Five Tips for a Healthier You

Many of us start the New Year resolving to lose weight, exercise more and essentially do all we can to live a happier and healthier life. Unfortunately, those best intentions often fall by the wayside as we encounter the challenges of everyday life. Here’s advice on how to reenergize your quest for well-being—and how Pacific Medical Centers can help you along the way.

Tip #1: Get Your Body Moving

The first step to better health is regular physical activity. Exercise not only helps improve your overall health and fitness, it also reduces your risk for many chronic diseases. How much physical activity is enough? The Centers for Disease Control and Prevention recommends at least 2.5 hours per week of moderate-intensity aerobic activity (brisk walking), plus muscle-strengthening activities two or more days a week. Here are ideas to get you started:

• Short on time? Consider working three 10-minute walks into your day.
• Vary your activities throughout the week. Try a different sport or explore a fitness class such as yoga, Zumba or Pilates. Choose the activities you enjoy so you’ll make it a habit.
• Take in the scenery. Walk, bike or kayak around a nearby lake, or explore a nature trail.
• Find a community pool and swim a few laps with the kids, or take a water aerobics class.
• Take the stairs whenever you can.
• Remember to include stretching before and/or after your physical activities.

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At PacMed™ You’ll FIND:

• A familiar face—Your primary care provider will see you for all your routine checkups and most other visits, and can coordinate any specialty care you might need.
• Care for the whole “you”—Our clinics offer a full range of primary and specialty services.
• We’re practically neighbors—Visit any one of 9 convenient locations.
• 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 call 1.888.4PACMED (1.888.472.2633) or go to our website, 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 website for details.
• Clinics with extended hours, on-site pharmacy and X-ray, free parking and more.

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Tip #2: Eat and Drink Wisely

Your body is like a finely tuned racecar—the better the fuel, the more efficiently it runs. What you consume—and how much—impacts a wide range of health issues, including lack of energy, sleep disorders, risk of chronic disease and mood.

Focus on smaller portions, healthy snacks and plenty of water. When at the grocery store, read the labels. Avoid processed foods, which are typically high in sodium, sugar, preservatives and fat. Other suggestions:

- Plan a healthy menu for the entire week. This will save you time at the grocery store and deter you from loading up the cart with unhealthy impulse items.
- Eat a variety of fruits and vegetables, especially nutritious dark leafy greens such as kale, spinach, chard, and beet or mustard greens.
- Plan healthy snacks throughout the day to maintain your energy and keep you from overeating at meal time.
- Take the time to enjoy your food. Chew thoroughly and put your fork down between bites. When you feel satisfied, stop eating.
- Stay hydrated. Aim for 8–10 glasses of water (8 oz. each) throughout the day. If you drink alcohol, do so in moderation.

Tip #3: Mind Your Mental Health

A healthy diet and exercise are great for your body, but don’t neglect your emotional well-being. Reducing stress, getting enough sleep and having fun are keys to happiness.

- Begin and end each day with a deep, cleansing breath and moment of thought about what you are thankful for. If you feel stressed during the day, close your eyes for a moment and take several deep breaths.
- Colder temperatures can keep us indoors and feeling isolated. Call a friend and go to a movie, or volunteer at a community function and share in the camaraderie.
- Get a good night’s sleep. Proper rest and relaxation are important to give the mind and body time to recuperate.

Tip #4: Monitor Your Progress

Once you create a goal for your health and well-being, it’s important to follow it up with an action plan and track your progress. Try these tips:

- Use a pedometer, “smart” device or app that tracks your steps and calories burned, and keep a journal of what you eat. By seeing exactly how many calories you eat every day, you can begin to cut certain foods out of your diet and trim portion sizes.
- Know your vital numbers such as blood pressure and cholesterol, and follow your doctor’s advice on how to maintain healthy levels.
- Reward yourself as you hit an important benchmark so you stay motivated.

Tip #5: Team Up with PacMed

At PacMed, we’re dedicated to helping you stay healthy. In addition to primary care, we offer specialty care in areas such as sleep medicine, physical therapy, diabetes care, sports medicine, pain management, behavioral medicine and more.

Sign up for our free wellness guide and to receive Health Tips and this Healthy Today newsletter by email at www.PacMed.org. Together, let’s make 2015 our healthiest year ever!

