

For every stage of life

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Dr. Marissa Fernandez-Kiemele

A Lifestyle Medicine patient tell the story of her success.

When Dr. Fernandez was planning her Lifestyle Medicine program in 2011, she was looking to help patients with problems caused by lifestyle: high cholesterol, high blood pressure, diabetes, and obesity. She knew they could benefit from therapeutic lifestyle changes, weight management and eating habits that conform to the Mediterranean diet.

Margaret wasn't one of her patients when Dr. Fernandez began her first class, but she heard about it through a friend. The idea intrigued her and she made an appointment. She inquired about Lifestyle Medicine because all her numbers, (cholesterol, blood pressure, and weight) weren't in the healthy range. She knew they weren't going to get better on their own and she wanted to find a way to manage her health and her numbers, not just her weight. Also, her blood pressure was going up and she was concerned about diabetes and doing harm to her kidney because of a previous surgery. To top it all off, she had a fear of taking cholesterol medication, which would have been her next step if she didn't do something. Everything pointed to this being the right time to make a change

and as a result of her meeting with Dr. Fernandez, she signed up for the class and began her journey to better health.

The prospect of Lifestyle Medicine classes excited Margaret. She enjoyed group interaction and support and she really wanted to be a part of a group focused on the same target. So, she made a commitment to see this through to the end and make the changes she had to make.

"I am going to do this for the rest of my life," she told herself. She jumped into the Lifestyle Medicine program, began the Mediterranean diet, and started the journey to lifestyle change.



When all was said and done, Margaret was in the higher percentage of success within her group, so her commitment paid off. "I have lost 65 pounds and probably have about ten more to go," she said, more than a year after the class ended. Besides losing weight, her numbers took a steady downhill slide as she went through the program. But they came down in the right way – slowly and consistently because she did it by enjoying portion control, the right foods, and keeping a focus on fruits and vegetables. In December 2012, Margaret attended her wonderful graduation from the class.

Continued on page two

A WWMG Patient Highlight



HEALTHY YOU!

Changing Your Life... continued

How did she do it?

Margaret learned three very important concepts in the class: mindful eating; portion control; and quality of food. "Mindful eating and staying focused on the activity of eating and enjoying each and every bite slowed down my eating," she said. Slower eating means less food consumed and it paid off for her. "Portion control and even the size of the plate you use are important," she added. Learning to manage portions paid a big dividend for her in the end. Margaret wasn't counting calories, but instead was focused on 5-6 servings of fruits and vegetables and 3-4 ounces of meat during a meal. Thirdly, she focused on quality, not quantity. "If it's not quality, why eat it? Is it worth it?" she said.



After her weight loss, she added exercise into her routine and now enjoys swimming, yoga, and pool aerobics. "I'm probably pretty close to Dr. Fernandez's recommended activity level now," she said. "The feeling of fitness is as exciting to me now as being able to fit into smaller clothes." You can hear the pride and excitement in Margaret's voice when you talk to her as she really enjoys sharing her success with people who will listen to her story.

Are you looking to change your life like Margaret? If she can do it, so can you.

425-225-2755
12728 19th Avenue SE
Suite 300
Everett, WA 98208
Classes fill up quickly, so if
you are interested, call soon!



What is a Nurse Practitioner? Lauren Carlson, ARNP

A WWMG Practitioner Highlight

According to the American Association of Nurse Practitioners, "NPs are quickly becoming the health partner of choice for millions of Americans."

Lauren Carlson is one of WWMG's nurse practitioners (NPs) who practices at Marysville Family Medicine (MFM). She has been with the group for two years now and has found a satisfying calling in being an NP.

Lauren studied at Seattle University and went straight through to graduate work and earned her Master of Science degree in Nursing, placing her one step closer to her goal of practicing as a Family Nurse Practitioner. After passing her boards in 2011, she became eligible to practice as an Advanced Registered Nurse Practitioner (ARNP).

She was most interested in being an independent provider and said that she saw that an NP degree was a tangible way to help people with very basic health care needs. She chose family practice as her specialty, although NPs can specialize in several areas. "I love relationship building with people, and family practice really allows the opportunity to get to know a patient and their whole family, which is fantastic. I like variety and I like the flexibility to see newborns to the elderly," she said.

NPs bring a nursing perspective to their patients. Training is built around a holistic

model of medicine and looks at social or economic factors that may affect a patient.

"We tend to look at the whole person rather than just the primary complaint," Lauren said. "Certainly, we all try to look at it that way, but in nursing, that is more of an emphasis. We can prescribe medications used to treat acute and chronic medical conditions just as a primary doctor can," she added.

A lot of patients ask Lauren if an NP can do what a Physician's Assistant (PA-C) can do, but they are different. "PA-Cs require physician supervision, where NPs in Washington and most other states do not," she said. Training is as rigorous and takes about same amount of time, but PA-Cs are trained to work under the supervision of a doctor rather than being a completely independent health practitioner.

