

Healthy Outlook

SUMMER
2008

Restoring Confidence and Quality of Life

*Liz Miller, MD, treats women
with urinary incontinence*

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Lung Cancer Program
Image-Guided Stroke and
Osteoporosis Treatments



From the President & CEO

All of us at Overlake are committed to improving the health and quality of life of the people we serve. I experienced our staff's extraordinary dedication firsthand when my daughter was an unexpected patient here recently. Even though she's fine and enjoys wonderful health, when someone dear to us requires a hospital stay, we are reminded how vulnerable we are and how critical it is to have access to compassionate, highly skilled caregivers.

Our caregivers' work often extends beyond the hospital walls. Many of our employees connect with the community by voluntarily staffing the Overlake booth at various public events and health fairs, where we provide health screenings and information on our many classes and programs. We will continue to develop new programs to meet the changing needs of the community, such as the women's continence program you'll read about in this issue of *Healthy Outlook*.

I hope you will have a chance this summer to meet some of our physicians, employees, Auxiliary members and volunteers at the many Eastside events we're pleased to support. It's a pleasure to work alongside devoted people who strive every day to provide our community with top-notch care—just like the care my daughter received.

Sincerely,

Craig Hendrickson
President & CEO

WELCOME, GROUP HEALTH

We are pleased to welcome Group Health to Bellevue's emerging medical district. Group Health's Bellevue Medical Center will officially open July 1 and is located just south of the Overlake campus. This center will provide outpatient services and specialty and primary care to Group Health members. Physicians began admitting members in need of inpatient care (such as surgery, inpatient medical or critical care) to Overlake on May 1. Overlake also started providing Emergency & Trauma services to Group Health patients May 1. This partnership, the fruit of years of collaboration, is truly an exciting time for both organizations.

OVERLAKE NURSE PARTICIPATES IN WALK FROM OBESITY IN WASHINGTON, D.C.

Weight-Loss Surgery program coordinator Karen Baumann, RN, traveled across the country in June to participate in the Walk from Obesity's Walk on the Capitol in Washington, D.C., an event to raise national awareness of the rising obesity epidemic in America.

Overlake is joining the cause by sponsoring a local Walk from Obesity, the first of its kind in the Seattle area, on Sunday, September 28. Look for more details on our Web site; visit www.overlakehospital.org/wls.

HEALTHY OUTLOOK • SUMMER 2008

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OVERLAKE HOSPITAL MEDICAL CENTER

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Bellevue, WA 98004

6520 226th Place S.E.
Issaquah, WA 98027

425-688-5000

www.overlakehospital.org

Overlake Hospital 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 healthcare services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548.

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Photography by Scott Areman. Photos, p. 3: (upper) by Team Photogenic; (lower) courtesy Bellevue Farmer's Market. Photo, p. 6: by Larry Gill.

BANDAGE BALL IS A HIT

Overlake Auxiliaries' 21st Annual Bandage Ball was a tremendous success. Our community came together and made generous contributions to support vital hospital programs and services. More than \$700,000 was raised at the event, a portion of which will be used to construct a helicopter landing pad on the Overlake campus.

PRESENTING SPONSORS:



in partnership with

SYMETRA
FINANCIAL

Thank you to our 2008 presenting sponsors, Wells Fargo in partnership with Symetra Financial, and to our many other sponsors for making the event possible. And a special thank-you to event chairwomen Patty Edwards and Susan Shear and honorary co-chairs Manio and Colin Radford for their extensive work on the Bandage Ball.



Above: Patty Edwards, co-chair of the 2008 Bandage Ball, and Todd Houle. Edwards made the lead gift to kick off the Fund-A-Need portion of the event.

Below: Sue Smith, vice president, Private Client Banking for Wells Fargo, the presenting sponsor for the 2008 Bandage Ball, and her husband Greg.



Each year, Overlake participates in numerous community events. Be sure to visit us while we're out and about in your area this summer!

- Thursdays, May 15 to October 9 – **Bellevue Farmers Market**, 3 to 7 p.m. Overlake will offer information and activities and feature different services each week. For an up-to-date listing of activities at Overlake's booth, visit www.overlakehospital.org/events.
- Fri., July 4 – **Symetra Bellevue Family 4th** – Activities begin at 6 p.m.; fireworks at 10 p.m., Bellevue Downtown Park. Enjoy the Eastside's most spectacular fireworks display accompanied by the Bellevue Philharmonic.
- Sat., July 12 – **Redmond Derby Days** – 10 a.m. to 9 p.m., Redmond City Hall. Bicycle criterium, parades, entertainment, kids activities, carnival and great food.
- Sat., July 12 and Sun., July 13 – **Mercer Island Summer Celebration** – 10 a.m. to 7 p.m. Saturday, 10 a.m. to 5 p.m. Sunday, Mercerdale Park. Fireworks, entertainment, arts and crafts vendors, and much more.
- Fri., July 25 to Sun., July 27 – **Bellevue ArtsFair** – 9:30 a.m. to 9:30 p.m. (closes at 6 p.m. Sunday), Bellevue Square. The Northwest's premier arts event.
- Tues., Aug. 19 – **Issaquah Concert on the Green** – 6 to 8:30 p.m. Issaquah Community Center. Family-friendly concert on the lawn in the heart of old downtown Issaquah.



