At age 56, competitive stair climber Mark Henderson is just hitting his stride

Some people are born to be true competitors; others just want to be fit and healthy for life. Mark Henderson, a PacMed patient, happens to be both. Racing up stairs was not Mark’s first choice of physical activity. For many years, the retired Navy commander competed multiple times per week at racquetball and road and trail running. Nagging injuries led him to seek the cause of some pain that rest and recuperation would not heal. An X-ray revealed Mark had arthritis, both in his back and hip.

“I wish I would have known earlier that it was arthritis,” says Mark. “I blame myself.... I would just ignore the pain and think rest would make it better.”

Mark’s arthritis diagnosis led him to Aysha Morgan, a physical therapist at PacMed’s Canyon Park clinic in Bothell. “When Mark first came to see me, I could tell he was an incredibly fit yet frustrated individual because he was in so much pain,” recalls Aysha. “He was told he needed a total hip replacement, so embarrassed, but they really loved the attention.” Kathy recently attended one of these patient’s eighty-sixth birthday party.

“Kathy is the best and we love and value her. She remembers work with, you can tell she is very dedicated to your concerns and needs.” “Kathy is remarkable! I trust her expertise and care to your specific needs, whether you need it. I’m confident that when I do need to get my hip replaced, PacMed’s access to top orthopedic surgeons in the area will enable me to get back to being as competitive as I can in whatever sport I am able to pursue.”

At PacMed, we tailor care to your specific needs, whether you use a wheelchair or are a high-level athlete like Mark.
How not to be eaten alive...

...and 6 other safety essentials for heading outdoors

Whether you’re a whitewater thrill seeker or an urban stroller, when the sun shines in the Pacific Northwest—it’s time to get outside. Scenic wonders await in every direction. Here are a few tips for a safe, happy ending to your outing.

Be water wise
When the weather’s hot, cool water calls. But remember: Swim near lifeguards or a buddy. Watch children, wear a life jacket if needed and check water temperatures; water below 60 degrees can cause shock and the inability to breathe, even on hot days. In natural waters, look out for underwater hazards and other dangerous conditions. And even in the water—you still need to keep hydrated!

Shelter from the elements
Pack extra clothes in case a storm strikes. Wrap them in plastic inside your pack, so the downpour isn’t a downer. Even if it’s notcast, apply sunscreen, SPF 30 or above, including areas of your head where your hair is shorter—and consider wide-brim hats, long-sleeve shirts and lightweight pants. Before heading out for a long trip or quick workout, check the air quality index. If you have asthma, lung or heart conditions, wait until the air improves to exert yourself.

Carry a first-aid kit
Ready-made kits are an easy solution. If you’re assembling your own, include key items like wraps for splinters, blister treatment and disinfectant. Store a kit in the trunk of your car and one in your backpack, so you’ll be ready whenever inspiration hits.

Soles matter
Be sure you and your kids wear comfortable, sturdy footwear on trails or long walks. Flip flops are great for a day at the pool, but not for treks. When kayaking or floating rivers, never go barefoot; wear secure-fitting sandals or tennis shoes.

Don’t be debugged
Nothing can ruin a camping trip quicker than a swarm of insect bites. Carry insect repellent and learn to spot menacing plants like poison oak and nettles so you can steer clear.

Get your bearings
Heading to the mountains? Pack a topographic map (showing hills and valleys) along with a compass—and learn to use them together. Don’t trust your mobile phone because you may lose reception or power. Outdoor stores like REI can help you oriented.

 Pace yourself
If you plan on running a 10k or hiking some serious elevation, build your endurance gradually. Start with shorter runs. Strap that pack on your back and practice on hills around your home—or a treadmill at an incline.

Headin 0ut for a longer trip? Make a PacMed Travel Clinic appointment to make sure your immunizations and more are up to date, Beacon Hill, 206.621.4504. 4th & Occidental Park, 425.412.7200. Renton, 425.227.3132.

Military mindfulness

Strategies from working with vets facing PTSD

When introducing mindfulness to veterans living with PTSD, new PacMed physician Charles Falzon, MD, MA, advises easing into it, rather than “jumping right into the deep end of that kind of work, because it can be emotionally provocative. “

“Meditation can be really intimidating,” observes Dr. Falzon, a former lieutenant in the US Navy Medical Corps and Integrative Medicine Practitioner at Northwestern University. “The feelings people experience can be very uncomfortable because they’re not used to living in silence or stillness... It can be very unsettling.”

