

Healthy Today

A newsletter from Pacific Medical Centers.

Issue 1
2017



The new PacMed Lacey clinic opened December 5, 2016.

Photo by Michael Cole

New Year, New PacMed Clinics

Pacific Medical Centers expands its proven model of quality care to south Puget Sound.

As our region grows, so grows the challenge of finding reliable health care options. Fortunately for those living in the south Puget Sound area, two new PacMed clinics opened in 2016—and more locations are on the way.

Our newest clinics—Lakewood opened in May, and Lacey in December—both offer patients our trademark high-end service and convenience.

You can schedule same-day primary care appointments at either location, and our providers will coordinate any specialty care you might need. Plus, PacMed accepts most major health insurance plans, including Health Exchange options.

“We are pleased to join the Lakewood and Lacey communities,” says PacMed CEO Linda Marzano. “We believe those residents will find value in our proven, low-cost, high-quality care model, which creates positive outcomes for patients and helps them to live their healthiest lives.”

“PacMed offers a patient-centric approach to care that encourages collaboration between patients and providers, as well as within our care teams,” says Dr. Rick Ludwig, Medical Director, US Family Health Plan. “We find that this collaboration, along with a focus on prevention, leads to a better, more personalized experience for our patients.”

The Lakewood and Lacey clinics also offer greater access to care for military families associated with nearby Joint Base Lewis-McChord. PacMed is the only West Coast provider of US Family Health Plan (USFHP) and has been serving the local military community for more than 30 years. USFHP provides active-duty family members and retired military personnel with a civilian option to health care at no added cost. Our military patients routinely express high satisfaction with their overall PacMed experience.

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At PacMed™ You'll Find:

- **A familiar face**—Your primary care provider 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 our convenient locations, from Lynnwood to Lacey.
- **You are covered**—We accept most major insurance plans, including Health Exchange options.
- **Same-day primary care appointments**—even if it’s your first visit. Just go to our website, www.PacMed.org, or call 1.888.4PACMED (1.888.472.2633).
- **Doctors who can see you on the weekends**—Our Canyon Park and Renton clinics have Saturday hours! Call 1.888.4PACMED (1.888.472.2633) or go to our website for details.
- **Clinics with extended hours, on-site pharmacy and X-ray, free parking and more.**



FIND WHAT YOU'RE LOOKING FOR

NEW CLINICS

continued from cover

With its expansion into Pierce and Thurston counties, PacMed now operates 11 clinics in the greater Puget Sound area. In the last three years, PacMed has increased the number of patients it treats from about 87,000 to more than 100,000.

We invite you to stop by and visit us soon! Our **Lakewood clinic** is located at 7424 Bridgeport Way W, Suite 201 (phone 253.984.2600). Our **Lacey clinic** is at 4800 College Street SE (phone 360.486.2800). You can request an appointment online at www.PacMed.org/schedule or by calling 1.888.4PACMED (1.888.472.2633).

The PacMed Lakewood clinic opened May 2016.



Did you know...

WELL-BEING STARTS WITH PREVENTIVE CARE!

THE LIFESTYLE CHOICES YOU MAKE TODAY WILL AFFECT YOUR QUALITY OF LIFE TOMORROW. THAT'S WHY WE'VE CREATED A SPECIAL PAGE ON OUR WEBSITE THAT EXPLORES A VARIETY OF STEPS YOU CAN TAKE TO IMPROVE YOUR OVERALL HEALTH. VISIT IT TODAY AT [**WWW.PACMED.ORG/**](http://WWW.PACMED.ORG/) **PREVENTIVE-CARE.**



Walk Your Way to Better Health

Why let wintery weather sidetrack your exercise goals? It's time to bundle up, put on your walking shoes and explore our spectacular scenery, city parks and local eateries. Dr. Ari Gilmore offers this advice on how to get moving.

One great aspect of walking is that you can do it in any weather—without investing in expensive equipment or joining an athletic club. Walking 30 to 60 minutes daily at a moderate pace burns fat, lowers blood pressure and strengthens bones, muscles and joints. It may also reduce risk for heart disease, type 2 diabetes, various cancers and osteoporosis.

