ENJOY SUMMERTIME!

Planning a trip to the beach, a long road trip or an exotic vacation? Check out these safety tips from our Pacific Medical Centers providers before you take off!

• Take along a foot care kit. Being prepared protects your feet while traveling.
  • Ointment, medical tape, nail clippers and tweezers.
• Layer socks to avoid skin irritation. We recommend thin, breathable, double-layer socks that will wick perspiration away from your feet and prevent rubbing against your shoe. Avoid cotton socks in heavy air pollution that can affect your lungs.
• Wear the right shoes—and break them away from your feet and prevent rubbing against your shoe. Avoid cotton socks in heavy air pollution that can affect your lungs.
• Wrap up summer with a mega-fun day at Bumbershoot (Labor Day weekend).
• Rent a kayak, paddleboard or canoe for Lake Washington or Puget Sound.
• Leave work at lunchtime and walk in a different direction every day.
• Explore the beauty of Mount Rainier, Mount St. Helens or the Hoh Rain Forest.
• Visit Woodland Park Zoo and take in a ZooTunes concert.
• Go on a reading safari to explore the various branches of your public library system.
• Bike the Burke Gilman and Sammamish River trails.
• Relax and contemplate life by taking an outdoor yoga or meditation class.
• Wrap up summer with a mega-fun day at Bumbershoot (Labor Day weekend).

Summer is the perfect time to plan a getaway—even if it’s just for the weekend. The sun is shining, the kids are out of school and there are so many destinations to explore, both near and far.

Best Foot Forward
Whatever your destination, you’re likely to spend a great deal of time on your feet. Since nothing ruins a trip faster than blistered and aching feet, we asked two of our podiatry specialists—Dr. Gregory Grant and Kirk Alexander—to share tips for protecting your feet while traveling.

• Wear the right shoes—and break them in before your trip. Shoes that have a small rise in the heel and a firm midsole are best for walking. If you’re wearing sandals, choose a pair that provides support, such as Chaco or Merrell.
• Lay layers to avoid skin irritation. We recommend thin, breathable, double-layer socks that will wick perspiration away from your feet and prevent rubbing against your shoe. Avoid cotton socks in heavy air pollution that can affect your lungs.
• On long flights or car rides, keep your blood circulating. Take short walks in the aisle of the plane or at rest stops when driving. You can also pump your calf muscles by moving feet up and down at the ankle for 10–15 seconds every so often to help reduce swelling.

When Leaving the US
If you travel outside North America, you’ll want to be in good health when you go—and when you return. A great preflight stop is the PacMed Travel Clinic. There, Dr. Ari Gilmore meets with individuals, couples and families to review their itineraries and health records so they can take the proper precautions against trip-ruining infections and diseases.

“US residents traveling to other parts of the world—even to their native countries—often require special vaccines,” says Dr. Gilmore. “People heading to tropical or developing regions may also be prescribed medications such as antimalarial or antiinflammatory pills to bring with them.”

Be sure to schedule your visit to the clinic at least one month before your departure to give recommended vaccines time to take effect.

Different locations can present surprising or unusual health challenges,” adds Dr. Gilmore. “If you have a chronic illness, be sure to discuss this with your doctor before international travel. For example, many cities have heavy air pollution that can affect people with respiratory conditions. Mexico City or Beijing might leap to mind—but other places like industrial cities in the Czech Republic may not be as obvious.”

Other considerations for certain chronic conditions might be an extreme altitude, high mold counts, a new cuisine and the availability of kidney dialysis. Make sure to consult with your primary care doctor or specialists several weeks before leaving on your trip. Also, be sure to pack medicines in the original containers and carry them with you on any plane or train, rather than in checked luggage.

You can download a printable flyer from the Travel Clinic page at www.PacMed.org to help you prepare for your trip abroad. Travel, like in the rest of medicine, an ounce of prevention is worth a pound of cure. Enjoy your trip and stay healthy!


With so much happening in the summer, how do you stay healthy, entertain yourself and relax? Here’s a start.

