

NORTHWEST IN SEASON


We have a bounty of fresh produce to choose from year-round! Use our handy charts to pick what's fresh locally so you can eat in season and help the earth by not transporting food long distances.

JULY – LOCAL & IN SEASON

	JUL	AUG	SEP	OCT
Blackberries				
Cucumbers				
Figs				
Green beans				
Marionberries				
Nectarines				
Tomatoes				

AUGUST – LOCAL & IN SEASON

	AUG	SEP	OCT	NOV
Apples				
Melons				
Pears				
Plums / Pluots				
Sweet peppers				
Watermelon				



Peach Caprese Salad

This simple and tasty recipe is a perfect summer side! Look for local fresh peaches from farm stands or Pence Orchards for the most flavor.

Serves 4.

Ingredients:
2 ripe peaches or nectarines, sliced
1 pint cherry tomatoes, halved
½ cup fresh corn kernels
¼ small sweet onion, thinly sliced
8 oz fresh mozzarella, torn into pieces
2 tablespoons olive oil
Kosher salt
Black pepper
2 cups baby arugula
½ cup fresh basil, torn into pieces

Preparation:
Wash and spin/air dry greens. In a large bowl, toss peaches, tomatoes, corn, onion and cheese with olive oil. Season with salt and pepper to taste. Let sit at least 5 minutes. Fold in arugula and basil and transfer to a serving platter.

Nutrition Information:
Serving Size: One-fourth of recipe
Total Calories 280, Total Fat 17g, Saturated Fat 7g, Cholesterol 46mg, Sodium 350mg, Carbohydrate 19g, Dietary Fiber 3g, Sugars 12g, Protein 13g, Potassium 475mg

Recipe from Woman's Day online magazine. Find more recipes at PacMed.org/recipes.

Healthy Today

is brought to you by Pacific Medical Centers
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How not to be eaten alive...

...and 6 other safety essentials for heading outdoors

Whether you're a whitewater thrill seeker or an urban stroller, when the sun shines in the Pacific Northwest—it's time to get outside. Scenic wonders await in every direction. Here are a few tips for a safe, happy ending to your outing.

Be water wise

When the weather's hot, cool water calls. But remember: Swim near lifeguards or a buddy. Watch children, wear a life jacket if needed and check water temperatures; water below 60 degrees can cause shock and the inability to breathe, even on hot days. In natural waters, look out for underwater hazards and other dangerous conditions. And even in the water—you still need to keep hydrated!

Shelter from the elements

Pack extra clothes in case a storm strikes. Wrap them in plastic inside your pack, so the downpour isn't a downer. Even if it's overcast, apply sunscreen, SPF 30 or above, including areas of your head where your hair is shorter—and consider wide-brim hats, long-sleeve shirts and lightweight



pants. Before heading out for a long trip or quick workout, check the air quality index. If you have asthma, lung or heart conditions, wait until the air improves to exert yourself.

Carry a first-aid kit

Ready-made kits are an easy solution. If you're assembling your own, include key items like wraps for sprains, blister treatment and disinfectant. Store a kit in the trunk of your car and one in your backpack, so you'll be ready whenever inspiration hits.

Soles matter

Be sure you and your kids wear comfortable, sturdy footwear on trails or long walks. Flip flops are great for a day at the pool, but not for treks. When kayaking or floating rivers, never go

barefoot; wear secure-fitting sandals or tennis shoes.

Don't be bugged

Nothing can ruin a camping trip quicker than a swarm of insect bites. Carry insect repellent and learn to spot menacing plants like poison oak and nettles so you can steer clear.

Get your bearings


Heading to the mountains? Pack a topographic map (showing hills and valleys) along with a compass—and learn to use them together. Don't trust your mobile phone because you may lose reception or power. Outdoor stores like REI can help you get oriented.

Pace yourself

If you plan on running a 10k or hiking some serious elevation, build your endurance gradually. Start with shorter runs. Strap that pack on your back and practice on hills around your home—or a treadmill at an incline.