If you are just starting a walking program:

- See your doctor if you don't currently exercise, have diabetes or high blood pressure, or are over 65.
- Get fitted for a good pair of walking or running shoes.
- Dress in layers so you can respond to changing conditions.
- Stay hydrated. Carry water if it's warm or you'll walk for more than an hour.

When walking, don't lean forward or backward. Stand straight, relax your shoulders, and bend your arms and swing them to add power to your walk. If you are feeling out of shape, start slowly and add a

few minutes to your walk each date. If you have a pedometer or fitness monitor, begin with 2,000 to 3,000 steps a day and build from there.

If you experience pain in your feet or elsewhere, try resting up for a day. If you see swelling or bruising, treat it with rest, ice, compression and elevation (often referred to as RICE). If symptoms persist beyond 48 hours, make an appointment with a specialist. A podiatrist can treat foot and ankle issues, and sports medicine and orthopedic providers can help with leg, knee and hip pain.

Here's to your winter explorations!



Ari Gilmore, MD

Ari Gilmore, MD, is a family medicine physician at our Beacon Hill clinic. Learn more at www.PacMed.org, or call 206.326.2400 for an appointment.

VISIT WWW.PACMED.ORG/DOCTORS TO LEARN ABOUT OUR PROVIDERS OR TO REQUEST AN APPOINTMENT ONLINE!

KEEP FIT AS A FAMILY

Ever wish your kids would stop staring at a screen and be more active? You're not alone.

The American Academy of Pediatrics (AAP) estimates that today's children are spending an average of seven hours a day on entertainment media, including television, computers, phones and other electronic devices. By contrast, AAP recommends one to two hours of screen time a day.

Here are six simple steps to get your kids unplugged and out there moving.

1. Make a family media plan that includes a written set of rules and guidelines. It should include specifics about time limits, device curfews, guidelines for information not to be accessed or shared on the Internet, as well as consequences for not following house rules.

2. Keep all screens in public spaces and out of bedrooms, when possible. Set up

an "overnight charging station," where everyone's mobile devices are docked for the night and out of reach.

3. Be a role model. Set a good example by curbing your own screen-use time and replace it with family activities or exercise.

4. Encourage and get involved in physical activities the whole family can enjoy. Go ice skating, cross-country skiing or sledding, or visit a community center for a swim or cardio class.

5. Enjoy the fresh air of being outdoors. Venture out on a family hike, walk to a nearby park or plan a scavenger hunt.

6. Teach your kids the nutritional value of food. Encourage healthy snacks and make sure your active family stays well hydrated by drinking plenty of water.

To learn more about our PacMed pediatricians, visit www.PacMed.org/peds, or call for an appointment.

Emmanuel J. Eusebio, MD, Northgate, 206.517.6700

Akiko Hall, MD, MPH, Canyon Park, 425.412.7200

Alexander M. Hamling, MD, MBA, FAAP, Canyon Park, 425.412.7200

Elizabeth Snapinn, MD, Lynnwood, 425.744.7153

Elisabeth Ware, MD, Northgate, 206.517.6700



It typically takes a couple of months before goals or changes become a routine habit. Here are a few tips to make your New Year's resolutions stick.

Carefully select your goals. Create a list of changes you'd like to achieve in six months, one year and five years. Be realistic and specific.

Start small and build to success. Instead of saying, "I'm going to work out every day," try a smaller goal like aiming to exercise three times a week.

Plan ahead and follow through. For example, if your goal is a healthier diet, prepare your shopping list well before you go to the store.

Put peer pressure to work for you. Tell your family, partner or close friends about your resolutions, and ask them to support you. If possible, work with a friend who has a similar goal.

Tips by Dr. Carolyn D. Logsdon, PhD, LICSW, a psychotherapist at our Northgate clinic. Learn more about her at www.PacMed.org, or call 206.621.4045 for an appointment.



Carolyn D. Logsdon, PhD, LICSW



5 Tips To Restore Harmony

- 1 Evaluate your current work-life balance.** Over the course of a week, monitor your daily tasks and take notes. This will give you a snapshot of your current situation and help you make a plan for moving forward.
- 2 Use a calendar or to-do list** as your personal assistant, to minimize the time you spend running in circles.
- 3 Get a move on!** Book a series of “exercise dates” every week.
- 4 Unplug from technology**, especially at dinnertime and at least an hour before going to bed.
- 5 Prioritize time for rest and recharging.** Schedule activities that energize you—and be sure to get a good night’s sleep.

