

# Healthy Today

Issue 2  
2015

A newsletter from Pacific Medical Centers.



## 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 nine 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](http://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.**

## Rest up *to slim down*

Is it possible to lose weight just by getting a better night's sleep? Two of our providers say yes, and share some simple tips on how to sleep your way to a healthier you.

A good night's sleep is one of nature's best health remedies. During sleep, your body performs major restorative functions such as tissue repair, muscle growth and protein synthesis. Sleep also affects your mood, memory, energy level and weight.

### How much is enough sleep?

The amount of sleep a person needs varies by the individual. Most adults require 6–8 hours of sleep per night and teens need 9–11 hours. “One way to determine how much sleep you need is to track the hours you sleep while away on vacation,” says Manika Jamwal, MD, a sleep medicine specialist. “If you go to bed when you're sleepy and arise—without schedules or alarms—feeling refreshed, that's probably the number of hours you need.”

Dr. Jamwal suggests developing a regular sleep routine in order to get a quality night's rest. “Once you determine how much sleep you need, try to accommodate that into your daily schedule. Establish a regular bedtime and stick to it. Develop a mellow nighttime ritual where you dim the lights later in

*read more inside*

**CHECK OUT THE FOUR-WEEK WALKING PLAN INSIDE!**  
Plus, stretches you can do right at your desk!



FIND WHAT YOU'RE LOOKING FOR

# Rest up to slim down

the evening to signal to your body that it's time for sleep. Avoid electronic gadgets or media at least 90 minutes before bedtime. Also, avoid activities in bed that are not associated with sleeping, such as watching TV."

## Why sleep affects weight

As you sleep, your body produces hormones, some of which regulate appetite. Leptin and ghrelin are two hormones that control how hungry or satisfied you feel. Leptin sends a signal to your brain that you're full. Ghrelin stimulates your appetite. Lack of sleep causes leptin levels to drop and ghrelin levels to rise.

"We find that people who don't get proper sleep tend to choose more refined starches and sugars throughout the day," says Heather King, a PacMed dietitian. "They tend to consume more calories because they're getting their energy through quick carbohydrate fixes instead of rest. Sleep also makes a difference in your energy level. People who lack sleep may not have the energy to exercise, which also leads to weight gain."

## What to eat, drink and skip

"Certainly avoid caffeine before bedtime," says Heather. "It can take up to eight hours for your body to process caffeine, so try to avoid coffee or caffeinated soda any time after lunch. Also, try to stop eating 2–3 hours before bedtime, especially if you have gastric reflux disease (GERD). Eating too close to bedtime can increase acid in the stomach.

"On the other hand, don't go to bed hungry. You won't sleep well if you're truly hungry. A small snack of protein and complex carbohydrates, like whole wheat toast with peanut butter or cheese on whole wheat crackers, is a good nighttime choice. There are also beverages that have been shown to induce sleep, such as a small amount (4–6 oz.) of tart cherry juice or warm milk."

## How to avoid tossing and turning

"Waking up briefly during the night is not a problem," says Dr. Jamwal. "But if you can't go back to sleep after 20 minutes or so, it's best not to stay in bed. Get out of bed, go to a different room and do some light reading or listen to calming music. When you start getting sleepy, go back to bed. If you still can't fall asleep, repeat the process. The more time you spend in bed awake, the worse your sleep is going to be because now you start associating the bed as a place where you lie awake and toss and turn."

Most people don't realize how important sleep is to their health. If you show symptoms of poor sleep—such as daytime sleepiness, lack of energy, irritability or reduced attention span—it's important to talk to your PacMed health-care provider. Your provider can help you identify the problem and evaluate you for common sleep disorders such as insomnia or sleep apnea.

Not all of us can sleep soundly every night, but by taking a few simple steps you can make those restless nights a rarity—and slim down in the process.

## Sleep Tip Sheet

### Do...

- Create a regular bedtime ritual
- Exercise during the day so you're sleepier at night
- Sip a small amount of tart cherry juice or warm milk before bedtime
- See your provider if you feel you're not getting enough sleep, or you're getting enough sleep but lack energy

### Don't...

- Take lengthy naps during the day
- Drink caffeine after lunchtime
- Consume alcohol beyond moderation
- Watch TV or use electronic devices in bed
- Overeat before bedtime or go to bed hungry

To learn more about our providers, visit [PacMed.org](http://PacMed.org) or call 206.505.1300 to make an appointment.



