

# Healthy Today



## Doctors and Providers

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

Warm, personal and invested care since 1935

INSPIRING STORIES FOR LIVING YOUR BEST LIFE

WINTER/SPRING 2020

## REKINDLE LOVE AT ANY AGE

Love is an important factor for our emotional well-being. While some can fill that need through friends, pets, community or other outlets, many of us look to intimate relationships for love.

Below are some scenarios you might relate to—looking for new love, adding spark to a long-term relationship or mending a family bond. Each is followed by advice from PacMed Behavioral Medicine specialist Rebecca Wolff, LMHC.

Keep in mind, relationships are complex, and there is no one-size-fits-all advice for everyone. We encourage seeking additional support if needed.

### Keep the fire burning

*Tia and David have been married for 15 years. They have a healthy marriage, except their whirlwind romance early on has cooled significantly in recent years. Privately they wonder, “Will we ever have passion again?”*

“With any relationship, the amount of time you devote to it is what you’re going to get out of it. Find ways to show love for your partner in the way they experience love. We often show love in the way that is most meaningful to us, even though our partner may feel loved in a totally different way. Have a conversation to discover what feels meaningful to each other and incorporate those ways of showing love into your everyday lives. Also, look for



activities you enjoy doing together. Life gets busy, so schedule shared activities on a regular basis to help maintain a strong connection. Finally, don’t let technology supersede your relationship. We often spend too much time watching TV or on our phones, so our partner may feel a disconnect or unvalued.”

### Find a new flame

*Anita and Jim met in college, married and had three wonderful children. Tragically, Anita was left to raise them alone when Jim passed away unexpectedly. Two years have passed, and Anita is open to exploring relationships again—but she’s not sure where to begin.*

“Online dating is a popular go-to for dating and can work for many people; however, it can be helpful sometimes to ground dating in a process of self-discovery as well. Focus on finding new activities you might enjoy—join a new group or get out of your comfort zone a bit. Maybe take that trip you’ve always dreamed of. Put yourself in a situation where your senses are awakened, and you’ll be more receptive to meeting someone along the path.”

### Repair a scorched relationship

*Anthony had a close relationship with his daughter until the divorce. Despite shared custody, he felt his daughter favored his ex-wife. Then, a series of minor disagreements with his daughter led to her cutting off contact with him. Now it’s been a few years since they spoke.*

“Repairing a family relationship is a big challenge. In those situations, each party genuinely feels hurt. As the adult, you need to be willing to hear a tough conversation and let your guard down to really focus on what the other person is saying. It requires self-reflection. Ask yourself honestly, ‘What have I contributed to this situation?’

“Whether the breakdown is with a child, a parent or a sibling, it’s important to accept each other for who you are. Not for who you always hoped they would be, but for who they actually are. This goes for yourself as well. Learn to begin

from a place of self-compassion, to allow yourself to fail and try again. When you realize no one is always perfect, it’s easier to extend kindness and grace to those you care about the most.”



Rebecca Wolff, LMHC, Renton

*Rebecca Wolff, LMHC, sees patients at our Renton clinic. You can see Rebecca, or one of our 20 other Behavioral Medicine providers, if you have a PacMed primary care doctor.*

[www.PacMed.org/MentalHealth](http://www.PacMed.org/MentalHealth)

## WE RECOMMEND

- Authors John and Julie Gottman: *10 Lessons to Transform Your Marriage; Eight Dates*
- Airplane mode for your phone during dinner or date night
- Meetup groups: [www.meetup.com](http://www.meetup.com)
- Individual/couples/family counseling



## PACMED DONATES SPECIALTY CARE TO OUR NEIGHBORS

While programs exist that help cover basic health needs, specialty care for more serious issues can be hard to access for people at financial risk.

Project Access Northwest aims to close that gap. PacMed is proud to be a long-time partner of Project Access Northwest. It’s one of many ways we support our community.

People who use Project Access Northwest are often un- or underinsured. It coordinates specialty care and provides other programs for people on the brink. Last year, PacMed physicians provided over 10% of all donated specialty care sought through Project Access Northwest.

