

Healthy Today

Winter
2014

A newsletter from Pacific Medical Centers.

Find the Right Doctor for You

How do you determine which type of primary care provider might be the best fit for you? There are many factors to consider, including your age, medical history and a wide range of family, social and spiritual issues you might have. With the impending changes brought on by the Affordable Care Act (ACA), now's the time to get started. Here's insight into how to make the right choice.



From left to right:
nurse practitioner
Brenda Stavish, ARNP;
pediatrician Dr. Akiko Hall;
and internist
Dr. Rutherford Hayes.

Everyone needs a primary care provider—the one who conducts your physicals, and the one you call when you twist a knee or have a lingering cough or cold. But you may ask, “Where do I begin?”

First, consider the quality of healthcare you expect to receive. Not all providers, or healthcare groups, are created equal. At Pacific Medical Centers, we take a collaborative approach to ensuring all our patients receive the best possible care. Like the old-fashioned family doctor, your PacMed primary care provider is a trusted advisor who knows you and can build a relationship over many years. Your provider will work with you to help prevent illness, manage conditions and keep you at your best. If you require more specialized medical care, he or she will not only open doors to make sure you get it, but also will stay involved every step of the way.

If you have online access, the easiest way to learn about our more than 150 excellent providers is to visit www.PacMed.org, and go to **Doctors** or **Who We Are—Physicians and Professionals**. You'll see each one's photo, a summary of their resume, where they practice and information about their medical interests, treatment philosophy and personal interests. Or, you can phone our call center at **1.888.4PACMED** for recommendations.

Types of Practices

We asked three of our providers to explain their specialty to give you an idea of which type of practitioner might be best suited to you and other family members.

continued on next page

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 11 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 (1.888 472.2633) or go to our Web site, www.PacMed.org.
- **Doctors who can see you on the weekends**—Our Canyon Park and Renton clinics have Saturday hours, and our Canyon Park clinic has Sunday hours too! Call 1.888.4PACMED (1.888 472.2633) or go to our Web site for details.
- **Clinics with extended hours, on-site parking and more.**

In This Issue

Overcoming Childhood Obesity
Free Diabetes Support Group
Is My Kid Lazy or Depressed?
Migraine Headache Relief
Our Docs Are Tops
We're in Your Community
Tasty, Low-Carb Recipe
Meet Our Newest Providers
Get to Know MyChart



FIND WHAT YOU'RE LOOKING FOR

Find the Right Doctor for You

continued from page 1

- **Family Medicine (also known as Family Practice)—Care for all individuals**

At the heart of this specialty is the patient-provider relationship. Family medicine practitioners cover all areas of general healthcare, including pediatric and adolescent health, women's health and gynecology, men's health and aging issues. "The reason I chose family medicine as my area of specialty is because I love caring for all different age groups; they are all unique," says **Brenda Stavish, ARNP**. "As a nurse practitioner, I believe it's important to develop a relationship based on mutual respect. If a patient has a concern or issue, I want them to bring it to my attention—trusting I will listen and not judge them. I'll then guide them to the best, most current healthcare solutions available."

- **Pediatrics—Care for children**

Pediatrics is concerned with the prevention, diagnosis, and treatment of diseases of infants, children, adolescents and young adults. Because young patients are rapidly growing and changing, pediatricians must communicate with caregivers to ensure they understand as much as possible about their children's growth, development and overall picture of health. Says **Dr. Akiko Hall**, "I'm a mom myself, and in some ways it feels like my pediatric practice is an extension of me being a mom. It's taking care of kids and seeing them grow up as healthy as possible. It's definitely rewarding to see families grow and thrive over time."

- **Internal Medicine (also known as "Internists")—Care for adults**

Internal medicine practitioners are trained to deal with any medical issue an adult patient may have, from preventive care and common disorders to chronic disease. "I was drawn to this specialty because it involves the whole continuum of care for the patient," says **Dr. Rutherford (Ruddy) Hayes**. "Patients see me for hypertension, diabetes and cardiovascular risks, as well as joint pain and skin issues. My daily schedule shows a long list of various health concerns, but when you get face-to-face with the individual, you get to see what impact you can make on each person's health. That's by far the most rewarding aspect of my practice."