Rather, Dr. Falzon recommends starting with small steps. “Focus for 30 seconds on what it feels like to take deep breaths,” he suggests. Or ease in with “yoga classes, going to a religious service or maybe putting your phone away during dinner and focusing on the people around you.”

This sort of “intentional action” also has tangible medical benefits. For example, taking time to chew intentionally, says Dr. Falzon, “gives your body a chance to process the food the way it’s meant to”—allowing sallary glands to perform the important first step of digestion.

Mindfulness can recalibrate all four branches of health—body, mind, emotions, spirit. As Dr. Falzon describes, “Those new sensations can be a really fascinating experience. Hopefully, it’s something that patients find helpful—then we can keep building on it.”

Dr. Falzon practices primary care at our Northgate clinic, listening closely and asking questions to focus on what matters most help patients address their concerns.
**Female, 50 and on fire**

Women nearing menopause do best when they know what to expect!

A flare of heat at the neck, hotness flooding the body—off comes the jacket! Don’t blame that heat wave on climate change just yet. It could be menopause causing hot flashes, just one of many disorienting symptoms.

Menopause can affect attitude, body shape, intimate relations and more. Knowing what to expect can improve your experience.

What is menopause?

Menopause marks the end of a woman’s fertility and occurs when the ovaries stop producing estrogen and progesterone. It becomes official when you’ve gone 12 months without a period. The average age, according to the Mayo Clinic, is 51.

As your body chemistry changes, so does your metabolism. In The Hot Topic, author Christa D’Souza says her pants suddenly felt “friendlier,” as did all her shoes. “My body, after toeing the line when I told it to… suddenly had a mind of its own, almost like when I was pregnant.”

In addition to weight gain and hot flashes, women can experience insomnia, night sweats, forgetfulness, dry skin, thinner hair, vaginal dryness and decreased libido. Menopause also increases your risk of heart disease, osteoporosis and urinary incontinence.

**Ways to cope**

Menopause is a natural process with no cure. But there are ways to alleviate symptoms. For better sleep, avoid caffeine after noon and lower the thermostat at night. If you have night sweats, wear cotton pajamas—and have a second pair at the ready.

For hot flashes, dress in layers. Avoid clingy turtlenecks and pull-over sweaters. For faster relief, take a drink of ice water.

Don’t let your symptoms overwhelm your life. Visit your health care team and be open with your concerns. Your doctor may suggest hormone therapy, estrogen creams or low-dose antidepressants, among other options. Some women look to yoga and fitness to help manage the transition.

In the end, menopause comes with pros and cons. Many women are happy to say goodbye to periods, PMS and hormonal headaches and even feel some extra self-assurance with the change. Actress Emma Thompson famously praised menopause for helping her brave New York winter nights.

As D’Souza puts it, “There’s a fine balance between being liberated and giving up, and I’m still learning how to walk it.”

PacMed features full services for women’s health through our clinics and Diagnostic & Wellness Center for Women—including mammograms, DXA bone scans and registered dietitians. Schedule your visit at 1.877.722.6330.

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**Grilled Fish**

Serves 4.

**Ingredients:**

4 thick-cut skinless white fish fillets (halibut, cod or other hearty fish), about ½ pound each

1 cup olive oil

Kosher salt

Freshly ground black pepper

**Preparation:**

Carefully rinse fillets and pat dry with paper towels. Brush fillets liberally with oil on both sides and season with salt and pepper. Place fish on preheated grill until bottom turns opaque and a spatula easily slides under the fish, about 5 minutes. Flip fish and cook until it flakes with a fork and is opaque throughout, 3–5 minutes more. (Thermometer placed at center of fillet should read 130–135°F.)

Serve fish on a platter for 5 minutes, then serve with lemon halves and Peach Caprese Salad (opposite page).

**Nutrition Information:**

Serving Size: 1 fillet

Total Calories 326, Total Fat 20g, Saturated Fat 3g, Cholesterol 91mg, Sodium 1,25g, Carbohydrates 0g, Dietary Fiber 0g, Sugars 0g, Protein 34g, Potassium 800g

Recipe adapted from the American Heart Association.

