

Healthy Today

Issue 1
2016

A newsletter from Pacific Medical Centers.



Meet Georgia, A DIABETES STAR PATIENT

Pacific Medical Centers has created the STAR Patient program to acknowledge patients who put in the hard work to live well with diabetes. Georgia B. is a perfect example.

As retired military, Georgia knows how to be disciplined. When she received a diagnosis of type 2 diabetes 15 years ago, losing weight became a top goal. She'd lost 60 pounds several times but always gained it back. So she made a plan—and lost 130 pounds!

“I never set out to lose half my weight,” says Georgia. “That’s a goal I’d never be able to make. I’d feel defeated before I even started.”

Instead, Georgia looked at losing her weight in 10-pound increments. She’d set a goal to lose 10 pounds and then maintain her new weight for three months. Then she would focus on losing the next 10 pounds, and so on.

It took Georgia four years to lose 130 pounds—an amount that’s more than her current body weight. She’s kept it off for five years. And this past spring, Georgia’s doctor took her off all her diabetes medications!

TOTAL TEAM EFFORT

Georgia discovered that the people around her play a crucial role. She appreciates her friends and family who are also focused on health and encourage her. Conversely, she avoids

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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 our convenient locations, from Lynnwood to Lakewood. **Lacey clinic opens later this year.**
- **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, 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.**



**OUR LAKEWOOD CLINIC IS NOW OPEN!
SEE PAGE 3 FOR INFORMATION.**



FIND WHAT YOU’RE LOOKING FOR

DIABETES STAR PATIENT

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those people who sabotage her efforts. “It’s amazing how many people do that,” she says. “I just tell them to leave me alone, that I want to eat healthy.”

Georgia also set out to learn all she could about diabetes. She found she had habits to change, such as dealing with stress by eating a processed sweet, like a Twinkie or Ding Dong. “Now they taste terrible!” she says.

NEW OUTLOOK ON LIFE

“I’d reached that point where there was no place else to go but up,” recalls Georgia. “I was tired, couldn’t get a date... I’m a fun, nice person, and I wanted more out of life!”

Since her transformation, Georgia has fallen in love, feels great and has an excellent team at PacMed who guide her and cheer her on.

“I wish I had known at the get-go that there are great support groups for diabetes, like the monthly group at PacMed,” she says. “Diabetes is not a death sentence unless you let it be. If you want to have a normal life, there are choices.”

PacMed can help you find an approach that suits you. Talk to your provider and learn more at www.PacMed.org/diabetes.



Seven Ways to Support Family Members with Diabetes

Doctors Estelle Lin and Serena Lam share a few tips on how to support a loved one living with diabetes.

- 1. Create a healthy menu plan for the family.** Know which foods are diabetic-healthy and which are not. One great tool is the glycemic index (GI), which measures how much glucose is released into the blood stream with a particular type of food. Learn more at www.diabetes.org.
- 2. Recognize hypoglycemic signs.** A person with diabetes can sometimes experience hypoglycemia (low blood sugar). If the person looks shaky, anxious, sweaty or unwell, check their blood glucose immediately. If it’s low, give them some carbohydrates (a few soda crackers, a glass of orange juice, a few raisins). Then recheck the blood glucose after 15 minutes.
- 3. Encourage exercise.** According to the American Heart Association, everyone should get at least 150 minutes of moderately strenuous exercise per week. Be supportive by joining your family member for an invigorating walk or swim.
- 4. Monitor medications.** Know the names of medications the diabetic person is taking, especially with an elderly parent. Also, make sure medications and injections are taken on schedule.
- 5. Learn how to use a glucometer (glucose meter).** Using a glucometer is quite simple. A small drop of blood, obtained by pricking

the skin with a lancet, is placed on a test strip that the monitor reads. Knowing how to use a glucometer can be lifesaving for family members.

6. Schedule regular doctor visits. People with diabetes need to see their doctor more often. Be sure your family member schedules appointments and transport them if necessary.

