

# Healthy Today

Winter  
2008

A newsletter from Pacific Medical Centers.



## Enjoy winter sports – safely

*Winter sports – even less strenuous activities like tubing and sledding – pose a greater risk of injury because of the effects of cold weather, which can contribute to stiff muscles, fatigue and dehydration. Stay safe and avoid injuries by following this advice from the American Academy of Orthopaedic Surgeons:*

1. Take time to stretch and warm up. Cold weather can increase the chance of a sprain, strain or tendon injury.
2. Don't use equipment that's broken or doesn't fit. If you're a runner, check shoes more often because winter conditions can wear out soles faster.
3. Know how to get medical help if someone in your group is hurt.
4. Dress in layers; use warm clothing that blocks wind and absorbs moisture. Wear reflective items that can be seen by others.
5. Make sure you can see – wear polarized sunglasses or goggles in daylight and use a head lamp if you're out after dark.
6. Drink plenty of water before, during and after outdoor activities.
7. Follow posted rules; don't trespass on unauthorized or unsafe terrain.
8. Take lessons if you don't know how to do something. Don't exceed your abilities or stamina; stop if you are cold or tired.
9. Know what time the sun goes down.
10. Don't drink alcoholic beverages until after you've finished for the day.

## If you experience a minor injury

Stop for a minute and wait until the pain subsides. If it doesn't stop hurting, or if the injured area is swollen or bruised, you need to discontinue what you're doing. Once you're sure you don't need immediate medical care, treat the area yourself with RICE (rest, ice, compression and elevation). If the pain doesn't improve within 48 hours, make an appointment for an orthopedic exam. An orthopedist can assess your injury, determine the best treatment and help you prevent further damage.

*To make an appointment with one of Pacific Medical Centers' orthopedic specialists, call 1.888.4PACMED or use the online appointment service at: <https://secure.pacificmedicalcenters.org/schedule/>*



## Meet our orthopedic specialists



**Jonathan Kurland, MD**



**Claudia Kalotay, PA-C**



**Rob Lipscomb, MD**

*Orthopedics is the medical specialty devoted to the body's musculoskeletal system – bones, joints, ligaments, tendons, muscles and nerves. Orthopedists diagnose and treat fractures, dislocations, torn ligaments and sprains, tendon problems and ruptured discs. Treatment may include medication, splints, casts, physical therapy or surgery.*

## In This Issue

### Safe Winter Sports

*Meet Our Orthopedic Specialists*

### Remodeled Infusion Center

*Meet Our Hematologists & Oncologists*

### Relax Your Mind & Body

### Hereditary Breast Cancer Risks

### Infant Infections & Asthma

### Acetaminophen & Caffeine

### Your Healthy Community

*A Calendar of Events You Won't Want to Miss*

### Federal Way Clinic Opens

# Remodeled Infusion Center offers more comforts, more privacy

Pacific Medical Centers Infusion Center reopens

*When someone you know is diagnosed with a blood disease or cancer, the only thing that matters is getting the best care.*

**Pacific Medical Centers recently remodeled our Infusion Center**, the treatment suite for patients of the Hematology and Oncology Department located on the third floor at the First Hill clinic. The updated facility has been enlarged to include 12 therapy stations designed for comfort and privacy. Each one offers individual DVD players and ample room for guests that might accompany patients.

The Infusion Center is staffed by registered nurses certified in chemotherapy administration by the Oncology Nursing Society. In addition to assisting patients that receive intravenous therapy, our nurses provide closely supervised follow-up care and coordinate many aspects of treatment.

All medications that are administered during infusion therapy are prepared at the Pacific Medical Centers on-site pharmacy. Our compounding pharmacist is available to answer questions and counsel patients about the effects of their drugs.

*The Hematology and Oncology Department at Pacific Medical Centers encompasses a comprehensive network of specialists who work together to ensure that every patient has access to the best medical staff, diagnostic tools, support services and treatment facilities. If you or someone you know has been referred here, you can feel confident that our department will provide the highest standard of care.*



## Hematology and Oncology

*PMC Hematology and Oncology Department physicians are board certified in oncology as well as internal medicine. They see patients at the First Hill clinic on Madison Street as well as at Renton, Northgate, Totem Lake and Lynnwood:*

**Sharmila Ahmed, MD**, completed her internal medicine residency at Beth Israel Deaconess Medical Center, Harvard Medical School in Boston, and her hematology and oncology fellowship at the University of Pittsburgh Medical Center. Her research focuses on breast and prostate cancers.