Some people come to MFM looking for an NP, and others don't know what an NP can do. It's a great platform for Lauren to explain her work. Some patients want an NP because they feel they get something a little extra or different from a physician, but they get the same great care they would from a doctor. When patients come to see Lauren, she tries to spend a little more time with them, sometimes putting her behind schedule, but she listens to what the patient is saying. She tries to address the issues that play into what is going on, asks a lot of questions and listens a lot.

If you would like to schedule with Lauren you can call:

360-659-1231



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enough to help
you, small enough
to know you.*



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PHYSICIAN SPOTLIGHT

Dr. Janeway Talks About Caring For Patients



Dr. Janeway is a second-generation physician who realized in high school that he wanted to be a doctor. He went to Franklin Marshall College to follow his dream but was weeded out of the pre-med program. So after a trip to Europe, where he considered a career in architecture, and returning two times to take more college classes, he finally attended the University of Rochester Medical School in New York and completed a three-year residency at Tacoma Family Medicine.

While he considered obstetrics, he joined Whitehorse Family Medicine and took on a full-style family practice and is now one of the busier doctors in the clinic. "Maybe because I type faster," he joked. "I do a little of everything and usually people come in through word of mouth." Janeway is the medical director at Regency Care Center, a nursing home in Arlington. He also takes care of people at Olympic Place and other retirement homes as well, so he has a pretty heavy elderly population at this time.

"I treat everyone with openness and kindness and sometimes I treat them bluntly," he said, "I have a bit of a reputation for that." He once told a patient to go out and buy a tape measure to measure his casket because the patient refused to take his medications or help himself. "At least you'll be doing something," Dr. Janeway told the patient.

Janeway delivers babies and smiled as he talked about it. "I make most of all of my deliveries," he said he tries to create a delivery process where moms and dads know what is going to happen, even taking a dad's hands and putting them under his own and letting dad deliver his baby.

"I tell patients I am their guide and I try to give them good advice," he said. He wants to get them on a good path in life, one that will take them to wellness. He doesn't force medicines down their throat; he lets them make their own choices and he tries to guide them down the path to health.

You can schedule with Dr. Janeway at 360-435-2233.

Thank you for taking the time to read our redesigned newsletter. You will also find it online at www.wvmedgroup.com/about. You can also sign up for the online newsletter so it's delivered to your email box four times a year.

We try to bring you stories that will interest you and hope that you enjoyed this issue.

The Editor

Lumina now Facial Plastic & Aesthetic Services

On March 15, Matthew Ashbach, MD, from WWMG's Department of Ear, Nose & Throat/Audiology announced that Lumina will now be known as Facial Plastic & Aesthetic Services/Lumina. New services in facial cosmetic service will be added including:

Otoplasty
Rhinoplasty
Facelift
Brow Lift
Scar Revision
Blepharoplasty

Dr. Ashbach brings experience both in his career at Western Washington Medical Group over the past five years and his apprenticeships during his five years in Manhattan with highly accomplished and internationally recognized experts in the field of facial plastics.

Cari Damianidis, Master Aesthetician, will continue to provide laser, hair removal, and facial rejuvenation treatments. Lori Green will continue to assist in coordinating the optimal treatments for you, whether surgical or nonsurgical.

The clinic will remain at the same location and you will receive the same gentle care that you have in the past. **425-259-9999**

WWMG's Mobile Website



In December, WWMG introduced its new mobile website. For our patients' convenience, we have made all our phone numbers clickable on your mobile phone and the maps and directions now make it very easy to set your GPS right to our centers.

www.wwmedgroup.com

Our Specialties

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

We're experts in our field.

Western Washington Medical Group has over 90 providers in 17 specialties with 22 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.

WWMG PULMONARY AND SLEEP DEPARTMENT (THREE LOCATIONS)

12728 19th Avenue SE, Suite 200, Everett (Silver Lake)

7315 212th St SW, Suite 208, Edmonds

4404 80th Street NE, Marysville

If you have any questions or want to make an appointment, you can call 425-252-1116 (Silver Lake and Marysville) or 425-791-3084 (Edmonds).

Please note that Dr. McCoy will be seeing new and existing patients at Silver Lake and Dr. Ziedalski will be seeing new and existing patient in Edmonds. This will enable you to see your doctor closer to your home or work if need be. Dr. Hartung will begin seeing patients in Edmonds in May.

As of May 1st, **Lisa Biehl ARNP** at Whitehorse Family Medicine,
Dr. Harold Clark at Marysville Family Medicine and **Andrea Friesen, Josh Webb, Nichole Schroder,** and **Jessica Webb** at Lake Serene Clinic will all be doing DOT physicals.

Dr. Matthew Ashbach will be performing thyroidectomies at the Gateway Surgery Center.

The **Nephrology Department** would like all

their patients to know that they have opened an office in Monroe. It's located on the second floor of Valley General Hospital in a suite shared with WWMG's GI Department. You can

schedule at: 425-258-6801.

News from WWMG