Bellevue Farmers Market



Treating

Wo

Symptoms of incontinence—a loss of bladder control—may be only temporary for some due to a bladder infection or excessive intake of alcohol or caffeine (both diuretics). But for 40 percent of American women over the age of 50, incontinence problems don't go away. According to the National Institutes of Health, women experience urinary incontinence twice as often as men and, unfortunately, more than half of those experiencing symptoms don't talk to their doctor.

“Incontinence isn't the easiest health issue for a woman to discuss, but it's an important one,” says Liz Miller, MD, a urogynecologist with Overlake's Women's Continence Clinic and Bellevue Urology Associates.

men's

Incontinence

If left untreated, incontinence can profoundly affect a woman's quality of life. She may give up her favorite activities for fear of having an embarrassing accident.

"I enjoy working out, but it became necessary for me to start timing my fluid intake so I didn't experience leakage while on the treadmill," admits Wendi Okerlund, of Renton, a patient of Dr. Miller. "It was really frustrating because it prevented me from living my normal life."

Although urinary incontinence affects a large part of the population—15 percent to 20 percent of women ages 15 to 64 have symptoms of incontinence at some point in their lives—it isn't an inevitable consequence of aging and is very treatable.

The two most common types of urinary incontinence are stress urinary incontinence (SUI) and urinary urge incontinence (UII). SUI is the most common and occurs when pressure is exerted on the bladder during activities like sneezing, coughing, laughing, running, lifting or bending. Women with UII (overactive bladder) experience a strong, sudden urge to urinate, followed by a loss of

DON'T MAKE ME LAUGH! MANAGING INCONTINENCE

Incontinence can have profound effects on quality of life, but many people are reluctant to talk about it. A recent study showed that women live with their symptoms for an average of six and a half years before seeking treatment. The good news is that about 80 percent of people with urinary incontinence can be cured or have symptoms improved.

Are you experiencing symptoms of incontinence but are not sure what to do next? Urogynecologist Liz Miller, MD, (pictured on page 6) of Overlake's Women's Continence Clinic will lead a discussion on the types of incontinence and how treatments vary with individual lifestyle and personal preferences, including:

- Lifestyle changes
- Exercises
- Medications
- Nonsurgical devices
- Implanted devices and surgical remedies

Wed., July 30, 7 to 8:30 p.m., BCC-North Campus. To register, call 425-688-5259. FREE.

