

# Healthy Today



SIMPLY THE RIGHT CARE

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

## THE SECRET TO BALANCED LIVING... Sleep

On average, people spend about one-third of their lives sleeping. Yet, many of us fail to give sleep the adequate attention it deserves. When our lives become hectic, compromising on sleep is what we tend to do.

“Sleep is a very important part of our overall health, affecting mood, memory, stress level and weight,” says Manika Jamwal, MD, a sleep medicine specialist. “Getting enough sleep can significantly improve energy levels and reduce stress, but most people don’t realize the importance of good sleep.”

Dr. Jamwal points out that not getting enough sleep can lead to difficulties in concentration and memory issues. Symptoms may also include irritability, anxiety, agitation and decreased interest in activities. If you are experiencing any of these symptoms or are feeling tired during the day, it may be time to look at your sleep schedule and ensure you’re getting a sufficient amount of sleep each night.

“How much sleep you need varies by the individual,” says Dr. Jamwal. “Most adults require 6–8 hours of sleep per night, and teens need 9–11 hours. If you wake up feeling refreshed, then you know you’re getting enough sleep.”

Here are a few tips Dr. Jamwal suggests to patients who have trouble getting enough sleep.

### Establish a routine bedtime

Going to sleep and waking up at about the same time each day is beneficial to your circadian rhythm, which is basically your internal body clock that influences sleep-wake cycles. By adhering to a regular sleep schedule, your circadian rhythm is more balanced, so you won’t feel the dips and rises of sleepiness and alertness as strongly throughout the day.

### Practice good sleep hygiene

Develop a relaxing ritual where you dim the lights in 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 eating or exercising just prior to bedtime, or any activity—such as watching TV—that’s not associated with sleeping. To relax, try reading a book or magazine or listening to calming music.

### Eat right and exercise

Eating a well-balanced, low-fat diet makes it easier for your body to digest the food so you can relax and sleep. You can also improve sleep by exercising as little as 20 to 30 minutes daily. Any activity, whether it be walking, biking or even housework, will do. Activities such as yoga or gentle stretching also promote good sleep and help relieve stress. Limit your caffeine consumption to mornings and early afternoons, and drink alcohol only in moderation.

### Resolve restless nights

Waking up briefly during the night is not uncommon. 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. If you still can’t fall asleep, get out of bed and repeat the process. It’s important to leave the room, otherwise you start associating the bed as a place where you lie awake and toss and turn.

If you are sleeping enough and still feel unrefreshed, you may need an evaluation for sleep disorders. While over-the-counter sleep medication may seem to help for a few nights, it isn’t a long-term solution. If you show symptoms of poor sleep, talk with your doctor who can help you identify the problem and evaluate you for common sleep disorders such as insomnia or sleep apnea.



*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. Learn more about her at [www.PacMed.org/doctors](http://www.PacMed.org/doctors), or call 206.505.1300 to schedule an appointment.*

## Our *Epic* Upgrade Is Here

We recently upgraded our Epic electronic medical record system. At PacMed, we continually strive to deliver quality, integrated care, and we expect this new software to deliver many benefits. We appreciate your patience during the transition.

This upgrade ensures that our system works smoothly with the version of Epic used at Swedish Medical Center. This means you’ll experience seamless access across PacMed and Swedish. Why is this important? Swedish is our inpatient hospital service provider and where our hospitalists care for our hospitalized patients.

Advantages that will directly impact you include:

- Improved patient outcomes by leveraging shared best practices and information.
- Better coordination of care and information exchange.
- Improved patient experience.

To learn more about the new Epic and changes in MyChart (our online patient portal), please visit [www.PacMed.org/mychart-upgrade](http://www.PacMed.org/mychart-upgrade).

## Cold Weather Joint Relief

*If you have arthritis or achy joints, you probably dread the cold weather. But according to rheumatologist Nimali Mendis, MD, it isn’t the cold or rain that causes more joint pain; rather it’s a drop in the barometric pressure. In any case, she offers this advice on how to give your joints a break this time of year.*

Keep your core warm. Dress in loose clothing, preferably layers that can be peeled off if needed to prevent overheating. For those with Raynaud’s phenomenon (a condition characterized by excessively reduced blood flow to the fingers and/or toes), this is particularly

important. Wear thick gloves, socks and covered shoes or boots, and use hand and toe warmers as needed.

