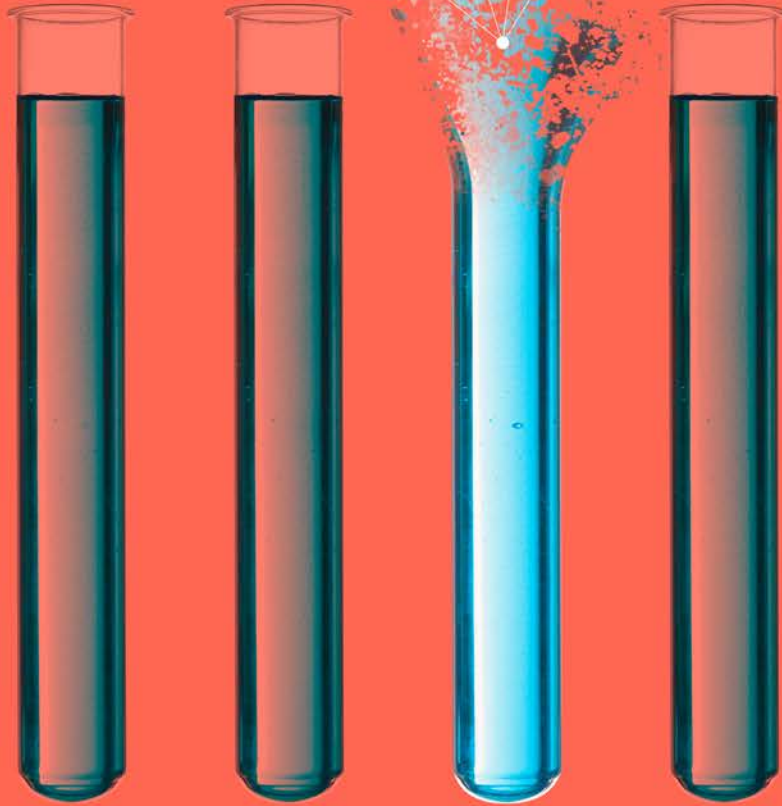


# Healthy Outlook



**INNOVATIVE RESEARCH**  
ACCESS TO CLINICAL TRIALS AT OVERLAKE

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### PREVENTIVE CARE

**IMPROVE YOUR HEALTH  
WITH PREVENTATIVE CARE**

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**COMMUNITY + NEWS**

### 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 and 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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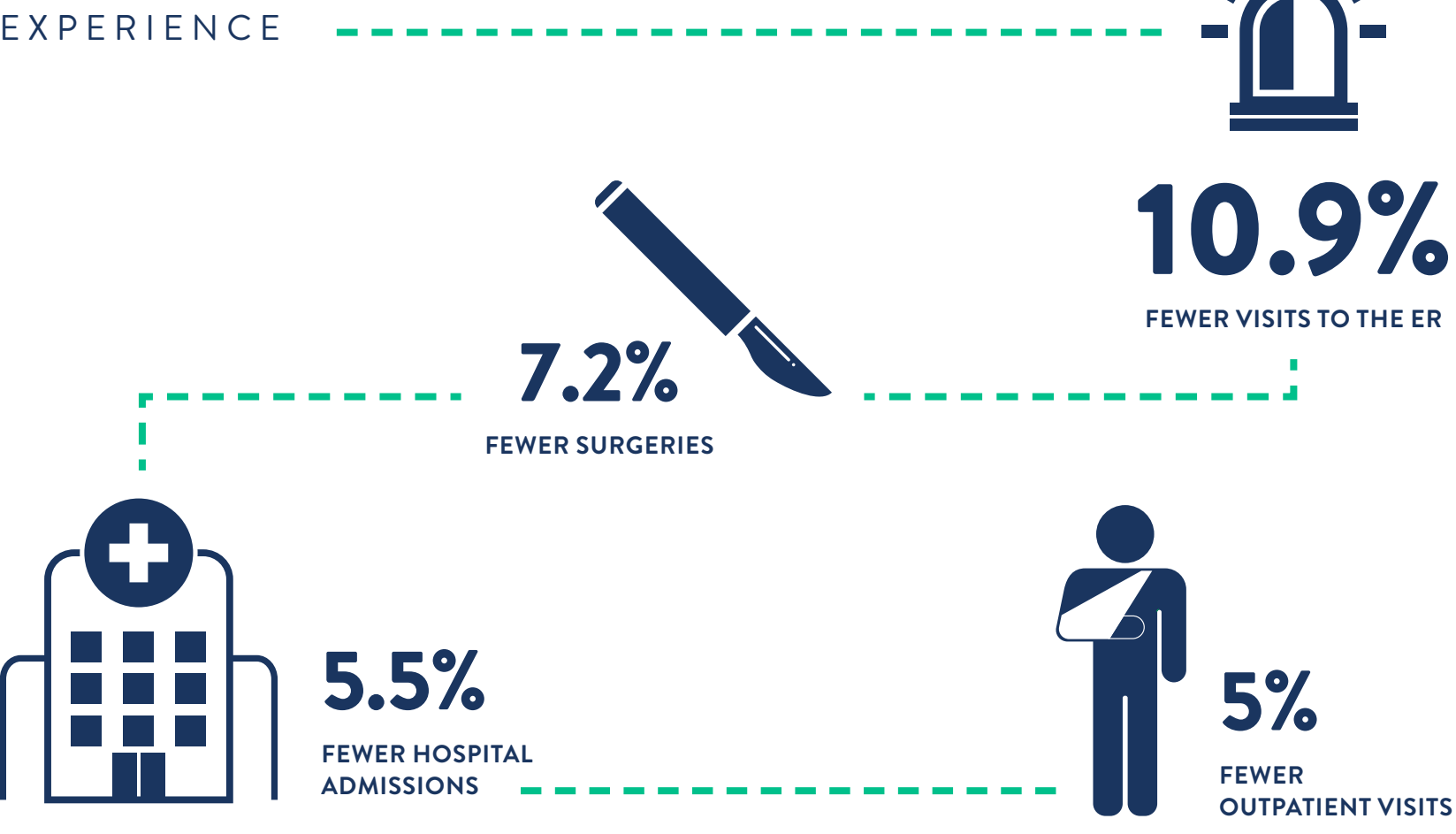
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# IMPROVE YOUR HEALTH WITH PREVENTIVE CARE

Regular preventive care helps you stay healthy and avoid disease and illness. By developing an ongoing relationship with a primary care provider (PCP) who knows your medical history, you can prevent medical problems or catch them early, before they get serious. In fact, research shows that people who have a PCP enjoy an overall better quality of life, and are less likely to be hospitalized, visit the emergency room or need surgery.

## COMMUNITIES WITH MORE PRIMARY CARE PROVIDERS\*



\*(Increase of one primary care provider per 10,000 people)  
 Source: American Academy of Family Physicians

# 5 REASONS YOU NEED A PRIMARY CARE PROVIDER

- You have an advocate for your health who oversees and coordinates your care
- They get to know you, which allows for better communication and trust
- You stay current on checkups and screenings that keep you healthy and catch issues early
- They help manage chronic conditions
- If you need a specialist, they'll refer you to one who's right for you

To learn more about primary care at Overlake, visit [overlakehospital.org/clinics](http://overlakehospital.org/clinics)

