY, CHILDBIRTH + NEWBORN CARE

AFTER BABY COMES SUPPORT

BREASTFEEDING

CHILDBIRTH CENTER TOURS

FIRST FOODS

PELVIC FLOOR WELLNESS: New + Expectant Moms

PRENATAL YOGA

PREPARATION FOR CHILDBIRTH+NEWBORN CARE (English+Spanish)

PREPARE THE NEST

PUMPING WHILE RETURNING TO WORK

UNDERSTANDING BIRTH: Online Class

CAR SEAT CHECK

One-on-one consultation to learn correct car seat installation and usage. Sat., May 19, 10 a.m.–2 p.m.

ADOLESCENTS

FOR GIRLS: A Heart-to-Heart Talk On Growing Up

FOR BOYS: The Joys + Challenges of Growing Up
Visit seattlechildrens.org/classes to register. For ages 10 to 12 years and parent/guardian. \$80.

BETTER BABYSITTERS

Visit seattlechildrens.org/classes to register. Held regularly on Sat. and Sun., 9 a.m.–2 p.m. \$45.

SAFETY

FIRST AID+CPR CERTIFICATION

Infant/child/adult CPR/AED training. Mon., Apr. 9 and Wed., Apr. 11, 6:30–9:30 p.m.; Mon., Jun. 4 and Wed., Jun. 6, 6:30–9:30 p.m.; or Sat., May 19, 9 a.m.–4 p.m. \$80.

INFANT SAFETY + CPR

Completion cards not awarded. Held regularly on Sat., 9 a.m.–noon or weeknights, 6:30–9:30 p.m. \$40/person; \$70/couple.

SPANISH CPR + FIRST AID

Call 206.356.5887 (bilingual) for information.

STOP THE BLEED

Learn how to provide basic bleeding control as immediate frontline aid until first responders arrive. Fri, Apr. 20 or Jun. 15, 6:30–8:30 p.m.

WOMEN'S

MAMMOGRAM PARTIES

Host a private mammogram party for 6–10 women. Parties available Monday–Thursday, 6–8 p.m. To schedule, call 425.688.5985 or email mammoparty@overlakehospital.org.

WOMEN'S SEXUAL HEALTH

Join us for a class for women by women to discuss common female sexual concerns and what to do about them. Tue., May 8, 6:30–8:30 p.m.

WOMEN'S PELVIC HEALTH: A team approach to common disorders
Experts will discuss common disorders and what diagnoses and treatment options are available. Tue., May 1, 6:30–8:30 p.m.

PELVIC FLOOR WELLNESS: Women 30+

Learn techniques to maintain and improve pelvic health. Tue., Apr. 24 or May 22, 6:30–8:30 p.m.

HEALTHY LIFESTYLES

MANAGING GERD, HEARTBURN + ACID REFLUX

A panel of experts will talk about effective treatment options to relieve GERD symptoms, improve quality of life and decrease cancer risk. Wed., Apr. 18, 6:30–8:30 p.m.

ABCS OF DIABETES SERIES

Visit overlakehospital.org/classes to register. Bellevue Family YMCA (14230 Bel-Red Rd).

Nutrition + Weight Management

Learn how to incorporate appropriate nutrition to better control blood sugar levels and manage your weight. Thu., Apr. 19, 4–5:30 p.m.

Traveling with Diabetes

How to safely and comfortably travel while managing diabetes. Thu., May 17, 4–5:30 p.m.

Vision Issues

Learn the impact of diabetes on vision, early signs of vision issues and their treatments. Thu., Jun. 21, 4–5:30 p.m.

HIP + KNEE JOINT PAIN RELIEF

An orthopedic surgeon will discuss nonsurgical options as well as what is involved in replacement surgery. Thu., Apr. 26, 6:30 to 8 p.m.

MELANOMA MONDAY: Free Skin Cancer Screening

Space limited; preregistration required. Mon., May 7, 5:30–7:30 p.m.

