

# Healthy Outlook



**WOMEN'S HEALTH**  
COMPREHENSIVE CARE FOR EVERY PHASE OF LIFE

## TOC

### PREVENTIVE CARE

**NAVIGATING MIDLIFE**

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**PREPARING YOUR PELVIC FLOOR FOR CHILDBIRTH**

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**CLASSES, SUPPORT AND EVENTS APRIL - JUNE**

### STORIES

**MEDICAL MIRACLES**

### FOUNDATION

**WHERE GOOD THINGS START**

### OVERLAKE MEDICAL CENTER

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

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Overlake Medical Center & Clinics is a nonprofit regional healthcare system based in Bellevue, serving the Eastside community since 1960. The health system includes a 349-bed hospital and a network of primary, urgent and specialty care clinics located throughout the greater Eastside. Overlake offers comprehensive advanced services including a dedicated Cancer Center, level III Trauma Center, Childbirth Center and level III NICU, cardiac, neurosciences, orthopedic and mental health services. Committed to its mission of compassionate care for every life we touch, Overlake is consistently recognized regionally and nationally for its quality and employees who are committed to going above and beyond to provide exceptional patient care and service.

The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about your health, please contact your healthcare provider.

If you would prefer to not receive communications from our organization, please email [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org) or call 425.467.3548.

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## NAVIGATING MIDLIFE

The hot flash is the quintessential symptom of the “change of life,” or menopause, for women. But how do you know if your hot flash is from menopause? Or, are you in perimenopause? And, how long will it last?

Menopause, by definition, is 12 months of no menstrual activity. Perimenopause is the transitional period before menopause when there is a gradual decrease in menstrual bleeding and fluctuation of hormone levels. The average age women go through menopause is 51 years old, while perimenopause occurs, on average, four years prior.

Hot flashes are the most common symptom, while others include mood changes, sleep disturbances, irregular menstruation, difficulty concentrating and remembering things, headaches or dizziness, change in sexual desire and comfort, vaginal dryness, skin dryness and thinning hair. Christy Chan, MD, from Overlake Clinics Primary Care – Kirkland, adds, “Changes in lipids and bone loss also occur, both of which have implications for long-term health. So it’s important for women to know their risk factors for heart disease and osteoporosis.”

Studies have shown menopausal symptoms are undertreated. To encourage more women to address these symptoms, Annapoorna Murthy, MD, suggests downloading an app. “MenoPro is a free app recommended by the North American Menopause Society that women can use to check if the symptoms they are experiencing qualify for hormone replacement. It is based on current guidelines and asks a series of questions about age, symptoms, medical and family histories,” says Dr. Murthy. Consult with your healthcare provider about any results you may receive.

Some women can manage their symptoms by watching their weight with diet and exercise, staying away from tobacco and making simple lifestyle changes. When symptoms become unnerving, hormone therapy (HT) can provide significant relief for some women. For those looking for alternatives to HT, certain antidepressants and medications used to treat seizures and high blood pressure may be effective. Alternative treatments, such as soy, phytoestrogens and herbs, have also been helpful.

Once a woman has experienced menopause, she is at an increased risk for cardiovascular disease that is equal to a man’s risk. Christine Ngoc-Han Nguyen, DO, advises to review your health status with your primary care provider as you age in order to evaluate and modify your total risk.

There are a number of treatments available for the symptoms of menopause. The key is to work with a healthcare provider who can help you navigate the latest information and create a plan that’s right for you based on your priorities, current health status and family medical history.



Christy Chan, MD



Annapoorna Murthy, MD



Christine Nguyen, DO

KIRKLAND PRIMARY CARE  
425.635.6470

To learn more about women’s services at Overlake, visit [overlakehospital.org/womenshealth](http://overlakehospital.org/womenshealth).

### Tips for Discussing Menopause with Your Healthcare Provider

#### 1. MEDICAL HISTORY

Provide a clear and concise medical history, including surgeries, gynecologic history and current lifestyle. Be honest and thorough.

#### 2. FAMILY HISTORY

Understand how your family history may play a role in your treatment decisions. Are you more at risk for osteoporosis than heart disease? Does breast cancer run in your family?

#### 3. SYMPTOMS

Explain your symptoms and your priorities for treating them. Which symptoms are uncomfortable or bothersome?

