

Healthy Today

A newsletter from Pacific Medical Centers.

Summer
2011

Diabetes Screenings at Work

PacMed is pleased to be partnering with Premera Blue Cross and the American Diabetes Association to raise diabetes awareness and promote prevention. Free on-site screenings and education are a part of this program.



Through the Living Well Alliance, PacMed educators can conduct confidential diabetes screenings at your place of work.

The number of people in King County with diabetes has doubled in the past decade. Such a rapid increase in the occurrence of a chronic illness is very rare. Diabetes now affects more than 6% of the adult population. And many more people have diabetes and don't know it. Untreated diabetes might cause a person to frequently miss work or need to go home early.

The early symptoms of this disease—if any appear at all—can be easily overlooked. For instance, having a high blood sugar level can make a person's immune system more susceptible to colds or flu. Some people have problems with frequent urination, or notice changes with their eyesight, mood or energy level. And, as the disease progresses, their health problems may significantly worsen.

For employers, a work-site diabetes screening by PacMed in association with Premera Blue Cross and the ADA—appropriately named the Living Well Alliance—can be an effective preventive health strategy that's easy to implement. Through confidential screenings, we can identify and inform people who have symptoms of prediabetes, undiagnosed diabetes or uncontrolled diabetes. And the sooner that happens, the sooner they can begin treatment.

continued on next page

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 the whole “you”**—Our clinics offer a full range of primary and specialty services.
- **We're practically neighbors**—Visit any one of 10 convenient locations.
- **You are covered**—We accept most major insurance plans.
- **Same-day primary care appointments**—Even if it's your first visit. Just call 1.888.4PACMED (472-2633) or go to our Web site.
- **Clinics with extended hours, on-site parking and more.**

In This Issue Diabetes Facts, Prevention and Classes
Free Medicare Physical Exams
Use Healthcare Resources Wisely
Beat the Back-to-School Rush
Do You Really Need the ER?
Welcome Dr. Wasserman & Our Newest Medical Specialty
Welcome New Providers
Ripe Tomato Soup



FIND WHAT YOU'RE LOOKING FOR

If you have diabetes or think that you might, you've found the right place. At PacMed, we specialize in diabetes care. From screening to diagnosis, from treatment to follow-up support, we have staff dedicated to helping you get better results.

Call 206.621.4420 to find out how to schedule a diabetes screening for your company today!

At-Work Diabetes Screenings continued

Who should be screened?

Screening is free and voluntary. We recommend that people take part who have any of the risk factors listed on this page. We encourage everybody to be screened and to pick up some basic educational literature.

What does an at-work screening event entail?

Free, confidential screenings are conducted by certified PacMed diabetes educators, usually in a conference room or cafeteria. Employees will be asked to complete a short questionnaire, and then we'll calculate their Body Mass Index (BMI), take their blood pressure and do a finger stick test to measure their blood sugar. Results will be made available on the spot.

What happens if diabetes is indicated?

Employees who appear to be at risk for diabetes will be encouraged to see their own primary care provider for further testing. If they don't have a doctor, we can make an appointment with a PacMed provider.

Patients new to PacMed will receive case management for the first six months of their diabetes treatment. This involves individual counseling, goal setting and progress tracking, educational materials and classes (see upcoming classes on next page). PacMed's program was accredited by the American Association of Diabetes Educators in April 2010.

When you partner with PacMed, we can help you support your workforce and become an advocate for diabetes prevention and treatment. People with diabetes who live and work in supportive environments are more likely to successfully meet their health goals.

Diabetes Risk Factors

Type 2 diabetes occurs more commonly among people with any of the following characteristics:

- Age 45 or older
- Overweight (BMI \geq 25)
- Family history of diabetes
- Physical inactivity
- Race/ethnicity (African American, American Indian, Asian, Pacific Islander and Hispanic)
- Previous tests for diabetes indicating borderline abnormal result
- History of diabetes during pregnancy, or delivery of a baby weighing more than 9 pounds
- Metabolic syndrome: hypertension, increased lipids and cardiovascular disease
- Polycystic ovary syndrome

The modifiable risk factors are being overweight and physical inactivity.



