

For every
stage
of **life**

Snohomish Family Medicine Joins WWMG

Winter 2015
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A Snohomish Family Medicine (SFM) wall map shows where its doctors have served on sabbaticals, from Appalachia to the Kingdom of Tonga in the South Pacific.

In its most recent venture, the SFM practice has joined Western Washington Medical Group (WWMG). WWMG brings an array of specialists that SFM has worked with for many years.

abroad, you don't have all the tools, so you have to sharpen your clinical skills, listen well, do a good exam."

He recalls that the small bush hospital where he worked in Republic of Congo in the 1980s was the only facility for serving an area the size of Indiana.

"There weren't that many roads or vehicles, so people would bring patients on the front of a bike, in a wheel-barrow,

however they could get them there."

His last sabbatical was in Tucson, working in a community health clinic network on the cutting edge of collaborative patient care, and that continues to be Dr. Salyer's approach in Snohomish.



"We feel a great sense of commonality in our approach to patient care. This is just a perfect coming together for us because we can now form new models to do as much as we can system-wise," explains Dr. Ival Salyer. "As part of a primary care network for 13 years, we've been on the front lines of exploring quality and efficiency markers."

As a result of their sabbatical experiences, SFM physicians have learned how to maximize their resources efficiently. Dr. Salyer explained, "Especially

"Medicine used to be an autocratic model. Now it's much more of a partnership, because patients have much more information. You have to engage them."

Deep roots in the community help. "Once I was simultaneously caring for four generations of a family. When you have that kind of relationship, you can cut to the chase because understanding and trust allow the hidden question to come out. That happens every day."



Snohomish Family Medicine

Facts: Snohomish Family Medicine, located at 629 Avenue D in Snohomish, has been serving the community with excellent medical care since 1953 and has grown over nearly 62 years to include five physicians and two nurse practitioners. The Walk-In Clinic is for those times when you need to be seen by a physician promptly. Within Snohomish, and across northern Snohomish County, SFM is known as a compassionate medical practice that promises up-to-date medical knowledge, excellent technical skills, clear communication, caring service and personal attention.

Appointments: 360-568-0502

General questions: 360-568-1554

FAX: 360-568-1722

Appointment Hours

Monday–Friday: 8 am – 6 pm

Walk-In Clinic Hours

Monday–Thursday: 8 am – 8 pm

Friday: 8 am – 6 pm

Saturday: 9 am – 4 pm

Holidays*: 9 am – 2 pm

* Except Thanksgiving, Christmas and New Year's

www.snohomishfamilymedicine.com

www.wwmedgroup.com



Your Thyroid Primer

Pop quiz: What does your thyroid do? If you aren't sure, you're not alone. Unless something goes wrong with it, most of us don't usually have much reason to think about this small butterfly-shaped gland that wraps around our windpipe near the base of the neck.

However, as part of the endocrine system —our hormone network —the thyroid impacts the health and well-being of organs and tissues throughout our body.

Hormones produced and stored by the thyroid help regulate cell growth and the rate of many important chemical reactions that define our metabolism.

Functions such as how fast we burn calories, our heartbeat rate and blood pressure, how much calcium gets added to our bones, and how we respond to heat or cold are all affected by thyroid hormones.

An overactive thyroid makes more thyroid hormones than the body needs. This condition, known as hyperthyroidism, may cause symptoms such

as weight loss, irregular heartbeat, increased sensitivity to heat, muscle weakness and brittle bones.

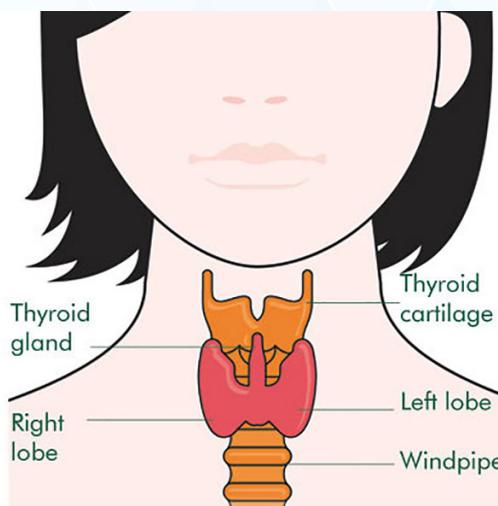
Hypothyroidism prevents the thyroid from producing enough thyroid

hormones, which can result in fatigue, weight gain, increased sensitivity to cold, and high blood levels of so-called "bad" cholesterol, among other symptoms.

In addition, thyroid disorders can affect mood. Someone with hyperthyroidism may experience

unusual nervousness, restlessness, anxiety, or irritability, while an underactive thyroid may cause depressive symptoms.

It can be tricky to diagnose thyroid disease because it shares symptoms with many other health problems. First steps include a medical history — including any family history of thyroid disorders —and a physical exam. Levels of thyroid hormones are measured by a blood test. If you have concerns about your thyroid, the WWMG Endocrinology department can help you sort them out. **425-420-1650**



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.

Allergy Testing Now in Everett

Did you know that allergy reactions can occur seasonally or even persist throughout the year, being prompted by substances that lurk either indoors or outdoors? In the Northwest region, seasonal allergies start in the early spring and peak again for some people in the fall. At WWMG ENT, Allergy & Audiology department, we are now able to offer comprehensive allergy testing and treatment for you and your family. Using either skin testing or a simple blood test, we are able to test for inhalant allergens that are common to the Pacific Northwest, as well as to test for food allergies and allergies specific to medications such as penicillin.



Once it is determined what your specific allergies are, immunotherapy can be tailored to your individual needs. Immunotherapy may include a choice of either allergy shots, regularly

administered at our offices by our friendly staff, or sublingual therapy administered by you in the convenience of your own home. Both therapies are safe and effective. If you, a family member or friend are experiencing persistent allergy symptoms or suffer from other illnesses like frequent sinus infections, why not call to schedule an appointment at one of our convenient locations. We are booking new patient appointments at our Everett office on Tuesdays and Fridays and at Marysville Family Medicine on Wednesdays. Immunotherapy appointments are also available at both locations. We look forward to helping you address your allergy needs! **425-791-3093**

Rx for SAD

Our moderate winters sometimes trick us into forgetting how far north we live: Everett is almost on the 48th parallel, along with Grand Forks, North Dakota. That is why our winter days are so short, and why our “winter blues” sometimes morph into the more serious Seasonal Affective Disorder (SAD).

Although the cause of SAD remains unknown, it has been linked to three possible effects of decreased

sunlight: disruption of the body’s internal clock (circadian rhythm), reduction in levels of serotonin (a neurotransmitter linked to mood balance) and altered levels of melatonin (a hormone that helps control sleep/wake cycles.)



Treatment for SAD may include light therapy, medications and psychotherapy. Maximizing exposure to natural light even on cloudy days, performing regular physical activity, eating healthy meals and snacks, practicing stress management and socializing can also help.

“Everyone feels down sometimes — that’s normal and expected. But if you feel depressed most of the time for more than two weeks,

or if mood changes interfere with your ability to do the things you need to do, like working, attending school or doing things at home, it’s a good idea to talk with a doctor,” advises WWMG Psychologist Dr. Kathryn Sawyer.

Empower Your Health

The WWMG Diabetes & Nutrition Education Center is empowering people to become independent in the daily management of diabetes. Our program offers individual appointments or group classes at a variety of times. We are devoted to accommodating all learning styles, and family members and friends are also welcome at appointments and classes. We see patients in Bothell and Marysville and will be happy to schedule you an appointment once your primary care provider has given you a referral. **425-791-3087**

Prediabetes Class meets the 2nd Thursday at Silver Lake Medical Center (12728 19th Avenue SE, Suite 300, Everett, WA 98208) and the second Saturday of the month at Marysville Family Medicine (4404 80th Street NE, Marysville, WA 98270).

Kids and Nutrition: “Boosting” the Immune System

This time of year, our kids’ bodies are extra busy warding off colds and the flu. What can we do to help keep their immune systems in top shape?

You might be surprised to learn that, in the words of WWMG Family Medicine Doctor Marissa Fernandez-Kiemele, “There’s really no significant clinical scientific

evidence that proves we can ‘boost’ the immune system.”

“However,” she advises, “every part of our body, including our immune system, functions better when protected and bolstered by healthy-living strategies.”

And when it comes to nutrition, those healthy-living strategies are based on principles that most parents have heard a lot.



“Children imitate their parents, so set a good example by serving a variety of foods,” Dr. Fernandez-Kiemele says. “Let kids help plan one meal each week, and eat together as often as possible.”

Starting our kids’ day with breakfast refuels their bodies

and gives them energy. As their day unfolds, kids should drink plenty of fluids, focusing on water and low-fat or fat-free milk instead of soda or juice.

When planning meals for our children, we should aim to include total daily servings of 5 1/2 cups of fruits and vegetables and at least 3 ounces of whole grains — (oats, whole wheat or rye, for example.)

So, there you have it: nothing new under the winter nutrition sun!

Clinical Lab – Access, Ease and Convenience

The WWMG Clinical Lab’s goal is to be accessible and convenient for you and also to exceed your expectations with accurate results and exceptional service. We have four convenient locations, and our Hoyt location is open from 8 am to 12 pm on Saturday.

Bothell—Woodlands
(425) 420-1650

**Hours: M–F 8am to 12:30pm, and
1:30pm to 5pm**
(no appointment necessary)

Everett—4301 Hoyt (Main Lab)
(425) 257-9997

Hours: M–F 7am to 5:30pm
Hours: Saturday 8am to 12pm
(no appointment necessary)

Everett—Silver Lake
(425) 257-9997

Hours: M–F 7am to 5pm
(no appointment necessary)

Arlington
(360) 403-4746

Hours: M–F 8am to 5pm
(closed for lunch)

New Doctors



Teresa Nguyen, DPM

Dr. Nguyen joins
the Podiatry
Department on
January 2, 2015.



Adriana Rosales, MD

Dr. Rosales joins
Everett Family
Medicine on
January 5, 2015.

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 Prac-
tice, Gastroenterology, Gateway Surgery
Center, Nephrology, Orthopedic Sports,
Spine & Hand Center, Pathology, Podiatry,
Psychology, Pulmonary/Sleep Medicine,
Rheumatology, Urology, Walk-In, North
Puget Sound Center for Sleep Disorders*

We’re experts in our field.

Western Washington Medical Group has 100 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.