

# Healthy Today

Spring/  
Summer  
2009

A newsletter from Pacific Medical Centers.

## At PacMed, we're making it easier to FIND what you're looking for.

When you visit our newly designed Web site, you're already on the path to better health. With a couple of clicks, you can learn all about our multispecialty network. You'll see 125 care providers offering more than 25 different specialties and numerous specialty services. You can also schedule appointments online and find your way to a clinic near you.

At our clinics, you'll find first-class service and doctors willing to partner with you in your care.

But you'll find more than that. We can set you up with new sunglasses. Inspire your diet. Get you back on the playing field. Whatever it is you're looking for, you'll find the personalized attention and the right options you need to live your best life.



### At PacMed You'll FIND:

- **A familiar face**—Your primary care doctor will see you for all your routine checkups and most other visits, and can coordinate any specialty care you might need.
- **Care for every inch of you**—Our clinics offer a full range of primary and specialty services.
- **We're practically neighbors**—Visit any one of nine convenient locations, with another opening soon.
- **You are covered**—We accept all major insurance plans.
- **We speak your language**—Many of our physicians are fluent in languages other than English and you can request our interpreter services in most clinics.
- **Same-day appointments**—Even if it's your first visit. Just call 1.888.4PACMED or go to our Web site.
- **Clinics with extended hours, on-site parking, and more.**

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FIND WHAT YOU'RE LOOKING FOR

Cancer care has been transformed by new medicine. Today, outcomes range from complete remission to manageable chronic conditions. At Pacific Medical Centers, we offer the latest technology and treatments—from noninvasive CT-PET scans, MRIs, and ultrasound, to targeted therapies that cause fewer side effects than systemic chemotherapy. We also actively participate in national and international clinical studies to test and contribute to innovations in treating cancers.

## Two Special Facilities Designed for Comfort

The **Oncology and Hematology Center's patient infusion suite** is staffed with a pharmacist and registered nurses with advanced skills in intravenous therapy and administration of chemotherapy. The Infusion Suite is bright and cheerful, with comfortable chairs to sit in, pleasing décor, comfortable equipment, access to Wi-Fi and DVD players, and a beautiful view. There is room for a friend or partner to keep our patients company, as well as quiet places to read or take a needed nap.

Services available at our **Diagnostic & Wellness Center for Women** complement those provided by the Oncology and Hematology Center. Our breast cancer patients receive follow-up diagnostics at the wellness center, which features digital mammography, reviewed by radiologists who specialize in breast diagnoses. This leading-edge technology is faster, more accurate, and uses less radiation than film mammography. In addition to the latest technology, you'll find unexpected indulgences such as heated robes, private waiting rooms, and massage therapy.

## PacMed Oncology and Hematology Center: A Healing Partnership

Unlike larger, institutional-type facilities, we are a personalized, specialty cancer treatment center. Our compassionate team of physicians and nurses understands how people feel about a cancer diagnosis and is ready to partner with our patients, within a comfortable environment that allows people to live their lives during treatment and beyond.

Foremost, our patients share decision making with their oncologist in a way that encourages them to exercise control over the course of their therapy and that respects their individual choices. Our board-certified physicians research the latest options in treatment, including clinical trials, and work closely with other specialists and providers to give each patient the optimum care.

In addition, each patient is guided by a registered nurse, who is available every day, regardless of the time, to answer questions and keep communication running smoothly among all the other members of the person's care team. He or she will also schedule appointments, make a plan to guide the patient, and conduct informal teaching sessions to discuss every aspect of the treatment plan.

All of our patients, regardless of income level, also receive support from social workers whose primary goal is to connect patients and their families with resources to alleviate stress. For instance, they can coordinate home care, facilitate transportation, and help acquire reduced-cost medications.

At the conclusion of a person's treatment plan, he or she will continue to be monitored by both his or her primary care physician and oncologist, who will give ongoing support to address any medical issues and emotional aspects of survivorship. In addition, our nurses and social workers continue to work with patients and their families to keep them informed about follow-up plans, programs, or care that would be of benefit.