Maintain an exercise routine even in cold weather. Low-impact exercise such as walking, swimming, riding a bike or stationary bike is a good choice. Yoga and tai chi are great options for balance and flexibility. People with arthritis often feel stiff in the morning, so begin your day by stretching, and exercise later in the day when you feel more limber. If the weather permits, exercise outdoors. In wet or snowy weather, wear good, supportive shoes with traction to prevent

slips and falls. Use assistive devices like canes or walkers as needed.

Remember the basics. For those overweight, work on weight loss. Follow the dietary recommendations for anyone with arthritis: a well-balanced diet low in fat and rich in fruits and vegetables, with a focus on lean protein (lean cuts of meat, fish, nuts, beans and legumes). Stay hydrated and get enough sleep.

For pain relief, use analgesics like acetaminophen (Tylenol) or NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen or naproxen as recommended by your doctor.



*Nimali Mendis, MD*

*Nimali D. Mendis, MD, practices rheumatology at PacMed Beacon Hill. Learn more about her at [www.PacMed.org/doctors](http://www.PacMed.org/doctors), or call 206.505.1001 to schedule an appointment.*

# IS YOUR TEEN DEPRESSED?

Growing up can be an exciting time. It can also come with lots of struggles. Dr. Brandi Shah, who specializes in family medicine at PacMed, says rates of depression and anxiety in young people have increased in the last decade.

“Overall, we’re seeing an increase, most likely due to triggers such as social media, academic pressure and trying to live up to certain personas teens see in the media,” says Dr. Shah. “Neuroscience shows us that the brain is still developing well into a person’s early 20s and beyond. That means the part of a young adult’s brain responsible for emotional processing is still developing. For that reason, kids and teens may not have access to the seasoned coping mechanisms that help older people deal with symptoms of anxiety and depression.”

Dr. Shah says it’s important for parents to look for signs that may signal their child is struggling. Those signs include:

- Decreased motivation in school and activities.
- General uninterest in friends, family or things they typically enjoy.
- Isolation.
- More time in their room, sleeping, spending time in the dark or listening to sad music.
- Changes in diet or sleep.
- Verbally putting themselves down.

- Gesturing toward self-harm or suicide.
- “If you notice any of those signs, or just feel like something may be off with your child or teen—reach out,” emphasizes Dr. Shah. “Research on adolescents shows that having a caring, trusted adult in the life of a young person is one of the strongest protective factors against mental illness, and against risk factors that may result in poor outcomes. It’s also important to share your concerns with a health care provider who can help come up with a strategy to deal with the depression.”



**Brandi Shah, MD, MPH,** practices family medicine at our Canyon Park clinic. Learn more about her at [www.PacMed.org/doctors](http://www.PacMed.org/doctors), or call 425.412.7200 to schedule an appointment.

Brandi Shah, MD, MPH

## Spinach-Stuffed Baked Salmon

Improve your winter blues with nutrients from your food! This dish offers heart and brain healthy omega-3 fatty acids, as well as folate, vitamin C and fiber.

Serves 4.

### Ingredients:

- Cooking oil spray
- 1 tsp olive oil
- 2 oz spinach
- 1 tsp grated lemon zest
- ¼ cup chopped, roasted red bell peppers
- ¼ cup fresh basil, coarsely chopped
- 2 tsp chopped walnuts
- 4 salmon fillets, 4 oz. each, rinsed and patted dry
- 2 Tbs Dijon mustard (low sodium, if available)
- 2 Tbs plain, dry bread crumbs
- ½ tsp dried oregano
- ½ tsp garlic powder
- Ground pepper to taste

### Preparation:

1. Preheat oven to 400° F. Line baking sheet with aluminum foil and lightly spray with cooking oil.
2. In a large skillet, heat olive oil over medium heat. Stirring constantly, cook spinach and lemon zest for 2 minutes or until spinach is wilted.
3. Transfer to a medium bowl and stir in red peppers, basil and walnuts. Let cool for 5 minutes.
4. Cut lengthwise slit in the side of each salmon fillet to make a pocket. Carefully stuff a scant ½ cup of spinach mixture into each fillet.
5. Transfer filets to baking sheet. Gently spread mustard over fish.
6. In a small bowl, mix bread crumbs, oregano, garlic powder and pepper. Sprinkle over fish. Lightly spray top of fish with cooking spray.
7. Bake 12-13 minutes or until fish is heated throughout to 145° F.