• Get out of bed early and enjoy a summer sunrise.
• Support the farmers markets in our community. Try a fruit or vegetable you’ve never eaten before.
• Rent a kayak, paddleboard or canoe for Lake Washington or Puget Sound.
• Leave work at lunchtime and walk in a different direction every day.
• Explore the beauty of Mount Rainier, Mount St. Helens or the Hoh Rain Forest.
• Visit Woodland Park Zoo and take in a ZooTunes concert.
• Go on a reading safari to explore the various branches of your public library system.
• Bike the Burke Gilman and Sammamish River trails.
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A Clear Vision and Promise to You

In 2016, we began the challenging yet rewarding process of revisiting, reconfirming and reenergizing our Mission, Vision and Values statements to guide our direction over the next three to five years. During the process, we decided to introduce an additional element to our Mission, Vision and Values—a PacMed Promise. To Provide Simply the Right Care. Our promise embodies who we are and represents the care we provide day in and day out. When we think of all of these elements together, they are the essence of our culture—the PacMed Way—and guide our efforts as we continually evolve our unique standard of care to better serve you in our community.

— Linda Marzano, PacMed CEO, and Vik Dabhi, MD, PhD, Chief Medical Officer

our mission
To advocate, educate and provide extraordinary care.

our vision
To partner with individuals and communities to achieve their best health.

our promise
To provide simply the right care.

our values
Integrity in our delivery of reliable, professional and responsible health care every time.
Compassion for those we serve and for each other.
Stewardship of our human, environmental, financial and community resources.
Respect for our patients and team members.
It's important to be proactive about your skin health. If you are going to be outside when it is most intense. Make sure to wear sunscreen. It's faster than the telephone and easy to set up. Ask our check-in staff for an access code so you can sign up for MyChart today.

**MyChart is always on call.**

**Get to Know Our Newest Providers**

Get to know our newest providers in the Pacific Medical Centers. These providers have a wealth of clinical skills and unique personal experience to their practices.

1. Edmond Gordon, DPT - Physical Therapy
   - Canyon Park
   - "I see my patients as active participants in their rehabilitation. I aim to return them to the activities they enjoy."

2. Sarah Landrum, LMHC - Internal Medicine
   - Canary Park
   - "I partner with clients to improve their overall sense of well-being: physical, mental, social and spiritual."

3. Zaal H. Paymaster, MD - Family Medicine
   - Canyon Park, Totem Lake
   - "I am dedicated to making a difference in my patients’ health by becoming an advocate for them."

4. Melanie Ondong, DNP, FNP-C - Family Medicine
   - Lacey
   - "I educate my patients and their families so they can make informed decisions about their care."
We're in Your Community
At PacMed, we love to build connections within our communities. From sponsoring events to chatting with military families, we’ve been busy! Did you see us this spring?

Community walks and marathons:
- Kirkland Shamrock Run, Mercer Island Half
- March of Dimes Walk in Tacoma

Military community events:
- Many with US Family Health Plan at Joint Base Lewis-McChord—Swaner Salute to Military Kids, Kids Fest, JBLM Retiree Appreciation Day, Military Pet Fair

Other fun:
- Sunrise Village’s Easter Egg Hunt, Uncoiled & Unplugged, Northshore YMCA Healthy Kids Day, Puylup Kids Fair

We're in Your Community

Come join us!
- Aug. 9: Back-to-School Backpack Giveaway, Federal Way clinic
- Aug. 23: High Point Healthy Family Celebration/Back-to-School Fair, Seattle
- Aug. 26: Back-to-School Event, Canyon Park clinic
- Sep. 29: Juanita Friday Market, Kirkland
- Oct. 7: Paint the Mall Pink, Tacoma
- Oct. 29: Healthy Family Show, Capital Mall, Olympia

Tips for Healthy Grilling
When summer comes around, it’s time to fire up the grill. Here are a few tips for making your BBQ ventures as tasty and healthy as can be.

Clean with Care
Consider replacing your metal brush with a nylon bristle brush, a grill cleaning block (made from recycled glass), which functions as a pumice stone or a wooden grill scraper. If you use a metal bristle brush, tiny bristles can break off and find their way into your food, and, if ingested, may cause serious harm in the intestine.

Stay in the Safe Zone
Keep uncooked foods (such as meat, fish and tofu) and prepared foods (such as potato salad and deviled eggs) in a fridge or very cold cooler. Perishable foods should not be left in the “temperature danger zone” of 41–140˚F for more than an hour. Be sure to cook meats to safe temperatures zone of 41–140˚F for more than an hour.