# ADVANCING MEDICAL CARE, ONE TRIAL AT A TIME

Advancements in medical treatments are possible thanks to thorough and rigorous research and testing. Every medication, treatment and surgical device we have today is the result of clinical research.

Thousands of clinical trials conducted in the U.S. each year aim to identify new ways to prevent, treat and ultimately cure medical conditions and diseases, as well as update or improve clinical practices and patient care. From analyzing genetics for cancer treatments to examining brain images in patients with Alzheimer's disease, each trial contributes to advancing modern medicine.

Overlake Medical Center has participated in clinical research for more than 30 years. The physicians who conduct research here do so in addition to their clinical practice, taking part in trials to advance science and help patients. "Clinical trials are important so there is more evidence-based medicine to get the best treatments for patients now and generations to come," says Abhineet Chowdhary, MD, chairman of Overlake's clinical research steering committee.

Trials at Overlake fall under the specialties of cardiovascular medicine, neuroscience, surgery, pulmonary/critical care and oncology. When a patient opts in to a research study, their safety is protected throughout its duration. Trials follow strict scientific guidelines and ethical principles, and are regulated by the federal government.

A study that recently concluded at Overlake is the EarlyGuard® Breast Test pilot study (*see patient story on page 7*). This study is analyzing if a blood test can detect whether a woman with an abnormal or inconclusive mammography result is at risk for breast cancer, which may reduce the need for invasive biopsies. A larger pivotal study is expected to start this fall with Overlake again being a lead participant.

