

Healthy Outlook

by OVERLAKE MEDICAL CENTER & CLINICS



Cardiac Operating Rooms

New Spaces for State-of-the-Art Care

TOC

OVERLAKE MEDICAL CENTER

1035 116TH AVE NE, BELLEVUE, WA 98004
425.688.5000 | overlakehospital.org

BOARD OF TRUSTEES

- | | |
|--|--|
| Russell Stockdale
BOARD CHAIR | Patricia Bedient |
| Robert Campbell
SECRETARY | Jorge Cerda |
| Jason Thompson
TREASURER | Gregory Collins |
| Thomas Stoll, MD
CHIEF OF STAFF | Janine Florence |
| Ronnier Aviles, MD
CHIEF OF STAFF ELECT | Ted Herb |
| J. Michael Marsh
PRESIDENT & CEO | Tiffany Koenig |
| | James Ladd |
| | Martha Lee |
| | Linda Mahaffey |
| | Uma Raghavan |
| | Dilip Wagle |
| | Lisa Wissner-Slivka |
| | Vicente Farinas, MD
BOARD MEMBER AT LARGE |
| | Kemper Freeman, Jr.
HONORARY TRUSTEE |

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 or call 425.467.3548.

Healthy Outlook ©2019. Published by the Overlake Marketing Department.
Executive Editor: Helen Vik
Art Direction and Design: Mark Holmes

To sign up for our e-newsletter, please visit healthyoutlook.org

Preventive Care

Team Birth Project: Empowering Mothers, Improving Coummunication

Feature

New Operating Rooms Support Innovative Heart Procedures

Calendar

Summer Classes, Support and Events

Stories

Overlake Volunteer Becomes Overlake Patient

Foundation

How to Build an Operating Room, or Two

Team Birth Project

Empowering Mothers, Improving Communication

Birth is one of life’s most natural events, yet the way babies are born has changed dramatically in the last century. While it’s estimated that 10 to 15 percent of births medically require a C-section, which is also the optimal rate suggested by the World Health Organization, the C-section rate in the United States is at 32.9 percent. C-sections are the most common major surgery performed in the U.S.

In an effort to reduce unnecessary C-sections and also enhance a mother’s childbirth experience and safety, Ariadne Labs—a joint center of Brigham and Women’s Hospital and the Harvard T.H. Chan School of Public Health—has established “Team Birth Project.” Because of the steps Overlake has already taken in recent years to improve birth outcomes, Overlake was proud to be chosen as one of four hospitals nationwide to pilot the project.

Frequent and clear communication is central to the Team Birth Project. Through the use of a large whiteboard mounted on the wall in each hospital birthing room, physicians, nurses and midwives regularly conduct “huddles” during the course of mom’s labor, writing out in clear language the status reports and other information that ensure everyone is on the same page. The goal is to empower mothers and all members of the birth team to communicate and inspire teamwork to reduce unnecessary treatment.

“Not only does the use of the whiteboard give moms and families a better understanding of the process of labor, it gives them a voice and choice. We want to hear from them, know their preferences and honor those preferences,” says Margie Bridges, Overlake perinatal clinical nurse specialist.

Patient and family feedback to the whiteboards, which are like dynamic, living birth plans, has been positive. Mothers surveyed afterward have reported that they felt listened to; dads and other family members said they felt included.

“We have witnessed encouraging results and believe the project can make a positive difference in every patient’s birth experience,” says Kristin Graham, MD, medical director for Women’s and Infants’ Services at Overlake. “It reinforces the idea that providing high-quality care is equally as important as communicating in a way that ensures that the birthing family’s values, concerns and preferences align with the care we are delivering.”



