

## Psychiatry Expands Medical Wellness Options

We do not have to struggle alone.

Some mental health challenges are best met with the help of a psychiatrist who can work with the primary care team. That service is now available for WWMG patients at the WWMG Psychiatry Care Center at Silver Lake, where Dr. Shirin Schilling has been seeing patients since September.

Dr. Schilling is a board certified psychiatrist, meaning she has



completed medical school, a four-year residency program and certification. Prior to joining WWMG she worked in various settings, including inpatient and outpatient, electroconvulsive therapy and psychopharmacological research, as well as teaching of residents and medical students.

“I treat my patients as people, not defined by the disorder they might be diagnosed with. My goal is to meet each patient’s unique needs in an evidence based approach.”

**“I treat my patients as people, not defined by the disorder they might be diagnosed with.”**

Dr. Schilling works with patients age 18 and older who have been referred by their WWMG primary care or specialty provider. She collaborates with a patient’s treatment team in recommending medication and a treatment plan.

An initial visit is 60 minutes, with 30-minute follow-up visits every 2-4 weeks as appropriate.

Dr. Schilling is accepting new patients and looks forward to working with you.



**Western Washington**  
Medical Group

1728 W Marine View Drive,  
Suite 110  
Everett, WA 98201



**Western Washington**  
Medical Group

*We’re experts in our field with over 100 providers in 19 specialties at 25 locations. All of our providers are board-certified or board-eligible.*

Arthritis Clinic · Audiology and Hearing Aids · Cardiology · Clinical Research  
· Critical Care · Diabetes and Nutrition Education Center · Ear, Nose and Throat/Allergy/Audiology · Endocrinology and Metabolism · Endoscopy  
· Facial Plastic and Aesthetic Services/Lumina · Family Practice · Gastroenterology · Gateway Surgery Center · Imaging Center · Nephrology  
· Neurology · Orthopedic Sports, Spine and Hand Center · Pathology · Podiatry  
· Psychiatry · Psychology · Pulmonary/Sleep Medicine · Rheumatology · Walk-In

Subscribe to our quarterly newsletter at [wwmedgroup.com](http://wwmedgroup.com)

# Healthy You!

Winter Edition 2022



## Going the Extra Mile for Cardiac Health

A clinical partnership formalized in November has brought WWMG Cardiology into collaboration with Pulse Heart Institute, one of the largest networks of cardiovascular providers in the Northwest.

“Our principal goal for this collaboration is to utilize fully the resources available through Pulse to develop more programs that optimize care for our patients,” explained WWMG Cardiologist Dr. Michael Duong.

Already in the planning and development stages is a vein clinic program that would offer WWMG patients expanded medical therapies and office-based procedures to treat

venous disease. “This program has an ultrasound component, and our technicians will be able to collaborate with Pulse ultrasound technicians on the latest technology, for example.”

Outpatient cardiac care programs and remote patient monitoring are priorities as well.

***A clinical partnership formalized in November has brought WWMG Cardiology into collaboration with Pulse Heart Institute***

“Our affiliation with Pulse allows us to tap into the resources of a larger network to help more of our patients stay out of the hospital for certain treatments and procedures. As for remote patient monitoring, it is relatively new to cardiology, but there is a lot of data showing that it improves patient outcomes and can help prevent hospitalization.”

### In This Issue:

**Cardiac Health**

**Public Health Advocacy**

**A Choice to Pay it Forward**

**Achy Joints**

**Diabetic Eye Exams**

**Featured Providers**

**New Psychiatry Care Center**

Subscribe to our quarterly newsletter at [wwmedgroup.com](http://wwmedgroup.com)

A Family of Providers Caring for a Family of Patients



**Western Washington**  
Medical Group

## Featured Providers

**Phillip Shaw, DPM**

**Podiatry**

*“My goal is to keep my patients moving, as fast, far, and comfortably as their bodies allow. I bring a personal emphasis on lifelong activity to my clinical and surgical decision making.”*

**Matthew Hauswald, PA-C**

**Everett Family Medicine**

*“I work in medicine to improve lives. Health and happiness go hand in hand. I like people and I want to help end suffering and sickness. It’s why I come to work every day.”*

**Terrell Harrington, RDN**

**Diabetes & Nutrition**

*“I approach patient care by thoughtfully meeting people where they are on their health journey and bolstering their ability to live a high-quality life by evaluating routines, motivation, and overall mentality.”*

**Erin Robinson, Audiologist**

**ENT**

*“Each patient has their own set of specific hearing needs and challenges. I love putting on my detective hat, tailoring an individualized solution and getting high patient satisfaction; it is very rewarding!”*

**Amala Pamarthy, MD**

**Nephrology**

*“I love to talk with patients and listen to them. It gives me immense joy and pleasure to help my patients understand their kidney disease and take control over their kidney health.”*

## Public Health Advocacy Drives Covid-19

Whenever the need has been greatest during the Covid-19 pandemic, WWMG has stepped up to support public health in Snohomish County.

A dedicated group of providers, staff, and leadership executives have devoted thousands of extra hours to this ongoing effort.

Twice during the 2021 calendar year, WWMG ran centralized mass clinics for Covid-19 vaccinations. Given its size as an independent medical group, those clinics served a disproportionately large share of Snohomish County’s population.

In June, WWMG received a Community Leadership Award in recognition of its partnership with the Snohomish School District to vaccinate staff and, when the vaccine became available for them, older students.

Starting in November, in addition to supporting the community with weekend vaccination clinics, WWMG partnered again with the Snohomish School District. Through

this initiative, WWMG vaccinated thousands of children ages 5 to 11, providing boosters to school staff and parents, as well.

**Snohomish Health  
District selected WWMG  
as a Health Champion  
Award winner**

“All along, our goal has been to offer as many paths to vaccination as possible,” said Stephanie

Abbott, Pharm D, director of WWMG Clinical Research.

In December, the Snohomish Health



District selected WWMG as a Health Champion Award winner based on its work and support of public health.

## A Choice To Pay It Forward

Dr. Umar Mohammed received care from the same family doctor for 19 years.

“She was a big part of the reason I chose medicine. For all that time, she took care of me and my family. I hoped to fill that role for my



patients,” said Dr. Mohammed, who joined WWMG Marysville Family Medicine in the fall.

“I like building relationships with my patients. Once we find a solution for their concerns, I like to see how that solution works for them over time, and I value how WWMG offers resources for collaborating with specialists on behalf of my patients.”



## Achy joints need gentle exercise—really!

We all know that being active, getting enough sleep, reducing stress, and maintaining a healthy weight contribute to overall wellness.

Were you aware that these are also good tools for managing arthritis and joint pain, especially during winter months?

WWMG rheumatologist Dr. Andrew Sohn explains that “cutting back on physical activity in cold weather can make us feel stiff and achy. Exercising safely helps to alleviate those symptoms. Regular physical

activity also helps us maintain a healthy weight, and that is important for joints, especially knees.”

Exercise improves our sleep cycle and our sense of well-being, which can help regulate pain perception. When we are feeling low, tired, or stressed, we perceive pain as even stronger.

If we have arthritis and joint pain, it is important to exercise with caution. Dr. Sohn recommends gentle stretching before exercising, and always listening to our body. “Some

days we may need to back off a bit, but being consistent is always better than exercising infrequently and aggressively. That has a higher risk of leading to injury.”

Dr. Sohn points out that if it’s accessible and not too inconvenient, exercising in water is ideal, for example, in a gentle water aerobics class. Other good options are a gentle yoga practice or walking outdoors regularly, in natural light, making sure that pathways are level, well lighted, and free of ice. Our joints will thank us.



## Improving Diabetic Eye Exams

Diabetic retinopathy is the leading cause of vision loss among people with diabetes. However, about 95 percent of severe vision loss can be prevented through early detection and follow-up care.

In 2021, WWMG started offering diabetic retinopathy eye exams at all five of its primary care locations. Previously, these eye exams meant getting screened at an eye doctor, and only sometimes did those results make it back to the primary care provider. Not only can the extra appointment be

frustrating for patients, but it also limits a provider’s ability to support patients in managing diabetes and preventing further complications.

**In 2021 WWMG started offering diabetic retinopathy eye exams**

This new offering has already shown positive outcomes. Across most health plans, WWMG has achieved the highest star rating for Diabetic Retinopathy Screenings. This is exciting! WWMG is working hard to rethink healthcare and we want to be a better partner in your health and wellness journey.