Another trial currently underway at Overlake, called CREST-2, is studying people who have narrowing of their carotid artery (stenosis) but have not had any symptoms of stroke. The study compares patients treated with medication and lifestyle changes to patients treated with both medication and a procedure to reopen the artery. The intent of the study is to learn the best way to prevent strokes in people with carotid stenosis.

When a trial has proven a treatment, drug, procedure or device is safe and effective, it may become the new standard of practice. Results of a study can truly make a difference in people's lives.



For more information and a full list of current trials at Overlake visit [overlakehospital.org/clinicaltrials](https://overlakehospital.org/clinicaltrials)

## CLASSES

PREREGISTRATION REQUIRED FOR ALL CLASSES; VISIT [OVERLAKEHOSPITAL.ORG/CLASSES](http://OVERLAKEHOSPITAL.ORG/CLASSES). FOR QUESTIONS, EMAIL [CLASSES@OVERLAKEHOSPITAL.ORG](mailto:CLASSES@OVERLAKEHOSPITAL.ORG) OR CALL 425.688.5259. CLASSES ARE FREE, UNLESS OTHERWISE NOTED.

### 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., Aug 4, 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](http://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.

BETTER BABYSITTERS

Visit [seattlechildrens.org/classes](http://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. Sept. 10 + Wed., Sept. 12, 6:30-9:30 p.m. \$80.

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.

SPANISH CPR + FIRST AID

Call 206.356.5887 (bilingual) for information.

### WOMEN

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](mailto:mammoparty@overlakehospital.org).

PELVIC FLOOR WELLNESS:  
Women 30+

Learn techniques to maintain and improve pelvic health. Thu., Sept. 20, 6:30–8:30 p.m.

### HEALTHY LIFESTYLES

HIP + KNEE JOINT PAIN RELIEF

An orthopedic surgeon will discuss nonsurgical options as well as what is involved in joint replacement surgery. Wed., July 11 or Thu., Sept. 13, 6:30–8 p.m.

STOP THE BLEED

Learn how to provide basic bleeding control as immediate frontline aid until first responders arrive. Thu., Sept. 20, 6:30–8:30 p.m.

### SENIORS

BETTER UNDERSTANDING  
OF DIABETES

Early diagnosis and control of diabetes are essential for preventing serious complications. An Overlake physician will review risk factors, symptoms and the newest treatment options. Wed., July 18, 10–11:30 a.m. Preregistration required; call 425.556.2314. Redmond Senior Center, 8703 160th Ave. NE, Redmond.

THE URGENCY OF SEPSIS

Overlake staff will provide information on the signs and symptoms of sepsis, how to prevent infection and when to respond. Wed., Sept. 19, 10–11:30 a.m. Preregistration required; call 425.556.2314. Redmond Senior Center, 8703 160th Ave. NE, Redmond.

ABCS OF DIABETES

An Increased Risk Factor for Stroke

Those with diabetes are at a higher risk for stroke than people without the disease. Understand how to reduce controllable risk factors, symptoms of stroke and new advancements in treatment. Thu., Sept. 20, 4–5:30 p.m. Preregistration required; call 425.688.5259. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue.

KEYS TO DEMENTIA

Legal + Financial Planning for the  
Future (Two-part series)

Learn how to make legal plans to fit your needs,

important legal documents and what they mean, strategies for making a long-term care plan, how to find legal and financial assistance, and government programs that can help pay for care.

**Part 1: Legal Concerns**

Thu., Sept. 27, 2–3:30 p.m.

**Part 2: Financial Issues**

Thu., Oct. 25, 2–3:30 p.m.

Not appropriate for the memory-impaired person. Preregistration required; call 425.688.5259. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue.

WALK FOR LIFE

Exercise safely and effectively 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. FREE. No registration required.

### CANCER SERVICES

Register at [cancerlifeline.org](http://cancerlifeline.org) or call 800.255.5505.

GENTLE YOGA

Practice easy stretches, postures, guided meditation and breathing exercises. Mon., July 9–Aug. 20, 6:30–7:30 p.m.

SIMPLE SKETCHING

Learn to sketch your observations. No experience required. Tue., July 17, 11 a.m.–1 p.m.