#### 4. TREATMENT OPTIONS

Decide your comfort level with various treatments. Do you want to try simple lifestyle changes first?

“It’s important to review family history and symptoms with your healthcare provider to evaluate which treatment option is right for you.”

# PREPARING YOUR PELVIC FLOOR FOR CHILDBIRTH

Decorating the baby’s room, buying tiny newborn clothes, picking out a name – the joys of preparing for the arrival of a baby are limitless. But did you know you should also prepare your pelvic floor?

The pelvic region is a system with many parts – bones, ligaments, joints, connective tissue and muscles – all of which support the pelvic organs and play a role in pregnancy and childbirth.

“If you have a dysfunctional pelvic floor – and a lot of women do – you think it becomes this way because of childbirth. However, what people don’t realize is they likely had dysfunctional pelvic floors before childbirth,” says Urogynecologist Julie LaCombe, MD, FACOG, with Overlake Clinics Pelvic Health.

Women can carry stress in their pelvis and unknowingly clench the pelvic floor muscles. This in turn makes the muscles tight. And, when they are tight, they are actually weak. If you go through childbirth in this state, you run the risk of protracted labor (where the baby’s descent down the birth canal could be stalled by non-relaxing muscles), third- or fourth-degree tearing, or increased risk of C-section because the muscles aren’t trained to relax.

What can be done to balance the relaxation with the strengthening of the pelvic floor? The answer is a combination of breathing and muscle training. “Ideally, the ‘core and floor’ should be strengthened before or during pregnancy,” says Kathy Golic, an Overlake physical therapist who specializes in pelvic floor issues. “This is accomplished by activating the pelvic floor and recruiting

the abdominals while working out and when doing challenging activities.” But it is also important to relax and release the pelvic floor muscles in between contracting the muscles. This can be accomplished with diaphragmatic breathing: breathing in through your nose and filling your belly – not chest – with air.

Should a woman have a pelvic health issue arise after childbirth, such as urinary or bowel incontinence, prolapse or pelvic muscle dysfunction, Overlake’s multidisciplinary care team can help. The team includes urogynecologists, colorectal surgeons and pelvic floor physical therapists. Typically, patients start with conservative treatments like physical therapy, behavioral strategies, medication or minimally invasive minor procedural options, but sometimes surgery is necessary.

“Overlake thinks about women’s pelvic health in a holistic and collaborative way. Whether you receive treatment from a urogynecologist, colorectal surgeon, physical therapist or all three, we will get your pelvic floor going again,” says Dr. LaCombe.

If you’re experiencing pelvic pain, be sure to visit your healthcare provider. For a full list of women’s services at Overlake, visit [overlakehospital.org/womenshealth](http://overlakehospital.org/womenshealth).



Julie LaCombe, MD, FACOG



Kathy Golic, PT

### RESOURCES

Overlake Clinics Pelvic Health  
425.635.3450

Overlake Clinics Colon and Rectal Clinic  
425.646.7400

Overlake Clinics Rehabilitation Services  
425.688.5900

Washington Urology Associates  
425.454.8016

# CLASSES

## PREGNANCY, CHILDBIRTH +

### NEWBORN CARE

#### BREASTFEEDING

#### CHILDBIRTH CENTER TOURS

#### CHILDBIRTH PREPARATION + NEWBORN CARE

#### LABOR COPING SKILLS

#### NEWBORN CARE

#### PUMPING STRATEGIES

#### YOGA FOR PREGNANT WOMEN

#### PELVIC FLOOR WELLNESS: New + Expectant Moms

Learn ways to reduce pregnancy-related problems and strengthen pelvic floor muscles. Wed., May 8 or Jul. 10, 6:30–8 p.m.

## ADOLESCENTS

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

or  
**FOR BOYS: The Joys + Challenges of Growing Up**  
For girls or boys ages 10 to 12 and a parent/guardian. To register, visit [seattlechildrens.org/classes](http://seattlechildrens.org/classes). \$80 per child/parent.

#### BETTER BABYSITTERS

For ages 11 to 14. 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/person.

## SAFETY

#### INFANT SAFETY + CPR

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

#### STOP THE BLEED

Learn how you can provide basic bleeding control as immediate frontline aid until first responders arrive. Thu., Jun. 6, 6:30–8 p.m.

## HEALTHY LIFESTYLES

#### DIABETES EDUCATION

Learn practical skills to manage diabetes. To register, call 425.688.5700 and press 5 when prompted.