Diabetes 101

Diabetes is a group of diseases, the most common of which are known as Type 1 and Type 2. Though the names are similar, these are actually different diseases.

Type 1 is a genetic, autoimmune disorder that accounts for only 5% of all diagnosed cases. Currently, there is no known way to prevent Type 1 diabetes, and people who have it must monitor their glucose and receive insulin by injection or pump.

Type 2 accounts for almost **95% of diagnosed cases**. This is a disorder in which the body can no longer use the insulin it produces. Type 2 diabetes can be brought on by poor diet and a sedentary lifestyle; other risk factors include a family history of diabetes, race/ethnicity and age. **Type 2 diabetes can often be prevented or controlled** with diet and exercise, and/or treated with oral medication.

Diabetes Facts

Total: 25.8 million children and adults in the United States—8.3% of the population—have diabetes.

Diagnosed: 18.8 million people

Undiagnosed: 7.0 million people

Prediabetes: 79 million people

New Cases: 1.9 million new cases of diabetes were diagnosed in people aged 20 years and older in 2010.

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011). This report, available through the Centers for Disease Control and Prevention (CDC), is jointly produced by the CDC, NIH, ADA and other organizations.



Dr. Rebecca Over, the endocrinologist at Pacific Medical Centers who oversees the Diabetes Management Program, was recently featured on KING 5 News HealthLink, discussing the possibility of reversing Type 2 diabetes using diet and exercise. You can see her video clip on our home page or by navigating to her "Who We Are" page at www.PacMed.org.

Prediabetes

When a person's blood glucose level is higher than normal but not yet high enough to be diagnosed as Type 2 diabetes, this is called prediabetes. Some long-term damage to the body, especially the heart and circulatory system, may already be occurring at this stage.

By making dietary changes and increasing their activity level, most people can avoid getting Type 2 diabetes, and in some cases, even return their blood glucose levels to the normal range.

What are the common symptoms of diabetes?

People who think they might have diabetes must see a physician for diagnosis. They might have **some** or **none** of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

Nausea, vomiting or stomach pains may accompany some of these symptoms in the abrupt onset of Type 1 diabetes.

Centers for Disease Control and Prevention Web site

Diabetes Education: Knowledge Is Power

Learning about diabetes is one of the most important steps you can take. Invest in your education about diabetes now! The more you know, the more you can prevent serious complications and live your best life.

Diabetes Education Class

A certified diabetes educator leads this interactive, two-hour class that covers what diabetes is and its complications. You will learn how diabetes affects you, the goals for good management, the effects of food and exercise, how to avoid complications and which medications might be useful.

Diabetes Nutrition Class

What you eat plays a key role in the management of your diabetes. A registered dietitian will lead you through blood sugar management and good nutrition. This interactive, two-hour class is a basic primer on a diabetes diet. Participants will have plenty of time to ask questions.

Diabetes classes held at PacMed are open to anyone with diabetes and their family, friends or coworkers. Please verify with your health insurance company that this class is a covered service; if not, the cost is \$140. To register, call us today at 206.NOSUGAR (206.667.8427) or email our Diabetes Program Coordinator, Princess Beltran, at PrincessB@PacMed.org.

Upcoming diabetes classes at PacMed:

July

Instructor: Cristina Lattuga, RD, CDE

- | | | |
|----|------------------|------------------------------|
| 13 | 4:00 – 6:00 p.m. | Diabetes Education–Northgate |
| 21 | 4:00 – 6:00 p.m. | Diabetes Nutrition–Northgate |

August

Instructor: Jan Kincaid Rystrom, RD, CDE

- | | | |
|----|-------------------|---------------------------|
| 9 | 9:00 – 11:00 a.m. | Diabetes Education–Renton |
| 17 | 9:00 – 11:00 a.m. | Diabetes Nutrition–Renton |

September

Instructor: Cristina Lattuga, RD, CDE

- | | | |
|----|--------------------|-----------------------------|
| 12 | 10:00 a.m. – 12:00 | Diabetes Education–Lynnwood |
| 26 | 10:00 a.m. – 12:00 | Diabetes Nutrition–Lynnwood |

Use Healthcare



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—which sometimes begin before school does—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 summer, and you can relax when those health forms start coming home.