7. Seek out support. Encourage your loved one to attend a diabetes support group meeting or nutrition class. Better yet, go with them. You’ll find options at www.PacMed.org/diabetes.

To learn more about our providers, visit www.PacMed.org or call to make an appointment: Dr. Lam, 206.326.2400; Dr. Lin, 253.214.1920



*Serena Lam, MD,
Internal Medicine,
Beacon Hill*



*Estelle S. Lin, MD,
Internal Medicine,
Federal Way*

Did you know...

86 MILLION PEOPLE – A THIRD OF THE US POPULATION – HAVE PREDIABETES. AND **90%** OF THEM DON’T KNOW IT.

29.1 MILLION PEOPLE IN THE US ARE ESTIMATED TO HAVE DIABETES. **27.8%** OF THOSE PEOPLE ARE UNDIAGNOSED. SEE WWW.CDC.GOV/DIABETES FOR MORE DETAILS.

Diabetes Resources

WANT TO LEARN MORE ABOUT DIABETES, ITS SYMPTOMS, RISK FACTORS AND TREATMENT OPTIONS? CHECK OUT THESE RESOURCES:

- AMERICAN DIABETES ASSOCIATION: **WWW.DIABETES.ORG**, 1.800.DIABETES (1.800.342.2383)
- CENTERS FOR DISEASE CONTROL AND PREVENTION: **WWW.CDC.GOV/DIABETES**
- **WWW.PACMED.ORG/DIABETES** FOR INFORMATION ON CLASSES, RESOURCES, SCREENINGS, QUIZZES, SUPPORT GROUPS AND PROFILES OF DIABETES STAR PATIENTS



Lakewood Clinic Now Open!

We invite you to stop by and take a look! In addition to better serving the general community, our Lakewood clinic also provides greater access to health care for military families located at nearby Joint Base Lewis-McChord. The new 7,500 sq. ft. facility is located at 7424 Bridgeport Way W, Suite 201. Open Monday–Friday, 8 AM–5 PM. For appointments, call 253.984.2600.

Obesity & Diabetes

IS YOUR CHILD AT RISK?

Childhood obesity can have complications for your child's social and emotional well-being. It can also lead to chronic physical conditions, such as type 2 diabetes. We asked our PacMed pediatricians to share a few tips on how to put your child on a healthy path.

EAT YOUR VEGETABLES

Candy, cookies and many processed foods have little nutritional value. Healthier choices are vegetables, fruits, beans and lean meats. **TRY THIS:** Encourage your child to include at least one fruit or vegetable with every meal or snack. Also, let your child pick out a new vegetable to try at a farmer's market.

INCREASE ENERGY OUT

When you reduce energy in (calories you consume) and increase energy out (calories you burn), you're making an impact. **TRY THIS:** Take a family walk before or after dinner. If it's rainy, have an indoor dance party or do a sit-up and push-up challenge.

BE A ROLE MODEL

It's easy to tell your children to make healthy food choices. But if you're telling your kids to snack on carrot sticks while

you're munching on a bag of chips, it's unlikely your message will sink in. **TRY THIS:** Bring nutritious options into your home and make healthy eating a family commitment.

LIMIT SWEETENED BEVERAGES

Chocolate milk, soda pop, sports drinks and even fruit juices are packed with sugar. **TRY THIS:** Encourage water as the #1 beverage. Limit soda and chocolate milk to special occasions.

REDUCE SCREEN TIME

Research shows that kids who spend much of their time in front of a television or computer screen run a greater risk of obesity. **TRY THIS:** Make screen time a reward for healthy behaviors. For example, if family members do yard work for two hours, they can enjoy their favorite 30-minute TV show or 15 minutes playing a computer game.

To learn more about our PacMed Pediatricians, visit www.PacMed.org/Peds.

