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SIMPLY THE RIGHT CARE

HERE'S TO YOUR HEALTH

Take charge of your health with these tips and guidance on healthy choices.

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Excellent Access to Quality Care

At PacMed™, you’ll find that our practice is structured with you and your family in mind. We want to make doctor visits a breeze:

- Saturday hours at some clinics
- Early-morning or late-evening clinic hours available
- Acceptance of most major insurance plans
- Free parking at most of our clinics

PacMed is a consistent regional leader in quality health care delivery, as recognized by Washington Health Alliance.

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Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)



Healthy Choices for Better Quality of Life

The choices you make every day may have an effect on your overall health. Small changes today could lead to the prevention of serious disease in the future. At PacMed, we aim to be your partner in your health. We believe that quality health care begins with preventive care and regular health maintenance.

We have created this booklet to provide you with helpful tips and information to help you live your healthiest life.

If you'd like more information or wish to make an appointment for a checkup, please call your local PacMed clinic or 1.888.4PACMED. We look forward to sharing a long and healthy relationship with you.

Take Charge of Your Health

Making healthy decisions about what you eat and drink, how active you are, and how much sleep you get is a great place to start.

Being Self-Directed

A self-directed person takes charge of their own health. Think about how you want to feel. Then, get support from your family, friends and health care provider, and make a plan to get to where you want to be.

Setting a Goal

Set a goal for how you want to feel and the things you want to be able to do. Take time and think about what is important to you about your health.

Building a Plan

Think about the steps you will need to take to reach your goal and write them down.

Making It Happen

The final step is to make it happen. Follow your plan and begin to feel how you want to feel and do the things you want to do.



Child and Adolescent Health Services and Tips

Children have very different health needs than adults. For your younger family members, you need a doctor you can trust. At PacMed, our pediatricians and family medicine providers combine warmth and caring with specialized, advanced training. Contact us for more information.

Below are several health services and tips that may be helpful to you.

Changes in Mood

Occasionally being sad or feeling hopeless is a part of every child's life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations where they could do something to address the situations. If you are worried about your child's mental health, speak to your child's primary care provider and get help.

Dental Health

Dental cavities are one of the most common chronic diseases in children and teens.* Luckily, cavities are easily treatable and can often be prevented. The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1 or within six months after the first tooth erupts, and then yearly after that.

Nutrition for Children and Teens

Providing good nutrition for a child or adolescent can be confusing! If you have questions—or your doctor has recommended a dietary change—the

PacMed team of state-certified dietitians can help. A dietitian can assess your child’s nutritional needs, develop care plans and provide dietary counseling.

Possible counseling may include:

- Meal planning for busy parents and caregivers
- Weight gain or loss
- Allergies or food intolerances
- Type 1 diabetes
- Iron deficiency
- Healthy snacks that kids like
- Achieving recommended fruit and vegetable servings
- Avoiding empty calories
- Food and fluids for young athletes

Your dietitian will work with your doctor to ensure an integrated nutrition plan. Visit choosemyplate.gov for more general nutrition information.

Physical Activity

The Centers for Disease Control (CDC) recommends that children and adolescents get 60 minutes or more of physical activity each day. Most children are already meeting these guidelines, but if you are worried, then encourage your child to participate in activities that are age appropriate, fun activities that offer variety!

Sleep

Getting enough sleep is important for your child's overall health. According to the CDC, children may need up to 12 hours of sleep per night through adolescence. Teens (13-18 years) need less, between 8 and 10 hours per night. If your child has trouble sleeping or you are concerned about your child's sleeping habits, talk to your primary care provider.

Well-Child Exams

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy. Not sure when your child should have a checkup? See our “Health Maintenance for Children” chart on page 4.

Health Maintenance for Children

Well-child exams include immunization updates and a variety of health and development screenings. We recommend visits at the following ages:

- 2-3 days after discharge
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- Annually after 2 years

Immunization Schedule

Hepatitis B:	Birth, 1-4 mo, 6-18 mo
Diphtheria, Tetanus, Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15-18 mo, 4-6 yrs
Haemophilus Influenzae Type B (Hib):	2 mo, 4 mo, 6 mo, 12-15 mo
Polio (IPV):	2 mo, 4 mo, 6-18 mo, 4-6 yrs
Pneumococcal (Prevnar):	2 mo, 4 mo, 6 mo, 12-15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12-15 mo, 4-6 yrs
Chicken Pox (Varicella):	12-15 mo, 4-6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly for children 6 mo and older*
Human Papillomavirus (HPV, Gardasil):	9-26 yrs, 2-shot or 3-shot series
Meningitis (Menactra):	First dose 11-12 yrs, second dose 16-17 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11-12 yrs

*Two doses given at least four weeks apart are recommended for children 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time.

