

Healthy Today

Summer
2014

A newsletter from Pacific Medical Centers.

Meal Planning for a Stress-Free Summer

How do you juggle a busy summer schedule—packed with kids' activities, gardening, social outings and a job—with healthy eating? It's easy: plan ahead. We asked three of our PacMed providers to share advice on how to lower stress and up the nutrition factor.



"Summer is a great time to tap into the bounty of fresh fruits and vegetables," says Dr. Alexander Park. "Fresh berries are a particularly good choice – blueberries, blackberries, marionberries, strawberries and raspberries – which are loaded with antioxidants. The antioxidants in these berries can help boost your immune system to fight infection, keep your skin healthy and reduce the risk of age-related illnesses, including cancers. Berries are also high in soluble fiber, which can regulate the bowels and help reduce cholesterol."

Dr. Park suggests a simple, mixed-berry salad as an easy-to-prepare, refreshing dessert, or a liberal sprinkling of berries added to a garden salad to dress it up.

"Another easy option for summer meal planning is the pre-cooked, rotisserie chickens available at most grocery stores," says Dr. Park. "They're low in fat, especially with the skin removed, and you can use them for multiple meals. For example, the warm chicken can be served as a dinner entrée, then you can add the leftover chicken to a green salad for the following day's lunch."

Backyard Grills and Farmers' Markets

"My favorite summer meals are made on the grill," says Dr. Julia Becke. "Almost every part of an easy meal can be made on the grill. For a splurge, we'll make lamb skewers with yogurt sauce. For a weeknight meal, I'll throw chicken sausages on the grill, along with sliced planks of summer squash or zucchini. Grilled peaches or apricots are a tasty accompaniment. Another option

continued on next page



In This Issue

Summer Sports and LASIK

Sun Safety Tips

Stay Cool + H₂O

Don't Let the Bugs Bite

4 Ways to Stay Fit with Your Kids

Our Docs Are Tops Again

Northgate Extends Hours

Summer Dos and Don'ts

Welcome New Providers

Garlic Chipotle Chicken Tacos

Schedule Your Fall Well-Child Exam Today

Totem Lake Celebrates 25th Year



pacific
medical
centers

FIND WHAT YOU'RE LOOKING FOR

Meal Planning for a Stress-Free Summer

continued from page 1

is to grill marinated flank steak, then slice it up and serve it over salad greens. I've heard grilled avocados are tasty too, but I haven't had the courage to try them yet."

Dr. Becke also suggests taking advantage of farmers' markets for creating a healthy meal plan on the fly.

"Buying in season from the grower means the items are fresh and often less expensive," she says. "I will plan meals based on the freshest items that are well priced. Often, we'll build a meal around veggies, instead of building around a protein. Some farmers also offer a discounted price for buying in larger amounts, for example cases of apples or peaches."

Eat This, Not That

Kristal Lowe, a registered dietitian at Pacific Medical Centers, advises, "While summer eating typically means healthier choices and more fresh foods, let's not forget those calorie-filled temptations at barbeques, state fairs and waterside vendors." Kristal recommends a few, health-savvy substitutions:

A typical ice cream sandwich can be over 500 calories. Instead, make your own ice cream sandwich using smaller cookies and add a sorbet filling, or skip the cookies and just have the ice cream or sorbet.

Corn dogs pack 20 grams of fat and loads of sodium. Instead, have an uncured all-beef (or lean chicken or turkey) hot dog on a whole-grain bun.

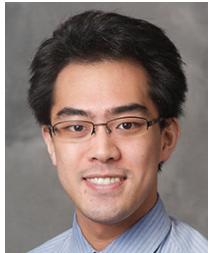
Fried clams will cost you over 500 calories and nearly half your day's need of fat (per 3/4-cup serving). Instead, opt for steamed clams and get clam's nutritious protein and vitamin B-12 with less fat.

Macaroni and potato salad are summer staples at most barbecues, but these dishes are often loaded with fat. Instead, substitute a low-fat mayo or plain, low-fat Greek yogurt in place of the mayonnaise in your own recipe. Also, consider replacing some of the potatoes in potato salad with blanched cauliflower for a lower-carb option.