Emmanuel J. Eusebio, MD, Northgate

Akiko Hall, MD, MPH, Canyon Park

Alexander M. Hamling, MD, MBA, FAAP, Canyon Park

Elizabeth Snapinn, MD, Lynnwood

Elisabeth Ware, MD, Northgate

Stephen Weinberger, MD, DTM&H, FAAP, Canyon Park



QUICK QUIZ:

Are You at Risk for Chronic Disease?

Having diabetes or prediabetes may put you at risk for other serious health issues. Take this quiz to test your awareness of chronic disease risk factors.

1. Diabetes is not that serious of a disease.
A. True
B. False
2. Diabetes affects only people who are overweight.
A. True
B. False
3. Which lifestyle choice puts people at risk for a range of chronic diseases?
A. Eating too many vegetables
B. Smoking
C. High-impact aerobics
D. Compulsive gambling
4. Which of the following meal plans is recommended to reduce the risk of many chronic diseases?
A. Only foods labeled “Diabetic Recommended”
B. Meals based predominately on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit
C. Small plates, such as tapas
D. The most recent, popular diet trend
5. Sugar intake is a risk for many health issues. One 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrates. This is equivalent to:
A. 1 teaspoon of sugar
B. 5 teaspoons of sugar
C. 10 teaspoons of sugar
D. 10 candy bars

Answers: 1-B, false. Having diabetes doubles your chance of having a heart attack, and diabetes causes more deaths a year than breast cancer and AIDS combined. 2-B, false. Being overweight increases your risk for type 2 diabetes, but there are other risk factors, such as genetics and lifestyle choices. 3-B, 4-B, 5-C.

DIABETES AND YOUR FEET

People with diabetes can develop nerve damage and poor blood flow, which can lead to foot problems. May Chang, PacMed's At-Risk Foot Specialist, offers advice on how to prevent or control infections that can begin at the foot.

First, always wear shoes and socks, both indoors and out. People with diabetes, and even prediabetes, can experience nerve damage, which can lead to insensitivity in the feet. Wearing socks and shoes offers protection in case you step on something sharp that you can't feel.

Get in the habit of looking at the bottoms of your feet on a regular basis. Look for anything that doesn't look healthy—drainage, discoloration, cracks or callouses. If you have difficulty seeing the bottoms of your feet, use a mirror or have someone else take a look.

Keep a good moisture balance. You don't want the skin around your feet to be too dry or too wet. Excess moisture grows fungus, but if the skin gets too dry it's not as pliable, so it's likely to build up callouses or crack. Suggestions: wear moisture-wicking socks (especially during warm months), apply a quality moisturizer at night and dry between the toes after you shower.

If you detect a serious problem with your foot, see your foot specialist or primary care physician right away.



May L. Chang, ARNP

PacMed Foot and Ankle Specialists:

Kirk Alexander, DPM, FACFAS, First Hill, Northgate, Renton
May L. Chang, ARNP, Canyon Park, First Hill, Northgate, Renton
Gregory Grant, DPM, FACFAS, Canyon Park, First Hill

To learn more about them, visit www.PacMed.org, or call 206.505.1300 to make an appointment.



What Does Diabetes Look Like?

CHANCES ARE, YOU WON'T BE ABLE TO RECOGNIZE SOMEONE WITH TYPE 2 DIABETES ON THE STREET. CARRYING EXTRA WEIGHT CAN BE A RISK FACTOR, BUT NOT THE ONLY ONE – MANY PEOPLE WITH TYPE 2 DIABETES ARE A NORMAL WEIGHT OR ONLY MODERATELY OVERWEIGHT. OTHER RISK FACTORS INCLUDE GENETICS, RACE/ETHNICITY AND LIFESTYLE CHOICES (SMOKING, UNHEALTHY DIET, NOT EXERCISING).



Go Green. Get More.