Ice Awareness

Getting around in wintery weather can be difficult for all of us. Slippery roads, icy steps and snowy sidewalks present a variety of challenges, especially for older adults. Dr. Sabrina Hart shares advice on how to avoid wintertime slips and falls.

Think Sensible Shoes: Wear boots and other slip-resistant footwear. Choose shoes with low heels and good tread whenever possible. Also, wear properly fitting clothing.

Watch Your Step: Keep driveways, steps and walkways free of ice and snow. Have sand, salt and/or some type of ice melt on hand before a storm hits. Walk slowly and deliberately. If you find yourself on ice, shuffling is even safer than taking small steps. Always use handrails where you can—and don’t be afraid to ask someone steadier than you to hold your hand or arm.

Travel Lightly: Don’t overload yourself; instead carry smaller, lighter loads or make extra trips. Never carry items that obstruct your view of the next step. Use shoulder straps on bags and backpacks to keep your hands free for balance.

Plan a Safe Route: If you have icy conditions, think about the safest route to your destination and plan on taking a little extra time to get there. Stay on roads and paths most traveled that have been recently cleared. Be on the lookout for standing water that gets tracked in from outside. Wipe your feet after entering a store.

Even if you are extra careful this winter, you still may slip and fall. If you do, take a moment to collect yourself and check for injuries. By taking a few simple precautions, we can make our winter travels less risky.

Dr. Hart practices family medicine at our Federal Way clinic. To learn more about her, visit PacMed.org or call 253.214.1920 to make an appointment.
Quick Quiz  Beat the Winter Blues

Do the dreary winter months drop you into a depression? If so, you’re not alone. Nearly 7% of Americans suffer depression year-round and find that their symptoms get worse in winter. And many others have a mild form of depression called the “winter blues.” Here’s a quiz to bring you up to speed on the season’s ups and downs.

1. Seasonal Affective Disorder, or SAD, is a form of depression that affects millions of Americans. What causes SAD?
   a. Full or partial eclipses of the sun or moon
   b. Sensitivity to the lack of sunlight that results from winter’s “shorter” days
   c. Rays from tanning beds
   d. All of the above

2. Where is SAD more common?
   a. The Gulf Coast states
   b. In the northern regions of the U.S.
   c. Major metropolitan cities
   d. Small cities without any shopping malls

3. What other factors may cause winter depression?
   a. Physical and mental exhaustion due to moving between warm and cold temperatures
   b. Post-holiday letdown
   c. Sleep disturbances caused by changes in serotonin and melatonin levels
   d. Being less active due to cold weather and snow
   e. All of the above

4. What can you do to perk yourself up when feeling blue?
   a. Make your environment brighter during the darker months (e.g., light therapy)
   b. Get outside and exercise regularly
   c. Laugh—watch a movie or a YouTube video or get together with a friend who makes you smile
   d. Practice stress management skills, or try yoga or meditation techniques
   e. All of the above

5. According to the National Institute of Mental Health, which group is more likely to experience depression during the course of their lifetimes?
   a. Men
   b. Women
   c. It's 50/50

6. What should you do if you think you might have depression?
   a. Crawl into bed and wait for the symptoms to pass
   b. Avoid social situations and limit engaging your five senses
   c. Consult your primary care provider. You could have a medical issue, like chemical imbalance or vitamin D deficiency
   d. Reach out for support, whether it be from friends, a support group or a therapist


If you feel sad for more days than you feel good in a two-week period or are dealing with high-stress factors, check in with your primary care provider. You may also benefit from an appointment with a behavioral health specialist who can help you manage your moods and anxiety.

PacMed Behavioral Medicine Specialists

Raman Arora, MD, Beacon Hill
Christopher Bailey, MD, Northgate/Totem Lake
Stephanie Comtois, LICSW, Beacon Hill
Nora Faram, MSW, MHP, LICSW, Totem Lake
Rebecca Fishaut, MSW, LICSW, Beacon Hill
Sandie Leistiko, LICSW, Renton
Carolyn D. Logsdon, PhD, LICSW, Northgate
Dawn Merydith, LICSW, Northgate
Chelsea Shih, MD, Northgate/Renton
Jack Shriner, LICSW, CMHS, Beacon Hill

To learn more about their approach to behavioral medicine, visit PacMed.org or call 206.621.4045 to schedule an appointment.