Women's Health

PacMed offers a wide range of women's health services, including birth control, family planning, mammography, pelvic pain, endometriosis, fibroids, menopausal issues and more. Visit our Women's Health web page at www.PacMed.org/womenshealth for more information.

Men's Health

You can take concrete steps to help prevent the complications of male health issues. PacMed has a team of cardiologists, urologists and gastroenterologists who specialize in treating conditions that affect men, from sexual problems and screenings for prostate and colon cancer, to heart disease, high blood pressure and cholesterol.

LGBTQ Health

At PacMed, we want everyone to feel welcome, expertly cared for and safe. We recognize that several health issues can specifically affect LGBTQ people. It is very important that you have a primary care provider you can trust, and we want to help with that. All our providers are able to treat health issues for our LGBTQ community. And remember, the more you share with us, the better we can care for you.

Adult Health

Patients at PacMed value the collaboration that occurs between them and their health care team within our multispecialty network.

Regular Health Maintenance Checkups

At PacMed, you get to choose a primary care provider. Your primary care provider will see you for checkups and general care, and coordinate any specialty care you need.

Your provider will help you stay on top of screenings and immunizations, both important for your ongoing health. For a list of recommended screenings and immunizations, see our "Health Maintenance for Adults" chart on pages 18–19.



Adult Health Services and Tips

Read through our services and tips to help you take charge of your health.

Aspirin

Are you at risk for heart attack and stroke? Over 40? High blood pressure? Diabetes? A small dose of aspirin may help you. Talk to your doctor.

Behavioral Medicine

Behavioral medicine is a broad term that includes mental health, relationship issues, behavioral problems, anxiety, stress, memory disorders, depression, drug or alcohol use, and a range of other disorders. It is important to know that even people with good mental health occasionally need help to cope with life's ups and downs.

At PacMed, experienced professionals provide comprehensive outpatient care to patients. Your provider will work with you to design an individual treatment plan.

We provide psychotherapy for individuals (including children and adolescents), couples and families. Other services include medication management, psychiatric evaluation and adult psychiatry.

Breast Cancer Screenings

Our Diagnostic & Wellness Center for Women (DWCW) is a comfortable and caring setting. Your screening will be performed by a highly trained technologist and interpreted by a board-certified radiologist who specializes in diagnostic breast imaging.

- Same-day mammogram appointments, Monday–Friday, at the DWCW
- Saturday mammogram appointments at our Canyon Park clinic

Dental Care

Caring for your body includes good oral health. Be sure everyone in your family gets regular dental cleanings, at least one per year.

Depression

Depression is a serious medical condition that can cause disability and even death. If you are experiencing one or more of these symptoms of depression, please contact your provider.

- Excessive sadness
- Diminished interest or pleasure in daily activities
- Weight gain or loss
- Increased or decreased sleep
- Poor concentration
- Fatigue
- Recurring thoughts of death or suicide

More information: www.nimh.nih.gov/publicat/depression.cfm.

Diabetes Care

We work hand in hand with our patients who have diabetes to help them manage their condition so they can live their best lives. Our diabetes management program offers a collaborative, caring environment with a complete suite of supportive resources. To learn more, visit www.PacMed.org/diabetes.

Drinking Problems

Do you or a loved one have a drinking problem? If you answer yes to any of these questions, it may be time to get help. Contact your provider or Alcoholics Anonymous.

- Have you ever felt that you should cut down on your drinking?
- Have people criticized your drinking?
- Have you ever felt bad or guilty about drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Drug Use

- Use prescription drugs only as directed by a health care provider
- Use non-prescription drugs only as instructed on the label.
- Tell your health care provider all the medications you are currently taking, including vitamins and other supplements.
- Don't use illegal (street) drugs.
- If you have concerns about your drug use, talk to your provider.

DXA Bone Scan

Osteoporosis is a gradual weakening of bone mass. This means the bones become thinner, more fragile and more likely to break. Osteoporosis is often called a “silent disease” because bone loss occurs without symptoms. In fact, people may not know that they have osteoporosis until a sudden strain, bump or fall causes a fracture.