*Manika Jamwal, MD, specializes in pulmonology and sleep medicine at our Canyon Park, First Hill and Northgate clinics and the PacMed Diagnostic Center for Sleep Health.*



*Heather King, MS, RD, CDE, is a dietitian at our Beacon Hill, Federal Way and Renton clinics.*

## We Look After Your Entire Family

You'll find more than 20 board-certified family medicine physicians at PacMed clinics throughout the Puget Sound region.

### Family Medicine with Obstetrics

Ari Gilmore, MD  
Ellen Lackermann, MD  
Elizabeth McCarthy, MD  
Linsey Monaghan, MD  
Sonal Patel, MD, MPH  
Sara Waterman, MD

### Family Medicine

Lise Alexander, MD  
Rick Bowles, DO  
Matthew Bressie, MD  
Mona Burdine, MD, FAAFP  
Jeff Cantor, MD  
Shirley Chen, MD

Tony Cho, MD  
Tim Halm, MD  
Sabrina Hart, MD  
Brian Kim, MD  
Patricia Lewis, MD  
Sonja Maddox, MD  
Rosalie Miller, MD, MPH, FAAFP

Aileen Monponbanua, MD  
Carrie Rose, MD, MPH  
Lisa Sieberson, DNP, ARNP  
Arkadiy Tkachev, MD  
Nha Ke Ton, DO  
Cynthia Wilcox, MD  
Teresa Wolber, DNP, ARNP

Family medicine practitioners cover all areas of general health care, including pediatric and adolescent health, women's health and gynecology, men's health and aging issues. Visit [www.PacMed.org/doctors](http://www.PacMed.org/doctors) to find a doctor that's right for you.



# THE PRESSURE TO FIT IN

*Most children, at some point in their lives, encounter a time when they feel they don't fit in, either due to peer pressure or a change in environment. We asked three PacMed providers to offer advice on how to help a child raise his or her self-esteem.*

"Anxiety from not fitting in can start as early as kindergarten or grade school," says pediatrician Alexander Hamling. "It often intensifies between the ages of 9 and 15, when many young people are transitioning to different schools and experiencing body and hormonal changes. There's no one thing parents can say or do to make the problem go away, but they can help their child develop good coping skills.

"First, start by actively listening to your child. Some kids will never say they're stressed or anxious, but if you ask a few simple questions like, 'Tell me a little about your day,' you might get them to open up. Second, if they voice their frustrations, let them vent—but set a time frame. Dwelling too much on the situation can cripple the child's ability to cope and the family's dynamic."

Dr. Hamling also encourages parents to approach the problem in baby steps. "If your child is moving to a new school, they can't expect to be the most popular kid immediately. Help them set realistic goals like, 'After one week, I'm going to find one good friend who I'm comfortable talking to or having lunch with at school.'"

Faith Knowles, a behavioral medicine therapist, believes it's important to empathize with your child's situation and to teach them to appreciate their individual strengths.

"Talk to your child on his or her terms," says Faith. "Sometimes teens want to talk at times that are not as convenient for parents, but you have to be accommodating. Be a good listener and don't just assume their concerns are the same as your own. Ask how you can be supportive, ask how social media is impacting their interactions and share how you or people you know have overcome similar struggles.

"Most importantly, encourage your child on a regular basis and point out what you see them doing well. Remind them of their unique qualities and what makes them special. Teach them to avoid comparing themselves to others. A person can have insecurities, but those insecurities don't have to be the defining factor in their life."

## **When should a parent be concerned enough to take their child to see a doctor or specialist?**

"If you're concerned your child may have depression issues or is on the road to self-harm, it's definitely time to contact your health-care provider," says Dr. Emmanuel Eusebio, one of our pediatricians. "Children have different ways of manifesting insecurities. Common signals include changes in sleeping or eating patterns, not enjoying activities they typically enjoy or health complaints such as headaches, stomachaches and neck or joint pain.



