

Healthy Today



SIMPLY THE RIGHT CARE

- | | |
|--|------------|
| Beacon Hill | First Hill |
| Canyon Park | Lacey |
| Diagnostic & Wellness Center for Women | Lakewood |
| Diagnostic Center for Sleep Health | Lynnwood |
| Federal Way | Northgate |
| | Puyallup |
| | Renton |
| | Totem Lake |



ENJOY SUMMERTIME!

Planning a trip to the beach, a long road trip or an exotic vacation? Check out these safety tips from our Pacific Medical Centers providers before you take off!

Summer is the perfect time to plan a getaway—even if it’s just for the weekend. The sun is shining, the kids are out of school and there are so many destinations to explore, both near and far.

Best Foot Forward

Whatever your destination, you’re likely to spend a great deal of time on your feet. Since nothing ruins a trip faster than blistered and aching feet, we asked two of our podiatry specialists—Drs. Gregory Grant and Kirk Alexander—to share tips for protecting your feet while traveling.

- Wear the right shoes—and break them in before your trip. Shoes that have a small rise in the heel and a firm midsole are best for walking. If you’re wearing sandals, choose a pair that provides support, such as Chaco or Merrell.
- Layer socks to avoid skin irritation. We recommend thin, breathable, double-layer socks that will wick perspiration away from your feet and prevent rubbing against your shoe. Avoid cotton socks in really hot weather or wet conditions, as they retain moisture.
- Take along a foot care kit. Being prepared will help prevent or minimize skin irritation, blisters and other injuries. The kit should include an extra pair of breathable socks, bandages, antibiotic ointment, medical tape, nail clippers and tweezers.
- On long flights or car rides, keep your blood circulating. Take short walks in the

aisle of the plane or at rest stops when driving. You can also pump your calf muscles by moving feet up and down at the ankle for 10–15 seconds every so often to help reduce swelling.

When Leaving the US

If you travel outside North America, you’ll want to be in good health when you go—and when you return. A great preflight stop is the PacMed Travel Clinic. There, Dr. Ari Gilmore meets with individuals, couples and families to review their itineraries and health records so they can take the proper precautions against trip-ruining infections and diseases.

“US residents traveling to other parts of the world—even to their native countries—often require special vaccines,” says Dr. Gilmore. “People heading to tropical or developing regions may also be prescribed medications such as antimalarial or antidiarrheal pills to bring with them.”

Be sure to schedule your visit to the clinic at least one month before your departure to give recommended vaccines time to take effect.

“Different locations can present surprising or unusual health challenges,” adds Dr. Gilmore. “If you have a chronic illness, be sure to discuss this with your doctor before international travel. For example, many cities have heavy air pollution that can affect people with respiratory conditions. Mexico City or Beijing might leap to mind—but other places like

industrial cities in the Czech Republic may not be as obvious.”

Other considerations for certain chronic conditions might be an extreme altitude, high mold counts, a new cuisine and the availability of kidney dialysis. Make sure to consult with your primary care doctor or specialists several weeks before leaving on your trip. Also, be sure to pack medicines in the original containers and carry them with you on any plane or train, rather than in checked luggage.

You can download a printable flyer from the Travel Clinic page at www.PacMed.org to help you prepare for your trip abroad. In travel, like in the rest of medicine, an ounce of prevention is worth a pound of cure. Enjoy your trip and stay healthy!

Learn more about these providers at www.PacMed.org. Or call for an appointment: Travel Clinic—206.621.4504. Ari Gilmore, MD—Beacon Hill, 206.326.2400. Kirk Alexander, DPM, FACFAS—First Hill, Northgate, Renton, 206.505.1300. Gregory Grant, DPM, FACFAS—Canyon Park, First Hill, 206.505.1300.



Ari Gilmore, MD



Kirk Alexander, DPM, FACFAS



Gregory Grant, DPM, FACFAS



The Perfect Balance

With so much happening in the summer, how do you stay healthy, entertain yourself and relax? Here’s a start.

