

Award-winning spine surgeon joins WWMG

WWMG's Orthopedic, Sports, Spine & Hand Center has recruited an award-winning fellowship-trained spine surgeon, **Dr. Swastik Sinha**, from Johns Hopkins Hospital in Baltimore, MD.

A Midwest native, Sinha completed his residency at Atlanta Medical Center where he received the Researcher of the Year award. He also served as a lecturer for the Princeton Review. He plans to bring the latest treatments and techniques to Western Washington.

"Spine is one of those fields that is rapidly undergoing change," Sinha said. That means if you have problems that have not yet been addressed, there may be new less-invasive treatment options available.



Dr. Swast Sinha

"There is a common misconception that spinal procedures mean weeks or months in bed. This just isn't the case anymore," Sinha said. In most cases he is getting patients up and walking as soon as possible, often the day of surgery or the day after. Treatment no longer has to put a patient's life on hold.

If you have existing spine issues and would like to be evaluated by Dr. Sinha, you can call now to schedule an appointment. Referrals are not necessary.

He is also accepting new patients who have been experiencing arm, leg, neck or back pain, or who have had weakness, discomfort, numbness or tingling in those regions.

For information, or to schedule an appointment, please call:

425-317-9119

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New home for ENT/Audiology



WWMG's Department of Ear, Nose & Throat and Audiology has moved.

Dr. Matthew Ashbach and audiologist Erin Robinson now see patients at 4310 Colby Avenue, Suite 203, Everett, the main ENT/Audiology care center.

Dr. Ashbach sees patients at Marysville Family Medicine, 4404 80th Street NE, in Marysville on Wednesday.

He plans to have hours at the Silver Lake Medical Center at 12728 19th Avenue SE, Suite 300, Everett, in the future.

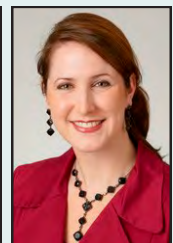
The practice will continue to offer the full line of ear, nose and throat services, as well as audiometric and hearing aid services for

children and adults, although audiology will only see patients at the Colby office.

425-791-3093



Dr. Ashbach



Erin Robinson



Insulin pump training is available.



We also provide Nutrition Counseling for diabetes, high cholesterol, high blood pressure, renal disorders, GI disorders, food allergies and weight loss.

Recommending us to family and friends is the greatest compliment you can give us.

Visit the new website today!

HEALTHY YOU!

Diabetes & Nutrition



Jennifer Okemah, MS, RD, CD, BD-ADM, CDE

The Diabetes & Nutrition Education Center is more than just a nationally accredited diabetes education program. It offers several options for patients including nutrition counseling.

If you or someone you know has diabetes and is looking to receive some intensive diabetes education, they can now meet with a certified

diabetes educator at either of the center's locations in Bothell and Silver Lake. They can also receive nutrition counseling or insulin pump education.

For those newly diagnosed with diabetes, a nurse diabetes educator will be leading group classes. Classes meet at Silver Lake Medical Center on Fridays and Saturdays.

There is also a registered dietitian on staff to provide nutrition counseling for diabetes, high cholesterol, high blood pressure, renal disorders, GI disorders, food allergies, prediabetes, and weight loss.

The program offers individual appointments or group classes at a variety of times. They are devoted to accommodating all learning styles. Most medical insurance plans

provide coverage for the services.

If you're not sure of your benefits, you can visit the center online for more information: http://www.wmmedgroup.com/specialties/diabetes_nutrition.

To schedule an appointment, ask your doctor to fax the center a referral form.

Diabetes & Nutrition Education Center

1909 214th Street SE
Suite 211
Bothell, WA 98021

12728 19th Avenue SE
Suite 300
Everett, WA 98208

425-791-3087

New Website Launches



After working hard behind the scenes for several months, Western Washington Medical Group has launched its new website.

"We hope that our patients find the new website much easier to navigate," said Scott Baker, Director of Operations.

"It will allow us to add additional functionality

such as a portal to medical records and online scheduling in the future."

The site offers several tools. You can find the provider you're looking for just by searching for him in the provider list, or you can search through the specialty.

There is a blog on the site that will be used to provide you with information on medical

issues that interest you and news about WWMG. The site is now mobile-friendly, so you can navigate from the comfort of your chair. Make sure to take a look at our new area map and locations page. It's a one-click site for finding our care centers.

Let us know how you like our new site by telling your scheduler what you think!

Medicine runs in the family



Dr. Gaurav Aggarwal grew up in India and had plenty of doctors in the family to go around. They practiced in

gynecology, nephrology, podiatry, psychology, radiology, and critical care. In an Indian family where extended family live together, it was hard not to have some of that medicine rub off on him.

Dr. Aggarwal went to medical school in India but he has a lot of family in the United

States. Because access to medical care in India is not nearly as easy as it is in America, and because most people can't afford the medical tests that we take for granted in our country, Dr. Aggarwal thought it was exciting to come to the US and practice cutting edge medicine.