We honor the people struggling to make ends meet and are grateful for our partners at Project Access Northwest and many other local nonprofits and programs. Together, we can help our neighbors find and maintain stability in these changing times.

To seek assistance or learn more, visit [www.projectaccessnw.org](http://www.projectaccessnw.org)



- Build focused, uninterrupted family time into each day
- Listen attentively and openly when your child shares
- Buy a small plant for your child to water each day
- Find support in a parent’s group
- Take time to talk with your child’s doctor

## WE RECOMMEND

## Refocus parenting

Submitted by a PacMed team member.

One of the most challenging roles I’ve held as an adult is being a mother to my sons. I take it seriously, thanks to the example set by my mother. She was loving, attentive and committed, which taught me to value parenting my little people.

I believe focused, uninterrupted time is key. In the midst of the daily routine, build in connecting “moments.” These can be in the mornings before day care, over family dinner or throughout the weekend. Our family is fortunate to have a yard, and the kids have a couple of small plants they must water every day—a perfect reason for us to explore and play outside. In these moments, my husband and I allow our sons to open up and share from their perspective.

We unplug so we can fully engage with our sons. We ask probing questions about emotions and check in on the day’s highlights and challenges. By

listening, we encourage and model positive behaviors. Conversations with kids can be surprisingly rich—they just need space to share themselves with us.

Remember, each child is an individual. They vary in interests, strengths, opportunities, emotions and how they respond to environments and people. As kids explore and find their way, set guidelines and boundaries that are appropriate. As kids grow and their worldview expands, do community outreach together (garbage clean-ups, fundraisers, walks for a cause, volunteering, etc.) to teach them about social issues in a relational way.

In my humble opinion, you cannot show children enough love and encouragement. We are an affectionate family. We tell our children how important they are to us and that we will always have their backs—no matter what. The reward is seeing our children become strong contributors to life and the world around them.



# Reshape your habits for better health

How we choose to eat, drink and unwind plays a major role in our health over time. Entering the new year, we asked several PacMed providers to offer insight into what's trending—and what should be.



## RETHINK YOUR DRINK

### “Dry January” Festive Mocktails

Leaving alcohol behind doesn't mean an end to fun. Muddle some fresh fruit and herbs in a fancy glass to spritz up your social gatherings or after-work drink—for January and beyond!

#### Pink Kombucha Mojito\*

Passion-berry kombucha, mango LaCroix, muddled mint and lime (pictured above).

#### Passion-Pomegranate Pepino

Crushed cucumber, lime and pomegranate seeds topped with passionfruit seltzer.

#### Miami-Moscow Mule

Half fresh grapefruit juice, half ginger beer, with a squeezed wedge of fresh lime stirred by a sprig of fresh rosemary.

#### Claustherada

Bloody Mary mix, a lime wedge squeezed and dropped in, topped with World Beer Award-winning Clausthaler Lager.\*

#### Leaping Limonada

Cilantro and jalapeño muddled with lemon juice and agave/simple syrup, topped with soda in a salt-rimmed glass.

#### Peachy Palmer

Lemonade, iced tea and muddled peach.

#### Midnight Coffee

Dark chocolate melted and whisked with coconut milk, a shot of decaf espresso or coffee and a sprinkle of cinnamon.

\*Commercially sold kombucha and Clausthaler “non-alcoholic” beer may each have up to 0.5% alcohol.

## CANNED OR FROZEN?

If you don't buy fresh produce, pay attention to labels. Canned fruits and vegetables often have added sugar or salt, while frozen don't and are easy to heat with a microwave or stove.



### Healthy Today

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1200 12th Ave S, Seattle, WA 98144

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### GET MOVING

“An hour of activity outside of work per day complements the other factors of good health: diet, sleep and stress management. It doesn't need to be strenuous—walking is an excellent option. Find an activity buddy. Studies show even an online accountability partner helps the behavior stick.”