Put your eyesight at risk. Tony H. Huynh, MD, a PacMed ophthalmologist, explains.

Filter the Sun's Rays

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Put your eyesight at risk. Tony H. Huynh, MD, a PacMed ophthalmologist, explains.

Filter the Sun's Rays
Simple activities such as taking in an all-day concert or spending a day relaxing could result in overexposure to harmful sun rays, which can lead to serious eye conditions. Various parts of the eye can be damaged by UV rays and lead to permanent vision loss. Corneal burns, cataract formation, various cancers and macular degeneration are just a few serious eye conditions that can be associated with overexposure to the sun. Hats and proper sunglasses are recommended to help block UV rays. Look for glasses with UV absorption of 99 percent or higher. Some contact lenses offer UV protection as well.

Keep Your Eye on the Ball
Sports are a mainstay of summer fun but can lead to serious eye injuries if proper eye protection is not used. Be sure to choose the right eyewear for the sport or activity you are engaged in. Eye protection is particularly important for children, who are often unaware of the dangers of not having adequate eye protection.

Avoid Flying Debris
When you are mowing the lawn, whacking weeds, chopping wood or power-washing your deck, you are often dealing with rapidly moving objects. This not only endangers your eyes, but also the eyes of those around you. When operating any kind of power equipment, wear the proper eye protection—and ensure those around you do as well. Also, do not forget eyewear when using chemicals, as many lawn-care chemicals and cleaning products can be very damaging to the eyes with even the slightest contact.

Nutrition Facts
Serving Size 1/2 recipe
Calories 271
Fat 17g
Sodium 111mg
Carbohydrates 28g
Protein 13g

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

Children love summer, and why shouldn't they? School's out, the weather's nice and there are tons of activities happening at parks, beaches and in the mountains. Our PacMed pediatricians offer a few safety tips to use with your kids.

First, when talking to kids, be keenly aware of the role their age and maturity plays in their ability to understand and follow the safety advice you give. State your advice clearly, and don't underestimate what types of activities your kids will try—especially if they socialize with older friends or siblings. Teach younger children to ask adults for help when they feel a situation is spiraling out of control.

Second, since swimming is a major summertime activity, 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 age five and under, make sure they are always within an arm's length of an adult. Also, all children should wear life jackets on boats, or near large bodies of water. Another element of summer safety is sun protection. For kids, we recommend sunscreen with SPF 30 or higher. Apply it at least 15 minutes before going outside and reapply every two hours. Wide-brimmed hats and sun-protective clothing are good choices for kids who may forget to reapply. Also, encourage your children to drink plenty of water so they stay hydrated, especially when active.

Finally, it's important to remind children to not talk to people they don't know. Go over potential scenarios with your children. Let them know they should never accept a ride from a stranger. Summer and fun go together—as does your child and his or her safety!

Learn more about our pediatricians at www.PacMed.org/Peds. Or call for an appointment: At Canyon Park, Dr. Alkiko Hall and Dr. Alexander Hamling, 425.412.7200. At Lynnwood, Dr. Elizabeth Snapinn, 425.744.7153. At Northgate, Dr. Emanuel Eusebio and Dr. Elizabeth Ware, 206.517.6700.

Summer is a time for outdoor music festivals, sports and tackling outside projects around the house. What do those activities have in common? They could all put your eyesight at risk. Tony H. Huynh, MD, a PacMed ophthalmologist, explains.

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Simple activities such as taking in an all-day concert or spending a day relaxing on the water without proper eyewear could result in overexposure to harmful ultraviolet (UV) rays, which can lead to serious eye conditions. Various parts of the eye can be damaged by UV rays and lead to permanent vision loss. Corneal burns, cataract formation, various cancers and macular degeneration are just a few serious eye conditions that can be associated with overexposure to the sun. Hats and proper sunglasses are recommended to help block UV rays. Look for glasses with UV absorption of 99 percent or higher. Some contact lenses offer UV protection as well.

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Tony H. Huynh, MD, practices ophthalmology at our First Hill and Canyon Park clinics. Learn more about him at www.PacMed.org, or call 206.329.3937 (EYES) for an appointment.

Tips for Healthy Grilling
When summer comes around, it’s time to fire up the grill. Here are a few tips for making your BBQ ventures as tasty and healthy as can be.

Grilled Peaches and Halloumi Cheese
Halloumi, a semi-hard, brined cheese from Cyprus, has a high melting point.