#### HPV: BIOLOGY OF THE VIRUS

A discussion around the HPV virus and its importance in human health. Thu., Apr. 11, 6:30–8 p.m.

#### NATIONAL HEALTHCARE DECISIONS DAY

Stop by Overlake’s booth to ask questions about advance care planning, or attend an informative class. Preregistration not required.

##### Informational Booth

Tue., Apr. 16, 11 a.m.–2 p.m., in front of Stanzas Cafe

##### Advance Care Planning Decisions: Understanding Risks, Benefits and Burdens

Tue., Apr. 16, 2–3:15 p.m., PACCAR Inspiration room

##### Advance Care Planning 101

Tue., Apr. 16, 4–5:15 p.m., PACCAR Auditorium

#### DIABETES SERIES

Call 425.688.5259 to register. Held at Bellevue YMCA.

##### Care Tips for the Caregiver

Thu., Apr. 18, 4–5:30 p.m.

##### Have Diabetes Will Travel

Thu., May 16, 4–5:30 p.m.

##### Supplementing Diabetes Management

Thu., Jun. 20, 4–5:30 p.m.

#### WHEN YOU CAN’T MEND A BROKEN HEART

How palliative care can support heart failure patients. Wed., Apr. 24, 1–3 p.m.

#### THE DELIVERY DEBATE

Pros and cons for natural birth versus C-section. Thu., Apr. 25, 6:30–8 p.m.

#### UNDERSTANDING STROKES

Thu., May 9, 6:30–8 p.m.

#### CANCER RESEARCH

Research at Overlake and beyond. Thu., May 23, 6:30–8 p.m.

#### THE POWER OF PALLIATIVE CARE

Living well with chronic illness. Thu., May 30, 1–3 p.m.

#### FEEL THE BEAT

Learn what you need to know about AFib. Thu., Jun. 13, 6:30–8 p.m.

#### YOUR WEIGHT, YOUR HEALTH, YOUR OPTIONS

Learn about weight management and how you can improve your overall quality of life. For dates, visit [overlakehospital.org/classes](http://overlakehospital.org/classes).

## WOMEN

#### MAMMOGRAM PARTIES

Host a private mammogram party for 6–10 women at Overlake. Includes hors d’oeuvres. Available Mon.–Thu., 6–8 p.m. To schedule, call 425.688.5985.

#### PELVIC FLOOR WELLNESS: Women 30+

Techniques to maintain and improve your pelvic health. Mon., Apr. 29 or Wed., May 22, 6:30–8:30 p.m.

## SENIORS

#### DEMENTIA SERIES

Not appropriate for the memory-impaired person. Call 425.688.5259 to register. Held at Bellevue Family YMCA.

##### Effective Communication Strategies

Thu., Apr. 11, 2–3:30 p.m.

##### Conversations About Dementia

Thu., May 9, 2–3:30 p.m.

##### Understanding + Responding to Behaviors

Thu., Jun. 13, 2–3:30 p.m.

#### POWERFUL TOOLS FOR CAREGIVERS

Six-week self-care workshop for caregivers of adults with Alzheimer’s or other chronic conditions. Thursdays, Apr. 4–May 9, 1–2:45 p.m. Bellevue Family YMCA. Care for adults (see website for eligibility) will be provided by Old Friends Club Bellevue, noon–3 p.m.

#### ALCOHOL ABUSE + ADDICTION

Redmond Senior Center. Wed., Apr. 17, 10–11:30 a.m.

#### MANAGING OSTEOPOROSIS

Bellevue Family YMCA. Thu., Apr. 25, 2–3:30 p.m.

#### UNDERSTANDING STROKES

Redmond Senior Center. Wed., May 15, 10–11:30 a.m.

#### ADVANCE CARE PLANNING

Tue., Apr. 30 at Highmark Issaquah or Tue., May 21 at Overlake Senior Health Clinic, 2–3:30 p.m.

#### ADVOCATING FOR YOUR HEALTH

Redmond Senior Center. Wed., Jun. 19, 10–11:30 a.m.

#### UNDERSTANDING MEDICARE

Get help understanding Medicare plans. No registration required. For dates and locations, visit [overlakehospital.org/classes](http://overlakehospital.org/classes).