**Vik Dabhi, MD, PhD**, earned an MD and PhD in immunology at University of Texas Southwestern Medical Center. After a residency in internal medicine at Emory University, he completed a fellowship in hematology and oncology at the Fred Hutchinson Cancer Research Center at the University of Washington. Dr. Dabhi specializes in gastrointestinal, hematologic and breast cancers.

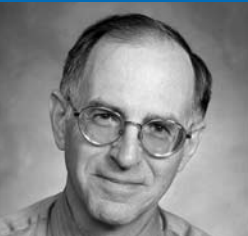
**Joseph Weresch, MD**, brings 22 years of hematology and oncology expertise. He completed his residency at the Southern Illinois University Affiliated Hospitals and his fellowship at the University of Iowa. His focus includes geriatric oncology, lung cancer and palliative care.



Sharmila Ahmed, MD



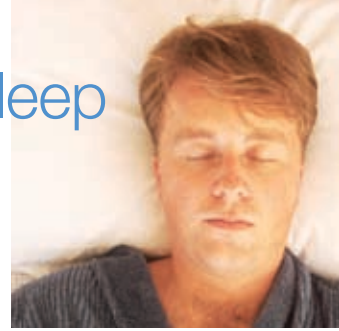
Vik Dabhi, MD, PhD



Joseph Weresch, MD

# Relax your mind – relax your body ... and sleep

*Begin by lying on your back with your eyes closed.*



## Deep breathing

- Inhale s-l-o-w-l-y through your nose, filling your lower abdomen, then your stomach area, and then your chest.
- Hold for a second or two, and then relax and gently let the air out. Try to make your exhale take twice as long as your inhale.
- Imagine the tension leaving your body with every exhale. If you feel yourself getting dizzy, slow down.

## Progressive relaxation (combine with deep breathing)

- Feel your feet. Sense their weight. Consciously relax them and feel them sink into the bed. Slowly repeat in your mind: "I feel the weight of my feet. I'm relaxing my feet."
- Continue to move your awareness up your body, progressing to your ankles, knees, upper legs, etc.
- Include the muscles on your face. Relax your jaw, cheeks and eyelids; feel the tension slide off into the bed.
- Mentally return to any area that feels tense and repeat the process for that muscle or limb.

## Visualization

- Quiet places. Picture a peaceful place (a beach, a hammock in the woods, a cozy sleeping bag in a warm tent, a childhood bedroom, etc.). Use all your senses to imagine you can hear, smell, see and feel your quiet place as you breathe slowly and deeply.
- Gently sinking. Imagine you're lying on an air mattress that is slowly leaking. Feel your limbs grow heavier as you gently sink into the ground.
- Sleepy memory. Remember a time when you had difficulty staying awake – imagine you're on a train or a bus (or at a boring meeting) – and let yourself drift off.

Return to these mental images anytime you need to.

## Stopping stressful thoughts

When an anxious thought enters your mind, consciously say "stop," and refocus your thoughts on your breathing, progressive relaxation, imagery or music.

*If you continue to have trouble falling or staying asleep, you may have a disorder that requires a more complex evaluation. The board certified sleep specialists at the Pacific Medical Centers Diagnostic Center for Sleep Health can diagnose and treat more than 80 sleep disorders. For more information, go to [www.PacificMedicalCenters.org/sleepcenter/](http://www.PacificMedicalCenters.org/sleepcenter/) or call 206.709.UZZZ (8999).*



# PMC Winter

The health information you need as the season changes.



## Acetaminophen and caffeine combo can be toxic

### Combining caffeine

with the pain reliever acetaminophen may lead to liver damage in some people. Researchers found that caffeine triples the amount of N-acetyl-p-benzoquinone imine (NAPQI), a toxic byproduct produced in the liver when it breaks down acetaminophen.

### Most people don't

consume enough of either substance to cause concern. However, some individuals may be at risk if they take high therapeutic doses of acetaminophen and drink lots of caffeinated beverages, or if they regularly use pain-relief remedies that combine acetaminophen and caffeine (often used for migraines, arthritis and menstrual disorders). Certain anti-epileptic medications and the herbal supplement St. John's wort also have been shown to increase levels of the enzyme that produces NAPQI.

### Researchers say

combining the pain reliever with both caffeine and alcohol may pose an even higher risk of liver damage, and they warn heavy drinkers against using acetaminophen and caffeine to treat hangovers.