- **Geriatrics—Care for adults of advanced age**

Geriatric medicine is concerned with the prevention, diagnosis and treatment of disorders that occur in older people. Geriatricians recognize that aging is not an illness; rather, it is a time when quality of life and functional ability can be maintained with proper care. Several PacMed internists practice geriatric medicine, exclusively.

Develop a Good Connection

When seeking a primary care provider, don't be afraid to ask questions. One of the keys to a healthy patient-provider relationship is a comfortable, open dialogue. At Pacific Medical Centers, we're proud of our multispecialty network of board-certified practitioners, many of whom have been listed as "Seattle's Top Doctors."

Navigating the Affordable Care Act

Since the impact of the Affordable Care Act (ACA) is different for each person, we encourage patients to read materials sent to them from their insurance companies. Individuals who currently purchase their own health insurance may learn that their policy does not meet ACA requirements and will be discontinued. Your insurance company is required to send you a 90-day notice that explains this and tells you that you will need to select a new health plan. The letter must also outline your options. These options include:

- **Buying a new plan from a different health insurer** either directly or through the Health Insurance Exchange.
- **Buying a new plan from your current health insurer**, either directly or through the exchange.

For questions about ACA, contact our state's Office of the Insurance Commissioner at www.insurance.wa.gov and the Washington Health Benefit Exchange's Healthplanfinder at www.WAhealthplanfinder.org or 1.855.WAFINDER (1.855.923.4633).

If you've received a notice from your insurer about picking a new plan and you do not take action, your insurer will automatically move you to the plan that most closely resembles what you have today. This new plan could cost more, but it's not your only option. PacMed contracts with a wide range of insurance plans, including Aetna, Cigna/Great West, Humana, Medicare, Molina, Premera Blue Cross, Regence BlueShield, US Family Health Plan (USFHP) and others. **We also accept insurance exchange products (effective 1/1/2014), including BridgeSpan, Community HealthEssentials, LifeWise Health Plan of Washington, Premera Blue Cross Heritage Signature and Molina Medicaid.**

For details on PacMed's health plan participation, please call 206.621.4049, or visit us online at PacMed.org.





Dr. Brian Kim

Closing the Door on Childhood Obesity

A chubby baby is awfully cute, but as years advance adding excess pounds can impact a child’s health and well-being. Dr. Brian Kim shares these tips on how to keep your child’s weight in a good place.

The rate of childhood obesity today is alarmingly high. According to the Centers for Disease Control and Prevention, obesity now affects 17% of all US children and adolescents. A child who is overweight is at greater risk for Type 2 diabetes, high blood pressure and cholesterol, asthma, sleep apnea, joint issues and social issues. Children who are obese are also more likely to be obese as adults. Fortunately, attentive, concerned parents can make a big difference in turning a weight issue around.

A Simple Formula

People gain weight when they take in more calories than their bodies expend. With children, “empty calories”—those gained through foods with little nutritional value—are a major culprit. Think potato chips, fast-food burgers and fries, calorie-dense protein bars, sugary drinks and desserts. Portion sizes at restaurants have also increased greatly over the last decade. On the flip side, many children simply aren’t moving enough. One issue is the hours spent sitting before a TV, video game or computer. The Mayo Clinic suggests that a child who spends more than two hours a day watching TV is likely to be overweight.

The solutions for turning around our epidemic of childhood obesity lie in consuming smaller portions of nutritious food and exercising regularly. By making healthy snacks available, providing nutritious meals and modeling an active lifestyle, parents can instill in their children positive habits that can last a lifetime.

Get Moving

By natural design, children in good health love to move, run and jump all day long. If physical activity has fallen to the wayside, here are some easy ideas on how to get your child back on track.