Ingredients:
- 1/2 teaspoon vanilla
- 2 tablespoons honey
- 4 oz. halloumi cheese (sliced in two thick slabs)
- 1 peach (blanched and sliced in half, or in wedges if you have a grilling basket)

Preparation:
1. Mix vanilla into the honey: add 3 drops of water; just enough to thin it slightly.
2. Brush the honey mixture onto the halloumi slices.
3. Grill peach slices. If in halves, slice into smaller pieces after grilling.
4. Grill halloumi slices just long enough to soften the cheese and caramelise the honey glaze. (A heavy, cast iron frying pan works fine too.)

Protein
Fiber
Calories
Serving Size 1/2 recipe
19.6g
13g
970mg

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Healthy Grilling: Before Firing Up the Grill. Story on page 3.

The lifestyle choices you make today will affect your well-being tomorrow. That’s why we’ve put Preventive Care First—coordinate any specialty care you might need. For all your routine checkups and most other visits, and can coordinate any specialty care you might need.

In This Issue
- Get Ready for Summer!
- Travel and Safety Tips
- PacMed’s Vision
- Promise to You
- Mix 2 for 1
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- Balance Your Summer Activities
- Mix 2 for 1
- Summer: And Health
- Summer: and Well!
- Ease Summer Allergies
- Tips to Safeguard Your Vision
- Staying Active in the Heat
- Take Note of Skin Spots
- Healthy Grilling Tips
- Meet Our New Providers
- We’re Active in Your Community!

Healthy Grilling: What to Know Before Firing Up the Grill. Story on page 3.

Late spring and summer tend to be challenging times for people with allergies. Oak and cedar trees pollinate in June, and grass pollens start in late spring and continue into summer.

Common allergy symptoms include itchiness of the eyes, mouth, throat and ears; red and watering eyes; as well as runny nose, sneezing, nasal congestion, post-nasal drip and coughing. People with asthma can also have significant worsening of their asthma in the summer.

Finding relief
When the pollen count is high, stay indoors as much as possible with the windows closed. Since grass is a big culprit, avoid mowing the lawn if possible. Moving stirs up all kinds of allergens. If you do mow, or have been outside when the pollen is blowing around, shower and change your clothes when you come inside. Also, if your pets have been outdoors, wipe them down when they reenter the house. Air filters can lessen airborne pollen in the home as well.

To ease allergy symptoms, I recommend people start with a nasal saline rinse, like a neti pot, to rinse pollen and particulates out of the nasal passages. Over-the-counter medications such as non-drowsy antihistamine tablets, eye drops, and anti-inflammatory steroid nasal spray can be helpful too.

If you experience prolonged upper airway symptoms that last more than a week or two, or if you are not getting relief from over-the-counter medications, it may be time to see an allergist. An allergist can do allergy testing to tailor avoidance measures or decide if allergy shots or other treatment might help.

With a little extra effort, you can keep allergies at bay and enjoy the summer!

Dr. Knutson is an allergy specialist at our Canyon Park and Totem Lake clinics. To learn more about him, visit www.PacMed.org or call 206.505.1001 to make an appointment.

John Knutson, MD

At PacMed, 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 (1.888.472.2631).

Doctors who can see you on the weekends—Our Canyon Park and Renton clinics have Saturday hours! Call 1.888.4PACMED (1.888.472.2631) or go to our website for details.

Clinics with extended hours, on-site pharmacy and X-ray, free parking and more.

There are certain serious problems that should always be treated as emergencies. For example, if you experience heart attack or stroke symptoms, or have severe and uncontrolled bleeding, you should definitely go to the ER. In many cases, however, you’re better off contacting your provider or coming to a PacMed clinic. Here’s why.

Hospital emergency rooms are set up with specialized equipment to focus on medical emergencies. If you go to an ER with a problem that’s not an emergency, it will cost you much more, and you will probably spend more time waiting for treatment. Also, you will be treated by someone who is not your primary doctor.

At PacMed, our fully equipped, professionally staffed facilities can handle all but the most life-threatening emergencies. We offer same-day primary care appointments, and some clinics have weekend hours. Even when we’re closed, you can call your clinic number and be connected with a PacMed doctor who can advise you on what to do to get the care you need.

We’re here when you need us!