

For every
**stage
of life**

*Fall 2014
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could go on with their jobs. We didn't have extra people just hanging out, waiting. Everyone was there to do a job, and they had to do it well."

Was it difficult to adjust to life at sea? Dr. Rosales nods.

"Pretend you're at work, you live there and your clinic is open 24-7. But you meet great people and you learn a lot, medically speaking, because you're just kind of 'it'! You always have to be two or three steps ahead for every patient."

Dr. Rosales highlights women's health as the area of

¡Bienvenida, Doctora Rosales!

When the USS Abraham Lincoln deployed from Naval Station Everett in 2010, Dr. Adriana Rosales was on board. She returns to Everett this January to join WWMG Family Medicine.

On the USS Lincoln, she was the only practicing physician for a command of 2500 sailors. "When the wing—all the airplanes and helicopters—came on board, they brought two flight surgeons with them. The full cadre was 5,000 people."

"It was an honor being there and being able to keep them healthy so they

family medicine she most enjoys, as well as "seeing patients of different age groups. It's fun and challenging!" She attributes her comfort level with intergenerational issues partly to her Latina background. Her mother is Costa Rican, and her father, a native of Bolivia, became a naturalized American citizen in his teens.

"Being multicultural brings value because I can adjust and adapt and identify with people of different backgrounds to help them with their health, help them get better."

Dr. Rosales will begin seeing patients in January 2015 at Everett Family Medicine's two locations, 4301 Hoyt Avenue and Silver Lake (telephone 425-317-8025).



Surgical Options at Gateway

Gateway Surgery Center, which opened in 2006, is an ambulatory surgical center, meaning that it is intended for stays of less than 24 hours. It offers services for otolaryngology (ENT), urology, sports injuries and conditions including carpal tunnel syndrome, bunions, hammertoes and fractures of the hand, arm or leg. Pediatric services are also available.



Among its advantages are its staff, which clinic administrator Kathline Sullivan describes as “hand-picked” and specifically trained in the modalities of the center, performed on a daily basis. Pre-op nurses return to their patients in the recovery area. “It’s really one-on-one care and makes it feel like someone cares about you,” Sullivan explains.

In addition, a surgery center is less expensive than a hospital, generally costing the patient one third of the hospital price for the same surgery.

Upon arrival, patients are greeted by the receptionist who welcomes them, evaluates their medical benefits and helps them understand what they will go through surgically and financially.

“The biggest thing we hear is that you don’t feel like a number. It’s not a cattle call of people coming through. When you come in, you get direct attention for what you need,” Sullivan concludes.

Gateway Surgery Center is located at 3726 Broadway, Suite #206, and can be reached at **425-374-5160**.

Health Psych: Coaching for Tough Changes

With the arrival over the summer of its newest provider, WWMG’s Department of Psychology has broadened its offerings to include an innovative discipline in team-based patient care.

Dr. Kathryn Sawyer’s path to Everett began at Florida State University in Tallahassee, where she received her PhD in 2011. She was then accepted into a post-doctoral fellowship at the VA hospital in Seattle, where her focus was working with patients with physical disabilities. “That got me more interested in health psychology, which is primarily what I’ve been hired to do here,” she explains.

Health psychologists help patients who, in addition to medical issues, may have a mental health problem such as depression, or may struggle with managing their illness and adjusting to related lifestyle changes. Dr. Sawyer has worked a lot with chronic pain, for example, which “continues to be a big interest of mine.” Other areas where health psychology can be applied include nutrition, diabetes, weight management or cardiac problems.



Upon referral, a screening determines whether patients might be depressed or may need, in Dr. Sawyer’s words, “some kind of coaching to come up with a plan and stick to it”—that is, extra help getting motivated so they can successfully modify habits or behavior as required by their health condition.

Motivational interviewing, a type of therapy originally developed for addiction problems, is “helpful for any kind of situation where a person needs to make a change that’s difficult,” says Dr. Sawyer.

“When I talk with physicians, I ask them to explain to the patient what the scope of the treatment is going to be. People may have an idea that we’re

going to be digging into things like ‘what was your relationship with your mother?’ That may be important in some situations, but what I do is very focused on the present: what are your goals right now, or for the next year or five years?”

In that context, integrating psychology into team-based patient care “can do a lot for improving health outcomes. You have a coach who is there with you and is sympathetic but is also helping you stay motivated,” concludes Dr. Sawyer.

More information is available from the Department of Psychology’s Everett offices at 3525 Colby Avenue, Suite 200, telephone **425-259-1366**.

NEW CARDIOLOGY ARRIVALS

Western Washington Cardiology welcomes three providers this fall season. Cardiologist Jason A. Talavera, MD, comes to the practice via San Francisco where he was a hospitalist and electrophysiology service provider after completing his cardiology fellowship at California Pacific Medical Center.

Also joining the group are Susan Dana, ARNP, and Jillian Hamel, ARNP. Both are nurse practitioners with a specialty in cardiology.

You can make an appointment with the Cardiology Department by calling: 425-225-2700.

Patient Portal – pay bills ...online!

Western Washington Medical Group has launched a patient portal on the Internet. Through the portal patients can access their statements, opt to receive statements via email, view current balances and make payments online. Just go to <https://secure.wwmedgroup.com> to get started! You will need a copy of your current statement in order to register. Please contact your provider's office for more details.

Ready, Set, Ice Bucket!



From Wikipedia: The Ice Bucket Challenge encourages nominated participants to be filmed having a bucket of ice water poured on their heads and then nominating others to do the same. A common stipulation is that nominated participants have 24 hours to comply or forfeit by way of a charitable financial donation.

This past summer, you probably heard about the ALS Ice Bucket Challenge. You may have searched YouTube for the well-intentioned, hilarious fails or the celebrity videos, including Seahawks quarterback Russell Wilson atop the Space Needle and Microsoft co-founder Bill Gates under a

scaffolding/rope setup he designed himself. But were you aware that several Western Washington Medical Group staff members and providers also participated?

On August 26th, Everett Family Medicine rose to the occasion. Seven staff members, including

Dr. David Lindstrom, did their duty with ice water, screams, peals of laughter and—yes—some goose bumps. They in turn challenged WWMG CEO Jerry Tillinger, WWMG President Dr. David Russian and Budge Smith, MD,



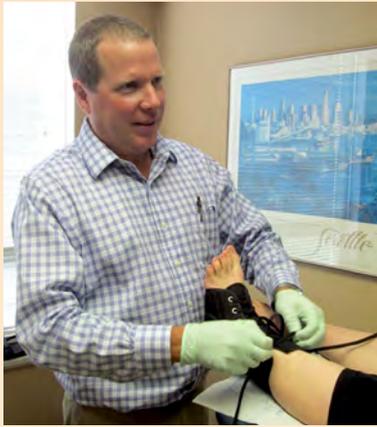
former treasurer. Dr. Lindstrom himself was present on September 8th to douse CEO Tillinger, who—seated between Drs. Russian and Smith—declared bravely: “On behalf of Western Washington and ALS, here we go.” Seconds later, mission accomplished, he leapt out of his chair as ice water cascaded off his head and shoulders.

Fun and games aside, by the end of the summer millions of Ice Bucket Challenge participants all over the world had donated some \$115 million to the ALS (Amyotrophic Lateral Sclerosis) Association, a non-profit organization established in 1985 to fight the progressive neurodegenerative condition also known as Lou Gehrig's disease. Gehrig, a beloved baseball player, died of ALS in 1941.

The ALS Association funds research, provides assistance to people with the disease and coordinates care through certified clinical centers. Chapters serving our state are the Evergreen Chapter in Kent and the Oregon and SW Washington Chapter, based in Portland. You can contribute to the ALS Association at <http://www.alsa.org/fight-als/ice-bucket-challenge.html>.

Kids and sports: expert foot-care tips

Ah, autumn fun! Corn mazes, pumpkin patches, Friday night lights ... foot injuries? Yes, unfortunately: ankle sprains, crush injuries and fractures often haunt young athletes this time of year, as WWMG podiatrist Dr. Jeffrey Boggs knows only too well.



“We also get a lot of people coming in with overuse injuries and arch pain. The older kids can have plantar fasciitis [pain in the heel and underside of the foot], and in younger kids we sometimes see growth-plate problems causing heel and arch pain.”

In fact, says Dr. Boggs, “ensuring that athletic shoes or cleats fit properly and are in good repair is one of the most important things you can do to avoid foot injuries. There should be room between the longest toe and the end of the shoe. The heel counter [the part of the shoe

that hugs your heel] and mid-sole need to be in good condition. Shoes that are worn out from foot pronation (inward roll) or supination (outward roll) can predispose kids to injuries and should be replaced.”

A final piece of advice: “Proper warm-up is important, and dynamic stretching is very important. The trend is to do dynamic, active stretching as opposed to the static stretching that was done in the past.”

Dr. Boggs sees patients at Everett Podiatric Sports Medicine (3202 Colby Ave., Suite E, telephone 425-259-0855.)

New Doctors Coming on Board

Join us in welcoming the following providers to WWMG:

Kathryn Sawyer, PhD, Psychology
(accepting new patients)

Jason Talavera, MD, Cardiology
(accepting new patients)

**Adriana Rosales, MD, Everett Family
Medicine (January 5, 2015)**

**Rebecca Epperson, ARNP, ENT/
Allergy/Audiology (accepting new
patients)**

Justin Cuschieri, MD, Gastroenterology
(accepting new patients)

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WWMG News

WWMG Joins Providence- Swedish Health Alliance

Western Washington Medical Group (WWMG) and the Providence-Swedish Health Alliance announced that they will work together to offer high-quality, affordable health care benefits for local employers, including nonunion employees as well as some union-represented employees and retirees at Boeing. WWMG is the latest medical group to join the Providence-Swedish Health Alliance, an accountable care organization that includes many of the area's top physicians and hospitals.

“As a longtime Snohomish County provider, WWMG has proudly served Boeing employees and families for years,” said Jerry Tillinger, CEO. “We are excited about the opportunity to help Boeing meet the health care needs of its employees so they can continue to thrive as a company in Puget Sound.”

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, 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.