Recipe adapted from the American Heart Association.

### Nutrition Facts

Serving Size	1 salmon fillet	Calories	203
Fat	13g	Sodium	80mg
Sat Fat	2g	Carbohydrate	5g
		Fiber	1g
		Protein	18g

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

## Take Back Your Waistline

When spring rolls around, do you find your jeans feeling a bit snug around the waist? If so, you’re not alone. According to research reported by Johns Hopkins University, people tend to gain five to seven pounds on average during the winter months.

Here’s advice from our dietitians on how to win the battle of the bulge:

- Plan ahead and prepare small, low-calorie snacks to help curb your hunger between meals. Great options: veggies, whole-grain crackers or fruit.
- Swap out the dip! Substitute low-fat Greek yogurt for sour cream in your favorite dip recipes or atop your baked potato.
- Use smaller plates and bowls to help keep your portion sizes in check.
- Eat slowly and savor every bite; sometimes just a small taste can satisfy your craving.
- Be mindful of the liquid calories you consume. At parties, consider sipping on calorie-free sparkling water or using sparkling water to dilute alcoholic beverages.

Finally, offset the calories you consume by exercising more. Take the stairs

instead of the elevator or escalator. Do a walk around the neighborhood before or after meals. Plan a kids versus grown-ups game of basketball, dodge ball or tag football. Or play some music and have a dance-off.

To learn more about our dietitians, visit [www.PacMed.org](http://www.PacMed.org), or call 206.505.1300 for an appointment. Kathleen Bradley, RDN, CD – Canyon Park, Northgate, First Hill; Christine Stirparo, RDN, CD – Beacon Hill, Federal Way, Puyallup, Renton.



## BE EMERGENCY READY

Are you prepared for winter’s storms—for power outages, being snowed in or stranded on the highway?

Government agencies suggest preparing three emergency kits: for home, work and in your car. Kits should include food and water, baby and pet supplies, a news or weather radio, flashlight, first aid kit, warm clothing, rain gear and basic toiletries. In the car, add flares, chains, a shovel and blankets.

Don’t forget cash and medications!

Visit [takewinterbystorm.org](http://takewinterbystorm.org) for tips and full checklists, in 12 languages. You’ll also find links to weather updates, flooding, road conditions and utilities.

## Get to Know Our Newest Providers

We’re pleased to welcome 17 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices. To learn more or to request an appointment, visit [www.PacMed.org/doctors](http://www.PacMed.org/doctors).



**Loren Betts, LICSW**  
Behavioral Medicine  
Beacon Hill



**Alicia Cantrell, MD, MPH,**  
Family Medicine  
Beacon Hill



**Sarah Cruser, DPT**  
Physical Therapy  
Northgate



**Jay Estrada, MD**  
Internal Medicine  
Lynnwood



**Michael Giese, OD, FAAO,**  
Optometry  
Canyon Park, First Hill, Northgate



**Yi Huang, MD, MPH**  
Internal Medicine  
Renton



**Steven Koh, MD**  
Family Medicine  
Canyon Park



**Eun Ku, LICSW, CMHS, EMMHS, CDPT**  
Behavioral Medicine  
Lynnwood



**Johanna Leader, DPT**  
Physical Therapy  
Canyon Park



**Meng Lu, MD**  
Ophthalmology  
Canyon Park, First Hill, Northgate, Renton



**Aysha Morgan, DPT**  
Physical Therapy  
Canyon Park



**Yoon Park, MD**  
Family Medicine  
Canyon Park



**Brooke Parker, DO, MBA,**  
Family Medicine  
Federal Way



**Janet Roller, LICSW**  
Behavioral Medicine  
Lacey



**Victoria Shimotsu, MD**  
Family Medicine  
Totem Lake



**Serena Short, LMHC**  
Behavioral Medicine  
Canyon Park



**Juwono (Joy) Sutedjo, MD, FACC,**  
Cardiology  
Federal Way, First Hill, Renton

To learn more or to request an appointment, visit [www.PacMed.org/doctors](http://www.PacMed.org/doctors).

