



Our Specialties

Audiology & Hearing Aids, Cardiology, Clinical Laboratory, Clinical Research, Critical Care, Diabetes & Nutrition Education Center, Ear, Nose & Throat/Allergy/Audiology, Endocrinology & Metabolism, Endoscopy, Facial Plastic & Aesthetic Services/Lumina, Family Practice, Gastroenterology, Gateway Surgery Center, Imaging Center, Nephrology, Neurology, Orthopedic Sports, Spine & Hand Center, Pathology, Podiatry, Psychology, Pulmonary/Sleep Medicine, Rheumatology, Urology, Walk-In, North Puget Sound Center for Sleep Disorders

We're experts in our field.

We're experts in our field with over 90 providers in 18 specialties at 23 locations. All of our providers are board-certified or board-eligible.

New chapter for Cardiology

Partnership with Providence facilitates integrated services

If you called WWMG Cardiology at (425) 225-2700 in July, you may have been placed on hold and heard: "Please know that we are experiencing unusually high call volume due to our recent partnership with Providence Health & Services."

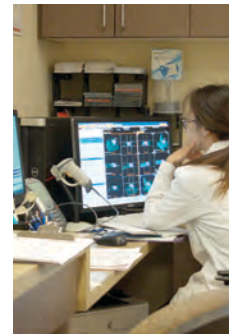
On July 1st, a new professional affiliation between WWMG Cardiology and Providence became effective, marking expanded clinician collaboration and integration of care.

"Our patients can now benefit from excellent surgical care and advanced cardiology care in their community without having to travel long distances," explains Dr. Thomas Richardson, WWMG cardiologist.

As an example, Dr. Richardson mentions that "Providence has really been developing its cardiac surgery program and some advanced structural heart procedures, such

as TAVR, transcatheter aortic valve replacement." This minimally invasive surgical procedure repairs the aortic valve by implanting a replacement valve without removing the damaged one.

In addition, "for patients with more advanced cardiac disease, such as congestive heart failure, improving the transition from inpatient hospital care to the outpatient arena makes a big difference in successful outcomes.



This partnership allows better integration of services, utilizing visiting nurses, home health care and nutrition professionals, so that we can better coordinate care of these complex patients."

"It's also important to look at what hasn't changed. Our practice has been in Everett for about four decades. We still have some of the original providers from that group. We've always been very committed to this community, and we continue to give patients multiple access options. Besides our main clinic in Silver Lake, we have outreach clinics at the WWMG Everett Family Medicine office at 43rd and Hoyt, in Bothell, Monroe and Arlington."

Established WWMG Cardiology patients continue to see their same provider in the same location. For most patients, nothing has changed in terms of insurance coverage.

WWMG and Providence Medical Group (PMG) cardiologists now share call duty. "We will be taking care of each other's patients in the hospital, to develop better oversight of the heart failure population. It's so important to reduce incidences of these high-risk patients needing to be readmitted." Between the two groups, there are currently nine non-interventionalists sharing the front-line call.

"After having been affiliated with University of Washington/Northwest Hospital, it's really nice to be back in the community," concludes Dr. Richardson.



Dr. Richardson

Neurology: promise, progress, potential

Research and technology continue to unlock possibilities

With the arrival this fall of Dr. Joshua Hernandez Buck, WWMG has added neurology to its roster of specialties, as well as a provider who is passionate about better understanding the evolving challenges of health care management.

Dr. Buck attended medical school and completed residency at Washington University in St. Louis, Missouri. He spent the last two years on a research fellowship at the VA Medical Center in Iowa City, Iowa, where he also obtained a Master of Health Administration (MHA) degree.

He is thrilled to now be in Washington with his wife and young son. "There are not that many places where you have gorgeous forests, ocean and mountains, all within a drive of each other."

In medical school, Dr. Buck was drawn to neurology early on. "Its promise has always made it interesting for me, and we are now unlocking all sorts of possibilities for diagnosing and managing neurological disease processes." Thanks to advances in technology and breakthroughs in basic science research, "the progress and potential are just phenomenal."