IMMUNITY BOOSTING NUTRIENTS

With cold and flu season upon us, now is an optimal time to select foods that can defend you against disease. On your next trip to the market, consider these healthy options.



Foods to enhance your immune function.

Fish (especially cold water, fatty fish like salmon and sardines); cruciferous vegetables (cabbage, Brussels sprouts, broccoli, cauliflower, bok choy); miso, sauerkraut, kimchi and other fermented foods; mushrooms (especially shiitake, maitake and reishi); fruits and vegetables.

Probiotic-rich foods. These foods keep the gut bacteria healthy and in balance. A few examples: yogurt, miso soup, pickles and kimchi.

Ginger root. Ginger is a warming, anti-inflammatory spice, which also contains antiviral properties that can create a negative environment for viruses to multiply. It can also increase blood circulation.

Garlic. Garlic bulbs contain the active molecule allicin, which helps to fight off infection and bacteria.



Kathleen Bradley, RD, CD



Christine Stirparo, RD, CD

Visit www.PacMed.org to learn more about our dietitians, or call 206.505.1300 for an appointment.

Kathleen Bradley, RD, CD, is a dietitian at our First Hill, Canyon Park and Northgate clinics.

Christine Stirparo, RD, CD, is a dietitian at our Beacon Hill, Federal Way and Renton clinics.

GO GREEN. GET MORE. Make every issue of *Healthy Today* a green issue. Go to www.PacMed.org/gogreen and update your preferences to receive our newsletter via email. You'll also receive a free wellness kit and health bulletins of interest to you.

Mindfully Eating Can Cut Calories

Want to know a simple method to curb your calorie intake? Just listen to your body. Mindful eating is an anti-diet approach to healthy eating. It's being aware of physical hunger and body cues telling us when enough is enough. Here are a few ways to put this concept into action.

Know your emotions and why you are eating. Are you hungry, or are you just feeling stressed, lonely, depressed or in need of a sugar rush to wake you up? It may be time to figure out other ways besides eating to cope with your emotions, either on your own or with the help of a professional.

Use a hunger scale from 1 to 10, with 1 being starving and 10 being the result of Thanksgiving dinner. Aim to start eating at a 4 and finish at an 8 to avoid overeating.

Pick a smaller plate or bowl for your food. It can decrease your intake by tricking your mind into thinking you ate more than you did.

Chew slowly and put down your utensils after each bite. It takes a full 20 minutes for your body to signal your brain that you are full.

Resign from the “clean plate” club. If you have leftovers, save them for lunch the next day or for that afternoon snack when everyone else is reaching for sweets.

simple Stress Relievers

When you feel stressed, your body is sending you a signal. It's giving you extra energy to help you tackle a perceived challenge. In other words, your "fight or flight" response has been activated. Jodi Rubinstein, a licensed psychotherapist at PacMed, offers these tools to help you harness the energy of your stress response and regain a sense of calm.

TAKE A BREATH (OR A FEW). When you're feeling stressed, deliberately slow your breathing for a minute or two so you can calmly and clearly assess the situation at hand. Is this a situation that you can change or address in some way?

USE WRITING AS A TOOL. Writing to-do lists can help relieve the stress of trying to remember everything. Writing can also be a way to set priorities and to break big tasks into smaller ones.

TALK TO SOMEONE. Share your situation with a trusted friend, coworker or family member. Often, you are not the only one experiencing a particular problem, and it can help to know you are not alone.

MOVE YOUR BODY. Regular exercise—even short bursts—can help increase your body's natural ability to manage stress.

PRIORITIZE SLEEP. Sleep is necessary to think and function at your highest level.

For some people and situations, stress levels can be too high to manage alone. If you are experiencing insomnia, chronic anxiety, panic attacks, persistent avoidance of certain situations or people, or two weeks or more of low mood or apathy, talk with your doctor, who can refer you to a specialist to help manage your stress.



Jodi Rubinstein, LICSW, practices behavioral medicine at our Beacon Hill clinic. Learn more about Jodi at www.PacMed.org, or call 206.621.4045 for an appointment.