Sharmila Ahmed, MD



Vik Dabhi, MD



Joseph Weresch, MD

*Our experienced team of board-certified physicians work with Virginia Mason Medical Center, one of the best hospitals in the region, and have collaborative relationships with the University of Washington Medical Center and Swedish Medical Center.*



## Painless Procedure Offers Patients a Closer Look at Heart Condition

Maybe you've been getting out of breath more easily. Maybe your blood pressure is steadily climbing. Something's not right, but an ultrasound of your heart—a traditional echocardiogram (ECG)—is showing normal pumping function. Now you have another diagnostic option.

The Nuclear Cardiology department at our First Hill clinic can look at your heart using a brand-new, state-of-the-art, two-headed gamma camera that can pick up abnormalities in the early stages of heart disease. With this painless technique, cardiologists can gather information about your body that would otherwise be unavailable or require surgery or more expensive diagnostic tests. The camera, which

is connected to a computer, portrays blockages down to the nuclear level. And each scan—one at rest, and one after stress-testing—takes no more than 20 minutes. In most cases, you'll be out of the clinic within three hours.

Nuclear imaging also is ideal for heart patients who are unable to walk easily, because pharmaceuticals can be used to replace treadmill testing. Says Dr. Philip Massey, Cardiology: "We're very excited about this. Now we can perform both treadmill and non-treadmill stress testing with the latest imaging techniques. The new equipment gives us more capacity to diagnose coronary disease and manage preexisting conditions in our patients."



## How Strong Are Your Bones? A DXA Scan Can Tell You

Everyone talks about osteoporosis, but not everyone knows that this bone-loss condition can occur without symptoms. Because bones weaken gradually, people may not know that they have osteoporosis until a sudden strain, bump, or fall causes a fracture. Though men can get osteoporosis, women over age 65 are particularly susceptible. If you are a woman over age 65, regular screening is recommended.

At your appointment, the doctor will conduct a quick, painless procedure using an enhanced, low-radiation form of X-ray technology called DXA (pronounced "dexa"). DXA, which stands for dual-energy X-ray absorptiometry, is the most-often used method to diagnose bone loss. The DXA test can also assess your risk for developing fractures.

If your bone density is found to be low, you and your physician can work together on a treatment plan to help prevent fractures before they occur. Future DXA scans can track the effects of your treatment.

## June Is Men's Health Month

June has been designated Men's Health Month to heighten awareness of preventable health problems among men—who are much less likely than women to be getting routine care and screenings. Screenings are important because conditions such as diabetes and blood pressure do not display serious problems until they are much advanced.

The good news is that men who have a primary care doctor are more likely to get the regular checkups and age-appropriate screenings they need.

We can help you make that happen. At PacMed, we are committed to helping you find a doctor with whom you can build a trusting relationship. We encourage you to actively participate in all your visits by asking questions and sharing any concerns you might have. Your health is everything. Call today to schedule your next visit (1.888.4PACMED).



## PacMed's Dr. Brett Daniel Is the KJR-AM House Doctor

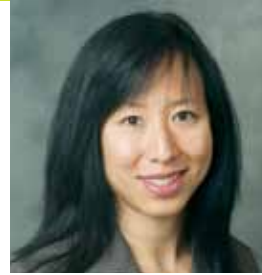
As the radio station's medical consultant, Dr. Daniel responds to health-related headlines and questions submitted by KJR callers. Dr. Daniel is a board-certified family physician with a special interest in sports medicine and men's health. Steroids? Arm troubles? Knee issues? He's got the answers.

You can submit a health-related question for Dr. Daniel to answer in his online blog, or possibly in an on-air commercial, by sending an e-mail to [brettd@pacmed.org](mailto:brettd@pacmed.org). Use the subject line "To the 950 KJR House Doctor." Please include your name and city if you would like them used in his response. Dr. Daniel is unable to provide specific medical advice through e-mail, but would be happy to see you at the Northgate clinic for any of your health needs.

To schedule your DXA screening, ask your primary care physician for a referral. Many women like to schedule their DXA screening for the same day as their routine mammogram at our spa-like Diagnostic & Wellness Center for Women. DXA screenings are also conducted at Beacon Hill (for men only) and Totem Lake (for men and women).

# Find the Right Primary Care Doctor for You

*Everyone needs a primary care doctor—the one who conducts your physicals, the one you call when you twist your ankle, get stung by a bee, or eat something funny. Some doctors treat entire families; others see only children or only adults. We asked three of our providers to tell us a little about what they do, to help you think about which type of doctor might be the best fit for you and other family members.*



Dr. Karen Wang at Beacon Hill

## Family Medicine (also known as Family Practice) – Care for all individuals

At the heart of this specialty is the patient-physician relationship. Family Medicine practitioners cover all areas of general health care, including pediatric and adolescent health, women’s health and gynecology, men’s health and aging issues.