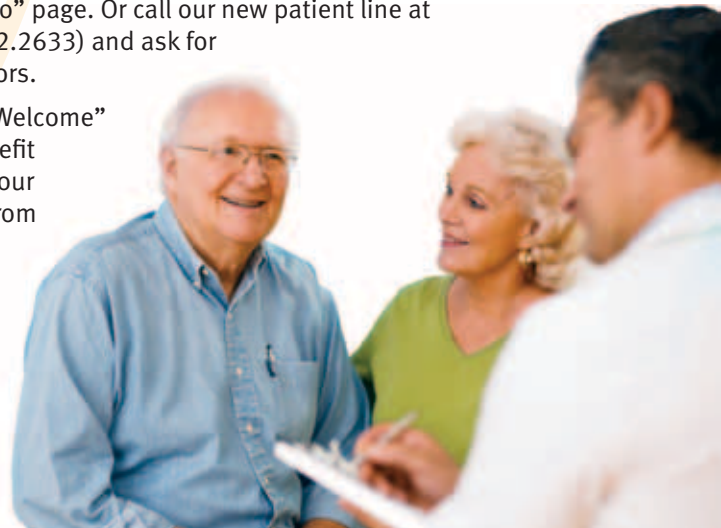
Medicare Is Encouraging Preventive Health with Free Annual Wellness Visits

If you are new to Medicare, be sure to come in for your free “Welcome” physical exam. The “Welcome” visit is an exciting new benefit that entitles you to a comprehensive physical exam and preventive screenings, and is intended to help you and your doctor plan for your ongoing health. This exam is the first of your free annual wellness visits, and it must occur within 12 months of enrolling in Medicare.

In addition to the physical examination, your doctor will make sure he or she has a full medical history for you, including all prescriptions that you take. You will be brought up-to-date on shots and can discuss any particular concerns you may have. Together, you'll discuss short- and long-term steps to prevent disease, improve your health and stay well.

You can have your “Welcome” exam with the same doctor you already see, or you can call PacMed to find the right primary care provider for you. To learn more about our different types of primary care—for instance, the difference between a family medicine and an internal medicine doctor—and to read about each provider's particular medical focus and interests, you can go to www.PacMed.org and navigate to the “What We Do” page. Or call our new patient line at 1.888.4PACMED (1.888.472.2633) and ask for information about our doctors.

This free, comprehensive “Welcome” physical is a wonderful benefit that puts you in control of your health and your Medicare from the start. Don't wait—make your appointment today.



Resources Wisely

Wait! Do You Really Need the Emergency Room?

There are some times when it's obvious that you need to go to the ER, for example, if you're extremely short of breath or have terrible chest pain that won't go away. But did you know that your PacMed clinic can handle problems like a cut that needs stitches, or even a broken bone? So, it's a good idea to call your clinic and get advice. The staff may be able to help you and save you a long, uncomfortable and expensive ER visit.

Even when the clinic is closed, someone is always available to talk to you about your problem, which may still save you an ER visit. For example, we can let you know when it's safe to wait until the next morning when the clinic is open.

In fact, your insurance might not cover certain services at all if they are handled in the ER. Other services might require preapproval.

In most cases, you're better off coming to a PacMed clinic.

Our fully equipped and professionally staffed medical facilities can handle all but the most life-threatening emergencies. By avoiding an unnecessary ER visit, you can get the immediate attention you need and save hundreds of dollars or more. You'll also keep the emergency room free to handle more serious situations.

If you are not already a PacMed patient or do not have a primary care physician, we will still give you the prompt attention you deserve, whether in person or by phone. We accept most major insurance plans and credit cards.

