

Healthy Today



SIMPLY THE RIGHT CARE

- Beacon Hill
- Canyon Park
- Diagnostic & Wellness Center for Women
- Diagnostic Center for Sleep Health
- Federal Way
- First Hill
- Lacey
- Lynnwood
- Northgate
- Puyallup
- Renton
- Totem Lake



FINDING YOUR FIT

Good energy can improve your health! By incorporating healthy lifestyle choices in a realistic fashion, you can live a more robust, enjoyable life.

What would it take to make you really happy? Maybe you think winning the lottery would do it, but here's a more realistic approach: focus on the little things that can bring you joy and good health every day.

Sound too easy? As we know, mind and body can influence each other. A healthy, vibrant mind can boost the energy in the body, and likewise, a healthy, active body can energize the mind.

So how do you increase your good energy and minimize the factors that add stress to your life and threaten your well-being? We consulted a number of Pacific Medical Centers providers and came up with a checklist of ways to invigorate yourself.

Start an exercise routine

You don't have to run a marathon to be healthy. Studies show that by exercising moderately for at least 20–30 minutes on most days, you'll improve your overall health. In addition, recent studies by the University of Michigan representing more than 500,000 people found a direct link between physical activity and happiness. The studies showed that people who work out even once a week for as little as 10 minutes a day tend to be more cheerful than those who never exercise.

The type of exercise did not seem to matter, but the more movement the better. According to the University of Michigan studies, those who exercised for at least 30 minutes on most days of the week were about 30% more likely to consider themselves happy than people who did not.

One key to sustaining an exercise routine is to choose activities you enjoy. It may be walking or jogging, participating in a yoga or martial arts class, going for a hike in the mountains, or jumping on your bike and exploring the city. Another key: find an exercise partner. The buddy system really works!

Remember to breathe

Proper breathing is an underestimated but critical building block of good health. Slow, deep breathing gets rid of carbon dioxide waste and delivers plenty of clean, fresh oxygen to your brain and muscles. Good posture, breathing with your diaphragm and completely exhaling are simple daily habits you can adopt.

Be around positive people

Happiness is contagious. The more positive friends you have, the better you will be at remaining upbeat yourself. Find those who know how to nurture and create their own happiness and share it freely. Spend time around these people, and you'll find yourself seeing the world differently.

Seek out joy

Find the hidden motivators in your life, the untapped energy sources that will bring you pleasure. If you love flowers, grow a garden. If you're into technology, take a programming course. If you like to hike, join a hiking group—or start your own!

Find the right doctor

Preventive care is integral to leading a healthy life. Annual wellness exams help your doctor create a complete history of your health, which can help your provider treat you now and prevent future health problems.

When seeking a primary care provider, don't be afraid to ask questions. One of the keys to a strong patient-provider relationship is a comfortable, open dialogue. A good first step to finding a qualified doctor is to visit our website. At www.PacMed.org/doctors, you'll find a complete list of our providers and can get a glimpse of their backgrounds, interests and care philosophies.

**LIVE.
LOVE.
LAUGH.**

MyChart, Charging into the Future!

When we upgraded our Epic electronic medical record system last fall, we also moved to a new version of MyChart. MyChart is our online portal for patients. With MyChart, you can message your care team, request prescription refills, set up appointments, look at lab results and more.

We are excited to roll out new and expanded MyChart features for our patients!

- With OpenNotes, you can access provider notes from many of your health visits. This is one more way to be in control of your health!
- Our bills are in a new design. Have any billing questions? We can help you at 206.621.4392.
- We are pleased to offer proxy access to parents, caregivers and other legally authorized guardians so they can access their loved one's medical information.

For more information, ask our receptionists. You also may call the MyChart helpdesk at 206.320.4278 or toll free at 877.240.4474.



SPLASH SAFELY

Water sports are a big part of summer fun. Before you head to the beach, lake or swimming pool, be sure your family knows how to play it safe.

Review water safety guidelines. Make sure children know not to dive into water unless it is permitted or there is proper adult supervision. If your child is five or younger, always keep them within an arm's length of an adult.