- **Weave activity into your daily routines.** Choose toys that require motion, such as a Frisbee® or soccer ball. Park far from the entrance to stores or choose a family night at the bowling alley instead of at the movies. Get older children involved in a team sport or an individual activity such as swimming or a martial art. On weekends, take the whole family out to explore a nearby park or trail, or go for an afternoon bike ride.
- **Start the day with a nutritious, kid-friendly breakfast.** Focus on whole grains, healthy sources of protein and fresh fruit. Choose cereals that are high in fiber and low in sugar (check the Nutrition Facts label). Make hot cereals appealing to young eaters by adding a small teaspoon of brown sugar on the bottom of the bowl, or blueberries on top.
- **Eat at home more often.** When you do eat out, help your child choose a meal that’s low in fat and a healthy, small portion. At home, keep cooking simple by focusing on basics: a lean protein (like chicken, fish or beans), two vegetables (raw or cooked), and a grain (such as corn bread, brown rice or pasta). Offer fresh fruit and a single cookie for dessert. Only allow water or milk with dinner to cut down on sugary drinks.

You can learn more about exercise and nutrition on these sites: www.choosemyplate.gov and www.letsmove.gov.

Incorporating changes to your family’s diet and exercise habits is a good first step. Equally valuable—particularly if a child is already overweight or obese—is to work closely with your child’s doctor. This will ensure a safe and thoughtful approach to better health.

Dr. Brian Kim practices family medicine at Pacific Medical Centers, in the Puyallup clinic. To learn more about Dr. Kim or to set up an appointment, please visit www.PacMed.org or call 425.412.7200.

Free Diabetes Support Group— PacMed Canyon Park & Renton Clinics

Connect with others who are working toward a better quality of life.

When you’re dealing with a chronic illness, sometimes an understanding support group can be as healing as medical advice. And when you combine the two, you have the makings for healthier days ahead.

PacMed hosts free monthly diabetes support groups at our Canyon Park clinic in Bothell and at our Renton clinic. During these meetings you will learn how others have improved their diabetes control, as well as receive current information from our diabetes educators. The gatherings are held on the first Saturday of the month (10:00 a.m. at Canyon Park; 10:30 a.m. in Renton).

We also offer regular grocery store tours for a nominal fee. On the tour you’ll learn meal planning and shopping tips, as well as what to look for on food nutrition labels. For details on tours and upcoming diabetes education and nutrition classes, please visit www.PacMed.org/diabetes or call 206.NoSugar (206.667.8427).



Depressed, or Just Lazy?



If you have a crisis situation, help is readily available:

- In an emergency, call 9-1-1
- King County's 24-Hour Crisis Line: 1.866.427.4747
- King County's online chat: www.crisisclinic.org/find-help/crisis-chat
- National Suicide Prevention Lifeline: 1.800.273.8255

“Is my son depressed, or just lazy?” That’s a question I hear often from parents with sons in middle school or high school. In fact, it’s often the question that brings a family in for an initial appointment with a psychotherapist. I mostly hear it from mothers worried about their sons, but my thoughts apply to fathers and daughters too.

This common concern may come from a mother whose son has been withdrawn, holed up in his room, with eyes glued to his Xbox. He seems more irritable. His grades may have slipped, and he doesn’t spend as much time with his friends. The mother often adds, “It’s like pulling teeth to get him to do his household chores—let alone get ready for school in the morning.”

What to do?

Is this a psychiatric condition that needs treatment, or is the son just pulling a fast one to get out of doing work? Should the parent respond with concern or discipline?

First, let’s review some typical signs of clinical depression:

- Irritability, tearfulness or sadness
- Loss of interest in important activities like schoolwork, sports or play
- Changes in appetite or weight
- Problems sleeping
- Being overly restless or unusually tired
- Messages of worthlessness or guilt, such as “I’m such an idiot”
- Statements about suicide or signs of self-harm

It is important to remember that—aside from statements about suicide or evidence of self-harm—it’s perfectly normal for anyone to exhibit a few of these behaviors from time to time. Happiness would be meaningless without sorrow. We start talking about depression only when the symptoms are ongoing and excessive, and they cause clear problems with a child’s functioning at home or school.

If your child is showing slight signs of depression, you can help by being a positive influence. For starters, drop the word “lazy” from your vocabulary. The best way to change a child’s behavior is to encourage behavior you want, not criticize the behavior you don’t want.