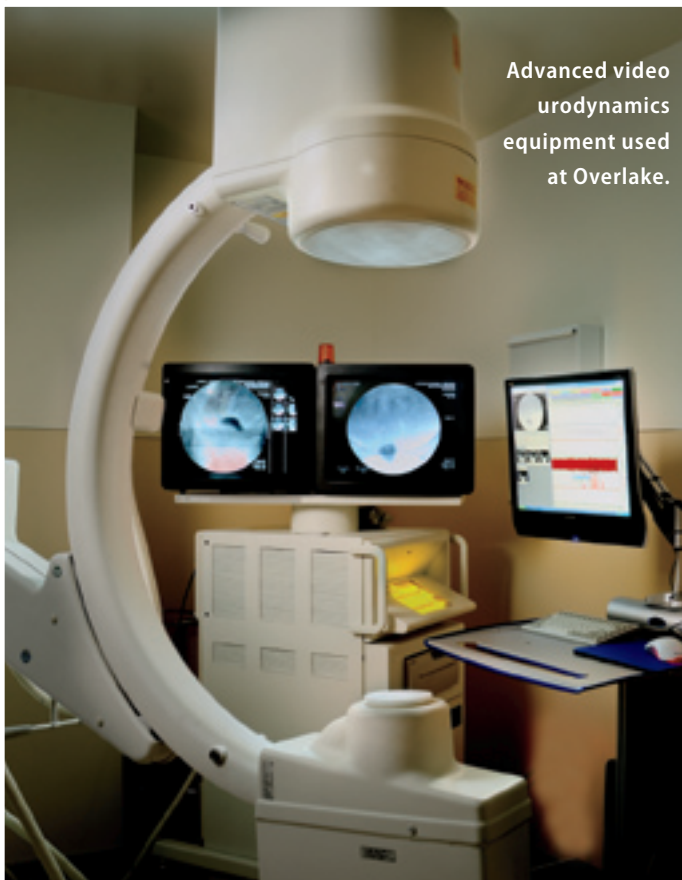


Here and on our cover, Elizabeth Miller, MD, urogynecologist with Bellevue Urology Associates and Overlake's Women's Continence Clinic. Dr. Miller received her medical degree from Washington University School of Medicine, St. Louis, Mo.; did her residency at the University of Washington, Seattle; and had a post-doctoral fellowship in Female and Reconstructive Urology and Urodynamics at Duke University Medical Center, Durham, N.C. She served six years as Assistant Professor of Urology at the University of Washington School of Medicine. For more information on the Women's Continence Clinic at Overlake, please call 425-688-5880.

bladder control. UUI symptoms can be triggered by actions such as turning on a faucet or pulling your car into the garage when returning home.

Incontinence may be caused by pregnancy, childbirth, menopause, genetic factors or neurologic injury. Underlying problems due to weakened pelvic floor or bladder muscles, certain diseases, medications, obesity or constipation may also be causes of incontinence.

Another urogynecologic disorder that may cause incontinence is pelvic organ prolapse (also called uterine or vaginal prolapse). Prolapse occurs when pelvic floor muscles weaken and the surrounding organs protrude into the vagina. Kegel exercises are useful in retraining pelvic floor muscles and preventing and helping minor prolapse. In some cases, reconstructive surgery may be needed to correct prolapse. Your doctor will look at all medical conditions that may factor into your incontinence before testing or treatment.



Advanced video urodynamics equipment used at Overlake.

DIAGNOSING INCONTINENCE WITH VIDEO URODYNAMICS

Dr. Miller uses video urodynamics to diagnose certain incontinence conditions. Using this advanced equipment helps her to evaluate the severity and type of a patient's urinary incontinence by assessing the muscles used for urination, how the bladder stores urine and how the urethra releases it. After she makes her assessment, Dr. Miller then recommends the best course of treatment.

Here's how it works: X-ray images of the bladder are taken with a C-arm diagnostic device, or fluoroscope, while the bladder is filled with a contrast dye. The patient's bladder is then emptied. Dr. Miller watches the entire filling and emptying process on a video screen to see if the muscles are functioning properly and to watch for any abnormalities in the bladder or urethra. Using pressure catheters, she can also measure the pressure in the bladder by watching for contractions in the bladder wall.

Video Urodynamics can identify overactivity of the bladder, urethral function and bladder outlet problems. This allows Dr. Miller to diagnose problems with emptying the bladder (voiding) and counsel patients about best treatment options.

Wendi's friends steered her in the direction of Dr. Miller who used video urodynamics to confirm Wendi had SUI. Video urodynamics (see sidebar) is an advanced method of pinpointing the cause of incontinence. After Dr. Miller identifies what's causing the incontinence she then recommends the best course of treatment. Treatments range from nonsurgical remedies, such as Kegel exercises, biofeedback or medication, to noninvasive procedures, such as injections, implants, slings or electrical stimulation.

In Wendi's case, Dr. Miller used the sling method, which is the most common surgical approach in treating SUI. In this minimally invasive surgery, a sling is placed beneath the urethra, causing urethral compression during times of activity such as coughing, sneezing or exercise.

"After the procedure, there was no discomfort, no leakage. I felt like I got my life back," says Okerlund. "I just turned 60, and there are many things I want

to still enjoy in life; having a leaking bladder is not one of them."

If traditional methods to remedy an overactive bladder (UUI) haven't proved to be effective then sacral nerve stimulation (also known as InterStim® therapy) may be the next best alternative for treatment. This advanced therapy involves the surgical implantation of a small device that sends mild electrical impulses to the sacral nerves in the lower back, which can reduce or eliminate the strong urge to urinate.

Dr. Miller adds, "Women need to know they shouldn't feel ashamed. It may take a while to break down the barriers when discussing this topic, but it is treatable and your quality of life doesn't have to be sacrificed."

If you're experiencing frequent trouble with bladder control and it's affecting your quality of life, call **Overlake's Women's Continence Clinic at 425-688-5880.**



Giving Kids a Second Chance

Overlake's Specialty School offers a second chance for troubled lives. This academic, year-round school provides an option for students in grades two through 12 who are unable to function safely in their current schools because of emotional and behavioral issues.

The Specialty School is affiliated with Overlake Behavioral Health Services, giving students at the school the benefit of guidance from highly qualified professionals. Certified instructors and a high teacher/student ratio ensure students receive intensive academic and behavioral support. In this therapeutic environment, students learn functional, social, academic and behavioral skills. Most students spend one to two years at the Specialty School,

following a coordinated plan to help them make the transition back to their original schools.

