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 health. In addition, recent studies by the University of Michigan representing more than 500,000 people found a direct link between physical activity and health.

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.

SPASH 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.
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.

Get to Know Our Newest Providers

- Marianne Broers, MD
  - Family Medicine
  - Palisades

- Caitlin Cotter, LCSW
  - Behavioral Medicine
  - Beacon Hill

- Dinomie Sahay, MD
  - Family Medicine
  - Beacon Hill

- Tavis J. Taylor, MD
  - Internal Medicine
  - Lacey

- Julia Wilson, PA-C
  - Urology
  - Beacon Hill

These providers bring a range of specialties to our team, including family medicine, behavioral medicine, and internal medicine, among others. They are dedicated to providing compassionate care and will be a valuable addition to the Pacific Medical Centers team.

DID YOU KNOW...

- Many of us spend our lives taking breathing 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. Biokinetics — 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 determines 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. 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, which aligns with your values and what brings you joy. If that means knitting, then knit. If it’s walking, then make it a daily routine 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!

To learn more or to request an appointment, visit www.PacMed.org/doctors.
At PacMed, we love to build connections within our communities. Here’s a glimpse of upcoming events in the months ahead."

**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 lunch-bag 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, Seattle

**Sep. 8**
PacMed Back-to-School Bash, Federal Way

**Nov. 18**
Northgate Mall, Seattle
Cooking tips, plus hourly giveaways!

**Sep. 10**
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!**

---

**WE VALUE YOUR HEAR**

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 heart 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 cardiologists detected serious problems early:

- A female patient was experiencing visual disturbances, like a shaded 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 an artery in 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!

---

**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.

**Bees sting**
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**
Pollens are 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 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 like 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 it’s snug, level and comfortable.

---

**Learn more about our pediatricians at www.PacMed.org/peds. Or call for an appointment: At Canyon Park, Dr. Aliko Halli and Dr. Alexander Homming, 425.412.7200. At Lynnwood, Dr. Elizabeth Snappin, 425.744.7153, At Northgate, Dr. Emmanuel Eresibio and Dr. Elizabeth Wore, 206.517.6700.**
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.

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.

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.

In This Issue

• Finding Your Fit
• Summer Safety Tips for Kids
• Discover the Zen of Well-Being
• We Value Your Heart
• SPF Makeup Myths
• More Features in MyChart
• Free Wellness Booklets

• Splash Safely
• A Berry Healthy Recipe
• Upcoming Community Events
• Our Northgate Remodel Is Complete
• Meet Our New Providers

Free Wellness 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.

Finding Your Fit

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.

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 you give 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 30416 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.

Finding Your Fit

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.

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 you give 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 30416 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.

Finding Your Fit

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.

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 you give 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 30416 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.

Finding Your Fit

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.

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 30416 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.

Finding Your Fit

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.