A Fine Balancing Act

Good parenting involves a constant dance between concern and discipline. If you suspect your pre-teen or teenage child is depressed, consider the following responses:

- Think of discipline as teaching, not punishment. Keep a calm, neutral tone when setting and enforcing rules.
- Help your child make a plan for coping positively with sadness or stress. For example, consider using art, writing, music, exercise, relaxation or active outings.
- Share how you deal with feelings that arise in your life, such as how you cope with frustration at work.
- Limit factors in your child’s environment that seem to trigger negative feelings, such as too much social media or video game time.

Seek a psychotherapist for additional help if needed. Don’t be afraid to ask lots of questions. Ultimately, through your time, attention and example, you’ve got the power to affect your child’s life for the better.



Jack Shriner, LICSW, CMHS, a licensed clinical social worker at Pacific Medical Centers at Beacon Hill, provides counseling services to children and families. For more information about Jack or to make an appointment, please visit www.PacMed.org or call 206.621.4045.

Defuse Your Migraine Headache



Although they're invisible to the outside world, migraines are very real to the person who suffers from them. The severe pain and overwhelming symptoms can torment a person for hours or days. Dr. Elham Rezvanian shares insights and preventive tips for this debilitating affliction.

Tens of millions of Americans have migraine headaches, with three times as many women as men experiencing them. With a migraine, the pain usually settles in one side of the head only. And as any migraine sufferer can tell you, one side is plenty. The pain is sharp, throbbing and gets worse when you bend over. As the pain intensifies, so can other symptoms, including nausea, vomiting and sensitivity to light and noise. Some people experience auras—bright colors, dark areas or blurs in their vision, or perhaps an unusual smell—before a migraine's onset.

Many patients self-treat by lying down in a dark, quiet place and keeping still. But migraines can last anywhere from a few hours to a few days. If you lead a busy life, with a job and kids or grandkids, lying still for 72 hours can be extremely stressful and disruptive.

What Triggers Migraines?

As for what causes migraines, researchers have several theories, including neuronal excitability, cortical spreading of depression, inflammation, trigeminal nerve activation and blood vessel dilation. But the cause of a migraine may not be limited to just these factors; there may be other reasons of which we are not yet aware.

Also, there's no lab test that can definitively show that your pain is actually a migraine and not something else. Instead, your doctor will base a migraine diagnosis on a clinical exam and your symptoms. Your family history plays a role, too, as well as environmental, physiological or dietary "triggers."

For example, a spoonful of peanut butter can bring on a migraine for some people. So can your morning cup of French Roast. For some patients, the nitrites in foods like hotdogs can cause an attack. A cloudy afternoon, a bad day at work, a sleepless night, menstruation—even certain smells—can act as migraine triggers.

What's the Best Treatment?

Today, we have many treatment options. The trick is working closely with your doctor to find an approach and treatment that works best for you.

- **During an acute attack**, several classes of prescription and non-prescription medications can stop or lessen symptoms. These include pills, injections and even nasal sprays.
- **For preventive treatment**, a daily dose of certain antidepressant, antiseizure or antihypertensive medications may be prescribed. Although originally designed for other ailments, these drugs have also proven somewhat effective with migraines. Botox injections are another tool.
- **Lifestyle modifications and trigger reductions** can be highly preventive. Helpful practices include good sleep hygiene, daily exercise, healthy nutrition, stress reduction, behavioral therapy, massage therapy, acupuncture and avoiding your personal triggers.

Take the time to find a doctor with whom you can develop a long-term, trusting relationship with good communication. Prompt treatment, patient education and self-management are invaluable in mitigating migraines.

Dr. Rezvanian is a neurologist at PacMed's Beacon Hill and Renton clinics. She is accepting new patients. To learn more about her, visit www.PacMed.org or call 206.505.1300 to make an appointment.