Make every issue of *Healthy Today* a green issue. Go to our site and update your preferences to receive our newsletter via email. You'll also receive a free wellness kit and health bulletins of interest to you. www.PacMed.org/gogreen

Tips to Beat the Heat

Summertime means fun in the sun. But before you head outdoors, make sure you and your family are protected from the sun's damaging ultraviolet (UV) rays. Here are some steps you can take to play it safe this summer.

Timing is everything.

Try to avoid being outdoors in direct sunlight too long, especially between 10 AM and 4 PM, when UV light is strongest. If you are outside during those hours, seek shade, perhaps under an umbrella or a covered patio.



Slather on the sunscreen.

Apply sunscreen generously. Pay close attention to your face, ears, neck and other areas not covered. Choose a sunscreen with a sun protection factor (SPF) value of 30 or higher. Reapply at least every two hours.



Cover up.

Wear a wide-brimmed hat, which protects the top of the head, ears and neck, where skin cancers commonly develop. Long-sleeve shirts and long pants also provide protection, and some synthetic fabrics now offer UV protection.



Stay hydrated.

Carry a reusable water bottle with you and drink up—even before you are thirsty. If you don't like the taste of plain water, add a slice of lemon, lime or cucumber.



Did you know... ONE HOUR IN THE SUN WEARING SPF 30 SUNSCREEN IS THE SAME AS SPENDING TWO MINUTES TOTALLY UNPROTECTED.

Coconut Zucchini Casserole with Ground Turkey

Recipe submitted by Dan Parrish, a PacMed Diabetes STAR Patient

Enjoy this simple, protein-packed recipe that celebrates summer's bountiful zucchini!

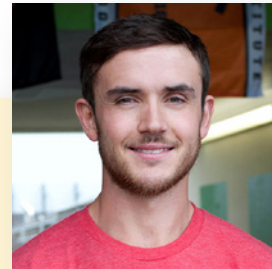
Serves 1. Serving size 3 cups. Prep time 10 minutes, cook time 20 minutes

Ingredients:

3 cups zucchini, cut into rounds
1/4 pound ground turkey
1/3 cup light coconut milk
1/3 cup water
Salt and pepper to taste

Preparation:

In a large pan, heat all ingredients over medium-high heat. Cook for 20 minutes or until turkey is no longer pink. The zucchini should be soft and opaque. Let stand for 5-10 minutes, and then eat and enjoy! Sprinkle with your favorite cheese for added flavor.



Nutritional information per serving as written:

Calories: 324	Fat: 18.6 g	Sodium: 80 mg
Carbohydrate: 13.4 g	Saturated Fat: 5 g	Fiber: 7 g
Protein: 24.1 g	Cholesterol: 60 mg	Sugars: 5.8 g

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

INTRODUCING ONLINE BILL PAY

PacMed recently introduced a new convenience for its patients: online bill pay. Now you can monitor and pay your account from your computer, laptop or mobile phone! www.PacMed.org/billpay



Pacific Medical Centers Specialties & Services

Primary Care

- Behavioral Medicine
- Neuropsychology
- Psychiatry—Adult & Geriatric
- Psychotherapy
 - Individual—Child/Adolescent & Adult
 - Couples Therapy
 - Family Therapy
- Family Medicine
- Family Medicine Including Obstetrics
- Geriatric Medicine
- Gynecology
- Internal Medicine
- Nutrition
- Pediatrics

Medical Specialties

- Allergy
- Cardiology
- Dermatology
- Diabetes & Metabolism, Endocrinology
- Gastroenterology
- Hepatology & Liver Disease
- Neurology
- Oncology & Hematology
- Physiatry
- Pulmonology
- Rheumatology
- Sleep Medicine
- Sports Medicine
- Women's Health

Surgical Specialties

- da Vinci® Robotic-Assisted Surgery
- Facial Plastic Surgery
- General Surgery
- Gynecology
- Interventional Pain Management
- LASIK & Vision-Correction Services
- Ophthalmology
- Orthopedics
- Otolaryngology
 - Head & Neck Surgery
 - Podiatric Medicine
 - Foot & Ankle Surgery
- Urology
- Vasectomy
- Vitreoretinal Diseases & Surgery