Jodi Rubenstein,
LICSW

Soothing Miso Soup

Recipe adapted by Christy Goff, RD, CD

Easy miso soup is full of healing vegetables and probiotics to help ward off winter illness. Any type of miso paste works; yellow or white offer a mellower taste, while red is the boldest, saltiest flavor.

Serves 4. Serving size 1 cup. Prep time 20 minutes.

Ingredients:

4 tablespoons low-sodium miso (a fermented soybean paste, found in the refrigerated case at most grocery stores, preferably lower salt like Organic Miso Master)
4 cups water, divided as 3½ cups + ½ cup
1 tablespoon olive oil
½ cup shitake mushrooms, sliced
1 teaspoon dried wakame (an edible seaweed), chopped
½ block soft tofu, cut into ½" cubes
2 green onions, sliced
Bean sprouts, sesame seed and toasted sesame oil for garnish

Preparation:

In a bowl, whisk miso into ½ cup warm water and stir until diluted. Set aside.
Heat olive oil in a frying pan on medium heat. Sauté mushrooms 3-5 minutes, or until lightly browned.
While mushrooms cook, bring 3½ cups water to a simmer in a large saucepan.
To saucepan, add mushrooms, wakame, tofu and green onion. Heat throughout.
Add miso and water mixture to pot of water and vegetables. Note: To avoid damaging the probiotics in the miso, be careful to not bring soup to a boil.
Transfer into a serving bowl. Add desired amount of bean sprouts and sesame seed, plus a few drops of toasted sesame oil.



Nutritional information per serving:

Calories: 120
Fat: 6 g

Sodium: 180 mg
Carbohydrate: 8 g

Fiber: 2 g
Protein: 7 g

More recipes online! Go to www.PacMed.org/recipes.



We're in Your Community

At PacMed, we take pride in partnering with our communities to promote health and wellness. Below are a few recent events.

Winter Wonderland

In our south region, families enjoyed our special Winter Wonderland with holiday snacks and small gifts. This was part of the Cookies with Mrs. Clause event hosted by Federal Way at its community center.

Men's Health Event

Our fourth event for men was hosted by our Renton clinic in October. Participants focused on how to stay fit with old injuries and common cancers in men.

Back-to-School Events

In August, our Canyon Park and Federal Way clinics invited parents and kids to meet our providers. About 400 people learned about immunizations, healthy lunches and sugar in popular beverages.

LGBTQ Event

This July health seminar on Capitol Hill focused on common health and wellness concerns of the LGBT community. Our specialists were pleased to answer questions and facilitate discussion.

Pacific Medical Centers Specialties & Services

Primary Care

- Behavioral Medicine
- Neuropsychology
- Psychiatry—Adult & Geriatric
- Psychotherapy
 - Individual—Child/Adolescent & Adult
 - Couples Therapy
 - Family Therapy
- Family Medicine
- Family Medicine Including Obstetrics
- Geriatric Medicine
- Gynecology
- Internal Medicine
- Nutrition
- Pediatrics

Medical Specialties

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

Surgical Specialties

- da Vinci® Robotic-Assisted Surgery
- Facial Plastic Surgery
- General Surgery
- Gynecology
- Interventional Pain Management
- LASIK & Vision-Correction Services
- Ophthalmology
- Orthopedics
- Otolaryngology
- Head & Neck Surgery
- Podiatric Medicine
- Foot & Ankle Surgery
- Urology
- Vasectomy
- Vitreoretinal Diseases & Surgery

Other Services

- Cancer Screening
- Colonoscopy
- Mammography
- Cardiovascular Lab
- Cosmetic Services
- Surgical & Non-surgical Treatments
- DXA (Bone Density Screening)
- Echocardiography Lab
- Nuclear Medicine Lab
- Optometry
- Physical Therapy

1.888.4PACMED

www.PacMed.org

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VISIT OUR FACEBOOK PAGE OR THE COMMUNITY ACTIVITY CALENDAR AT WWW.PACMED.ORG FOR A LIST OF UPCOMING EVENTS. JOIN US!



HEART to HEART

Do You Know Your Risk for Heart Disease?

February is National Heart Awareness Month, and PacMed is ready to talk with you about better heart health.

