

For every
stage
of **life**

Summer 2014

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College of Medicine in New York City. Each year he worked with world-renowned facial plastic surgeons (in Dr. Ashbach's words, "the textbook writers") on the full reconstructive gamut of analysis, workup, recommendations, fillers, and surgeries.

"We all go through the aging process. Some things we can control and others we can't. Smoking and sun damage are the top culprits that we can control. We

should all be using a good-quality sunblock every day."

However, one thing we can't seem to beat is gravity. "As we age, our facial tissues start to descend which can lead to low eyebrows and upper eyelids, bags under the eyes, and deep grooves around the mouth."

Some people also tend to develop creases or furrows in the forehead as well as crow's feet near the outer edge of the eyes. "Some patients are even inappropriately judged that they are always scowling, yet they are indeed quite happy," Dr. Ashbach explained.

It turns out most of these issues don't need surgery. Impressive results can come from simple treatments like fillers, lasers, and Botox. "Our goal is to soften and slow the aging process, but not to give people that wind-blown or tight look. That said, our master aesthetician, Cari, can do amazing work with a laser to give skin a fresher look by removing sun spots, fine wrinkles, and small blood vessels (telangiectasia)."

Alternatively, if these things aren't going to help, patients can trust that they will receive honest advice as well.

"All the world's a stage," observed a very famous British writer about four hundred years ago: "And all the men and women merely players / They have their exits and their entrances / And one man in his time plays many parts / His acts being seven ages."

Yes, it was Shakespeare who wrote those lines, and if he could peek into our 21st century, he would be intrigued by the ways that we everyday actors can now change how our faces look, especially for the later roles of those "seven ages."

Our options include: blepharoplasty (eyelid surgery); rhinoplasty (nose job); rhytidectomy (face lift); otoplasty (external ear surgery); neck liposuction; scar revision; and brow lifts.

Western Washington Medical Group's Dr. Matthew Ashbach has specialty training in all those procedures and is now offering them—along with facial fillers and Botox therapy—through Facial Plastic & Aesthetic Services/Lumina in Everett (www.luminaskin.us).

Dr. Ashbach's training in facial plastics began with a five-year Otolaryngology/Head and Neck Surgery residency at Albert Einstein



WWMG and Mill Creek Country Club Raise \$8,800 for Oso Relief

Western Washington Medical Group (WWMG) has always believed in providing compassionate care for the community it serves, so when the Oso tragedy occurred, it didn't take long for the providers and staff there to find creative ways to collect supplies and raise money for the relief effort.

Jerry Tillinger, CEO, called the Mill Creek Country Club (MCCC) asking if it would donate materials that could be added to the supplies that WWMG was already delivering to Oso survivors. Tillinger was pleasantly surprised when Cory Carper, general manager, offered to open the club to the neighboring community on June 1st for a fundraiser. Word quickly went out among WWMG employees, MCCC members, and to the public, and on June 1st, free golf carts and green fees were donated by the club to all players who, in turn, gave \$100 to the fund for the Oso Mudslide Trust Account at Coastal Community Bank. More than \$8,800 was raised that day by about 65 players and several club members who made individual donations.

The fundraiser at MCCC followed several deliveries and sizable donations made by WWMG on the Friday after the tragedy followed by more donations the next Friday. Staff from WWMG donated four large loads of food items, blankets, clothing, and pet food, as well as more than \$600 in cash and gas/credit cards. Additional donations came from the Orthopedic department – five truckloads – and Marysville Family Medicine.

Lumina Gets Facelift

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"Women come in starting in their 30s and up to their 70s, in each decade looking for something different," Ashbach notes. The first step is always analysis because faces are made unique by expression.

This being the digital age, the practice offers software that allows patients to estimate what a vial of Botox and filler would do to their face. Then they can add in another vial and see those potential results.

Patients who have reached the later years of Shakespeare's "seven ages" are usually looking to get rid of grooves that are formed by changes in fatty tissues—for example, around and below the nose or in the corners of the mouth. Such skin folds are treated with fillers that pull up the skin and sculpt it, acting in fact as a restorative, non-invasive facelift. The fillers are absorbed, but because they also stimulate collagen, a little extra plumpness often remains longer-term.

When asked what draws patients to Facial Plastic & Aesthetic Services/Lumina, Dr. Ashbach reflects, "I think trust is number one. We have a very loyal clientele because they know we care. We don't try to squeeze every last penny out of people. We work hard for their satisfaction.