- Get out of bed early and enjoy a summer sunrise.
- Support the farmers markets in our community. Try a fruit or vegetable you’ve never eaten before.
- Rent a kayak, paddleboard or canoe for Lake Washington or Puget Sound.
- Leave work at lunchtime and walk in a different direction every day.
- Explore the beauty of Mount Rainier, Mount St. Helens or the Hoh Rain Forest.
- Visit Woodland Park Zoo and take in a ZooTunes concert.
- Go on a reading safari to explore the various branches of your public library system.
- Bike the Burke Gilman and Sammamish River trails.
- Relax and contemplate life by taking an outdoor yoga or meditation class.
- Wrap up summer with a mega-fun day at Bumbershoot (Labor Day weekend).

A Clear Vision and Promise to You

In 2016, we began the challenging yet rewarding process of revisiting, reconfirming and reenergizing our Mission, Vision and Values statements to guide our direction over the next three to five years. During the process, we decided to introduce an additional element to our Mission, Vision and Values—a PacMed Promise: To Provide Simply the Right Care. Our promise embodies who we are and represents the care we provide day in and day out. When we think of all four of these elements together, they are the essence of our culture—the PacMed Way—and guide

our efforts as we continually evolve our unique standard of care to better serve you in our community.

— Linda Marzano, PacMed CEO, and Vik Dabhi, MD, PhD, Chief Medical Officer



Linda Marzano



Vik Dabhi, MD, PhD

our mission

To advocate, educate and provide extraordinary care.

our vision

To partner with individuals and communities to achieve their best health.

our promise

To provide simply the right care.

our values

Integrity in our delivery of reliable, professional and responsible health care every time.

Compassion for those we serve and for each other.

Stewardship of our human, environmental, financial and community resources.

Respect for our patients and team members.

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 WITH 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

1.888.4PACMED
www.PacMed.org

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



BEAT THE HEAT

Why let summer's hot temperatures derail your fitness regimen? Take advice from one of our providers, Dr. Stephen Gingrich, on how to stay active in the sun.

Find the Safe Zone

When temperatures soar or humidity is high, exercise at cooler times, such as the early morning or evening. If you relocate to a warmer climate, get acclimated to the new conditions before you exercise as long or vigorously as you normally would (this could take 10–14 days). Until then, exercise less often or for shorter durations.

Gear Up Right

Wear loose-fitting clothing, which improves ventilation. The newer polyester blends improve cooling as well because they evaporate sweat more quickly than cotton. Also, wear a hat or visor and clothes that cover your limbs to prevent sunburn.

Find a Cool Activity

When you're active in hot weather, you are warmed by your own body heat, plus

the heat from the environment. So, it's a good idea to choose an activity that gives you intermittent breaks, like golf, tennis or football, as opposed to a continuous activity like running. Good air flow will also cool you down, so biking is a good option, as well as activities on or in the water, like swimming or kayaking. When it's hot in the city, head to the mountains. For every 1,000 feet you rise in elevation, the temperature drops about 3 degrees.

Drink Wisely

Start drinking fluids at least four hours before exercising. Also, hydrate while exercising to replenish the fluids you are expending. Cold water is a good choice as are most sports drinks, which have electrolytes and carbohydrates to enhance fluid absorption and replace the electrolytes you lose.

Know the Warning Signs

Heat illness symptoms can range from cramps, headaches and dry mouth to nausea. If you experience more serious issues, such as difficulty balancing, vision changes, mental confusion or vomiting, you should seek immediate medical attention.

Dr. Gingrich practices physiatry and sports medicine at our Beacon Hill, First Hill and Renton clinics. To learn more about him,

visit www.PacMed.org or call 206.505.1001 to make an appointment.



Stephen Gingrich, MD



DID YOU KNOW? CYCLISTS WHO WEAR A HELMET REDUCE THEIR RISK OF HEAD INJURY BY AN ESTIMATED 60%. BICYCLING IS A GREAT WAY TO STAY IN SHAPE, BUT BE SURE TO STRAP ON A PROPERLY FITTING HELMET BEFORE HITTING THE ROAD.