NEW! YOUR WEIGHT, YOUR HEALTH, YOUR OPTIONS: Focus on Diabetes

Living with excess weight increases risk of type 2 diabetes as well as other serious medical issues. The good news is even with modest weight loss, you can avoid these conditions and improve quality of life. Join our dedicated team of providers to learn about your risk and weight management options available. Tue., May 15, 6:30–8:30 p.m.

BRAIN ATTACK: Start Reducing Risk Now

Neurosurgeon Abhineet Chowdhary, MD, will discuss how to decrease stroke risk, symptoms to watch for and what can be done to reverse acute stroke symptoms. Thu. May 17, 6–7:30 p.m.

SENIORS

EXERCISES TO IMPROVE BALANCE

Learn how to reduce the risk of falls and exercises that can help with balance. Wed, Apr. 18, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

MY ACHING FEET

Tips for preventing common foot problems and treatments to reduce pain. Thu., May 10, 2–3 p.m. Visit overlakehospital.org/classes to register. Bellevue Family YMCA (14230 Bel-Red Rd).

PELVIC CORE FITNESS + MORE

A physical therapist will discuss pelvic fitness, dynamic breathing and exercises. Wed., May 16, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

TIPS FOR HEALTHY COOKING

A dietitian will review nutrition basics and how to prepare well-balanced meals. Wed., Jun. 20, 10–11:30 a.m. Call 425.556.2314 to register. Redmond Senior Center (8703 160th Ave NE).

KEYS TO DEMENTIA SERIES

Not appropriate for the memory-impaired person. Visit overlakehospital.org/classes to register. Bellevue Family YMCA (14230 Bel-Red Rd).

Safe Return—The Wanderer

Join us to discuss why people wander, strategies for safe freedom of movement and how to find wanderers quickly. Thu., Apr. 26, 2–3:30 p.m.

The Late Stage (Two-Part Series)

In the late stage of dementia, caregiving involves new ways of connecting and interacting with one's loved one. Thu., May 24 and Jun. 28, 2–3:30 p.m.

WALK FOR LIFE

Senior walking program. Mon., Wed., Fri., 8–9:30 a.m. Bellevue Square; enter at Sky Bridge 4 from west parking garage. No registration required.

CANCER SERVICES

FREE. Open to cancer patients, survivors, friends and family. Register at cancerlifeline.org or call 800.255.5505.

CHEMICALS THAT DISRUPT HORMONES

Learn about the link between cancer and endocrine disrupting chemicals in the environment and how to reduce risk. Wed., Apr. 18, 6:30–7:30 p.m.

BENEFITS OF ESSENTIAL OILS

How to use essential oils to manage sleep and stress. Wed., May 2, 10–11 a.m.

GENTLE YOGA

Practice easy stretches, postures, guided meditation and breathing exercises. Please arrive 5 minutes early. Mon., May 7–Jun. 25, 6:30–7:30 p.m. No class May 28.

SUPPORT GROUPS

ALL SUPPORT GROUPS ARE FREE; NO REGISTRATION REQUIRED

ALZHEIMER'S CAREGIVER

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

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

CANCER CAREGIVER

This group is open to anyone caring for someone with a cancer diagnosis. 1st and 3rd Tue. of the month, 7–8:30 p.m.

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.

EVENTS

BANDAGE BALL 2018

Join us for Overlake's most anticipated fundraising gala. Funds raised will support Overlake's emergency services.

Sat., Apr. 21, 5:30 p.m.

Hyatt Regency Bellevue
bandageball.org

FASHIONS FROM THE HEART LUNCHEON + FASHION SHOW

Presented by the Roger Stark Cardiac & Stroke Auxiliary. RSVP by May 15.

Tue., May 22, 11:30 a.m.