"We have a great staff and a new office," he concludes with a broad smile.

His great staff includes care coordinator Lori Green, assistant/consultant Kira Nordby, and aesthetician Cari Damianidis, who provides laser, hair removal, and facial rejuvenation treatments.

The new office is at 4310 Colby Avenue, Suite 101, Everett WA 98203 and can be reached at 425-259-9999.

Facial cosmetic surgeries are performed at the Gateway Surgery Center in Suite 206 of 3726 Broadway Avenue in Everett (www.everettsurgery.com).

Six WWMG Doctors Win "Top Doc" Award

Western Washington Medical Group is pleased to announce that six of its doctors have been named to Seattle Met magazine's "Top Doc" list for 2014. They are: ENT physician Matthew Ashbach (plastic and reconstructive surgery and thoracic surgery); orthopedists Robin Madsen (sports medicine); Shane Leavitt (orthopedic surgery and sports medicine); Thomas Stark (orthopedic surgery and sports medicine); Harold McCutchan (hand surgery); and T. Spark Corwin (urology).

For this award physicians were nominated by their peers. Seattle Met asked 25,000 physicians, nurses and physician's assistants in the metropolitan Seattle area which doctor they would call if they or a member of their family were sick. Only a small percentage of all of the nominated physicians received the "Top Doc" honor.

Clinical Research Department Offers Clinical Trials

**Outpatient Program Introduced
by WWMG President
Dr. David Russian,
Dr. Tom Ziedalski
and Dr. Stephanie Abbott**

Looking for new ways to serve patients — especially during times of great turbulence and change in the healthcare system — and honoring its mission of innovation, Western Washington Medical group brought together individuals with a passion for research to open the clinical research center at Silver Lake.

Clinical trials are an important aspect of clinical research, which is the driving force behind the advancement of medicine. Participation in a clinical trial offers benefits to both patients and providers. For patients, clinical trials provide additional treatment options that may not be available yet on the market. Testing and education are included free of charge, as well as a number of office visits. Providers are able to closely track the patient's progress and better manage his or her condition. Finally, information and data gathered from the research helps provide answers for future doctors and patients.

Dr. Russian, a sub-specialist, often sees patients with complicated problems who are not improving with standard treatments, and he feels that "...research is essential to helping them. I have had years of training as a scientist, and clinical research gives me the opportunity to apply the latest scientific advancements for the benefit of our

*Interested in being a part of a
Clinical Trial in Asthma?
Call Dr. Abbott at 425-225-2760.*

patients. Helping patients get better and fixing their problems with new treatments are the most rewarding parts of my job."

Dr. Ziedalski has served as a primary investigator for over a decade and continues to be inspired by combining personal patient interactions with the creation of new medical knowledge. Such new treatments can only result from the dedicated joint efforts of medical research investigators and thousands of volunteers. Innovative ways to treat medical problems have helped millions of people live healthier and longer lives.

Dr. Abbott, a pharmacist, has spent the majority of her career finding ways to increase patient access to the care and support that they need. "The evolution of medicine is an exciting adventure. Clinical research, one arm of medicine, is an opportunity to work with individuals who are experiencing health challenges and help them find the solutions to keep their disease processes under control. What I love most about research is that it helps us pursue answers for tomorrow while providing education and medical support today."

Offices for the Department of Clinical Research are at 12728 19th Avenue SE, Suite 300, Everett, WA 98208.

ENT adds Allergy Specialist



On June 17th, **Dr. David A. Riley, Otolaryngologist**, joined Dr. Matthew Ashbach in the WWMG ENT/Audiology department. Dr. Riley, who will see patients at Marysville Family Medicine and at the Whitehorse Medical Center in Arlington, is an otolaryngologist whose main area of expertise is otolaryngic (ENT) allergy.

Dr. Riley evaluates patients based on their response to each antigen with which they are tested--and uses that information to individualize their treatment. Besides subcutaneous injections, treatment methods include sublingual drops, which can be an excellent alternative for children and for patients who have a fear of needles or who find it difficult to visit the clinic regularly for injections.

Hay fever, itchy or watery eyes, runny nose, and seasonal or inhalant allergies are among the conditions Dr. Riley treats. In addition, he is able to help patients who suffer from problems such as chronic nasal obstruction and chronic ear, sinus and lung issues triggered by allergies. Although treatments target mostly symptoms caused by inhalants, pollens, molds, dust, trees, grasses and weeds, Dr. Riley also advises patients regarding other types of allergies including foods.