DXA is a quick, painless procedure that measures bone loss. If your bone density is found to be low, you and your physician will design a treatment plan tailored to your needs. Osteoporosis can be effectively treated!

Eye Care

Our board-certified ophthalmologists help patients maintain good eye health. In addition to conducting regular eye exams, your eye-care specialist will carefully diagnose your condition and work with you to design the best treatment plan.

Our Ophthalmology team also provides vitreoretinal services (care for the eye's retina, macula and vitreous), cataract surgery, and vision-correction surgery, including LASIK.

Folic Acid and Pregnancy

Pregnant or thinking of becoming pregnant? Folic acid (or folate) is a B vitamin that is in some enriched foods and vitamin pills. Adequate dietary folic acid before and during pregnancy can decrease the risk of birth defects of the baby's brain and spinal cord. An easy way to get enough folic acid is to take a vitamin with folic acid in it—400 micrograms (or 0.4 milligrams) every day. Folic acid is added to some foods, such as enriched breads, pastas and rice, and occurs naturally in foods such as spinach, black beans and broccoli. Ask your provider for more information.

Gynecology and Urinary Incontinence Services

If you are experiencing bladder-control issues, there's no need to suffer. Many women have urinary incontinence. This common condition affects up to 30 percent of adults over age 65. Urinary incontinence is treatable and can be controlled or even cured. Schedule an exam with a PacMed gynecologist.

Hearing

Untreated hearing loss might lead to feelings of isolation, sadness or anger. If you are experiencing any of these symptoms, talk to your provider about getting a hearing test.

- Feeling that people mumble more than they used to
- Missing parts of conversations, especially when in a group
- Turning the TV volume louder than others find comfortable
- Being accused of being inattentive, preoccupied or “spacey”
- Hearing noises such as ringing or buzzing in your ears

Heart Health

Did you know that heart disease is the leading cause of death in the United States for both men and women? That's why it's so important to know your risk, such as your cholesterol and triglyceride numbers. PacMed family medicine physicians and cardiologists can help and are committed to your heart health.



Living Will and Durable Power of Attorney

You can make decisions about your health care through legal documents known as a Durable Power of Attorney for Health Care Decisions and a Living Will (a directive to physicians by the patient). Please ask for these forms during a clinic visit. It is also important to talk to your family and health care provider about your preferences for treatment, particularly regarding end-of-life issues.

Nutrition

Knowing what to eat can be confusing, but if you follow these simple guidelines, you can't go wrong! Need advice? Talk to your provider or make an appointment with a dietitian. Many illnesses such as diabetes, heart disease and high blood pressure can be prevented or controlled through a healthy diet.

- Eat less, move more.
- Eat lots of different fruits and vegetables.
- Choose whole grains such as whole wheat bread or brown rice as your main starch.

- Use liquid vegetable oils such as canola or olive oil rather than margarine or butter.
- Choose poultry, fish and low-fat dairy products instead of beef, pork and lamb.
- Limit sweets.

Oncology and Hematology

Cancer can be a traumatic, frightening diagnosis. The compassionate physicians and nurses in the PacMed Cancer Network understand this. They are ready to partner with you and provide the personalized treatment you deserve—both physical and emotional, from diagnosis to survivorship.

We specialize in cancers related to:

- Breast
- Gastrointestinal tract
- Genitourinary system (reproductive and urinary)
- Gynecology
- Head and neck
- Lung
- Lymphoma/leukemia
- Melanoma
- Unknown primary

Osteoporosis Prevention

Osteoporosis is a gradual weakening of bone mass that makes bones more fragile and more likely to break. To prevent osteoporosis:

- Participate regularly in weight-bearing exercise.
- Avoid smoking and excessive alcohol use.
- Take at least 1200 mg of calcium daily through food or supplements. Women over 50 years old should get 1200–1500 mg.
- Also, try to get 400–800 IU of vitamin D daily. It is needed for calcium to be absorbed. You can get it through diet or 15 minutes of sun exposure daily.

For recommendations on when to get a screening for osteoporosis (called a DXA scan), please see page 18.

Physical Exercise

Physical activity will help you feel better and stay at a healthy weight. It also can help prevent heart disease, high blood pressure, obesity, diabetes, osteoporosis and depression.

