



Healthy You!



Winter 2013/2014

We are neighbors caring for neighbors.

WWW.WWMEDGROUP.COM

Worried about your memory?

Are you concerned about your memory? Are you worried about your attention span, your ability to express yourself, or are you having difficulty managing complex thinking tasks?

Cognitive testing is the definitive way to determine whether you are experiencing normal forgetfulness, or if your difficulties are an indication of something more serious. Early identification of memory problems provides the basis for targeted treatment.



Give yourself the peace of mind that comes with knowing the difference between normal aging and forgetfulness versus a medical condition that requires attention.

Ask your doctor about memory and attention testing, or contact a memory specialist at the WWMG Dept. of Psychology. You can schedule an appointment at:

425-259-1366

Dr. Maiyen Tran Hawkins drives 3000 miles to join WWMG Gastroenterology

Dr. Maiyen Tran Hawkins began her practice at WWMG Gastroenterology on October 1st but came to Everett by way of a cross-country trip in an RV with her husband and their two sons. Their days on the road included stops in Milwaukee, the Bad Lands, Mount Rushmore and Glacier National Park. It became a trip they will all remember.



they were a fair group and good people.”

Dr. Hawkins enjoys all aspects of Gastroenterology (GI) and sees general GI patients including women who need to “get down and dirty” about their GI problems.

When she started at WWMG, she barely had a week to breathe before she took on the full responsibilities of the job. But she was ready for the challenge because the GI department wasn't totally new to her. She'd known Dr. Sujoy Ghorai since her college days, and at one point Dr. Ghorai joked with Dr. Hawkins that when she was finished with her ten years of training that maybe they would hire her on. And they did!

Dr. Hawkins is a graduate of the Philadelphia College of Osteopathic Medicine but completed her internal medicine residency and gastroenterology fellowship at Georgetown University Hospital. When she finished her fellowship and was interviewing for jobs, she interviewed at WWMG, at the VA and at a group on the east side.

“I just loved the group here,” she said. “I knew

You can schedule with Dr. Hawkins by calling **425-259-3122**.

RETIRING!
in 2013

Anne Dennis, practice administrator at GI, began her career with founding partner Dr. Marsidi. She took a “fill-in” job with him to cover the office for a couple of hours of vacation. That turned into a 31-year career that has included working in reception, medical records, billing, as well as being a procedure assistant, scope technician, medical transcriptionist, office manager and then practice administrator. Join us in thanking Anne for her years of service!

Kathy Thorson, Nephrology practice administrator, is the daughter of a hospital administrator whose job generated in Kathy an interest in the business side of medicine. She started in 1988 with Everett Vascular Surgical Associates who joined WWMG in 1993 to form the Vascular Department. She stayed with them until 2004 when she moved to the Nephrology Department. She has enjoyed working with WWMG and says that she’ll miss the employees and doctors, but looks forward to time with her granddaughters, Aaralynn and Adah.

Karen S. Myren, MD
The New Country Doctor



On November 18, 2013, Dr. Karen S. Myren began offering care to patients at Whitehorse Family Medicine (WFM). Dr. Myren has a heart for rural patients and a love for continuity of care that extends from the clinic to the hospital and into the community. While looking for her dream practice, she knew she wanted to be part of a group that worked as a team and provided the best possible care for patients, including visiting patients when they are in the hospital. “I also wanted to work at a practice that allows me to

use all of my skills,” she said, referring to the special training she has in obstetrics and the gynecological procedures she’s trained to do such as C-sections, dilation & curettage, colposcopy, bilateral tubal ligations, etc. For Dr. Myren, WFM’s traditional approach to patient care provided a solid foundation for building a family medicine career.

Dr. Myren’s love of rural life goes back to her childhood. She grew up in a very small town on a farm in central Minnesota and was the daughter of a nurse. She found an interest in medicine in junior high. At 16 she volunteered as a first responder and an EMT with the local ambulance, and her interest in medicine grew. During college she put herself through school by working in hospital emergency rooms. Her love of medicine and science

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

deepened during those years, and she especially loved how medicine constantly changed and evolved.



Her greatest love, however, was building relationships with her patients. “In the specialty of family medicine you really create a bond with patients and potentially care for them for years,” she said, adding that you also care for their children and then their grandchildren, something that is very appealing to her.

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Thank You

Thank you for taking the time to read the final 2013 edition of Healthy You!, the official newsletter of Western Washington Medical Group. This is the third year that we’ve been printing the newsletter, and we’re thrilled that our patients find it interesting and informative.

Everyone at WWMG wishes you the best for 2014!

Lifestyle Medicine applauds patient success

Participants in the 2012 and 2013 Lifestyle Medicine classes have lost weight (up to 80 lbs in some cases), lowered cholesterol and blood pressure and eliminated diabetes. Classes for 2014 will run in 3 month cycles, every other week, and include Weight Management, Therapeutic Lifestyle Change, and the Mediterranean diet.

Participants can join the small classes (12-16) every three months instead of waiting all year as in the past. A recent major European study has proved that the traditional Mediterranean diet is effective for treating high cholesterol, heart disease, high blood pressure, pre-diabetes and diabetes.