Donations to the Specialty School are essential to its programs. Lynette Johnson, president of the Overlake Hospital Auxiliaries, says "I believe in the Specialty School's mission and strive to support it as much as I can." Lynette works with a fellow supporter who recently donated two large vans to the school to ensure the students have reliable transportation to enrichment activities off campus. These outings help the students develop appropriate interpersonal skills in social situations that are essential to their overall success. One van is already in use, with the other on the way.

Other contributions to the school provide supplies and other necessities. Longtime Auxilian Lorraine Weltzien has procured books, for instance, from her local QFC and the University Bookstore to start a library. The books also provide items for the School's "Wisebuck" store, a cornerstone of the student recognition program. Wisebucks are given to students who exhibit good or improved behavior based on weekly goals they set for themselves. At the end of any week in which they achieve their goals they are allowed to spend their "bucks" on store items. This program encourages students to make good choices by teaching them that positive behaviors can earn positive rewards.

Local foundations and businesses have also been strong supporters of the program with grants and in-kind donations through the Overlake Hospital Foundation. A local company's support over the last several years has allowed the school to benefit from basic supplies and equipment that have provided extra tools for the staff and enriched the school experience for students.

To learn more about the Specialty School, schedule a tour or discuss a referral, please call 425-688-5425. To become involved in the Specialty School Auxiliary call 425-688-5529 or e-mail auxiliaries@overlakehospital.org. To make a donation, call 425-688-5525 or e-mail foundation@overlakehospital.org.



JOURNEYS—EXPLORING, LEARNING, GROWING

This fundraising and awareness-building breakfast for the Specialty School will be hosted by the Overlake Hospital Auxiliaries on September 10 at 7:30 a.m. at the Bellevue Club. To sponsor or RSVP, call 425-688-5529 or e-mail auxiliaries@overlakehospital.org.

OVERLAKE TEAMS WITH PACCAR:

New Education Center Unveiled

PACCAR has donated \$1 million to Overlake Hospital Medical Center to establish the PACCAR Education Center. The donation will enable Overlake to create a sophisticated 7,000-square-foot education facility to ensure Eastside residents have access to exceptional hospital care from well-trained healthcare professionals.

PACCAR is a global technology leader in the design, manufacture and customer support of high-quality light-, medium- and heavy-duty commercial vehicles under the Kenworth, Peterbilt and DAF nameplates. It also provides financial services, information technology and aftermarket support for its customers worldwide.

“PACCAR has been an important supporter of Overlake for more than 20 years, helping to fund critical expansions and upgrades in our facilities to better serve our community. We’re thrilled that PACCAR is continuing this important partnership by so generously supporting education at Overlake,” says Craig Hendrickson, president and CEO of Overlake. “This donation will allow us to provide our staff essential training in a world-class facility on our campus.”

With the fast pace of developments in healthcare practices and technology, Overlake recognizes that medical professionals require a significant amount of continuing education to provide patients with the best care possible. The PACCAR Education Center will be used to train Overlake staff in the most up-to-date medical practices, hold clinical and administrative conferences and workshops, and provide ongoing community outreach through classes and seminars. The center will be able to accommodate 330 people and includes a 156-

seat auditorium and two conference rooms with high-technology, integrated audiovisual systems. Design work was done by local architecture firm NBBJ, and construction is currently underway by GLY Construction.

PACCAR is a strong supporter of the Puget Sound community, investing in education, social services, the environment and the arts. PACCAR’s commitment to education has included major grants and endowments to the University of Washington, Seattle University and the Independent



Overlake’s spacious, educational facility will host staff trainings, clinical and administrative conferences, and community classes and seminars.

Colleges of Washington, and multiyear contributions to Page Ahead’s children’s literacy campaign. PACCAR’s gift to Overlake will help us continue to carry out our vision to provide exceptional quality and compassionate care to every life we touch.



Patient navigator Pauline Osborne, RN, MN, OCN, helps guide the way through lung cancer diagnosis and treatment.

Navigating a Lung Cancer Diagnosis

According to the American Cancer Society, lung cancer is the second most common type of cancer diagnosed in men and women and the leading cause of cancer deaths. Risk factors include cigarette smoking and repeated exposure to asbestos and radon, environmental factors and second-hand smoke.

Early lung cancer diagnosis is critical but is made difficult by the fact that symptoms may not be apparent until the disease is in its later stages. Signs and symptoms may include a persistent cough, changes in a chronic cough, coughing up blood, shortness of breath, chest pain, wheezing, hoarseness, and recurrent pneumonia or bronchitis. It's important to pay attention to your body so that any changes can be recognized as early as possible and a diagnosis can be made.