#### WALK FOR LIFE

Exercise safely while improving strength and balance. Mon., Wed. and Fri., 8–9:30 a.m. Bellevue Square Mall; enter at Sky Bridge #4 from the west parking garage.

# SUPPORT GROUPS

#### AFTER BABY COMES

A group for new moms to come with their baby and talk about navigating motherhood. Visit [overlakehospital.org/classes](http://overlakehospital.org/classes) for dates, times and location.

#### ALZHEIMER’S CAREGIVER

3rd Mon. of the month, 3–4:30 p.m. Call Regina at 425.502.9828.

#### BALANCE AFTER BABY

For those experiencing postpartum mood disorder or struggling with the new role as mother. 2nd and 4th Tue. of the month, 7–9 p.m. Call 425.688.5259.

#### CANCER CAREGIVER

2nd and 4th Wed., 10–11:30 a.m. Call 800.255.5505.

#### GRIEF + BEREAVEMENT WORKSHOP

Offered in collaboration with Kaiser Permanente. Tue., May 21, 10 a.m.–noon. Preregistration required; call 206.326.4549.

#### LA LECHE LEAGUE

**Bellevue:** 3rd Mon. of the month, 7–9 p.m. Call Kay at 425.226.8117.

**Issaquah:** 1st Mon. of the month, 10 a.m.–noon. Call 425.312.3477.

**Eastside Japanese:** 2nd Wed. of the month, 11 a.m.–1:30 p.m. Call Izumi at 425.869.5136.

# EVENTS

#### GRAND OPENING

##### Newcastle Primary Care + Urgent Care Clinic

Saturday, April 27, 9 a.m. – noon  
13159 Newcastle Commons Dr., Newcastle


#### BANDAGE BALL 2019

Sat., May 4, 5:30 p.m.

Hyatt Regency Bellevue

You’re invited to join us for Overlake’s largest fundraiser of the year. Bandage Ball is an elegant evening that features fabulous silent and live auctions, raffles, a three-course dinner and a lively after-party! Funds raised will benefit Overlake’s new Childbirth Center, opening in 2020.

Learn more at [bandageball.org](http://bandageball.org).

 **Cancer Services** – preregistration required. Visit [cancerlifeline.org](http://cancerlifeline.org) or call 800.255.5505. FREE.

## CANCER SERVICES

#### GENTLE YOGA

Mondays, Apr. 1–Jun. 24, 6:30–7:30 p.m.

#### LIFE IN SURVIVORSHIP

Wed., May 1, 10–11 a.m.

#### BENEFICIAL SOUND WITH GONGS

Wed., May 15, 6:30–7:30 p.m.

#### STRATEGIES FOR BETTER SLEEP

Wed., May 22, 10–11 a.m.

#### MEDITATION FOR BEGINNERS

Thursdays, May 23–Jun. 27, 5–6 p.m.

#### MEDITATIVE DOODLING

Tue., May 28, 11 a.m. –1 p.m.

#### LIVING WITH CANCER

1st Wed. of the month, 10–11:30 a.m. or 3rd Wed. of the month, 6:30–8 p.m. Call 800.255.5505.

#### PATH OF GRIEF

Six-week support group for adults grieving the death of a loved one. Tue., April 9–May 14, 1–3 p.m. Pre-registration required. 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 Cami at 425.277.9494.

#### STROKE SUPPORT GROUP

4th Sat. of the month, 1–2:15 p.m. Call Jennifer at 425.688.5295.

#### SWELL LYMPHADEMA

3rd Tue. of the month, 6:30–8 p.m. Call 800.255.5505.

#### WEIGHT LOSS SURGERY

Join those who have similar goals, want to celebrate your successes and support you in challenging times. Select Sat., 10 a.m.–noon; Thu. evenings, 6–8 p.m. Call 425.467.3957 or visit [overlakehospital.org/classes](http://overlakehospital.org/classes) for dates.

#### MENTAL HEALTH CONFERENCE


Sat., May 18, 10 a.m. – 3 p.m.  
Overlake PACCAR Education Center


Join us for a keynote presentation on “Talk Saves Lives: An Introduction to Suicide Prevention” as well as breakout discussions led by Eastside experts. All ages encouraged. Preregistration is required as seating is limited.

#### SAVE THE DATE! OVERLAKE COMMUNITY HEALTH FAIR

Sat., Sept. 21, 9 a.m. – 3 p.m.  
Together Center, Redmond

Interactive demonstrations, free medical screenings and flu shots.

