

Healthy Today

Winter
2013

A newsletter from Pacific Medical Centers.

We're Proud of Our Quality Rating— and Proud to Serve You

One of the universal themes at PacMed™ is our pride in being a great medical center. This pride is reflected in the quality of care we offer, the satisfaction level of our patients and the high ratings we receive from independent sources.



“We’re committed to a relationship in which patients feel valued,” says Chief Medical Officer Vik Dabhi, MD, PhD, Hematology and Oncology. “When patients feel respected and involved in their healthcare choices, they are more likely to follow through on their physician’s treatment and lifestyle recommendations.”

Personal care leads to better health outcomes. It also leads to high ratings from independent sources, like the Puget Sound Health Alliance (PSHA)*, which again awarded PacMed top marks in the quality of our healthcare.

“Our 2012 Community Checkup was our best report yet,” says Dr. Richard Ludwig, Medical Director, Quality and US Family Health Plan.

“The results represent much hard work by our physicians and medical assistants over the last few years. They also reflect our compassion for our patients’ health and our obligation to provide them with the best care possible.”

“Many of the metrics in the PSHA report are those we already monitor internally,” adds Dr. Dabhi. “We know how each physician is performing and how we’re progressing as a team toward our goals.”

Of the 20 measures on which we were evaluated, such as diabetes care, generic drug use, and cervical, breast and colorectal cancer screenings, PacMed was above the regional average in 13

continued on next page



In This Issue

Community Checkup Report
Staying Healthy in Cold and Flu Season
Keep the Kids Active This Winter
Recipe: Spicy Spaghetti Squash
Considering a Vasectomy?
We’re in Your Community
Getting a Good Night’s Sleep
Emergency Room or PacMed Clinic?
Meet our Newest Providers

At PacMed You’ll FIND:

- **A familiar face**—Your primary care doctor 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 11 convenient locations.
- **You are covered**—We accept most major insurance plans.
- **Same-day primary care appointments**—even if it’s your first visit. Just call 1.888.4PACMED (1.888 472.2633) or go to our Web site, www.PacMed.org.
- **Doctors who can see you on the weekends**—Our Canyon Park and Renton clinics have Saturday hours, and our Canyon Park clinic has Sunday hours too! Call 1.888.4PACMED (1.888 472.2633) or go to our Web site for details.
- **Clinics with extended hours, on-site parking and more.**



FIND WHAT YOU’RE LOOKING FOR



continued from page 1

measures and at the regional average in 7. We did not score below the regional average on any measure—the largest healthcare group to achieve that feat. In terms of the number of above-average evaluations, we were one of the top two medical groups in the five-county region.

Like the old-fashioned family doctor, your PacMed primary care physician is a trusted advisor who knows you and can build a relationship over many years. Your doctor will work with you to help prevent illness, manage conditions and keep you at your best. If that means setting you up with more specialized medical care, he or she not only will open doors to make sure you get it, but also will stay involved every step of the way.

Beyond Our Walls

In addition to timely and preventive care provided in our clinics, PacMed is also actively involved in the community. One such effort is the Living Well Alliance™. Offered in conjunction with the American Diabetes Association and Premera Blue Cross, this program provides free workplace diabetes screening and education throughout the greater Puget Sound area. While nearly 26 million Americans have diabetes, more than 7 million are currently undiagnosed. Through screening and education events, the Living Well Alliance is able to connect individuals with information to assist in their healthcare needs.

You'll find more examples of "PacMed in the community" in this newsletter. It's our mission to deliver quality healthcare in our clinics, at your workplace and throughout the community.

*The PSHA is a collaborative group of healthcare organizations, businesses and residents in King, Kitsap, Pierce, Snohomish and Thurston Counties. The results in the Community Checkup are based on the care of 2 million people, or approximately half of all people who live in the Puget Sound region. Complete results of the Community Checkup can be found at www.pugetsoundhealthalliance.org.