Wear life jackets. On boats, docks or near large bodies of water, make sure all children wear a well-fitted life jacket

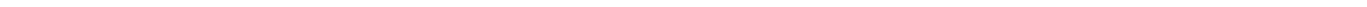
that's Coast Guard approved. Adults should wear life jackets on boats too.

Check pools for safety measures. Choose pools with high fences that lock, lifeguards on duty and safety/rescue equipment nearby.

Slather on the sunscreen. If you're planning to be in the water, or be active and perspire, choose a sunscreen that's

water resistant. Pay close attention to your face, ears, neck and other exposed areas. Choose a sunscreen with a sun protection factor (SPF) of 30 or higher. Reapply at least every two hours.

Stay hydrated. When being active in the water, your body still needs hydration. Drink water regularly.





It's Easy to Be Berry Healthy

Every berry you eat packs a low-calorie, nutritional punch. Dietitian Kathleen Bradley shares a few facts about these “super foods” and offers two easy recipes you can whip up in a flash.

Berries are some of the most nutrient-dense foods, loaded with vitamins, minerals and micronutrients. They can be enjoyed fresh or frozen and are a great addition to any meal or snack.

All berries are great sources of vitamin C. Just 1 cup of fruit delivers from 24% of the recommended daily allowance (RDA) for vitamin C from sources like cranberries all the way up to 150% of RDA from strawberries. Blueberries, strawberries, raspberries, cranberries and blackberries are known as some of the world’s best dietary sources of antioxidants such as anthocyanins, flavanols, ellagic acid and resveratrol.

These nutrients help fight inflammation and repair cell damage. Additionally, berries are great sources of vitamins A and K, folate and manganese, as well as dietary fiber.



Kathleen Bradley, RDN, CD

To learn more about our dietitians, visit www.PacMed.org, or call 206.505.1300 for an appointment. Kathleen Bradley, RDN, CD – Canyon Park, First Hill Northgate; Christine Stirparo, RDN, CD – Beacon Hill, Federal Way, Puyallup, Renton.

Mixed Berry Parfait

Serves 1

Layer in a glass or bowl:

- ¾ cup plain Greek yogurt
- 1 cup mixed berries
- ¼ cup fiber-rich cereal or mixed nuts for a heart-healthy crunch
- Dash of cinnamon (optional)

Nutrition facts: Calories 383, Fat 15g, Sodium 88mg, Carbohydrate 36g, Protein 31g

Berry Salad

Serves 4–6

Place in a bowl and gently toss:

- 1 bag (6–8 ounces or 6–7 cups) fresh spring greens mix
- 2 cups strawberries, stemmed and sliced
- 1 cup blueberries
- 1 cup raspberries
- ½ cup blackberries
- 4 ounces feta cheese
- Vinaigrette dressing (optional)

Nutrition facts, per ¼ recipe: Calories 137, Fat 7g, Sodium 284mg, Carbohydrate 14g, Protein 6g

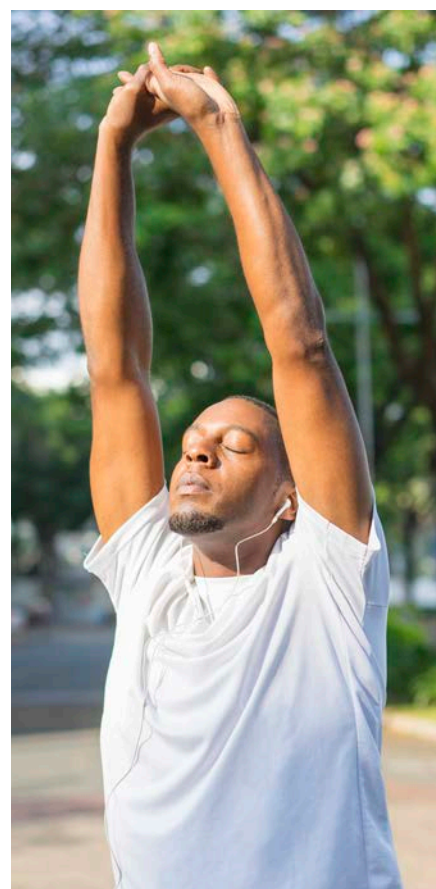
More recipes online! Go to PacMed.org/recipes.