Heading out for a longer trip? Make a PacMed Travel Clinic appointment to make sure your immunizations and more are up to date. Beacon Hill, 206.621.4504. Canyon Park, 425.412.7200. Renton, 425.227.3132.

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.




PACMED LISTENS!

Something you love? Something we can do better? We'd like to hear about it. Contact us at StayHealthy@pacmed.org


STAVE THE CRAVE

EAT ONE WELL-TIMED SNACK HALFWAY BETWEEN MEALS TO KEEP YOUR INSULIN CYCLE IN BALANCE. EVEN ONE GRAPE, CHERRY TOMATO OR CARROT STICK WILL CRUMBLE THAT RUMBLE!



MODERN BREAST CANCER SCREENING

PacMed has the latest screening technologies—diagnostic ultrasound, MRI and digital mammograms. Women 40+ should get screened annually; if you're 20–39, get checked every three years. Schedule yours at 206.568.3800.



Military mindfulness

Strategies from working with vets facing PTSD

When introducing mindfulness to veterans living with PTSD, new PacMed physician Charles Falzon, MD, MBA, advises easing into it, rather than “jumping right into the deep end of that kind of work, because it can be emotionally provocative.”

“Meditation can be really intimidating,” observes Dr. Falzon, a former lieutenant in the US Navy Medical Corps and Integrative Medicine practitioner at Northwestern University. “The feelings people experience can be very uncomfortable because they're not used to living in silence or stillness.... It can be very unsettling.”

Rather, Dr. Falzon recommends starting with small steps. “Focus for 30 seconds on what it feels like to take deep breaths,” he suggests. Or ease in with “yoga classes, going to a religious service or even simply putting your phone away during dinner and focusing on the people around you.”

This sort of “intentional action” also has tangible medical benefits. For example, taking time to chew intentionally, says Dr. Falzon, “gives your body a chance to process the food the way it's meant to”—allowing salivary glands to perform the important first step of digestion. Mindfulness can recalibrate all four basics of health—defined by Dr. Falzon

as diet, sleep, stress management and exercise—changing “how we feel and experience health.”

For processing new feelings, Dr. Falzon believes the most important building blocks are your social support system and engaging your medical team. That kind of outside help is necessary because we can lose our bearings, especially when overwhelmed by endless task lists.

Those of us who are task-oriented can learn from veterans in their approach to mindfulness. “The military people I've worked with are always extremely dedicated and excited to tackle challenges,” says Dr. Falzon. “Unfortunately, when it comes to mindfulness, trying too hard or looking for specific results can be counterproductive. It's not going to get you there faster. How can we be ok with the path that we're on and not necessarily try to build a new road?”

Luckily, mindfulness doesn't require a goal—the journey can be a reward in itself. As Dr. Falzon describes, “Those new sensations can be a really fascinating experience. Hopefully, it's something that patients find helpful—then we can keep building on it.”

Dr. Falzon practices primary care at our Northgate clinic, listening closely and asking questions to focus on what will most help patients address their concerns.



NORTHWEST IN SEASON



SEPTEMBER – LOCAL & IN SEASON

	SEP	OCT	NOV	JAN
Artichokes				
Brussels sprouts				
Kiwi				
Leeks				
Parsnips				
Persimmons				
Winter squash				

OCTOBER – LOCAL & ^{New} IN SEASON

	OCT	NOV	DEC
Pumpkins			
Quince			

Female, 50 and on fire

Women nearing menopause do best when they know what to expect

A flare of heat at the neck, hotness flooding the body—off comes the jacket! Don’t blame that heat wave on climate change just yet. It could be menopause causing hot flashes, just one of many disorienting symptoms.

Menopause can affect attitude, body shape, intimate relations and more. Knowing what to expect can improve your experience.