Bellevue Hilton
overlakehospital.org/FFTH

MEDITATION FOR BEGINNERS

Meditation can ease stress and increase your sense of peace and focus. Learn to practice meditation whenever you need it most. Tue., May 15, 7–8 p.m.

COPING WITH CANCER + POST-TRAUMATIC STRESS

Learn about differences between typical stress and cancer-related PTS, managing triggers and helpful strategies. Wed., May 16, 6:30–7:30 p.m.

CARD MAKING

Artistic expression is a great way to relieve stress and have fun. Handouts and materials will be provided. Tue., May 22, 11 a.m.–1 p.m.

LIFE IN SURVIVORSHIP

Completion of treatment is a major milestone that provides opportunities for personal growth

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.

LIVING WITH CANCER

For individuals who are just diagnosed, in treatment or post-treatment. 1st Wed. of the month, 10 a.m.–noon; 3rd Wed. of the month, 6:30–8:30 p.m.

LOOK GOOD...FEEL BETTER

Beauty techniques for women in active cancer treatment. Mon., Apr. 9 or Jun. 11, 1–3 p.m. Call 425.688.5586.

LYMPHEDEMA SUPPORT

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

as well as new challenges. Explore issues that may arise and ways to help manage them. Wed., Jun. 6, 10–11 a.m. or Wed., Jun. 20, 6:30–7:30 p.m.

PRACTICING MINDFULNESS THROUGH EASY DRAWING

Zentangle© is an easy-to-learn way to create beautiful images by drawing structured patterns. It increases focus, creativity and a sense of personal well-being. Thu., Jun. 14, 11 a.m.–1 p.m.

END OF LIFE CONVERSATIONS

Having conversations around end of life can be emotional, challenging and complicated. Join us for a presentation by End of Life Washington to learn how to manage these conversations. Tue., Jun. 19, 7–8 p.m.

PATH OF GRIEF

Six-week support group for adults grieving the death of a loved one. Mon., Apr. 16–May 21, 10:30 a.m.–12:30 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 425.688.5295.

WEIGHT LOSS SURGERY SUPPORT

Select Sat., 10 a.m.–noon; Thu. evenings, 6–8 p.m. Call 425.467.3957.

Overlake is proud to sponsor a variety of events and organizations throughout the Eastside. Look for us at the following events over the new few months!

STUDIO EAST STORYBOOK THEATER

Sat., Apr. 28
Kirkland Performance Center
storybooktheater.org

MARCH FOR BABIES

Sat., May 5
Seattle Center
marchforbabies.org

NAMI WALKS

Sat., Jun. 2
Marina Park, Kirkland
namiwalks.org

IT TAKES A COMMUNITY

As a community-based hospital, our patients are our neighbors, our friends, our family. When an emergency arises—whether it's a heart attack, stroke, car accident or other life-threatening illness or injury—Overlake is here for you.

In this issue, we share a letter from Redmond resident Peter Tracy about the remarkable care he received from first responders and Overlake emergency department staff after a fishing accident last fall.

I write today to thank and recognize your employees who saved my life on Tuesday, Oct. 31, 2017.

