Psychiatry Expands Medical Wellness Options

We do not have to struggle alone.

Some mental health challenges are best met with the help of a psychiatrist who can work with the primary care team. That service is now available

for WWMG patients at the WWMG Psychiatry Care Center at Silver Lake, where Dr. Shirin Schilling has been seeing patients since September.

Dr. Schilling is a board certified psychiatrist, meaning she has



completed medical school, a four-year residency program and certification. Prior to joining WWMG she worked in various settings, including inpatient and outpatient, electroconvulsive therapy

and psychopharmacological research, as well as teaching of residents and medical students.

"I treat my patients as people, not defined by the disorder they might be diagnosed with. My goal is to meet each patient's unique needs in an evidence based approach."

Dr. Schilling works with patients age 18 and older who have been referred by their WWMG primary care or specialty provider. She collaborates with a patient's treatment team in recommending medication and a treatment plan.

An initial visit is 60 minutes, with

"I treat my patients as people, not defined by the disorder they might be diagnosed with."

Dr. Schilling is accepting new patients and looks forward to working with you.

30-minute follow-

up visits every

2-4 weeks as

appropriate.





Going the Extra Mile for Cardiac Health

A clinical partnership formalized in November has brought WWMG Cardiology into collaboration with Pulse Heart Institute, one of the largest networks of cardiovascular providers in the Northwest.

"Our principal goal for this collaboration is to utilize fully the resources available through Pulse to develop more programs that optimize care for our patients," explained WWMG

Cardiologist Dr. Michael Duong. Already in the planning and

development stages is a vein clinic program that would offer WWMG patients expanded medical therapies and office-based procedures to treat

venous disease. "This program has an ultrasound component, and our technicians will be able to collaborate with Pulse ultrasound technicians on the latest technology, for example."

Outpatient cardiac care programs and remote patient monitoring are priorities as well.

A clinical partnership "Our affiliation with Pulse allows us to tap formalized in November has into the resources of a brought WWMG Cardiology larger network to help into collaboration with more of our patients Pulse Heart Institute stay out of the hospital for certain treatments and procedures. As for remote patient monitoring, it is relatively new to cardiology, but there is a lot of data showing that it improves patient outcomes and can help prevent

hospitalization."

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Winter Edition 2022

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New Psychiatry Care Center

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Featured Providers

Phillip Shaw, DPM

Podiatry

"My goal is to keep my patients moving, as fast, far, and comfortably as their bodies allow. I bring a personal emphasis on lifelong activity to my clinical and surgical decision making."

Matthew Hauswald, PA-C

Everett Family Medicine

"I work in medicine to improve lives. Health and happiness go hand in hand. I like people and I want to help end suffering and sickness. It's why I come to work every day."

Terrell Harrington, RDN

Diabetes & Nutrition

"I approach patient care by thoughtfully meeting people where they are on their health journey and bolstering their ability to live a high-quality life by evaluating routines, motivation, and overall mentality."

Erin Robinson, Audiologist ENT

"Each patient has their own set of specific hearing needs and challenges. I love putting on my detective hat, tailoring an individualized solution and getting high patient satisfaction; it is very rewarding!"

Amala Pamarthy, MD

Nephrology

"I love to talk with patients and listen to them. It gives me immense joy and pleasure to help my patients understand their kidney disease and take control over their kidney health."

Public Health Advocacy Drives Covid-19

Whenever the need has been greatest during the Covid-19 pandemic, WWMG

> Snohomish Health District selected WWMG as a Health Champion Award winner

A dedicated group

has stepped

up to support

public health

in Snohomish

County.

of providers, staff, and leadership executives have devoted thousands of extra hours to this ongoing effort.

Twice during the 2021 calendar year, WWMG ran centralized mass clinics for Covid-19 vaccinations. Given its size as an independent medical group, those clinics served a disproportionately large share of Snohomish County's population.

In June, WWMG received a Community Leadership Award in recognition of its partnership with the Snohomish School District to vaccinate staff and, when the vaccine became available for them, older students.

Starting in November, in addition to supporting the community with weekend vaccination clinics. WWMG partnered again with the Snohomish School District. Through

A Choice To Pay It Forward

Dr. Umar Mohammed received care from the same

family doctor for 19 years.

"She was a big part of the reason I chose medicine. For all that time.

she took care of me and my

family. I hoped to fill that role for my

this initiative, WWMG vaccinated thousands of children ages 5 to 11, providing boosters to school staff and parents, as well.

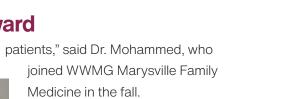
"All along, our goal has been to offer as many paths to vaccination as possible," said Stephanie Abbott, Pharm D, director of WWMG

Clinical Research.

In December, the Snohomish Health



District selected WWMG as a Health Champion Award winner based on its work and support of public health.



"I like building relationships with my patients. Once we find a solution for their concerns, I like to see how that solution works for them over time, and I value how WWMG offers resources for collaborating with specialists on behalf of my patients."



Achy joints need gentle exercise-really!

We all know that being active, getting enough sleep, reducing stress, and maintaining a healthy weight contribute to overall wellness.

Were you aware that these are also good tools for managing arthritis and joint pain, especially during winter months?

WWMG rheumatologist Dr. Andrew Sohn explains that "cutting back on physical activity in cold weather can make us feel stiff and achy. Exercising safely helps to alleviate those symptoms. Regular physical



for joints, especially knees."

Exercise improves our sleep cycle and our sense of well-being, which can help regulate pain perception. When we are feeling low, tired, or stressed, we perceive pain as even stronger.

If we have arthritis and joint pain, it is important to exercise with caution. Dr. Sohn recommends gentle stretching before exercising, and always listening to our body. "Some

Improving Diabetic Eye Exams

Diabetic retinopathy is the leading frustrating for patients, but it also limits cause of vision loss among people with a provider's ability to support patients diabetes. However, about 95 percent in managing diabetes and preventing of severe vision loss further complications. can be prevented In 2021 WWMG started This new offering has through early detection already shown positive offering diabetic and follow-up care. outcomes. Across most retinopathy eye exams health plans, WWMG has achieved the highest

In 2021, WWMG started offering diabetic retinopathy eye exams at all five of its primary care locations. Previously, these eye exams meant getting screened at an eye doctor, and only sometimes did those results make it back to the primary care provider. Not only can the extra appointment be



activity also helps us maintain a healthy weight, and that is important

days we may need to back off a bit, but being consistent is always better than exercising infrequently and aggressively. That has a higher risk of leading to injury."

Dr. Sohn points out that if it's accessible and not too inconvenient, exercising in water is ideal, for example, in a gentle water aerobics class. Other good options are a gentle yoga practice or walking outdoors regularly, in natural light, making sure that pathways are level, well lighted, and free of ice. Our joints will thank us.

star rating for Diabetic Retinopathy Screenings. This is exciting! WWMG is working hard to rethink healthcare and we want to be a better partner in your health and wellness journey.