Did you know that heart disease is the leading cause of death in the United States? It beats out all other diseases for this distinction among both men and women. This is why it's so important to know your risk—such as your cholesterol and triglyceride numbers.

Take these heart-smart steps:

- Know your numbers
- Find a communicative doctor
- Build a team
- Take care of your body

This February, take the time to learn about your heart health and be an active participant. Speak with your primary care provider or cardiologist to learn your numbers and put this data to good use.

Learn more about our Cardiology team at www.PacMed.org. Or call 206.505.1300 for an appointment.

TEST YOUR KNOWLEDGE ABOUT HEART HEALTH! WWW.PACMED.ORG/HEART-HEALTH

Get to Know Our Newest Providers

We're pleased to welcome 21 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices. For more details, or to request an appointment, visit www.PacMed.org/doctors.



Kathleen Bradley, RD, CD,
Dietitian
First Hill, Canyon Park,
Northgate



Elizabeth Harris, ARNP,
Family Medicine
Puyallup



Nona Niculescu, MD,
Internal Medicine
Lynnwood



Sandra C. Broeren, MD, MPH,
Family Medicine
Lakewood



Erin R. Hohman, ARNP,
Family Medicine
Lakewood



Sean M. Snyder, MD,
Hospitalist
First Hill



Elizabeth Broussard, MD,
Gastroenterology
First Hill, Northgate



Cynthia A. Knutson, MD,
FAAD, Dermatologist
First Hill, Renton, Totem Lake



Christine Stirparo, RD, CD,
Dietitian
Beacon Hill, Federal Way,
Renton



Gia Calabrese, DPT,
Physical Therapy
Beacon Hill



Kelli Kraft, DNP, ARNP,
Family Medicine
First Hill



Magdalena Szkudlinska, MD,
Endocrinology
Canyon Park, Northgate,
Totem Lake



Daniel Coffin, DO,
Internal Medicine
Canyon Park



Katie Hyun Lee, MD,
Family Medicine
Lakewood



Johanna Taniguchi, ARNP,
Gastroenterology
Canyon Park, First Hill,
Northgate, Renton



Ellen Forslund, DPT,
Physical Therapy
Canyon Park



Andie Lesowske, MD,
Family Medicine
Federal Way



Rafat Unnisa, MD,
Internal Medicine
Canyon Park



Donald E. Gullickson III, MD,
Gastroenterology
First Hill, Renton



Sara Nichols, DPT,
Physical Therapy
Northgate



Ling Zhou, MD,
Otolaryngology
Canyon Park, First Hill,
Northgate, Renton

MYCHART IS ALWAYS ON CALL

MyChart gives you simple and fast online access to vital health information.

It lets you request appointments and prescription renewals, access your personal health record, message your health care team and view lab results. It's faster than the telephone and easy to set up. Ask our check-in staff for an access code so you can sign up for MyChart today.

We're Here for You Online!

WHETHER YOU WANT TO PAY YOUR BILL OR REQUEST AN APPOINTMENT, YOU CAN ACCESS PACMED 24/7 AT

WWW.PACMED.ORG.



Healthy Recipe: Warm up and ward off winter illness with easy-to-prepare miso soup.

Healthy Today

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ONLINE BILL PAY

PacMed recently introduced a new convenience for its patients: online bill pay. Now you can monitor and pay your account from your computer, laptop or mobile phone! www.PacMed.org/billpay

Pacific Medical Centers Clinics: Beacon Hill • Canyon Park • Diagnostic & Wellness Center for Women • Diagnostic Center for Sleep Health • Federal Way • First Hill • Lacey • Lakewood • Lynnwood • Northgate • Puyallup • Renton • Totem Lake



Do you know your risk for heart disease?
See our heart smart tips on page 6.

Flu Prevention Tips

The best way to prevent the flu is to get a flu vaccine each year. It's not too late: call your primary care provider.

Two Other Tips:

1. Wash your hands often with soap and water, or use an alcohol-based hand lotion.
2. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people.

Do You Have the Flu? Flu usually begins with the sudden onset of a high fever. Be sure to stay home for at least 24 hours after your fever has passed (without the use of fever-reducing medicine).

PACMED LISTENS! Have a story idea or a comment to share about our *Healthy Today* newsletter? We'd love to hear from you. Contact us at StayHealthy@PacMed.org.