We are always available to you.

Most PacMed clinics are open before 8:00 a.m. and after 5:00 p.m. during the work week. (Check www.PacMed.org for specific clinic hours.) Our Canyon Park and Renton clinics are open every Saturday. But what if you should need help after hours?

Call us anytime you have a problem and need advice. You only have to remember one number—your clinic number. You will always have access to a PacMed doctor, who can advise you about what to do to get the care you need.

WHEN TO GO TO THE EMERGENCY ROOM:

- Signs of heart attack, such as chest pain that lasts more than two minutes
- Signs of stroke, such as numbness of the face, arm and leg on one side of the body; sudden loss of vision; or loss of speech
- Difficulty breathing
- Severe bleeding, or coughing or vomiting up blood
- Loss of consciousness or head trauma
- Severe depression and thoughts of suicide

WHEN TO CALL PACMED FOR ADVICE:

- Minor burns or severe sunburn
- Cuts with controlled bleeding
- Sprains and strains
- Stomach pains or diarrhea
- Fever or flu-like symptoms
- Coughs, colds and sore throats
- Allergic reactions (non-life-threatening)
- Mild asthma
- Ear, respiratory or urinary infections
- Rash or other skin irritations
- Animal and bug bites





PacMed Welcomes Dr. Richard M. Wasserman, Gynecology & Urogynecology

PacMed is pleased to introduce our new specialist in Gynecology and Urogynecology. Dr. Wasserman is bringing relief to women who unnecessarily suffer from common—but not “normal”—women’s ailments.

If you are a woman experiencing frequent urges to urinate, a “bulging” feeling in the pelvis or difficulty holding your urine, you are not alone. As many as one-third* of all U.S. women have similar symptoms at some point in their lifetime, from frequent “bathroom emergencies,” to urine or stool leakage with coughing and laughing. Understandably, many women are reluctant to exercise or take part in social functions for fear of embarrassment. Other women have symptoms of being uncomfortable while sitting or feel a low heaviness in their pelvis, and yet, despite these discomforts and fears, many are embarrassed and suffer in secret.

If this sounds familiar, here is some good news: these conditions are medically treatable. And now, you can get the care and proper treatment you need at PacMed.

Using the most current and minimally invasive techniques, Dr. Wasserman offers his patients both surgical and non-surgical treatments for these and other pelvic floor disorders. Non-surgical treatment options may include medication or physical therapy. Says Dr. Wasserman, “My goal is to individualize care for my patients and address their specific expectations in regards to management of pelvic and bladder conditions.”

In particular, Dr. Wasserman aims to restore comfort, function and quality of life to women who are dealing with:

- Pelvic pressure or pain
- Protruding tissue
- Urinary incontinence (leakage)
- Frequent or urgent urination
- Difficulty emptying the bladder
- Inability to empty bowels
- Vaginal or uterine prolapse
- Cystocele (“bladder drop”)
- Enterocele (a sagging uterus in women who have had a hysterectomy)
- Rectocele (a sagging or bulging of the rectum)
- Urinary incontinence due to stress, an overactive bladder or both

“Some people think these symptoms are normal signs of aging, but they’re not,” says Dr. Wasserman. “Because these symptoms may be caused by infection, inflammation, injury or other such factors, it’s important to determine the cause and promptly treat the problem.”

If you are one of the millions of women affected by a pelvic floor disorder, you’ll find excellent, sensitive care at PacMed. Dr. Wasserman and his urogynecology team look forward to helping you return to the activities you love so you can enjoy your best life.

* www.nichd.nih.gov/health/topics/Pelvic_Floor_Disorders.cfm

What Is a Pelvic Floor Disorder?

For both men and women, the “pelvic floor” is a sling-like system of muscles, ligaments and connective tissue. In women, it supports the bladder, uterus, vagina, intestines and rectum. Proper support of these organs is necessary for them to function properly.