In diagnosing dementias, for example, more targeted imaging can better evaluate brain-cell volume loss and map areas of atrophy. Techniques such as cerebrospinal fluid testing can help physicians differentiate

between types of dementia.

Even so, "the diagnostic mystery is still to some degree more prevalent in neurology. I've always liked thinking in systems, and neurology is a big system. We're always working to figure out what a specific problem could be related to, and how to improve as many aspects as possible."



Joshua Buck, M.D.

Another system that captivates Dr. Buck is health care itself, "the entire medical service line. I'm very interested in quality from both the medical and business sides, the whole system."

He decided to pursue his MHA because he was interested in how the business

and administrative aspects of health care affect quality improvement. "I wanted to better understand the thought process of the people who have to run these systems. Quality is built at the front-line provider level and has to then be supported by administration."

As for cost management, Dr. Buck feels strongly that physicians and providers must be involved in defining good care. "What metrics, or data, actually make sense when judging care? If you pick the wrong metric, you really can't get the right answer. That's where the challenge is."

Dr. Buck is accepting new patients at 12728 19th Ave. SE #300, Everett (425-225-2753.)

Clinical trial can ease transition to insulin

Extra support and close monitoring help to reassure patients

The WWMG Clinical Research Center has entered the rollout phase of its "Achieve Control: Toujeo Real World Study," launched earlier this year for patients with type 2 diabetes who are transitioning to insulin. Several WWMG primary care providers in Everett are already participating in the trial as subinvestigators. The Center is now expanding outreach within other WWMG primary care centers.

Clinical research provider Stephanie Abbott, Pharm. D., explains that "this trial supports both patients and their doctors, and that's key to its value as an extension of treatment resources to help maintain high quality of care."

Once they enroll, patients are randomized to Toujeo or a comparable long-acting insulin. They receive a pharmacy card that pays for their insulin and stipend compensation for four clinical visits over 52 weeks.

"Patients are also given a glucometer that syncs up with a PDA (personal data assistant), an e-diary that tracks symptoms daily. The PDA sends us an email if there are significant drops in blood sugars and alerts the patient to call the office. We can then help to educate them about ways to stay within a desirable range."

"Transitioning to insulin can be scary. The feedback we've been receiving from patients is that participating in the trial gives them a sense of relief. 'My doctor's been urging me to go on insulin and I haven't wanted to, but I feel better about it knowing that I have this extra support,' is what they tell us."

Please call (425) 225-2760 for more information.

Imaging Center opens

New care resource for WWMG patients and other referrals



The WWMG Imaging Center debuts this fall at 3822 Colby Avenue in Everett. It offers MRI, CT-scan and x-ray services both for WWMG patients and for patients referred by other medical offices and care centers throughout the North Puget Sound region.

"This monumental achievement is the result of a collaboration between all our care centers, in support of a service that is a necessity for WWMG to continue to grow and expand," says Dr. Shane Leavitt, WWMG orthopedic surgeon, who served as chairperson of the imaging committee.

"Our goal is to provide an effective and efficient experience for patients, so they can get their studies in a timely fashion, and so we can better care for them. We have board-certified radiologists reading every study on site. Studies will also be available to

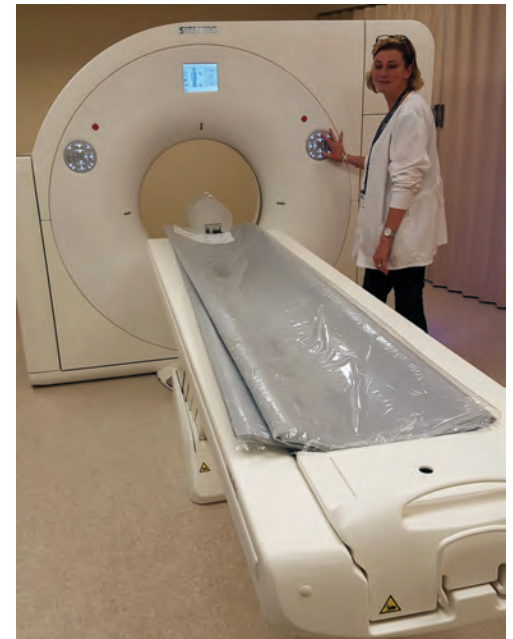


Chris Sloan with the new MRI.

a patient's provider who may wish to see them."