—Charles Falzon, MD, MBA, Family Medicine doctor at Northgate

- No-frills activity tracking: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- Try a Living Well Alliance class or video: [www.PacMed.org/LWA-Events](http://www.PacMed.org/LWA-Events)

WE RECOMMEND

### A MEDITERRANEAN BOOST

“A ‘Mediterranean’ diet of mostly fruits, vegetables, whole grains, beans, nuts, seeds and olive oil lessens the risk for stroke. It also may link to longevity, weight loss and a lower risk for cardiovascular and fatty liver diseases. The diet allows for low-to-moderate consumption of wine, fish, poultry and dairy (but very little red meat).”

—Rex G. Cheng, MD, Gastroenterology and Hepatology specialist at Canyon Park and First Hill

### TRY “DRY JANUARY”

“Many people start the new year by abstaining from alcohol for a month. Why is this a good thing? People can develop a tolerance with regular drinking. Taking a break helps reset and gives your liver a chance to repair itself.”

—Dimple Sahay, MD, Family Medicine doctor at Renton

### WHOLE30: TRY IT (NOT A DIET)

“If you decide to get on the Whole30 bandwagon, remember it's a 30-day elimination diet—not a long-term strategy for health or losing weight. There may be success stories, but there's no scientific evidence backing Whole30 yet. Even if you find some foods to eliminate, you'll need to follow a proven healthy eating plan—like the Mediterranean diet—for lasting health.”

—Christy Goff, MS, RDN, CD, and Christine Stirparo, RDN, CDE, CD—dietitians serving PacMed clinics, plus local employers through the Living Well Alliance™

- Cook for yourself: [www.PacMed.org/Recipes](http://www.PacMed.org/Recipes)
- Sign up for home veggie delivery: [www.imperfectfoods.com](http://www.imperfectfoods.com)

WE RECOMMEND

### BE A QUITTER

“Smokers who are ready to quit can be helped by individual or group therapy, as well as websites or phone apps. Smoking is tied to cardiovascular and coronary diseases, lung diseases such as asthma and COPD, bronchiectasis and lung cancer.”

—Lu Gao, MD, PhD, Internal Medicine doctor at Renton

- Stop smoking: [www.smokefree.gov](http://www.smokefree.gov)  
[www.cancer.org](http://www.cancer.org)

WE RECOMMEND

### IS VAPING A HEALTHY OPTION?

“Although e-cigarettes are relatively new, there are a number of case reports connecting vaping to lung diseases like ‘popcorn lung’—named for workers in the popcorn-making industry exposed to the compounds used to color and flavor the popcorn. The solutions that go into vaping solutions are fairly unregulated, and inhaling any extraneous chemicals is fraught with health dangers.”

—Hina Sahi, MD, Pulmonologist at Beacon Hill, First Hill and Renton



**PACMED LISTENS!** Something you love? Something we can do better? We'd like to hear about it. Contact us at [StayHealthy@pacmed.org](mailto:StayHealthy@pacmed.org)

# Reset your social life

Being social—whether in person or online—is good for your health! Harvard, Psychology Today and others say being social helps us live longer, boost our immune system and reduce risks of dementia, depression and even cancer.

Whether you prefer **large groups** of new people or **small gatherings** with trusted friends, extraverts and introverts alike can find ways to overcome isolation this season and socialize for good health.

### Phone date

Schedule time to connect from the comfort of your favorite couch or chair.

### Host someone

Invite a friend for a dinner or walking date. Have a friend or family member over for coffee or tea.

### Babysit or help with homework

Short bursts with grandkids, nieces or nephews are sometimes better than a full day. They help avoid the stress and spending of grand gestures.

### Get a pet

Furry or feathered friends can provide sweet companionship and health benefits as well.

### Create something to talk about

Visit a museum, show or game with a friend and chat about what you see. Or join a book group you find through the library, internet or word of mouth.

### Skype or FaceTime

Catch up with distant family and friends with a video call.

### Walk openly

Stroll through your neighborhood and make a point of stopping to say hello to people you meet.

### Follow that dream

Take a class or find a group on [meetup.com](http://meetup.com) to develop writing, music, woodworking or any other talent you've always meant to explore.

### Volunteer

Many causes need help. Call to offer your skills, or start with an organization experienced with volunteers like Habitat for Humanity.

### Sweat together

Join a local club or league for soccer, softball, rowing, bowling or another sport you enjoy or want to learn. Or invite a friend to jog, walk, swim or work out with you.