Our Docs Are Tops

For the 10th consecutive year, Pacific Medical Centers is proud to have dozens of our providers honored by *Seattle Met* and *Seattle* magazines as Top Doctors. The lists are determined through surveys of thousands of medical professionals in the Puget Sound area. *Seattle Met* also includes review by an advisory panel of local administrators, doctors and nurses to vet the list and share their expertise. Congratulations to our 2013 honorees. More good news, most of our Top Docs are accepting new patients!

Cardiology

Joshua Buckler, MD, FACC
Philip Massey, MD

Endocrinology

Rebecca Over, DO

Family Medicine

Matthew Bressie, MD
Tony Cho, MD
Tim Halm, MD
Carol Radlo, MD
Teresa Wolber, DNP, ARNP

Gastroenterology

Shoba Krishnamurthy, MD, FACP

General Surgery

David White, MD, FACS

Hematology/Oncology

Sharmila Ahmed, MD
Vik Dabhi, MD, PhD

Internal Medicine

Marty Babcock, ARNP
E. Kai Hansen, MD
Wm. Richard Ludwig, MD
James Lund, MD
Christopher Smith, MD, FACP

Interventional Pain Management

Marshall Bedder, MD, FRCP(C)
Xing Fu, MD

Nephrology

Bonnie Collins, MD

Neurology

Jerold Mikszewski, MD

Ophthalmology

Tony Huynh, MD
Christopher Kuntz, MD

Optometry

David Savage, OD, FAAO

Orthopedic Surgery

Chad Marion, MD

Otolaryngology

Thomas Lamperti, MD
Michael Wolfe, MD, FACS

Pediatrics

Emmanuel Eusebio, MD
Akiko Hall, MD, MPH

Physiatry

Benjamin Lacey, MD

Podiatry

Kirk Alexander, DPM, FACFAS
Gregory Grant, DPM, FACFAS

Psychiatry

Raman Arora, MD

Rheumatology

Mary Wemple, MD
John Yuen, MD

Sports Medicine

Chris Maeda, MD

Urology

Michael Han, MD

We're an Active Neighbor

Pacific Medical Centers is delighted to lend a helping hand in making our communities happier, healthier places. Here's a snapshot of a few activities we supported in 2013. For upcoming events, visit the [Community Activity page](#) under About Us at www.PacMed.org. Join us if you can!

Walking with You

PacMed employees got moving—and busy fundraising—to support the American Heart Association's Seattle Heart Walk, and the American Diabetes Association's Step Out Walk to Fight Diabetes in both Seattle and Tacoma. We also supported the Benson Hill Elementary Walk-a-Thon in Renton, ROCKIT Walk About on Beacon Hill and the Relay for Life events in Puyallup and Federal Way.

Health Awareness

For Women: PacMed hosted a free women's health event at our Canyon Park and Renton clinics to promote awareness of common gynecological issues, and a table at the Tacoma Mall's "Paint the Mall Pink" event in support of breast cancer awareness.

For Men: We hosted a free men's health event to discuss gender-specific health targets at our Canyon Park and Beacon Hill clinics.

For Families: PacMed hosted a booth at the Juvenile Diabetes Research Foundation's "T1D Global Path to a Cure" symposium. Our Federal Way clinic preformed blood pressure readings and discussed healthy living at the Commons Mall Farmer's Market. Our Lynnwood clinic offered blood pressure screenings at the Tour de Terrace Festival in Mountlake Terrace. And our Totem Lake clinic partnered with the Living Well Alliance™ at the Juanita Health Fair at Juanita Beach Park.

For Seniors: Our Beacon Hill clinic hosted a team of Japanese doctors from Hiroshima Prefectural Medical Association to conduct comprehensive medical evaluations of Pacific Northwest residents who survived the 1945 US atomic bombings of Hiroshima and Nagasaki. Also, our Canyon Park clinic participated in the Senior Social and Resource Fair at McCollum Park in Mill Creek.

Salute to Armed Forces

PacMed employees and our US Family Health Plan (USFHP) team participated in a number of events to support our troops, including: the Hawks Prairie Rotary Military Family Day, City of University Place & Association of the United States Army's "16 CAB Appreciation Day," the 4-2 Stryker Brigade return at Fort Steilacoom Park, and the Puyallup Chamber of Commerce and the Association of the United States Army "Salute to the Troops" and "Great American Picnic."