Find more recipes at PacMed.org/recipes.

**Pumpkin Patches**

Think of Fall Yoga or Meditation at Community Colleges

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**Pacific Medical Centers Specialties & Services**

**Primary Care**

Family Medicine & Obstetrics

Geriatric Medicine

Internal Medicine

Pediatrics

Behavioral Medicine (therapy for all ages)

**Specialty Care**

Allergy & Immunology

Bone, Foot & Joint Care

Cardiology

da Vinci® Robotic-Assisted Surgery

Dermatology

Endocrinology

Facial Plastic Surgery

Gastroenterology

General Surgery

Gynecologic Surgery

Hematology

Interventional Pain Management

LASIK & Vision-Correction Services

Men’s Health

Neurology

Oncology

Ophthalmology

Optometry

Ortopedics

Otolaryngology

Physical Therapy

Podiatry

Psychiatry

Pulmonology

Rheumatology

Sleep Medicine

Sports Medicine

Urology

Vasectomy

Vitamin/E Yeast Infections

Women’s Health

**Other Services**

Cardiovascular Lab

Colorectal

Cosmetic Treatments

D&A Bone density screening

Endocrinography

Mammography

Nuclear Medicine

Neurology

Optometry

Ophthalmology

Otolaryngology

Podiatry

Physical Therapy

Psychiatry

Pulmonology

Rheumatology

Sleep Medicine

Sports Medicine

Urology

Vasectomy

Vitamin/E Yeast Infections

Women’s Health

*A surgical specialty

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**December & Overwintering**

**December**

Pumpkin Patches

Think of Fall Yoga or Meditation at Community Colleges

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**PacMed Community Calendar**

**JULY**

6 Outdoor Movies Begin

10 Kids SummerStage, Auburn

11 Free Thursday Fitness, Bothell Landing, Thursdays

18 Evening Music Outdoors, Everett, Thursdays

19-20 Capitol Hill Block Party, Seattle

20 Renton SummerFest

26 Chamber Music Under the Stars, Everett

**AUGUST**

14 PacMed Back-to-School Bash, Federal Way

27 First Day of School, Franklin-Pierce

28 First Day of School, Kent

**SEPTEMBER**

3 First Day of School, Federal Way, Lake Washington, Summer*

4 First Day of School, Edmonds, Highline, Auburn, Fife, Puyallup, Everett, Seattle, Shoreline, Bellevue, Mercer Island, Issaquah

7 Fair on 44th, Lynnwood Safety Center

11 Belt Dance for Seniors, Wednesdays, Puyallup Activity Center

12 Run with the Kokanee, for Salmon Recovery, Lake Sammamish

20 Out of the Darkness Walk with PacMed, Seattle

29 Pt. Defiance Zoolights Begin

**OCTOBER**

5 Share the Love 5K, for LifeNet, Seward Park

5 Monster Mud Dash, for Edmonds Schools

12 Run with the Kokanee, for Salmon Recovery, Lake Sammamish

20 Out of the Darkness Walk with PacMed, Seattle

21, 22, 23 Halloween Storytelling Steam Train, North Bend

**NOVEMBER**

9, 10 Mud and Chocolate Trail Run, Redmond

24 Turkey Trot for Hopelink, Kirkland

29 Pt. Defiance Zoolights Begin

**DECEMBER**

17 Audubon Birding Walk, Juanita Bay Park

23-Jan 3 Most Schools Are Out

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**In Good Company**

**Only three animals go through menopause: humans, orcas and short-finned pilot whales.**

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**BIKE HELMETS • LIFE JACKETS • FIRE SAFETY**

**JULY**

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

31

**AUGUST**

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

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**GET YOUR FAMILY A FLU SHOT**

**SEPTEMBER**

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

31

**OCTOBER**

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

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**Try Meditation This Winter**

**NOVEMBER**

9, 10 Mud and Chocolate Trail Run, Redmond

24 Turkey Trot for Hopelink, Kirkland

29 Pt. Defiance Zoolights Begin

**Pick Your Own Tree**

**DECEMBER**

17 Audubon Birding Walk, Juanita Bay Park

23-Jan 3 Most Schools Are Out

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**Recipe of the Month**

**Peach Caprese Salad**

In season:

- Peaches

**Ingredients:**

1/3 pound each (halibut, cod or other hearty fish), about ½ pound each

1 cup olive oil

Kosher salt

Freshly ground black pepper

1/3 pound each (halibut, cod or other hearty fish), about ½ pound each

1 cup olive oil

Kosher salt

Freshly ground black pepper

**Nutrition Information:**

Serves 4.