Brisk walking can be just as good for you as something more vigorous, such as jogging. Try to do a total of 30 minutes of constant physical activity most days of the week. If you haven't been exercising recently, be sure to talk with your provider about ways to get started. Make time for physical activity, start slowly and build up your stamina.

Safety

Many serious injuries can be prevented by following basic safety rules:

- Always wear seat belts while in a vehicle.
- Never drive after drinking alcohol.
- Always wear a helmet when on a motorcycle, bicycle or scooter.
- Use smoke detectors in your home. Change the batteries every year and check that they work every month.
- Keep the temperature of hot water below 120°, especially if children or older adults live in your home.
- Prevent falls by older adults. Repair slippery or uneven walking surfaces, improve poor lighting and install railings on stairways.
- Be alert for hazards in your workplace and follow all safety rules.

If you choose to keep a gun in your home, make sure that the gun and ammunition are locked up separately and are out of children's reach. Visit www.lokitup.org for information on safe storage of firearms.

Sexually Transmitted Diseases

STDs are infections you can get by having sex with someone who has one of these diseases. Anyone can get an STD. Common STDs are syphilis, gonorrhea, chlamydia, genital herpes, genital warts, HIV, and hepatitis B and C.

Keep yourself healthy by speaking openly with your provider about

your sex life and any concerns. Your provider can talk with you about ways to ensure safer sex. Here are some tips to reduce your risk of getting an STD if you have sex:

- Have sex with only one, mutually faithful, uninfected partner.
- Use a latex condom correctly every time you have sex.
- If you use drugs, do not share needles or syringes.
- Consider not having sex.

Contact your health care provider or your county’s Department of Public Health if you think you may have been exposed to HIV or any sexually transmitted disease.

Skin Cancer and Premature Skin Aging

To prevent skin damage from sun, use full-spectrum sunscreen or protective clothing when outdoors. Look for “broad-spectrum” sunscreens that protect against UVA and UVB rays; aim for SPF 30 or higher. Look for ingredients such as Parsol 1789 and octyl methoxycinnamate (a “chemical” block) or titanium or zinc oxide (“physical” blocks) on the label. Avoid sun exposure between 10 a.m. and 3 p.m. if possible.

If you have a personal or family history of skin cancer, mention this to your health care provider. You may need a special skin exam periodically.

One in five Americans is affected by skin cancer. More than 90 percent of these cancers are caused by sunburns and blistering that occurred before age 20.



Sleep Apnea

Sleep apnea means that you may stop breathing during sleep. This serious medical condition can be associated with many symptoms, including daytime sleepiness, non-restorative sleep, heavy snoring, restless sleep, night sweats, morning headaches, morning dry mouth, sore throat or hypertension. If you are experiencing one or more of these symptoms, please talk to your health care provider.

Sleep Health

Can't sleep? You're not alone. The specialists at our Diagnostic Center for Sleep Health can help. Getting good sleep is critical to your physical and mental health. We invite you to discuss your concerns with your primary care provider and ask about having a sleep study. A sleep study at our diagnostic and treatment facility can uncover causes ranging from insomnia, apnea or snoring to any of 80 other sleep disorders. The Sleep Center is located in our Northgate clinic, and its phone number is 206.709.UZZZ (8999)

Sports Medicine

When you've suffered a sport or exercise-related injury, a sports medicine physician can diagnose and treat you. You don't need to be a professional athlete! Our sports medicine specialists can care for most any musculoskeletal injury, including concussions, muscle strains, ankle sprains, meniscal and ACL tears, tendonitis (including the Achilles), and knee and rotator cuff damage. The physician will work with you to create a personalized treatment plan, from simple rest to surgical intervention.

Tobacco Use

Don't start smoking or using smokeless tobacco. If you do smoke, quit. It is the best thing you can do to stay healthy. Smoking is the single most preventable cause of death in the U.S. and causes one in every six deaths annually.

- Before trying to quit, stop smoking in places where you spend a lot of time (like at home or in the car).
- Once you quit, avoid smoking even one puff and try to keep yourself away from all cigarettes. Talk with your provider about things to do when you want a cigarette.
- If you fail the first time, don't give up. Keep trying and learn from your experience.

Ask your health care provider to help you pick a date to quit and for advice on how to keep from starting again. If you have young children, your smoking may harm their health; if you quit, you will be helping them stay healthy, too.