425-225-2755

Delivering Babies
33 years and counting

Family Medicine Physician
Dr. Philip Smith



When you've been delivering babies in Everett longer than any other local physician, you have a lot to feel good about. Family Medicine physician, Dr. Philip Smith of Marysville Family Medicine (MFM), is the senior obstetric provider in the Everett Providence system, and he has the great pleasure of delivering babies, watching them grow up, mature, marry and then have babies of their own.

No one does it quite like he does.

He delivers his patients' babies except when he's on vacation, something almost unheard of in today's medicine. Generally, you get who's on call when you go into labor. But if you have a doctor who delivers 30 to 40 babies a year, they have the time to be there when you make that call because you're in labor. Dr.

Smith explained that at MFM every new baby has a half a dozen aunts when they come by for their first visit. "Everyone in our office knows who you are," he said. And that's how it used to be.

Dr. Smith's science and medicine are the same as any OB, and he attends the same conferences as the OBs in the area. He is also a professor at the University of Washington Family Medicine Clinic. He's been active at the UW for 30 years, and he is excited to be a community faculty member. "It's nice being around young, excited people who want to learn," Dr. Smith said.

"The important thing about me and Marysville Family Medicine is that people are treated as individuals. We're small enough that everybody can be known. We care about people here as individuals, and we don't act like an institution," he added.

Dr. Smith is also interested in the broader questions of family medicine and dealing with depression and anxiety because he sees the impact of both on his patients. You can schedule with him by calling:



360-659-1231

New Country Doctor
continued...

Dr. Myren did several rotations in rural communities in Minnesota during medical school, delivering babies and caring for patients of all ages. That experience left her with a love of taking care of the full spectrum of patients from neonates to the elderly.



And because of her special interest in obstetrical procedures, she completed her residency at North Colorado Family Medicine where they had a high volume OB and advanced training in maternity care and women's health.

Dr. Myren has also taken her love of medicine to the mission field. She's been to Costa Rica, Venezuela, Guatemala, and

Haiti. Each situation was different, and sometimes she worked in a clinic, a makeshift clinic, or a hospital. Each day could be different; she laughed when she said that she saw a lot of medical problems you are unlikely to see in Arlington, such as neurocysticercosis (worms in the brain).

"It provided very good experience," she said.

Please join us in welcoming Dr. Myren. If you're looking for a

compassionate female doctor who loves what she does and who is interested in walking with you through the medical challenges and joys you face, you can schedule with her at **360-435-2233**.



Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

Khalil Gibran



NUTRITION DURING PREGNANCY

WHAT TO EAT, WHAT TO AVOID

A woman's health is most important during pregnancy, and it affects the long-term health of the baby. Proper nutrition is key to a healthy pregnancy and while every woman's needs are different, medical experts generally agree on what women should eat during pregnancy.



Key Nutrients

Folic Acid

A key nutritional need for pregnant women is folic acid, which is one of many B vitamin types. Folic acid is needed for the formation of healthy DNA structures and red blood cells.

Iron

Iron helps in the creation of red blood cells, which is important in pregnancy because the body produces nearly 50% more blood. Experts recommend that pregnant women increase their iron intake by 27 milligrams while pregnant.

Protein

During pregnancy, protein intake must increase to support the additional energy needed to carry a child. The general recommendation is to increase protein consumption by 25 grams per day.

Substances to Avoid During Pregnancy:

*Alcohol - Tobacco
Caffeine - Sugar*

Be sure to talk to your doctor about all your nutritional needs during your pregnancy!

For every
stage
of life.

Western Washington Medical Group
1728 W. Marine View Drive
Suite 110
Everett, WA 98201
425-259-4041 (Phone)

Get back on your feet

by Dr. Jeffrey Boggs

We really abuse our feet on a daily basis and some of us more than others. Many of us are on our feet all day long with little time to sit and rest. On top of that, the surfaces we stand and walk on, like cement or concrete, can be very unforgiving.

We've spoken to many patients who are on their feet and on cement all day—from the time they get out of their car to the time they get back in it at the end of the day. And they report that over the course of the day, their feet really start to act up.

Symptoms can range from specific pain such as ankle, heel, arch, forefoot, and bunion pain to the more generalized foot pain, fatigue and weakness—and all this within eight hours.

There are things that can be done to modify the workplace environment like use padding or sitting more often. Although these things can help, they aren't always effective.

Wearing proper shoe gear and use of over-the-counter support is important, but again this may not relieve all of the symptoms.

This is where a custom orthotic can be a valuable tool, not only to help reduce or eliminate the patient's foot pain, but to allow the patient to continue to work productively. A custom orthotic will place the patient's foot in a biomechanically corrected position, allowing proper weight bearing and weight/force distribution. This will reduce the specific conditions as well as the generalized foot pain. A custom orthotic can make a big difference in a person's life by reducing or eliminating pain.

Dr. Boggs is with Western Washington Medical Group Podiatry at 3202 Colby Avenue in Everett and he is an experienced foot and ankle surgeon who is also on the Board of the YMCA. If you want to learn more about the new YMCA facility in Everett, you can contact his office for more information.

You can learn more about this group at:
www.wmedgroup.com/specialties/podiatry

We're experts in our field

Western Washington Medical Group has over 90 providers in 17 specialties with 21 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.

Our Specialties

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