THE EMOTIONAL IMPACTS  
OF CAREGIVING

Explore the emotions often experienced when caring for someone with cancer, and learn tools to help you manage each day. Tue., July 17, 7–8 p.m.

STRATEGIES FOR BETTER SLEEP

Learn how sleep affects health and healing and ways you can improve your sleep. Wed., July 18, 6:30–7:30 p.m.

BENEFITS OF ACUPUNCTURE

Learn how acupuncture can be effective in relieving symptoms from cancer treatment. Wed., Aug. 1, 10–11 a.m.

WRITING TO WELLNESS

Experience the healing power of writing. Wed., Aug. 15, 6:30–7:30 p.m.

TABLETOP GARDENS

Learn about container gardening and make a tray garden of your own. Thu., Aug. 16, 11 a.m.–1 p.m.

PRACTICAL TOOLS  
FOR CAREGIVERS

Learn how to take care of your needs as a caregiver while supporting the one you are caring for. Tue., Aug. 21, 7–8 p.m.

## 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, 1750 112th Ave NE, #A101, Bellevue. Call Regina at 425.502.9828.

### BALANCE AFTER BABY

For those with 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

For those caring for someone with cancer. 1st and 3rd Tue. of the month, 7-8:30 p.m.

### LA LECHE LEAGUE

Breastfeeding support and information.

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. lssaquah@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

1st Wed. of the month, 10 a.m.-noon or 3rd Wed. of the month, 6:30-8:30 p.m.

### LOOK GOOD...FEEL BETTER

Beauty techniques for women in active cancer treatment. Mon., Aug. 13 or Oct. 8, 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

Six-week support group for adults grieving the death of a loved one. Tue., Sept. 4-Oct. 9, 6-8 pm. 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

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

### YOUTH SPORTS PHYSICALS

Does your student athlete still need a physical before their first practice? Overlake Medical Clinics Urgent Care locations offer school sports physicals for \$40, cash or credit card (insurance will not be billed). Walk-ins welcome. 18 years and younger must be accompanied by a parent or guardian.

Locations include Downtown Bellevue, Issaquah, Lake Hills, Redmond and Sammamish. Visit [overlakehospital.org/urgentcare](http://overlakehospital.org/urgentcare) for hours and addresses.



Movies at Marymoor screening of Star Wars, Summer 2017.



High school students at our Careers in Medicine event.

## EVENTS

Overlake is proud to sponsor a variety of events and organizations throughout the Eastside. Look for us at the following events this summer!

### MOVIES AT MARYMOOR

Wed. nights until Aug. 29  
6046 W Lake Sammamish Parkway NE, Redmond  
[epiceap.com/movies-at-marymoor](http://epiceap.com/movies-at-marymoor)

### REDMOND DERBY DAYS

Fri., July 13 and Sat., July 14  
15670 NE 85th St, Redmond  
[redmondderbydays.com](http://redmondderbydays.com)

### BELLEVUE ARTS FAIR

Fri., July 27 -Sun., July 29  
Bellevue Square + Bellevue Arts Museum  
[bellevuearts.org/bam-artsfair](http://bellevuearts.org/bam-artsfair)

### LABOR DAY HALF

Mon., Sept. 3  
Redmond Town Center  
[labordayrun.com](http://labordayrun.com)

### CAREERS IN MEDICINE

Physician Panel Discussion  
Overlake Medical Center, PACCAR Education Center Auditorium  
Date: Mon., Aug. 27, 5-7:30 p.m.

High school students are invited to join us for a conversation with Overlake physicians from a range of specialties. Discussion includes medical careers, education paths and what a day in the life of a doctor looks like. Guests will also have the opportunity to tour state-of-the-art areas of Overlake Medical Center.

Space is limited. Reservations are required.  
Visit [overlakehospital.org/classes](http://overlakehospital.org/classes).

# HELP TODAY,

# HOPE TOMORROW

## HOW CLINICAL TRIALS BENEFIT PATIENTS

There is no question that mammograms are effective in finding tumors and reducing breast cancer deaths. They are also, however, associated with a high rate of false positives, or inconclusive results, which lead to follow-up imaging or invasive tissue biopsy. According to the Centers for Disease Control and Prevention, 75 percent of women who have ultrasound-guided biopsy will receive a negative result.