Swedish Medical Center—Our New Hospital for Inpatient Care

Over the next few months, PacMed is transitioning our hospital services from Virginia Mason Medical Center to Swedish Medical Center. Swedish is one of the premier medical institutions in the Northwest. Together, we hope to have a positive impact on the health of the communities we serve.
It's common for children to come down with colds and coughs during winter. How do you comfort your kids, and when should you take them to see a doctor or go to the emergency room? Here's advice from Drs. Alexander Hamling and Stephen Weinberger, two of PacMed's pediatricians.

We see many patients with colds this time of year; it's very common. During winter kids spend more time indoors, where viruses can be passed along more easily. Classrooms—particularly daycares—can be very challenging. Children are sharing a confined space and germs as well.

The good news is that typical colds pass rather quickly. Most coughs and colds can be treated at home with bed rest, plenty of fluids and tender loving care. Although there are no really good anti-cough medicines for kids, you can provide relief by rubbing a little vapor rub on their chest or using a nasal saline rinse or drops to ease congestion. Headache, body aches, sore throat and fever can be treated with proper dosing of acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). You should not give aspirin to a child or teen unless specifically directed by a physician. Aspirin is associated with a risk of Reye's syndrome.

Since fever is your body's normal way of fighting infection, giving your child a fever reducer at the beginning stages of a cold may actually block the body's ability to help heal itself. We often recommend treating the symptoms, not the number on the thermometer. If your child is irritable, extra cranky and not drinking as much fluids as you'd like, Tylenol or ibuprofen may help ease the acute feeling of illness.

**Doctor Visit, Urgent Care or ER?**

When to take your child to see the doctor can be a difficult call. Most cold symptoms last five days to a week, but it's common to get one virus after another, especially if the immune system is down. As a general rule, visit the doctor if your child's symptoms are ongoing or worsening, or if your child has difficulty eating, drinking or breathing. Other signs to signal a doctor visit include rapid breathing, extreme lethargy and a persistent fever that's not responding well to Tylenol or Motrin. In most cases, your PacMed pediatrician can see your child that day to check them out.

If your child is having extreme difficulty breathing—especially in the middle of the night—it's a good idea to take them to urgent care or the ER. Most ER facilities are open 24 hours a day, so the ER is a good alternative for after business hours. Also, if your child has severe vomiting or diarrhea and can't keep in enough fluids to stay hydrated, an ER visit may be appropriate.

**An Ounce of Prevention**

There are steps you can take to limit the frequency and duration of colds and reduce the spread of germs. These include:

- **Encourage good nutrition to keep the immune system strong.** See that your child eats a balanced diet, including five servings of vegetables and fruits per day.
- **Stay hydrated by drinking plenty of water.**
- **Use good hygiene.** Have your kids wash their hands with soap and warm water—especially before mealtime or when coming home from a different environment. Hand sanitizers are an easy option for toddlers and preschoolers.
- **If your child is ill, keep them home from daycare or school to avoid spreading germs.**
- **When coughing, your child should cover their mouth with the crook of their elbow.**

Finally, make sure your child is getting the appropriate vaccines at the appropriate times. You want to protect your child against viruses and bacteria, such as the flu or whooping cough, as well as other preventable diseases. Everyone gets a cold from time to time, but if you ever have concerns about your child's well-being, please call on us!

**PacMed Pediatric Specialists**

Gloria Arand, MD
Emmanuel J. Eusebio, MD
Akiko Hall, MD, MPH

Alexander Hamling, MD, MBA, FAAP
Elisabeth Ware, MD
Stephen Weinberger, MD, DTM&H, FAAP

To learn more or make an appointment, visit www.PacMed.org/Peds
Whether you're dealing with a medical issue or are healthy and in need of routine care, we have experts you can speak freely with about your concerns. We professionally address a wide range of gynecologic and women's health issues, including abnormal uterine bleeding, urinary incontinence (leakage), rectocele (a sagging or bulging of the rectum), pelvic pressure or pain, and abnormal Pap smears and follow-up.