Just for Fun

In the spirit of creating a more active, vital community, PacMed hosted a free Halloween pumpkin patch for kids in Renton, the Jefferson Park Jubilee on Beacon Hill and a Trike-a-Thon event at Central Lutheran Preschool in Everett. We also sponsored *The Comedy of Errors* and *The Government Inspector* at the Seattle Public Theatre on Green Lake. And our Beacon Hill, Madison and Northgate clinics joined together to sponsor *Batman: The Movie (1966)* and *Hairspray* at Three Dollar Bill Cinema's Outdoor Cinema Series.



Cauliflower & Potato Mash

Serves 12, Serving size 1/3 cup

By substituting in the antioxidant-rich cauliflower, you'll create a lower carbohydrate and more nutritionally enhanced dish. Cauliflower is also a good source of vitamin C, K and magnesium.

Recipe adapted from *Cooking Light*, November 2005

Ingredients:

2 cups plain mashed potatoes
5 1/2 cups coarsely chopped cauliflower (about 1 small head)
1/2 cup fat-free milk
6 garlic cloves
1 bay leaf
1 tablespoon unsalted butter
1 teaspoon salt
1/4 cup chopped fresh chives

Preparation:

Prepare 2 cups of plain mashed potatoes. Keep warm.
Cook cauliflower in boiling water 7 minutes or until tender. Drain.
Place fat-free milk, garlic cloves and bay leaf in a small saucepan; bring to a simmer. Cover and cook over low heat for 10 minutes. Discard bay leaf. Place cauliflower, milk mixture, butter and salt in a food processor, and process until smooth, scraping sides of the bowl occasionally. Combine mashed potatoes and cauliflower mixture in a large bowl, stirring until well blended. Garnish with chives.



Nutritional information per serving as written:

Calories: 52	Fat: 2.0 g	
Total Carbohydrate: 9.5 g	Dietary Fiber: 2.2 g	Sugars: 13.6 g
Cholesterol: 6 mg	Sodium: 331 mg	Protein: 2.3 g

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

Get to Know Our Newest Providers

We're pleased to welcome 15 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices. We invite you to take a moment to read the brief bios below. For more details, or to schedule an appointment, visit the [Who We Are](http://www.PacMed.org) section at www.PacMed.org today.

**Wade Austin-Getsfrid, MD, Hospitalist**

First Hill

Dr. Austin-Getsfrid, who speaks English, Chinese and German, is interested in tropical and international medicine. Away from work, he enjoys boating and music.

**Daniella Cannone, DPT, Physical Therapy**

Canyon Park

Daniella values patient-centered care where the patient plays an active role in their rehabilitation. Outside work, she enjoys photography and skiing.

**Stephanie Comtois, LICSW, Behavioral Medicine**

Beacon Hill

Stephanie encourages patients to develop strengths that can help them cope with emotional challenges. She enjoys cooking, gardening and travel.

**Nora Riley Faram, MSW, MHP, LICSW, Behavioral Medicine**

Totem Lake

Nora, who speaks Spanish and English, helps her clients garner the skills necessary to improve their well-being. She enjoys poetry and the outdoors.

**Rutherford Hayes, MD, Internal Medicine**

Beacon Hill

Dr. Hayes bases relationships with patients on communication and partnership. His leisure-time pursuits include biking and travel.

**Maylon Hsu, MD, Ophthalmology**

First Hill, Northgate, Renton, Totem Lake

Dr. Hsu believes in taking time to listen to patients and ensuring they understand their eye condition. She enjoys hiking and family time.

**Joanna Huff, ARNP, Internal Medicine, Geriatric Medicine**

Canyon Park

Joanna's medical interests include dementia, palliative care and end-of-life care. In her free time, she enjoys hiking, mountain biking and snowshoeing.

**Lauren Jentges, DPT, Physical Therapy**

Canyon Park

Lauren guides patients through medical challenges with education and an emphasis on prevention, choice, dignity and functional independence.