What is menopause?
Menopause marks the end of a woman’s fertility and occurs when the ovaries stop producing estrogen and progesterone. It becomes official when you’ve gone 12 months without a period. The average age, according to the Mayo Clinic, is 51.

As your body chemistry changes, so does your metabolism. In *The Hot Topic*, author Christa D’Souza says her pants suddenly felt “friendlier,” as did all her shoes. “My body, after toeing the line when I told it to ... suddenly had a mind of its own, almost like when I was pregnant.”

In addition to weight gain and hot flashes, women can experience insomnia, night sweats, forgetfulness, dry skin, thinner hair, vaginal dryness and decreased libido. Menopause also increases your risk of heart disease, osteoporosis and urinary incontinence.

Ways to cope
Menopause is a natural process with no cure. But there are ways to alleviate symptoms. For better sleep, avoid caffeine after noon and lower the thermostat at night. If you have night sweats, wear cotton pajamas—and have a second pair at the ready.

For hot flashes, dress in layers. Avoid clingy turtlenecks and pullover sweaters. For faster relief, take a drink of ice water.

Don’t let your symptoms overwhelm your life. Visit your health care team and be open with your concerns. Your doctor may suggest hormone therapy, estrogen creams or low-dose antidepressants, among other options. Some women look to yoga and fitness to help manage the transition.

In the end, menopause comes with pros and cons. Many women are happy to say goodbye to periods, PMS and hormonal

headaches and even feel some extra self-assurance with the change. Actress Emma Thompson famously praised menopause for helping her brave New York winter nights.

As D’Souza puts it, “There’s a fine balance between being liberated and giving up, and I’m still learning how to walk it.”

PacMed features full services for women’s health through our clinics and Diagnostic & Wellness Center for Women—including mammograms, DXA bone scans and registered dietitians. Schedule your visit at 1.877.722.6330.



PACMED COMMUNITY CALENDAR

JULY

- 6 Outdoor Movies Begin 🎬
- 10 Kids SummerStage, Auburn 🎭
- 11 Free Thursday Fitness, Bothell Landing, Thursdays 🏃
- 18 Evening Music Outdoors, Everett, Thursdays 🎵
- 19-20 Capitol Hill Block Party, Seattle 🎉
- 20 Renton SummerFest 🎉
- 26 Chamber Music Under the Stars, Columbia City 🎵

AUGUST

- 14 PacMed Back-to-School Bash, Federal Way 🎒
- 27 First Day of School, Franklin-Pierce 🎒
- 29 First Day of School, Kent* 🎒

U-Pick Apples and Berries
pickyourown.org

*Kindergarten start dates vary

SEPTEMBER

- 3 First Day of School, Federal Way, Lake Washington, Sumner* 🎒
- 4 First Day of School, Edmonds, Highline, Auburn, Fife, Puyallup, Everett, Seattle, Shoreline, Bellevue, Mercer Island, Issaquah* 🎒
- 7 Fair on 44th, Lynnwood Safety Event with K-9, Firetrucks, Food 🎉
- 11 Belly Dance for Seniors, Wednesdays, Puyallup Activity Center 🏃

Look for Fall Yoga or Meditation
at Community Colleges

OCTOBER

- 5 Share the Love 5K, for LifeNet, Seward Park 🏃
- 5 Monster Mad Dash, for Edmonds Schools 🏃
- 12 Run with the Kokanee, for Salmon Recovery, Lake Sammamish 🏃
- 20 Out of the Darkness Walk with PacMed, Seattle 🕯
- 20, 21 Halloween Storytelling Steam Train, North Bend 🎃

Pumpkin Patches
pumpkinpatchesandmore.org

NOVEMBER

- 9, 10 Mud and Chocolate Trail Run, Redmond 🏃
- 24 Turkey Trot for Hopelink, Kirkland 🏃
- 29 Pt. Defiance Zoolights Begin 🌟

Pick Your Own Tree
pickyourownchristmastree.org

DECEMBER

- 17 Audubon Birding Walk, Juanita Bay Park 🏃
- 23-Jan 3 Most Schools Are Out! 🎒



Grilled Fish

- Serves 4.
- Ingredients:**
4 thick-cut skinless white fish fillets (halibut, cod or other hearty fish), about 1/3 pound each
1/3 cup olive oil
Kosher salt
Freshly ground black pepper
2 lemons, halved, for serving

Preparation:
Carefully rinse fillets and pat dry with paper towels. Brush fillets liberally with oil on both sides and season to taste with salt and pepper. Place fish on preheated grill until bottom turns opaque and a spatula easily slides under the fish, about 5 minutes. Flip fish and cook until it flakes with a fork and is opaque throughout, 3–5 minutes more. (Thermometer placed at center of fillet should read 130–135°F.) Let fish rest on a platter for 5 minutes, and then serve with lemon halves and Peach Caprese Salad (opposite page).

Nutrition Information:
Serving Size: 1 fillet
Total Calories 326, Total Fat 20g, Saturated Fat 3g, Cholesterol 91mg, Sodium 125mg, Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 34g, Potassium 800mg

Recipe adapted from the American Heart Association. Find more recipes at PacMed.org/recipes.

Pacific Medical Centers Specialties & Services

Primary Care Family Medicine & Obstetrics Geriatric Medicine Internal Medicine Pediatrics Behavioral Medicine (therapy for all ages)	Neuropsychology Nutrition Oncology Ophthalmology* Optometry Orthopedics* Otolaryngology* Physiatry Physical Therapy Podiatry* Pulmonology Rheumatology Sleep Medicine Sports Medicine Urology* Vasectomy Vitreoretinal Diseases* Women’s Health
Specialty Care Allergy & Immunology Bone, Foot & Joint Care Cardiology da Vinci® Robotic-Assisted Surgery* Dermatology Endocrinology Facial Plastic Surgery* Gastroenterology General Surgery* Gynecology* Hematology Hepatology Interventional Pain Management* LASIK & Vision-Correction Services Men’s Health Neurology	Other Services Cardiovascular Lab Colonoscopy Cosmetic Treatments DXA (bone density screening) Echocardiography Mammography Nuclear Medicine *A surgical specialty

For a full list and description of our medical services and specialties, visit www.PacMed.org/what-we-do

Make Healthy Today a green day
Go to www.pacmed.org/gogreen to receive our Healthy Tips email instead. Or pass this on to a friend when you’re done!



YOU CAN REACH PACMED OR A DOCTOR ON CALL ANYTIME, 24/7: 1.888.4PACMED (1.888.472.2633)



ASK PACMED

Linda Marzano
RN, MHA
Chief Executive Officer

Patients often ask...“I’m turning 65 next year. What do I need to know about Medicare?”

Medicare is a great program, but it’s different from the commercial insurance you might be used to. You need to apply for Medicare within three months either side of turning 65—or you can’t join until the next enrollment period, and you’ll pay a penalty.

Basic Medicare includes Part A for hospital stays and Part B for outpatient services. Most people get Part A for free and pay a monthly premium for Part B. You can optionally add Part D for prescription drug coverage.

It’s important to remember, Medicare alone won’t cover all your health care costs. Medicare pays only 80% of items it covers, and it doesn’t cover long-term care, eyeglasses, dental care, hearing aids or extra perks.

To cover some of these extras, you have two options to add to Medicare. One is a Medicare supplement known as Medigap, which pays the extra 20%—only for services that Medicare covers. You’ll pay an extra premium for a Medigap policy.

The other option is Medicare Advantage. These plans may cover vision, dental, hearing aids and long-term care, along with other perks like gym memberships, massage or acupuncture. However, you will likely still pay a portion of the extra 20% for covered services with Medicare Advantage. Some of these plans charge a premium and others do not.

You can’t have both Medigap and Medicare Advantage; you have to choose one or the other.

For help with your individual situation, PacMed offers free services, including Medicare information sessions and a hotline where you can ask questions or schedule a consultation. Just call 1.877.315.3279.

Health care decisions are important for your quality of life as you age. Please let us know if we can help.

FREE!

2019 MEDICARE INFORMATION SESSIONS

BEACON HILL	OCT. 16, NOV. 1	10–11 AM
CANYON PARK	OCT. 23, NOV. 4	3–4 PM
RENTON	OCT. 29, NOV. 7	2–3 PM

Visit www.PacMed.org/medicare for addresses and more information.



TELEMEDICINE ADDS CARDIOLOGY SERVICES TO THE SOUTH END

Ever wish you could be in more than one place at once? Now, at least your doctor can! With a local assistant by your side, our cardiologists can now evaluate your heart remotely. Visit our welcoming Puyallup clinic to chat with a cardiologist who can see your heart from a distance, saving you a stressful trip to downtown Seattle. Stay tuned as we add more telemedicine specialties and locations to bring the best care to you.

Submit your question to StayHealthy@pacmed.org, and you may see it answered by a PacMed expert in the next Healthy Today.



OUR COMMUNITY COMMITMENT

Walk into any PacMed clinic, and you’ll see many backgrounds reflected in the smiling faces that greet you. Over our decades serving the Puget Sound region, we’ve grown to reflect the richness of our communities. If you need care in your native language, there’s a good chance we can help.

See something you love or want more of? Send us feedback on Healthy Today and get entered to win one of 10 PacMed cookbooks! Email StayHealthy@pacmed.org

Healthy Today

IN THIS ISSUE...

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- Military mindfulness
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PLUS! FRESH SUMMER RECIPES!

GRILLED FISH

PEACH CAPRESE SALAD



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AUG. 14

BACK-TO-SCHOOL BASH!

Visit the PacMed Federal Way clinic for a fun-filled evening promoting nutrition, science, literacy and health!

Festivities run 5:30-7:30 PM and include free fitness and cooking demonstrations, a science exhibit and free backpacks to the first 150 kids (grades K–12).



OCT. 20

OUT OF THE DARKNESS

PacMed will again walk with those affected by suicide at this year’s Out of the Darkness Walk, led by the American Foundation for Suicide Prevention. These walks create a nationwide community taking action against this leading cause of death. Learn more and join PacMed Oct. 20 for the Washington Chapter’s Seattle walk at afsp.org.

Food forest treasure hunt

In addition to the three stars on our map, there are over 30,000 spots to pick up free fruits or vegetables around Puget Sound! Some hide in plain sight, like street trees and blackberry bushes. Check out fallingfruit.org to find free fruit near you!

- ★ Beacon Food Forest
- ★ Puget Ridge Edible Park
- ★ Cascadia College Food Forest at UW Bothell

A “FOOD FOREST” IS ...

- AN EDIBLE, SUSTAINABLE GARDEN,
- PLANTED IN A PUBLIC SETTING AND
- MAINTAINED BY THE COMMUNITY!

VISIT AND ASK HOW TO PARTICIPATE.

Our family is growing!

These new team members are ready to share PacMed care with you at our clinics below.

Family Medicine
Charles Falzon, MD, MBA

Behavioral Medicine
Kim Miles, MSW, LICSW

Behavioral Medicine
Jay Jawad, MD

Podiatry
Savannah Morgan, ARNP, FNP-BC

Family Medicine
Ashu Verma, DO

Family Medicine
Robert Glazewski, PA-C

Behavioral Medicine
Chuck Potrykus, MA, LMHC

Clinic Locations: Lynnwood, Canyon Park, Totem Lake, Northgate & Sleep Center, First Hill, Beacon Hill & DWCW, Renton, Federal Way, Puyallup.

LEARN MORE ABOUT THEM AT
WWW.PACMED.ORG/DOCTORS