 **Preregistration required** for all classes; visit [overlakehospital.org/classes](http://overlakehospital.org/classes). Classes held at Overlake Medical Center unless otherwise noted. **For questions**, email [classes@overlakehospital.org](mailto:classes@overlakehospital.org) or call 425.688.5259.

 **All support groups** are FREE; preregistration not required unless otherwise noted.

# MEDICAL MIRACLES

## BARBARA PAMPLIN'S STORY OF SURVIVAL

In the fall of 2017, doctors and staff of Overlake Medical Center were critical emissaries of miracles during Barbara's 50-day journey through three deaths and resuscitations and three open heart surgeries.

“

My journey started at home with severe chest pain and unexplainable symptoms. Although I thought I was experiencing gas and it would pass, my husband called 911 anyway. I was taken to Overlake emergency, where they immediately tested and ruled out stroke and heart attack. The attending doctor asked where my pain level was, and my response was the same as when I arrived in the ambulance. He found this odd and recommended one more test before we left: a CT scan. He explained it was possible I was experiencing an aortic dissection – a disorder in which the inner lining of the aortic wall suddenly tears and separates from the middle layer of the aortic wall. The results of my CT scan confirmed I had type A aortic dissection.

Little did we know, this was the first miracle. Twenty percent of type A aortic dissection patients die before they ever reach the hospital, and misdiagnosis can occur without proper tests. Given the many complications that can happen before, during and after surgery, if the patient makes it to the hospital, type A aortic dissection has a 99 percent fatality rate.

My surgeon, Dr. David Nelson, and his team were conduits for the next miracle: the 10-hour open heart surgery required to save my life. I survived the surgery and recovered on the critical care unit (CCU).

Thanks to the many dedicated CCU nurses who took care of me, I was recovering well and on track to be discharged soon. And then suddenly my heart stopped, and I collapsed in the bathroom. My critical care physicians diligently implemented procedures to start my heart beating again. Although I recovered again, my heart stopped in CCU eight days later, and again 18 days after that. After each of my second and third deaths, I was taken back into surgery for a total of three open heart surgeries.

The care I received at Overlake was a perfect blend of expertise and compassion, and an example of true healthcare. The more I heard encouragement from my care team, the more I started to believe I would not only survive, but would go on to live a purposeful life.

My doctors and nurses are all experienced, highly qualified healthcare professionals who are good at what they do. But medical knowledge alone did not save my life. The compassion and human empathy my family and I received were equally critical to my survival.



David Nelson, MD

To read Barbara's full story, visit [healthyoutlook.org](https://healthyoutlook.org).

WHERE

GOOD  
THINGS

START

CHILDBIRTH CENTER  
OPENING 2020

The blue-fenced construction zone on Overlake's campus will soon become a state-of-the-art facility housing our new Childbirth Center. The excitement among staff, providers and especially future Eastside moms is building as the structure begins to take shape. Overlake's world-class care in a beautiful, brand new center? Yes, please.

That's why this year's Bandage Ball is all about the babies. In the nearly 60 years we've been serving the Eastside, we have welcomed thousands of little ones, and we plan to keep on delivering. With the help of our generous community, we aim to raise \$1.5 million to help bring the new Childbirth Center—opening in 2020—into the world.



The new Childbirth Center will feature:

- Larger rooms with plenty of space to welcome family members who want to share in the joyful moments. Modern families are much more involved in the birth process than they have been in the past. Our new center accommodates and celebrates them.
- Expanded space within the Childbirth Center for emergency care of pregnant women.
- Dedicated rooms for moms-to-be on medically supervised bedrest.
- Mom and baby care clinic, with breastfeeding support, well-baby/mom visits and baby care

classes, all integrated into the new center. When new families get the support they need, babies get off to a great start.

- Comfortable, homelike environment with advanced medical support whenever needed.

Because the Childbirth Center will be the beneficiary of the Bandage Ball, the interest from sponsors and attendees has been strong. From buying tickets to reserving tables, bringing friends and donating fabulous auction items, our community is revved up for this May 4 event.

Tickets are still available! To learn more and reserve your spot, visit [bandageball.org](https://bandageball.org).