He first went to the University of Utah and became a researcher—doing his masters in genetics. After four years of research, he moved to Emory University in Atlanta to do his residency in internal medicine. When that was completed, he moved to the

Mayo clinic and did his fellowship in gastroenterology. He spent three years at Mayo.

Dr. Aggarwal's top priority is to give the best care he can and to get his patients as well as they can be. He likes working as a team with his patients, where both sides listen, creating a successful approach. "My interest is in getting patients better," he said.

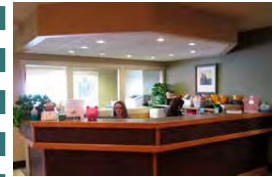
You can schedule with Dr. Aggarwal by calling:

425-259-3122

Welcome to our main GI care center at 4225 Hoyt Avenue in Everett.



Scheduling



Entry

Patients reward Dr. Corwin

Washington Medical Group (WWMG) is pleased to announce that **T. Spark Corwin, MD**, from WWMG's Urology Department, has been recognized as a Patients' Choice physician.

The Patients' Choice award is given to only 5 percent of the 870,000 active U.S. physicians in 2012. Patients across the country rate their

doctors in several areas, including various aspects of the kind of care they receive and their overall opinion of the physician.

Those who receive the honor of the Patients' Choice award receive nearly perfect scores and will be prominently displayed on many websites including Patients' Choice, Vitals, and Google, along with

many health insurance sites and managed care sites which are viewed by over half a million people a day. You can make an appointment with Dr. Corwin at:

425-252-8102

4310 Colby Avenue
Suite 203
Everett, WA 98203



Dr. T. Spark Corwin

Welcome Dr. Greenberg

We are pleased to welcome **Dr. Craig Greenberg** to the endocrinology practice at WWMG. Since joining us on September 1st, Dr.

Greenberg has been very busy with patients at the new endocrinology office at 12728 19th Avenue SE, Ste. 300, Everett, WA 98208.

Dr. Greenberg is an adult endocrinologist who treats diabetes, thyroid and adrenal disease,

hyperlipidemia, disorders of the male and female hormones, pituitary diseases, and metabolic bone disorders.



Dr. Craig Greenberg

If you are a new patient of Dr. Greenberg's, he will make a thorough evaluation of your endocrine problems, and if your PCP referred you, he will work with that PCP and share recommendations with him. He likes being a part of your care team. You can see Dr. Greenberg at our Silver Lake Medical Center.

Schedule with Dr. Greenberg:

425-259-4413

If you are a new endocrinology patient, be sure to make extra time for your first visit with Dr. Greenberg.

Our Specialties

Cardiology, Clinical Laboratory, Critical Care, Diabetes & Nutrition Education Center, Ear, Nose & Throat/Audiology, Endocrinology and Metabolism, Endoscopy, Family Practice (Lake Serene Clinic, Marysville Family Medicine, WWMG Family Medicine), Gastroenterology, Gateway Surgery Center, Internal Medicine, Lumina Laser and Medical Skin Care, Nephrology, OB/GYN (Mill Creek OB/GYN), Orthopedic, Sports, Spine & Hand Center, Pathology, Podiatry, Psychology, Pulmonary & Asthma, Rheumatology, Sleep Medicine, Urology, Walk-in

We're experts in our field

Western Washington Medical Group has over 75 providers in 14 specialties with 18 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.



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Suite 110
Everett, WA 98201

425-259-4041
425-252-6642 (Fax)

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**Western Washington
Medical Group
Welcomes
Marysville Family Medicine**



WWMG is pleased to announce the addition of Marysville Family Medicine to its family of medical specialties on January 1, 2013.

"Marysville Family Medicine has a long-standing tradition of providing excellent care to patients in the Marysville and surrounding communities," said Scott Baker, Director of Operations for WWMG. "Their dedication to high quality family medical care with a personal touch fits in perfectly with our outlook of providing exceptional patient-centered healthcare. We are very excited to officially welcome them into the Western Washington Medical Group's family of family practice and specialty providers."

WWMG has family practice care centers in downtown Everett and in the Silver Lake area. Lake Serene Clinic, a WWMG affiliate, offers primary care and a walk-in clinic in the Lynnwood area. Adding Marysville Family Medicine gives patients access to a family medicine practice on the north end. It also offers patients the ease of moving within the many medical specialties of the WWMG medical network. You can schedule with the Marysville Family Medicine practitioners by calling:

360-659-1231

**Two Psychologists Join
WWMG Psychology**

Evelyn Reilly, PsyD, is a neuropsychologist who specializes in neuropsychological assessment of ADHD, traumatic brain injury, multiple sclerosis, Alzheimer's disease, frontotemporal dementia, Lewy Body disease, Parkinson's disease, as well as other disorders that impact cognition.



Evelyn Reilly, PsyD

Courtney Clinton, PsyD, also joined the group, and she specializes in evaluation and treatment of many psychological disorders including Autism Spectrum Disorder, ADD/ADHD, learning disorders, depression, anxiety, trauma, and familial discord in children and adolescents.



Courtney Clinton, PsyD

Join us in their welcome!
425-259-1366