### Slack together

For a laid-back group experience, check out Underdog Sports Leagues for bocce ball, cornhole, kickball, dodgeball and more.

### Be board

Organize a game or card night, or visit one at a local game shop.



- Fun-focused, low-key sports: [www.underdogseattle.com](http://www.underdogseattle.com)
- Public library book groups and author talks
- Video chat with FaceTime, Skype, WeChat, Viber
- Making new connections: [www.bumble.com/bff](http://www.bumble.com/bff)
- Intimate gigs in small venues: [www.sofarsounds.com](http://www.sofarsounds.com)
- Google “volunteering” + your hometown

WE RECOMMEND

### Throw a party

It's a great excuse to clean up your place. Plus you can ask other people to bring the food.

### Pop up (at an event)

Subscribe for alerts to surprise music or comedy events around town.

### “Show” up

Use the app BandsInTown to link your music preferences to local shows by your favorite artists—and see which friends are going, too.





# Reconnect and help depression with *One More Question*

- [www.PacMed.org/Depression](http://www.PacMed.org/Depression)
- Emergencies: 9-1-1 or the ER
- 24-hour crisis lines:  
King: **1.866.4.CRISIS**  
Snohomish: **1.800.584.3578**  
Pierce: **1.800.576.7764**
- Local support: 2-1-1
- Anonymous screening:  
[www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)
- Suicide prevention lifeline:  
**1.800.273.TALK (8255)**
- PBS NewsHour, "I Got Your Back"
- Forbes, "How to Create a Workplace That Supports Mental Health"

## WE RECOMMEND

**YOU CAN REACH PACMED OR A DOCTOR ON CALL ANYTIME, 24/7:**  
**1.888.4PACMED (1.888.472.2633)**



If you've ever been depressed, you know how easy it can be to hide it. People struggling with mental health can walk through the world with a smile and a "Fine," hiding a sometimes-serious need for help.

PacMed created the #OneMoreQuestion campaign in 2019 after one of our primary care providers followed her intuition and gave a teenage patient a depression screening at the end of the family's doctor visit. When asked, the young man revealed he had planned to end his life that night. Because of one more question, we were able to connect the teen and family to resources and support.

The example of this doctor is something we can all emulate in our daily lives—to be more present when checking in with friends, acquaintances or even strangers.

We all "need to be seen and heard in an honest way," said Dr. Lisa Ivanjack, PacMed co-chief of primary care, in an interview last year with *Seattleite*. "We may not have all of the answers or be able to solve someone else's problems, but we can listen. This simple act can drastically change someone's outcome or perspective during a hard time in their life."

Mental health issues will affect one in five Americans during their lifetimes. Chances are someone you know is affected right now. Not sure what to ask? Here are some ideas:

*I really want to know: how are you feeling today?*

*You don't seem like yourself. Is there anything you'd like to talk about?*

*Are you feeling down? Would you like to talk?*

"Big or small, these acts can bring a sense of caring into someone's darkest times. One more question can have a profound, positive effect on which path someone takes when struggling," said Dr. Ivanjack. By talking openly about mental health, we help break down the stigma around it.

Your primary care doctor can help identify resources and support systems. They also can refer you to a licensed mental health provider. In most PacMed clinics, we have behavioral medicine therapists right down the hall from your primary care doctor.

When things get busy this year, remember to slow down and find an opportunity to ask one more question. You never know how healing that simple act might be.

## ROASTING SHOWS A SWEET SIDE



Roasting caramelizes natural sugars and brings out new flavors. Sprinkle 2–3 tablespoons olive oil in a large, flat pan. Toss clean, cut veggies to coat, and spread out. Bake at 425°F, turning every 10 minutes until edges are golden brown.



**One in three PacMed doctors were named "Top Docs" by Seattle and Seattle Met Magazines**



## GET SAUCY!

For a quick sauce over brown rice and vegetables, mix ¼ cup natural peanut butter; 1 tablespoon each of low-sodium soy sauce, Sriracha and hoisin sauce; 2 tablespoons lime juice; 1 teaspoon sesame oil and ¼ cup hot water. Also try as a marinade or sandwich spread.

