

Healthy Today

A newsletter from Pacific Medical Centers.

Issue 3
2015

Happy Holidays
from PacMed



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 Puyallup. **Lakewood and Lacey clinics opening 2016.**
- **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.
- **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.**

FINDING THE RIGHT DOCTOR FOR YOUR AGING PARENTS

The growth in the number and proportion of older adults is unprecedented in the history of the United States. Two factors—longer life spans and aging baby boomers—will only increase the number of seniors in the years ahead. Dr. Andrew Dym, one of our internal medicine doctors, shares his advice on how to find quality medical care for your aging parents' needs.

We all want our parents to live a long and healthy life. As they age, however, there often is a reversal of roles where it becomes the child's responsibility to look after the parent. An important aspect of this responsibility is monitoring health care.

When seeking a qualified doctor for an aging parent, it's wise to choose an internal medicine provider. Internal medicine doctors, or internists, often deal with medical issues associated with aging, such as heart disease, diabetes, hypertension and preventive screenings. Many people believe they need a geriatric specialist, which is a fine choice, but most internal medicine doctors are skilled in geriatric medicine too. Internal medicine doctors focus on treating middle-age and older adults, some of whom are dealing with numerous, complex medical issues.

continued on next page

**Look inside for
FIVE INDOOR EXERCISES TO KEEP YOU FIT ALL WINTER!**



FIND WHAT YOU'RE LOOKING FOR



Andrew M. Dym, MD,
Northgate

FINDING THE RIGHT DOCTOR FOR YOUR AGING PARENTS

continued from cover

It's important to find a doctor with whom you, as well as your parents, have a good rapport. You'll want to choose someone who is not threatened with the presence of family members in the exam room. As parents age, they may experience memory or hearing loss, so it's always useful to have another set of ears to process what the doctor is advising. From a doctor's perspective, it's important that a family speak with a unified voice. If multiple siblings are part of the care team, they should determine a primary spokesperson. This is especially important during end-of-life situations, where you

want to make sure everyone is on the same page.

Many older patients are on multiple medications, so it's essential that your parent's doctor has a system for tracking medication management. At PacMed, we use electronic medical records, which can be updated quickly and shared with everyone on the caregiving team. We also have a network of specialists, including urologists, cardiologists, pulmonologists and oncologists, who coordinate with our primary care providers to help ensure no detail of your parent's health is overlooked.

With aging parents, there are often difficult decisions to be made, such as when to transition from home to assisted living, or from hospital to nursing home. It's important that your doctor takes an interest in these issues and partners with you in determining the best possible outcome. There have been many technical innovations in recent years, many of which can be offered but may not be appropriate at end of life. You may want a doctor who is willing to step away from technology and focus on softer measures if it means preserving quality of life.

One book I would highly recommend for anyone with aging parents is *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande, MD, MPH. It's a wonderful read that really puts aging in perspective and cuts to the chase about the health-care challenges we face today.

I'd also suggest you visit www.PacMed.org and look into our team of internal medicine doctors. That's a good first step to finding a qualified doctor who's a good fit for you—and for those you love.

Andrew M. Dym, MD, practices internal medicine at our Northgate clinic. To learn more about Dr. Dym, visit www.PacMed.org or call 206.517.6700 to make an appointment.

A FEW QUESTIONS TO ASK

- How much experience do you have in caring for older patients?
- What type of medical specialists are on your team?
- Do you keep and have access to electronic medical records?
- How long do you plan to continue practicing in this region?
- Is your health-care group able to handle both inpatient and outpatient care?
- Do you have a dedicated staff to help patients transition to a nursing home?
- Are you comfortable discussing end-of-life issues?

HELP KIDS *Snack Right*

If you're a parent, you've probably heard your kids say, "I'm starving—what can I eat?" Children of all ages need plenty of good nutrition to fuel their growing bodies, especially after a busy day at school. Pediatricians Stephen Weinberger and Elizabeth Snapinn offer some healthy snack choices.

