



## 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, Nephrology, 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 17 specialties at 22 locations. All of our providers are board-certified or board-eligible.

## Restore, refresh, rejuvenate

### Facial plastic and aesthetic options for a summer glow

Ah, summer. Time to slow down and ease up! When it comes to skin care, however, we need to stay on task.

WWMG Facial Plastic & Aesthetic Services/Lumina provides expert guidance for patients choosing services and products to fit their particular goals and budgets. Options include non-invasive treatments as well as surgical procedures.

The basic rule of summer skin care, of course, is sun protection, even on overcast days. Beware, though! Not all sun-screen ingredients give full benefits.

Master aesthetician Cari Damianidis explains that zinc oxide is best at reducing the intensity of ultraviolet rays, both UVA (aging) rays and UVB (burning) rays. Lumina carries a full line of EltaMD zinc-based, broad-spectrum sunscreens.

As for skin-care procedures, Damianidis warns that not all are advisable for summertime. Some treatments increase skin sensitivity to sunlight. That can result in burning and hyperpigmentation (dark spots), even if the patient wears sunscreen and a hat. In addition, certain treatments require downtime for redness, swelling and puffiness to go away.

"Protégé Elite is a non-invasive treatment patients can receive all summer long. It uses high-frequency radio waves to help reduce wrinkles

and tighten the skin. It causes no photosensitivity and has zero downtime."

If you are an advance planner, count skin revitalization, laser hair removal and laser skin renewal among your non-invasive skin-care options for the fall.

All new Lumina patients receive a complimentary consultation to develop a custom-tailored treatment plan. This matters because skin aging does not always correspond to someone's actual age. In addition, many procedures require more than one treatment.



"Choices depend on what issues patients want to address, their skin type and how much time and money they want to invest," says Damianidis. "I am also honest about how non-

invasive treatments may or may not meet their expectations."

Some patients opt for injectable treatments and fillers offered by Dr. Matthew Ashbach. Among those appropriate for summer are Botox (crow's feet lines), Juvéderm (cheeks, lips, lines and wrinkles) and Kybella, the first and only FDA-approved injectable treatment for "double chin."

Dr. Ashbach also performs surgical procedures, such as face lifts, rhinoplasty (nose) and neck liposuction, at WWMG Gateway Surgery Center, 3726 Broadway Avenue, Everett.

Lumina offices are in Suite 101, 4310 Colby Avenue, Everett (425-259-9999).





## Farmers' markets, here we come!

### Summer is peak time for flavorful, fresh foods

The return of summer means a return to the vibrant season of farmers' markets. That, as Everett Family Medicine reminds us, means access to a delicious variety of fresh local vegetables and fruit!

Studies indicate that choosing high-nutrient plant foods (vegetables, fruit, legumes, whole grains) for 80% or more of daily caloric intake is a strong component of good health. Combined with regular physical movement and other positive lifestyle choices, good nutrition significantly increases overall health, wellness and vitality.

Looking ahead, the WWMG Lifestyle Medicine program pioneered by Everett Family Medicine is accepting registrations for its "Healthy Habits for Living Well" fall class series. This group class will meet on the first and third Wednesday, September to November. Its focus is to help patients with lifestyle-related conditions better sustain healthy habits. Space is limited; register early.

Everett Family Medicine has offices in Silver Lake and 4301 Hoyt Avenue (425) 317-8025.

## Heading safely to the great outdoors

### Never leave children unattended

In our neck of the woods, you can have your pick of summer outdoor fun. If your plans involve camping, hiking or swimming with children, WWMG Marysville Family Medicine offers some essential safety recommendations.

Never allow children to hike alone, and bring plenty of water—not sugary drinks—and snacks. Children should have good, sturdy hiking footwear and appropriate clothing layers. Stay on the trail. Avoid wild animals.

For a basic first-aid kit, pack bandages, antibiotic ointment, antiseptic towelettes, tweezers, conforming gauze wrap, anti-itch cream and Benadryl.

Sunscreen should have at least SPF 30 to protect against both UVB and UVA rays. Insect repellent is also advisable.

Never leave children unattended when camping, and keep matches well out of reach.

Always supervise children around water. Insist they wear personal flotation devices in boats, open water and for water sports.

Marysville Family Medicine is at 4404 80th Street NE (360) 659-1231.



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## Beat the last-minute rush for sports physicals

### Snohomish Family Medicine offers convenient scheduling

The school sports physical may not feel like a summer vacation priority. However, WWMG Snohomish Family Medicine makes it easy to check it off your list.

Same-day appointments are often available, and families with more than one athlete can often schedule back-to-back appointments.

The 20-40 minute visit includes a complete medical history, vital signs and a physical exam to be sure the student is ready to begin the sports season. The visit may also catch up on immunizations.

Parents should be sure to bring their insurance card and the medical clearance forms provided by their school. They should also be aware that most sports exam requests are turned into a well-child care checkup to provide the best care possible for the student.

The physician requires a parent to be available during the visit to clarify any questions that arise during the exam.

Snohomish Family Medicine is at 629 Avenue D, (360) 568-1554.

## Small steps matter for good health

### Each day a new opportunity

For some of us, maintaining a healthy lifestyle can feel overwhelming at times. That's when the advice of WWMG Lake Serene Clinic's newest practitioner can come in handy.

Wesleigh Richardson, ARNP, encourages her patients to see each day as a new opportunity to pursue their health goals. Doing "little things" for ourselves, like walking for 10 minutes after dinner and staying well hydrated, can make a difference in how we feel.