The EarlyGuard® Breast Test pilot study aims to catch these false positives with a simple blood test. “It may prove to be a helpful test in determining which patients are at high risk or low risk for having breast cancer, and therefore aid in the decision-making process regarding which patients need to go on and have a breast biopsy,” says Overlake Radiologist Steven Scallon, MD, the study’s principal investigator.

A blood test may also reduce the anxiety many patients experience when they have to wait for the results of additional tests. And, a blood test could potentially save patients money.

Reshil Offutt of Woodinville is one whose imaging tests led to biopsy. Her results placed her in the American College of Radiology’s Breast Imaging Reporting and Data System (BI-RADS) Category 4, as suspicious for malignancy. Reshil hopes by having taken part in the study, her contribution will help women in the future avoid additional tests and stress.

*It was a typical morning in January. As I lay in bed, my cat, Saffron, walked over to me and stood on my chest. She only weighs 5 pounds, but it hurt, and I knew it shouldn’t hurt. I did a self-exam and felt a lump. I called my primary care doctor, and he saw me that morning. After the exam, and confirming the lump, I was scheduled for a mammogram.*

*The mammogram was inconclusive, so I then had an ultrasound. In reviewing the results of the ultrasound, Dr. Scallon explained the lump was suspicious for malignancy. He recommended a biopsy, and also asked if I would be willing to participate in research—it would just take a few extra minutes in the lab for a blood draw. I said, ‘Yes.’*

*Right after the blood draw, I had a biopsy. I waited six days for the results. I spent those days researching online and worrying. I even paused on making an offer on a condo because I didn’t know what my future would hold.*

*Thankfully, the biopsy came back benign. It’s a fibroadenoma that’s growing unusually, so I will need a recheck in six months.*

*I decided to participate in this trial because I’m in a field of science based on research that has changed children’s lives, so I know how important research is. For that research to happen, it needs participants.*

- Reshil Offutt



OVERLAKE MEDICAL CENTER  
**BANDAGE BALL**



WE ARE HERE FOR YOU

**COMMITMENT  
 TO PROGRESS**

The history of humanity has been marked by giant leaps—scientific principles discovered, new technologies invented, human rights advanced and living standards increased.

While each step forward has met with resistance from some quarters, overall, we the people have supported, applauded and extended each advancement. We invest in the future to make the world a better place for ourselves and our children.

And we are far from finished. Technology presses forward at a dizzying speed and medical advances impact both the length and the quality of our lives.

Overlake invests in the future through on-site research and the deployment of new discoveries and treatments every day, and the Eastside invests right along with us. As a 501c3 nonprofit organization, Overlake relies on community support to continuously move forward, utilize cutting-edge technology and pursue promising new approaches.

The community has helped build Overlake from the ground up, including the recently completed Cancer Center. Our Eastside neighbors support the delivery of world-class medical care every day, and community support is playing an instrumental role in funding Project FutureCare, the most ambitious campus renewal project in our history. Investing in forward-aiming research and innovation is a perfect fit for the tech-friendly Eastside.

To learn more about the community-powered work of Overlake or to make an investment in the healthcare of the future, please visit [overlakehospital.org/support](http://overlakehospital.org/support)

**THANK YOU!**

WITH YOUR HELP,  
 WE RAISED \$1.4 MILLION  
 TO SUPPORT EMERGENCY SERVICES.



[bandageball.org](http://bandageball.org)

# OVERLAKE IN THE COMMUNITY + NEWS



## PROJECT FUTURECARE GROUNDBREAKING

On May 9, we officially broke ground on our new five-story, 240,000 square-foot patient tower. The new tower is the cornerstone of Project FutureCare, the largest campus development project in Overlake history.



## IMAGING AT YOUR FINGERTIPS

Overlake Medical Imaging now uses RadConnect, a web-based application that enables quick and secure sharing of X-rays, MRIs, CTs and ultrasounds between the hospital, providers and patients.