One of the first steps toward healthy snacking is to clear your home of junk food. Throw out the chips, cookies, candy and other processed foods high in sodium, sugar, additives and excess fat. Next, replace those foods with healthier choices such as fresh fruits and veggies, nuts, low-fat cheese and whole-wheat crackers.

Place healthy snacks where they are easily seen and readily available.

Place a fruit bowl with apples, oranges and bananas on the kitchen counter so kids will seek those items first. This is especially important if the parents may not be home when older kids get back from school.

Encourage your child to opt for healthy beverages too. Steer them away from carbonated sodas and fruit juices, which are often loaded with sugar. Instead, serve ice water or milk (low-fat or skim milk for older children). Low-sodium vegetable juices are another excellent choice—check the nutrition label or blend your own.

PacMed Pediatricians: www.PacMed.org/Peds

Emmanuel Eusebio, MD, Northgate

Akiko Hall, MD, MPH, Canyon Park

Alexander Hamling, MD, MBA, FAAP, Canyon Park

Elizabeth Snapinn, MD, FAAP, Lynnwood

Elisabeth Ware, MD, Northgate

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



Other Healthy Snack Options Include

- Mini carrot sticks with a dip of hummus or low-fat dressing
- Celery sticks spread with a little peanut butter
- Low-fat string cheese
- Nuts and/or raisins
- Whole-wheat crackers (those low in sugar and sodium)

It's also important to discuss good nutrition with your kids so they are better able to make wise food choices when they're alone or with friends. It shows you're interested in their well-being, and not just being a stern parent. Also, be a good role model. If you're regularly eating chips and cookies, but telling the kids, "Sorry, these aren't for you," you're sending the wrong message.

Of course, it's okay to occasionally bend the rules and celebrate a big event with a jumbo pizza or hot fudge sundae. Just make it the exception, not the norm. By encouraging your kids to make wise food choices today, you'll help them develop healthy habits they will carry throughout their lives.



Stephen Weinberger, MD, DTM&H, FAAP, Pediatrics, Internal Medicine, Canyon Park

Elizabeth Snapinn, MD, FAAP, Pediatrics, Internal Medicine, Lynnwood

WE'RE IN YOUR COMMUNITY

Pacific Medical Centers is proud to participate in a wide variety of events throughout the Puget Sound area. Visit our Facebook page, or the Community Activity calendar at www.PacMed.org, to join us in upcoming activities.

ADA Step Out Walk and AHA Heart & Stroke Walk

We believe that when you care about something, it is important to support the cause through action. More than 260 employees, family and

friends raised over \$23,000 for diabetes and heart/stroke research and support.

Susan G. Komen 3-Day Walk

This incredible event covered 60 miles in three days (Sept. 18–20), with supporters

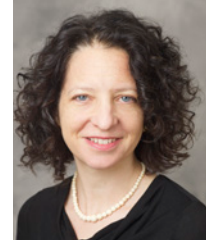
raising money to end breast cancer. PacMed employees enthusiastically cheered on the walkers and kept them revved up by offering free coffee and giveaways.

Thanksgiving Food Drive

All nine PacMed clinics held a food drive in mid-November to collect food donations for area families in need.



Create Lasting Healthy Habits



Jodi Rubinstein, LICSW,
Behavioral Health

You set a goal to eat healthier, lose weight and exercise more. All goes according to plan ... for the first few weeks. Suddenly, the old habits start coming back into play. You reach for potato chips instead of veggies. You opt for the TV remote instead of your workout gear. What's happening? You skipped the crucial steps to turn your new behavior into a subconscious habit. Jodi Rubinstein, LICSW, from our Beacon Hill clinic, shares how to make a healthy habit stick.

Start Small and Be Specific

The key to making a positive change is to build confidence. Make your first step toward your goal reasonably achievable. Once you accomplish that first step, you can add on and build toward your ultimate goal. Also, define the desired behavior as specifically as possible. The more specific you are, the more likely you'll follow through. Rather than saying, "I want to eat healthier," go one step further and describe the types of foods you want to avoid and the ones you want to move toward. Also, set a concrete start date to put your plan into action.