Corn-on-the-cob is a healthy summertime choice, without all the added salt and butter. Instead, sprinkle on herbs or spices, skip the salt and go easy on the butter. (Kristal's favorite is to grill the corn, then cut off the kernels and add them to salads or salsas.)

Watermelon is the perfect summer fruit, being that it's 90% water and provides hydration during hot summer days. Another option is to throw a wedge on the grill for a few minutes for a delicious treat.

Iced tea is a refreshing cooler, but sweetened iced teas can have more than eight teaspoons of sugar per serving. Instead, make your own unsweetened iced tea and add sliced lemon, peaches or fresh basil as a flavoring.



Alexander Park, MD



Julia Becke, MD



Kristal Lowe, RD, CD, CDE

Kabobs are typically a healthy choice, depending on your meat selection. Opt for lean cuts of meat, such as skinless chicken, salmon or sirloin steak, and alternate meat with fresh onions, bell peppers and mushrooms to add color and nutrient value. Season your kabobs with spices and herbs instead of sauces, which can be high in sugar.

Shrimp is a low-calorie, iron rich source of protein to add to your meal. Opt for grilled, boiled or baked shrimp, versus battered, deep fried shrimp. Serve it as an appetizer, or on top of salads, whole wheat pasta or quinoa.

Should I See My Doctor or a Dietitian?

Whether you're dealing with stress issues or dietary concerns, our PacMed professionals are ready to serve you. We offer a full-range of primary and specialty care services and, because health issues are often connected, we make sure our providers work as a team to ensure you get the expert care you need.

So which provider should you see first? Primary care physicians usually provide continuing care for patients over a long time. They also coordinate the specialized care a patient may receive from different medical specialists.

Registered dietitians, also called nutritionists, are healthcare professionals who have specialized expertise in food and nutrition. At Pacific Medical Centers, our dietitians help patients improve their health through better eating habits. This can include assessment of their nutritional care needs, development of nutritional care plans, and diet education and counseling.

PacMed dietitians also may recommend dietary changes for patients with chronic conditions. For example, if you have high blood pressure, our dietitian can teach you how to use less salt when preparing meals. If you are overweight, they can help you reduce the fat and sugar in your diet and create a more healthful eating plan.

You'll find more information about our doctors and dietitians, as well as a number of healthy recipes, at PacMed.org. Enjoy the summer – and bon appétit!

Dr. Park and Dr. Becke are Internal Medicine providers at our First Hill clinic. To make an appointment, call 206.505.1101. Kristal Lowe is a registered dietitian at our Canyon Park, Lynnwood, Northgate and Totem Lake clinics. Nutrition appointments are generally a covered insurance benefit, but we encourage you to check with your insurance company before scheduling a visit. To make an appointment with Kristal, call 206.505.1300.

Summer Sports & LASIK



It's crystal clear that proper vision plays a key role in sports performance. With summer activities in full swing, now's the perfect time to explore the possibilities of laser vision-correction surgery. Dr. Maylon Hsu offers insight into this increasingly popular procedure.

Imagine being able to see while swimming, scuba diving or surfing. Imagine not having your glasses fog up after a strenuous run, hike or bike ride. Imagine seeing a softball or tennis ball clearly, without worrying that a speck of dust will get underneath your contacts. Those are just a few of the benefits of LASIK.

Laser vision-correction is the most common refractive surgery performed today. Millions of patients have undergone two of these procedures – LASIK (Laser-Assisted in situ Keratomileusis) and PRK (Photorefractive keratectomy) – to correct refractive errors, including nearsightedness, farsightedness and astigmatism. Refractive errors exist because the curvature of the eye is mismatched to the length of the eye. LASIK and PRK change the shape of the front surface of the eye to allow light rays to focus properly and produce clear vision.

In the LASIK procedure, a femtosecond laser first creates a precise thin flap of cornea tissue. At Pacific Medical Centers, we utilize this blade-free advanced technology because it is safer and more accurate than the traditionally used microkeratome blade. The LASIK flap is then gently lifted, so that a second excimer laser can be used to reshape the cornea. The flap is then replaced into its original position, adhering naturally, so recovery is fairly rapid. Most LASIK patients can go to work the next day.