Total Calories 194, Total Fat 27g, Saturated Fat 10g, Cholesterol 49mg, Sodium 1,25g, Carbohydrates 0g, Dietary Fiber 0g, Sugars 0g, Protein 34g, Potassium 800g

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**Chamber Music Under the Stars,**

20 Renton SummerFest

19-20 Thursdays

Evening Music Outdoors, Everett

11 Free Thursday Fitness, Bothell Landing

10 Outdoor Movies Begin

14 PacMed Back-to-School Bash, Federal Way

27 First Day of School, Franklin-Pierce

28 First Day of School, Kent

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**PACMED COMMUNITY CALENDAR**

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**Make Healthy Today a green day**

Go to www.pacmed.org/recipes to receive our Healthy Tips email instead. Or pass this on to a friend when you’re done!

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

1-888-4PACMED (1-888-472-6263)

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**For a full list and description of our medical services and specialties, visit www.PacMed.org/what-we-do**
Patients often ask... "I’m turning 65 next year. What do I need to know about Medicare?" Medicare is a great program, but it’s different from the commercial insurance you might be used to. You need to apply for Medicare within three months either side of turning 65—or you can’t join until the next enrollment period, and you’ll pay a penalty. Basic Medicare includes Part A for hospital stays and Part B for outpatient services. Most people get Part A for free and pay a monthly premium for Part B. You can optionally add Part D for prescription drug coverage.

It’s important to remember, Medicare alone won’t cover all your health care costs. Medicare pays only 80% of items it covers, and it doesn’t cover long-term care, eyeglasses, dental care, hearing aids or extra perks. To cover some of these extras, you have two options to add to Medicare. One is a Medicare supplement known as Medigap, which pays the extra 20%—only for services that Medicare covers. You’ll pay an extra premium for a Medigap policy. The other option is Medicare Advantage. These plans may cover vision, dental, hearing aids and long-term care, along with other perks like gym memberships, massage or acupuncture. However, you will likely still pay a portion of the extra 20% for covered services with Medicare Advantage. Some of these plans charge a premium and others do not.

You can’t have both Medigap and Medicare Advantage; you have to choose one or the other. For help with your individual situation, PacMed offers free services, including Medicare information sessions and a hotline where you can ask questions or schedule a consultation. Just call 1.877.315.3279.

Health care decisions are important for your quality of life as you age. Please let us know if we can help.

Submit your question to StayHealthy@pacmed.org, and you may see it answered by a PacMed expert in the next Healthy Today.

TELEMEDICINE ADDS CARDIOLOGY SERVICES TO THE SOUTH END Ever wish you could be in more than one place at once? Now, at least your doctor can! With a local assistant by your side, our cardiologists can now evaluate your heart remotely. Visit our welcoming Pay al clinic to chat with a cardiologist who can see your heart from a distance, saving you a stressful trip to downtown Seattle. Stay tuned as we add more telemedicine specialties and locations to bring the best care to you.

Healthy Today

IN THIS ISSUE...
Climbing to new heights
Military mindfulness
Female, 50 and on fire
Food forests
Outdoor safety
Northwest in season
Community calendar

PLUS! FRESH SUMMER RECIPES!
GRILLED FISH
PEACH CAPRESE SALAD

See something you love or want more of? Send us feedback on Healthy Today and get entered to win one of 10 PacMed cookbooks! Email StayHealthy@pacmed.org

Food forest treasure hunt
In addition to the three stars on our map, there are over 30,000 spots to pick up free fruits or vegetables around Puget Sound! Some hide in plain sight, like street trees and blackberry bushes. Check out fallingfruit.org to find free fruit near you!

A “FOOD-FOREST” IS...
• An edible, sustainable garden,
• Planted in a public setting and
• Maintained by the community! Visit and ask how to participate.

Our family is growing!
These new team members are ready to share PacMed care with you at our clinics below.