Safeguard Kids from Colds & Flu

Every parent dreads their child getting sick, even if it is "just" a cold. Dr. Akiko Eileen Hall shares some facts and practical tips to help keep your family healthy this cold and flu season.

Colds and flu are caused by viruses, not bacteria. Unlike bacterial infections, which can be treated with antibiotics, there are no medicines we can take to kill the viruses that cause colds and flu. We have to rely on our immune systems to do that job for us.

So how do you protect yourself and your kids? Frequent hand washing is one of the best ways to help reduce the spread of cold and flu viruses. In general, these viruses are not airborne. You can't catch a cold just by being in the same room as someone who's sick. You typically have to come into direct contact with their oral or nasal secretions. Touching something like a doorknob that someone with a cold just touched, and then touching your own face is how cold viruses are transmitted. Teach your children to wash their hands often with soap and water. Hand sanitizer works too, although soap and water is better if available.

To protect against flu in particular, the best thing to do is get a flu shot every year. Typical symptoms of influenza, or "the flu," include fever, body aches, fatigue, often a stuffy/runny nose, a sore throat, and nausea or vomiting, too. The flu vaccine helps protect against the most common strains of influenza, including swine flu. Getting a flu shot won't protect you from all colds this winter, but at least it will help keep you from getting this particularly bad one.

Rise of Whooping Cough

Pertussis, or whooping cough, seems to be making a comeback. More than 4,500 cases of whooping cough were reported in Washington in 2012—the most cases in 70 years. Whooping cough appears as a bad cough in older children and adults, but it's potentially deadly to infants. To reduce the risk of catching and spreading this deadly disease, make sure everyone in the family is up to date on their DTaP or Tdap vaccine (the "p" is for pertussis).

And finally, to keep your family in tip-top shape this cold and flu season, make sure everyone is giving their bodies the sleep, hydration and nutrient-rich foods they need to fuel their immune systems.

Dr. Hall is a pediatrician at PacMed's Canyon Park clinic. To learn more about her, visit www.PacMed.org or call 425.412.7200 to make an appointment.

Tips for Treating a Cold or Flu

- Headache, body aches, sore throat and fever in older infants and children can be treated at home with acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). Be sure to check with your doctor or pharmacist about dosing and how often the medicine can be given. Fever is a sign that the immune system is working hard. If a fever greater than 100 degrees lasts longer than two to three days, your child should see their doctor. If your child is two months or younger, don't treat fever at home; call your doctor immediately.
- Avoid combination-type cold medicines for kids that might contain two, three or even four different medicines in addition to acetaminophen/ibuprofen. Most of the extra medicines have unwanted side effects and aren't very effective in children anyway. Other symptomatic relief can be found with nasal saline drops for infants or spray/rinse for older children. Kids over the age of one can try a spoonful of honey for cough. Nighttime cough and nasal congestion can be helped with a humidifier and elevating the head of the bed.



Rev Up the Kids This Winter

Why let colder temperatures and less daylight make your kids feel cooped up? It just takes a little imagination to start their engines, get the blood flowing and burn some calories!



Katy Jo Reinmiller, DPT, a physical therapist at our Beacon Hill clinic, offers these kid-friendly ideas to get your children moving this winter.

Get wet: Most kids love to swim. With community pools all over the Puget Sound area, winter is a great time to sign up for lessons or enjoy an open swim. And if you bundle up, a little rain or snow can turn a wet walk or hike into a fun adventure.

Create a competition: Almost any activity—even chores—can be made more appealing if it's turned into a contest. Who can do the most jumping jacks without stopping? Who can dust, clean the room and pick up dirty laundry the fastest?

Move and groove: Create a family talent show to see who can create the wildest dance routine. Play a game that requires movement, like Twister, charades or follow-the-leader. Or add a twist to a stationary game ... if someone loses a round in a video or board game, they do 20 sit-ups or a lap around the block.