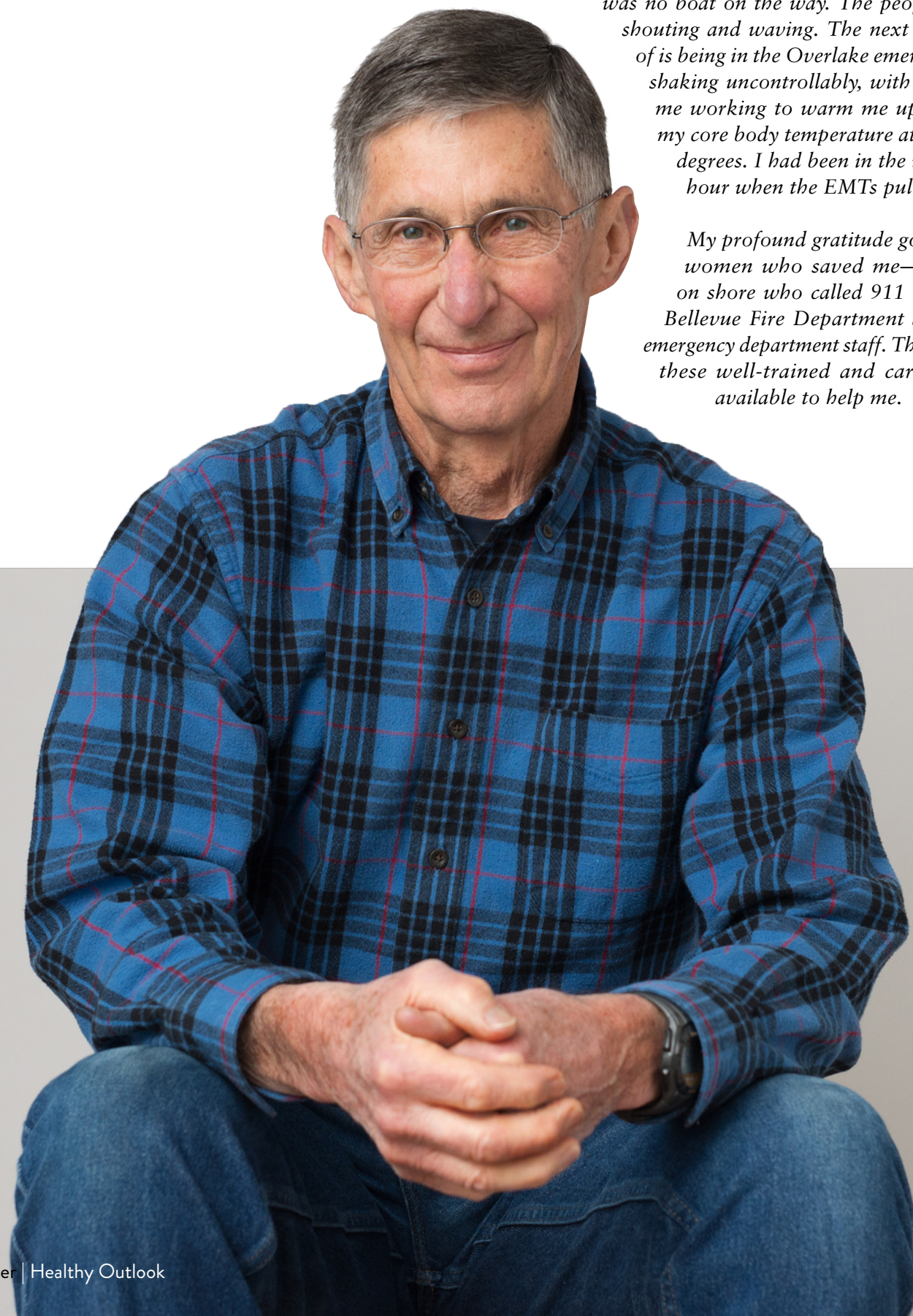
That afternoon, I was fishing on Rattlesnake Lake in my canoe. It was the third time I have fished there this year. I reached behind my seat for my fly rod, the boat tipped left, water rushed in and I was in the water. Fortunately, I always wear a personal flotation device, so I didn't feel any panic. I righted the boat, and my plan was to bail as much water out of the boat as possible and then swim it to shore, about 100 yards away. Bailing was difficult and slow. I had two, 20-pound anchors down on 40 feet of line and had to pull them up. I tried to swim hanging on to the boat with one hand and using various kicks and one-armed strokes.

It was a beautiful day, sunny, no wind and around 60 degrees Fahrenheit. I knew the water temperature was 50 degrees, but I didn't feel cold. I noticed two people on the shore I was trying to reach. I started to get frustrated at not making progress toward the shore, but I kept trying.