Says **Dr. Brett Daniel**, “It is hard to describe the typical family medicine patient because we see such a wide range of patient ages and problems. I was drawn to family medicine because of its focus on preventing disease, while also emphasizing the treatment of the whole person. I felt that by seeing an overall younger population, including children and teenagers, I would have the chance to really make a difference in keeping people healthy and living better lives.

**“I have had entire families ‘adopt’ me as their physician.** For example, a female teenager was brought in by her mother for an acute illness. Impressed by the care for the illness, I became the regular physician for the teenager, as well as her mother. Eventually, I also became the physician for the teenager’s boyfriend, aunt, grandmother, and some family friends. My personal understanding of the family’s history and dynamics only helps make my care for the family that much better.



## Pediatrics – Care for children

Pediatrics is concerned with the prevention, diagnosis, and treatment of diseases of infants, children, adolescents, and young adults. Because young patients are rapidly growing and changing, pediatricians must communicate with caregivers to ensure they understand as much as possible about their children’s growth, development, and overall picture of health.

“The three most common reasons patients come to see me are for well child checkups/sports physicals, community acquired infections and sports injuries,” says **Dr. Eusebio**. “I also see a number of patients with asthma, allergies, and attention deficit issues.”

Because Dr. Eusebio went to high school and college near the Northgate clinic where he practices, and he has coached youth soccer in this area for over 25 years, he has known many of his patients’ families for decades. “I can distinctly remember taking care of one of my patients back when she was in grade school, because her mother would always tease me about looking too young to be a real doctor,” he says. “Now, I have the pleasure of taking care of my patient’s two adorable kids. Their grandmother still comes in to give me a bad time for not aging rapidly enough!”

Dr. Eusebio has close ties with Seattle Children’s Hospital, having finished his residency there, and currently is serving his second term on their Medical Executive Committee. **“I spend a lot of time involved with activities for children, and really appreciate the opportunities we have in this area to help raise healthy and happy kids,”** he says.

◀ Dr. Brett Daniel and Dr. Emmanuel Eusebio at Northgate

## Internal Medicine (also known as “internists”) – Care for adults

Internal Medicine practitioners are trained to deal with any medical issue an adult patient may have, from preventive care and common disorders to chronic disease.

“I see a wide variety of patients ranging from highly athletic individuals to people with diabetes, hypertension, cardiovascular disease, cancer, and kidney disease—all whom are interested in achieving optimal physical and mental health,” says **Dr. Karen Wang**. “Medical systems can be difficult for patients to navigate through, especially if they have complex medical problems.

**I work with multiple specialists within PacMed and other care providers to help patients achieve a sense of comprehensive and coordinated care.”**

She cites an example: “I recently had a new patient bring in her daughter from eastern Washington to see me for a second opinion about a challenging neurological or cardiovascular medical problem that has not been diagnosed yet. This young woman had seen many doctors and was even hospitalized, but she lacked a primary care physician to help her coordinate care and pursue a reasonable diagnosis. It is a privilege to be able to hear her story and try to help her figure out this vexing problem.”

“People also choose to see me because I have been an avid rock climber, snowboarder, hiker, mountaineer, and dancer. I’m very familiar with the conditions and situations that can lead to overuse injuries in these settings and I’m able to refer patients with injuries to excellent PacMed specialists and physical therapists throughout the Seattle area to help them achieve their athletic goals.”

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### Geriatrics – Care for adults of advanced age

Geriatric medicine is concerned with the prevention, diagnosis, and treatment of disorders that occur in older people. Today, the number of people aged 65 and older is larger than ever before, and those aged 85 and older constitute the fastest growing segment of the population. Geriatricians recognize that aging is not an illness; rather, it is a time where quality of life and functional ability can be maintained with proper care, and health and happiness are encouraged.

At Pacific Medical Centers, we’re committed to helping our older patients make the most of life. Our internists and family medicine physicians understand the wide range of physical, mental, medical, social, and spiritual issues that older adults can have. Several internists practice geriatric medicine, exclusively. To find a PacMed geriatric specialist, call 1.888.4PACMED.



## Finding a Doctor

At Pacific Medical Centers, we are a multispecialty network of board-certified physicians, many of whom have been listed as “Seattle’s Top Doctors.” With 125 excellent providers to choose from, one may ask “Where do I begin?”

If you have online access, the easiest way is to visit the PacMed Web site at [www.pacmed.org](http://www.pacmed.org) and go to **Doctors** or **Who We Are – Physicians and Professionals** to learn about our providers. You can look up our providers by name, location, or specialty. You’ll see their photo, a summary of their résumé, where they practice, information about their medical interests and philosophy, and a list of their personal interests.

Or, you can phone our call center at **1.888.4PACMED**. Our representatives are friendly and eager to help you determine whose practice style meets your requirements. Perhaps you need a doctor who speaks your native language. Or maybe you prefer someone who has been in practice for a long time, or plays sports, or delivers babies. Don’t be afraid to ask questions. That’s what we’re here for.

## Pacific Medical Centers Welcomes Our Newest Health Care Providers

Bringing a broad range of experience and clinical skills, these men and women are committed to giving you the highest level of health care with respect, compassion, and dignity.



Jason Attaman, DO  
Interventional Pain Management  
Psychiatry  
Beacon Hill, First Hill



Diane Bai, MD  
Gastroenterology  
First Hill, Totem Lake



Christopher Bailey, MD  
Psychiatry  
Totem Lake



Shelton Chapman, MD  
Pediatrics  
First Hill, Totem Lake



Tony Cho, MD  
Family Practice  
Totem Lake



Ari Gilmore, MD  
Family Practice with OB  
Beacon Hill



Arthur Huntley, MD  
Dermatology  
First Hill, Renton



Antonia Maritima, LICSW  
Psychotherapy  
Beacon Hill, Renton



Judith Mendenhall, LICSW  
Psychotherapist  
Totem Lake



Erik Ness, MD  
Gastroenterology  
First Hill, Northgate



Andrew Scanga, MD  
Gastroenterology  
First Hill



Nha Ke Ton, DO  
Family Practice  
Lynnwood



Karen Wang, MD  
Internal Medicine  
Beacon Hill



## Watching What Our Patients Eat: The PacMed Dietician

Diabetes and weight management are obvious areas of focus for a dietician, but the role is broader than one might think. Registered Dietician Cristina Lattuga, MS, RD, has many additional areas of expertise, including cardiovascular disease and digestive disorders such as celiac disease and irritable bowel syndrome.

As a support to PacMed physicians in six clinics, Cristina helps oncology patients address unintended weight loss and side effects of treatment like nausea/vomiting, diarrhea, mouth sores, and dehydration. She also works closely with patients who are dealing with multiple issues, such as diabetes or kidney disease accompanied by gout. With infants who are failing to thrive, Cristina works with doctors and parents to help the patient gain weight. She also consults with patients who are preparing for or adjusting after bariatric surgery.

During an initial hour-long visit, Cristina assesses a patient's needs and current habits, often introduces use of a food diary, provides education regarding medical nutrition therapy for specific health issues, devises an action plan, and sets specific goals. At subsequent visits, she works with the patient to evaluate progress, see what has worked and what hasn't, and revise the plan as needed.

"A lot of what I provide is cheerleading and accountability," says Cristina. This accountability—and her warm, nonjudgmental approach—is extremely helpful to patients as they strive to follow through with their doctor's care plans.

*Cristina Lattuga received a masters degree in nutrition from Bastyr University and clinical training at the University of Washington. She has been a dietician for five years, and spent two and a half years in research before joining PacMed.*



## Southwest Style Quinoa Bean Salad

(Serves 12)

From the sparkpeople.com Web site

- 3 cups water
- 2 tsp kosher salt
- 1 cup quinoa, well-rinsed
- 2 19-oz cans (4 3/4 cups) black beans, drained and rinsed
- 2 19-oz cans (4 3/4 cups) diced tomatoes, drained
- 1 large orange bell pepper, chopped
- 1 jalapeño pepper, seeded and chopped
- 1/4 cup fresh lime juice
- 1 tbsp extra virgin olive oil
- 1 tsp grated lime zest
- 3/4 tsp ground cumin
- 3/4 tsp ground coriander
- 1/4 cup cilantro, chopped
- 5 whole scallions, minced

1. Bring water and salt to a rolling boil in a large pot. Add quinoa and reduce heat to a simmer. Cover and cook 15 minutes.
2. Remove from heat and fluff with fork before cooling to room temperature.
3. In a large serving bowl, combine beans, tomatoes, and peppers. Add quinoa and toss mixture together.
4. In a small bowl or pitcher, whisk together oil, lime juice, spices, cilantro, and scallions. Pour dressing over the salad, toss once more, and chill 8–12 hours before serving.

### Nutrition information per serving:

Calories: 224 Total protein: 10 g Total fat: 3 g Carbohydrate: 39 g  
Fiber: 9 g Sodium: 142 mg



## Sign Up Now ...for the Kirkland Triathlon!

**Event Date:** Sunday, September 20, 2009; 7 a.m.

Pacific Medical Centers is the title sponsor of Kirkland's Triathlon at Carillon Point. This race has three distance options, so it is perfect for both novice and veteran triathletes. Due to the late arrival of our summers here in the Pacific Northwest, this mid-September weekend should be perfect for racing and is expected to sell out, so register early!

A Kid's Triathlon will be held the day before, on Saturday, September 19, for racers ages 12 and under.

To enter online or download an entry form, go to [www.racecenter.com/kirklandtri](http://www.racecenter.com/kirklandtri).

## Beat the Back-to-School Rush!

Summer is a great time to take care of your child's required school vaccinations and sports physicals.

If you're not sure when your child is due for shots, ask your doctor. Some immunizations must be given before a child enters kindergarten; several vaccination series require boosters every few years. If your child plays school sports, he or she must have had a complete physical *within the year*.

Everyone gets busy once school starts—even our clinics. Bring in your child this spring or summer, and you can relax when those forms start coming home.

### Free Wellness Kit!

For a complete list of our doctors and a free Wellness Kit filled with lots of healthy information like this immunization schedule, go to [www.pacmed.org](http://www.pacmed.org) and click "Free Wellness Kit" on the home page.

## Health Maintenance for Children

Well-child exams include immunization updates and a variety of health and development screenings. We recommend visits at the following ages:

- 2-3 days after discharge
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2.5 years (This exam is not covered by all insurers.)
- 3 years
- 4 years
- 5 years and every 1-2 years thereafter

### Immunization Schedule

Hepatitis B:	Birth, 1-4 mo, 6-9 mo
Diphtheria/Tetanus/ Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15-18 mo, 4-6 yrs
Haemophilus Influenzae Type B (HIB):	2 mo, 4 mo, 6 mo, 12-15 mo
Polio (IPV):	2 mo, 4 mo, 6-18 mo, 4-6 yrs
Pneumococcal (Pnevnar):	2 mo, 4 mo, 6 mo, 12-15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12-15 mo, 4-6 yrs
Chicken Pox (Varicella):	12-18 mo, 4-6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly
Human Papilloma Virus (HPV, Gardasil), <i>females only</i> :	9-26 yrs, 3-shot series
Meningitis (Menactra):	11-18 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11-12 yrs

Notes: \_\_\_\_\_

## Summer Shades

When you're slathering on the sunscreen this summer, don't forget your eye protection! Even in the Pacific Northwest, we are exposed to the sun's ultraviolet radiation, which can cause cataracts, macular degeneration, and melanoma of the eye. The best way to prevent these diseases is to wear sunglasses that block both UVA and UVB.

If you wear eyeglasses, our First Hill clinic **Optical Shop** offers hundreds of fashionable frames, most of which can be made into sunglasses. Just stop in with a current prescription. It's been a while? No problem. We have an Optometry clinic right on-site, on the third floor. Visit [www.pacmed.org](http://www.pacmed.org) or call 1.888.4PACMED to make an appointment with an optometrist.

# Pacific Medical Centers Specialties & Services

## Behavioral Medicine

- Neuropsychology
- Psychiatry – Adult & Geriatric
- Psychotherapy
  - Individual – Child/Adolescent & Adult
  - Couples Therapy
  - Family Therapy

## Cancer Screening

- Colonoscopy
- Mammography

## Clinical Trials

- Alzheimer's
- Oncology

## Cosmetic Services

- Botox

## Eye Care Services

- Ophthalmology
  - Cataract Surgery
  - Corneal Transplantation Surgery (DSEK / PKP)
  - Glaucoma
  - Oculoplastic Surgery
  - Retinal Surgery
  - Vision Correction Surgery (LASIK / PRK / Vision ICL / Clear Lens Exchange)
- Optometry
  - Contact Lenses
  - Diabetic Examinations
  - Glaucoma
  - Refractions
  - Optical Shop

## Neuromuscular Medicine

- Neurology
- Neuropsychology
- Orthopedics
- Pain Management
- Physical Therapy
- Podiatric Medicine & Surgery
  - Foot & Ankle Surgery
- Rheumatology
- Sports Medicine

## Sleep Medicine

- Apnea
- Insomnia
- Narcolepsy
- Restless Leg Syndrome

## Women's Health

- DXA Bone Scan
- Gynecology
- Mammography

## Medical Specialties

- Cardiology
- Dermatology
- Diabetes & Metabolism, Endocrinology
- Gastroenterology
- Liver Disease
- Oncology & Hematology
  - Chemotherapy & Infusion
- Nephrology
- Psychiatry

## Primary Care

- Family Medicine, Including OB
- Geriatrics
- Gynecology
- Internal Medicine
- Nutrition
- Pediatrics

## Surgical Specialties

- General Surgery
- Gynecology
- Ophthalmology
- Orthopedics
- Otolaryngology – Head & Neck Surgery
  - Chronic Ear Surgery
  - Functional Endoscopic Sinus Surgery
  - Salivary Gland Surgery
  - Sleep Apnea and Snoring Surgery
  - Thyroid Surgery
  - General Otolaryngology
- Podiatric Medicine & Surgery
- Pulmonology
  - Pulmonary Function Laboratory
- Urology

*We are continually expanding our specialty and service offerings. For an updated list of specialties offered, please visit our Web site periodically.*



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Seattle, WA 98144

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## Locations

### Beacon Hill

1200 - 12th Ave S  
Seattle, WA 98144  
206.326.2400

### Diagnostic Center for Sleep Health

1800 Yale Ave 10th Fl  
Seattle, WA 98101  
206.709.8999

### Diagnostic & Wellness Center for Women

805 Madison St #401  
Seattle, WA 98104  
206.568.3800

### Federal Way

33501 First Way S #200  
Federal Way, WA 98003  
253.214.1920  
866.985.6337

### First Hill

1101 Madison St #301  
Seattle, WA 98104  
206.505.1101

### Lynnwood

19401 - 40th Ave W #100  
Lynnwood, WA 98036  
425.744.7153

### Northgate

10416 - 5th Ave NE  
Seattle, WA 98125  
206.517.6700

### Renton

601 S Carr Rd #100  
Renton, WA 98055  
425.227.3700

### Totem Lake

12910 Totem Lake Blvd NE #101  
Kirkland, WA 98034  
425.814.5000

## Opening 2010

### Pacific Medical Centers – Canyon Park

1909 - 214th St SE #300  
Bothell, WA 98021  
425.412.7200

1.888.4PACMED  
www.PacMed.org



## Did you know?

- The National Committee for Quality Assurance has recognized Pacific Medical Centers for the excellent care we provide our patients.
- PacMed is partnered with many of the area's finest hospitals, so should you need to be admitted, your doctor will be there to oversee your care.
- ¡Hablamos español! Many physicians at PacMed are fluent in Spanish. We also have doctors who speak Armenian, Chinese, French, Hindi, and Vietnamese—among other languages.
- Several family medicine doctors at Beacon Hill can deliver babies: Dr. Ari Gilmore, Dr. Ellen Lackermann, Dr. Sara Waterman, and Dr. Ginger Ruddy. And then, they can be your baby's primary care doctor, too!
- One of our clinics is in a luxury hotel. The SpringHill Suites Hotel in downtown Seattle houses our first-class Diagnostic Center for Sleep Health. This quiet, comfortable environment features such amenities as valet parking, use of a pool and spa, and complimentary breakfast.
- Therapeutic massages are available to women at our Diagnostic & Wellness Center for Women, whether or not you have a screening or treatment scheduled.

**We're opening a new primary and specialty care center in Canyon Park!**

Look for the grand opening in early 2010.