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.

DID YOU KNOW ...

MANY OF US SPEND OUR LIVES TAKING BREATHS THAT ARE TOO SHALLOW, WHICH CAN INCREASE OUR STRESS LEVELS. PROPER POSTURE, BREATHING WITH YOUR DIAPHRAGM AND EXHALING COMPLETELY ARE SIMPLE DAILY HABITS ANYONE CAN ADOPT.

PROPER BREATHING IS CHEAP AND EASY. BIOENERGETICS – NAMELY, THE PRODUCTION OF ENERGY THROUGH RESPIRATION AND METABOLISM – ARE THE BASIC FUNCTIONS OF LIFE. HOW MUCH ENERGY ONE HAS AND HOW ONE USES HIS OR HER ENERGY DETERMINE HOW ONE RESPONDS TO LIFE SITUATIONS. WE CAN COPE MORE EFFECTIVELY IF WE TAKE TIME TO BREATHE!



DISCOVER THE ZEN OF WELL-BEING

Vibrant health means not merely the absence of illness, but the condition of being fully alive. Ashley Spreda, a PacMed Behavioral Medicine practitioner, shares advice on how to live in the now.

Many of us get caught up in worrying about the past or the future, which can cause people to feel depressed or anxious. So, the more you can focus on what’s happening in the here and now, the better.

Meditation is one approach to helping your mind become more grounded in the present. There are many forms of meditation: guided, unguided, mindfulness, yoga, tai chi and others. You can download instructional apps to your phone or laptop. There’s even an app that will remind you to meditate!

Some people think meditation is just quieting the mind, making it go blank. However, your mind is never going to go totally blank. The key to meditation is that when a stray thought enters your mind, you acknowledge it and then let

it go, returning your attention to your anchor. An anchor is something to help you refocus on the present, such as paying attention to your breathing, repeating a mantra or feeling the sensation of the chair you’re sitting in.

Walking meditation is another approach. Here, you simply focus on feeling every part of your foot hitting the ground, or you use all your senses to take in the sights, smells and sounds around you. You can apply a similar approach through music or a podcast. As you listen, focus on the details. Which instruments do you detect? What characteristics of the music or person’s voice do you really enjoy?

The most important thing to remember is that life is short. Why get caught up in worries about the future and regrets of the past? It’s important to focus on what

is meaningful, what aligns with your values and what brings you joy. If that means knitting, then knit. If it’s walking, then make sure you take the time to go on a walk and savor every minute of it. If it’s spending time with people you enjoy, then make a brunch date and connect face to face. Always take time to be in the moment!



Ashley Spreda, LICSW, CDP

Ashley Spreda, LICSW, CDP, practices Behavioral Medicine at our Federal Way and Renton clinics. Learn more about her at www.PacMed.org/doctors, or call 206.621.4045 to schedule an appointment.

Get to Know Our Newest Providers

We’re pleased to welcome five new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices.



Marianne Broers, MD
Family Medicine
Puyallup

“I strive to create a collaborative relationship with each patient. While respecting the patient’s personal values, I provide guidance to help achieve optimal health.”



Caitlin Cotter, LICSW
Behavioral Medicine
Beacon Hill

“We all can change. I believe that when the choice to change comes from within you, it leads to more true and lasting healing.”



Dimple Sahay, MD
Family Medicine
Puyallup

“My goal is to protect, promote and maintain the good health and well-being of my patients by making informed and joint decisions.”



Tavis J. Taylor, MD
Internal Medicine
Lacey

“My role is to advise, educate and empower patients to improve their health while assisting them with allopathic and holistic medical treatments when needed.”



Julia Wilson, PA-C
Urology
Beacon Hill, Canyon Park, First Hill, Lynnwood, Renton, Totem Lake

“I listen to my patients, answer their questions and ensure they are comfortable with the treatment plan we have chosen together.”

To learn more or to request an appointment, visit www.PacMed.org/doctors.