The highly-skilled technologists at the Imaging Center will make you feel comfortable during your scan because their goal is to provide personalized, caring, and professional service while providing you with accurate and high-quality results.

Hours are Monday-Friday 8-4. More information at **(425) 263-8980**.



Rita Mangum with CT-Imaging Machine

Services

The MRI offers one of the quietest scanning experiences on the market. The bore is 70 cm, which is larger than many on the market, but it is also shorter, offering more comfort for our patients. It also allows for feet first scanning.

The CT emits lower radiation dose than many machines on the market. The 64 slice gives a greater ability to see the anatomy of the body at a faster speed, also reducing radiation dose. The 64 slice will produce vivid images for better readability and more accurate diagnosis.

Digital X-Ray (DR) allows for faster and better images with lower-dose radiation as compared to older CR or film systems.

Podiatry relocating Everett office

Convenient parking and ADA compliance are advantages for patients



The WWMG Podiatry office is moving on November 1, 2016 and will be located at:

3802 Broadway Avenue, Suite B, Everett, WA 98201.

Same phone number **(425) 259-0855**

Ample parking, close to I-5, modern building.

Next to the Aquasox Stadium.

New providers at Orthopedic, Sports, Spine & Hand

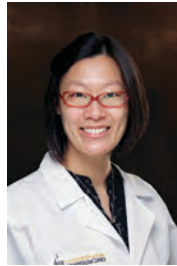
Care center continues to grow, expands offerings

Autumn leaves may be falling, but the WWMG Orthopedic, Sports, Spine and Hand Center is growing new ones, so to speak, with the arrival of Dr. Catherine Yee and Dr. Ronald Quam.

Dr. Yee, a physiatrist specializing in pain management, recently completed fellowship training at the University of Iowa in Iowa City. She is board-certified in physical medicine and rehabilitation. Her expertise in procedural and interventional techniques for

treating pain includes targeted drug delivery and radiofrequency ablation.

"My interest is in restoring function, to help patients return to their work and activities. I take into account the whole person, using a multidisciplinary approach that balances medications, therapies, and interventions. I am very passionate about patient education." For the past seven years, she has served as a medical advisor to the award-winning medical program on public television, "Second Opinion."



Dr. Yee

She attended the University of Rochester School of Medicine and Dentistry in New York and then the University of Chicago for her residency.

(Continued Below)



12728 19th Avenue SE
Suite 300
Everett, WA 98208

"I am very happy to be able to work with the other providers in this group, and to contribute skills that complement theirs," comments Dr. Yee.

Dr. Quam is a board-certified total-joint surgeon. He grew up in Kent and trained in California and Michigan before spending seven years in Washington, D.C., practicing general orthopedic surgery with the U.S. Air Force. He recently completed fellowship training at Baylor College of Medicine in Houston, Texas.

"I offer my patients a range of simple to complex hip and knee replacement surgeries, including robotic-assisted surgery," Dr. Quam explains. He attributes the shortened recoveries now possible for many such surgeries to better

pre-surgical screening and preparation, including closer interaction between orthopedic surgeons and a patient's other providers.



Dr. Quam

"The replacement materials themselves have not changed drastically. Artificial joints are still made from a combination of stainless steel alloy and ceramic heads in a plastic liner. However, these days, more patients are medically optimized and psychologically ready for surgery." Advances in post-surgical pain management, such as local injections and blocks, also help in recovery.

Please call **(425) 317-9119** to schedule appointments with Dr. Quam or Dr. Yee.

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