## Peanut Sauce Grain Bowl

PacMed dietitian Christy Goff demonstrates this Thai-inspired recipe and more meal ideas in our new cooking video series: [www.PacMed.org/Recipes](http://www.PacMed.org/Recipes)

# PACMED COMMUNITY CALENDAR

## JANUARY

- 13 Line dancing class, Mondays, Little Red Hen, Seattle 🎵
- 18 Burrata Cheesemaking Class, River Valley Cheese, Renton 🧀
- 18–19 Leavenworth Ice Festival ❄️
- 23–26 Tacoma Home & Garden Show 🌿
- 25 Lunar New Year, Seattle ID 🏮

**Find a Farmers Market**  
[www.wafarmersmarkets.org](http://www.wafarmersmarkets.org)

## FEBRUARY

- 1 Special Olympics Alpine Regionals, Snoqualmie Pass 🏂
- 26 NW Flower & Garden Fest Begins 🌸
- 29 NW Women's Show, Tacoma, with PacMed 📺
- School's Out! Midwinter Break\*** 🏠  
13–17 Fife, Lake Washington  
14–17 Highline, Federal Way, Puyallup, Franklin-Pierce  
17–18 Edmonds, Everett, Sumner  
18–21 Seattle, Shoreline, Northshore, Bellevue, Mercer Island, Renton, Kent, Issaquah, Auburn

## MARCH

- 7 Rise Up Hamilton Tribute Band, Bothell 🎵
- 14 Kirkland Shamrock Run, with PacMed 🌱
- 22 Mercer Island Half Marathon & Kids Dash 🏃

**U-Pick Berry Season**  
[www.pickyourown.org](http://www.pickyourown.org)

## APRIL

- 1–30 Skagit Valley Tulip Festival 🌷
- 22 Earth Day and Free Entry Day at State Parks 🌍
- School's Out! Spring Break\*** 🏠  
6–10 Edmonds, Everett, Northshore, Lake Washington, Mercer Island, Highline, Tukwila, Renton, Kent, Federal Way, Auburn, Fife, Puyallup, Sumner, Franklin-Pierce  
13–17 Seattle, Bellevue, Issaquah  
20–26 Shoreline

## MAY

- 2 ADA Tour de Cure, Woodinville 🚴
- 2–3 Vegetarian Fest, Seattle Center 🌱
- 15 JBLM Retiree Appreciation Days, with PacMed and US Family Health Plan 📺
- 17 Puget Sound Girls on the Run 5K/10K, Renton 🏃

**May is Bike Everywhere Month**  
[www.wsdot.wa.gov](http://www.wsdot.wa.gov)

## JUNE

- 6 National Trails Day and Free Entry Day at State Parks 🌳
- 19 Auburn Kids Day 🎪
- 27 American Lung Association Walk, Seattle 🏃
- 11–19 School's Out for Summer!\* 🏠

\*Dates may change; check with your district

## WASH HANDS FREQUENTLY - IT'S FLU SEASON

### JANUARY

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### FEBRUARY

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### MARCH

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## FIND SWIM LESSONS, RE-FIT BIKE HELMETS

### APRIL

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## Pacific Medical Centers Specialties & Services

- |  |                              |
|--|------------------------------|
| <b>Primary Care</b>                        | Neuropsychology              |
| Family Medicine & Obstetrics               | Nutrition                    |
| Geriatric Medicine                         | Oncology                     |
| Internal Medicine                          | Ophthalmology*               |
| Pediatrics                                 | Optometry                    |
| <b>Specialty Care</b>                      | Orthopedics*                 |
| Allergy & Immunology                       | Otolaryngology*              |
| Behavioral Medicine (therapy for all ages) | Physiatry                    |
| Cardiology                                 | Physical Therapy             |
| da Vinci® Robotic-Assisted Surgery*        | Podiatry*                    |
| Dermatology                                | Pulmonology                  |
| Endocrinology                              | Rheumatology                 |
| Facial Plastic Surgery*                    | Sleep Medicine               |
| Gastroenterology                           | Sports Medicine              |
| General Surgery*                           | Urology*                     |
| Gynecology*                                | Vasectomy                    |
| Hematology                                 | Women's Health               |
| Hepatology                                 | <b>Other Services</b>        |
| Interventional Pain Management*            | Cardiovascular Lab           |
| LASIK & Vision-Correction Services         | Colonoscopy                  |
| Men's Health                               | Cosmetic Treatments          |
| Neurology                                  | DXA (Bone Density Screening) |
|  | Echocardiography             |
|  | Mammography                  |
|  | Nuclear Medicine             |
|  | *Surgical specialties        |