Pinpoint Your Motivation

Be clear about why you're making this change. Write down the benefits and costs associated with it. How will it impact your life and those around you? How will this change align with the values you hold? You want to steer your subconscious mind toward your values and the ultimate benefit of creating this new habit.

Identify Obstacles

Look ahead and foresee hurdles that might impede your new habit. How will you cope with them? Can you elicit the support of a friend or family member to help you cope with the challenges? Set up your environment for success so you're not relying totally on willpower.

Remove temptations that can derail you from your new habit. Place notes or pictures in key places to remind you of your ultimate goal.

Reward Yourself

Determine how you will reward yourself for engaging in this new behavior. Better yet, choose a behavior that's inherently rewarding. If you want to start exercising more, choose an activity you enjoy. If you enjoy music, add that element to your workouts. Once you establish a new habit, celebrate your achievement.

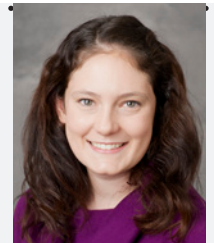
Seek Help If You Need It

Expect that it will take 20–30 days or more for a new behavior to become a habit. Repetition is key. It can be more difficult to stop ingrained behaviors than to create new habits. Some changes, such as substance abuse or gambling addiction, require substantial support. If you're having difficulty creating a healthy habit, talk to your PacMed provider. He or she can offer advice or coordinate specialized care.

Learn more about our Behavioral Medicine specialists at www.PacMed.org: Raman Arora, MD; Christopher Bailey, MD; Stephanie Comtois, LICSW; Nora Faram, MSW, MHP, LICSW; Faith Knowles, LMHC; Sandie Leistiko, LICSW; Carolyn Logsdon, PhD, LICSW; Dawn Merydith, LICSW; Jodi Rubinstein, LICSW; Chelsea Shih, MD; Jack Shriner, LICSW, CMHS; Rebecca Wolff, LMHC


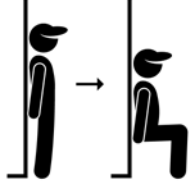

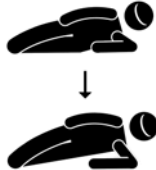
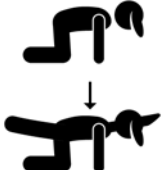
5 Effective Indoor Exercises

It's easier for most of us to stay active during the long, warm days of summer. When winter comes, it's smart to have a simple workout routine you can do indoors. Physical therapist Lauren Jentges put together this top-five list of exercises accessible to people of all ages.



Lauren Jentges, DPT,
Physical Therapy

Be sure to warm up with an aerobic activity—like stepping up and down the first step of a staircase, while holding on to the railing. To build strength, do 2–3 sets of 8–12 repetitions each. If you can't maintain good form or reach the point of muscular fatigue (which is your goal), discontinue the set.

1. BRIDGE	2. WALL SQUAT	3. COUNTERTOP PUSHUP	4. SIDE PLANK	5. BIRDDOG
Lie on your back with your knees bent, feet flat on the floor and arms along your sides. Use your gluteal muscles (in each buttock) to raise your hips.	Unlike regular squats, most everyone can do a wall squat because it removes much of the knee strain. Lean your back and hips against a wall. Next, squat as low as you confidently can, then return to a standing position.	Choose a kitchen-counter-height surface; place both hands on the counter about shoulder width apart. Then do a basic pushup motion. The farther away from the counter you place your feet, the harder the exercise gets.	Lie on your side with your legs straight and stacked, your upper body raised on your bent lower arm. Pressing your forearm into the floor, raise your hips until your body is in a long straight line. Hold for as many seconds as you can.	Kneel on all fours, with palms planted hip-distance apart and knees directly below hips. Raise your right arm in front of you and your left leg straight behind you. Hold for several seconds, then repeat on the other side.
				

7 tips FOR A ROBUST LIFE



In her 20 years in internal medicine, Dr. Karen Wang has seen treatments come and go, reviewed countless studies and helped thousands lead healthier lives. “There is no magic supplement or special diet that will automatically lead to healthier aging,” she says. “It really boils down to the basics.” Here are seven tips she suggests for a long, healthy life.

#1 EXERCISE MORE

You don’t have to be a triathlete to experience the benefits of exercise. The American Heart Association suggests at least 150 minutes per week of moderate-intensity exercise. That’s just 30 minutes a day, five days a week, and you can break it into 10–15 minute segments. If you’re taking the kids to soccer practice, walk around the field, do a few pullups on the playground equipment or climb the bleachers.

#2 STAY LIMBER

Flexibility, especially as we age, is vital to quality of life. Aim for at least 10 minutes of stretching three days a week. If you have a desk job, stand up from time to time and do a squat. If you’re at home watching TV, get on the floor and stretch your muscles.

#3 FOCUS ON THE CORE

When I test patients who come in with back pain or neck pain, they inevitably have poor

core strength. Core exercises are easy to do and help prevent muscular skeletal injuries and pain. Try the exercises on the facing page.

#4 EAT YOUR VEGETABLES

Vegetables are low in calories and high in nutrients and fiber. I recommend grocery shopping at least once a week and buying as many vegetables as possible. When you get home, wash and cut them, so they’re easier to prepare come meal time.

#5 GET YOUR VITAMIN D

We know that vitamin D is good for bone health. Most vitamin D is obtained through exposure to sunlight. I recommend a supplement of 800–1,200 units a day, especially here in the cloudy Northwest.

#6 WATCH YOUR BALANCE

Adults, especially older people, should practice balance and awareness. Those who have more agility and strength are less likely

to fall. Also, many falls can be avoided simply by slowing down and paying attention.

#7 MEDITATE AND UNPLUG

Growing evidence shows that meditation helps reduce anxiety and depression, and improves concentration. Take just 10 minutes, empty your mind and focus on your breathing. Also, avoid screen devices one hour before bedtime, which research shows can lead to poor sleep.



Karen Wang, MD,
Internal Medicine

Dr. Wang practices internal medicine at our Beacon Hill clinic. To learn more about her, visit www.PacMed.org or call 206.326.2400 to make an appointment.

QUICK QUIZ: What’s Your Antibiotics IQ?

We all want to get better quickly when we’re feeling under the weather. Unfortunately, there is no magic pill to instantly cure every cough, cold, flu bug or infection. Antibiotics are sometimes the answer; other times, they may actually do your body more harm than good. Take this quiz to learn more.

1. Antibiotics are equally effective at curing viruses and bacterial infections. **T F**
2. Frequently taking antibiotics may lead to drug-resistant bacterial infections. **T F**
3. Antibiotic resistance is a problem only in developing countries. **T F**
4. Frequently washing your hands with soap and water is more effective at preventing a cold than taking an antibiotic. **T F**
5. Developing antibiotic resistance is not a concern for most people because there are hundreds of new, more powerful antibiotics on the market today than even a decade ago. **T F**
6. If your doctor prescribes an antibiotic for you, you should stop taking it as soon as you start feeling a little better. **T F**

Answers:

1. False. Antibiotics treat bacterial infections (such as strep throat, pneumonia, some sinus infections and urinary tract infections), but they do not cure viruses (such as the common cold, influenza and most coughs, sore throats and some sinus infections).
2. True. Antibiotic resistance occurs when bacteria in your body change or adapt so that antibiotics don’t work effectively to fight them anymore. This can happen when bacteria are repeatedly exposed to the same antibiotics or when you don’t completely finish your antibiotic prescription.
3. False. Antibiotic resistance is less prevalent in developing countries. Because antibiotics are used frequently in the United States (and sometimes are used inappropriately), antibiotic resistance is becoming a common, universal problem.

4. True. Good hand hygiene and frequent handwashing are known to decrease the spread of illness.
5. False. Currently, the development of antibiotic resistance is moving at a faster pace than the development of new drugs.
6. False. Do not skip doses; complete the entire course of treatment even when you are feeling better.



Ashley Hamilton, DO,
MPH, Internal Medicine

Dr. Ashley Hamilton is an internal medicine provider at our Renton clinic. To learn more about her, visit www.PacMed.org or call 425.227.3700 to make an appointment.

CLINIC NEWS



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

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

1.888.4PACMED
www.PacMed.org

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

New Federal Way Clinic Now Open

We celebrated the opening of our newest clinic on September 22. The expanded clinic—almost double in size—is in Gateway Center Plaza, just 3 miles from our old site. Come take a look!

Two New Clinics Coming Soon

PacMed is growing to serve you better. In 2016 we will open new clinics in Lacey and Lakewood. Stay tuned to our website and *Healthy Today* for more details.

50+ Top Docs

Our doctors have done it again! Fifty-three of our providers have been honored as Top Doctors by their peers, as surveyed by *Seattle Met* and *Seattle* magazines—our twelfth year of recognition! See our full list at www.PacMed.org.

Two Big Honors

The American Diabetes Association has designated PacMed the first corporate Health Champion for our organizational focus on nutrition/weight management, physical activity and well-being. We support the ADA Wellness Lives HereSM initiative.

The Washington Health Alliance's Community Checkup 2014 ranked PacMed as a high-performing medical group in our region. For full results, visit www.WACommunityCheckup.org.

Northgate Clinic Extends Hours

To better serve you, Northgate is staying open later Monday–Thursday! Doctor appointments and lab services are available until 7 PM. Our full hours are Mon.–Thurs., 7 AM–7 PM, and Fri., 7 AM–5 PM.

One-Pot, Creamy and Hearty Chicken and Rice Soup

Recipe submitted by Katherine Figel, RDN, CD

This simple and fast recipe will provide you with a healthy and warm meal in no time!

Serves 4. Prep time 10 minutes, cook time 30 minutes

Ingredients:

- 1 Tablespoon canola or olive oil
- ½ cup onion, diced
- 2–3 large carrots, diced
- 2–3 stalks of celery, diced
- ½ teaspoon garlic, minced
- 2 cans (14.5 ounce) of low-sodium chicken broth
- ⅓ cup uncooked brown rice
- ½ teaspoon dried basil
- ¼ teaspoon black pepper
- 3 Tablespoons all-purpose flour
- 1 (12 ounce) can evaporated milk
- 1 ½ cups cooked pulled chicken (use a rotisserie chicken to save time!)

Preparation:

1. In a large pot add oil, onion, carrots and celery. Sauté until vegetables are soft and tender (5–7 minutes).
2. Add garlic and sauté for 1 minute longer.
3. Add chicken broth, uncooked rice, basil and pepper. Stir and bring to a boil.
4. Reduce heat to low, cover and let simmer for 25 minutes or until rice is cooked.
5. In a small bowl mix together flour and milk. Stir into the soup.
6. Bring to a boil and cook while stirring for 2 minutes.
7. Add chicken and cook 2 more minutes until chicken is warmed through.
8. Serve immediately.



Nutrition Facts

Serving Size 1.5 cups		Servings Per Recipe 4	
Amount Per Serving			
Calories 379			
		% Daily Values*	
Total Fat 12.5g			19%
Saturated Fat 2.1g			11%
Trans Fat 0g			
Cholesterol 50mg			17%
Sodium 275mg			11%
Total Carbohydrate 29g			10%
Dietary Fiber 3.2g			13%
Sugars 7.25g			
Protein 23.7g			47%
Vitamin A 10%		Vitamin C 10%	
Calcium 33%		Iron 12%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

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

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



Sadia Ali, MD, Family Medicine

Puyallup
Appointments: 253.435.3400
Dr. Ali takes pride in being her patients' advocate and providing individualized and personalized care. She enjoys painting, traveling, cooking and tennis.



Stephen Gingrich, MD, Psychiatry/Physical Medicine and Rehabilitation, Sports Medicine

Beacon Hill, First Hill, Renton
Appointments: 206.505.1001
Dr. Gingrich strives to know his patients beyond their diagnosis because sports and musculoskeletal injuries affect everyone differently. He enjoys the outdoors.



Atis Barzdins, MD, Hematology, Oncology

Canyon Park, First Hill, Renton
Appointments: 206.505.1300
Dr. Barzdins is dedicated to treating every patient as he would treat himself. He is fluent in Latvian and enjoys travel, outdoor activities, photography and music.



Shilpa Reddy, MD, Cardiology

First Hill, Renton
Appointments: 206.505.1300
Dr. Reddy strives to develop a partnership with her patients through communication, mutual respect and education. She likes to work with her patients as a team to personalize their cardiovascular care.



Xiulian Chen, MD, PhD, Family Medicine

Federal Way, Renton
Appointments: 253.214.1920 or 425.227.3700
Dr. Chen builds long-term partnerships with her patients by carefully listening and providing sound medical information. She loves to hike, play tennis, cook and spend time with family.



Jodi Rubinstein, LICSW, Behavioral Medicine

Beacon Hill
Appointments: 206.621.4045
Jodi strives to create a respectful and compassionate place where her clients can feel understood and comfortable. On a personal note, she enjoys running, biking, reading and the outdoors.



Tinsley Coble, MD, FACP, Hospitalist

First Hill
Our hospitalists do not take appointments
Dr. Coble is committed to providing the highest level of evidence-based medicine in the most compassionate way possible. To relax, she enjoys reading, yoga and running.



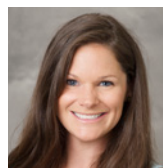
Elizabeth Snapinn, MD, Internal Medicine, Pediatrics

Lynnwood
Appointments: 425.744.7153
Dr. Snapinn believes that a person who understands their health is in the best position to take good care of it. In her personal time, Dr. Snapinn enjoys reading, movies and outdoor activities.



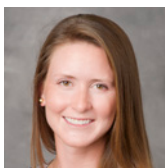
Marit Featherstone, ARNP, Family Medicine

Federal Way
Appointments: 253.214.1920
Marit works closely with patients as she empowers them to achieve their health goals. She is particularly interested in pediatrics, adolescents, women's health care and travel medicine.



Marianne Wilkins, PA-C, Orthopedics

Canyon Park, First Hill, Renton
Appointments: 206.505.1300
Marianne believes in teamwork, patient education and communication to help her patients achieve their goals. She's an outdoor enthusiast who also enjoys art, photography and music.



Katherine Figel, RDN, CD, Dietitian

Canyon Park, First Hill, Northgate
Appointments: 206.505.1300
To help patients turn around their nutrition and lifestyle, Katherine aims to motivate, educate and empower them. For leisure, she enjoys water skiing, alpine skiing, cooking and art.

FOR MORE DETAILS, OR TO
SCHEDULE AN APPOINTMENT, VISIT
WWW.PACMED.ORG/DOCTORS

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

Save the Date!

Visit our Facebook page or the Community Activity calendar at www.PacMed.org for a list of upcoming events. Join us!

QUICK QUIZ: TRUE OR FALSE

What's your antibiotics IQ?
Take the quiz on page 5.

Healthy Today

A newsletter from Pacific Medical Centers.

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- Meet Our New Providers
- Easy One-Pot Soup Recipe



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COMING SOON! NEW CLINICS IN LAKEWOOD AND LACEY — OPENING IN 2016!

Same great care in two new, convenient locations. For the latest news, please visit www.PacMed.org/Lakewood or www.PacMed.org/Lacey.

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



An easy and healthy soup to warm you up this winter. Check out our recipe inside.

Connect 24/7 with 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 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.