“Many people believe these symptoms are normal signs of aging, but they're not,” says Dr. Richard Wasserman. “Because these symptoms may be caused by infection, inflammation, injury or other such factors, it’s important to determine the cause and promptly treat the problem.”

We are proud to offer two recognized Top Doctors in our Gynecology department. To learn more about their philosophies on women’s health care, visit www.PacMed.org/WomensHealth, or call 206.505.1300 to schedule an appointment. Choose from five convenient locations for all your gynecological needs, with weekend appointments available in Canyon Park/Bothell and Renton.

PacMed Gynecology Specialists

Dr. Shilpa Desai
Dr. Richard Wasserman

Count on PacMed for all your women’s health-care needs.

Our array of services includes birth control and family planning, breast cancer screening, pelvic exams and professional guidance on stress relief, healthy weight loss and nutrition. For your convenience, we also offer on-site X-rays and lab work, and an in-house pharmacy.

Visit www.PacMed.org/WomensHealth to learn more about our women’s health services!
Slow-Cooker Sweet Potato & Lentil Soup

Recipe from Kristal Lowe, RD, CD, CDE
Total Time: 25 min prep, 8 hours cook
Yield: 4 servings

Ingredients:
- 1 large sweet potato, peeled and diced
- 3 medium carrots, cut into ½-inch pieces
- 3 stalks celery, cut into ½-inch pieces
- 2 leeks, halved lengthwise and cut into ½-inch pieces (white and light green parts only)
- ¾ cup dried yellow or red lentils
- 1 4-inch piece ginger, peeled and finely grated
- 1 teaspoon curry powder, divided
- Dash of salt
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- Juice of ½ lemon
- ½ cup chopped fresh cilantro

Preparation:
- Combine the sweet potato, carrots, celery, leeks, lentils, ginger, ¼ teaspoon curry powder and 1 teaspoon salt in a 4- to 6-quart slow cooker. Add 6 cups water and stir; then cover and cook on low, undisturbed, 8 hours.
- Stir the soup vigorously with a whisk to make a rough puree. Thin with hot water, if desired.
- Place olive oil in a small skillet over medium-high heat. Add the garlic and the remaining ¼ teaspoon curry powder and cook until the curry powder is slightly toasted, about 1 minute. Stir the curry mixture into the soup and add the lemon juice, cilantro and salt to taste.

Nutritional information per serving as written:
- Calories: 257
- Fat: 4 g
- Carbohydrate: 45 g
- Fiber: 10 g
- Sodium: 240 mg
- Protein: 12 g

We’re in Your Community
Having Fun Supporting You

PacMed sponsors and participates in many community events around the area. Take a peek at some of the photos and highlights of the past few months.

- During the state fair season in Puyallup, PacMed employees parked cars in the empty lot after hours and raised $3,000 to support the American Diabetes Association (ADA) and American Heart Association (AHA). We also participated in the ADA and AHA walks in October, raising more than $20,000 for both causes.
- Northgate clinic employees helped with the Green Lake Gobble 5k on November 23. This Thanksgiving-themed running and walking event supported Seattle’s Union Gospel Mission through a cash donation and a canned food drive.
- Our Renton clinic hosted a Winter Wonderland Party for the community on December 6. Guests were invited to do crafts, enjoy snacks and take home a free book.
- Each fall and winter, PacMed sponsors the air force and army association chapters’ Thanksgiving Turkey Drop and holiday Ham Drop, which gives 6,000–8,000 turkeys or hams to military families.

Clinic News
First Hill Remodel Complete

We recently celebrated a reorganized and updated First Hill clinic. The new layout consolidates departments on two floors, making it easier to navigate. Stop by soon and see it for yourself!

Federal Way on the Move

We’ve found a new home for our Federal Way clinic and will be moving later this year. The new clinic will be more than double the size of the current clinic, enabling us to expand the number of providers and clinic services we offer. It’s located at the Gateway Shopping Center. Stay tuned for updates on the timing of this big move.

Save the Date

Visit our Facebook page or the Community Activity calendar at PacMed.org, for a list of upcoming events.
Join us!
Get to Know Our Newest Providers

We’re pleased to welcome 14 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 section at www.PacMed.org today.

Chris Dunscomb, PA-C, General Surgery
First Hill
Chris tailors his treatments to help people reach their goals and get back to optimal health. He enjoys rock climbing, sailing and paddle boarding.