## Breast cancer update: Hereditary risks

*About 12 years ago, scientists identified mutations in two genes – BRCA1 and BRCA2 – that greatly increase a woman's risk of developing breast and ovarian cancer. Although these genetic mutations are rare, women who inherit them have an 80 percent lifetime chance of developing breast cancer. Researchers also discovered that women of Ashkenazi Jewish heritage are 10 times more likely to have those mutations than the general population. A genetic screening called the BRCA gene test can determine if an individual's DNA carries the mutations.*



More women with multiple hereditary risk factors are considering genetic testing to confirm their breast cancer risk and help them make important health decisions. But positive results often cause unnecessary anxiety – and negative results can provide a false sense of security.

It's important to remember that genetic tests do not detect breast cancer. The best way for all women – especially those in high risk groups – to address their breast cancer risk is to follow the recommended timetables for regular mammograms. American Cancer Society guidelines advise that women in very high risk groups receive annual magnetic resonance imaging (MRI) along with their annual mammography.

*Detecting breast cancer early is critical to successful treatment. The new PMC Diagnostic & Wellness Center for Women offers advanced diagnostic imaging services, including digital mammography, breast MRI and digital ultrasound. Contact us at 206.568.3800 if you're due for a screening or for more information about breast health.*



*Asthma can be life-threatening unless it is properly managed.*

## Infant infections and asthma

Medical experts aren't sure what causes people to develop asthma, but a recent study found that infants who contracted certain bacterial infections (*Streptococcus pneumoniae*, *Haemophilus influenzae* and *Moraxella catarrhalis*) during their first month of life were more than twice as likely to have asthma by the time they were five years old than babies who weren't exposed to the infections.

It isn't clear whether the infections caused the asthma, or if the infections occurred because the babies already had an immune defect that caused them to develop asthma. However, bacterial infections are known to trigger asthma symptoms in people who already have the disease. Doctors who studied the research believe that a bacterial infection in the first weeks of life may indicate a higher-than-normal risk of developing asthma.

*Be sure to follow all recommended well-baby check-ups. Contact your pediatrician immediately if your child begins to show any asthma symptoms, such as wheezing or shortness of breath.*

# Your Healthy Community

## CALENDAR

Local health-related activities, lectures and informational events.

### HEALTH FAIRS

#### **Bainbridge Chamber Healthy Living Expo**

Saturday, Feb 2  
10 am – 4 pm  
Woodward Middle School, 9125 NE Sportsman Club Rd, Bainbridge Island

Learn how to keep those New Year's resolutions and maintain health and fitness.

#### **Northwest Women's Show**

Friday – Sunday, Mar 28 – 30  
10 am – 6 pm  
Qwest Field Event Center, Seattle

Features seminars on health, wellness and finance; fashion shows; cooking exhibits, food demonstrations and celebrity appearances. Other exhibits include do-it-yourself home repair demonstrations with tools designed just for women and more than 60 food exhibits. Tickets: \$14. [www.nwwomenshow.com](http://www.nwwomenshow.com)

#### **KING 5 Healthy Living Expo**

Saturday & Sunday, April 19 & 20  
10 am – 5 pm  
Qwest Field Event Center, Seattle

Fun family activities combined with important health tests and screenings; dancing, cooking demonstrations, scuba tank, climbing wall, wellness pavilion, healthy homes exhibit and more. [www.king5.com/expo](http://www.king5.com/expo)

### CLASSES AND WORKSHOPS

#### **Sibshops – Workshops for siblings of children with special needs**

This award-winning national program celebrates the many contributions made by brothers and sisters of kids with special needs. Sessions feature discussion activities and introduces new games designed to be unique, offbeat and appealing to a wide range of abilities.

Children's Hospital Sound Café  
4800 Sand Point Way NE, Seattle  
Class and registration information: 206-987-3285

#### **Buse Diabetes Education Program Group Class**

Benaroya Diabetes Center at Virginia Mason  
Seattle Main Clinic  
1201 Terry Ave, Seattle

Nationally recognized two-day classes cover every aspect of diabetes care: nutrition, exercise, medications, as well as ways to support healthy lifestyle habits and avoid long-term complications. Appropriate for people using a variety of diabetes management tools – including those using insulin, taking oral medications, or managing blood glucose with diet and exercise. Classes are covered by Medicare and most other health plans. Follow-up reports are sent to participants' physicians. For more information, call the Diabetes Center at 206-583-6455. Scholarships are available.

