



Healthy You!

Spring 2013

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We are neighbors caring for neighbors.

Marysville Family Medicine and Whitehorse Family Medicine Join WWMG's Growing Family Practice in Snohomish County



Marysville Family Medicine

As Western Washington Medical Group's Family Practice department grows, more options are available to patients from Lynnwood to Arlington. Here are just a few of the highlights about WWMG's newest family practice groups.

Marysville Family Medicine



With a long history as a highly respected medical practice in Marysville, Marysville Family Medicine was a perfect match for WWMG.

It was in the years after World War II that Dr. Robert Glein and Dr. Ken Barnes started what was then known as Doctors Clinic and became two of the busiest and most

respected doctors in Marysville.

In 1980, Dr. Philip Smith joined the group and initiated the culture change from a longstanding general practitioner office to a modern family medicine practice. When Dr. Barnes and then Dr. Glein retired, Dr. Mark Holland and Dr. Harold Clark were recruited to take their places. The office currently occupies 10,000 square feet of office space and is known in the area as an "early adopter" of new technologies. It has used a fully implemented electronic medical records system for more than six years. The group has recently added Dr. Susana Escobar and ARNPs Andy Kruse and Lauren Carlson.

Whitehorse Family Medicine

On May 1, Whitehorse Family Medicine, which serves Arlington and outlying areas, will join WWMG as its newest family practice group. Whitehorse strives for excellent medical care in the light of Christ and

offers a wide variety of services from routine well care to acute illness and surgery.

They perform DOT physical exams, routine physicals, acute care, newborn to geriatric



care and most things in between. They also offer obstetrical care. Walk-ins are accommodated whenever possible but they try to make same-day appointments available to their North End patients.

WWMG is excited to make Whitehorse Family Medicine a part of the WWMG medical group. It will offer Whitehorse's patients specialty care within the system without transferring records or long waiting periods. Having Whitehorse in the family also makes family practice available for our North End patients.

1728 W. Marine View Dr.
Suite 110
Everett, WA 98201

425-259-4041 (Phone)
425-252-6642 (Fax)

Marysville Family Medicine 360-659-1231

Whitehorse Family Medicine 360-435-2233

Family Practice What it means to you...



To learn more about any of our family practice groups, go to our website at wwmedgroup.com and click on "family practice" on the specialties list. Then you can click on any of the care centers that you want to explore.



Have you ever considered that the long-term relationship between you and your provider is the most important aspect of your health care?

Family Practice is a partnership between patients and providers. It's where both you and your history are known and where all your medical needs are met- at every stage of life. Your family practice provider sees you, your spouse, and your children (from birth), as well as your aging parents. They pay special attention to your life within the context of your family and life.

At WWMG we strive to provide person-centered and comprehensive care. When you

establish your family with our family practice doctor you receive the benefits of preventative health care as well as treatment for chronic or acute illnesses. This trusting relationship at WWMG will be there for you from birth to your golden years.

As Western Washington Medical Group's Family Practice department grows, more options are available to patients from Lynnwood to Arlington. We have worked hard to create a professional and caring team of providers who are interested in you and dedicated to your health. Family Practice at WWMG includes several groups: Lake Serene Clinic, Marysville Family Medicine, and WWMG Family Medicine, along with our newest practice, Whitehorse Family Medicine.



Walk-in and appointments at the Lake Serene Clinic, 7 days a week, every day of the year



Two Everett locations to serve you: Silver Lake and downtown Everett



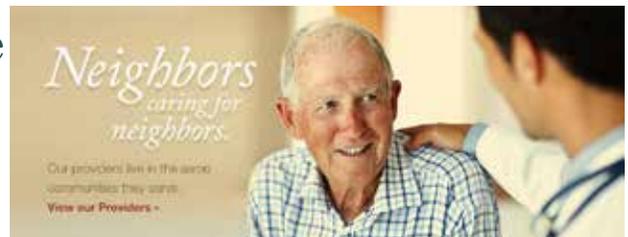
Marysville Family Medicine, providing a full range of family medicine services as well as obstetrics, pediatrics and newborn care

Recommending us to family and friends is the greatest compliment you can give us.

Visit the new website today!

HEALTHY YOU!

New Website Update



The new website has been up and running for several months now and we have heard from many patients about how much they like the new site, especially the "Maps & Directions" page. It is a one-stop center for finding every care center within the

WWMG family, including directions and a map, giving you a great visual to find the center you are looking for.

That page also lists which practices are at which locations

and includes a phone number and address. This is something our patients had been requesting for a long time and we are pleased that the changes we've made have been so well received.

State-of-the-Art Pulmonary and Sleep Medicine

Pulmonary and Sleep Medicine at WWMG provides state-of-the-art care for its patients in three convenient locations: Silver Lake, Edmonds, and Marysville. Dr. Hartung, Dr. McCoy, Dr. Russian, and Dr. Ziedalski are all board-certified with skills spanning the range of pulmonary and sleep medicine.

Navigating the medical system has become complex. Our physicians and staff help with decisions about testing, treatment, and costs.

What We Provide

- The newest treatments for asthma, COPD and the entire range of lung diseases
- The best pulmonary function testing equipment
- Endobronchial ultrasound

- Allergy testing
- Full array of lab services
- Management of sleep apnea, insomnia, restless legs, and narcolepsy
- Certified sleep labs
- CPAP set up and long term management

How Our Doctors Specialize

Dr. Hartung has a special interest in asthma and COPD, as well as pulmonary hypertension and interstitial lung disease.

Dr. McCoy, an expert in all aspects of Sleep Medicine, also specializes in asthma and allergy.

Dr. Russian has expertise in Sleep Medicine, including insomnia and pediatric sleep disorders, as well as asthma and COPD.

Dr. Ziedalski is also board certified in Pulmonary and Sleep Medicine, and performs state-of-the-art pulmonary procedures.

Other Services

We assess and manage patients before and after lung transplantation, and

diagnose and guide treatment for lung cancer. If surgery or an experimental treatment is appropriate, patients are referred to the best place possible, which might be close to home in Everett, in Seattle, or across the country for rare diseases.

Additional Care

- 24/7 call coverage
- We see urgent problems within 24 hours
- Hospital consultation in Everett, Edmonds, Monroe, and Arlington
- All Snohomish County hospitals are covered

How We Can Help You

Our Pulmonary and Sleep Medicine doctors take ownership of their patients' care and strive to make them feel welcomed in the office. Being short of breath or chronically sleepy is unpleasant, and the entire staff is supportive and available to help patients get better. We strive to educate patients

about all of their options, and support their decisions.



Pulmonary Function Testing (PFT)

measures lung capacity and lung and chest wall mechanics to determine whether or not the patient has a lung problem. It may include simple screening spirometry, static lung volume measurement, diffusing capacity for carbon monoxide, airway resistance, respiratory muscle strength, and arterial blood gases.

Mill Creek OB/GYN Welcomes Midwife

Mill Creek OB/GYN is pleased to announce the recent addition of Shan Hoekman, CNM, to its practice. Shan joined the practice on February 5 and she will be working with Dr. Steinberg and Dr. Welcome to care for the needs of prenatal patients as well as seeing patients for annuals and other minor gynecological issues. Having her on board will allow

the doctors to see gynecological consults in a much quicker time frame and to attend to more serious issues.

Shan is a native of St. Paul, Minnesota, and moved to Seattle in 2002. She received her Bachelor of Science in Nursing and Master of Science in Nursing from the University of Washington where she specialized in Midwifery

and Women's Health. Her special interests include contraceptive management, well-women care, and sexual health education.

Join us in welcoming our new midwife to Mill Creek OB/GYN.



Shan Hoekman, CNM
425-673-3420



The greatest wealth is health. ~Virgil

Sign up for the newsletter online: www.wvmedgroup.com

Our specialties

Audiology & Hearing Aids, Cardiology, Clinical Laboratory, Critical Care, Diabetes & Nutrition Education Center, Ear, Nose & Throat, Endocrinology & Metabolism, Endoscopy, Family Practice, Gastroenterology, Gateway Surgery Center, Internal Medicine, Lumina Laser & Skin Care, 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 more than 75 providers in 14 specialties with 18 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 our physicians to be board certified/eligible in their specialty.



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WWMG Employee Bikes Through Czech Republic

Marilyn Oertle (right), Practice Administrator for WWMG's Urology and ENT/Audiology departments, in the Czech Republic during a bike tour of the country.

When Marilyn was asked what led her to bike around Europe, she said, "Bohemia sounded so intriguing. We're all very active in the arts and were looking for an adventure. We rode over 200 miles through villages, cities, and lots of forest land. This was a trip of a lifetime! Sarah turned 60 and wanted to go somewhere special. Jean, Sarah, and I all have ancestry from the area and we all love to ride bikes. Tobey is a friend of Sarah's from the Peace Corps days. We cycle the Centennial Trail regularly and, of course, love beer! I make my own beer, so this was a good excuse to sample some of the world's best... and I did."

Getting Kids to Eat Healthy

Healthy eating and physical activity are essential for children of any age. "Good nutrition and physical activity are important for building strong bones and muscles and feeling good about

yourself," says Dr. Lynne Haverkos, a child development specialist at NIH. "Some research suggests that physical activity might even help improve children's thinking and mental functions."



Getting active and eating right may also prevent excess weight and childhood obesity, a growing concern in this country. Today, nearly 1 in 3 children in the United States is overweight or obese. "Being overweight puts a lot of stress on joints, muscles, bones and the heart, and it increases your risk for certain diseases," Haverkos says. "We're also finding that overweight toddlers are more likely to become overweight middle schoolers, high schoolers and then adults. That's why it's important to take action early."

While it's never too late to start making healthy changes in your family, research suggests that the earlier your kids learn healthy behaviors, the better.

From the NIH Website:

<http://newsinhealth.nih.gov/issue/Feb2013/Feature1>

HEALTHY YOU! "Always laugh when you can, it is cheap medicine." - George Gordon Byron