The pelvic floor can be weakened or damaged by stress, such as childbirth or heavy lifting, as well as through complications of diseases and trauma, including diabetes, obesity, stroke, Parkinson’s disease and back injury.

The three most common pelvic floor disorders are pelvic organ prolapse (dropping) and trouble with bladder or bowel control. These are not inevitable results of aging, nor are these changes “normal.” If you are experiencing these symptoms, tell your primary care physician or call Dr. Wasserman’s office at 206.505.1300.



Kegel Exercises for Women

Pelvic floor muscles, like other muscles, can be made stronger through resistance exercise. These Kegel exercises, when done throughout the day, can help you to regain or improve bladder control and reduce the chances of incontinence.

If you are unsure whether you are doing the exercises correctly, our physical therapists can provide feedback. They also can help you set up a bladder retraining program to lessen urinary urges. However, if you are having any of the symptoms described on this page, please tell your doctor and get a proper diagnosis.

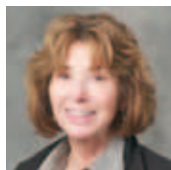
With an empty bladder, contract your pelvic floor muscles (as if you were stopping the flow of urine) for 5 seconds. Now relax 5 seconds. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

Do this 10 to 20 times in a row or more, at least three times a day. Again, you might need to start slower and work your way up. The more you can do, the better the results.

Note: Do not regularly practice Kegel exercises by starting and stopping your urine stream, as this can actually weaken the pelvic floor muscles.

Pacific Medical Centers Welcomes Our Newest Healthcare Providers

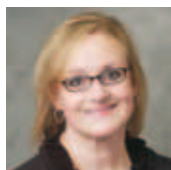
These men and women bring a broad range of clinical skills and personal experience to their practice. To learn more about our providers' medical interests, background and treatment philosophy, please visit the "Who We Are" section of our Web site (www.PacMed.org). Or schedule an appointment today.



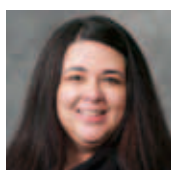
Elaine C. Cumbie, RD, CDE
Beacon Hill, Federal Way, First Hill, Renton
As a certified diabetes educator and registered dietician, Elaine enjoys helping patients achieve their health goals. She speaks Spanish and likes cycling and writing.



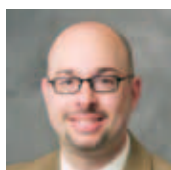
Rebecca Fishaut, LICSW, Psychotherapy
Beacon Hill, First Hill, Renton
Rebecca's professional interests include domestic violence, chronic pain and pregnancy. She enjoys spending time with family, sewing and hiking.



Peggy Jesse, ARNP, Interventional Pain Management
First Hill
Peggy specializes in pain related to spine injuries, neuropathic pain and spinal cord stimulation. To relax, she spends time with her daughters and tackles remodeling projects.

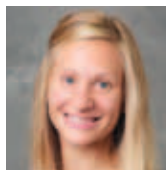


Sandie J. Leistiko, LICSW, Behavioral Medicine
Renton
Sandie has a professional interest in anxiety disorders, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD). In addition to spending time with family and friends, she finds balance through meditation, spirituality and nature.



Matthew Matko, MD, Internal Medicine*
Lynnwood
Dr. Matko is our newest primary care physician. His special interest is diabetes management and basic sports medicine. In his free time, he enjoys cooking, travel and Mariners baseball.

**NCQA Patient Centered Medical Home Recognition*




Marisa K. Miller, MSW, LICSW, Behavioral Medicine
Beacon Hill
Marisa specializes in helping patients cope with chemical dependency, eating disorders, depression and anxiety. She relaxes by cooking and gardening, and recharges her energy with a good run or hike.



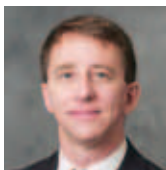
Priya N. Oolut, MD, Pulmonology, Sleep Medicine
Canyon Park, Diagnostic Center for Sleep Health, First Hill, Renton
When she's not working or out for a run, Dr. Oolut catches her breath by reading and watching movies.