Overlake uses leading-edge diagnostics to detect cancer at its earliest possible stage. Imaging techniques include PET/CT scan*, CT scan, MRI* and nuclear imaging including bone scan. Additional diagnostics include CT-guided lung biopsy, bronchoscopy and pulmonary function tests.

If a patient receives a lung cancer diagnosis at Overlake, our lung cancer patient navigator, Pauline Osborne, RN, MN, OCN, is available to guide the patient and his or her family through

the complexities of lung cancer treatment. As the liaison between a patient's primary care provider and Overlake's cancer care team, she helps establish a seamless individual care plan.

When questions arise such as "Where do I go next?" or "What do I need to do?" Pauline provides the answers to ensure patients aren't left wondering about the next steps in their treatment. "Pauline gives patients a sense of comfort by communicating regularly and helping to manage their care," says Todd Freudenberger, MD, co-chair of Overlake's Lung Cancer Committee.

Overlake's lung cancer team, made up of a variety of specialists, meets regularly to review each case and ensure that participants receive the best care possible.

Each patient works with his or her doctor to choose a cancer treatment regimen based on a number of factors such as overall health, the type and stage of the cancer, and the patient's personal preferences. Options typically involve one or more treatments, including surgery, chemotherapy, radiation therapy or targeted drug therapy.

If you are exhibiting symptoms of lung cancer, especially if you are a smoker, see your physician. He or she will determine if you should be evaluated for lung cancer.

For more information about Overlake's Lung Cancer Program, please visit www.overlakehospital.org/lungcancer or call our Cancer Resource Center at 425-688-5986.

**Provided by Washington Imaging Services*

Image-Guided Repair of the Brain and Spine

As a subspecialty of radiology, neuroradiology uses imaging techniques such as CT scans, MRIs and angiography to diagnose conditions affecting the brain and spine.

Overlake's neuroradiologists, Mark Pflieger, MD, and Harold Prow, MD, are two of the select few physicians of their kind in the Puget Sound region. Dr. Pflieger specializes in interventional neuroradiology, which involves the diagnosis and treatment of tumors, aneurysm and stroke.

In the case of stroke, "Time lost is brain lost," according to the National Stroke Association; the earlier the treatment, the lower the likelihood of brain damage. If a patient receives treatment within the first three hours of the onset of symptoms, tissue plasminogen activator (tPA), a drug that dissolves clots, can be given intravenously. "If treatment is provided three hours or more after the attack, interventional neuroradiology techniques can be used to either guide a catheter that physically extracts the clot or dissolves it with tPA," says Dr. Pflieger.

After receiving treatment, therapies can be prescribed to resolve symptoms such as facial droop, trouble speaking or understanding speech, one-sided weakness or paralysis, numbness and tingling, and dizziness or trouble with balance.

Neuroradiology is also exceptionally beneficial in the treatment of spine fractures, most of which are caused by osteoporosis. As one can imagine, the pain of spine fractures can be debilitating, and the strong



pain medications used to treat it can lead to side effects in the population most frequently afflicted, the elderly.

Luckily, if an advanced, minimally invasive procedure (either kyphoplasty or vertebroplasty) is performed, the bone is stabilized, the need for pain medication is eliminated, and patients can resume daily activities they may have sacrificed. In many cases, patients go home the same day. In kyphoplasty, a neuroradiologist, guided by imaging, inserts a tiny balloon into the collapsed vertebra to restore its height, inflates the balloon and fills the area with acrylic bone cement. Vertebroplasty is virtually the same procedure except cement is filled directly into the fractured vertebra.

Advances in imaging technology used in neuroradiology have made these treatments possible, helping those with stroke, osteoporosis or other brain and spine conditions to live longer, healthier lives.



OUR TOP-RATED STROKE CENTER

Overlake's Stroke Center is a Joint Commission-certified Primary Stroke Center and is five-star rated by HealthGrades®, the nation's leading provider of independent hospital ratings. Our specialized stroke team provides state-of-the-art care with rapid evaluation and treatment so patients can receive the best treatment available in the shortest amount of time. **For more information, visit www.overlakehospital.org/stroke.**

Classes and Programs



Classes are offered at multiple locations. Check your confirmation letter for more details. Pre-registration required.

Four easy options for registration:

- 1 Go to www.overlakehospital.org/classes.
- 2 Send an e-mail to teresa.botts@overlakehospital.org.
- 3 Call 425-688-5259, Monday–Friday, 8 a.m.–4:30 p.m.
- 4 Mail a letter with your credit/debit card number, class name, date and attendee information to Teresa Botts, Overlake Hospital Conference Center, 1035 116th Ave. N.E., Bellevue, WA 98004.

PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

New and expectant parents have a resource to guide them through their pregnancy and the first year of their baby's life with customized information, news and resources from the parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy—Save the Date

An evening of information for prospective and newly expectant parents. **Wed., Oct. 8, 6:30–9 p.m.** FREE.

Tour the Childbirth Center

Call 425-688-5326. For Spanish-speaking tours, call 425-688-5248. FREE.

Before Baby Comes

Consider taking one of the following classes to help you prepare for life with your baby. Full class descriptions, including dates and times, can be found at www.overlakehospital.org/classes.

- *Expecting Multiples*: what you need to know when expecting more than one.
- *Prenatal Yoga*: for expectant and postpartum moms.
- *Just for Grandparents*: discuss what's new in childbirth and newborn care with other soon-to-be grandparents. Includes a tour of the Childbirth Center.

- *Siblings Are Special*: help your child (3½–9 years old) prepare for the new baby in the house.
- *Conscious Fathering*: classes for new dads, both before and after the baby is born, helping celebrate the special relationship of father and child.
- *Car-Safe Kids*: how to choose and install an infant car seat.

Childbirth and Newborn Care

- *Preparation for Childbirth and Newborn Care*
- *Breathing & Relaxation*: for extra practice.
- *Breastfeeding*: tips and information.
- *Refresher*: if you've done this before and need an update.

After Baby Arrives

- *Conscious Fathering*.
- *You & Your New Baby*: for moms with babies 4 to 12 weeks old.
- *Infant Massage*: learn ways to nurture your baby with loving touch.

PARENTING

Young Ladies' and Gentlemen's Etiquette: Ages 7 to 10

Manners build self-esteem and positive relationships. This fun hands-on workshop

teaches telephone etiquette, basic table manners, introductions, personal care and posture. **Tue., Aug. 5, 9 a.m.–noon.** \$35.

Starting Points: Polish Your Social Skills

For girls and boys ages 11 to 16. Topics include first impressions; presentation skills; introductions; posture; appearance tips; and manners for movies, shopping and dining. **Tue., Aug. 5, 12:30–4:30 p.m.** \$40.

As Girls Grow Up: Aspects of Puberty, Sex Education and Relationships

For 9- to 12-year-old girls and their parents. Taught by pediatrician Monica Richter, MD, and parent educator Bridgett Blackburn. Topics include menstruation, body changes, sexuality and how babies are conceived. Snacks and "The Period" book included. **Fri., Aug. 22, 3:30–5:45 p.m.** \$45 per parent and daughter; \$12 per additional person.

Mother and Daughter Safety Training

For girls 14 years and older and their mothers. This class addresses safety issues facing young women on or off high school/college campuses. The training is built on increasing the awareness of your surroundings, obeying instincts and employing proactive safety strategies, in a variety of situations, including when socializing and dating. **Wed., Aug. 6, 6–9 p.m.** \$55 per mother/daughter; \$45 per additional daughter.

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. **Weeknights, July 1, 16, 29; Aug. 5, 18; or**

For more information about our classes, please visit

Sept. 10, 6:30–9:30 p.m. \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. Classes can be taken separately. Two-part midweek class: **Mon. and Wed., July 7 and 9, 6:30–9:30 p.m., or Sat., Aug. 9, 9 a.m.–4 p.m.** \$55.

Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. **Tue., July 15, 6–10 p.m.** \$40.

Adult First Aid and Adult/Child CPR

This two-part class includes a book. First aid and adult/child (ages 1–8) CPR may be taken separately. **Mon. and Wed., July 21 and 23, 6:30–9:30 p.m.** \$55.

CPR Course for Healthcare Providers

Midweek classes. **Mon., July 14 or Wed., Aug. 13, 6–9:30 p.m.** \$60.

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

WOMEN'S HEALTH

Don't Make Me Laugh—Managing Incontinence

See description on page 5. **Wed., July 30, 7–8:30 p.m.** BCC–North Campus. FREE.

Breast Health Program

Personalized, one-hour breast self-exam instruction and education taught by registered nurses. **Midweek evening classes.** FREE.

HEALTHY LIFESTYLES

Hypnosis Classes

Taught by Robert W. Felix, certified hypnotherapist.

Hypnosis to Quit Smoking

Thu., July 10, 7–9 p.m. \$45.

Hypnosis for Weight Loss

Three-part series held monthly. **Thu., July 17, 24 and 31, 7–9 p.m.** \$89.

Nutrition and Weight Management for Surgical Weight-Loss Patients

Offered by Overlake Outpatient Nutrition Services. **Class 1:** (4–6 weeks after surgery) **1st Wed. of each month.** **Class 2:** (3–6 months after surgery) **2nd Wed. of each month.** **Class 3:** (12 months after surgery) **3rd Wed. of each month.** **All classes run from 1–2 p.m.** \$25 per class. Pre-registration required. Call 425-688-5485.