For a full list and description of our medical services and specialties, visit [www.PacMed.org/What-We-Do](http://www.PacMed.org/What-We-Do)

## MAKE HEALTHY TODAY A GREEN DAY

Pass this on to a friend when you're done! Or get these same tips by email—just drop a line to [StayHealthy@pacmed.org](mailto:StayHealthy@pacmed.org)



# Get the most from your doctor visits

Did you know doctors can have up to 2,000 patients under their care? That's a lot to keep track of for any human being.

Rather than assuming your doctor will think of everything, it pays to drive your own care. Successful patients work with their doctors as partners in their health care.

We've seen successful patients do some creative things to take ownership of their care. See if any of these can improve your trips to the doctor.

### Prepare

Keep track of symptoms or questions you have. Note the date, time and situation where symptoms show up. Take pictures if needed, and note temperatures or pain levels.

Use a notepad or an app like Evernote to record everything, including your medications. If something seems urgent, use this information when calling your clinic or nurse helpline to see if you should make an appointment,



go to an urgent care clinic or visit the emergency room.

### Prioritize

As you prepare to see the doctor, organize your most important questions at the top of your list. Tell your scheduler or care team what you want to discuss. This will help them schedule the right type of appointment so you have enough time.

### Print

Bring two typed copies of your questions to your appointment. Give the first to your MA or nurse when they show you to the exam room. Ask them to give it to the doctor, to help them get oriented before coming in to see you.

The other copy is for you to consult during your appointment. Go down the list, making sure to cover all your items. Take notes there too, since it's hard to remember everything. You can invite a friend or family member along to help if needed.

### Persist

After your visit, you may have specialist visits, tests or follow-ups to schedule. Make these before you leave the clinic, while it's fresh in your mind.

Ask how long test results will take and set a reminder to check MyChart. Message your doctor if you need help understanding results when they come in and to find out follow-up steps to take.

Navigating the medical system can be complicated. Taking ownership of your doctor visits is one thing you can do to have a better experience—and better health outcomes.

Let us know if these tips helped you at StayHealthy@pacmed.org.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 888-311-9127 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 888-311-9127 (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-311-9127 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-311-9127 (телетайп: 711).

ព្រឹត្តិការណ៍: ប្រសិនបើ លោកអ្នក ច្បាប់ ភាសាខ្មែរ, យើង ផ្តល់ ជូន ការ ប្រយោជន៍ ឥត គិត ថ្លៃ ក្នុង ការ ប្រើប្រាស់ ភាសា ខ្មែរ ដោយ ឥត គិត ថ្លៃ ឡើយ។ ទូរស័ព្ទ 888-311-9127 (TTY: 711)។

ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان التام. رقم هاتف المسم والكم: 8883119127 برقم (TTY: 711)

توجه: اگر یہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. یا 888-311-9127 (TTY: 711) تماس بگیرید.

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます 888-311-9127 (TTY:711) まで、お電話にてご連絡ください。

ସାଧାରଣ ଚିଠି: ନେ ଦୁର୍ଗା ମିନାକ୍ଷି କ୍ଷେତ୍ରରେ ଦେ, ଡାକ୍ତରୀ ବିଭାଗରେ ମୋବାଇଲ୍ ଫୋନ୍ କଲ୍ କରନ୍ତୁ 888-311-9127 (TTY: 711) 'ଡି' ବାଟ ଦେଇ।

ប្រយោជន៍: ប្រសិនបើ លោកអ្នក ច្បាប់ ភាសាខ្មែរ, យើង ផ្តល់ ជូន ការ ប្រយោជន៍ ឥត គិត ថ្លៃ ក្នុង ការ ប្រើប្រាស់ ភាសា ខ្មែរ ដោយ ឥត គិត ថ្លៃ ឡើយ។ ទូរស័ព្ទ 888-311-9127 (TTY: 711)។

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 888-311-9127 (TTY: 711) पर कॉल करें।

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 888-311-9127 (TTY: 711).