PRK is sometimes recommended when a patient's cornea is too thin for LASIK, the patient has a history of dry eyes,

or he or she participates in contact sports, such as martial arts or boxing. In PRK, the surface layer of cornea epithelial cells is gently removed prior to the customized excimer laser treatment instead of creating a LASIK flap. Patients usually return to work five to seven days after surgery.

Long-term studies have shown that LASIK and PRK produce equally excellent results.

You are probably a good candidate for refractive surgery if you are over 21 and have not had a significant change in your contact lens or glasses prescription in the past year. Also, you should not have any active autoimmune diseases, uncontrolled diabetes or be on certain medications (for example, retinoic acid or steroids) that may prevent proper healing after the procedure.

The best way to find out if you are a candidate for LASIK or PRK is to have a thorough examination by a vision correction surgeon. During your visit, your doctor will make sure you do not have any eye diseases, discuss treatment options and answer your questions.

Even if your idea of summer activity is lounging poolside with a good novel, laser eye surgery may be the key to enjoying it more clearly.

Dr. Hsu is an ophthalmologist at PacMed's First Hill, Northgate, Renton and Totem Lake clinics. She specializes in cataract surgery, cornea transplantation and laser vision correction surgery. To learn more about her, visit www.PacMed.org. To schedule a free LASIK consultation, please call 206.505.1350 or visit www.PacMed.org/lasik.



Maylon Hsu, MD

Sun Safety Tips



When the sun's out, the fun begins. It's the perfect time to hit the beach, the ballpark or even a backyard barbecue. Natural sunshine has many benefits. It provides the body with vitamin D so it can better absorb calcium for strong bones. It may even improve your mood. But don't get caught taking in too much of a good thing.

Sunlight also contains ultraviolet (UV) rays, which can cause wrinkles, sun spots and, worst of all, skin cancer. Here are tips to help protect your skin from sunburn and sun damage.

Apply and reapply: Whenever you plan to be in the sun, apply sunscreen 20 to 30 minutes before you go outside. Use SPF 30 or higher, and apply it to all exposed skin, paying special attention to the scalp, top of the head or the part in your hair, the tops of feet, and your ears and shoulders. Reapply every two hours – or more frequently if you are swimming or actively perspiring.

Cover up: Wear wide-brimmed hats, long-sleeved shirts and pants. Many synthetic fabrics now offer UV protection, which can be a great solution for kids who want to play outside all day.

Time it right: If possible, avoid sun exposure when the sun is at its strongest, from about 10 a.m. to 4 p.m. If you are outside during those hours, seek shade, perhaps under an umbrella or a shaded patio.

Remember the shades: Your eyes can also accumulate sun damage, so be sure to wear sunglasses or contacts that offer UV protection.

Be on the lookout: Make sure your primary care provider monitors any changes in your skin at your annual physical exam. Perform skin self-exams to become familiar with your skin and to notice any changes. If you have a mole or lesion that changes size, shape or color, make a special appointment so that your primary care provider can examine it.

Be a role model: Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin-cancer prevention habits in your child. By taking a few precautions, you and your family will have a fun, sun-safe summer.



Summer's longer days offer prime time for family fun and activities. If you're looking for ways to get your kids – and yourself – moving this summer, look no further. Lori Kirsten, Doctor of Physical Therapy at PacMed, has four cool, calorie-busting ideas.

STAY COOL

When the temperature soars, it's a good time to remember your body's need for fluids. Dr. Patricia Lewis offers these tips on how to stay hydrated and beat the heat.

Water is priority #1: Water is your body's principal chemical component – and every system in your body depends on it. Why drink water? Lack of water can lead to dehydration. Even mild dehydration can zap your energy and make you feel tired. Water is calorie-free, caffeine-free, inexpensive and readily available. It's a good guideline to drink at least eight 8-ounce glasses of water a day. If you're out in the heat, you should drink about half again as much. If you're out in the heat and physically active, you should double the amount.

If you don't like water: Try juice, herbal iced tea, sports drinks or water flavorings, such as lemon, cucumber slices, or any of a number of natural water flavoring products on the market. Limit caffeine and avoid alcohol, which acts as a diuretic and dehydrates the body.

Keep it flowing: Every day you lose water, so it must be replenished daily by consuming beverages and foods that contain water. The best approach is to consume liquids evenly throughout the day, so your body stays hydrated and functions properly.

4 Ways to Stay Fit with Your Kids

1

Train Together

Sign up for an event – 5K, triathlon, bike trip or swim competition – then start training together. Having a goal to work toward provides both incentive and a sense of accomplishment. When training, be sure to follow a smart training plan to prevent injury. Wear proper footwear, appropriate clothing and use suitable equipment for the sport. Then tackle the challenge together!

2

Get Outside

It's easy this time of year to remember to stay hydrated – a scavenger hunt for your kids, a trail, or try a new sport – soccer or volleyball. Volunteer or clean up a local park. As with yard work. No matter what, get them involved in outdoor healthy living.



+ H₂O

Dress right, keep your cool: Dress appropriately for warmer temperatures. Wear light-colored clothing, which reflects light and heat waves. Wear layers, so you can remove pieces as the temperature rises. Stay in the shade if you can. Fan yourself or sit by a fan, to keep the air around you circulating. Or, spray yourself with water – the evaporation helps you cool down.

Be pet savvy: If you have pets, keep them hydrated too. Always have water available and be sure your pet has a cool or shady place to go. Do not leave animals – or children – unattended in cars. Play it smart – and you, your family and your pets will have a cool, healthy summer.

Dr. Lewis is a Family Medicine physician at PacMed's Northgate clinic. To learn more about her, visit www.PacMed.org or call 206.517.6700 to make an appointment.



Patricia Lewis, MD

Don't Let the Bugs Bite

Mosquitoes, bees and other insects can be a nuisance this time of year. Dr. Karen Wang offers tips on how to avoid bug bites and how to treat the ones you do get.



In the Pacific Northwest, most reactions to insect bites are mild and non-life-threatening. Typical bug bites result in localized reactions, which may cause redness, swelling and itchiness. To treat those bites, take an oral antihistamine and apply ice, which helps relieve itching and swelling, and avoid scratching or irritating the bite. Applying a soothing ointment like calamine lotion is fine, but usually there is no need to apply topical antihistamines or even topical antibiotics.

Ideally, the best "treatment" is prevention. Avoid being outdoors during prime-time mosquito hours, which are dawn and dusk. If you are outdoors, wear loose-fitting, long-sleeved shirts and long pants for maximum coverage. Also, a bug repellent that contains approximately 20% DEET will keep insects at bay.

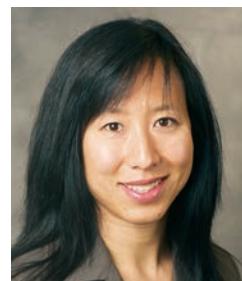
A very small percentage of people develop a severe reaction called anaphylaxis to any insect venom. Signs of anaphylaxis are nausea, difficulty breathing, facial, tongue and throat swelling, rapid heartbeat, dizziness and abdominal cramping. Those symptoms are serious, but very rare. If you do experience those symptoms, call 911. If you have an EpiPen® (epinephrine injector), inject the epinephrine into your thigh (it may be injected through light fabric), then call 911.

Ticks are uncommon in Western Washington, but more prevalent east of the Cascades and along the Columbia River Gorge. If you are in tick areas, here are some precautions: wear long sleeves and pants, tuck your pant legs into your socks, and wear light colors so you can identify ticks easily. Also, you can spray outer layers of clothing with .5% Permethrin several hours before wearing them. DEET is effective for tick prevention too, but not as effective as Permethrin.

After leaving a tick area, inspect yourself, your kids and pets. If you find a tick, remove it from your skin as soon as possible. The best technique is to pull it out slowly, with a pair of fine tweezers, without wiggling or breaking the tick.

Fortunately, most bug bites in this region result in only minor skin reactions, so with a little precaution you can enjoy the outdoors worry free.

Dr. Wang is an Internal Medicine physician at our Beacon Hill clinic. To learn more about her, visit www.PacMed.org or call 206.326.2400 to make an appointment.



Karen Wang, MD

3 Eat Well

be active and enjoy
ample sun protection,
, then hit the trail! Plan
kids, collect bugs on a
soccer, baseball, badmin-
to do trail maintenance
sist an elderly neighbor
the age of your kids,
or activities to promote

Teaching kids the nutritional value of food is an important life lesson. Involve your kids in menu planning, making the grocery list and locating the items in the store. Show them the difference between packaged, processed foods and whole, fresh, nutritional food. If you're able to grow a garden, let the kids decide which items to plant. When kids are invested in the process, they make better food choices.

4 Do Something New

It's easy to get in a rut and bogged down by the demands of each day. Why not break free and try something new? Ever been rock climbing? Try it. Geocaching? What's that? See for yourself at geocaching.com. Have you seen everyone on those paddleboards lately? Give it a try! Camping, rollerblading, kayaking, fishing, exploring a zoo ... there's so much to do in the Pacific Northwest. Try a new adventure with your family today!



Our Docs Are Tops Again

For the 11th consecutive year, Pacific Medical Centers is proud to have dozens of our providers honored by *Seattle Met* and *Seattle* magazines as Top Doctors. The lists are determined through surveys of thousands of medical professionals in the Puget Sound area. *Seattle Met* also includes review by an advisory panel of local administrators, doctors and nurses to vet the list and share their expertise. Congratulations to our 2014 honorees. More good news, most of our Top Docs are accepting new patients!

Behavioral Medicine

Raman Arora, MD

Cardiology

Joshua Buckler, MD, FACC

Philip Massey, MD

Dermatology

Susan Leu, MD

Endocrinology

Joseph Saitta, MD

Family Medicine

Matthew Bressie, MD

Patricia Lewis, MD

Rosalie Miller, MD, MPH, FAAFP

Ada Otter, DNP, ARNP

Teresa Wolber, DNP, ARNP

Family Medicine with Obstetrics

Ellen Lackermann, MD

Sonal Patel, MD, MPH

Sara Waterman, MD

Gastroenterology

Shoba Krishnamurthy, MD, FACP

Michele Pulling, MD

General Surgery

Daniel Nadig, MD, FACS

David White, MD, FACS

Gynecology

Shilpa Desai, MD

Richard Wasserman, MD

Internal Medicine

Marty Babcock, ARNP

Julia Becke, MD

E. Kai Hansen, MD

James Lund, MD

Alexander Park, MD

Christopher Smith, MD, FACP

Interventional Pain Management

Xing Fu, MD

Marshall Bedder, MD, FRCP(C)

Neurology

Jerold Mikszewski, MD

Oncology

Sharmila Ahmed, MD

Ophthalmology

Tony Huynh, MD

Christopher Kuntz, MD

Optometry

Lisa Dote, OD, FAAO

Kimberly Farea, OD

David Riggs, OD

Orthopedics

Chad Marion, MD

Otolaryngology

Thomas Lamperti, MD

Michael Wolfe, MD, FACS

Pediatrics

Emmanuel Eusebio, MD

Psychiatry

Benjamin Lacey, MD

Podiatry

Kirk Alexander, DPM, FACFAS

Rheumatology

Mary Wemple, MD

Rheumatology/Allergy

John Yuen, B.K.K., MD

Sports Medicine

Christopher Maeda, MD

Urology

Northgate Extends Hours

Appointment Line Hours

Phone: 206.517.6700

Mon.–Thurs.: 7:00 a.m.–7:00 p.m.

Fri.: 7:00 a.m.–5:00 p.m.

Sat.: 8:00 a.m.–4:00 p.m.

Sun.: 8:30 a.m.–1:00 p.m.

Clinic and Lab Hours

Mon. and Thurs.:

7:00 a.m.–7:00 p.m.

Tues. and Wed.:

7:00 a.m.–6:00 p.m.

Fri.: 7:00 a.m.–5:00 p.m.

(lab open until 5:30 p.m.)

Pharmacy Hours

Mon–Fri.: 8:30 a.m.–5:00 p.m.

(phone 206.517.6635)



Summer Dos & Don'ts

Dr. Alexander Park

Just like planning a road trip, it's a good idea to approach summer with a list of things you want to do – and those you want to bypass. To get you rolling, Dr. Alexander Park has put together a starter list of habits that will lead you to a healthier season.

Do...Try to get outside to exercise. Summer is a great time to start a healthy exercise routine or to move your gym workout to the great outdoors. Explore a new trail, walk Green Lake, or dust off your ten-speed and hit the bike lanes. The CDC (Centers for Disease Control and Prevention) recommends at least 30 minutes of moderate-intensity exercise performed four to five days a week. Moderate intensity means you can carry on a light conversation as you exercise.

Don't...Skimp on sleep. Summer's longer daylight hours often entice us to pack more activity into the day and go to bed later. It's important, for optimal health, to maintain a good sleep routine by keeping regular bedtime and wakeup schedules.

Do...Drink plenty of water so your body stays hydrated. If you're exercising or working outdoors in high temperatures, try to consume a 50/50 mix of water and a sports drink to get electrolytes back into your system.

Don't...Drink water directly from lakes, rivers or streams without treating the water appropriately. The dangers of drinking untreated water are numerous and potentially fatal.

Do...Be kind to your eyes. It's important to protect your vision from harmful UV rays by wearing quality sunglasses. Direct sunlight dramatically increases the amount of UV exposure to the retina, which can increase your risk of melanoma in the eye. Wearing sunglasses can also help prevent the formation of cataracts.

Don't...Forget to apply sunscreen. Apply a sunscreen of 15-30 SPF or higher at least 30 minutes before sun exposure, then reapply it every two hours.

Do...Enjoy outdoor picnics, barbecues and potlucks. The fresh air and camaraderie are energizing and will lift your spirits.

Don't ... Eat foods that have lingered too long in the heat.

Be sure food is thoroughly chilled on the way to the event and separate it from other foods to avoid contamination. Food-borne illnesses are common in the summer, due to higher temperatures and more frequent outdoor dining. Keep perishable foods under the 'danger zone,' which is about 40 degrees – the point at which microorganisms start to multiply.

Do...Have a terrific summer!

Dr. Park is an Internal Medicine physician at our First Hill clinic. To learn more about him, visit PacMed.org or call 206.505.1101 to make an appointment.

Get to Know Our Newest Providers

We're pleased to welcome eight 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 the Who We Are section at www.PacMed.org today.

**Keiko Aikawa, MD, FACC, Cardiology**

First Hill, Canyon Park

Dr. Aikawa strives to develop a partnership with patients based on communication, education and compassion. To relax, she plays tennis and skis.

**Atis Barzdins, MD, Hematology and Oncology**

First Hill

Dr. Barzdins, who speaks English and Latvian, has worked on an anonymized patient data-sharing system for cancer research. He enjoys photography and music.

**Matthew R. Gee, MD, FAAD, Dermatology**

Renton

Whether treating skin cancer or a general skin condition, Dr. Gee listens to his patient and conducts a thorough exam before creating a personalized treatment plan.

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

Canyon Park

Dr. Hamling builds patient-centered partnerships with his patients and their families. He is particularly interested in childhood asthma and diabetes.

**Robert Jensen, DPT, Physical Therapy**

Beacon Hill

From sports injuries to neurological rehab or wound care, Robert aims to provide effective solutions to get his patients back to doing what they love.

**Maria G. Lazareva, MD, Hospitalist**

First Hill

Dr. Lazareva, who speaks English and Russian, believes a compassionate, individualized approach with patients is very important in the hospital setting.

**Dawn Merydith, LICSW, Behavioral Medicine**

Northgate

Dawn helps people with a range of issues, including anxiety, trauma, life transitions and self-esteem. On a personal note, she enjoys yoga, meditation and music.

**Jennifer Newkirk, FNP-BC,
Interventional Pain Management**

First Hill

Jennifer strives to understand the unique history of each patient in order to maximize their well-being and quality of life. She's a fan of football and felines.



= this provider has a video online

Garlic Chipotle Chicken Tacos

Recipe adapted by Kristal Lowe, RD, CD, CDE

Serves 4, serving size 2 tacos

Give your summer grill a break from burgers and dogs. Try these festive, healthy tacos as a crowd-pleasing alternative. Cauliflower is also a good source of vitamin C, K and magnesium.

**Ingredients:**

1 tablespoon chopped fresh garlic
1 tablespoon minced chipotle chile, canned in adobo sauce
2 tablespoons canola oil, divided
1 pound chicken cutlets
 $\frac{3}{4}$ teaspoon kosher salt, divided
 $\frac{3}{4}$ teaspoon black pepper, divided
Cooking spray
2 teaspoons chili powder
1 small red bell pepper, cut into 8 slices
1 small green bell pepper, cut into 8 slices
1 small Vidalia onion, cut into $\frac{1}{2}$ -inch rings
8 (6-inch) corn tortillas
Toppings ideas: sliced avocado, tomatillo salsa, pico de gallo, shredded lettuce

Preparation:

Preheat grill to medium-high heat. Combine garlic, chipotle and 1 tablespoon oil; rub evenly over chicken. Sprinkle with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper. Place on grill rack coated with cooking spray; grill 3 minutes on each side or until done. Remove from grill; keep warm. Combine remaining oil, remaining salt, remaining black pepper and chili powder in a large bowl. Add bell peppers and onion; toss gently to coat. Place vegetables on grill rack; grill 5 minutes on each side or until soft and charred. Place tortillas on grill rack coated with cooking spray; grill 30 seconds on each side or until lightly charred. Remove from grill; keep warm. Thinly slice chicken. Divide chicken, bell peppers and onion among tortillas. Add toppings and enjoy!

Nutritional information per serving as written:

Calories: 312	Fat: 9.8 g	Saturated Fat: 0.9 g
Carbohydrate: 27.8 g	Fiber: 4 g	Monounsaturated fat: 4.8 g
Cholesterol: 66 mg	Sodium: 533 mg	Polyunsaturated fat: 2.8 g
Protein: 29.5 g		

Pacific Medical Centers

Specialties & Services

Primary Care

Family Medicine
Family Medicine Including
Obstetrics
Geriatric Medicine
Gynecology
Internal Medicine
Nutrition
Pediatrics

Medical Specialties

Allergy
Cardiology
Dermatology
Diabetes & Metabolism,
Endocrinology
Gastroenterology
Hepatology and 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

Other Services

Audiology
- Hearing Aids
Behavioral Medicine
- Neuropsychology
- Psychiatry—Adult & Geriatric
- Psychotherapy
- Individual—Child/Adolescent & Adult
- Couples Therapy
- Family Therapy
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

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



1200 - 12th Ave S
Seattle, WA 98144

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



Go Green

Now you can make every issue of *Healthy Today* a green issue. Go to our site to update your preferences and you'll receive our newsletter via email! www.PacMed.org/gogreen.



Beat the Rush

Schedule Your Fall Well-Child Exam Today

Before summer flies by, take a moment to check an important item off your fall to-do list. Call or go online to schedule your child's back-to-school exam with a PacMed pediatrician or family medicine physician.

These routine exams include immunization updates, sports and camp physicals, school and college exams, and a general overview of the health of your child. Well-child exams are generally a covered insurance benefit, but we encourage you to check with your insurance company before scheduling a visit. Call us today at 1.888.472.2633, or visit www.PacMed.org for online appointments and a list of recommended checkups and vaccines for children.

Totem Lake Celebrates 25th Year!

We're proud to announce the 25th anniversary of our PacMed Totem Lake clinic. Thanks to our loyal patients and dedicated providers, we've been delivering quality care to the Totem Lake community since 1989.

Our Totem Lake clinic is located two blocks west of Evergreen Hospital, at 12910 Totem Lake Boulevard NE, Suite 101, in Kirkland. We participate in most major health plans and offer free parking as well as same day primary care appointments. If you'd like to make an appointment, please call 425.814.5000. We'd love to have the opportunity to serve you!