Weight-Loss Surgery Seminars

Get the facts about weight-loss surgery to see if it's right for you. **Tue., July 15, Aug. 19 or Sept. 16, 6–7:30 p.m.** FREE.

Weight-Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **2nd and 4th Sat. of each month, 10 a.m.–noon.** For location and more information, call 425-688-5214. FREE.

Diabetes Support Group

The Diabetes Support Group is open to anyone with diabetes, their family members and the community. **2nd Mon. of each month, except July, Aug. and Dec.** Call 425-688-5485 for more information. FREE.

Diabetes Education

Overlake's Diabetes Education Services offers one-on-one education as well as classes. Call 425-688-5485 for information.

Reducing Your Risk for Diabetes

If you have been told that you have prediabetes or glucose intolerance, attending this 90-minute class will provide you with steps you can take to lower your risk for developing diabetes. Call 425-688-5485 for dates, times and cost.



Pictured here (L-R):
Sisters Erica and Sara Reed

Super Sitters: Baby-Sitting Classes

For ages 11 and older. Held mostly on **Sat., 9 a.m.–2 p.m.** (unless otherwise noted) at multiple locations: BCC–North Campus:

July 19, Aug. 16, Sept. 13, Tues., July 8, Wed. Aug. 6, 425-688-5259; Redmond Parks: **Thu., June 26,** 425-556-2300; Issaquah Parks: **Wed., July 16,** 425-837-3300; Kirkland Parks: **July 19,** 425-587-3336; Mercer Island Parks: **Aug. 2,** 206-236-3545. \$35 (park fees differ).

SENIOR CARE

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. BCC–North Campus, 10700 Northrup Way, Bellevue. **Mon. and Wed., Sept. 8–Oct. 1, 10 a.m.–noon.** Registration required; 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Introduction to Yoga for Seniors

With certified yoga instructor. The Yoga Barn, Issaquah, **Tue., July 1–29** (\$50) or **Sept. 2–30** (\$60), **2:30–3:45 p.m.** Registration required; call Yoga Barn at 425-427-0038.

Therapeutic Yoga for Seniors

Taught by certified yoga instructor. The Yoga Barn, Issaquah, **Tue., July 1–29** (\$50) or **Sept. 2–30**

SPOTLIGHT: SUPER SITTERS SUCCESS STORY

Overlake's Super Sitters class, which began in 1983, provides education and important safety tips for baby sitters. Recently, an attendee of the class, 11-year-old Erica Reed, was watching her younger sister while her mom was out of the house. Her sister Sara, 9, started choking on her food. Using the skills she learned in the class, Erica performed the Heimlich maneuver. When her mom returned, Erica proudly announced, "I saved her life."

Her mother, Miho, says, "Erica and her friends enjoyed the class, and it was very clear to me that the Overlake training boosted her maturity level as a baby sitter. I would recommend this to any parent whose child baby-sits."

(\$60), 1–2:15 p.m. or Wed., July 2–30 (\$50) or Sept. 3–Oct. 1 (\$60), 11:30 a.m.–12:45 p.m. or 1:30–2:45 p.m. or Yoga Barn, Fall City, Thu., July 3–31 (\$50) or Sept. 4–Oct. 2 (\$60), 10:45 a.m.–noon. Registration required; call Yoga Barn at 425-427-0038.

Maintaining Your Brain

BCC–North Campus, 10700 Northrup Way, Bellevue, **Thu., Sept. 18, 10:30 a.m.–noon.** Registration required; 425-688-5800. \$5.

Arm Yourself to Fully Understand Diabetes

BCC–North Campus, 10700 Northrup Way, Bellevue, **Tue., Sept. 16, 10:30 a.m.–noon.** Registration required; 425-688-5800. \$5.

A Good Night's Sleep—Is It Possible? (Class #30724)

North Bellevue Community Senior Center. **Mon., Sept. 22, 1–2:30 p.m.** Registration required; 425-452-7681. \$6 residents; \$7 nonresidents.

Female Incontinence: It's Not a Fact of Life

Bellevue YMCA. **Wed., Sept. 10, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. \$5 for nonmembers.

The Aging Eye

Redmond Senior Center. **Wed., Sept. 17, 10:30 a.m.–noon.** Registration required; 425-556-2314. FREE.

Walk for Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8–9:30 a.m.** For more information, call 425-688-5800. FREE.

SUPPORT GROUPS

A family support group offered to help meet the needs of people caring for loved ones and two support groups to aid caregivers.

Caregiver of Older Adults Support Group – Bellevue

Overlake Senior Health Center, Bellevue. **2nd and 4th Thu. of each month, 3–4:30 p.m.** No registration required. For more information, call Regina Bennett, MSW, 425-688-5807. FREE.