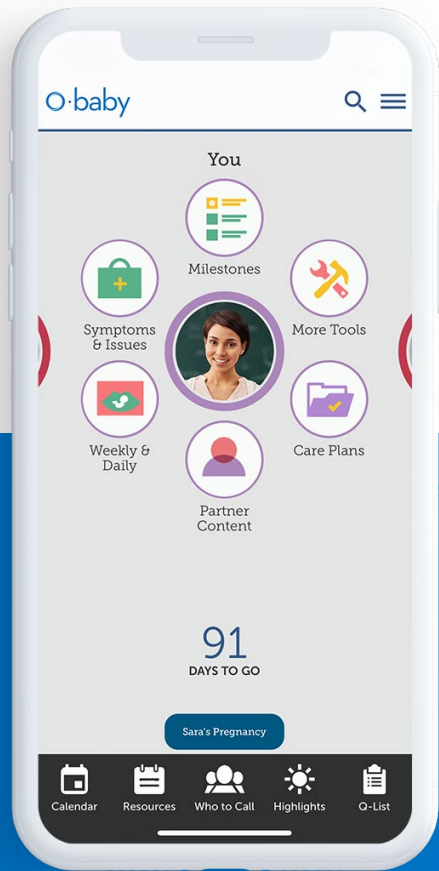
Kristin Graham, MD

To learn more, visit overlakehospital.org/childbirth

Introducing OBaby, Overlake’s new pregnancy and parenting app

Can I eat cheese? Is it safe to work out? Should I put my partner on litter box duty? Overlake’s free mobile app answers these questions and more. With OBaby, you can read up on pregnancy topics, track milestones and learn how to prepare for labor.

Download today at overlakehospital.org/obaby.



— “ —

High-quality care is equally as important as communicating in a way that ensures that the birthing family’s values, concerns and preferences align with the care we are delivering.

New Operating Rooms Support Innovative Heart Procedures

There has been a recent explosion of innovation in the field of minimally invasive techniques to treat patients with cardiovascular disease. Overlake embraced this wave of change and in 2014 launched a structural heart program, beginning with transcatheter aortic valve replacement (TAVR), which was later followed by offering a minimally invasive catheter-based mitral valve repair therapy.

Overlake’s structural heart program has been growing consistently ever since its cardiovascular specialists began performing TAVR procedures, and expects to hit the milestone of 500 procedures later this year. While people with severe aortic stenosis who are inoperable or intermediate and high-risk for open-heart surgery qualify for TAVR, recent studies show that younger and healthier patients—those who are at low risk for open-heart surgery—will soon be eligible for the minimally invasive option.

Anticipating this growth, Overlake included construction of two new operating rooms and refurbishment of an existing operating room (OR) in phase one of its campus expansion project, Project FutureCare. The new OR suite will open this fall.

“Aortic stenosis—a narrowing of the aortic valve, which restricts blood flow—is a progressive and debilitating disease. The new operating rooms will allow us to perform more procedures and help improve the quality of life for people with this condition,” says Brianna Walker, ARNP, Overlake’s lead structural heart program coordinator. “The state-of-the-art operating rooms will enable us to adapt quickly to new technologies and new procedures as they emerge.”

The hybrid OR will be optimal for advanced, minimally invasive procedures, but will also have the space and equipment required to perform an open-chest procedure.



Ronnier Aviles, MD



Brianna Walker, ARNP

To learn more about Overlake’s structural heart program, visit overlakehospital.org/tavr

“The hybrid OR was built with the patient as the centerpiece,” adds Scott Haugen, MD, co-medical director of the structural heart program. “The room has all of the cutting-edge technology and equipment to help us provide the best care to an array of complex patients. We take pride in our ability to offer the full spectrum of procedural options to patients in need. This room is the embodiment of that goal.”

Open-heart surgeries and minimally invasive procedures require different teams of providers and different types of equipment—from X-rays to lighting systems. The hybrid OR allows interventional cardiologists, cardiac and vascular surgeons, imaging cardiologists, cardiac anesthesiologists and the many important supporting team members to work hand-in-hand to perform procedures like TAVR.

Renee Minjarez, MD, vascular surgeon with Lake Washington Vascular, is one of the providers who steps in to help in cases where a procedure might need an additional specialist. “Every so often, someone doesn’t have good arteries. I’m able to open up arteries to facilitate the delivery of a device, such as a valve. In a hybrid OR, you have all the materials and infrastructure in one place to seamlessly accomplish this type of surgery.”