Other Services

- Cancer Screening
 - Colonoscopy
 - Mammography
- Cardiovascular Lab
- Cosmetic Services
 - Surgical & Non-surgical Treatments
- DXA (Bone Density Screening)
- Echocardiography Lab
- Nuclear Medicine Lab
- Optometry
- Physical Therapy

We're in Your Community

At PacMed, we take pride in partnering with our communities to promote health and wellness. Below are a few recent events and some we hope you'll join us for!

Women's Health Event

In June, PacMed presented a free women's health seminar at our Renton and Canyon Park clinics. We discussed work-life balance, tips for preventing osteoporosis and how lifestyle changes can lead to a leaner, healthier body.

LGBT Health Seminar

PacMed hosted a forum on July 9 at 1st Security Bank on Capitol Hill to answer questions about LGBT health issues. Both providers and participants shared experiences and challenges during this informative session.

Save the Date—Men's Health Event

Saturday, October 1

9–11 AM, Renton clinic

Saturday, October 8

9–11 AM, Canyon Park clinic

Potential topics of discussion: staying fit with old injuries, the importance of regular checkups and cancer screenings, reducing risk for stroke and heart disease, and how to talk to your doctor about low testosterone. Visit www.PacMed.org/MensEvent for more information.



VISIT OUR FACEBOOK PAGE OR THE COMMUNITY ACTIVITY CALENDAR AT WWW.PACMED.ORG FOR A LIST OF UPCOMING EVENTS. JOIN US!

Clinic News

A Voice for Equality

PacMed CEO Linda Marzano was named one of *Puget Sound Business Journal's* Outstanding Voices for 2016. The honor recognizes leaders who have shared their voice in advancing equality in the workplace. For details, visit www.bizjournals.com and search for "Marzano."

45 Top Docs

Congratulations to our doctors! Once again, Pacific Medical Centers is pleased to report that 45 of our providers have been honored as Top Doctors by their peers. Each year, *Seattle Met* and *Seattle* magazines survey thousands of medical professionals to find the top practitioners. Visit www.PacMed.org to see the complete list.

Taking Silver

PacMed is honored to have received the Silver Award for outstanding achievement in health care delivery from *Seattle Business* magazine. The 2016 Leaders in Health Care Awards, attended by nearly 300 people, recognized 16 local medical organizations in seven nomination categories.

Our Checkup Ranks High

The Washington Health Alliance's Community Checkup 2015 ranked PacMed as one of the high-performing medical groups in the region. The Checkup reports on 31 measures of quality and appropriateness of outpatient health care. To view complete results, visit www.WACommunityCheckup.org.

1.888.4PACMED

www.PacMed.org

PacMed and Living Well Alliance are trademarks of Pacific Medical Centers.

Get to Know Our Newest Providers

We're pleased to welcome 11 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.



Alex Alexander, ND, LMHC, Behavioral Medicine
Federal Way
Appointments: 206.621.4045
Alex partners with patients of all backgrounds to help them achieve improved emotional wellness. Off hours, Alex enjoys learning new things, music and blogging.



Serena Lam, MD, Internal Medicine
Beacon Hill
Appointments: 206.326.2400
Dr. Lam works with patients to make collaborative decisions in line with their goals. Off hours, she enjoys badminton and trying new restaurants.



Rachel Allen, PT, DPT, Physical Therapy
Lakewood
Appointments: 206.621.4080
Rachel believes her primary role is to empower her patients to become better stewards of their own bodies. Off hours, she enjoys hiking and yoga.



Estelle S. Lin, MD, Internal Medicine
Federal Way
Appointments: 253.214.1920
Dr. Lin's ultimate goal is to empower patients to make the best decisions about their health. Her leisure-time pursuits include Argentine tango.