## Back-to-School Checklist

**Avoid the rush! Plan now to schedule your family's well-child exams.** Here's a checklist to get you started. Contact your PacMed pediatrician or family medicine practitioner for more information and download our checklist at [www.PacMed.org/backtoschool](http://www.PacMed.org/backtoschool).

- Schedule well-child exam
- Update required immunizations
- Get your child's vision checked if due for an exam
- Notify the principal's office, school nurse and teachers about any health problems or medications
- Schedule a dental check-up
- Make a plan for healthy snacks and lunches
- Schedule a hearing/speech screening if necessary
- Other: \_\_\_\_\_

"Young people encounter many pressures: to be good at sports, to perform well academically and to be socially connected with their peers. It's important for parents to try to create balance in the child's life. If the child is getting overwhelmed on the academic front, they may need to cut back on the social front. Most of the doctors in our clinics have kids themselves, so we've been through many of these situations. We're not relying solely on what the American Journal of Child and Adolescent Psychiatry has to say; we're combining professional training with real-life perspective. We've been there—and that helps us relate to our patients and their kids."

*To learn more about our providers, visit [www.PacMed.org](http://www.PacMed.org) or call to make an appointment: Dr. Hamling, 425.412.7200; Dr. Eusebio, 206.517.6700; Faith Knowles, 206.621.4045.*



Alexander M. Hamling, MD, MBA, FAAP, Pediatrics



Emmanuel J. Eusebio, MD, Pediatrics



Faith Knowles, LMHC, Behavioral Medicine

# Men's Health Secrets

Many men, especially geriatric men, tend to keep their health issues to themselves. We asked two PacMed providers for advice on how to encourage these gentlemen to open up about their health concerns and see their doctor when necessary.

## Why do men tend to keep health concerns to themselves?

**Rutherford Hayes, MD, internal medicine:** Many of our patients were raised in an era where men were taught to be tough, not complain and keep their health problems to themselves.

**Donald Pick, MD, urology:** As a rule, men tend to minimize their health concerns, like urinary issues, until symptoms gradually get worse. Often it's the wife who will persuade her husband into seeing the doctor.

## What are common medical issues older male patients encounter?

**Dr. Hayes:** Coughs, infections, hearing and eyesight problems. Tougher ones are depression, dementia and Alzheimer's.

**Dr. Pick:** Urinary issues, erectile dysfunction, incontinence and prostate cancer are common conditions my patients deal with.

## How do you approach sensitive health issues with these patients?

**Dr. Hayes:** Most men correlate driving with independence, so convincing a patient it might be time to give up the car, or drive only in the day, is always a tough one. I emphasize safety, that of the patient, passengers and other drivers.

**Dr. Pick:** Our focus is to ask questions and create a discussion. Urinary and erectile health is an important part of the urology workup.

## What health warning signs should family members look for?

**Dr. Hayes:** Geriatric patients may have a raging infection without

showing typical signs you would find in younger patients. Watch for changes in behavior, such as excessive fatigue or unusual confusion, which could signal a serious bladder infection or pneumonia. Depression is another serious medical condition that can go undetected. Excessive sadness, poor concentration and diminished interest in daily activities are possible signs.

**Dr. Pick:** If a man is getting up multiple times at night to go to the bathroom, or will not go out unless he knows there's a bathroom nearby, it could be a sign of urinary issues. For erectile dysfunction, it could be apparent if the husband and wife haven't been sexually active in a while.

## What types of services does PacMed offer?

We work as a team to diagnose and treat a variety of disorders that occur in older adults.

We have specialists in audiology, neurology, pain management, neuropsychology, urology, cardiology and many other areas of care.

To learn more about our providers, visit [www.PacMed.org](http://www.PacMed.org) or call 206.505.1300 to make an appointment.



Rutherford Hayes, MD, Internal Medicine  
Beacon Hill



Donald Pick, MD, Urology  
Beacon Hill, Renton

## HEALTH TIPS

# Four-Week Walking Plan

What's the easiest way to get in better shape? Why not try an exercise even a toddler can do—walking.

Here's a four-week plan to get you started. Remember to set realistic goals for yourself—consistency is the key. Another idea: find a walking buddy so you can encourage each other to keep with the program!