Because she enjoys hiking as a hobby, she knows from experience that drinking enough water becomes even more important during outdoor activities in warm weather.

Richardson received her master's in nursing from Seattle University and began working at Lake Serene Clinic in March, joining nurse practitioners Andrea Friesen, Joshua Webb, Jessica Webb and Nicole Schroder.

Lake Serene Clinic is at 3501 Shelby Road, Suite B, Lynnwood. Call (425) 742-9119 for Monday-Friday appointments. Walk-ins are available seven days a week.



## Full-service OB at Whitehorse

### Deliveries less than a block away, at Cascade Valley Hospital

Arlington expectant mothers who wish to can receive obstetric care, follow-up and newborn care in the same medical office. At WWMG Whitehorse Family Medicine, Doctors James Fletcher, David Janeway and Karen Myren provide full-service OB care with deliveries at Cascade Valley Hospital.



Whitehorse physicians make every possible effort to deliver all their own OB patients and take pride in their low cesarean-section rates. They encourage and support each patient at every stage toward the goal of successful and uncomplicated vaginal deliveries.

Dr. Fletcher began obstetric care of patients at Cascade Valley Hospital in 1988, Dr. Janeway in 2000 and Dr. Myren in 2013. Their long-standing relationship with the surrounding medical community ensures an excellent, extended care network, including perinatology specialists at Swedish Medical Center, University of Washington Medical Center and Providence Regional Medical Center Everett.

Whitehorse Family Medicine is at 875 Wesley Street, Suite 250 (360) 435-2233.



## LASERS FOR ENLARGED PROSTATE TREATMENT

### Higher efficiency and reduced complications

In recent years, urology treatment options have expanded alongside technological advances. While beneficial for patients, increased choices can also become confusing.

The key to optimal decision-making is that providers be knowledgeable about, and experienced with, different procedures, says WWMG urologist Dr. Brian Fong. "Our approach when advising patients is to offer them an open menu so they can choose what is best for them, depending on their symptoms, anatomy and the specifics of their condition."

In the case of non-cancerous prostate enlargement (BPH), for example, the

traditional surgical treatment known as transurethral resection of the prostate (TURP) can present challenges for larger prostates. Refinements in laser technology and other methods now allow for more efficient approaches that also reduce complications. Dr. Fong estimates that approximately 50% of prostate procedures are currently done using alternatives to TURP.

Dr. Fong's particular expertise is in holmium laser enucleation of the prostate (HoLEP). Its main advantage is that it uses laser instead of making multiple incisions.

Because of its technical complexity, HoLEP is not as widely available as

other prostate treatments. "It is my understanding that I am one of the few physicians who offers it in the Northwest region."

Another laser procedure, known as Greenlight, uses a high-power laser to vaporize excess tissue. Although less efficient for larger prostates, it's popular because it tends to bleed very little, allowing the surgeon good visibility while performing the operation.

Dr. Fong emphasizes that in all cases, "We try to customize the menu for the patient, but the final choice is the patient's to make."

## News from WWMG

### WWMG Selected as Best Work Place (Health) and More...



#### Company Wins 11 Awards

WWMG congratulates all the winners of the Herald Readers' Choice Awards, selected for the following categories:

#### Work Place (Health)

#### Hearing Center

**Allergies:** Rebecca Epperson, DNP, ARNP, FNP

**ENT:** Dr. Ashbach

**Cardiologist:** Dr. Budge Smith

**Doctor:** Dr. Lindstrom, Family Practice

#### Orthopedic Surgery AND Podiatrist/Foot Care:

Dr. Jeff Boggs, Podiatry

**Surgeon:** Dr. Madsen, Orthopedic Surgeon

**Psychologist:** Dr. Kearns

**Audiologist:** Erin Robinson

**Aesthetician:** Cari Damianidis

WWMG would also like to congratulate Gastroenterology physician Sujoy Ghorai, MD, who was selected for Top Doc in Seattle Met Magazine.

### New Total Joint Replacement Surgeon and Physiatrist to Join Orthopedic, Sports, Spine & Hand

Dr. Ronald Quam is a Fellowship trained, Board-Certified Total Joint Surgeon who will be practicing in Everett starting in September. Also, Dr. Catherine Yee, a physiatrist specializing in pain management, will be joining Orthopedics in October. You can learn more by calling **(425) 317-9119**.

### WWMG Cardiology Collaborating with Providence Health and Services

As of July 1st, WWMG Cardiology has become affiliated with Providence Health and Services after ending its previous affiliation with Northwest Hospital and the larger UW Medicine health system. WWMG's eight cardiologists, as well as two mid-level providers specializing in general and subspecialty cardiology care, will continue to build on the group's many years of excellent work in Snohomish County communities. Further collaboration between WWMG Cardiology and

Providence Medical Group Cardiology will bring together the best expertise of both groups to advance and strengthen heart and vascular care in our region.

Current WWMG Cardiology patients will see the same provider and receive services in the same space as before. However, we encourage you to check with the clinic and your insurance provider to ensure you can still receive coverage under your current plan or network after the transition on July 1, 2016. This also includes patients who receive care under the UW Medicine Accountable Care Network (Preferred Partnership or UMP Plus).

If you have any questions about your cardiology care with WWMG, you can call **(425) 225-2700** for more information.

### Lake Serene Clinic Welcomes Provider

Wesleigh Richardson, ARNP has joined Lake Serene Clinic and will be working as a family practice nurse practitioner. You can schedule with her at **(425) 742-9119**