Jan Kincaid Rystrom, MEd, RD, CDE 
First Hill
Jan, a registered dietician and nationally certified diabetes educator, enjoys kayaking, cycling, book clubs and travel. On NBC KING 5 in December, she talked about managing diabetes during the holidays while still enjoying great food. Watch the video on Jan's "Who We Are" page at www.PacMed.org.



Richard M. Wasserman, MD
Gynecology & Urogynecology
First Hill
In addition to his medical specialty (see featured article), Dr. Wasserman is interested in international medicine. He enjoys swimming, hiking and theater.



David White, MD, General Surgery
First Hill
Dr. White's medical focus includes reflux disease, colorectal cancer and breast disease. His personal interests are bicycling, ballet and travel.

Ripe Tomato Soup

6 servings, Preparation: 40 minutes

Tomatoes are one of the best sources of lycopene, a vital antioxidant that appears to prevent certain cancers and have heart-healthy benefits. So eat up! This seasonal soup is delicious hot or cold. Note that the color of the soup will depend on the season and type of tomatoes used.

1–2 tablespoons olive oil
1 medium onion, chopped
3 pounds ripe, fresh tomatoes, trimmed and coarsely chopped
2 cups reduced sodium chicken stock
1 cup water
Either 10–12 cloves roasted garlic (available already roasted in some store delis) or garlic powder, to taste
Chopped fresh or dried basil, to taste
Ground pepper, to taste

In a 3-quart saucepan, sauté onion in olive oil until translucent, about 5 minutes. Add tomatoes and cook until tomatoes are mostly liquid, about 15 to 20 minutes. Add stock, water and garlic, and simmer another 5 to 10 minutes. Puree with a stick blender, or in batches in a blender or food processor. Adjust flavor with garlic powder, if using, and season generously with basil and ground pepper.

Serving suggestion: Top with a small dollop of nonfat Greek yogurt (shown).

Nutritional information per serving (1 serving=scant cup, without yogurt):
Calories: 102 Fat: 1.0 g Saturated Fat: 1.0 g
Total Carbohydrate: 12.0 g Dietary Fiber: 3.0 g Sugars: 7.0 g
Cholesterol: 0 g Sodium: 198 mg Protein: 4.0 g



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

Facial Plastic Surgery
General Surgery
Gynecology

Interventional Pain Management

Ophthalmology
Orthopedics
Otolaryngology
- Head & Neck Surgery
Podiatric Medicine
- Foot & Ankle Surgery
Urogynecology
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
- Surgical & Non-surgical Treatments
DXA (Bone Density Screening)
Optical Shop
Optometry
Physical Therapy



1200 - 12th Ave S
Seattle, WA 98144

NON PROFIT
US POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 6866

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

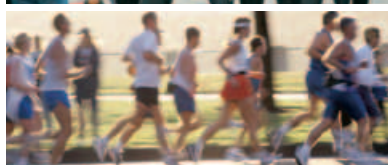
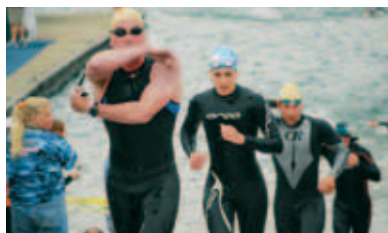
601 S Carr Rd #100
Renton, WA 98055
425.227.3700

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.



Sign Up Now for the Kirkland Triathlon!

Event Date: Saturday, September 17, 2011; 8 a.m.

Pacific Medical Centers is the title sponsor of Kirkland's Triathlon at Carillon Point. This race has three distance options, including a duathlon (running and biking only), so it is perfect for both novice and veteran participants. This mid-September weekend should be perfect for racing and is expected to sell out, so register early!

A Kids' Triathlon will be held the following day—Sunday, September 18—for racers age 12 and under.

To enter online or download an entry form, go to www.racecenter.com/kirklandtri.

1.888.4PACMED
www.PacMed.org