425-791-3093

DOT Physicals are now available at Whitehorse Family Medicine, Marysville Family Medicine and Lake Serene Clinic. As of May 21, 2014, there are new guidelines for documentation needed for most common health problems associated with DOT medical certification or recertification. You should call ahead to find out what documentation you need to bring to your physical so you can expedite the process and learn which providers at these locations are doing the physicals.



“Music washes away from the soul the dust of everyday life.” Red Auerbach

At the age of 14, T. Spark Corwin, MD knew that he wanted to be a rock star. He and his cousin played in garage bands and at school talent shows and even in a working country band. But when he went into pre-med, his days of writing and singing songs were put on hold. Fortunately, opportunities presented themselves to play music, and when they came, he grabbed them. After several years, Dr. Corwin began practicing consistently with a band and performing in pubs.

“I have been playing music with these two guys for about seven years now,” he said as he pointed to Bruce, the drummer, and Steve, the guitar player with the glasses in the picture above. Bruce’s wife worked in the OR and mentioned that his band needed a bass player. Enter Dr. Corwin! “We rehearsed in my office waiting room for three years and stored our gear in the lunchroom. We’d move the furniture around and play at volume and we’d have guests come listen to us.” He admitted to having a small party there once.

Their band, The Downhouse, plays original alternate rock music in a rock funk style and has been

Award-Winning Urologist by Day, Musician by Night

compared to the Red Hot Chili Peppers, Rush and The Killers.

The group has a website at www.downhouse.com and a Facebook page. Its songs are available on iTunes and Amazon, among other venues. “We are often found at Flight’s Pub on 75th and Evergreen Way on Thursday nights during open jam sessions.” Dr. Corwin said the band members actively write new songs and get together once a week to rehearse.

He considers music a stress reliever. “Being a doctor, you’re giving all the time. When you get home, your kids need you for homework or they want to play. But music is a way that I can put back in what has been taken out, and if I play music every day, I don’t get drained.”

Smiling, he adds, “Music fills me up again. It humanizes me in the eyes of my patients because they understand that I do more than poke and prod and write prescriptions.” It’s obvious in talking to Dr. Corwin that music is a big and valuable part of his life, something that lifts him up after a hard day at work and breathes life into his mind and soul.

You can learn more about Dr. Corwin at <http://www.wwmedgroup.com/specialties/urology>

Our Specialties

Audiology & Hearing Aids, Cardiology, Clinical Laboratory, Clinical Research, Critical Care, Diabetes & Nutrition Education Center, Ear, Nose & Throat, Endocrinology & Metabolism, Endoscopy, Facial Plastic & Aesthetic Services/Lumina, Family Practice, Gastroenterology, Gateway Surgery Center, Nephrology, OB/GYN, Orthopedic Sports, Spine & Hand Center, Pathology, Podiatry, Primary Care – Walk-In & Appointment, Psychology, Pulmonary/Sleep Medicine, Rheumatology, Urology

We’re experts in our field.

Western Washington Medical Group has over 80 providers in 17 specialties with 22 locations in Snohomish, Skagit, and Island counties. We strive to provide the highest quality, comprehensive medical care for our patients, which is why we require all of our physicians to be board certified/eligible in their specialty.

News from WWMG

DIABETES CARE COLLABORATION

Jennifer Okemah, Director of the Diabetes & Nutrition Education Center, reports that she sat on an advisory board for the State Department of Health to provide information for a report to Governor Inslee on diabetes care.

THE PATIENT PORTAL IS FINALLY HERE!

You’ve been asking for it for a long time, and now you can get signed up and use all the many features of the patient portal: request a referral or appointment, request radiology films, send a non-medical message to your doctor or the billing office, update personal information, review appointments, view your medical records or pay your bills—online.



Left to right: Anne Dennis, Dr. McDonnell, Dr. Waldbaum

THREE RETIRE AT GASTROENTEROLOGY

The Gastroenterology department celebrated the retirement of three of its long-term leaders with a party at Comcast Arena that was well-attended by friends, family, and colleagues. Anne Dennis, Practice Administrator was with WWMG for 31 years; Dr. Waldbaum for 31 and Dr. McDonnell for 17 years.