The second new OR is designed for traditional open-chest procedures and large enough to accommodate new equipment, imaging technology and bigger teams. This ensures our surgeons have the facilities they need to provide the very best and most advanced care to our patients when minimally invasive procedures are not an option.

“We have built an incredible team, process and now new ORs. Overlake has the depth and breadth of experience, and is committed to providing world-class care to our community by making these innovative spaces and procedures a reality,” says Ronnier Aviles, MD, chief of cardiology, medical director of Overlake’s cardiac service line and co-medical director of the structural heart program.

Classes

Adolescents

For Girls: A Heart-To-Heart Talk On Growing Up

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](#). \$80 per child/parent.

Better Babysitters
For ages 11 to 14. Visit [seattlechildrens.org/classes](#) for details and to register. Held regularly on Sat. and Sun., 9 a.m.–2 p.m. \$45/person.

Cancer Services

Gentle Yoga
Practice easy stretches, postures, guided meditation and breathing exercises in one of these gentle, therapeutic yoga classes. Mon., Jul. 8–Aug. 26, 6:30–7:30 p.m.

Summer Watercolors
Experiment with watercolor techniques to create scenes of the summer. Great for beginners. Tue., Jul. 9, 11 a.m.–1 p.m.

Anti-Inflammatory Foods
Chronic inflammation is the root cause for many diseases. Learn how food can decrease the body's inflammatory response and reduce your risk for chronic diseases. Wed., Jul. 17, 6:30–7:30 p.m.

Living With Anticipatory Grief
Together we will explore the concept of anticipatory grief, look at tools for coping, and create recipes for caring for ourselves and others. Wed., Jul. 24, 10–11 a.m.

Strategies for Communicating With Your Care Team
It is important to position yourself as the expert of “you” when communicating with your care team. Learn strategies on how to best communicate your needs with your healthcare team. Wed., Aug. 7, 10–11 a.m.

PTSD + Cancer
Come learn the specific ways we can combat the PTSD of a cancer diagnosis and practice vulnerability and courage to foster hope. Tue., Aug. 20, 6:30–7:30 p.m.

Healthy Lifestyles

Diabetes Education
One-on-one education as well as a two-part series of classes to help you learn practical skills to manage diabetes, including medication, meal planning, glucose monitoring and more. To register, call 425.688.5700 and press 5 when prompted.

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

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](#).

How Nutrition Affects Your Sleep + Brain Health
Come for a discussion and food sampling with Melicent Smith, MS, RDN, CSO, to learn which foods support sleep and a healthy brain. Thu., Jul. 11, 6:30–8 p.m.

Mental Health First Aid
An eight-hour certification course on how to identify, understand and respond to signs of mental illness and substance use disorders. For ages 16+. Sat., Jul. 20, 9 a.m.–6 p.m.

Migraine Headaches: Triggers and New Developments
Thu., Jul. 25, 6:30–8 p.m.

Immunization: An Important Part of Health Management
Join Edward Leonard, MD, from Overlake Clinics Infectious Disease, to learn how and why immunization is so essential to our health. Thu., Aug. 8, 6:30–8 p.m.

Extreme Risk Protection Orders
Learn about this law and how it relates to mental health and suicide prevention efforts. Police officers from Bellevue, Redmond and Issaquah will join together for this informative discussion. Thu., Aug. 22, 6:30–8 p.m.

LEARN® Training
Forefront Suicide Prevention's LEARN® training helps individuals know what to do when a loved one or a peer shows suicide warning signs. This course is designed to include your child, ages 12 and up. Sat., Sept. 28, 10–11:30 a.m.

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., Jul. 10, Sept. 4 or Oct. 9, 6:30–8 p.m.

Safety

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

Anti-Bullying: Keep Safe On + Offline
Learn how to intervene when witnessing bullying, protect online privacy, and report behaviors that may be harmful to others on social media. Thu., Sept. 12, 6:30–8 p.m.