Try a new sport: Check out a bowling alley, skating rink or ski area. Visit a community center for basketball, volleyball, gymnastics or indoor soccer. If you have a big garage or spare room, turn it into a space for hopscotch or Nerf ball hoops.

Whatever activities you and the kids choose to do, remember to stay hydrated. And if you need a well-child checkup or school and sports physicals, see us!

To learn more about Katy Jo, visit www.PacMed.org or call 206.621.4080 to make an appointment.

Warm Up to a Hot Dish

Spicy Spaghetti Squash

Serves 6

Lean ground turkey, fresh squash and other healthy ingredients make this recipe a tasty, nutritional choice for those winter days ahead.

Ingredients:

- 1 small spaghetti squash, halved and seeded
- 1 tablespoon olive oil
- ½ cup minced onion
- 3 cloves garlic, minced
- 2 green onions, minced
- 12 ounces ground white-meat turkey
- 2 cups crushed tomatoes
- 2 tablespoons red wine
- 2 teaspoons capers
- 2 teaspoons minced fresh oregano
- 2 teaspoons crushed red pepper flakes
- 2 tablespoons chopped fresh parsley



Preheat oven to 350 degrees.

Place each squash half cut side down on a cookie sheet and bake uncovered for 45–60 minutes or until a fork goes easily into the shell. Allow to cool and scoop out the strands of squash with a large spoon and set aside.

Heat the oil in a skillet over medium high heat. Add the onion, garlic and green onions and sauté for 2 minutes. Add the turkey and cook for 4 minutes. Add the tomatoes and wine and bring to a boil. Lower the heat and simmer for 20 minutes.

Add the capers, oregano, red pepper flakes and parsley; simmer for 5 minutes. If the squash has cooled too much, reheat it in the microwave, covered for 2 to 3 minutes. Top the squash with the sauce and serve.

Nutritional information per serving as written:

Calories: 154	Fat: 7.6 g	
Total Carbohydrate: 10.3 g	Dietary Fiber: 1.3 g	Sugars: 13.6 g
Cholesterol: 44 mg	Sodium: 99 mg	Protein: 11.3 g

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

Considering a Vasectomy?



Dr. Han
Canyon Park and
First Hill clinics



Dr. Wonderly
Northgate and
First Hill clinics



Dr. Pick
Renton and
First Hill clinics

Getting a vasectomy is something that can create angst for most men. The good news is that a vasectomy is not all that complicated—and relatively painless—once you get past the initial anxiety.

Vasectomy is a surgical procedure that provides permanent birth control for men. It is a safe and effective procedure that has satisfied male patients and their partners all over the world.

“From my perspective, a vasectomy is the best solution for permanent birth control,” says Dr. Michael Han. “It’s much less invasive and much less dangerous than sterilization techniques for women, and it’s more dependable than other forms of birth control.”

Dr. Han uses a no-scalpel technique, which decreases the size of the incision to less than a centimeter. “After I perform the procedure, most patients are pleasantly surprised by how little pain was involved,” he says. “The no-scalpel technique is faster, so the procedure usually takes less than 20 minutes.”

We offer a “one-stop” vasectomy clinic at our Canyon Park clinic on select weekends. Patients can meet with the surgeon for a consultation and have the surgery performed, all on a Saturday morning. If you’re interested, please check our Web site for details and to schedule your appointment (www.PacMed.org).

If you’re considering a vasectomy, your PacMed primary care doctor or urologist will be happy to answer your questions as you explore your options.

We’re in Your Neighborhood

Pacific Medical Centers is proud to be actively involved in the communities we serve. Here’s a glimpse at some of the activities we supported in 2012. For upcoming events, visit the Community Activity page under About Us at www.PacMed.org. Join us if you can!

Step Out: Walk to Stop Diabetes

PacMed has been a major sponsor of this vital community event since 2004. On October 13, we joined in the walk once again with our neighbors, and PacMed volunteers raised \$18,024 to support the American Diabetes Association.

Vasectomy Clinics

We conducted clinics at Canyon Park on select Saturdays to offer “one-stop” consultation and procedure appointments to accommodate our patients’ busy work schedules. For additional information or to schedule an appointment, call 206.505.1300, visit www.PacMed.org or see our vasectomy article above.

Goblin Gallop

The kids had fun as we spread the word about the importance of healthy habits! This family-oriented 5k run/walk held at Marymoor Park also benefited the Childhood Immunization Initiative.

It’s Your Day

Women spend a lot of time nurturing others, so it was time for their day! We shared cutting-edge health and wellness tips with women as they enjoyed a day of pampering and beauty advice on October 27 at Northgate Mall.



Rock ‘n’ Roll Marathon

PacMed set the pace—both in educating and participating—during this annual run benefiting the American Cancer Society. Our “running” doctors: Victoria Allen, Ellen Lackermann, Rebecca Over (5th year), Richard Ludwig, Kerrie Spoonemore (4th year).

Alzheimer’s Awareness

PacMed’s commitment to healthcare extends from newborns to seniors. This summer, Dr. Jerold Mikszewski shared his expertise on the concerns of Alzheimer’s disease with primary care physicians at Providence Medical Group in Monroe and Mill Creek.

Northgate Community Center Events

We love to join in a celebration, and especially two worthy events like these. This summer we participated in our Northgate neighbor’s annual birthday celebration and Back to School Night, where we offered health resources to parents of school-aged children.

Green Lake Theater

When people get out and about, they want to do all they can to stay active. By sponsoring Seattle Public Theater’s summer performance of *Robin Hood* at Green Lake’s theater, we were able to contribute to the arts and spread the word about the importance of staying fit.



Sleep Tight All Night

If you have trouble getting a good night's rest, you're not alone. An estimated 35 million Americans have a sleep disorder. Fortunately, many sleep issues can be resolved.

When we don't sleep well, it can impact all aspects of our lives—notably our work, schooling, parenting and driving. How much sleep is enough? Most adults require seven to nine hours of sleep per night. Teens need a little more. Parents of newborns, menopausal women experiencing night sweats, workers on-call and people who are ill or taking medications might wake several times per night. The lucky ones fall back to sleep easily. But not everyone is lucky.



The fact is, 7 out of 10 Americans have trouble sleeping. And whether the cause is insomnia, apnea or any of 80+ sleep disorders, the consequences can be devastating—including severe depression, anxiety, physical illness or injury, and serious relationship problems.

“When patients visit a sleep specialist, they are often at their wits’ end,” says Priya N. Oolut, MD. “My job as a sleep physician is to identify the underlying disorder or triggers, and to break down barriers to treating them. For instance, many people with insomnia (trouble falling asleep) begin thinking of themselves as insomniacs and resist change. It can take weeks or months to fix the situation, but with the help of relaxation, biofeedback and new sleep habits, it can be done.”

Dr. Oolut points out that sleep medications are rarely the first line of therapy as they tend to mask, rather than treat, the problem. The most common sleep disorder is sleep apnea, a condition in which the airway closes many times at night. (Dr. Oolut has seen patients who stop breathing up to 120 times per hour.) Besides interfering with sleep, apnea can also lead to long-term health problems such as heart attacks, high blood pressure and strokes.

If you are experiencing sleeping difficulties, take it seriously—and know there's hope. Make an appointment with your physician right away to discuss what treatment option is best for you.

To learn more or make an appointment for a sleep study* with Dr. Oolut, visit her profile page or our Diagnostic Center for Sleep Health at www.PacMed.org.

*While most insurance will cover your evaluation and treatment with a doctor's referral, we recommend you check with your insurance program to verify coverage.

We're Supporting NEST Again!

Winter can be a challenging time for seniors to live confidently in their homes. We've stepped forward to support a nonprofit that keeps their porch lights burning.

NEST (North East Seattle Together) is a grassroots community dedicated to ensuring that as people grow older, they can continue to live safely and confidently in their own homes, in the neighborhoods they love.

It's not always easy, especially in the colder temperatures of winter. NEST volunteers provide a wide range of support, including help with transportation, yard work, computers, pet care and errands. Educational and social events for members and the community also help enrich the minds and spirits of those they serve.

By helping people to live confidently in their homes as they age, NEST fosters community connections, vitality and stability in the northeast Seattle area. To learn more, visit www.nestseattle.org or call 206.525.NEST (6378). We are proud to partner with such a worthy organization once again!



PacMed—Top 100 Company Again

PacMed has been selected as one of the 100 Best Companies to Work For in Washington by *Seattle Business* magazine (July 2012 issue) for the fourth year in a row. We believe this honor speaks highly of our people's commitment to serving you—our valued patients. When people enjoy what they do—and the environment in which they work—it builds a culture of excellence, respect, integrity and daily achievement. If this sounds like the type of work environment you've been looking for, we encourage you to visit the Jobs link at www.PacMed.org. Also, tell a friend about the great care you receive!



Emergency Room or PacMed Clinic?

There are times when it's obvious you need to go to the ER, for example, if you're having signs of a heart attack or a stroke. In most cases, though, you're better off coming to a PacMed clinic.

Our fully equipped and professionally staffed medical facilities can handle all but the most life-threatening emergencies. By avoiding an unnecessary ER visit, you can get the immediate attention you need and save hundreds of dollars or more. For a same-day primary care appointment, call 1.877.722.6330 (Mon.–Fri., 7:30–5:00) or make an appointment online anytime at www.PacMed.org (allow 24 hours for online confirmation).

Even when we're closed, you can call your clinic number and have access to a PacMed doctor, who can advise you on what to do to get the care you need.

When to call PacMed for advice:

- Minor burns or severe sunburn
- Cuts with controlled bleeding
- Sprains and strains
- Stomach pains or diarrhea
- Fever or flu-like symptoms
- Coughs, colds and sore throats
- Allergic reactions (non-life-threatening)
- Mild asthma
- Ear, respiratory or urinary infections
- Rash or other skin irritations
- Animal and bug bites

When to call 911 or go to the emergency room:

- Signs of heart attack, such as chest pain that lasts more than two minutes
- Signs of stroke, such as numbness of the face, arm and leg on one side of the body; sudden loss of vision; or loss of speech
- Difficulty breathing
- Severe bleeding, or coughing or vomiting up blood
- Loss of consciousness or head trauma
- Severe depression and thoughts of suicide

We've got you covered

Pacific Medical Centers takes good care of King, Snohomish and Pierce Counties—with primary care and multi-specialty care clinics throughout the region, and more than 150 providers in 24 specialties. You'll find a complete list of our locations on the back page of this newsletter.

We're Ready for You, Even on Weekends

Check out our extended hours at two of our fine clinics.

Canyon Park

Saturday

Clinic & Imaging Services: 9:00–4:00
Lab: 9:00–3:30
Physical Therapy: 9:30–4:00
Mammograms: 9:30–2:30

Sunday

Clinic: 9:00–1:00

Renton

Saturday

Clinic: 9:00–5:00
Lab: 8:30–5:00



Have You Tried MyChart?

MyChart (electronic medical records) is your secure, online health connection. With MyChart you can:

- View your health record.
- Request appointments.
- Request prescription renewals.
- View and print your test results.
- Access health education materials.

To sign up for MyChart, you'll need an enrollment letter, which may be obtained at your PacMed provider's office. You do not need a doctor's appointment.



A Warm Welcome to Our Newest Providers

Pacific Medical Centers is pleased to introduce 20 new members to our team of providers. These individuals bring a wide range of clinical skills and unique personal experience to their practices. We invite you to visit the Who We Are section at www.PacMed.org to learn more about our providers' medical interests, backgrounds and treatment philosophies. Or schedule an appointment today.



Iman (Azadeh) Afrooz, MD, Hospitalist
First Hill

Dr. Afrooz's medical interests include internal medicine, hospital care, allergy and immunology. She enjoys literature and travel, and speaks English and Farsi.



Lise Alexander, MD, Family Medicine*
Renton

Dr. Alexander encourages her patients to be inspired to make the best decisions for their well-being. Her leisure-time pursuits include gardening, cooking, traveling, reading and music.



Amy Bollinger, DPT
Canyon Park

As a physical therapist, Amy collaborates with patients to achieve a successful return to physical activity, rediscover the joy of movement and build awareness of prevention.



Mona Burdine, MD, FAAFP, Family Medicine* 
Lynnwood

Dr. Burdine strives to help her patients achieve their best personal health. She enjoys reading, travel, music and outdoor activities.



Sudha Elangovan, MD, PhD, Family Medicine
Canyon Park

Dr. Elangovan's medical interests include preventive medicine, women's health, pediatrics and geriatrics. She speaks English, Hindi and Telugu.



Margaret Eugenio, MD, Gastroenterology & Hepatology
First Hill, Northgate

Dr. Eugenio strives to provide comprehensive care, working with both her patients and her colleagues. She enjoys backpacking, hiking and spending time with her family.



Xing Fu, MD, Interventional Pain Management
Canyon Park, First Hill

As a pain specialist, Dr. Fu aims to alleviate suffering and improve patients' quality of life. She's a snowboarding enthusiast and independent-film buff.



Margaret Gaines, MD, Internal and Geriatric Medicine*
Renton

Dr. Gaines guides patients through medical challenges with education and an emphasis on prevention, choice, dignity and functional independence.



Laine Gawthrop, MD, Internal Medicine*
Totem Lake

Dr. Gawthrop believes it's important to treat the whole person, as the mind and body are interrelated. She enjoys yoga and is involved in retired racing greyhound rescue.



Heather King, MS, RD, CDE, Dietitian
Beacon Hill, Federal Way, Renton

Heather believes in working with people from a place that feels comfortable to them. She likes to hike, write fiction, and do snow sports.



Aparna Kulkarni, MD, Gastroenterology & Hepatology
First Hill, Renton

Dr. Kulkarni believes in building and nurturing the patient-doctor relationship through open communication, education and mutual respect.



Anni Lanigan, ARNP, FNP-C, Family Medicine
Federal Way, Puyallup

Anni believes in listening carefully to patients and considering their preferences when creating their management plans. She is a gardener, hiker, swimmer and reader.



Susan Leu, MD, Dermatology
Canyon Park, Totem Lake

Dr. Leu is a big believer in skin-cancer prevention and sun protection. She enjoys hiking, jogging, walking her dog and savoring good food.



Kristal Lowe, RD, CD, Dietitian

Canyon Park, Lynnwood, Northgate, Totem Lake
By providing resources and support, Kristal hopes to empower patients along the way toward their health-care goals.



Ada Otter, DNP, ARNP, Family Medicine
Canyon Park, Lynnwood, Northgate

Dr. Otter believes in a holistic, preventive approach to family practice. She enjoys travel, competing in triathlons, paddle boarding, surfing and time with her family.



Alexander Park, MD, Internal Medicine*
First Hill

Dr. Park believes the best medical care combines the latest knowledge with a compassionate and individualized approach. His personal interests include classical music and hiking.



Sonal Patel, MD, MPH, Family Medicine with Obstetrics*

Beacon Hill
Dr. Patel aims to serve as a guide for health needs to patients, from birth to the end of life. She enjoys hiking, camping, running, cooking and traveling.



Jamie Russo-DiGeorge, PA-C, Orthopedics
Canyon Park, First Hill

Jamie believes every patient is different and requires individual attention to create the best treatment plan. Outside work, she enjoys spending time on the water and culinary arts.



Jack Shriner, LICSW, CMHS, Behavioral Medicine
Beacon Hill

Jack uses a variety of methods to build an awareness of his clients' patterns and strengths. He tries to bring a spirit of creativity and excitement to the process.



Talina Skirko, DNP, ARNP, Gastroenterology & Hepatology
First Hill

Dr. Skirko's passion is to educate and empower her patients to improve their health and quality of life. She enjoys gardening, cooking, traveling and skiing.

 = this provider has a video on-line

*NCQA Patient Centered Medical Home Recognition

Pacific Medical Centers Specialties & Services

Primary Care

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

Medical Specialties

Allergy
Cardiology
Dermatology
Diabetes & Metabolism,
Endocrinology
Gastroenterology
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
Ophthalmology
Orthopedics
Otolaryngology
- Head & Neck Surgery
Podiatric Medicine
- Foot & Ankle Surgery
Urogynecology
Urology

Other Services

Audiology
- Hearing Aids
Behavioral Medicine
- Neuropsychology
- Psychiatry—Adult & Geriatric
- Psychotherapy
- Individual—Child/Adolescent
& Adult
- Couples Therapy
- Family Therapy
Cancer Screening
- Colonoscopy
- Mammography
Clinical Trials
Cosmetic Services
- Surgical & Non-surgical Treatments
DXA (Bone Density Screening)
Optical Shop
Optometry
Physical Therapy



1200 - 12th Ave S
Seattle, WA 98144

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Save Paper: Go Green

Would you rather receive this newsletter online?
Tell us at www.PacMed.org/gogreen.

Top Docs Near You

32 PacMed providers named to 2012 Top Doctor lists by Washington publications.



Each year, *Seattle Met*, *Washington* magazine and *Seattle* magazine survey thousands of medical professionals and ask, "Who would you seek out if you or a loved one needed medical care?" *Seattle Met* has expanded its survey in partnership with Avvo, rating doctors on a 10-point scale and employing not only peer endorsements but factors such as experience, training, disciplinary fellowships, hospital privileges and awards. We're proud to recognize these PacMed doctors' outstanding service!

Seattle Met:

Marty Babcock, ARNP, Internal Medicine
Marshall Bedder, MD, FRCP(C),
Interventional Pain Management
Matthew Bressie, MD, Family Medicine
Joshua Buckler, MD, FACC, Cardiology
Davonna Cufley, MD, FACP, Internal Medicine
Vik Dabhi, MD, PhD, Hematology & Oncology
Lisa N. Dote, OD, FAAO, Optometry
Emmanuel J. Eusebio, MD, Pediatrics
Kimberly Farea, OD, Optometry
Ling Harris, ARNP, Internal Medicine
Tony Huynh, MD, Ophthalmology,
Vitreoretinal Diseases & Surgery
Peggy E. Jesse, ARNP, Interventional
Pain Management
Christopher A. Kuntz, MD, Ophthalmology
Thomas Lamperti, MD, Facial Plastic
and Reconstructive Surgery,
Otolaryngology/Head-Neck Surgery
Chris Maeda, MD, Sports Medicine
Rosalie Miller, MD, MPH, FAAFP, Family Medicine
Donald Pick, MD, da Vinci® Robotic-Assisted
Surgery, Urology

Angelina Platas, MD, FACP, Internal Medicine,
Geriatric Medicine
David Riggs, OD, Optometry
Ginger Ruddy, MD, MPH,
Family Medicine with Obstetrics
Joseph Saitta, MD, Endocrinology
David Savage, OD, FAAO, Optometry
Lisa Sieberson, DNP, ARNP, Family Medicine
David D. True, MD, PhD, Internal Medicine
Teresa Wolber, DNP, ARNP, Family Medicine
Michael Wolfe, MD, Otolaryngology/
Head-Neck Surgery

Seattle:

Marshall Bedder, MD, FRCP(C),
Interventional Pain Management
Mary Wemple, MD, Rheumatology
John Yuen, MD, Allergy, Rheumatology

Washington:

Shoba Krishnamurthy, MD, FACC,
Gastroenterology
Kemi Nakabayashi, MD, FACP,
Internal Medicine

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

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