#### **Stroke Support Group**

2nd Thursday of the month  
12 – 1 pm  
Virginia Mason Seattle Campus  
Hospital, Level 4  
925 Seneca St, Seattle  
PT Gym (across from Gift Shop)

A relaxed environment to share experiences and learn about the effects of stroke, tools for coping and the medical and social resources available; stroke survivors, their families and caregivers are welcome. For information, call 206-341-0561. Free.

### CONTINUING EDUCATION CLASSES AT LOCAL COMMUNITY COLLEGES

#### **Cardio Salsa**

Thursdays, Jan 24 – Mar 13  
7:30 – 8:30 pm  
Seattle Central Community College  
Student Activity Center, 1701 Broadway, Seattle

A good physical workout using Latin rhythm and movement. Learn combinations and patterns to strengthen your heart and enhance your cardiovascular endurance. Appropriate for all fitness levels; salsa experience not required. Register online or by calling 206-587-5448.

#### **Rise and Shine Yoga**

Tuesdays & Thursdays, Feb 5 - 28  
6:30 – 7:30 am  
8 Limbs Yoga  
(for South Seattle Community College)  
4646-1/2 California Ave SW, West Seattle

Flow yoga class invigorates the body and stimulates the mind. For more information and to register, call 206-764-5339.

#### **A Taste of Meditation: The Way to Peace of Mind**

Saturday, Jan 26  
11 am – 5 pm  
World of Meditation Center  
9709 – 46th Ave NE, Seattle

Demonstrates easy and relaxing meditations for calming the mind and body, and soothing the soul. Wear comfortable clothing and bring a bag lunch.

#### **Yoga Workshop for Shoulders**

Saturday, Feb 23  
1 – 3 pm  
Sand Point Education Center  
6208 – 60th Ave NE, Seattle

Learn exercises to relax shoulder joints during this one-time workshop.

#### **The Hip Workout**

Saturday, Mar 1  
10 am – 12 pm  
Sand Point Education Center  
6208 – 60th Ave NE, Seattle

Learn exercises that use a combination of yoga and Tai Chi to stretch hips, back and groin area.

1.888.4PACMED  
[www.PacificMedicalCenters.org](http://www.PacificMedicalCenters.org)



# Pacific Medical Centers Specialties

- Audiology
  - Hearing Aids
- Behavioral Health
- Bone Density Scanning
- Cardiology
- Cosmetic Procedures
- Dermatology
- Ear, Nose, Throat
- Endocrinology
- Eye Care
  - Ophthalmology
  - Optometry
- Family Medicine
- Gastroenterology
- General Surgery
- Geriatrics
- Gynecology
- Hematology
- Hepatology
- Internal Medicine
- Nephrology
- Neurology
- Oncology
- Orthopedic Surgery
- Pediatrics
- Physical Therapy
- Podiatry
- Pulmonology
- Rheumatology
- Sports Medicine
- Urology
- Women's Health

# Pacific Medical Centers Locations

## Beacon Hill

1200 - 12th Ave S  
Seattle, WA 98144  
206.326.2400

## Renton

601 S Carr Rd #100  
Renton, WA 98055  
425.227.3700

## Diagnostic Center for Sleep Health

1800 Yale Ave 10th Fl  
Seattle, WA 98101  
206.709.8999

## Totem Lake

12910 Totem Lake Blvd NE  
#100  
Kirkland, WA 98034  
425.814.5000

## 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

## 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

1.888.4PACMED

[www.PacificMedicalCenters.org](http://www.PacificMedicalCenters.org)



# Federal Way clinic opens

Pacific Medical Centers celebrated the opening of our newest clinic on Saturday, October 20, 2007. Located in the Virginia Mason building at 33501 First Way S. in Federal Way, the clinic offers primary care and referrals for a broad range of on-site specialties:

- Bone Density Scanning (DEXA)
- Cardiology
- CT Scans
- Dermatology
- Gastroenterology (GI)
- General and Plastic Surgery
- Laboratory
- Mammography
- MRI
- OB/GYN
- Ophthalmology
- Optical Shop
- Optometry
- Orthopedics
- Otolaryngology
- Pharmacy
- Physical Therapy
- Podiatry
- Ultrasound
- Urology
- X-ray

The Federal Way clinic participates in most major health plans, including Regence Blue Shield, Premera Blue Cross, PacificCare of Washington (including Secure Horizons), First Choice Health Plan, First Choice Health Network, Aetna and the US Family Health Plan for military personnel and their families.

Hours are Monday through Friday, 8 am – 5 pm.  
For more information or a same-day appointment,  
call the clinic at 253.214.1920 or 1.866.985.6637.



1200 - 12th Ave S  
Seattle, WA 98144

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