Pacific Medical Centers Specialties & Services

Primary Care

- | | |
|---------------------------------------|---------------------------------|
| - BEHAVIORAL MEDICINE | FAMILY MEDICINE |
| - NEUROPSYCHOLOGY | FAMILY MEDICINE WITH OBSTETRICS |
| - PSYCHIATRY—ADULT & GERIATRIC | GERIATRIC MEDICINE |
| - PSYCHOTHERAPY | GYNECOLOGY |
| - INDIVIDUAL—CHILD/ADOLESCENT & ADULT | INTERNAL MEDICINE |
| - COUPLES THERAPY | NUTRITION |
| - FAMILY THERAPY | PEDIATRICS |

Medical Specialties

- | | |
|--------------------------------------|-----------------------|
| ALLERGY | ONCOLOGY & HEMATOLOGY |
| CARDIOLOGY | PHYSIATRY |
| DERMATOLOGY | PULMONOLOGY |
| DIABETES & METABOLISM, ENDOCRINOLOGY | RHEUMATOLOGY |
| GASTROENTEROLOGY | SLEEP MEDICINE |
| HEPATOLOGY & LIVER DISEASE | SPORTS MEDICINE |
| NEUROLOGY | WOMEN’S HEALTH |

Surgical Specialties

- | | |
|------------------------------------|---|
| DA VINCI® ROBOTIC-ASSISTED SURGERY | ORTHOPEDICS |
| FACIAL PLASTIC SURGERY | OTOLARYNGOLOGY—HEAD & NECK SURGERY |
| GENERAL SURGERY | PODIATRIC MEDICINE—FOOT & ANKLE SURGERY |
| GYNECOLOGY | UROLOGY |
| INTERVENTIONAL PAIN MANAGEMENT | VASECTOMY |
| LASIK & VISION-CORRECTION SERVICES | VITREORETINAL DISEASES & SURGERY |
| OPHTHALMOLOGY | |

Other Services

- | | |
|--------------------------------------|------------------------------|
| CANCER SCREENING | DXA (BONE DENSITY SCREENING) |
| - COLONOSCOPY | ECHOCARDIOGRAPHY LAB |
| - MAMMOGRAPHY | NUCLEAR MEDICINE LAB |
| CARDIOVASCULAR LAB | OPTOMETRY |
| COSMETIC SERVICES | PHYSICAL THERAPY |
| - SURGICAL & NON-SURGICAL TREATMENTS | |

1.888.4PACMED
www.PacMed.org

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We're in Your Community

At PacMed, we love to build connections within our communities. Here's a glimpse of upcoming events in the months ahead. Come join us!

Aug. 1 Federal Way Kids Day

Games, inflatable bouncers, crafts, swimming and family fun. Steel Lake Park. Itallhappenshere.org

Aug. 4 BabyFest, Bellevue

Innovative baby products and services for expectant and new parents. Meydenbauer Center. Tickets: babyfestnw.com

Aug. 8 PacMed Back-to-School Bash, Federal Way

Come join us for fun—and our backpack giveaway! PacMed Federal Way clinic

Aug. 10 SLU Block Party

Music, play area, steamroller printing, beer garden and food trucks. South Lake Union, Seattle. Slublockparty.com

Aug. 25 PacMed Back-to-School Bash, Canyon Park

Come join us for fun—and our lunch-bag giveaway! PacMed Canyon Park clinic

Sep. 8 Fair on 44th Event, Lynnwood

Health and safety community fair. Explore emergency vehicles and tractors. Free health screenings. Food truck. Visit lynnwoodwa.gov

Sep. 28 Juanita Friday Market, Kirkland

Fresh food, fun-filled activities, handmade goods and live music. 3–7pm

Oct. 13 Paint the Mall Pink

Health, beauty, fashion advice, demos, cooking tips, plus hourly giveaways! Northgate Mall, Seattle

Nov. 18 Green Lake Gobble, Seattle

Join us at Green Lake for a Thanksgiving-themed walking and running event. It's fun for the whole family!