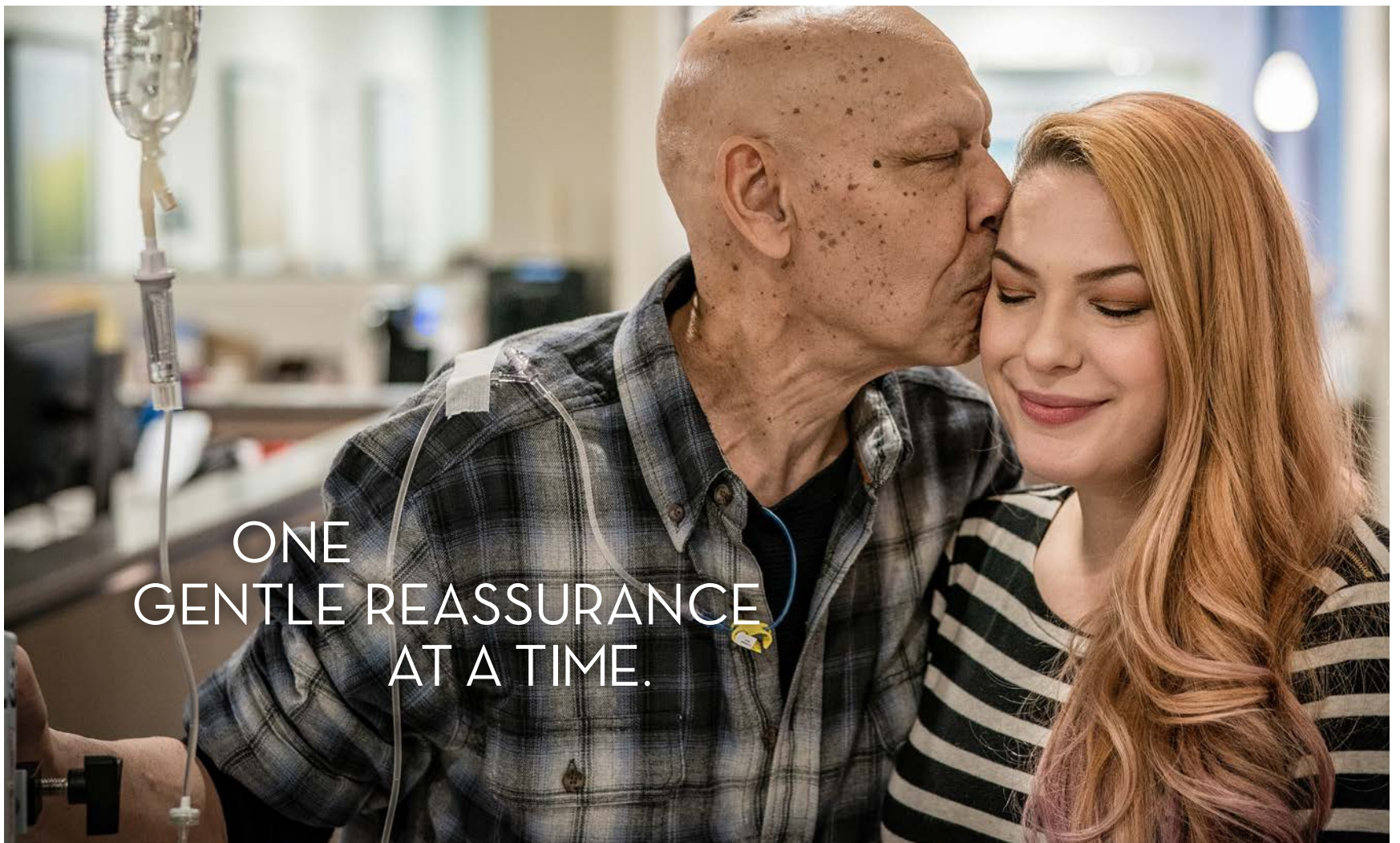


## THE MARCH OF DIMES' MARCH FOR BABIES

Hundreds of families came out to support the March of Dimes' fundraising walk in support of research and programs that help babies begin healthy lives. The Overlake team raised a grand total of \$32,655.



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE



ONE  
GENTLE REASSURANCE  
AT A TIME.

Cancer is a day-to-day journey of ups and downs, of triumphs and tribulations. That's why we asked survivors what mattered most on their journey—what helped them heal. And we made sure to get those things right. Not just chemo, but chemo in a comfortable environment. Not just specialists, but specialists all in one location. Not just cancer care, but cancer care that includes support and guidance from a personal navigator. It's listening to survivors that makes Overlake Cancer Center what it is: a center that combines treatment and support in a healing environment. One detail at a time.

**OVERLAKE CANCER CENTER**

Call 425.635.3400 or visit [overlakehospital.org/cancer](http://overlakehospital.org/cancer)