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**

# Too Late for a Flu Shot?

Even though flu season is starting to peak, getting vaccinated now can still be beneficial. Here are answers to some other questions my patients ask about being immunized against influenza.

## I've never had the flu. Do I really need to be vaccinated?

Yes. Influenza vaccine is recommended for people 6 months and older. All it takes is one exposure to an infected person to get the flu.

## Is having influenza really that bad?

Patients with the disease can experience painful muscle cramps, high fever, tiredness and severe cough. Others around infected people are also at risk, especially those at high risk for complications. Some even die from influenza.

## Doesn't the vaccine have a lot of side effects? Can you get the flu from being vaccinated?

Side effects from the vaccine are usually rare and short-lived. It's impossible to get the flu from injectable vaccine.

## Is there anyone that shouldn't get the vaccine?

Babies under six months old and those who have had a severe reaction to the flu vaccine should not be vaccinated. People with severe egg allergy should discuss the flu shot with their medical provider.

Influenza is a serious disease. The risks of the vaccine are very small, and the benefits are tremendous. I recommend the vaccine to all of my eligible patients.



Flu shot advice was provided by Matthew Bressie, MD, a family medicine provider at our Northgate clinic. Learn more about him at [www.PacMed.org/doctors](http://www.PacMed.org/doctors), or call 206.517.6700 to schedule an appointment.

Matthew Bressie, MD

## We're in Your Community

At PacMed, we love to build connections within our communities. This winter, we will support and participate in several events—and hold a party or two of our own.

**Mar. 13 Go Red for Women Luncheon**  
Part of the American Heart Association's efforts to end heart disease and stroke in women. At the Sheraton Seattle Hotel

**May 18 Step Up to the Plate Luncheon**  
ALS Association luncheon and silent auction to raise awareness and provide support for those living with ALS. Downtown Seattle. See [webwa.alsa.org](http://webwa.alsa.org)

**June 23–24 Seattle PrideFest**  
Amazing artists and vendors come together, adding to the excitement of Pride Weekend. Proud Silver Sponsor. Seattle Center.

## Come join us!



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!

# SUICIDE FACTS & MYTHS

Having thoughts of suicide is a serious mental health problem that can have a rippling effect on individuals, families and communities. But suicide is not inevitable for anyone. By opening a conversation, providing support and directing help to individuals who need it, we can prevent suicides and save lives. Take this quiz to learn more.

## Fact or fallacy?

1. People are most likely to commit suicide around Christmastime.
2. Suicide is always an act of individual despair and never a learned behavior.
3. Females attempt suicide twice as often as males.
4. Suicide is very uncommon.
5. Firearms account for almost 50 percent of all suicides.
6. Surviving the loss of a loved one to suicide is a risk factor for suicide.
7. Talking openly to someone contemplating suicide increases the likelihood that the individual will commit an act of suicide.

## Answers

1. False. Contrary to popular belief, the suicide rate peaks in the springtime, not the wintertime.
2. False. Suicide, or attempted suicide, can be inspired by another suicide, either in the media or in real life.
3. True. Females attempt suicide more often than males, but males are 3.5 times more likely to die by suicide.
4. False. On average there are 121 suicides in the US per day. Attempted suicide is much higher, estimated at one attempted suicide per minute.
5. True. Primary methods of suicide (2015 statistics): firearm 49.8%;

- suffocation (including hangings) 26.8%; poisoning 15.4%; other 7.9%.
6. True. Surviving family members and close friends are deeply affected by a suicide and experience a range of complex grief reactions including guilt, anger, abandonment, denial, helplessness and shock.
7. False. Talking openly about suicide doesn't make someone more suicidal but provides a safe space. It's important to be proactive and encourage the person to get support, talk to a doctor or health care provider, or call a suicide prevention hotline. Ask directly, "Are you having thoughts of suicide?" and be empathetic.



Chia-Wen Moon, LMHC

Suicide prevention information was provided by Chia-Wen Moon, LMHC, a behavioral medicine provider at our Federal Way clinic. Learn more about her at [www.PacMed.org/doctors](http://www.PacMed.org/doctors), or call 206.621.4045 for an appointment.