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

Myths about SPF in Makeup



Many makeup products claim to offer sun protection. But it's important to examine more closely just how much protection you're getting. Here's why:

- Many makeup products offer a Sun Protection Factor (SPF) of only 15 or 20. Currently, the American Academy of Dermatology recommends SPF 30 or higher with protection against both UVA and UVB rays.
- People typically apply makeup only once a day, whereas you're supposed to reapply sunscreen every two hours if you are doing outdoor activities.
- With makeup, you're going to get sun protection only where you apply the makeup. Most people stop their application at the jawline, so the neck, chest, ears and lips are not protected.
- 15 + 15 does not equal 30. If you apply an SPF 15 sunscreen and an SPF 15

makeup, it does not equal SPF 30 protection. It's still an SPF 15, so you need to apply an SPF 30 sunscreen on your exposed skin areas, before makeup application.

- More makeup companies are now starting to include an SPF 30 sunscreen, so look for those types of products for your use.



Barbara Fox, MD, FAAD

Barbara J. Fox, MD, FAAD, is a dermatologist at our First Hill and Northgate clinics. Learn more about her at www.PacMed.org/doctors, or call 206.505.1300 to schedule an appointment.

WE VALUE YOUR HEART



Health problems involving the heart are very common. In fact, a recent study published in *Circulation*, the American Heart Association journal, found that more than 50% of men and nearly 40% of women in the United States will develop coronary vascular disease in their lifetime.

That's a situation we at PacMed take seriously. Our cardiologists work to prevent heart disease, as well as treat it. If a heart problem has been diagnosed, your cardiologist will develop a treatment plan and work with your primary care provider to manage your ongoing health care needs. Whether this includes medication, lifestyle changes or surgery,

your cardiologist will be a primary member of your health care team.

Pacific Medical Centers also offers state-of-the-art Cardiovascular Labs, where we perform cardiac and vascular ultrasound procedures, and treadmill and non-treadmill stress testing, with the latest technology. Here are two recent examples of how our cardiology team detected serious problems early:

- A female patient was experiencing visual disturbances, like a shade flickering open and shut rapidly in one eye. The cardiologist suspected the problem was not in the eye, but in the heart. While performing an ultrasound a hole in the heart was discovered,

which allowed a tiny blood clot to travel into the arterial system and affect an artery in the eye. The patient was treated with various medications and had surgery to close the hole, preventing future strokes.

- Another patient came in with chest pains that another medical facility had diagnosed originating from the cartilage in his ribs and treated with a pain reliever. The patient wanted a second opinion. Our sonographer discovered a fragile, dilated artery that looked almost like a rope wrapped around his heart. The patient was treated with various medications and was given lifestyle restrictions to help

prevent his heart and arteries from rupturing.

Every heart has a story. If you have any concerns about how your heart is functioning, tell your PacMed provider. One of our primary concerns is to keep your heart ticking! ♥

To learn more about our cardiologists, visit www.PacMed.org/Cardiology, or call 206.505.1300 for an appointment. Dr. Keiko Aikawa – Canyon Park, First Hill; Dr. Philip Massey – Canyon Park, First Hill, Renton; Dr. Pathmaja (Bobbie) Paramsothy – First Hill, Northgate; Dr. Ameet Parikh – Beacon Hill, Canyon Park, First Hill, Totem Lake; Dr. Joy (Juwono) Sutedjo – Federal Way, First Hill, Renton.

SUMMER SAFETY TIPS FOR KIDS

When the sun shines, it's time to get outdoors, be active and enjoy our region's natural beauty. But first, take a moment to review a few important safety tips from our pediatricians.

Bee stings

Bees are most likely to sting if their homes are disturbed, so stay away from infested areas. Because the smell of food attracts bees, keep food at picnics or barbecues covered before eating. Also, beware of insects inside straws or canned drinks. Treatment options include applying a cold compress to reduce swelling and pain, gently cleaning the area with soap and water, and using topical steroid ointments or oral antihistamines to relieve itching.

