



Healthy You!

Summer 2013

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www.wwmedgroup.com

We are neighbors caring for neighbors.



Simple Steps to Improve Your Life! Sign up for Chronic Disease Classes

The Diabetes & Nutrition Education Center is more than just a nationally accredited diabetes education program. It also offers several classes for patients with diabetes, pre-diabetes, kidney disease, and cardiovascular issues.

Group classes led by Registered Dietitians and Certified Diabetes Educators are ongoing and held in the Silver Lake Medical Center. If you have one of these conditions and would like to take part in the classes, you can ask your doctor to fax a

referral to the Diabetes & Nutrition Education Center and you will be scheduled for the class you need.

Classes

Diabetes—8 hours—3 separate days
Covered by most insurance plans including Medicare and Medicaid

Chronic Kidney Disease
Group class plus 2 individual appts with a Registered Dietitian
Covered by most insurance plans including Medicare

Pre-Diabetes—2 hours
\$30 out-of-pocket cost
Not covered by insurance

Healthy Heart—2 hours
Cost \$140
Covered by some insurance plans



1909 214th Street SE, #211
Bothell, WA 98021

425-791-3087 phone
425-791-3088 fax

Let's Talk Sunscreen

Lumina Laser & Skin Care
4301 Hoyt Avenue #B, Everett WA 98203
425-259-9999

There are so many conflicting messages about sunscreens. Here is what Lumina Laser & Skin Care wants patients to know about FDA sunscreen requirements.

In 2011 the FDA defined a "broad spectrum" sunscreen as one that protects from both UVA and UVB rays.

- Only "broad spectrum" sunscreens with an SPF value of 15 or greater can actually claim they reduce the risk of skin cancer and also early skin aging, but they must stipulate that it is used as directed and with other sun protective measures.



- Sunscreens cannot be labeled as waterproof or sweatproof, or be labeled as sunblocks or that they last more than two hours because it is an overstatement.
- If the sunscreen is labeled water resistant, it must indicate if it's effective for 40 or 80 minutes while swimming or sweating. If a sunscreen is not water resistant, it must state that consumers should use a water resistant sunscreen if swimming or sweating.

- Sunscreens must include the standard "drug facts."

Elta MD is a skin care line that provides excellent broad spectrum protection. Made with zinc oxide, it has the broadest range of UV protection and out-performs other widely used sunscreen ingredients. Zinc oxide is a natural compound for even the most sensitive skin types.

If you would like to learn more about sunscreens, you can talk to the folks at Lumina Laser & Skin Care, and they will be happy to help you find the right product for you.



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

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

Spotlight on WWMG



It's an Award!!

Congratulations to Gregory Alan Lind, ARNP, who has



been awarded the prestigious American Association of Nurse Practitioners (AANP) State Award for Excellence, given to NP (nurse practitioners) and NP advocates. He received the award at the 2013 National Conference in Las Vegas, June 19-23.



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

Visit the new website today!

HEALTHY YOU!

Gastroenterology's FRIENDSHIP FUND

For many years, WWMG's Gastroenterology group has made a way to help those in need. So, it was no surprise that when they heard about the tornado in Moore, Oklahoma, they decided it was time to jump in and help make a dent in the many needs experienced by the victims.

The **Friendship Fund** started a long time ago, with something as simple as a one-dollar deduction from the pay of those who volunteered to help the needy. Usually, at the end of the year the collected money was donated to places like Toys for Tots and The Giving Tree at Everett Mall. Once, funds were donated to the Lakewood Police Department after the tragic police slaying at a coffee shop in Parkland, WA, in 2009. The group has also provided a Christmas tree, a meal, and gifts for a family during the holidays. One year the group provided a new bed to a teenage boy who had never had a bed of his own.

But this year the money is going to Moore, Oklahoma, and will provide \$20 gift cards from Wal-Mart for the victims.



The generous employees at WWMG's Gastroenterology Department are thrilled to be a part of helping those who have suffered so much. It is a close-knit group that gets satisfaction from helping out the community, even the community outside their own neighborhood.

Saying Goodbye: Providers Retire

WWMG Family Medicine has announced that both **Dr. Bruce Main** and **Dr. Arthur Grossman** have retired. Both have been in the community for many years and are known for their love of their patients, working in their community, and providing excellent health care. They will both be missed.

Dr. Craig P. Greenberg will be leaving the Endocrinology Department on August 2, 2013. He is taking a teaching position at a diabetes education center in Michigan.

Saying Hello: New Provider at GI

Dr. Maiyen Hawkins, DO, will join the Gastroenterology group in mid-September. Hawkins grew up in the Washington, DC area, in Northern Virginia. She received her undergraduate degree from James Madison University in Virginia, and her medical degree from Philadelphia College of Osteopathic Medicine. She completed her Internship and Residency in Internal Medicine as well as her Gastroenterology Fellowship training at Georgetown University Hospital in Washington, DC.

Hawkins and her husband, Jeff, a physical therapist, enjoy all outdoor activities with their two boys and yellow Labrador Retriever.

Former Athlete Beats Lifestyle Disease and Obesity

"Brad" was a 300-pound college football tackle who sustained a significant number of injuries leading to long-term chronic pain: severe neck compression, herniated disks in his lower back, 43 years of walking with bone-on-bone in his right knee, and a ruptured Achilles tendon. Later he developed high blood pressure, high cholesterol, and diabetes. When he decided to change

his life and eat better, he began walking, and his weight started dropping. His knee pain started to decrease, and that's when he reached out to Jennifer Okemah, Director of the Diabetes & Nutrition



Education Center. With the help of her husband, Dr. John Okemah, they did tests to

form a baseline, performed a thorough physical, and made a plan to get him off medication. Through the use of nutrition, exercise, and yoga, Brad has lost 160 pounds in 3 years and has restored his health and his body. His 56-inch waist is now 38 inches, he's walking 5 miles a day, and performing better than most people his age. Now he is thinking of living into his nineties rather than wondering if he'll survive past his sixties.

Day Surgery: So comfortable you'll think you're at home!

Gateway Surgery Center



Five doctors had a dream. They wanted an ambulatory surgery center to care for day surgery patients. It had to be something that provided a friendly setting with quality service and care as the main goal.

The dream became a reality in 2007 for orthopedic doctors Stark, Madsen, McCutchan, and podiatrists Boggs and Morris when the Gateway Surgery Center opened, providing a lower cost alternative to the hospital setting, along with exemplary services for patients. Dr.

Leavitt joined the orthopedic practice and surgery center in 2008.

The surgery center at first offered orthopedic and podiatric services. But when other physicians saw the excellent services available for their patients, the center expanded to bring in Urology's doctors Fong and Corwin, and Ear, Nose & Throat's Dr. Ashbach, as well as doctors Welcome and Steinberg from OB/GYN services. In the future, it will also include spine and cosmetic procedures.

Gateway Surgery Center has two operating rooms and is open five days a week to accommodate patients and physicians. The comfortable and private setting allows patients to come to a facility with little stress. They are in and out the same day without having to negotiate a large hospital.

"Symptoms and treatments are traumatic enough, so it's important that our patients walk into an easy, comfortable environment with caring people," said administrator Kathline Sullivan.

You can learn more about Gateway Surgery Center here:

www.wwmedgroup.com/specialties/surgery

Gateway Surgery Center

3726 Broadway Ave.
Suite 206
Everett
WA
98201

425-374-5160

Primary Care

Five practices in six locations to make it convenient for patients from Lynnwood to Arlington.

**WWMG Family Medicine
Lake Serene Clinic
Marysville Family Medicine
Whitehorse Family Medicine
WWMG Internal Medicine**

WWMG Primary Care provides comprehensive medical care, and communicates and partners with colleagues to address the most effective patient-focused medicine.

WWMG incorporates exceptional healthcare and guidance for wellness tailored to each individual patient.



Lifestyle Medicine

Want to lose weight?
Manage chronic disease?
Live a healthier lifestyle?
Patients wonder why the Lifestyle Medicine program is a year long. Why not six weeks or even a few months?
And the answer is that for sustainable weight

loss, it takes time to change habits and old patterns. Our program is structured to walk with you through that first year of change so you can learn new skills while you change your habits. If you come to a bump in the road, you have the support of your

physician while you apply your newly learned skills. We walk you through those little steps so you don't have to walk alone. Ninety-eight people did it last year. You can do it now!

Classes start in
September.
425-225-2755

Going strong in its second year!



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 of our physicians to be board certified/eligible in their specialty.



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Hearing Loss Linked to Dementia



Ear, Nose and Throat/Audiology
425-791-3093
Everett, Bothell, Marysville

A recent study out of Johns Hopkins has revealed a dramatic association between hearing loss and cognitive decline among older patients. The study followed 2,000 normal senior citizens for more than five years, measuring their general health, eyesight, hearing, and cognitive skills. That included memory and the ability to take information and act on it. The research showed that senior citizens who had a significant hearing loss were 40 percent more likely to have some form of cognitive impairment. Researchers found that the level of brain functioning was directly related to hearing loss, with those suffering from hearing loss dealing with "significant cognitive impairment" 3.2 years sooner than those whose hearing remained at normal levels.

"[People have thought] hearing loss in older adults is an inconsequential part of getting older," said Frank Lin, senior study investigator and an otologist and epidemiologist at Johns Hopkins. "But hearing loss has very real consequences and could lead to cognitive decline."

It is proposed that individuals with hearing loss tend to become more frustrated in social situations and, as such, become more socially isolated. Previous studies have shown that social withdrawal is one of the biggest risk factors for dementia. It is this social isolation that seems to accelerate cognitive decline, through decreased problem solving, conversation, and human relationships.

The hope is that by optimizing hearing, an individual will keep social engagement and, in a sense, keep exercising the brain.

Studies show that hearing loss affects an estimated 27 million Americans age 50 and up, but only 15 percent of those sufferers use hearing aids.

If you think you have hearing loss, or if someone says you do, get tested. If you need a hearing aid, buy one. Yes, they are expensive and, yes, they do take some getting used to. Recall former U.S. surgeon general C. Everett Koop's comment: "It's the best money I ever spent."

Our own Matthew Ashbach, MD, and audiologist Erin Robinson, MA, FAAA, have expertise in the diagnosis and treatment of various types of hearing loss and can help you with this.