ចំពោះ: ប្រសិនបើ លោកអ្នក ច្បាប់ ភាសាខ្មែរ, យើង ផ្តល់ ជូន ការ ប្រយោជន៍ ឥត គិត ថ្លៃ ក្នុង ការ ប្រើប្រាស់ ភាសា ខ្មែរ ដោយ ឥត គិត ថ្លៃ ឡើយ។ ទូរស័ព្ទ 888-311-9127 (TTY: 711)។



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### DRY JANUARY?

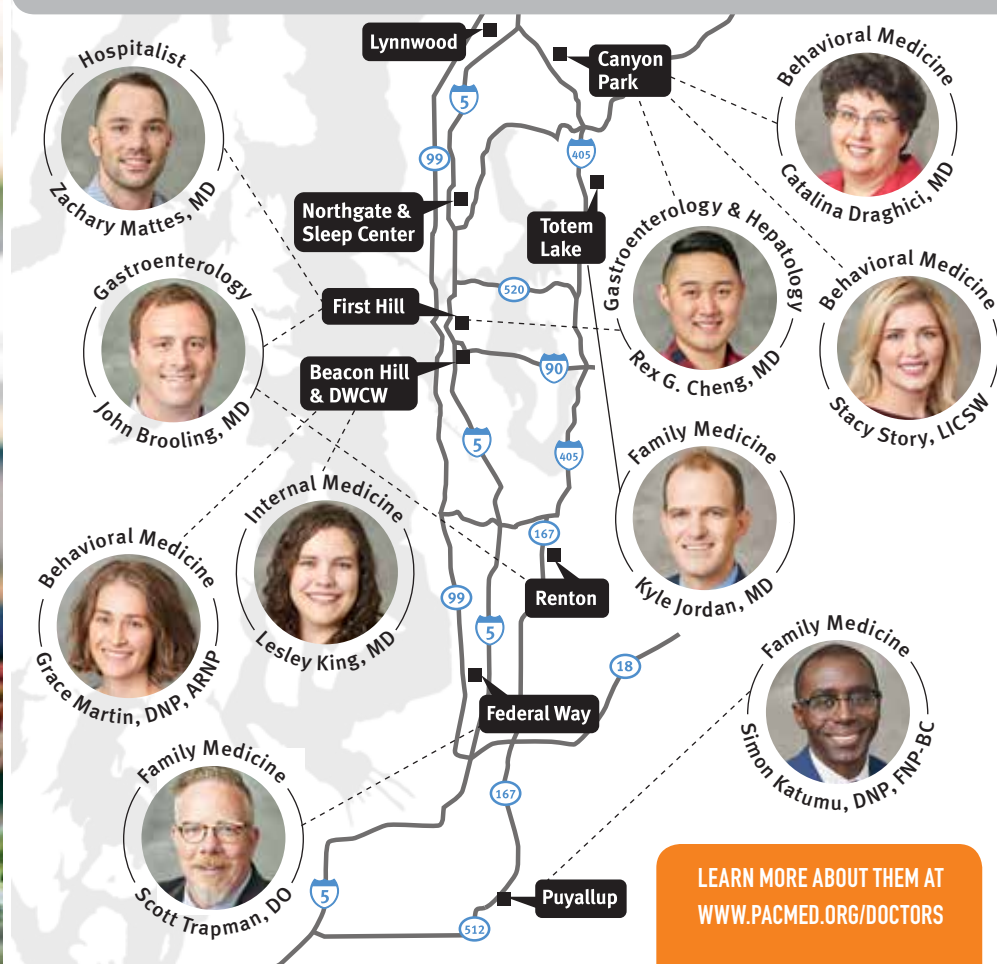
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