YOU CAN LEARN MORE ABOUT SUICIDE WARNING SIGNS AND RISK FACTORS AT THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION, [WWW.AFSP.ORG](http://WWW.AFSP.ORG). YOU CAN ALSO ACCESS THE NATIONAL SUICIDE PREVENTION LIFELINE, 24/7, AT 1.800.273.TALK (8255).

# BOREDOM BUSTERS FOR KIDS AND TEENS

Even on cold or stormy days, it's still possible to keep your children active. We asked our pediatricians to offer a few healthy alternatives to the standbys of playing video games or watching TV.

## Hit the rec center

Community recreation centers are scattered throughout our region, and most offer activities that are low cost or free for kids and teens. If it's sunny, go to a nearby park and kick the soccer ball around or play a game of kickball.

## Take a hike

We're lucky to live in a region with plenty of walking and hiking trails. Green Lake and Discovery Park in Seattle are always popular, as are Evans Creek Preserve in Redmond and the outer loop at Point Defiance Park in Tacoma. Feeling more adventurous? Take to the hills and tackle Rattlesnake Ledge, Little Si or Ebey's Landing (Whidbey Island).

## Frolic in the snow

Occasionally, we get snowfall in the lowlands. That's a great time to pull out the sled. In the nearby mountains, your options abound. Try snowshoeing, tubing, downhill skiing, cross-country skiing or snowboarding.

## Try a TV challenge

It's probably unrealistic to ask your kids to forego TV altogether. However, it is possible to mix in exercise with viewing. During commercial breaks, challenge your kids to see how many pushups or sit-ups they can do before the program returns. You might want to join in the fun too!

Learn more about our pediatricians at [www.PacMed.org/peds](http://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.



## 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](mailto:STAYHEALTHY@PACMED.ORG).

## Pacific Medical Centers Specialties & Services

### Primary Care

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| BEHAVIORAL MEDICINE                   | FAMILY MEDICINE                 |
| - NEUROPSYCHOLOGY                     | FAMILY MEDICINE WITH OBSTETRICS |
| - PSYCHIATRY—ADULT & GERIATRIC        | GERIATRIC MEDICINE              |
| - PSYCHOTHERAPY                       | GYNECOLOGY                      |
| - INDIVIDUAL—CHILD/ADOLESCENT & ADULT | INTERNAL MEDICINE               |
| - COUPLES THERAPY                     | NUTRITION                       |
| - FAMILY THERAPY                      | PEDIATRICS                      |

### Medical Specialties

- |                                      |                       |
|--------------------------------------|-----------------------|
| ALLERGY                              | ONCOLOGY & HEMATOLOGY |
| CARDIOLOGY                           | PHYSIATRY             |
| DERMATOLOGY                          | PULMONOLOGY           |
| DIABETES & METABOLISM, ENDOCRINOLOGY | RHEUMATOLOGY          |
| GASTROENTEROLOGY                     | SLEEP MEDICINE        |
| HEPATOLOGY & LIVER DISEASE           | SPORTS MEDICINE       |
| NEUROLOGY                            | WOMEN'S HEALTH        |

### Surgical Specialties

- |                                    |   |
|------------------------------------|---|
| DA VINCI® ROBOTIC-ASSISTED SURGERY | ORTHOPEDICS                             |
| FACIAL PLASTIC SURGERY             | OTOLARYNGOLOGY—HEAD & NECK SURGERY      |
| GENERAL SURGERY                    | PODIATRIC MEDICINE—FOOT & ANKLE SURGERY |
| GYNECOLOGY                         | UROLOGY                                 |
| INTERVENTIONAL PAIN MANAGEMENT     | VASECTOMY                               |
| LASIK & VISION-CORRECTION SERVICES | VITREORETINAL DISEASES & SURGERY        |
| OPHTHALMOLOGY                      |   |

### Other Services

- |                                      |                              |
|--------------------------------------|------------------------------|
| CANCER SCREENING                     | DXA (BONE DENSITY SCREENING) |
| - COLONOSCOPY                        | ECHOCARDIOGRAPHY LAB         |
| - MAMMOGRAPHY                        | NUCLEAR MEDICINE LAB         |
| CARDIOVASCULAR LAB                   | OPTOMETRY                    |
| COSMETIC SERVICES                    | PHYSICAL THERAPY             |
| - SURGICAL & NON-SURGICAL TREATMENTS |                              |

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

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# HEART HEALTHY ADVICE



Heart disease is the leading cause of death in the United States. Our cardiologists offer this advice on how to ensure you and your loved ones are living a heart-healthy lifestyle.