**Katarzyna Kabat, MD, Internal Medicine**

Renton

Trained in Poland and Connecticut, Dr. Kabat enjoys building long-term relationships with her patients. She is interested in geriatrics and disease prevention.

**Elham Rezvani, MD, Neurology**

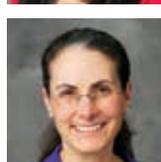
Beacon Hill, Renton

In addition to specializing in neurology, Dr. Rezvani is also trained in sleep medicine issues, such as sleep apnea and insomnia. She speaks English and Farsi and enjoys dining out.

**Hina Sahi, MD, Pulmonology**

First Hill, Renton

Through prevention, education, discussion and treatment, Dr. Sahi enables her patients to live fulfilling, healthy and active lives. She is fluent in English and Hindi.

**Barbara Schach, MD, Internal Medicine**

Totem Lake

Dr. Schach enjoys helping patients choose a healthy lifestyle to minimize medications and problems. She is interested in photography and aviation.

**Chelsea Shih, MD, Behavioral Medicine**

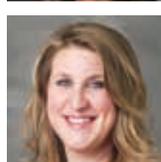
Northgate, Renton

Dr. Shih, who speaks Mandarin and English, aims to provide the best care for each patient through honest interactions, careful listening and up-to-date treatment.

**Brenda Lee Stavish, ARNP, Family Medicine**

Puyallup

With nearly 28 years' experience, Brenda emphasizes preventive care based in respect and honest communication. She likes to watch and perform theater.

**Michelle Tepper, PA-C, General Surgery**

First Hill

As a surgical assistant, Michelle believes in reducing patients' anxiety through education and by including them in the decision-making process.



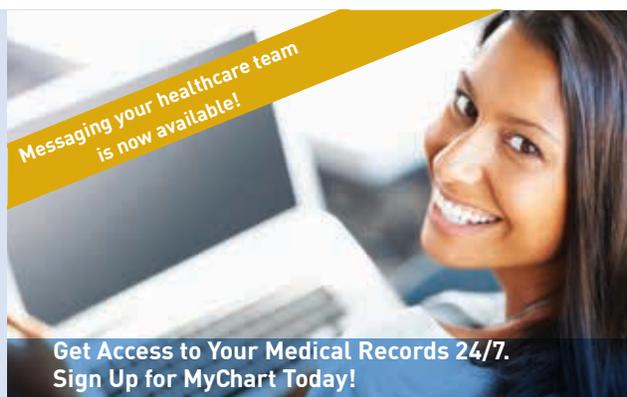
= this provider has a video online

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

Surgical Specialties

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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
Cardiovascular Lab
Clinical Trials
Cosmetic Services
- Surgical & Non-surgical Treatments
DXA (Bone Density Screening)
Nuclear Medicine Lab
Optical Shop
Optometry
Physical Therapy



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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

10416 - 5th Avenue NE
Seattle, WA 98125
206.709.8999

Diagnostic & Wellness Center for Women

1200 - 12th Ave S
Seattle, WA 98144
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 #230
Lynnwood, WA 98036
425.744.7153

Northgate

10416 - 5th Ave NE
Seattle, WA 98125
206.517.6700

Puyallup

220 15th Ave SE, Suite C
Puyallup, WA 98372
253.435.3400

Renton

601 S Carr Rd #100
Renton, WA 98055
425.227.3700

Totem Lake

12910 Totem Lake Blvd NE #101
Kirkland, WA 98034
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We're Here When You Need Us!

If you're feeling under the weather on weekends, we have providers busy serving you.



Extended Weekend Hours:

Canyon Park is open Saturday, 9:00–4:00, and Sunday, 9:00–1:00. Lab and X-ray are also open.

Renton is open Saturday, 9:00–4:00, for primary care appointments, X-ray and lab.

We also offer **rheumatology appointments** on the first Saturday of the month, from 9:00 to 12 noon, and **vasectomy clinics** on select Saturdays at our Canyon Park clinic. Of course, same-day primary care appointments and mammograms are available weekdays at all our clinics. To schedule an appointment, call a clinic convenient to you, or visit www.PacMed.org or your MyChart.

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