Family Caregiver Support Group – Mercer Island

Overlake Mercer Island Senior Health Center, Mercer Island. **2nd Tue. of each month, 3:30–4:30 p.m.** No registration required. For more information, call Karin Miller, MSW, 425-688-5637. FREE.

Managing Care at Home

Question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to help better manage care in your home. Call to schedule day and time at Senior Care office. Registration required; 425-688-5800. FREE.



CANCER PROGRAMS

Cancer Resource Center

The Cancer Resource Center's classes, support groups and services are free and include use of a lending library, Internet access and counseling. The center is located in the Overlake Medical Tower, Suite 240. For more information, call 425-688-5986 or visit www.overlakehospital.org/cancerresourcecenter.

The center is looking for volunteers. Greet visitors, familiarize clients with the center's self-serve functions and help with clerical support. Training provided.

Application, interview and orientation required prior to training. For further information, contact Volunteer Services at 425-688-5369.

Cancer Support Programs

For more information on our free support programs, visit our Web site at www.overlakehospital.org/supportgroups.

Wig Closet

A private area for women who are experiencing hair loss to try on wigs. Free wigs donated by the American Cancer Society. Feel free to drop in weekdays, or call 425-688-5986.

For more information about our classes,

Look Good ... Feel Better

A free program that teaches beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained, volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics, skin care products, wigs, scarves and turbans. **Mon., July 14, 1-3 p.m.** Overlake Sleep Lab Conference Room. For more information, call 1-800-345-LOOK. FREE.

Bereavement Support Group

Overlake Medical Tower, Suite 250. **2nd and 4th Mon. of each month, 7-8:30 p.m.** Call 425-688-5986 for more information. FREE.

Breast Cancer Support Group

Open to all women who have or have had breast cancer. Overlake Medical Tower, Suite 250. **1st and 3rd Tue. of each month, 7-8:30 p.m.** FREE. Call 425-688-5986 for more information.

Reconstruction After Breast Cancer Surgery

Open to women who have, or have had, breast cancer and are considering reconstructive surgery. Overlake Medical Tower, Suite 250. **4th Wed. of each month, 7-8:30 p.m.** Call 425-688-5986 for more information. FREE.

Sit and Knit

Volunteer program. **Wed. and Fri., 10 a.m.-1 p.m.** Call 425-688-5552 for more information.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, contact Volunteer Services' open-assignment line at 425-688-5552, or Leah Smith, volunteer staffing specialist, at 425-688-5369, Mon.- Fri., 9 a.m. to 4:30 p.m.

Save the date

Together *for* Women's Health.

Thursday, September 18

for the 2008 Together for Women's Health event.

Join Evergreen Healthcare and Overlake Hospital Medical Center for an inspirational luncheon featuring internationally known culinary and television personality, Graham Kerr and his wife, Treena.

This year's Together for Women's Health luncheon will focus on diabetes.

Registration - 11:30 a.m.

Meydenbauer Center

To reserve your seat, please call 425-899-1900.

Together for Women's Health is a special event to encourage and empower women to be proactive about their health and personal wellness.


EVERGREEN
HEALTHCARE

 **OVERLAKE** Hospital Medical Center
Medical excellence every day™

please visit www.overlakehospital.org/classes.

NEW MEDICAL STAFF AT OVERLAKE

Andrew Barloon, MD
425-576-0225
Ophthalmology

Hyun Hong, MD
425-774-1538
Anesthesiology

Judith Lacy, MD
425-454-3366
OB/GYN

Carol Murakami, MD
425-454-4768
Gastroenterology

Wensi Sun, MD
206-365-5800
Ophthalmology

Ming Fan, MD
425-451-4141
Pain Management

Isabella Knox, MD
206-598-4606
Pediatrics

Elizabeth Miller, MD
425-454-8016
Urology

Martha Spieker, MD
425-451-4141
Anesthesiology

Elaine Yager, MD
425-451-4141
Anesthesiology



“I gave four giant gumballs.”

Madison, age 4, gave \$1—the value of four giant gumballs. As a former patient in Overlake’s Neo-Natal Intensive Care Unit, Madison knows doctors and hospitals make people better. She also understands that donations help.

As a non-tax supported, nonprofit hospital, we rely on philanthropic contributions. Thanks to the generosity of many individuals, organizations, our employees and physicians, we were able to respond to the healthcare needs of our rapidly growing community by opening a new South Tower. The need for funding campus expansion, facility renovation and technology upgrades is ongoing. **Please make your gift today.** Visit www.overlakehospital.org/donate or use the envelope inside this issue. Just like Madison’s, your donation will make a difference.

A Healthy Investment for Our Community



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