Stop the Bleed
Learn how you can provide basic bleeding control as immediate frontline aid until first responders arrive. Thu., Sept. 19, 6:30–8 p.m.

Seniors

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

How to Prevent Falls + Medications to Avoid
Overlake pharmacist Trang Le will discuss factors that cause dizziness and falls, and how medications can increase the risk of falls. Thu., Jul. 11, 1–2:30 p.m. or Wed., Sept. 18, 10–11:30 a.m.

Colorectal Cancer Awareness
Wed, Jul. 17, 10–11:30 a.m.

Understanding Alzheimer's + Dementia
Learn the differences between Alzheimer's and dementia, disease stages and risk factors, research and treatments. Thu., Aug. 8, 1–2:30 p.m. or Thu., Oct. 10, 2–3:30 p.m.

Diabetes: Heart-Healthy Nutrition + You
Heart-healthy nutrition tips for managing diabetes. Wed., Aug. 21, 10–11:30 a.m.

Alzheimer's + Dementia: Know the 10 Signs
This class will discuss the 10 warning signs of Alzheimer's, why early detection is important and how Alzheimer's is diagnosed. Thu., Sept. 12, 2–3:30 p.m.
Take Steps to Avoid Falls
An Overlake physical therapist will discuss what steps you can take to prevent falls and will share simple exercises to reduce the risk of falling. Thu., Sept. 26, 2–3:30 p.m.

Support Groups

Grief and Bereavement Workshop
A two-hour workshop to help the newly bereaved understand the journey of grief and identify tools and resources to aid the healing process. Wed., Aug. 21, 10 a.m.–noon. Pre-registration required; call 425.688.5308.

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](#).

Living With Cancer
For individuals who are just diagnosed, in treatment or post-treatment. 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. Mon., Sept. 9–Oct. 14, 6–8 p.m. Pre-registration required; call 425.688.5308 to register.

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
Open to anyone who's had a stroke, head injury, or any kind of neurological event and the people who love them. 4th Sat. of the month, 1–2:15 p.m. Call Jennifer at 425.688.5295.

Swell Lymphedema
For anyone living with lymphedema and their loved ones. 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 for dates.

Events

Overlake Community Health Fair
Sat., Sept. 21, 9 a.m.–3 p.m.
Together Center, Redmond

Join Overlake and the Together Center for the Overlake Community Health Fair. This free health fair will offer educational opportunities throughout the day, including medical screenings, information booths, and CPR and AED demonstrations.

- * **Preregistration required for all classes;** visit [overlakehospital.org/classes](#). Classes are FREE and held at Overlake Medical Center unless otherwise noted. **For questions,** email [classes@overlakehospital.org](#) or call 425.688.5259.
- * **Cancer Services** are FREE; preregistration required. Visit [cancerlifeline.org](#) or call 800.255.5505.
- * **Support groups** are FREE; preregistration not required unless otherwise noted.

Overlake Volunteer Becomes Overlake Patient

Bob Wheeler, 76, of Bellevue, is active in the community – he volunteers at Overlake, as does his wife, Patsy, and sings in his church choir. He also had a heart condition called aortic stenosis, which is life threatening if left untreated. Luckily, he was a prime candidate for a minimally invasive heart procedure to replace his aortic valve. Bob turned to Overlake for this procedure.

— “ —

I was told by my doctor about 20 years ago that I had calcium buildup on the back of my aortic valve; but at that time, surgery was not necessary. Over the years, I developed a heart murmur due to the calcium. Eventually the valve would need to be replaced, but I didn’t know when.

It’s interesting because they can monitor the health of the valve through a blood test. The pressure gradient on one side of the valve to the other side is measured. If the number gets to 40, the valve may need to be replaced. When I came in last fall, mine was 48. My cardiologist, Dr. [Ronnier]Aviles, and his team told me I was a great candidate for the surgery and met all the requirements.