Rachel Epstein, ARNP, Gastroenterology
First Hill
To empower her patients, Rachel emphasizes education and collaboration in her care. She speaks Spanish and English and enjoys dancing, hiking and a good book.

Barbara J. Fox, MD, FAAD, Dermatology
First Hill, Northgate
Dr. Fox keeps cost and convenience in mind when she develops a care plan with her patients. A creative person, she throws pots and designs art quilts.

Ashley K. Hamilton, DO, MPH, Internal Medicine*
Renton
Dr. Hamilton strives to develop trust and open communication with patients. She is interested in preventive care, public health and end-of-life care.

Faith Knowles, LMHC, Behavioral Medicine
Canyon Park
By helping patients develop greater self-awareness, Faith helps them find a more balanced and healthy lifestyle. She enjoys travel and photography.

Norman Landry, PT, DPT, Physical Therapy
Northgate
Norman aims to design treatments that speed recovery and prevent future injury. He enjoys swimming, kayaking and exploring the Northwest.

Kayla Matsunaga, DPT, Physical Therapy
Beacon Hill
Kayla wants patients to actively participate in achieving their functional goals. In her off hours, she enjoys cooking, reading and traveling—especially to the beach.

Linsey Monaghan, MD, Family Medicine, Family Medicine with Obstetrics*
Beacon Hill
Dr. Monaghan strives to make decisions that fit the context of patients’ lives, families and communities. She stays active with hiking, camping, dance and yoga.

Shalini Nair, MD, Internal Medicine*
Renton
Dr. Nair speaks Hindi, Malayalam, Kannada, Tamil and English. She is interested in geriatrics and chronic disease management. To relax, she enjoys nature walks.

Ginger Ruddy, MD, MPH, Family Medicine*
Totem Lake
Dr. Ruddy provides patients with the tools and support they need to maximize their well-being. Off hours, she enjoys hiking, cooking, dancing and travel.

Ruchi Sharma, MD, Internal Medicine*
Canyon Park
Dr. Sharma speaks Hindi and English. Her medical interests include general infectious diseases, HIV and travel medicine. She enjoys cooking and traveling.

Cynthia K. Wallace, MD, MSPH, Hospitalist
First Hill
Dr. Wallace believes compassion plus clinical excellence are the foundation for positive results. She balances work with outdoor activities, yoga and ballet.

Stephen Weinberger, MD
Internal Medicine, Pediatrics*
Canyon Park
Dr. Weinberger’s training took him from New York to Peru to Massachusetts. He believes in trust, compassion and open dialogue in patient relationships.

Rebecca L. Wolff, LMHC, Behavioral Medicine
Renton
Rebecca helps her patients rediscover their strengths and learn new ways to deal with life’s challenges. She enjoys yoga, running and reading.

*NCQA Patient Centered Medical Home Recognition

PacMed Dietitian Specialists

Kristal Lowe, RD, CD, CDE
Heather King, MS, RD, CDE

Did you know...

Our dietitians can help you with more than just providing healthy recipes? For example, if you have high blood pressure, they can teach you how to use less salt when preparing meals. If you are overweight, our dietitians can work with you to create an individualized plan to help you meet your goals. They also work and collaborate with other health-care providers to offer medical nutritional therapy to children and adults with diabetes, GI disorders, food allergies/intolerances, weight loss and more. To make an appointment with one of our registered dietitians, visit www.PacMed.org or call 206.505.1300.

Nutrition appointments are generally a covered insurance benefit, but we encourage you to check with your insurance company before scheduling a visit.
MyChart Is Now Mobile
Access your medical records 24/7 with the MyChart mobile app.

MyChart gives you simple and fast online access to vital health information. It lets you view your personal health record, message your health-care team, request prescription renewals and view lab results on your mobile device, laptop or desktop computer. You can also request appointments by computer.

Ask our check-in staff for an activation code so you can sign up for MyChart today!

PacMed and Providence Have Teamed Up!
PacMed is now an affiliate of Providence Health & Services. Together, we are committed to increasing patients’ access to excellent care. PacMed will continue to operate as a separate entity. Our patients will continue to receive services from their health-care team as usual.