Allergies

Pollen is the biggest trigger for summer allergy flare-ups. When the pollen count is high, stay indoors as much as possible with the windows closed. To ease allergy symptoms, start with a nasal saline rinse, like a Neti pot, to flush pollen and particulates out of the nasal passages. Over-the-counter antihistamines, decongestants and eye drops can also be helpful.

Poison oak or ivy

The leaves of these plants usually appear in clusters of three and change color with the season: reddish in spring, green in summer and yellow, orange or red in fall. Treatment options include using a cold compress, calamine lotion, non-prescription hydrocortisone cream or an antihistamine to ease itching. Call your doctor if the rash is near the eyes or covers a large part of the body.

Germs

One key to avoiding germs is proper handwashing. Thoroughly wash hands with soap and water. Dry hands using a clean towel, or air dry. Also, if your kids go to a public pool during the summer, make sure they shower before and after swimming and don't share personal items (towels, brushes, sandals) with others.

Cuts and scrapes

To stop minor bleeding, apply gentle pressure for at least five minutes with a clean cloth or gauze pad. Rinse cuts thoroughly with clean water or saline solution to remove dirt and debris. Apply a thin layer of antibiotic ointment, and cover with a clean bandage.

Protect the head

Ensure kids wear helmets when riding a bike, skateboard, scooter, rollerblades or other toy. Ask an expert to help you properly fit your child's helmet so that it's snug, level and comfortable.

FREE HEALTH BOOKLETS

At PacMed, we believe good information is powerful medicine. That's why we've created a collection of guides to help you and your family enjoy a lifetime of good health. All booklets are available at our primary care clinics.

Here's to Your Health Wellness Kit

Leading a healthy, active life requires making conscientious decisions about how you take care of yourself. This booklet offers a broad description of the services available at PacMed to help you take charge of your wellness. It also includes health maintenance guides and reference charts.



Patient Resource Guide

If you're new to PacMed, this welcome guide will introduce you to key elements of our preventive care and in-house specialty options. It's a great resource for learning how to prepare for appointments and chart a health maintenance schedule for you and your family.



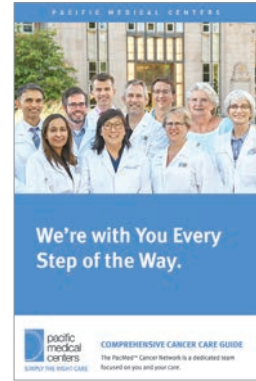
Pediatrics Guide

Having a baby and raising a healthy child isn't kids' play. This booklet provides the tools for parents and guardians to start their child on a healthy track. It highlights our pediatric and family medicine services at our clinics and includes information on recommended vaccines, nutrition, activities and more.



Cancer Care Guide

A cancer diagnosis leads to many questions. This booklet is intended to answer many of those questions and concerns. It features valuable information about our cancer care team's strategy and highlights treatment and support options.



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.

Good Energy Can Improve Your Health! Story on page 1.

A NEWSLETTER FROM PACIFIC MEDICAL CENTERS — 1200 12TH AVE S, SEATTLE, WA 98144

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WHETHER YOU WANT TO PAY YOUR BILL OR REQUEST AN APPOINTMENT, YOU CAN ACCESS PACMED 24/7 FROM YOUR MOBILE DEVICE, COMPUTER OR LAPTOP AT WWW.PACMED.ORG.

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.



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.

Let's Celebrate!

Our Northgate Clinic Remodel Is Now Complete

PacMed has been serving the Northgate community since 1987, and over the past few years, we've completed various projects to better serve our patients. We're happy to announce our latest upgrades are now complete.

Our most recent work created more collaborative areas for our care teams to help them give you excellent service. It also enhanced the look of the hallways beyond the waiting areas. This phase of the remodel adds to our previous improvements. In 2014, we upgraded the radiology suite, and in 2016, we refreshed the 30 primary/specialty exam rooms on floors 1 and 2.

We invite you to stop by and take a look!

Our Northgate clinic is located at 10416 5th Avenue NE, across from the Northgate Shopping Center in Seattle. Open Monday–Thursday, 7 am–7 pm, and Friday, 7 am–5 pm. To contact us or make a doctor's appointment, call 206.517.6700.