Then, I saw flashing red lights at the boat ramp, but there was no boat on the way. The people on shore were shouting and waving. The next thing I am aware of is being in the Overlake emergency department, shaking uncontrollably, with nurses all around me working to warm me up. I was told later my core body temperature at that point was 87 degrees. I had been in the water roughly one hour when the EMTs pulled me out.

My profound gratitude goes to the men and women who saved me—from the people on shore who called 911 to the EMTs with Bellevue Fire Department and the Overlake emergency department staff. Thank you for having these well-trained and caring professionals available to help me.

- Peter Tracy



EMERGENCY!

On December 18, 2017, a train fell out of the sky. Or so it must have seemed to the drivers making their way to work on Interstate 5 near DuPont, Washington that morning when an Amtrak train derailed on a bridge over the freeway. Three people died and 62 sustained injuries requiring medical treatment at nearby hospitals.

Train derailments thankfully happen only rarely, but the incident reminds us of a universal reality: accidents happen. No matter how careful, responsible and prepared you may be, you can't stop the train from running off the tracks.

Accidents and other medical emergencies, such as heart attacks and strokes, make it critically important to have access to a top-quality hospital with a full range of emergency services. If you live or work on the Eastside, that hospital is Overlake, and we are here for you.

Each year, thousands of patients come to Overlake for emergency medical care, and we are committed to providing exceptional, compassionate care to each one. In addition,

we stand ready to serve our community in the event of any large-scale disaster, such as earthquake, avalanche, act of terrorism or even a train derailment.

Maintaining our readiness to respond to emergencies, large and small, is of the utmost importance. We use training, drills, equipment checks and upgrades, and careful coordination with other regional providers and first responders to ensure that we are always prepared.

At this year's annual fundraising gala, we will invite the community we serve to come out and honor the incredible lifesaving work done by Overlake's emergency services department. Proceeds will support the training and equipment that keep our program cutting-edge and enable facility improvements that will expand our capacity to care for our growing population.

We hope you will join us on April 21, 2018, for an inspirational evening filled with stories of everyday heroism. Please visit bandageball.org for more information.

Step into Summer with
Fashions from the Heart

HOSTED BY THE ROGER STARK CARDIAC & STROKE AUXILIARY


TUESDAY, MAY 22, 2018 at 11:30 A.M.
BELLEVUE HILTON | 2nd Floor Ballroom
300 112th Ave SE Bellevue, WA

FASHION PRESENTATION: Title Nine
"Divalani" Style

KEYNOTE SPEAKER: Derek Rodrigues, MD
Cardiologist & Cardiac Electrophysiologist

Your generous support of the event will benefit cardiac and stroke programs at Overlake

RSVP by May 15
For more information or to purchase tickets call 425.688.5534



OVERLAKE
MEDICAL CENTER
FOUNDATION & AUXILIARIES

OVERLAKE IN THE COMMUNITY + NEWS



SEATTLE MAGAZINE RECOGNIZES OVERLAKE

Seattle Magazine named Overlake as one of the best places to work in the Seattle area, citing a best-in-class work environment with employees who are committed to going above and beyond to provide the best patient care.



OVERHEARD: THE NEW PODCAST FROM OVERLAKE

This spring, Overlake is launching a monthly podcast called Overheard that will feature a wide variety of health topics and information. Be sure to find us on SoundCloud, iTunes or your favorite podcast app.



CEO RECEIVES LEADER IN HEALTH CARE AWARD

Overlake President + CEO J. Michael Marsh received an Outstanding Medical Center/Hospital Executive award at *Seattle Business* magazine's 2018 Washington Leaders in Health Care Awards gala. Congratulations, Mike!



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE

OVERLAKE MEDICAL CENTER BANDAGE BALL



SATURDAY, APRIL 21, 2018

5:30 P.M.

Hyatt Regency Bellevue

Funds raised will support Overlake's Emergency Services

Purchase your tickets today!

bandageball.org