

EVERGREEN

# MONITOR

Spring 2011

*“I know I’m a lucky guy.”*

Pulled from the wreckage of his pickup, Neal Martin was rushed to Evergreen Hospital’s Level III Trauma Center.

**NEW MEDICAL CENTERS OPEN  
IN REDMOND AND WOODINVILLE**

*page 9*

**PHYSICIANS DONATE CARE  
FOR THE LESS FORTUNATE**

*page 16*

**HELPING CARDIAC PATIENTS  
GET BACK ON TRACK**

*page 6*

  
**EVERGREEN**  
HOSPITAL MEDICAL CENTER  
*Exceptional care close to home.*

**EVERGREEN WELCOMES  
THESE NEW MEMBERS  
OF THE MEDICAL STAFF:**

**Diagnostic Imaging**

*Matthew Fluke, MD*

**Emergency Medicine**

*Fred Angermeier, MD*

*Raul Borromeo, MD*

*Richard Campbell, MD*

*Patrick Reinfried, MD*

**Pediatrics**

*Jervis Belarmino, MD*

**Plastic Surgery**

*Bryan McIntosh, MD*

**Psychiatry**

*Cheryl Hajek, MD*

*Find more Evergreen-  
affiliated providers at  
[www.evergreenhospital.org/physician](http://www.evergreenhospital.org/physician).*

**THE LATEST HEALTH NEWS –  
DELIVERED TO YOUR INBOX!**

Free weekly e-newsletters are  
available on:

Alternative Medicine

Cancer

Diabetes

Diet

General Health

Heart

Kids

Men

Pain

Seniors

Women

Start your free subscription at  
[www.evergreenhospital.org/  
newsletter](http://www.evergreenhospital.org/newsletter).



Bob Malte, CEO

## Exceptional People: *Preserving What is Best Through Four Decades.*

This issue of *Evergreen Monitor* comes to you between two important events in our hospital's life in this community. The first was our 39th anniversary, celebrated last month. The second is the 2011 National Hospital Week with its theme of Champions of Care that we will celebrate in the second week of May. Both of these events have made me reflect even more than I usually do on what I appreciate, and what this community appreciates, in the men and women who make up the staff, physicians and volunteers of Evergreen Hospital.

Some of these professionals and staff have been part of Evergreen for nearly as long as there has been an Evergreen. All of them, through their service, have sustained our connection to our purpose – *to work together to enrich every life we touch* – which, we hope, means so much to this community.

All of these men and women, too, have helped us move forward to meet the changing needs of our community, as we are doing now with the opening of our new clinics in Woodinville and Redmond. In so doing, our people have kept us the most trusted source for health care solutions in Seattle; they have helped us preserve what is best in Evergreen and adapt to the changes of these past four decades.

More than Evergreen's beautiful facilities or leading technology, our people make us what we are. By their example, they teach me, like they have the members of every other new generation that comes to Evergreen, what we stand for and what we value.

- Evergreen is a **compassionate** hospital because our people show their care for every patient, every family member, and each other.
- We are a **respectful** place because our people constantly demonstrate respect for the beliefs and values of everyone we encounter.
- We excel because **excellence** is the only standard our people know for themselves and expect of others.
- We are **good collaborators** with each other and with our patients because we show that every voice does make a difference.
- And we are **accountable** because everyone at Evergreen holds themselves accountable to one another and, finally, to the community we serve.

Without our people, there would be no Evergreen, just bricks and mortar and machinery. Our people make us the Evergreen of our highest aspirations.

When you read the stories in this issue of *Evergreen Monitor*, I hope you will feel the same appreciation that I do for our people. They know they hold the lives and well-being of this community in their hands. That is, for them, quite literally a sacred trust. I hope you can tell how proud I am of them for keeping that trust on your behalf.

With best regards,

Bob Malte

*Chief Executive Officer*



Evergreen Hospital is designated as a Level III Trauma Center – the highest Trauma Center level on the Eastside.

~ Washington State Department of Health

## “It’s more than luck. It’s years of experience.”

*It was just a year ago that 33-year-old Neal Martin was driving up Novelty Hill Road when a semitruck hauling a load of rocks lost its brakes and plowed into his pickup. The wreckage was so bad that Martin was initially called in as a DOA – dead on arrival.*



Neal Martin

Duvall

Martin was pinned under the dashboard. A volunteer firefighter in Duvall, he immediately started to evaluate his injuries. “I knew my leg was broken right away and both knees were crushed,” he recalls. “And the pain was pretty bad.”

It took an hour to free Martin from the wreckage, and then he was rushed to Evergreen Hospital’s Emergency Department, where the trauma team was standing by.

“Given the amount of force involved in the accident, we called for a full trauma activation,” explains Emergency Department physician Dr. Chad Bentsen, who would oversee Martin’s care. “That meant we had a general surgeon on hand for possible abdominal injuries, along with an orthopedist to take care of the broken bones.”

Other members of the trauma team were notified of Martin’s impending arrival. Radiology prepared for X-rays and CT scans, with a radiologist ready for interpretation. The lab prepared to expedite tests. An anesthesiologist was alerted in case surgery would be needed. Social workers prepared to care for Neal Martin’s family and see that their needs were met.

“It really is a team approach,” Dr. Bentsen explains. “We had all the players in place to take care of him, as we do with all the patients who come into the Emergency Department with trauma.”

### LEVEL III TRAUMA CENTER

“Trauma” is defined as “injury” as opposed to “illness,” and Dr. Bentsen points out that up to a third of the 54,000 patients seen each year in Evergreen’s Emergency Department are treated for trauma. “Trauma can include massive internal bleeding, airway obstruction, broken bones,” Dr. Bentsen says. “In all cases, a lot of

things need to happen quickly to make sure that we’re caring appropriately for the patient.”

Evergreen’s state-of-the-art Emergency Department allows for that exceptional level of care. The 42-bed facility includes four trauma rooms, each large enough to support multiple casualties. All 32 ED physicians are board-certified in emergency medicine. The staff includes 90 registered nurses, 28 technicians and a full range of specialists on call. And the ED is backed by the full resources of Evergreen Hospital.

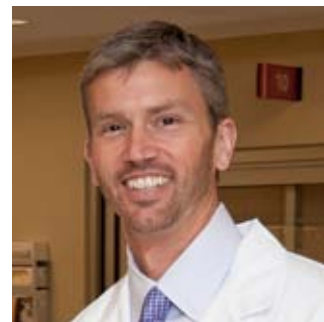
Evergreen’s emergency readiness has been recognized with designation as a Level III Trauma Center by the state of Washington.

### MORE THAN LUCK

Neal Martin’s badly broken leg required surgery and a lengthy rehabilitation. While he was hospitalized, the trauma team’s general surgeon closely monitored an injury to Martin’s bowel that didn’t require surgery. It could have been much worse. “I know I’m a lucky guy,” Martin says.

But Dr. Bentsen knows that trauma care at Evergreen is more than just luck. “It’s years of training and experience,” he shares, “and a trauma activation system that ensures we’re doing everything to make sure the outcome is going to be a good one.”