Rene D. Czerwinski, LMHC, NCC, Behavioral Medicine
Totem Lake
Appointments: 206.621.4045
Rene provides a safe space where patients can explore barriers that are blocking fulfillment in life. She's a fan of reading, hockey and hiking.



Parul Sharma, DO, Rheumatology
Canyon Park
Appointments: 206.505.1300
Dr. Sharma values compassion, catering to patients' needs and providing excellent care. He likes to read, watch and play sports, and spend time with family.



Valdesha L. Dejean, MD, Behavioral Medicine
Canyon Park
Appointments: 206.621.4045
Dr. Dejean takes a holistic view of her patients and addresses the full breadth of factors that affect their lives. She enjoys traveling, singing and writing.



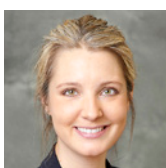
Ashley Sprea, LICSW, CDP, Behavioral Medicine
Federal Way, Renton
Appointments: 206.621.4045
Ashley takes a holistic approach to therapy as she helps patients move toward personal growth. She enjoys movies, reading and travel.



Erin Getchman, LMHC, Behavioral Medicine
Lakewood
Appointments: 206.621.4045
Erin believes change is always possible. She collaborates with patients to develop practical skills and deep healing. Erin likes reading and music.



Jaymes Venema, MD, Neurology
Canyon Park
Appointments: 206.505.1300
Dr. Venema knows that every patient has a story. By listening and asking questions, he typically finds a diagnosis through their story. Off hours, he enjoys fishing and family time.



Elizabeth M. Grace, MD, Ophthalmology
First Hill, Renton, Northgate, Totem Lake
Appointments: 206.505.1100
Dr. Grace treats each patient like a family member by offering compassionate, personalized and professional eye care. For leisure, she enjoys swimming, museums and live music.

For more details, or to request an appointment, visit www.PacMed.org/Doctors.

MYCHART IS ALWAYS AVAILABLE

There's a faster way than the telephone to handle many of your health care needs. It's MyChart.

MyChart gives you simple and fast online access to vital health information. It lets you request appointments, request prescription renewals, access your personal health record, message your health care team and view lab results. Best of all, no more waiting on hold! Ask our check-in staff for an access code so you can sign up for MyChart today.

We're Here for You Online!

WHETHER YOU WANT TO PAY YOUR BILL OR REQUEST AN APPOINTMENT, YOU CAN ACCESS PACMED 24/7 AT WWW.PACMED.ORG.



QUICK QUIZ: Are you at risk for chronic disease?

Take the quiz on page 4.

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COMING SOON! NEW CLINIC IN LACEY — OPENING IN 2016!

PacMed is growing to better serve you. Our Lacey, Washington, clinic will open later in 2016. Stay tuned to our website and *Healthy Today* for more details.

Pacific Medical Centers Clinics: Beacon Hill • Canyon Park • Diagnostic & Wellness Center for Women • Diagnostic Center for Sleep Health • Federal Way • First Hill • **Lacey—Opening Later 2016** • Lakewood • Lynnwood • Northgate • Puyallup • Renton • Totem Lake



Member recipe! A quick and healthy summer meal from a diabetes STAR patient.

What does it mean to be a PacMed Patient?

Convenience. You always have access to multiple PacMed clinics throughout the Puget Sound. You can also schedule same-day and weekend appointments—even online.

Coordinated Care. Your PacMed personal care provider will coordinate with any specialty care you might need, which will save you time and ensure comprehensive care.

Commitment to You. You care about your community, and so do we. You might see our employees volunteering at health fairs and fundraisers in your neighborhood. You can also rest assured that PacMed is committed to serving people from all walks of life, so that our communities remain as healthy and vibrant as can be.

PACMED LISTENS! Have a story idea or a comment to share about our *Healthy Today* newsletter? We'd love to hear from you. Contact us at StayHealthy@PacMed.org.