Vasectomy Services

If you are uncomfortable with the idea of a vasectomy, your PacMed doctor can discuss the facts and answer your questions. This permanent, surgical procedure provides birth control for men. It is a safe and effective procedure that has satisfied male patients and their partners all over the world. It takes just 20 minutes, and you'll be back to your normal activities in a week. PacMed offers weekend vasectomy clinics.

Vision

Are you having trouble seeing street signs? Reading your bank statements? All prescription lens wearers (glasses or contacts) should have their eyes rechecked every two years. Ask your health care provider for a referral to a doctor who provides preventive eye exams and refractions for glasses and fits contact lenses.

If you are 65 or older or have a family history of glaucoma, talk to your provider about getting tested.



Weight

Weighing too much or too little can lead to health problems. You should have your weight checked regularly by your provider. You can control/maintain your weight by eating a healthy diet and getting regular physical activity. Talk with your provider about ways you can reach your best weight.

- Find your Body Mass Index (BMI) on the chart on the following page.
- If you are overweight or obese, losing just 10 percent of your body weight can improve your health.
- If you need to lose weight, do so gradually—1/2 pound to 2 pounds per week.

Determining BMI

Body mass index is a measure of weight in relation to height.

Metric:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

Standard:

$$\text{BMI} = \frac{\text{weight (lb)}}{\text{height (in)}^2} \times 703$$

You can also use this online calculator to quickly determine your BMI:

www.nhlbi.nih.gov/health/educational/lose_wt/BMI

What Is Your BMI? Are You at a Healthy Weight?

Find your height and weight in the chart, and see the color codes below the chart.

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4"	21	22	24	26	27	29	31	33	34	36	38	40	41	43
	5'6"	19	21	23	24	26	28	29	31	32	34	36	37	39	40
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10"	17	19	20	22	23	24	26	27	28	30	32	33	35	36
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	



Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 3 years for women age 21–29 and every 5 years for women age 30–64. (May differ depending on your situation; consult your provider.)

Dates: _____

Breast Cancer Screening: Mammograms yearly or every other year, generally beginning at age 45. (Consult your provider for personalized recommendations.)

Dates: _____

Osteoporosis Screening: DXA scan once after age 65.

Date: _____

Men

Prostate Cancer Screening: Discuss with your provider.

Abdominal Aneurysm Screening: Ultrasound once between ages 65 and 75 if a history of smoking.

Date: _____

Women & Men

Colon Cancer Screening: *Preferred method*—Colonoscopy every 10 years, beginning at age 50. *Other acceptable methods*—High-sensitivity Fecal Occult Blood Test (FOBT) every year (and if positive, then colonoscopy) OR (least preferred method) high-sensitivity FOBT every 3 years combined with flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____



Cholesterol Testing: Beginning at age 20, every 1–5 years.

Dates: _____

Diabetes Screening: Beginning at age 45, every 3 years. (Consult your provider.)

Dates: _____

Immunizations:

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria (Td) booster every 10 years.

Dates: _____

- Flu shots every year.

Dates: _____

- Zoster (Shingles) vaccine once at age 60 or above.

Date: _____

- Pneumococcal (Pneumovax) vaccine at age 65 (earlier if recommended by your provider).

Date: _____

Important Phone Numbers

PacMed Clinic _____

Dentist _____

Eye Doctor _____

Other Doctors I see _____

Pharmacy _____

Insurance Plan _____

Member # _____

PacMed Clinic Locations

Beacon Hill and Diagnostic & Wellness Center for Women

1200 12th Avenue S
Seattle, WA 98144
Beacon Hill: 206.326.2400
Women's Center: 206.568.3800

Canyon Park

1909 214th Street SE, Suite 300
Bothell, WA 98021
425.412.7200

Federal Way

31833 Gateway Center Blvd S
Federal Way, WA 98003
253.214.1920

First Hill

1101 Madison Street, Suite 301
Seattle, WA 98104
206.505.1101

Lynnwood

19401 40th Avenue W, Suite 230
Lynnwood, WA 98036
425.744.7153

Northgate and Diagnostic Center for Sleep Health

10416 5th Avenue NE
Seattle, WA 98125
Northgate: 206.517.6700
Sleep Center: 206.709.8999

Puyallup

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

Renton

601 S Carr Road, Suite 100
Renton, WA 98055
425.227.3700

Totem Lake

12910 Totem Lake Blvd NE, Suite 101
Kirkland, WA 98034
425.814.5000



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