*Emergency care is now available 24/7 at both Evergreen Hospital and our new Redmond emergency department. See page 11 or visit [www.evergreenhospital.org/emergency](http://www.evergreenhospital.org/emergency) for more information.*



Chad Bentsen, MD



Pat Erickson

*Shoreline*

Erickson was just 45 years old when neurologists confirmed that she had Parkinson's, a disorder of the brain that leads to shaking and difficulty with walking, movement and coordination. For the past four years, she's been cared for by neurologist and movement disorders specialist Dr. Pinky Agarwal at the Booth Gardner Parkinson's Care Center, part of the Evergreen Neuroscience Institute.



Pinky Agarwal, MD

"Pat is one of 3 to 4 percent of patients at the center who have what's called young-onset Parkinson's," Dr. Agarwal reveals. "Parkinson's is mainly a disease for patients 60-plus, but we even have a patient in their 20s who has it."

**MORE THAN PHYSICAL SYMPTOMS**

Actor Michael J. Fox was just 30 years old when he was diagnosed with young-onset Parkinson's, shining a spotlight on the symptoms of, and treatments for, a disease that many had previously associated solely with older people.

"Young-onset patients generally respond to levodopa better, and their symptoms progress more slowly, than in older-onset patients," Dr. Agarwal explains. "But the symptoms that are present can be dramatic: dystonia, an involuntary twisting of the legs; and dyskinesia, abnormal involuntary movements that are related to medications typically prescribed for Parkinson's patients." Dr. Agarwal adds that because of that, the center tries to delay levodopa in younger patients and focus on preservation of health.

## *"I don't have time to worry about Parkinson's."*

*Fifty-four-year-old Pat Erickson is one busy woman. She does the bookkeeping for her husband's business. She watches over, and chases after, her 3-year-old granddaughter several times a week. In her costume as "Mrs. Wigglesworth," she acts out stories to delight students at Shoreline-area elementary schools. And she has Parkinson's disease.*

But the care doesn't focus only on the physical aspects of the disease. Having to deal with it at a much younger age, and for far longer, means people with young-onset Parkinson's are likely to be dealing with more than just their physical symptoms. Dr. Agarwal describes it as a constant balancing act. "In many cases, our patients have young children; they're trying to balance the disease, balance life and work. They need to know how to plan for retirement. All of those issues are very unique to them."

Fortunately, the Parkinson's Care Center has the experts, and the expertise, to help. The neurologists, neuropsychologists, nutritionists, social workers, counselors and therapists create care programs tailored to the specific needs of each patient, specific for age.

The center is also a nationwide leader in clinical trials for patients with Parkinson's. "Young people are excellent candidates for clinical trials," Dr. Agarwal says, "because they are often otherwise healthy, and they are looking for a long, long life ahead."

Young-onset patients also have good outcomes from deep brain stimulation surgery for Parkinson's disease.

**HELPING OTHERS WITH PARKINSON'S**

Pat Erickson hasn't let Parkinson's disease slow her down. In addition to her family and work responsibilities, she stages vintage-clothing fashion shows several times a year. The proceeds – \$92,000 so far – have gone to various Parkinson's organizations.

"I don't have time to worry about Parkinson's," she shares, "and with the help of the Parkinson's Care Center, I don't have to."

*For more information, call 425.899.3123 or visit [www.evergreenhospital.org/parkinsons](http://www.evergreenhospital.org/parkinsons).*

## “He fixed our son, and we’ll always be grateful.”

*Four years ago, Nicolas Medjo was a typically active 9-year-old. He played all sports, but he loved basketball and dreamed of playing on the high school team. But first he would have to find an answer for the severe heel pain that was preventing him from playing all out.*



Nicolas Medjo

Bothell

The Medjos’ pediatrician, Dr. Manfred Eichner, referred Nicolas to Dr. Larry Maurer, a podiatrist with Washington Foot & Ankle Sports Medicine in Kirkland. “We took X-rays, and the initial diagnosis was Sever’s disease, an irritation of the growth plate that is common for children at Nicolas’ age,” Dr. Maurer explains. He prescribed the Sever’s disease regimen of anti-inflammatory cream, icing, custom orthotics and rest.

While Nicolas faithfully followed the regimen, the “rest” part was difficult for the active boy. “He still did sports, but a lot of times he was hurting and just played through it,” recalls his mom, Cindy Alderete-Medjo. “Physical therapy, the creams, the icings just became part of his routine.”

### RISK OF FRACTURE

But in fall 2009, Nicolas’ heel pain changed. Now it affected only his left foot...and the pain was excruciating. “Nicolas hardly ever complains, but at basketball tryouts he just said, ‘I can’t,’” Alderete-Medjo says. “So we took him back to Dr. Maurer.”

“The fact that the pain was now isolated in just one foot made me concerned we weren’t dealing with Sever’s disease any longer,” Dr. Maurer says. A new set of X-rays showed a subtle change in Nicolas’ painful left foot. He sent Nicolas for an MRI to get a better look.

Dr. Maurer was right. The MRI showed a bone cyst in Nicolas’ heel that extended out to the edge of the heel bone. Not only was it causing the pain, but it also presented a significant risk for fracture. Nicolas was scheduled for surgery at Evergreen Hospital later that same day.

Dr. Maurer was able to remove the cyst and firm up Nicolas’ compromised heel bone with bone and tissue from a donor. His parents were able to take him home a few hours after the surgery.

“It’s a good thing Nicolas’ mother kept bringing him in and kept saying, ‘He still hurts,’” Dr. Maurer says. “Most people just accept heel pain...but when your feet hurt, you’re not as active. You’re not doing the things you want to do.”

“You don’t have to live with foot pain,” he adds. “A lot of it is simple to take care of. If you can’t get rid of it, you need to take a closer look to figure out why.”

### HAPPY AND PAIN-FREE

Now, 18 months after his surgery, Nicolas Medjo is an active eighth-grader at Skyview Junior High and enjoying all his sports pain-free.

“He’s moving faster, he’s more agile, he’s more confident. He doesn’t have to worry about a sudden movement causing him pain,” Cindy Alderete-Medjo says. “Thank goodness Dr. Maurer was persistent and kept checking. He fixed our son, and we’ll always be grateful for that.”

*To locate an Evergreen-affiliated podiatrist or orthopedic surgeon, visit [www.evergreenhospital.org/physician](http://www.evergreenhospital.org/physician) or call the Evergreen Healthline at 425.899.3000.*



Larry Maurer, DPM





Charlie Borgman

Snohomish

But that's where Borgman's story turns around. When his condition improved enough for him to come off life support, his cardiologist referred him to Evergreen's Cardiac Enhancement Center to manage his heart failure. "I was in the hospital and doing poorly," Borgman recalls, "until I met Nancy."

Nancy is cardiology nurse practitioner Nancy Bartholomew, the clinical director of the center. She started the program – the first in the state – nearly 10 years ago. "Heart failure is a chronic, degenerative disease state," she explains. "What we do is try to improve the patient's quality of life and decrease their readmissions to the hospital."



Nancy Bartholomew, ARNP

#### EVERY PATIENT'S CHEERLEADER

That task is made more difficult by the fact that the majority of patients seen at the center are also dealing with other problems, such as diabetes, renal failure and depression.

"Depression can lead to forgetting to take their medicines, going off their low-salt diet, and multiple other problems," Bartholomew explains. "So we carefully monitor each patients' medications, their diet, their home care and their state of mind. Maybe they run

out of medicine or out of money...or their support person gets sick. Anything that disrupts their day-to-day routine can have a negative impact on their health and be a barrier towards improved health."

Whatever the barrier, the Cardiac Enhancement Center is there to help. "We work with them to improve the situation," Bartholomew says. "Our patients have ready access to the center's team of social



5-Star rated for the treatment of heart failure.

~ HealthGrades 2011

Hospital Quality in America Study

## "I was doing poorly, until I met Nancy."

*Charlie Borgman is no stranger to heart trouble, starting with a quadruple bypass 15 years ago. In 2010, he had a pacemaker installed to handle irregular heartbeats. He was repeatedly hospitalized, and finally became so ill that he was placed on life support.*

workers, pharmacists, nutritionists, physicians and psychologists."

Borgman met with Bartholomew weekly in the beginning. "Nancy monitored everything," he says, "and she provided a copy of everything that was said or done in our appointment so I didn't have to try to remember."

"We find patients tend to be more successful sticking to a regimen when they have someone to be accountable to," Bartholomew explains. "That's why we act as nurses, cheerleaders and mothers for all of our patients."

"I feel almost normal now," Borgman says. His "normal" includes clearing trees from his property in Snohomish and chasing after his 11 grandkids.

#### NATIONAL RECOGNITION

Bartholomew and her team are adept at turning challenging patients such as Charlie Borgman into success stories. The program boasts a reduction in admissions to the hospital, and improved health and heart function.

Evergreen's model of heart failure management has received national recognition, and Bartholomew was asked to present at the National Institutes of Health conference in 2010. She credits the center's holistic approach and the multidisciplinary teamwork she enjoys with other Evergreen experts. "We meet monthly with providers from many different disciplines in the hospital, as well as with our patient advisors," she shares, "and we are always striving to improve patient care."

*For more information on the Cardiac Enhancement Center, call 425.899.2789 or visit [www.evergreenhospital.org/cardiacenhancement](http://www.evergreenhospital.org/cardiacenhancement).*

## *“It was like a slumber party with tons of wires!”*

*From the time she was a baby, Alyssa Carder struggled with sleep. Her parents noticed she would take a breath, then gasp and pause. Always a good student, Alyssa nonetheless battled fatigue and would be worn out by mid-afternoon.*



Alyssa Carder

Lynnwood

Worried, her family turned to Evergreen's Sleep Disorders Center – and now, at 10 years of age, Alyssa is finally sleeping soundly.

Sleep apnea is a well-known complaint among adults, but the cause and effect are a little different in children. “Adult sufferers often have a partial or full obstruction of the throat,” explains sleep medicine specialist Sue Mystkowski, Alyssa's doctor at the center. “Children, however, are more apt to have a problem exhaling. When the carbon dioxide builds up, the child wakes and gasps to get more oxygen.”

Dr. Mystkowski says there are a host of risk factors and warning signs that may signal a problem, including snoring, failure to thrive and bed-wetting. Kids may also be diagnosed with ADHD because their lack of good sleep leads to poor concentration and focus in the classroom.

### **OVERNIGHT SLEEP STUDY**

A first step for children with sleep issues is to have their tonsils and/or adenoids removed. “Tonsils can block kids' airflow,” Dr. Mystkowski adds. “Their removal solves the problem for 80 to 90 percent of cases.”

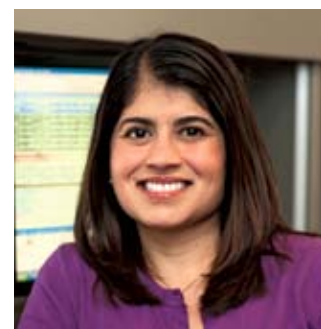
But that wasn't the case for Alyssa, who had a tonsillectomy at age 5. Because of her symptoms and a strong family history of sleep apnea, Dr. Mystkowski felt Alyssa might be suffering a gas-exchange problem.

Alyssa and her mom spent the night at the sleep center for the study – an event that felt more like a sleepover than a medical evaluation, says her father, Leonard Carder. “The techs were very accommodating. They paid particular attention to Alyssa and made sure she was comfortable. She told me it was like a slumber party with tons of wires!”

During the study, Alyssa's heart rate, sleep-and-wake cycles, and brain-wave activity were remotely monitored.

The results confirmed Dr. Mystkowski's theory and also confirmed that relief could be found with a BiPAP machine with a variable rate of airflow, which Alyssa was fitted with that night. The machine takes room air, sets it to a predetermined pressure and delivers an airflow “stent” into Alyssa's airway. Two separate pressures (one in and one out) are more comfortable and mimic regular breathing, says Dr. Mystkowski.

Though some kids initially resist wearing a BiPAP every night, Dr. Mystkowski says that once they start feeling relief and getting a good night's sleep, they become converts. “We saw an immediate improvement,” Leonard Carder recalls. “Alyssa's energy level was way up during the day.” The Carders are cautiously optimistic that Alyssa will outgrow her condition.



Sue Mystkowski, MD

### **HELP FOR CHILDREN**

Evergreen's is one of the few regional sleep centers that assist children, and the Carders are grateful. “Dr. Mystkowski immediately connected with Alyssa,” says Leonard Carder. “She spoke to her, and educated us by speaking to Alyssa. Everyone there – from nurses to receptionists – is just really, really kind and gentle. It was such a positive experience. We're really very impressed with Evergreen.”

*For more information, call the Sleep Disorders Center at 425.899.4280 or visit [www.evergreenhospital.org/sleep](http://www.evergreenhospital.org/sleep).*





Mike Sullivan

Kirkland

A CT scan found a mass in Sullivan's abdomen that needed further investigation. It turned out to be a gastrointestinal stromal tumor – cancer in a portion of his stomach. It was a lucky discovery; if it had waited until there were symptoms, it might have been too late for treatment.

#### A COMPLEX SURGERY

The surgery Sullivan faced would be tricky, but he was fortunate to have surgeon Michael Towbin heading his surgical team. "The challenge in Mike Sullivan's surgery was to remove the tumor without disturbing the nerve bundles that help the body absorb and digest nutrients to maintain health," Dr. Towbin explains. "If those nerves are disrupted, the stomach won't empty."



Michael Towbin, MD

Dr. Towbin found himself planning a daunting surgery that was going to require a complex and sophisticated series of difficult procedures. It's something he's uniquely qualified for. "I consider myself to be one of the few comprehensively trained general surgeons. Nowadays surgeons are more specialized," he notes. "Sometimes you might get into a situation where you need a surgeon with a broad skill set that includes training and experience in thoracic, vascular and general surgery to get the job done."

And get the job done, he did! Dr. Towbin was able to remove the cancerous tumor while preserving the nerve bundles. Sullivan didn't need any radiation or chemotherapy, and his most recent CT scan gave him a clean bill of health.



Ranked #2 in Washington state for general surgery and recognized with the General Surgery Excellence Award.

~ HealthGrades 2011

Hospital Quality in America Study

## "Dr. Towbin's patients go home."

*You might say a kidney stone saved Mike Sullivan's life. It was a painful kidney stone attack that, in March 2009, landed the 68-year-old chaplain in the Evergreen Hospital Emergency Department – where an imaging study would uncover an even greater health risk.*

#### TOTAL CONFIDENCE

Mike Sullivan's surgery is just one of the many intricate and complicated surgeries Dr. Towbin routinely does at Evergreen. "I've been in practice quite a while – since 1988," he shares, "and I love problem-solving, in the diagnostic part of surgery as well as the surgery itself and the recovery."

Dr. Towbin is the area's "go-to" guy for complex oncology involving the breast, lung, upper gastrointestinal tract, and small bowel and colon. His surgical practice also includes sarcomas and reconstructive surgeries such as hernia repair and gallbladder removal.

He's been recognized by his peers as one of the area's "Top Doctors"... but more important to Dr. Towbin is what his nurses say: Dr. Towbin's patients go home. "That's what you want," he states. "You want them to go home and be functional without disability, and with the problem taken care of. I get really good outcomes, which is the whole point."

It's a point that Mike Sullivan can truly appreciate. "I had total confidence in Dr. Towbin. He answered my questions with great care and concern," Sullivan shares. "I know he sees lots of patients, but I always felt like he was giving me his best all the time."

Sullivan also has praise for his care at Evergreen. "I got great care from the doctors and nurses. I've been going to Evergreen for my health care for 21 years...and I haven't needed to go anywhere else."

*You can find an Evergreen surgeon at [www.evergreenhospital.org/physician](http://www.evergreenhospital.org/physician) or by calling the Evergreen Healthline's free physician referral service at 425.899.3000.*





## EVERGREEN'S NEWEST FACILITIES TO SERVE THE COMMUNITY

---

### Evergreen Medical Center – *Redmond* Evergreen Medical Center – *Woodinville*

Life is hectic – even on a good day. Work, school, sports and other activities keep busy families on the move. Wouldn't it be great if your family's health care needs, at least, could be met in one convenient location?

*Now they can!* Our new Evergreen Medical Centers in Woodinville and Redmond provide the care you need – when you need it.

#### PRIMARY CARE

Wellness begins with primary care. Our primary care centers are open extended hours and on weekends, with same day appointments.

#### URGENT CARE

Hurt your back doing yard work or cut your hand on a home project? Our urgent care centers are there for those after-hours bumps and bruises.

#### EMERGENCY CARE

Break a leg playing soccer...or have pains that are causing you concern? We now offer two emergency departments to provide quicker care for life's unexpected traumas.

It's trusted medical care from the same Evergreen providers who have cared for the Redmond and Woodinville communities for years.

The Evergreen Medical Centers in Woodinville and Redmond are both backed by the full resources of Evergreen Hospital, which has provided health care to the Eastside community for 39 years.





Patients enter the exam rooms through tranquil hallways.



"Pass through" supply closets in each exam room can be re-stocked from the outside with no disruption to patients.



The spacious and private exam rooms feature extra-wide and adjustable exam tables, surgical lighting, seating for family members and access to electronic medical records.

## Primary Care

- Weekend hours and same-day appointments
- Online appointment requests
- Woodinville: 5 care providers, 25 exam rooms
- Redmond: 12 providers, 31 exam rooms
- On-site lab and imaging for faster test results
- Digital screening mammograms available from Evergreen's mobile mammography coach
- The latest technology and electronic medical records to enhance quality of care

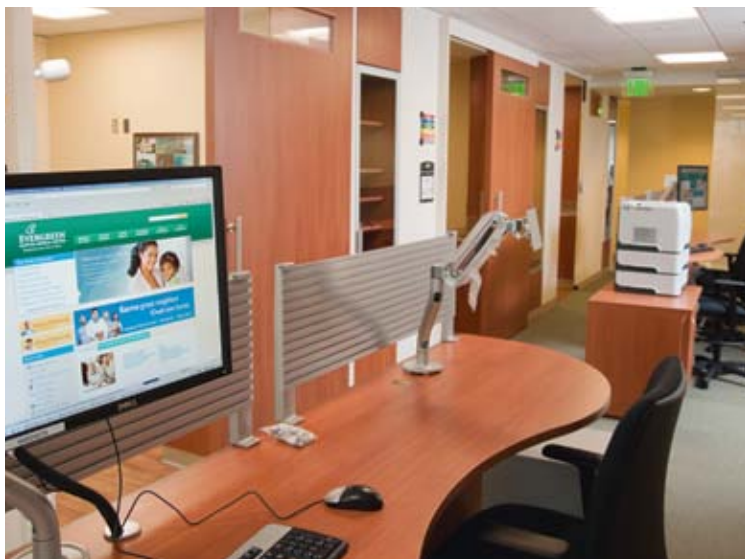
- Patient-friendly design with more privacy for families
- Extra-wide and adjustable exam tables for easier patient access
- Efficient exam room layout that allows physicians to spend more time with patients
- Spacious meeting rooms for health education classes and group visits for patients with chronic disease
- Free parking under, or next to, the building
- Backed by the full scope of services of nearby Evergreen Hospital

## Urgent Care

- Urgent care available 7 days a week
- Woodinville: 8 exam rooms
- Redmond: 5 exam rooms
- Increased capacity for shorter waiting times

## Lab Services

- PACLAB Patient Service Centers are open weekdays to provide blood testing and specimen collection for Evergreen patients as well as patients referred by other physicians in the community.
- Redmond's full-scale analytic lab offers lab tests on-site 24/7, using the same protocols and standards as the Evergreen Hospital lab.
- Lab results are transmitted electronically to Evergreen Primary Care, and many other physician practices, to become part of the patient's electronic medical record.



Provider work area, with access to electronic medical records, is adjacent to the exam rooms.

### Evergreen Medical Center – Woodinville

16916 140th Ave. NE, Woodinville 98072  
[www.evergreenhospital.org/woodinville](http://www.evergreenhospital.org/woodinville)  
 24-hour Nurse Line 425.899.3000

### Primary Care

Monday - Friday  
 Saturday

425.481.6363

8 a.m. - 5 p.m.  
 9 a.m. - 12 p.m.

### Urgent Care

Monday - Friday  
 Saturday - Sunday

425.488.2273

8 a.m. - 8 p.m.  
 9 a.m. - 5 p.m.





The full analytic lab provides a wider array of tests than most physician offices offer.



CT and MRI scans are available at Redmond.

## 24/7 Emergency Department – Redmond

Our Redmond Emergency Department is an extension of the Evergreen Hospital ED. It is fully certified to handle any medical emergency, and uses the same emergency medicine physicians, nurses and standards of care as the hospital ED.

- 16 emergency and trauma care rooms
- 32 board-certified emergency medicine physicians
- Trauma-trained emergency nurses
- Patient-friendly design with more privacy for families
- Diagnostic imaging and lab services available onsite 24/7 for fast test results
- Social workers and a sexual assault nurse examiner (SANE) available 24/7
- Isolation room with decontamination shower
- Efficient exam room layout that allows physicians to spend more time with patients
- If hospitalization is needed, patients will be transferred to nearby Evergreen Hospital
- A high-tech Incident Command Center where hospital and city officials can manage a local natural disaster, with decontamination showers for biohazards or chemical spills
- Spacious meeting rooms for health education classes
- Free parking under, or next to, the building
- Backed by the full scope of services of nearby Evergreen Hospital

## Evergreen Diagnostic Imaging Center – Redmond

This full-service imaging center provides 24/7 support for all care levels at the Redmond center. Services are also available to outpatients with a physician's referral.

- Same-day appointments are available, with the approval of your insurance provider.
- Imaging includes X-ray, ultrasound, CT and MRI.
- Image interpretation is provided by subspecialty-trained radiologists, experts with additional training in reading images of the head, joints, skeleton and organs.



The ED has the same exam and trauma rooms as the hospital's ED.

### Evergreen Medical Center – Redmond

8980 161st Ave. NE, Redmond 98052

[www.evergreenhospital.org/redmond](http://www.evergreenhospital.org/redmond)

24-hour Nurse Line

425.899.3000

### Primary Care 425.899.CARE (2273)

Monday - Thursday

7 a.m - 7 p.m.

Friday

7 a.m - 6 p.m.

Saturday

9 a.m - 3 p.m.

### Urgent Care 425.883.3333

Monday - Sunday

9 a.m - 5 p.m.

### Emergency Dept 425.899.1111

## Grand Openings: *Celebrating with the Community*

We welcomed over 4500 members of the community to our Woodinville and Redmond grand openings, where they enjoyed tours, healthy refreshments and fun activities for the family.



Evergreen staff offered free blood pressure checks.



Snuggling with his free EverBear.

Thank you for helping to  
name our EverBear!



*We appreciate the hundreds of  
wonderful names submitted.*

*The winners can be found at  
[www.evergreenhospital.org/  
everbear](http://www.evergreenhospital.org/everbear)*



Checkups for your animal friends.



Learning lifesaving CPR.



Celebrating the ribbon-tying with a sparkling cider toast.



Welcome to our new ED!



## *“I had no idea what chemotherapy would be like.”*

*Cancer survivor Larry DeBardi credits two things for saving his life – a positive attitude that kept his spirits high, and treatment at Evergreen Hospital using some of the most highly advanced cancer-fighting tools available anywhere.*



Larry DeBardi

*Bothell*

DeBardi's journey began when he asked his primary care provider, Dr. David Higginbotham, about a painless lump on the right side of his neck. Dr. Higginbotham brought in ear, nose and throat specialist Dr. Jennifer Heydt to help evaluate the lump. She ordered ultrasounds, CT scans and a biopsy.

When the lump turned out to be cancerous, Dr. Aimee Kohn at the Cascade Cancer Center joined DeBardi's team to map out a treatment plan. “The historical standard for treating head and neck cancer is chemotherapy and radiation,” Dr. Kohn explains. “But because of the advanced stage and size of this cancer, we decided to use induction chemotherapy to de-bulk the tumor before the standard course of chemotherapy-radiation.”

Induction chemotherapy can be extremely effective, Dr. Kohn adds, but it relies on a high-dose cocktail of drugs with potentially severe side effects. DeBardi remembers the tough times with wry humor. “I had no idea what chemotherapy would be like,” he says. “I told myself it wasn't going to slow me down. But I finally realized I had to take it easy.”

### **COMPREHENSIVE CARE**

After two grueling rounds of induction chemotherapy, DeBardi's tumor had all but disappeared and he was ready to start radiation therapy.

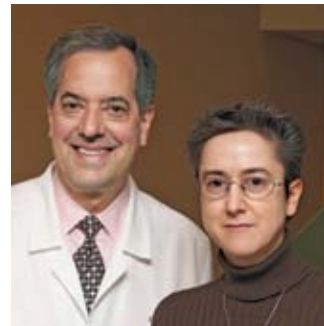
In Evergreen's state-of-the-art treatment center, an individualized treatment plan was created to ensure the most customized radiation dose possible. Dr. Eric Taylor, Evergreen radiation oncologist, used both image-guided and intensity-modulated radiation therapy.

“We scanned Larry in the treatment position to outline the target areas,” he explains, “as well as areas we wanted to avoid – such as

the eyes, salivary glands and brain stem.” Looking at a 3-D composite, Dr. Taylor identified, slice by slice, areas to treat and areas to avoid.

Accounting for these criteria, computer software ran through every combination of X-ray beams and created a unique 3-D dose cloud. He was then imaged daily prior to each treatment to insure accurate delivery. As the treatment table rotated in a circle, 18 unique laser beams, working at different intensities, created his customized dose cloud.

“The value with this technology is that it delivers a higher dose more safely to the targeted areas,” Dr. Taylor explains, “while reducing the dose to normal tissues that need to be protected.”



Eric Taylor, MD and  
Aimee Kohn, MD

### **WITH A SMILE ON YOUR FACE**

Though Larry DeBardi found the radiation treatment easier to tolerate, it was still an arduous process. Evergreen paired him with rehabilitation services that helped him deal with post-treatment speech and swallowing issues. What helped him was knowing what to expect. “Everybody was so honest and straightforward,” he remembers. “They would bend over backwards for you. They knew what they were doing.”

With his treatment now complete, the 64-year-old DeBardi doesn't waste time on the might-have-beens. “I wasn't going to get down in the dumps. You have to go into it with a smile on your face.”

*For more information on cancer services at Evergreen, visit [www.evergreenhospital.org/cancer](http://www.evergreenhospital.org/cancer).*

## Exceptional Care Close to Home? *Here's the Proof*

It's a three-peat! For the third consecutive year, Evergreen has been named a Distinguished Hospital for Clinical Excellence by HealthGrades, the nation's leading provider of independent hospital ratings.

Evergreen is the only hospital in Washington state to be recognized with the Distinguished Hospital Award for Clinical Excellence for the past three years - 2009, 2010 and 2011.

HealthGrades ranks Evergreen Hospital among the nation's top 5 percent of hospitals, according to its independent study of mortality and complication rates. Nearly 5,000 hospitals were included in the study.

"We are proud of this continued recognition and the world-class outcomes our physicians, nurses, technologists and staff achieve," says Evergreen CEO Bob Malte. "We are even prouder because of what this means for the health and well-being of our communities."



For a complete listing of Evergreen's HealthGrades' recognitions, visit [www.evergreenhospital.org/healthgrades](http://www.evergreenhospital.org/healthgrades).

## Evergreen Presents *Community Service Award*

Redmond residents Bob and Shirley Ferguson have been recognized with Evergreen's 2010 Community Service Award.

The award is bestowed by Evergreen Healthcare's Board of Commissioners, and recognizes individuals and organizations who have had a profound impact on enhancing the health of the community.

The Fergusons have given countless hours of their time to support both Evergreen and their community, Shirley as a member of the Community Advisors program and Bob as a member of the Evergreen Foundation Board of Trustees.



Bob and Shirley Ferguson are presented with the Community Service Award by Evergreen Board President Al DeYoung.



*Saturday, April 30*  
*King County's Marymoor Park*  
*6 p.m. - midnight*

It will be a spectacular black-tie evening to support Evergreen Hospital Medical Center. Guests will enjoy both silent and live auctions, fine dining, local wines, entertainment and dancing in a beautiful climate controlled tent.

Proceeds from this year's gala will benefit and kickoff a campaign to expand and consolidate Evergreen's well-respected cancer services into one comprehensive cancer center.

For ticket information and online registration, please visit our website at [www.evergreenhospitalfoundation.org](http://www.evergreenhospitalfoundation.org).



## Evergreen Designated a *Level III Trauma Center*

Evergreen Hospital's Emergency Department has been designated a Level III Trauma Center by the Washington State Department of Health.

The state established a five-level trauma system in 1995, using designations established by the American College of Surgeons. The higher the level, the more highly trained the staff and the more advanced the facility.

The highest designation, Level I, is held by Seattle's Harborview Medical Center. As a Level III Trauma Center, Evergreen's Emergency Department meets the state's criteria for a high level of 24-hour trauma, emergency, operative and critical care services. It provides prompt assessment, resuscitation, emergency surgery and stabilization of trauma victims.

"With this designation, we will be even better able to assist the people we serve at times of crisis when they most depend on us," explains Bob Malte, Evergreen's chief executive officer. "The designation, too, is a testament to the commitment and drive of our staff and physicians who did the hard work of earning it."



Evergreen's 42-bed Emergency Department includes:

- 4 large trauma and resuscitation rooms close to the emergency entrance
- state-of-the-art digital imaging right in the ED
- a trauma team (emergency physicians and nurses, surgeons, anesthesiologists, respiratory therapists and imaging technicians, among many others) is always standing by and ready to go
- access to operating rooms with the latest technology, ready 24 hours a day

For more on Evergreen's trauma team, see the story on page 3.

## Evergreen Provides a *Softer Mammogram*

Good news for the 40 percent of women who avoid their annual screening mammogram because they're afraid of the pain they might feel during the procedure.

The Evergreen Breast Center is now using a new product that dramatically eases mammogram discomfort. It's called the MammoPad®, and it's a foam cushion that creates a softer, warmer and more comfortable mammography experience.

"The discomfort many women feel during mammography compression is widely known to be a reason that some don't get regular screenings," explains Rosemary Fisher, manager of the Evergreen Breast Center. "The MammoPad provides a soft, warm cushion for the breast during mammography. And because women are more relaxed during the exam, it makes it even easier for our mammography technologists to get the best possible image."

The single-use foam cushion attaches to the compression plates of the mammography device. It is invisible to X-rays and does not interfere with the image quality of the mammogram. After use, the MammoPads are recycled as padding for carpets and furniture.

Evergreen is the only Eastside breast center to offer the MammoPad. It's featured in both the Evergreen Breast Center and the mobile mammography coach, along with Evergreen's advanced digital mammography technology.

To schedule a mammogram, call 425.899.2831 or go online at [www.evergreenhospital.org/mammography](http://www.evergreenhospital.org/mammography).



The MammoPad® provides a soft cushion for mammograms.

*A portion of the levy money paid to King County Public Hospital District No. 2 is used to provide unique programs that contribute to the health and well-being of our community. This continuing series highlights some of the programs made possible by your levy support. For more information on these programs, visit [www.evergreenhospital.org/levy](http://www.evergreenhospital.org/levy).*

## Specialty Care *for the Uninsured*

Vallie Pavino is living a nightmare that's becoming all too familiar. The bad economy left the 60-year-old real estate broker in bankruptcy, with no health insurance. When a diseased gallbladder landed her in Evergreen's Emergency Department, she had no way to pay for the surgery she needed.

The Emergency Department referred Pavino to a unique program called King County Project Access, which provides specialty medical care to low-income and uninsured people. It launched in 2007, and Evergreen was the first Eastside hospital to participate.

"In this economy, with jobs and health insurance going away, Project Access provides a safety net for those who can't afford insurance but earn too much to qualify for Medicaid," explains Ann Williamson, Evergreen's Project Access care coordinator. "Our levy funds have always helped to provide access to primary care services. But we were lacking the ability to refer to specialists before Project Access."



Vallie Pavino

Kirkland

And because patients may often need help with more than one health care issue, Project Access helps them navigate the often-daunting health care system. Pavino, for example, was also referred to Dr. Russ Arjal of Eastside Gastroenterology for a colonoscopy and any necessary follow-up care for troublesome intestinal issues.

"Everybody in our office sees Project Access patients. It's just the right thing to do for people who don't have easy access to medical care," Dr. Arjal notes. He sees one to two Project Access patients a month, which is typical for the specialists who participate in the program.

Evergreen's physician specialists see about 250 patients a year, covering 20 major categories including oncology, cardiology, gastroenterology, neurology, orthopedics and even sleep disorders.

"Thank goodness for Project Access," Vallie Pavino states. "Thank goodness there is something like this for people like me."

Care coordinator Ann Williamson agrees. "This is proof that Evergreen not only has exceptional physicians, but generous ones as well. Without them, this program would not exist."

*For more information on Project Access, call 425.899.3211 or visit [www.kcprojectaccess.org](http://www.kcprojectaccess.org).*



Russ Arjal, MD; Ann Williamson;  
Kelly Clinch, MD

### DONATING THEIR SERVICES

Once patients are screened to determine if a referral is both medically and financially appropriate, Williamson works to line them up with participating Evergreen specialists, according to their particular problem or symptoms.

Nearly 100 Evergreen specialists

have joined Project Access. They donate their professional services while Evergreen donates the hospital services, including the surgery, lab work and follow-up treatment such as physical therapy.

Dr. Kelly Clinch of the Evergreen Surgical Clinic was one of the first Evergreen specialists to sign up. "I was always happy to donate my time," he says, "but my fees are only part of the total cost of surgery. With Project Access and Evergreen, the rest of the costs are now covered. It makes it easier for me and the rest of us to get involved."

Project Access arranged for all of Vallie Pavino's preoperative tests, appointments and the gallbladder surgery – which was performed by Dr. Clinch.

### ABOUT THE EVERGREEN LEVY

Roughly \$14.9 million of Evergreen Hospital's operating budget comes from the levy money paid to King County Public Hospital District No. 2. Some of this money is used to pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs

of the area we serve. The taxation rate for 2011 is \$.2835 per thousand, or \$85 for a \$300,000 home.

**District boundaries** – King County Public Hospital District No. 2 includes Bothell, Duvall, Kenmore, Kirkland, Redmond, Woodinville, part of Sammamish and parts of unincorporated northeast King County.



## Register for Classes Online or by Phone

For your convenience, you may register and pay for classes 24/7 online at [www.evergreenhospital.org/classes](http://www.evergreenhospital.org/classes). You may also call the Evergreen Healthline at 425.899.3000, Mon.-Fri., 7 a.m.-7 p.m.

Pre-registration is required for all classes. Checks, VISA and MasterCard are accepted. Refunds and rescheduling will only be given for cancellations two business days prior to the class. Let us know if you need special accommodations to participate.

### PARENTING & RELATIONSHIPS

#### DEVELOPING CAPABLE YOUNG PEOPLE

Parents learn how to develop life skills in their children, including self-control and self-discipline, cooperation, conflict resolution, empathy, personal responsibility and sound judgment. Six-week series begins May 1, 1-3 p.m., \$100.

#### DEALING WITH ANGER

Learn how to make your response a choice rather than a reaction. Two-part class begins June 7, 7-9 p.m., \$20.

#### DEALING WITH STRESS

Learn skills to manage stress and develop methods to cope. Two-part class begins June 21, 7-9 p.m., \$20.

#### PEARLS OF WISDOM

A discussion of physical and emotional changes brought on by puberty. For girls ages 10 to 12 and their mothers. June 23, 7-9 p.m., \$10.

#### RELATIONSHIPS AND THE BRAIN

Learn how to enhance your relationships and your well-being through interpersonal neurobiology. June 4, 6:30-8 p.m., \$5.

### EMERGENCY & SAFETY EDUCATION

#### SELF-DEFENSE FOR KIDS

For kids ages 8 to 12. May 21, 9-11 a.m., \$10.

#### BABYSITTING BASICS

For ages 11 to 16. Apr. 30, May 21, June 4, 18, July 9, 23, 9 a.m.-3 p.m., \$40.

### INFANT AND CHILD CPR

Participants receive a two-year CPR card. May 7, June 11, July 9, 9 a.m.-12:30 p.m., or May 17, June 21, July 19, 6-9:30 p.m., \$40. \$15 discount if also enrolled in Babysitting Basics.

### COMMUNITY CPR

Participants receive a two-year CPR card. Apr. 23, May 7, 28, June 4, 25, July 9, 30, 9 a.m.-12 p.m., \$40.

### FIRST AID

Participants receive a two-year CPR card. Apr. 23, May 7, 28, June 4, 25, July 9, 30, 1-5 p.m., \$40.

### CPR & FIRST AID

Participants receive two-year CPR and first aid cards. Apr. 23, May 7, 28, June 4, 25, July 9, 30, 9 a.m.-5 p.m., \$75.

### HEALTH CARE PROVIDER CPR

Participants receive a two-year health care provider card. May 3, June 7, July 5, 6-9:30 p.m., or May 21, June 18, July 16, 9 a.m.-12 p.m., \$60.

### ADVANCED CARDIAC LIFE SUPPORT

For health care providers. Two-part classes begin May 12, June 9, July 14, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

### PEDIATRIC ADVANCED LIFE SUPPORT

For health care providers. Two-part class begins May 14, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

### WELLNESS

#### SOLUTIONS FOR SPRING ALLERGIES

Get the facts about allergies and the latest treatments that bring relief to your itchy, watery eyes. May 3, 6:30-8 p.m., \$10.

#### THE FOUR PILLARS OF HEALTH

Use the four key pillars of health to create a personal action plan for optimum health and wellness. May 2, 7-9 p.m., \$10.

#### HAPPINESS AND THE BRAIN

Strengthen concentration with mindful meditation, inquiry, journaling, art and curiosity. Four-week series begins Apr. 21, 7-8:30 p.m., \$55.

#### OH, MY ACHING FEET!

Learn about common foot ailments, treatment options, fitting guidelines, and the best shoes and products to put a spring back in your step. June 1, 6:30-8 p.m., free.

#### BACK CARE: BACK TO BASICS

Learn the elements of basic back care and treatments for common back problems, including exercise and body mechanics. May 24, 6:30-8 p.m., free.

#### FATIGUE

Explore how mood, hormonal imbalance and inactivity influence fatigue. May 25, 6:30-8 p.m., \$10.

#### REV UP YOUR METABOLISM

Information on how to get the ball rolling and how to keep your momentum going. Samples of healthy snacks will be provided. June 8, 6:30-8 p.m., \$10.

### EMOTION, STRESS AND MEDITATION

Learn how our feelings can influence mind-body stress, relaxation, energy and vitality. May 9, 7-9 p.m., \$5 (includes meditation CD).

### EMOTIONAL EATING

Learn strategies to end emotional eating when you are feeling angry, sad or lonely. Apr. 26, 7-8:30 p.m., \$10.

### HYPNOSIS FOR WEIGHT LOSS

Learn how hypnosis can encourage healthy behavior that leads to weight loss. May 18, 7-9 p.m., \$10, plus \$15 materials fee to instructor.

### WEIGHT-LOSS SURGERY: IS IT RIGHT FOR YOU?

Evergreen Bariatric Center experts discuss surgical options, postoperative follow-up, lifestyle changes and financial information. May 4, 16, June 1, 20, July 6, 18, 6-8:30 p.m., free.

### EATING ON THE RUN

Get practical tips and strategies to make nutrition work regardless of a hectic lifestyle. May 31, 6:30-8 p.m., \$10.

### MENOPAUSE

Develop your personal plan with information on symptoms, hormone replacement therapy, nutrition, osteoporosis, exercise and sexuality. May 10, 7-9 p.m., \$10.

### BLOOD PRESSURE SCREENING

Complimentary drop-in blood pressure screening for those interested in monitoring their blood pressure. May 19, June 17, July 21, 10-11 a.m., free.

### SKIN CANCER SCREENING

Before you step out into the sun this summer, come to this screening conducted by a dermatologist. May 18, 5-9 p.m., free.





## CancerLifeline

### CANCER LIFELINE AT EVERGREEN

*Evergreen and Cancer Lifeline are partnering to offer classes and support groups for cancer patients and their families. For program descriptions and a class schedule, or to register for programs, visit [www.cancerlifeline.org](http://www.cancerlifeline.org) or call 206.297.2500 or 1.800.255.5505.*

#### SPINAL STENOSIS

Learn about treatment options for low back discomfort that becomes pain, numbness or weakness in the legs, feet and buttocks. June 2, 6:30-8 p.m., free.

#### OH, MY ACHING SHOULDER!

Learn about the innovative techniques available for shoulder problems, such as arthroscopic repairs, shoulder replacements and cutting-edge therapy. June 23, 6:30-8 p.m., free.

#### CARDIAC HEALTH

Evergreen's Cardiovascular Health and Wellness Center offers wellness programs to improve your heart health. Call 425.899.3770 or visit [www.evergreenhospital.org/cardiohealth](http://www.evergreenhospital.org/cardiohealth) for information.

#### SUCCESS WITH HEART FAILURE

*Heart Failure Basics* (May 3) covers self-management skills and medications. *Having Fun with Low-Sodium Cooking* (May 10) focuses on nutrition and cooking. 1-2:30 p.m., \$5/class.

#### HOSPICE AND PALLIATIVE CARE: MYTHS, FACTS AND COMPASSION

Learn when to use and how to access these services before you need them. Apr. 27, 7-8:30 p.m., free.

### GRIEF & BEREAVEMENT

*Pre-registration is required for all programs; call 425.899.1077.*

#### BEREAVEMENT SERIES

For those who have lost a loved one through death. Six-week series begins May 17, 12:30-2:30 p.m. or 7-9 p.m. Suggested donation is \$30.

#### SUDDEN & TRAUMATIC LOSS

For those grieving a death by suicide, homicide or accident. Call for next six-week series. Suggested donation is \$30.

#### SUPPORTING OUR CHILDREN

Assists grieving families following a death. For parents/guardians and children (ages 6-12). Call for information, registration and dates.

### CHILDBIRTH PREPARATION

*For class dates and times or to register for classes, go to [www.evergreenhospital.org/childbirth](http://www.evergreenhospital.org/childbirth) or call the Evergreen Healthline at 425.899.3000. Register early during your pregnancy as classes fill quickly.*

#### MATERNITY CENTER TOUR

A free 20-minute tour ideal for friends and family, or for those researching their birthing center options. Registration required.

#### LABOR & BIRTH BASICS

This core series for first-time parents covers labor and birth, pain management options, Cesarean birth and postpartum. Includes maternity center tour. We also offer the series for Teens and for Multiples. \$120/couple.

#### LABOR COPING SKILLS REVIEW

Extensive two-hour review of labor coping skills for experienced parents. \$35/couple.

#### HYPNOBIRTHING

Use guided imagery, visualization and patterned breathing for a safe and satisfying birth. Five-week series, \$135/couple, plus \$25 materials fee due at class.

### BECOMING PARENTS

#### SIBLINGS TOUR

Meet other siblings-to-be to learn about babies and tour the Family Maternity Center. Parents attend with children age 2 to 6. \$5/child. Class for 6 to 12 years old upon request.

#### DADS ONLY

Learn the first steps to becoming a great dad, based on cutting-edge insights from psychology and developmental theory. \$25.

#### CONSCIOUS FATHERING

Learn about your baby's needs and how to contribute to the all-important "father effect." \$40.

#### BRINGING BABY HOME WORKSHOP

Expectant couples learn how to avoid marital meltdown and cope with the normal stressors of becoming parents. Two-day workshop, \$150/couple.

#### HAPPIEST BABY ON THE BLOCK

Learn how to soothe even the fussiest baby in minutes. \$60. Fee includes CD and DVD.

### WOMEN'S HEALTH FOR PREGNANCY & BEYOND

#### FIT4BABY PROGRAM

A total-body interval workout adjusted to the various pregnancy phases of the attendees. Includes cardio, strength training and flexibility exercises. Six-week session, \$90.

#### HEALTHY EATING FOR PREGNANCY AND BEYOND

Improve your diet with practical tips on shopping, dining out, healthy snacking and more. \$10

#### YOGA FOR PREGNANCY

Strengthen childbearing muscles, increase flexibility during pregnancy and learn deep relaxation for lifelong health. Locations in Kirkland or Redmond. Six-week session, \$90.

### PELVIC HEALTH CLASS

Learn how to minimize pain during pregnancy and birth, optimize healing and avoid future pelvic floor issues. \$20.

### CARING FOR BABY

#### DAY ABOUT BABY

Learn about diapering, bathing, soothing, infant carriers and more. \$75/couple.

#### INFANT FEEDING

Information about breastfeeding, special feeding needs, breast pumps, breast milk collection and storage. \$35/couple.

#### CAR SEAT SAFETY

Learn about selecting and using a car seat specific to your needs. \$10/couple.

#### CAR SEAT INSPECTION

Have your car seat checked by a certified safety technician. For dates, call 425.899.3000. Free.

### AFTER YOUR BABY IS BORN

#### PARENT-BABY CLASSES

Discuss age-specific baby topics plus support from other new parents. Visit [www.evergreenhospital.org/parent-baby](http://www.evergreenhospital.org/parent-baby) for schedule. Class for babies 0-3 months is free; \$77 for subsequent series.

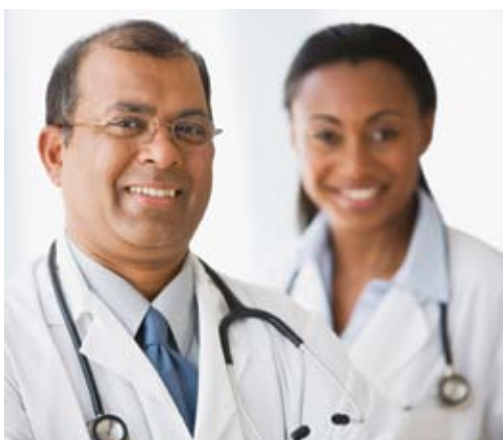
#### THIS IS NOT WHAT I EXPECTED

Support for new parents experiencing symptoms of postpartum distress. Meets the first and third Thursdays of the month, free. For more information, call 425.899.3602.

#### STARTING SOLID FOODS

Learn practical and research-based information on the healthy feeding of solid foods for babies 4 to 12 months old. \$25.

## PRIMARY CARE & URGENT CARE



### Extended Hours *to Better Serve You*

Life is hectic – even on a good day. That's why Evergreen's primary care and urgent care centers provide extended hours during the week and on the weekend to meet your family's needs.

Our Evergreen primary care centers all have Saturday hours, and most offer longer hours during the week. Our Canyon Park location is now open Sundays for walk-ins.

Our Evergreen urgent care centers in Redmond and

Woodinville are open seven days a week to take care of illnesses and injuries that don't require a trip to the Emergency Department, such as:

- bladder infections
- coughs, colds, sinus infections
- earaches, fever, sore throats
- minor injuries
- rashes, skin infections

Urgent care treats both children and adults; most major insurance plans are accepted.

## EVERGREEN PRIMARY & URGENT CARE CENTERS

For office hours and directions, see our website at [www.evergreenhospital.org/primarycare](http://www.evergreenhospital.org/primarycare).

### PRIMARY CARE LOCATIONS

**CANYON PARK** 1909 214th St. SE, Suite 110 • 425.488.4988 **DUVALL** 14720 Main St. NE, #109 • 425.788.4889  
**KENMORE** 18208 66th Ave. NE, #200 • 425.485.6561 **REDMOND** 8980 161st Ave. NE • 425.899.2273  
**SAMMAMISH** 22850 NE 8th, #103 • 425.898.0305 **WOODINVILLE** 16916 140th Ave. NE • 425.481.6363

### URGENT CARE LOCATIONS

**REDMOND** 8980 161st Ave. NE, Suite 410 • 425.883.3333  
Hours: 9 a.m.-5 p.m. seven days a week

**WOODINVILLE** 16916 140th Ave. NE, Suite 200 • 425.488.2273  
Hours: 8 a.m.-8 p.m. M-F / 9 a.m.-5 p.m. S-S

**CANYON PARK IS  
OPEN SUNDAYS**

10 a.m.-4 p.m.  
for walk-ins

## Evergreen Hospital Board of Commissioners

Al DeYoung,  
Bothell/Duvall/Woodinville  
Jeanette Greenfield, At Large  
Rebecca Hirt, Kirkland/Kenmore  
R. August Kempf,  
Redmond/Sammamish  
Chuck Pilcher, MD, At Large

You may contact the  
Commissioners by e-mail at  
[Commissioners@  
evergreenhealthcare.org](mailto:Commissioners@evergreenhealthcare.org)

*Evergreen Monitor* is published as  
a community service by Evergreen  
Hospital. Its contents are not  
intended to replace professional  
health care. See your health care  
professional for information  
relevant to your medical history.

Editor: Gail Neubert, 425.899.1881  
Photography: Larry Gill  
Design: GA Creative

Evergreen Hospital is an equal  
opportunity employer and service  
provider. For career opportunities  
at Evergreen, visit our website at  
[www.evergreenhospital.org](http://www.evergreenhospital.org).

Follow Evergreen on:

facebook

[facebook.com/evergreenhospital.org](https://facebook.com/evergreenhospital.org)

twitter

@EvergreenHosp