When it comes to heart disease, knowing the risk factors and preventive measures can significantly reduce your risk. Some risk factors are inherited, while others can be managed through lifestyle changes. If you have a first-degree relative with premature coronary artery disease—defined as younger than 55 with men and younger

than 65 with women—your risk is higher. Other risk factors include high blood pressure, diabetes and high cholesterol. Simple lifestyle changes can go a long way in improving your heart health. If you're a smoker, it's best to try to quit. Smoking as few as one to four cigarettes a day can double your risk for cardiovascular disease.

Eating a healthy diet can also help you maintain good heart health. Incorporate foods that provide key vitamins and omega-3 fatty acids such as nuts, lean proteins, vegetables, fruits and whole grains. Drink plenty of water and skip the sugar-sweetened beverages. Avoid foods high in salt, saturated fat, starches,

simple sugars and refined carbohydrates.

Regular exercise is another important step. Aim for at least 30 minutes per day, five times a week. If you develop significant shortness of breath, chest discomfort, dizziness or palpitations when you exercise, this may be a sign you have heart trouble. In that case,

stop exercising and seek medical attention.

Take steps now to improve your heart health. If you don't know where to start, we can help. Make an appointment with your PacMed provider today. ♥



Keiko Aikawa, MD



Philip Massey, MD



Pathmaja (Bobbie) Paramsothy, MD



Ameet Parikh, MD



Juwono (Joy) Sutedjo, MD, FACC

To learn more about our cardiologists, visit [www.PacMed.org/cardiology](http://www.PacMed.org/cardiology), or call 206.505.1300 for an appointment. Dr. Keiko Aikawa – Canyon Park, First Hill; Dr. Philip Massey – Canyon Park, First Hill, Renton; Dr. Pathmaja (Bobbie) Paramsothy – First Hill, Northgate; Dr. Ameet Parikh – Beacon Hill, Canyon Park, First Hill, Totem Lake; Dr. Juwono (Joy) Sutedjo – Federal Way, First Hill, Renton.

## GO GREEN. GET MORE.

MAKE EVERY ISSUE OF HEALTHY TODAY A GREEN ISSUE. GO TO [WWW.PACMED.ORG/GOGREEN](http://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.

Work-Life Balance Begins with Sleep. Story on page 1.

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

# Healthy Today



Beacon Hill  
Canyon Park  
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Lacey

Lynnwood  
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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](http://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](http://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.**



## ARE YOU A HERMIT?

IT'S NOT UNCOMMON TO EXPERIENCE A MILD CASE OF THE BLUES. BUT IF YOU'RE HAVING A HARD TIME GETTING OUT OF THE HOUSE EVERY DAY, OR ARE FEELING DRAINED AND UNMOTIVATED, THERE MAY BE A MORE SERIOUS UNDERLYING CAUSE. WE ENCOURAGE YOU TO SHARE THAT INFORMATION WITH YOUR DOCTOR. FOR AN APPOINTMENT, OR TO FIND A PROVIDER, CALL US AT 1.888.4PACMED (1.888.472.2633).

## Canyon Park Expands

Over the past two years, we've been busy remodeling and expanding our Canyon Park clinic in Bothell. Now our expansion is complete!

We've expanded our Cardiology department and doubled the size of our Ophthalmology and Optometry departments. Our Physical Therapy department is also twice its previous size and includes gym space and new private treatment and traction rooms. Additional improvements include:

- Expanded cancer care/infusion suite and new Oncology Pharmacy Center
- 14 new exam rooms, for more primary/specialty care service
- New dedicated space for Pediatrics
- Additional check-in stations on the second and third floors to better serve patients

Stop by soon. We think you'll enjoy the updates and fresh, new look at Canyon Park.

1909 214th St SE, Suite 300, Bothell, WA 98021