		MON	TUES	WED	THU	FRI	SAT	SUN	Total
1	Plan	10 min.	10 min.	15 min.	Rest	15 min.	15 min.	Rest	65 min.
	Actual								
2	Plan	15 min.	15 min.	20 min.	Rest	20 min.	20 min.	Rest	90 min.
	Actual								
3	Plan	20 min.	20 min.	25 min.	Rest	25 min.	30 min.	Rest	120 min.
	Actual								
4	Plan	30 min.	30 min.	30 min.	Rest	30 min.	30 min.	Rest	150 min.
	Actual								

### BUILD ENDURANCE by varying your pace.

Walk slowly for a few minutes to warm up; briskly for a minute; moderately for 2 minutes; as fast as possible for a minute; then repeat the cycle, ending with a slower pace to cool down.



**ALTERNATE WALKING ON FLAT TERRAIN AND HILLS** to add variety and increase endurance.



**STRETCH** for a few minutes after your walks.



**INCLUDE STRENGTH-BUILDING EXERCISES**

twice per week (lunges, walking with hand weights, pushups, etc.).

### ADJUST WALKING AND REST DAYS TO FIT YOUR SCHEDULE.

If 30 minutes seems too long, split your goal in half; walk 15 minutes in the morning and 15 minutes in the evening.



# Quick Quiz SUMMER FACT or fallacy?



Test your knowledge of long-held summer beliefs by taking this quick quiz. For each question, answer “Fact” or “Fallacy.” The correct answers follow.

1. Prolonged exposure to UV (ultraviolet) rays can “sunburn” the eyes.
2. Little kids are immune to harm from the sun.
3. Dark-skinned people don’t need sunscreen.
4. Avoid hot showers when you’re sunburned.
5. Saltwater helps wounds heal.
6. A sun tan is healthy.
7. Baking soda in bathwater helps relieve heat rash.
8. Soda quenches your thirst and keeps you hydrated.



*Sun safety advice was provided by Dr. Shalini Nair, an internal medicine provider at our Renton clinic. To learn more about her, visit [www.PacMed.org](http://www.PacMed.org) or call 425.227.3700 to make an appointment.*

Shalini Nair, MD,  
Internal Medicine

## Answers:

1. Fact. Just as the sun can burn skin, it can also damage the eyes.
2. Fallacy. Small kids are actually more susceptible.
3. Fallacy. While people with lighter skin are more sensitive to the effects of UV rays, those with darker skin can still be affected by damaging UV radiation.
4. Fact. Heat increases inflammation, further aggravating your skin. Cooler water is more soothing.
5. Fallacy. The sea is full of bacteria that can enter your cuts and cause soreness or lead to infection.
6. Fallacy. Any tan at all is a sign of skin damage.
7. Fact. Baking soda relieves itching and inflammation associated with prickly heat.
8. Fallacy. Perhaps you feel sufficiently hydrated, but your body has to work harder to metabolize the refined sugars or artificial sweeteners in soda.

## Take an Office Stretch Break

*Do you spend the majority of your workday seated at your desk, staring into your computer, interrupted only by the occasional staff meeting, where you sit down again, only around a bigger table? If so, it’s time to take a stand. Kayla Matsunaga, DPT, offers this advice on how to add mini stretch breaks into your workday.*

Many patients come to me with pain that is most likely due to their office routine. If you’re sitting at a desk all day, hunched over a computer, it’s no wonder you feel stiff and achy at the end of the day. My recommendation is to take a short break about every hour and stand up to do a few stretches:

- Start by doing a couple of stretches for your lower back. Simply bend over and touch your toes. Hold that stretch for 20–30 seconds and repeat it a few times.
- Next, do some trunk rotations, which can be done seated or standing. Turn your upper body to the right, twisting as far as you can, and hold that stretch for 20–30 seconds. Then twist to the left. Do the stretch at least twice per side.
- Another important body part to stretch is the neck area. Often, people sit at their desk using poor



posture, with their head tilted forward and their shoulders rounded. To correct this, put both hands behind your head, with your elbows out, and extend your neck and upper back as straight and as high as you can.

- A second stretch for the neck is to look down at your armpit, so your head is rotated and flexed. Using the hand on the side you’re looking toward, reach up and gently pull your head toward your shoulder. Hold, and repeat on the other side. To stretch your upper trapezius, look straight forward and bring your ear down toward one shoulder, and then the other.

Even a vigorous morning workout can’t compensate for being inert the other 23 hours of the day. If you give yourself mini stretch breaks, you’ll feel more energized throughout the day.



Kayla Matsunaga, DPT,  
Physical Therapy





## We're in Your Community

Our mission at Pacific Medical Centers is to provide high-quality, patient-focused health care and to support the communities we serve. Here are a few recent events we were pleased to host. Thanks for joining us!

### Women's Health Event

In June, PacMed presented a free women's health event at our Renton and Canyon Park clinics. The educational seminars featured a number of PacMed professionals addressing common female health concerns. Topics included:

- Five things women are too embarrassed to talk about.
- Migraine headache relief.
- Four things your eyes say about your health.
- Tips and treatments for heartburn and hemorrhoids.

Our guests were invited to ask questions and join the conversation. We also offered free health risk assessment screenings at our Canyon Park seminar. Stay tuned for future women's health events!

### LGBT Health Seminar

On April 18, PacMed hosted its first ever LGBT (lesbian, gay, bisexual and transgender) health seminar at 1st Security Bank on Capitol Hill in Seattle. The complimentary event promoted

awareness of common health issues in the LGBT community and featured advice from our knowledgeable providers. We had a great turnout and are already looking forward to next year's event!

### Coming Up—Men's Health Event

Plan now to attend one of PacMed's free men's health events this September. For more information, email us at [stayhealthy@PacMed.org](mailto:stayhealthy@PacMed.org).

## Clinic News

### Our New Federal Way Clinic Is Almost Ready!

We're excited to announce that the wait is almost over. We're now putting the finishing touches on our new Federal Way clinic, which will open later this summer. The expanded clinic—almost double in size—is located in Gateway Center Plaza, just 3 miles from our current clinic.

In this larger facility, we'll be able to expand the number of providers and clinic services we offer. Plus, we think you'll appreciate the updated reception area and décor. To learn more or to receive email updates about our new clinic and its opening date, please visit [www.PacMed.org/NewFW](http://www.PacMed.org/NewFW).

## Turkey Avocado Jicama Wraps

*Recipe adapted by Heather King, MS, RD, CDE*

*Looking for a go-to summer dish that's healthy and quick? It's a wrap!*

Serves 4, prep time 10 minutes

#### Ingredients:

- ¼ cup low-fat ranch dressing or plain yogurt
- 2 tablespoons chipotle salsa
- ¼ teaspoon finely grated orange zest
- 4 (8-inch) whole wheat tortillas
- 12 ounces sliced oven-roasted turkey breast (from deli)
- 1 ripe Hass avocado, pitted, peeled and sliced
- 2 cups mesclun (assorted small young salad greens) or 1 bunch cilantro
- 1 ½ cups grated jicama
- 1 tomato, thinly sliced
- 2 scallions, thinly sliced (white and green parts)
- Kosher salt and freshly ground black pepper

#### Preparation:

- In a small bowl, combine the ranch dressing with the salsa and orange zest.
- Lay the tortillas on a cutting board and spread the ranch mixture evenly over each one, leaving about a 1-inch border on all sides.
- Layer the turkey, avocado, greens, jicama, tomato and scallions evenly over each tortilla, still leaving a border.
- Season with salt and pepper. Roll up like a pinwheel. Halve and serve.

## DINNER IN A FLASH!



#### Nutritional information per serving as written:

Calories: 423	Fat: 14.4 g	Sodium: 596 mg
Carbohydrate: 41.5 g	Saturated Fat: 2.4 g	Fiber: 7.9 g
Protein: 32.1 g	Cholesterol: 73.8 mg	Sugars: 3.8 g

**More recipes online! Go to [www.PacMed.org/recipes](http://www.PacMed.org/recipes).**

# Get to Know Our Newest Providers

We're pleased to welcome five 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 [www.PacMed.org/Doctors](http://www.PacMed.org/Doctors) today.



## Connie M. Chung, MD, PhD, Dermatology

First Hill, Renton

Appointments: 206.505.1300

Dr. Chung finds joy in serving others and gathering insight into each patient's unique skincare and dermatology needs. She's a fan of traveling, hiking, reading and music.



## Erin Edwards, MD, Internal Medicine

Renton

Appointments: 425.227.3700

By listening to her patients' life stories and experiences, Dr. Edwards gains a better understanding of how to help them achieve their long-term health goals. Off hours, she enjoys biking, snowshoeing, visiting art museums and spending time with her kids.



## Jaime Moo-Young, MD, Internal Medicine

Beacon Hill

Appointments: 206.326.2400

Fostering trusting relationships with her patients is key to Dr. Moo-Young's approach to achieving lasting, positive health outcomes. To relax, she enjoys reading, traveling, skiing, hiking and gardening.



## Pathmaja (Bobbie) Paramsothy, MD, MS, Cardiology

First Hill, Northgate, Renton

Appointments: 206.505.1300

Dr. Paramsothy encourages open dialogue so her patients can participate in making decisions regarding their cardiovascular health. On a personal note, she enjoys music, reading and having fun outdoors.



## Brandi Shah, MD, MPH, Family Medicine

Canyon Park

Appointments: 425.412.7200

Dr. Shah's goal with each patient is to integrate holistic well-being, self-empowerment and meaningful change. She's particularly interested in adolescent health, sexual and reproductive health, and treating underserved populations.

For more details, or to schedule an appointment, visit [www.PacMed.org/Doctors](http://www.PacMed.org/Doctors) today.

## SAVE THE DATE!

Visit our Facebook page or the Community Activity calendar at [www.PacMed.org](http://www.PacMed.org) for a list of upcoming events. Join us!



## 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](http://www.PacMed.org/gogreen).

# 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  
Nephrology  
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  
Urogynecology  
Urology  
Vasectomy  
Vitreoretinal Diseases & Surgery

## Other Services

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

## Locations

### Beacon Hill

1200 - 12th Ave S  
Seattle, WA 98144  
206.326.2400

### Canyon Park

1909 - 214th St SE, #300  
Bothell, WA 98021  
425.412.7200

### Diagnostic Center for Sleep Health

10416 - 5th Avenue NE  
Seattle, WA 98125  
206.709.8999

### Diagnostic & Wellness Center for Women

1200 - 12th Ave S  
Seattle, WA 98144  
206.568.3800

### Federal Way

33501 First Way S, #200  
Federal Way, WA 98003  
253.214.1920  
866.985.6337

### First Hill

1101 Madison St, #301  
Seattle, WA 98104  
206.505.1101

### Lynnwood

19401 - 40th Ave W, #230  
Lynnwood, WA 98036  
425.744.7153

### Northgate

10416 - 5th Ave NE  
Seattle, WA 98125  
206.517.6700

### Puyallup

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

### Renton

601 S Carr Rd, #100  
Renton, WA 98055  
425.227.3700

### Totem Lake

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

1.888.4PACMED  
[www.PacMed.org](http://www.PacMed.org)

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

## POP QUIZ: MYTH or TRUTH

How summer smart are you?  
Take the quiz on page 5.

# Healthy Today

A newsletter from Pacific Medical Centers.

## In This Issue

- Ten-Minute Dinner
- Back-to-School Checklist
- The Pressure to Fit In
- Men's Health Secrets
- Stretch While You Work
- Keep on Walking! Our Four-Week Plan
- Quiz Yourself! Are You Summer Smart?
- PacMed and Providence Team Up
- MyChart Keeps You Connected
- Meet Our New Providers



pacific  
medical  
centers

1200 - 12th Ave S  
Seattle, WA 98144

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT NO. 6866

## BACK TO SCHOOL

- Checklist
- The Pressure to Fit In

## OUR NEW FEDERAL WAY CLINIC IS ALMOST READY!

**Same great care in a bigger and better location.**

To learn more or to receive email updates about our new clinic and its opening date, please visit [www.PacMed.org/NewFW](http://www.PacMed.org/NewFW).



**Ten-minute meal that requires little to no cooking.** Check out our recipe inside.

## Why Wait on Hold? Go to MyChart

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 schedule 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.

## PACMED AND PROVIDENCE HAVE TEAMED UP!

PacMed is now affiliated with Providence Health & Services. Together, we are committed to increasing patients' access to excellent care. PacMed will continue to operate as a separate entity, and our current patients will experience no changes to their health-care team.