MyChart gives you simple and fast online access to vital health information.

It lets you request appointments and prescription renewals, access your personal health record, message your health care team and view lab results. It's faster than the telephone and easy to set up. Ask our check-in staff for an access code so you can sign up for MyChart today.

**MYCHART IS
ALWAYS ON CALL**

Immunizations... Not Just for Kids

Adults need vaccinations too! Protection from childhood vaccines can wear off over time. Also, you may be at risk for new or different diseases, depending on age, job, health conditions, lifestyle and where you travel. Ask your PacMed provider which vaccines are right for you.

or enlarging pigmented (brown) spots, especially if they are irregular in shape or color. Any new pink or red bumps that persist and enlarge over several months are of concern, especially if they are crusty or bleed or scab easily.

Because there are many common growths that occur on the skin—some potentially cancerous, some not—I always recommend seeing your physician if you notice anything suspicious. Dermatologists recommend that most individuals over 50 years old or those with increased risks for skin cancer have an annual, full-skin exam. Above all, “when in doubt, check it out!” because early detection is key.



Barbara Fox, MD, FAAD

Dr. Fox practices dermatology at our First Hill and Northgate clinics. Learn more about her at www.PacMed.org, or call 206.505.1300 for an appointment.

Take Note of Skin Spots!

Sunny days are a rare commodity here in the Northwest. So, when summer rolls around, it's only natural for people to flock to the beaches and parks. As inviting as the sunshine is, it does require taking precautions critical to your health. Even on cloudy, rainy or drizzly summer days, 80 percent of the sun's harmful UV rays will still reach your skin. Dr. Barbara Fox, a PacMed dermatologist, offers this advice.

It's important to be proactive about your skin health. If you are going to be outside for more than a few minutes:

- Always wear a sunscreen with a Sun Protection Factor (SPF) of at least 30 on all exposed skin.
- Cover up as much skin as possible.
- Avoid the sun between 11am and 3pm when it is most intense.
- Seek the shade when possible.

Next, check all your skin for spots regularly, at least every three months. Watch for new

Get to Know Our Newest Providers

We're pleased to welcome 10 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices.



**Edmond Gordon, DPT
Physical Therapy**
Canyon Park
“I see my patients as active participants in their rehabilitation. I aim to return them to the activities they enjoy.”



**Melanie Ondong, DNP,
FNP-C
Family Medicine**
Lacey
“I educate my patients and their families so they can make informed decisions about their care.”



**John W. Knutson, MD
Allergy**
Canyon Park, Totem Lake
“I strive to provide high-quality, compassionate care to help patients minimize lifestyle restrictions due to allergic disease.”



**Ameet Parikh, MD
Cardiology**
Canyon Park, First Hill, Totem Lake
“I am dedicated to making a difference in my patients' health by becoming an advocate they can trust.”



**Sarah Landrum, LMHC
Behavioral Medicine**
Canyon Park
“I provide a safe environment for patients to share their stories so we can collaboratively work toward change.”



**Zaal H. Paymaster, MD
Family Medicine**
Lacey
“I strive to create a relationship based on open communication, transparency and mutual respect.”



**Amanda Methvin, MD
Internal Medicine**
Beacon Hill
“I enjoy helping patients work towards their goals and live their healthiest and most fulfilling lives.”



**Jana Struckel, MD
Family Medicine**
Totem Lake
“Good health requires a balance between the mental and physical states, and I guide my patients in reaching that balance.”



**Chia-Wen Moon, LMHC
Behavioral Medicine**
Federal Way
“I help my patients to increase their awareness and insights, and to make the positive changes they desire, in a safe and nonjudgmental environment.”



**Melanie Walker, LICSW
Behavioral Medicine**
First Hill
“I partner with clients to improve their overall sense of well-being: physical, mental, social and spiritual.”

TO LEARN MORE OR TO REQUEST AN APPOINTMENT, VISIT WWW.PACMED.ORG/DOCTORS



PLAY IT SAFE

Children love summer, and why shouldn't they? School's out, the weather's nice and there are tons of activities happening at parks, beaches and in the mountains. Our PacMed pediatricians offer a few safety tips to use with your kids.



We're in Your Community

At PacMed, we love to build connections within our communities. From sponsoring events to chatting with military families, we've been busy! Did you see us this spring?

Community walks and marathons:

Kirkland Shamrock Run, Mercer Island Half Marathon, March of Dimes Walk in Tacoma

Military community events:

Many with US Family Health Plan at Joint Base Lewis-McChord—Swanner Salute to Military Kids, Kids Fest, JBLM Retiree Appreciation Day, Military Pet Fair

Other fun:

Sunrise Village's Easter Egg Hunt, Uncorked & Unplugged, Northshore YMCA Healthy Kids Day, Puyallup Kids Fair

Come join us!

- Aug. 9** Back-to-School Backpack Giveaway, Federal Way clinic
- Aug. 23** High Point Healthy Family Celebration/Back-to-School Fair, Seattle
- Aug. 26** Back-to-School Event, Canyon Park clinic
- Sep. 29** Juanita Friday Market, Kirkland
- Oct. 7** Paint the Mall Pink, Tacoma
- Oct. 29** Healthy Family Show, Capital Mall, Olympia

First, when talking to kids, be keenly aware of the role their age and maturity plays in their ability to understand and follow the safety advice you give. State your advice clearly, and don't underestimate what types of activities your kids will try—especially if they socialize with older friends or siblings. Teach younger children to ask adults for help when they feel a situation is spiraling out of control.

Second, since swimming is a major summertime activity, review water safety guidelines. Make sure children know not to dive into water unless it is permitted or there is proper adult supervision. If your child is age five and under, make sure they are always within an arm's length of an adult. Also, all children should wear life jackets on boats, or near large bodies of water.

Another element of summer safety is sun protection. For kids, we recommend sunscreen with SPF 30 or higher. Apply it at least 15 minutes before going

outside and reapply every two hours. Wide-brimmed hats and sun-protective clothing are good choices for kids who may forget to reapply. Also, encourage your children to drink plenty of water so they stay hydrated, especially when active.

Finally, it's important to remind children to not talk to people they don't know. Go over potential scenarios with your children. Let them know they should never accept a ride from a stranger.

Summer and fun go together—as does your child and his or her safety!

Learn more about our pediatricians at www.PacMed.org/Peds. Or call for an appointment: **At Canyon Park, Dr. Akiko Hall and Dr. Alexander Hamling, 425.412.7200. At Lynnwood, Dr. Elizabeth Snapinn, 425.744.7153. At Northgate, Dr. Emmanuel Eusebio and Dr. Elisabeth Ware, 206.517.6700.**

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



Clean with Care

Consider replacing your metal brush with a nylon bristle brush, a grill-cleaning block (made from recycled glass, which functions like a pumice stone) or a wooden grill scraper. If you use a metal bristle brush, tiny bristles can break off and find their way into your food and, if ingested, may cause serious harm in the intestine.

Stay in the Safe Zone

Keep uncooked foods (such as meat, fish and tofu) and prepared foods (such as potato salad and deviled eggs) in a fridge or very cold cooler. Perishable foods should not be left in the "temperature danger zone" of 41–140°F for more than an hour. Be sure to cook meats to safe temperatures (check with a meat thermometer) to ensure any potentially harmful bacteria are killed. foodsafety.gov recommends these temperatures:

- Poultry: 165°F
- Ground meats: 160°F
- Beef, pork, lamb or veal: 145°F, rest 3 min
- Shrimp: cook until flesh is opaque

- Fish: 145°F or until flesh is opaque and flakes apart easily

Mind Your Marinade

After raw meat has finished marinating, throw out the marinade sauce. If you use it for basting foods while cooking, you are cross-contaminating cooked meats with fluid that once had raw meat in it. Instead, keep some fresh marinade separate from the meat to use only for basting.

Mix It Up

Savvy grillers do not live by meat alone. They bring a variety of new flavors to the grill—from broccoli to bruschetta, pizza to peaches. Grilling fruits and vegetables brings out their natural sugars and makes for healthier, lighter fare. Try the recipe at right to add a healthy and delicious twist to your next BBQ.

To learn more about our dietitians, visit www.PacMed.org, or call 206.505.1300 for an appointment. **Kathleen Bradley, RDN, CD—Canyon Park, First Hill, Northgate; Christine Stirparo, RDN, CD—Beacon Hill, Federal Way, Renton.**

Grilled Peaches and Halloumi Cheese

Halloumi, a semi-hard, brined cheese from Cyprus, has a high melting point. So it's perfect for grilling—and delicious with fresh, grilled peaches.

Serves 2. Serving size 1/2 recipe. Prep time 5 minutes; grill time 5 minutes

Ingredients:

- 1/8 teaspoon vanilla
- 2 tablespoons honey
- 4 oz. halloumi cheese (sliced in two thick slabs)
- 1 peach (blanched and sliced in half, or in wedges if you have a grilling basket)

Preparation:

1. Mix vanilla into the honey; add 3 drops of water, just enough to thin it slightly.

2. Brush the honey mixture onto the halloumi slices.
3. Grill peach slices. If in halves, slice into smaller pieces after grilling.

4. Grill halloumi slices just long enough to soften the cheese and caramelize the honey glaze. (A heavy, cast iron frying pan works fine too.)

5. Pile the grilled peach slices over the grilled halloumi. Enjoy!



Nutrition Facts	
Serving Size 1/2 recipe	
Calories 271	
Fat 17g	
Sodium 970mg	
Carbohydrate 19.6g	
Fiber 1g	
Protein 13g	

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

See Clearly Now: Tips to Safeguard Your Vision

Summer is a time for outdoor music festivals, sports and tackling outside projects around the house. What do those activities have in common? They could all put your eyesight at risk. **Tony H. Huynh, MD, a PacMed ophthalmologist, explains.**

Filter the Sun's Rays

Simple activities such as taking in an all-day concert or spending a day relaxing on the water without proper eyewear could result in overexposure to harmful ultraviolet (UV) rays, which can lead to serious eye conditions. Various parts of the eye can be damaged by UV rays and lead

to permanent vision loss. Corneal burns, cataract formation, various cancers and macular degeneration are just a few serious eye conditions that can be associated with overexposure to the sun. Hats and proper sunglasses are recommended to help block UV rays. Look for glasses with UV absorption of 99 percent and higher. Some contact lenses offer UV protection as well.

Keep Your Eye on the Ball

Sports are a mainstay of summer fun but can lead to serious eye injuries if proper eye protection is not used. Be sure to choose the right eyewear for the sport or

activity you are engaged in. Eye protection is particularly important for children, who are often unaware of the dangers of not having adequate eye protection.

Avoid Flying Debris

When you are mowing the lawn, whacking weeds, chopping wood or power-washing your deck, you are often dealing with rapidly moving objects. This not only endangers your eyes, but also the eyes of those around you. When operating any kind of power equipment, wear the proper eye protection—and ensure those around you do as well. Also, do not forget eyewear

when using chemicals, as many lawn-care chemicals and cleaning products can be very damaging to the eyes with even the slightest contact.



Tony Huynh, MD

Tony H. Huynh, MD, practices ophthalmology at our First Hill and Canyon Park clinics. Learn more about him at www.PacMed.org, or call 206.329.3937 (EYES) for an appointment.

Ease Summer Allergies

Why do many allergy sufferers experience more flare-ups this time of year? We asked PacMed allergy specialist Dr. John W. Knutson to point out the allergy triggers—and how to gain relief.

Late spring and summer tend to be challenging times for people with allergies. Oak and cedar trees pollinate in June, and grass pollens start in late spring and continue into summer.

Common allergy symptoms include itchiness of the eyes, mouth, nose, throat and ears; red and watering eyes; as well as runny nose, sneezing, nasal congestion, post-nasal drip and coughing. People with asthma can also have significant worsening of their asthma in the summer.

Finding relief

When the pollen count is high, stay indoors as much as possible with the windows closed. Since grass is a big culprit, avoid mowing the lawn if possible. Mowing stirs up all kinds of allergens. If you do mow, or have been

outside when the pollen is blowing around, shower and change your clothes when you come inside. Also, if your pets have been outdoors, wipe them down when they reenter the house. Air filters can lessen airborne pollen in the home as well.

To ease allergy symptoms, I recommend people start with a nasal saline rinse, like a neti pot, to rinse pollen and particulates out of the nasal passages. Over-the-counter medications such as non-drowsy antihistamine tablets, eye drops and anti-inflammatory steroid nasal spray can be helpful too.

If you experience prolonged upper airway symptoms that last more than a week or two, or if you are not getting relief from over-the-counter medications, it may be time to see

an allergy specialist. An allergist can do allergy testing to tailor avoidance measures or decide if allergy shots or other treatment might help.

With a little extra effort, you can keep allergies at bay and enjoy the summer!

Dr. Knutson is an allergy specialist at our Canyon Park and Totem Lake clinics. To learn more about him, visit www.PacMed.org or call 206.505.1001 to make an appointment.



John Knutson, MD

EMERGENCY ROOM OR PROVIDER?



When you feel ill or suffer an injury, you often have a choice to make: should I go to the ER or visit my doctor?

There are certain serious problems that should always be treated as emergencies. For example, if you experience heart attack or stroke symptoms, or have severe and uncontrolled bleeding, you should definitely go to the ER. In many cases, however, you're better off contacting your provider or coming to a PacMed clinic. Here's why.

Hospital emergency rooms are set up with specialized equipment to focus on medical emergencies. If you go to an ER with a problem that's not an emergency, it will cost you much more, and you will probably spend more time waiting for treatment. Also, you will be treated by someone who is not your primary doctor.

At PacMed, our fully equipped, professionally staffed facilities can handle all but the most life-threatening emergencies. We offer same-day primary care appointments, and some clinics have weekend hours. Even when we're closed, you can call your clinic number and be connected with a PacMed doctor who can advise you on what to do to get the care you need. We're here when you need us!

A NEWSLETTER FROM PACIFIC MEDICAL CENTERS — 1200 12TH AVE S, SEATTLE, WA 98144

Put Preventive Care First

The lifestyle choices you make today will affect your well-being tomorrow. That's why we've created a special page on our website that explores a variety of steps you can take to maintain or improve your overall health. Visit it today at www.PacMed.org/preventive-care.

Healthy Today



Beacon Hill
Canyon Park
Federal Way
First Hill
Lacey
Lakewood
Lynnwood
Northgate
Puyallup
Renton
Totem Lake

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

Healthy Grilling: What to Know Before Firing Up the Grill. Story on page 3.

In This Issue

- Get Ready for Summer! Travel and Safety Tips
- PacMed's Vision and Promise to You
- Balance Your Summer Activities
- Mixing Fun and Child Safety
- Ease Summer Allergies
- Tips to Safeguard Your Vision
- Staying Active in the Heat
- Take Note of Skin Spots
- Healthy Grilling Tips
- Meet Our New Providers
- We're Active in Your Community!

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

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 Lacey.

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! 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.



Did you know? More than one in five drowning victims are children age 14 and younger. It's important to find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof." Don't rely on lifeguards to watch over your children, and never leave a young child unattended while near the water.

For more on kids and summer safety, see page 3.

GO GREEN. GET MORE. MAKE EVERY ISSUE OF HEALTHY TODAY A GREEN ISSUE. GO TO WWW.PACMED.ORG/GOGREEN 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.



PacMed Clinics Are Celebrating Anniversaries

10 Years

Federal Way

Diagnostic Center for Sleep Health
Diagnostic & Wellness Center for Women

5 Years

Puyallup

Congratulations to patients, staff and providers for making our clinics a success.



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.