Overlake Medical Center is a 501c3 nonprofit organization with a mission to provide compassionate care for every life we touch. To learn more about how the community supports us, please visit [overlakehospital.org/support](https://overlakehospital.org/support).

COME CELEBRATE

# GRAND OPENING OF PRIMARY & URGENT CARE IN NEWCASTLE

Join us for tours, family-friendly activities, refreshments and more!

Saturday, April 27

9 a.m. to noon

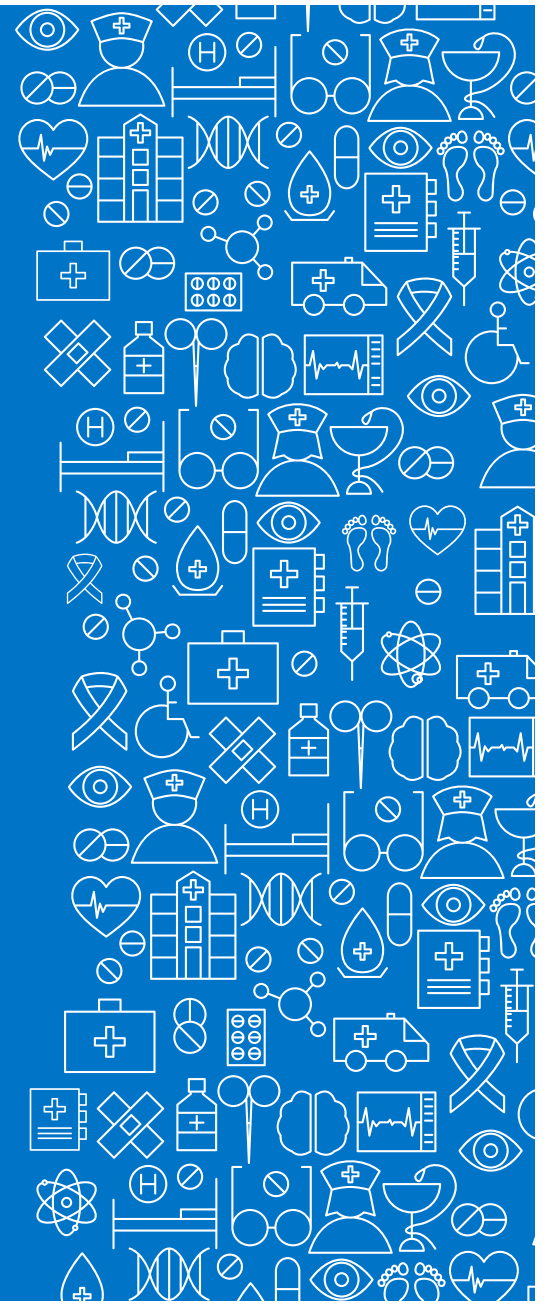
13159 Newcastle Commons Dr

**Special Giveaway for the First 100 Guests!**

**OVERLAKE** | CLINICS

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

BELLEVUE • KIRKLAND • ISSAQUAH • NEWCASTLE • REDMOND • SAMMAMISH



OVERLAKE MEDICAL CENTER  
**BANDAGE BALL**

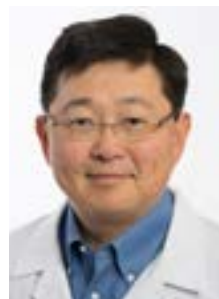
PRESENTED BY **KeyBank**

Saturday, May 4, 2019 at 5:30 p.m.  
Hyatt Regency Bellevue

Join us for an unforgettable evening benefiting Overlake's new Childbirth Center, opening in 2020.

Purchase your tickets at [bandageball.org](http://bandageball.org)

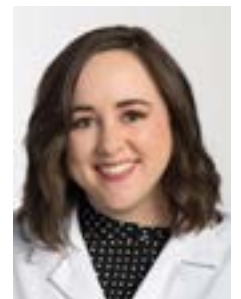
## Welcome New Overlake Providers



**Edward Chun, MD**  
Hospitalist



**Sarah Hiam, DO**  
Urgent Care



**Julie Nicholson, MD**  
Lake Hills Primary Care  
425.637.3270



**Ann Padilla, ARNP**  
Outpatient Psychiatry  
425.688.5460



**Abdul Siddiqui, MD**  
Infectious Disease  
425.455.8248



**Brianna Walker, ARNP**  
Cardiology  
425.454.2656

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



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE