

Healthy Today

A newsletter from Pacific Medical Centers.

Spring/
Summer
2010

Canyon Park: Now Open

Canyon Park's Primary Care Providers



Brett Daniel, MD
Family Medicine



Diane LaFreniere, ARNP
Family Medicine



Nha Ke Ton, DO
Family Medicine



Jody Rhoades, MD
Internal Medicine



Anita Elangovan, MD, MPH
Internal Medicine



D. Shelton Chapman, MD
Pediatrics



Connie Wang, MD
Pediatrics

Our newest clinic opened its doors to patients on April 5. Stop by our Canyon Park clinic open house on May 13 (details on back cover) and see all the services we have to offer.

At our beautiful, new, 30,000-square-foot clinic, you'll be welcomed into a patient-centered hub of wellness opportunities. We put in 39 examination rooms so that your doctor can see you right away. On-site, state-of-the-art diagnostic facilities for conducting mammograms, MRIs, CT scans and X-rays. Five cheery physical therapy rooms. A full pharmacy and lab facilities. **The new space incorporates ideas from patients, care providers and staff** to make every contact we have with you go smoother and each visit more comfortable.

But some of the most exciting features are the ones you won't see. The Canyon Park clinic is **teeming with sophisticated, leading-edge technology** that fine-tunes workflows, improves patient safety and boosts patient care.

For instance, the new clinic is using a system that tracks patients, equipment and caregivers while in the clinic. Each patient will receive a clip-on badge that tells receptionists where they are in the clinic, how far along they are in their appointment and how long they've been waiting, helping to ensure that **patients experience shorter wait times**. Not

continued on next page

At our Canyon Park clinic, YOU'LL FIND:

- **A familiar face** — Your primary care doctor will see you for your check-ups and most other visits, and can coordinate the specialty services you need.
- **Care for every inch of you** — A large variety of primary and specialty services located under one roof.
- **We're neighbors** — Conveniently located on the Bothell-Everett Highway (near Red Robin and Fred Meyer).
- **You are covered** — We accept most major insurance plans.
- **Same-day appointments** — From 7 a.m. until 7 p.m., Monday through Thursday, and 7 a.m. until 5 p.m., Friday. Saturday hours from 9 a.m. until 1 p.m.

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FIND WHAT YOU'RE LOOKING FOR

Come see us at our Canyon Park

Grand Opening

See mailing panel for details

Canyon Park, continued from cover

only that, the software also shows whether a room is available, occupied or in need of refreshing. With such efficiency, the clinic will be able to serve 450 patients a day.

Perhaps best of all, the Canyon Park clinic offers more than 20 healthcare specialties under one roof. From cardiology to pediatrics—it's all here. And in most cases, all services can be scheduled for the same day. Extended hours and Saturday appointments make it easy to find a convenient time.

This modern clinic represents our dedication to making healthcare work for you. You'll find the same high-quality, personalized care you expect, but with more options and new conveniences. We're so excited to become part of your community and hope this is the beginning of a lifelong relationship.

On-Site at Canyon Park

Cardiology
Dermatology
Eye Care
Ophthalmology
Optometry
Family Medicine
Gastroenterology
Geriatrics
Gynecology
Hematology/Oncology
Hepatology
Internal Medicine
Neurology
Orthopedics
Otolaryngology –
Head & Neck Surgery
Pediatrics
Physiatry
Podiatric Medicine &
Surgery
Rheumatology
Sports Medicine
Urology

On-Site Care & Services

Bone Density Scanning (DXA)
Diabetic Education
Diagnostic Imaging
Echocardiography
Laboratory
Mammography
Physical Therapy
Interpreter Services Available

Additional Conveniences

In-House Pharmacy
On-Site Parking
Acceptance of Most Major
Insurance Plans



Pacific Medical Centers Achieves NCQA Medical Home Status

Pacific Medical Centers is one of only two healthcare providers in Washington State to have received Patient Centered Medical Home™ (PCMH) recognition from the National Committee for Quality Assurance (NCQA). The Patient Centered Medical Home is a safe and non-threatening environment where patients can be comfortable with, and involved in, their own care. It fosters partnerships between physicians and their patients, and, if appropriate, a patient's caregiver, so that efforts are coordinated and providers are sensitive to patients' needs.

"Our physicians are working together to provide a true 'medical home' experience by engaging with our patients," says Harvey Smith, CEO of PacMed. "We take the time to listen and respond to their concerns, design the most appropriate course of treatment, provide timely answers and check in regularly with patients."

Throughout PacMed, robust systems are in place to ensure we maintain personalized and consistent communication with all our patients. Coordinated care and follow-up can be especially beneficial to those suffering from or at risk for chronic diseases such as diabetes, heart disease, asthma and cancer.

For example, our Diabetes Case Management Program is designed to help diabetic patients stay on track with their treatment. Through this program, patients are matched with a nurse, who helps develop a personalized plan based on individual goals—such as starting a daily exercise program or consistently checking blood sugar levels—and checks in regularly to see how the patient is doing and offer support. Another example of this type of personalized, coordinated care is PacMed's Asthma Screening Program. Scheduled check-ins and important reminders with asthma patients help control the symptoms and reduce the number of flare-ups.

We are proud to say that every one of our primary care medical practitioners received the PCMH recognition.

"Here, patients are at the very center of their care, which helps maintain peace of mind and build greater trust with their doctors."

— Harvey Smith, CEO
Pacific Medical Centers



CT Scans: Ensuring Safe Use



We literally went through the roof to install the new X-ray, CT and MRI imaging equipment in our new Canyon Park clinic.

If you watch medical dramas on TV, it might seem that every patient with an illness or injury gets a CT scan. CT scans—short for computed tomography, a combination of computer and X-ray technology—are, in fact, widely used and considered necessary for a variety of medical situations, such as detecting cancer or diagnosing stroke and pulmonary clots. Despite their obvious medical value, however, CT scans expose patients to radiation at doses considerably greater than conventional X-rays (which serve a different purpose); therefore, in each patient's case, any concerns about doing a scan should be carefully weighed against the benefits.

At Pacific Medical Centers, we are committed to your health and take great care not to over-utilize radiation. Before determining that a CT scan is necessary, your physician will review your clinical notes and X-ray history to determine whether the imaging test is appropriate for diagnosis. Should a CT scan be advised, your doctor will refer you to a PacMed radiologist and consult with him or her to ensure that you get the appropriate test to further your diagnosis and treatment.

CT scans are performed on-site at our accredited Beacon Hill and Canyon Park radiology facilities, where you can be confident that you will receive appropriate imaging from knowledgeable staff. All of our radiologists and imaging technologists are trained and accredited by the American College of Radiology (ACR). You can find out more about what it means to be an ACR-accredited site and the difference it makes to you as a patient at www.acr.org/MainMenuCategories/PatientInfo/WhatIsACRAccreditation.aspx.

CT scans are an important medical tool that can provide valuable—even life-saving—diagnostic information. If you have questions about whether a CT scan is necessary for you or a family member, please ask your provider or contact our radiology department directly. Another useful resource for answers about the risks, benefits and techniques used in diagnostic imaging is the Web site www.radiologyinfo.org.



Crustless Salmon Quiche

(Serves 8)

A healthy take on the classic ham and cheese quiche, this version saves you 344 calories, 23 grams of fat, 11 grams of saturated fat and 200 grams of sodium compared to the commercial version.

Ingredients:

2 teaspoons olive oil
½ cup red onion, sliced thinly
1 large tomato, enough to cover the bottom of the pie plate, sliced in ¼-inch slices
Cooking spray
1 cup lox-style* smoked salmon, sliced into thin strips
1 ¼ cups 1% low-fat milk
1 cup shredded reduced-fat cheddar cheese
¼ teaspoon freshly ground white pepper
½ teaspoon dried dill or 1 tablespoon fresh dill, chopped
4 large egg whites or ½ cup egg substitute, lightly beaten
2 large eggs, lightly beaten

Directions:

1. Preheat oven to 350°.
2. Spray a 9-inch pie plate with cooking spray. Layer the tomatoes in the bottom of the pan.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and sauté 1 ½ minutes. Layer onion over the tomatoes.
4. Sprinkle ¼ cup of the cheese over the tomatoes and onion.
5. Combine salmon and remaining ingredients (including the rest of the cheese) in a large bowl. Pour milk mixture over tomato and onion mixture.
6. Bake at 350° for 40 minutes or until top is golden and a knife inserted in center comes out clean; let stand 5 minutes. Serve with toast.

Nutritional information per serving (1 serving = 1/8 of the quiche)

Calories: 135.6	Fat: 5.9 grams	Saturated fat: 2.1 grams
Carbohydrate: 5.8 grams	Fiber: 7 grams	
Protein: 14.2 grams	Sodium: 578 mg*	

This food is also a good source of Vitamins A, B12 and D; calcium, folate, riboflavin and selenium.

* To cut sodium in half, use plain baked salmon instead of smoked salmon.

PacMed dietitian Cristina Lattuga provided this healthy summer recipe. Enjoy!



Healthy on the Outside:

Dr. Bergstrom Brings Cosmetic Dermatology to PacMed

Ballard native Dr. Kendra Bergstrom, one of our newest providers, spent the past nine years in New York City where she worked in a private dermatology practice on Park Avenue that serves an elite clientele. Through that experience, Dr. Bergstrom not only treated general skin conditions, but also became expert in the latest cosmetic dermatology techniques. Now she is enthusiastic about using what she learned to help her patients at PacMed look and feel their best.

Cosmetic dermatology addresses a wide range of common concerns and can help patients avoid or postpone plastic surgery. It can be used to remove benign growths and diminish scars; to slow signs of aging by filling wrinkles and under-eye circles; or to shrink broken capillaries and varicose veins (a process known as sclerotherapy). These are simple outpatient procedures done without general anesthesia, and they are virtually painless. In fact, most people drive themselves home, and many go back to work the same day. Some treatments, such as Botox injections, are repeatable and have longer-lasting results with consistent use.

Dr. Bergstrom explains that choosing a formally trained dermatologist to perform cosmetic skin treatments ensures the best outcome because a dedicated medical professional understands the options and can help prevent complications. “Every person is different, and a treatment plan should be personalized to meet an individual’s needs,” says Dr. Bergstrom. “I offer a gentle, individualized and natural approach to all of my patients’ skin concerns.”

Dr. Kendra Bergstrom is a board-certified dermatologist for Pacific Medical Centers. She received her medical degree from Stanford University and completed training at Mount Sinai Hospital and New York University. Dr. Bergstrom practices at PacMed’s First Hill and Canyon Park locations.



Save Your Skin: Get Checkups, Avoid

Skin cancer is common, becoming even more so year after year. The good news is that, if caught early, it can be caught early. Fortunately, the skin is a very visible area, so you can check yourself monthly after they shower, get anything new or changing checked out.

There are several risk factors for skin cancer and for melanoma (the most serious type). If you have any of the following in your history, you are at an increased risk:

- History of sunburn, particularly if you’ve lived in sunny or high-altitude areas
- Multiple moles or irregular moles
- Fair skin, particularly with blond or red hair, light-colored eyes, and freckles
- Melanoma in a first-degree relative (sibling, parent, child)
- History of melanoma in the past
- Weakened immune system

Clearly, sun exposure is the easiest risk factor to change. So what can you do to protect your skin?

- Avoid sun between 11 a.m. and 3 p.m. Ultraviolet (UV) light is strongest during these hours.
- Wear sunscreen year-round. Damage can come from cumulative exposure, even on cloudy days.
- Wear protective clothing. New textiles can have an SPF of up to 50.
- Avoid tanning beds. These emit only UVA, which penetrates deeper into the skin than UVB.
- Be aware of sun-sensitizing medications. Certain antibiotics, antifungals, and diuretics can make skin sensitive to sunlight.
- Check your skin regularly. Schedule an annual skin check if you have any of the risk factors listed above.

Looking back on years spent in the sun, it’s easy to wonder if starting to use sunscreen is too late. Fortunately, a study of high-risk patients in Germany shows that skin cancer rates were significantly lower in those who used sunscreen. These patients were given free bottles of SPF 50 sunscreen. After two years, people using sunscreen 5–6 times weekly had a 40% reduction in basal cell carcinomas, and no patients in the study were diagnosed with melanoma.

Information provided by Dr. Kendra Bergstrom.

OF YOUR SKIN



About SPFs

Sun protection is an essential part of outdoor safety. Used correctly, sun block or a sunscreen with an SPF (sun protection factor) of 15 or higher not only helps prevent sunburns—a leading cause of malignant skin cancers—but also protects the skin from invisible UVA rays, which can depress the body’s immune system. The American Academy of Dermatology recommends sun protection for everyone, regardless of race, ethnicity or skin type.

Higher SPFs provide more effective protection, but not longer protection—you still need to reapply the product at least once every 1 ½ hours. Also keep in mind that, generally, products labeled “tanning” don’t offer effective defense—self-tanners and bronzers are cosmetic, not protective.

Sun Exposure

the best approach is prevention, but if that’s not possible and accessible body system. People should check themselves, and consider an annual visit to a dermatologist.

(the most serious kind) in particular. If you have one of

altitude climates

and freckles

are the best ways to avoid strong sun exposure?

strongest at that time of day.

small doses as well as one sunny day.

50. And don’t forget sunglasses.

reapply into skin to cause precancerous changes.

anti-inflammatories and acne medications like Accutane

are over 40 or have risk factors for melanoma.

Starting with sun protection today would make a difference.

The risk in cancer development decreases after only two years

of daily sunscreen use on the face, neck, hands and arms.

There is a decreased risk of both squamous cell carcinomas and

basal cell carcinoma with melanoma.

Skin Cancer Signs

Washington ranks first in the nation for women and fifth for men in malignant melanoma, the deadliest form of skin cancer. Watch for any of these warning signs, which may appear as new lesions or as changes to existing moles:

- A: Asymmetrical shape**
- B: Borders are irregular**
- C: Colors are uneven – often black, brown, gray or pink**
- D: Diameter is bigger than a pencil eraser**
- E: Evolving or changing appearance and/or texture**



Patient Loses Insurance, Gets Caring Treatment and Financial Support from PacMed

Shortly after Tiresa Savini was diagnosed at Pacific Medical Centers in September 2008 with an aggressive form of stomach cancer, her husband was laid off from his job. The family's medical insurance provided through her husband's work ended when Tiresa missed a COBRA payment. The missed payment disqualified the family from COBRA.

With a large family to support and already worried about household expenses, Tiresa stopped treatment. Obtaining insurance through her own employer looked impossible, because the cancer would be considered a preexisting condition. "It was scary not knowing what would happen next," says Tiresa, who also goes by Terry.

When Terry missed appointments and failed to pick up medications, PacMed oncologist Sharmila Ahmed, MD, became very concerned. "Dr. Ahmed called me at work and home," says Terry. "She kept trying to drive home the point that I had made so much progress, that I needed to come in and that she would see what kind of help she could find."

Dr. Ahmed alerted PacMed social worker Margaret Metzgar, who also contacted Terry. "Dr. Ahmed kept repeating, 'She has to be on her medications,'" recalls Margaret. Finally, Margaret convinced Terry to come in and hoped that the PacMed Bridge Program would help.

Terry qualified for PacMed's Bridge Program, which was created in June 2009, in the midst of the economic downturn,



Dr. Sharmila Ahmed and patient Tiresa Savini, who drives 30 miles every week for treatment. "These are the people I trust," Tiresa says. "They reached out to me and made me feel secure in the fact that there was life-saving assistance. The Bridge Program and the team at PacMed helped save my life."

to help patients who previously had health insurance but lost coverage due to a change in their employment status. The program allowed Terry to continue with treatment, see her doctors and have those costs covered. "I'm so thankful that the Bridge Program is there for people like me, who are dealing with a life-and-death diagnosis," says Terry.

Terry had been away from treatment for three months, however, and the cancer had returned in full force. Now she needed not just one drug but several. Funds made available to each Bridge Program patient are limited, and in some cases, like Terry's, expensive drugs or procedures can wipe out the funds with one treatment. "The advantage of the program was that we could get Terry in to see her care team. Once we could determine what she needed, we could expand past the Bridge Program," says Margaret, who, with Dr. Ahmed, applied to the drug companies and other resources for additional funding. "The program gave just enough time and space to make something work out."

Confused About Mammography?

A note from Dr. Thomas Yetman, MD, MMM, FACOG | Chief Medical Officer

What do you do when recommendations conflict? After 20 years of mammography recommendations, the U.S. Preventive Services Task Force (USPSTF) released new recommendations that are profoundly different from the previous ones. Since then, you have likely seen a great deal of argument and disagreement in the media; so, what do you do? In short, talk to your doctor. The recommendations, both old and new, are grounded in science and based on analysis of large populations of women. An individual's situation will always be different than that of the general population.

Only a frank, open discussion with your primary care doctor about your family history and how you feel about screening can lead you to a decision that's right for you. Whether you get a regular screening after age 40 or start screening at some later age, the right answer will be discovered only through a thorough conversation with your primary care doctor. At PacMed, we believe this is the best path to decision making for your best life. Talk to your doctor, share your thoughts, learn what you can about the recommendations and make a plan together on how you will screen for breast disease.

Our Diagnostic & Wellness Center for Women offers state-of-the-art breast screening technology and expert care in a tranquil, spa-like setting.



Pacific Medical Centers Welcomes Our Newest Healthcare Providers

These men and women bring a broad range of clinical skills and personal experience to their practice. To learn more about our providers' medical interests, background and treatment philosophy, please visit the Who We Are section of our Web site (www.PacMed.org). Or schedule an appointment today.

“ I strive to partner with my patients and their families to provide personalized, high-quality care. I emphasize healthy lifestyles and disease prevention to keep children healthy from birth to adolescence.”

—Connie Wang, MD, Pediatrics



Kendra Bergstrom, MD, FAAD, Dermatology

Canyon Park, First Hill
A Ballard native, Dr. Bergstrom's activities of choice are rowing, running with her dog and bicycling. She knows medical Spanish.



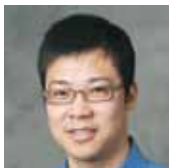
Sacharitha Bowers, MD, Dermatology

Canyon Park, First Hill
Dr. Bowers describes herself as adventurous. New to the Pacific Northwest, she can't wait to try her hand at boating, skiing and all the other outdoor activities the area has to offer.



Matthew Bressie, MD, Family Medicine

Northgate
A person of many talents, Dr. Bressie enjoys hiking, singing, scuba diving and gourmet cooking.



Nha Ke Ton, DO, Family Medicine

Canyon Park
Dr. Ton practices martial arts and loves snowboarding.



Julia Becke, MD, Internal Medicine

First Hill
Cooking, swimming and spending time with her family are Dr. Becke's favorite pastimes.



Anita Elangovan, MD, MPH, Internal Medicine

Canyon Park
Dr. Elangovan, who enjoys sewing and spending time with her family, has a master's degree in public health.



Carolyn Folgedalen, PTA, Physical Therapy

Canyon Park
Carolyn keeps both her mind and body in shape with hiking, fly fishing, skiing, Pilates, traveling and Sudoku.



Dana Fong, MD, PhD, Internal Medicine

Lynnwood
Dr. Fong has a personal interest in dance, books, music and travel.



Lisa Dote, OD, FAO, Optometry

Canyon Park, First Hill
Dr. Dote's many hobbies include scrapbooking, jewelry making, traveling, hiking, mushroom hunting, rooting for the Angels baseball team and playing basketball and golf. She also works with Volunteer Optometric Services to Humanity (VOSH).



Gladys Romasanta, ARNP, Pain Management

Beacon Hill
In her free time, Gladys likes to read, hike and do Pilates.



Connie Wang, MD, Pediatrics

Canyon Park
Spending time with her family, traveling and rock-climbing are Dr. Wang's favorite recreational activities.



Manjinder Brar, MD, Psychiatry

Renton
Dr. Brar appreciates the arts, painting, theater and spending time with family and friends.



Holly Williams, LICSW, Psychotherapy

Beacon Hill
Holly's passions are travel, literature, history, spending time with family and friends and doing outdoor activities.



Daniel Nadig, MD, General Surgery

First Hill, Northgate
Dr. Nadig's passions include hiking, scuba diving and traveling—especially when he can serve on medical missions or volunteer.



Nicole Dwyer, Certified Physician's Assistant (PA-C), Surgical Assistant

Beacon Hill, Canyon Park, Renton
An outdoor enthusiast, Nicole is interested in sports medicine.



Michael Han, MD, Urology

Canyon Park, First Hill
Dr. Han's favorite leisure activities are playing tennis, skiing and learning about wine. He also speaks Korean.

“ My goals are to help patients gain insight, explore treatment options and ultimately start healing and living life in a way they find most fulfilling.”

—Manjinder Brar, MD, Psychiatry

Pacific Medical Centers Specialties & Services

Primary Care

Family Medicine
Family Medicine Including
Obstetrics
Geriatrics
Gynecology
Internal Medicine
Nutrition
Pediatrics

Medical Specialties

Allergy
Cardiology
Dermatology
Diabetes & Metabolism,
Endocrinology
Gastroenterology
Liver Disease
Nephrology
Neurology
Oncology & Hematology
Physiatry
Pulmonology
Rheumatology
Sleep Medicine
Sports Medicine
Women's Health

Surgical Specialties

General Surgery
Gynecology
Ophthalmology

Orthopedics
Otolaryngology
- Head & Neck Surgery
Podiatric Medicine
- Foot & Ankle Surgery
Urology

Other Services

Audiology
- Hearing Aids
Behavioral Medicine
- Neuropsychology
- Psychiatry — Adult & Geriatric
- Psychotherapy
- Individual — Child/Adolescent
& Adult
- Couples Therapy
- Family Therapy
Cancer Screening
- Colonoscopy
- Mammography
Clinical Trials
Cosmetic Services
- Botox
DXA (Bone Density Screening)
Optical Shop
Optometry
Physical Therapy



1200 - 12th Ave S
Seattle, WA 98144

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Locations

Beacon Hill

1200 - 12th Ave S
Seattle, WA 98144
206.326.2400

Canyon Park

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

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

Go Green

Visit www.pacmed.org/gogreen and sign up to receive this newsletter online in place of mail delivery.

You Are Cordially Invited to Our Canyon Park Clinic

Open House!



Thursday, May 13, 2010, from 5:30 to 7:30 p.m.

Come see our brand-new PacMed clinic in the Woodlands Technology Campus. Meet our physicians, take a tour and see how we've put our full range of medical services in one convenient location with you in mind!

1909 - 214th Street SE, Suite 300

Bothell, WA 98021

425.412.7200

Driving directions can be found at www.PacMed.org.

1.888.4PACMED
www.PacMed.org