Dr. Aviles and [cardiothoracic surgeon] Dr. Scott Louis did the procedure, which was performed this past spring. It went perfectly. I was in and out of the operating room in an hour-and-a-half, and I went home the next day. Dr. Aviles commented I could be the poster boy for TAVR.

You come in not knowing what’s going to happen; you’re scared. But my patient navigator, Chelsea, was my guiding light through the physical and emotional process of having the procedure. The TAVR coordinator, Brianna, was always available on the phone and ahead of the process. I think the world of both of them.

I volunteer once a week at the main information desk at Overlake. Everyone who comes to the hospital has a problem concerning them, and I try to relax them. Being a patient here, I got to experience how all the doctors, nurses and staff here show a concern for a patient as a person as opposed to just another patient; they are all top notch. I couldn’t be happier with the care I received.

To read Bob’s full story, visit healthyoutlook.org/stories.



Scott Louis, MD



How to Build an Operating Room, or Two

When our two new heart operating rooms open this fall, they will represent state-of-the-art medical technology, innovative techniques and the capacity to care for more patients. They will also represent the generosity and spirit of the Eastside.

The Overlake Foundation has been working tirelessly to raise funds for the new ORs since 2016, before construction even began. The need is indisputable—the population of the Eastside is both growing and getting older. The new rooms will enable our doctors to increase the number of heart surgeries performed each year to meet the growing need. Procedures will include the latest minimally invasive techniques as well as open-heart surgery when needed.

Overlake has been a nonprofit, community-supported hospital from its beginnings in the 1950s. The current Eastside has proven itself just as forward-thinking as the folks in those days. When asked to support Project FutureCare, a slate of advancements (including the ORs) that would make Overlake’s already top-tier medical care even stronger, Eastside community members jumped on board.



Making Great Healthcare Even Better

“When my husband, who was 91, passed away at Overlake, they really took the best possible care of him and they took care of me, too,” says Bellevue resident Patty Edwards. “I want to make sure Overlake stays what it is now—a world-class hospital.” Patty’s incredibly generous lead gift of \$2.5 million helped launch the fundraising campaign and inspire others to get involved.

“I feel very fortunate to have a good hospital nearby,” says Jim Kesi, who has committed \$60,000 to the project. “I’m a big believer

in the importance of that. I’ve been using Overlake for 30 years. It’s a good place.”

For Rao Remala, proximity and quality were the key considerations. “If I have a heart attack, I don’t want someone to take me to Seattle driving on busy bridges,” he explains. “Overlake has the best heart care, and it’s less than 10 minutes from my house.” The Satya and Rao Remala Foundation contributed \$150,000 to Project FutureCare. “Our gift keeps a high-quality hospital in my backyard. What could be better than that?”

In addition to the operating rooms, Project FutureCare includes a new patient building, a state-of-the-art Childbirth Center, and an updated, expanded mental health unit. Our generous community will be instrumental at every step.

Learn more about Project FutureCare and how to get involved at overlakehospital.org/campaignfuturecare.

I have my husband by my side every step of the way.

I have a sweet tooth that's back with a vengeance.

I HAVE THIS BUMP and

I have my daily yoga routine to keep me centered.

I have Dr. Kristin Graham to guide me on my journey and a childbirth center that offers the assurance of a Level III Neonatal Intensive Care Unit.

I have a few more weeks to go.

I have Overlake.

OVERLAKE
MEDICAL CENTER & CLINICS

OverlakeHospital.org

The doctor can see you now.

Really, we mean now.

Get in line online at
OverlakeHospital.org/urgentcare

Welcome

New Overlake Providers

Robyn Callahan, MSW
Primary Care
at Expedia Group
425.637.3220

Wou Sang Han, MD
Outpatient Psychiatry
425.688.5460

Yu Han, MD
Primary Care – Newcastle
425.635.3010

Kate Kennedy, ARNP
Headache Specialist
Neuroscience Institute
425.635.6560

Katrina Korreckt, ARNP
Cardiology
425.454.2656

Vernon Rasiyah, DO
Hospitalist

overlakehospital.org/clinics



BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE