

Pacific Medical Centers Newsletter

# Be Your Healthiest This Spring

Pacific Medical Centers accepts most major health insurance plans and has primary care physicians and specialists for your family's health, this season and year round.

Inside this Issue: Tips from Our Specialists and Experts

- Sensitive Health Topics: What Your Doctor Needs to Know
- Parents: What to Do Now to Prevent Summer Injuries
- New Dietary Guidelines



# Pacific Medical Centers Newsletter

## Spring into Wellness

spring  
2005

### Preventive Health

#### Sensitive Health Topics:

#### What Your Doctor Needs to Know

Sometimes sensitive health topics are difficult to discuss with your doctor. At Pacific Medical Centers, we put your needs first and take the time to understand your health concerns. Here is a gentle reminder of what your doctor will want to know to ensure your best care:

**1. Are there activities you used to do, but can't do any longer?** Many people come to accept a certain level of disability. Rather than live with limitations, talk with your doctor.

**2. Is there a potential condition that you are afraid of?** Many people harbor fears of diseases and medical conditions. A thoughtful doctor can reassure you by giving you facts.

**3. Has a family member been diagnosed with a serious disease?** Family history is critical information for your doctor to have.

**4. What over-the-counter pills and supplements do you take?** Patients often forget to tell doctors about non-prescription medications.

**5. Do you take medications prescribed by other doctors?** To be safe, bring a list or even the pill bottles of all medications you are taking.

**6. Where have you traveled?** If you have the notoriously vague "flu-like" symptoms, it is essential to tell your doctor about any recent trips.



**7. Do you smoke or drink heavily?**

Most smokers and heavy drinkers know they shouldn't, so they're ashamed to tell a doctor about it.

**8. Are there medications you are supposed to take, but don't?** Many times the prescription can be changed or an alternative approach can be explored.

**9. Are you having problems with incontinence?** This is a condition many people learn to live with because they see it as an unavoidable consequence of old age.

**10. Have you been depressed or under stress?** Telling your doctor how you feel is the best way to start receiving treatment.

Source:

*Harvard Health Publications, Harvard Medical School*

**Insurance Ease – Pacific Medical Centers accepts most major insurance plans.**

For an appointment at one of our six convenient locations, call **1-888-4-PACMED** (1-888-472-2633).



## Eating Well

### New Dietary Regulations

*By Marcelle Thurston, registered dietitian and diabetes educator at Pacific Medical Center Northgate*

Every five years, the Dietary Guidelines Advisory Committee recommends a set of guidelines to help consumers make healthier food choices. Here's an overview of the new 2005 guidelines:

#### Increase your fruit and veggie intake

- The new guidelines have increased the recommended serving of fruits and vegetables from five to nine servings per day.
- A serving is one small fresh fruit, one-half cup of canned fruit, one-quarter cup of dried fruit; one cup of raw vegetables, or one-half cup of cooked vegetables.

#### Be sure to choose whole grains

- The old recommendations suggested six to 11 servings per day. The new recommendations specify that at least three of these servings be whole grain.
- One serving is equal to one six-inch, whole wheat tortilla, one slice of whole wheat bread, one-third cup of cooked brown rice, or one-third cup of cooked whole wheat pasta.
- Read the ingredient list to be sure the product is made with "whole" grain flour and/or check the grams of fiber per serving.

#### Go fishing

- For the first time, the dietary guidelines have a specific recommendation for fish intake. Fish is high in omega-3 fatty acids, which may decrease heart disease risk and inflammation from rheumatoid arthritis.
- Nine ounces of fish per week are recommended. A deck of cards is the size of a 3-ounce portion.
- All fish contain omega-3 fatty acids, but fatty fish like salmon, mackerel, lake trout, herring and albacore tuna are the richest sources.

#### Good fats?

- The old guidelines listed all fats together. This year the dietary guidelines recommend limiting artery-clogging saturated fats, cholesterol, and trans fatty acids (partially hydrogenated vegetable oil) and replacing it with monounsaturated or polyunsaturated fats.
- Monounsaturated and polyunsaturated fats include olive, canola, safflower, sunflower, soybean, and corn oil as well as nuts, flaxseed, avocado, olives, and sunflower and pumpkin seeds.
- Remember, these are still fats and therefore high in calories. Keep portions small by sprinkling on salads or in a stir-fry.

#### Diabetes Support Group

Pacific Medical Centers is committed to proactive healthcare. Dr. Saitta, a licensed endocrinologist, and Marcelle Thurston, a registered dietitian and diabetes educator, hold free diabetes support groups every third Thursday of the month from 2-3 pm at Pacific Medical Center Northgate.

**Call 206-516-6700 to register.**

## Exercise

### Be Smarter About Spring Fitness

Spring is the perfect time to shake off that winter lethargy and start an exercise program. But before you start, plan for a safe and consistent routine.



#### Have a routine physical

Visit your doctor to discuss physical limitations and appropriate amounts of exercise.

#### Gradually increase time and intensity

Begin with moderate exercise of about 20 minutes, three times a week, and gradually build up.

#### Warm up slowly

A proper warm-up can consist of walking, jogging, or simply doing your regular activity at a slower pace.

### **Listen to your body**

If you experience any pain, weakness, or light-headedness during exercise, stop.

### **Diversify your workouts**

In addition to helping reduce workout boredom, cross training (focusing on different muscles and exercises) prevents overstretching certain muscle groups.

### **Physical Therapy**

Need to get back on track after an injury? Pacific Medical Centers' physical therapy is currently offered at Beacon Hill, Northgate, Totem Lake, Renton and, coming soon, at Lynnwood. Physical medicine and rehabilitation are offered by our specialist, Dr. Robert Chinnapongse, at our Madison location.

**Sun Safety:** Sunscreen is essential in the summer, but old formulas won't protect your children. Check expiration dates and if necessary, replenish your supply before summer begins.

### **Family Care**

Pacific Medical Centers has pediatric and family practice physicians at our Beacon Hill, Northgate, Renton, and Totem Lake clinics. For an appointment with a specialist, call **1-888-4-PACMED** (1-888-472-2633).

## Healthy Kids

### **Prepare Now for Summer Safety**

*By Dr. Yass Moinpour, Pediatrician,  
Pacific Medical Center Beacon Hill*

With warmer days just around the corner, now is the time to plan for summer safety. Childhood accidents skyrocket in the summer, but most can be avoided by planning early for prevention.

**Water Safety:** If your child doesn't know how to swim, now is the time to enroll him or her in a course. Classes are commonly offered for children over four. If you plan to do summer boating, check now that those life jackets still fit.

**Playground Safety:** Check playground equipment now for loose joints, open chains, exposed bolts, and sharp edges. It is also important to place the playground equipment on a safe surface, such as grass or wood chips.

**Eye Safety:** Sun and sports pose a risk to children's eyes. Start shopping now for hats, sunglasses, and proper eye protection for sports, especially baseball and related activities.

**Riding Safety:** Bicycling, skateboarding, and rollerblading account for many summer accidents and injuries. Check now that helmets and protective gear still fit your child and provide adequate protection.

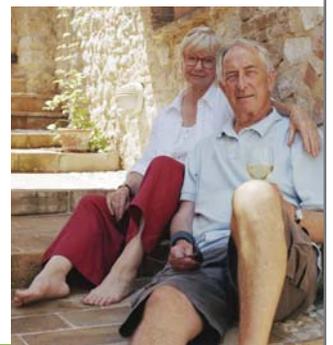


## Get In Step With New Podiatrist Services

Studies show that 75 percent of Americans experience foot problems - such as heel pain, bunions, or nail infections - at some point in their lives. But despite millions of aching feet, many of us don't seek the medical attention we need for relief. Foot pain is never normal, and you shouldn't be resigned to walking on sore feet.

No matter what causes your feet to ache, Pacific Medical Centers can help. Our Madison location now offers podiatrist services with the addition of Dr. Kirk Alexander to our team. Dr. Alexander specializes in foot and ankle fractures, tendon problems, arthritis, and deformity reconstruction.

He is welcoming new patients in early May. For an appointment or more information, call **206-505-1101**.



Pacific Medical Centers has caring providers for all your healthcare needs. Our specialty services include:

- Audiology
- Behavioral Health
  - Child Psychology
  - Individual & Family Therapy
  - Psychiatry
  - Psychology
- Cardiology
- Cosmetic Procedures
- Diabetes, Metabolism & Endocrinology
- Ear, Nose & Throat (Otolaryngology)
- Eye Care
  - Ophthalmology
  - Optometry
  - Optical Shop
- Family Practice
- Gastroenterology
- General Surgery
- Geriatrics
- Hematology
- Hepatology
- Internal Medicine
- Nephrology
- Neurology
- Oncology
- Orthopedic Surgery
- Pediatrics
- Physical Medicine
  - Rehabilitation
  - Physical Therapy
- Podiatry
- Pulmonary Medicine
- Rheumatology
- Urology
- Women's Health
  - Obstetrics & Gynecology
  - Bone Density Screening (DEXA)

We welcome most major health insurance plans. Call **1-888-4-PACMED** (1-888-472-2633) for an appointment.

Pacific Medical Centers offers an integrated, comprehensive network of primary and specialty healthcare providers. We focus on prevention, early detection, and high-quality care that is respectful and responsive to your needs. We offer same-day primary care appointments in all six of our locations.

## Locations

### **Beacon Hill**

1200 12th Avenue S  
Seattle, WA 98144  
(206) 326-2400

### **Lynnwood**

19401 40th Avenue W  
Lynnwood, WA 98036  
(425) 744-7153

### **Madison**

1101 Madison St, Suite 301  
Seattle, WA 98104  
(206) 505-1101

### **Northgate**

10416 5th Avenue NE  
Seattle, WA 98125  
(206) 517-6700

### **Renton**

601 South Carr Rd,  
Suite 100  
Renton, WA 98055  
(425) 227-3700

### **Totem Lake**

12910 Totem Lake Blvd NE,  
Suite 101  
Kirkland, WA 98034  
(425) 814-5000



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Seattle, WA 98144



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