



## 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, Imaging Center, Nephrology, Neurology, Orthopedic Sports, Spine & Hand Center, Pathology, Podiatry, Psychology, Pulmonary/Sleep Medicine, Rheumatology, Urology, Western Washington Arthritis Clinic, Walk-In, North Puget Sound Center for Sleep Disorders.

## We're experts in our field.

We're experts in our field with over 90 providers in 18 specialties at 23 locations. All of our providers are board-certified or board-eligible.

## Arthritis Clinic opens at Woodlands

### Rheumatology adds services and providers

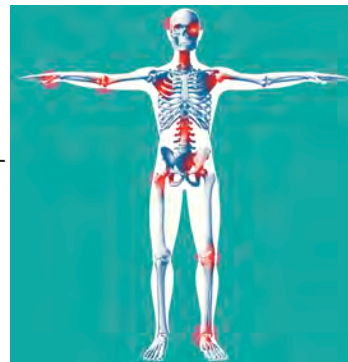
This spring brings growth and geographic expansion to WWMG Rheumatology. A full-service outpatient infusion center, clinical research trials, and three outstanding new doctors will be added to the department in Bothell, complementing Dr. Andrew Sohn's current practice in Everett and Silver Lake.

Although the Western Washington Arthritis Clinic is new to Snohomish County, its three rheumatologists are not. Dr. Richard Jimenez, Dr. Jeff Peterson and Dr. Andrew Solomon are all re-establishing their practices here after about a decade of working elsewhere in the Puget Sound region.

That has made several of their longtime patients very happy. "Many of them followed us when we relocated, and are now grateful that they won't have to travel as far any more," Dr. Peterson comments. "I had someone literally throw his arms up in the air when he heard the news, and say: Yay!"

The new Arthritis Clinic, at the WWMG Woodlands Specialty Center in Bothell, is a full-service, five-chair outpatient infusion center for management of arthritis and other conditions, using protein-based intravenous medications. The Clinic offers full nursing support and on-site

lab services, as well as clinical research trials. The expertise of its providers is non-surgical treatment of musculoskeletal diseases, particularly inflammatory autoimmune diseases, including rheumatoid arthritis, lupus, gout and osteoporosis, among others.



Some of the Clinic's treatment protocols and active clinical research trials have possible applications for other specialties, as well, including dermatology, gastroenterology, neurology and pulmonology. "We are pleased about the potential to collaborate with other WWMG care

centers," says Dr. Jimenez, "both for treatments and for enrolling patients in clinical research studies."

Dr. Jimenez is a clinical associate professor of medicine at the University of Washington, where Dr. Peterson and Dr. Solomon are both clinical assistant professors of medicine.

Dr. Sohn has offices in Everett and Silver Lake

(425-252-8375). The Arthritis Clinic is at 1909 214th Street SE, Suite 211, in Bothell (425-248-2626).

**"We are pleased about the potential to collaborate with other WWMG Care Centers."**



Richard A.H. Jimenez, MD



Jeff R. Peterson, MD



Andrew K. Solomon, MD

## Cardiology patient pays it forward

A message of hope from personal experience

On Christmas Eve 2014, John Lewis received a heart transplant and, as he saw it, a second chance at life. Lewis, a WWMG Cardiology patient, had traveled a difficult road since being diagnosed with cardiomyopathy in 2003. Many challenges remained ahead. It would be another three months before he was discharged from the hospital. That fall, a hip fracture would again set him back.

Finally, in January 2016, Lewis was ready for the next step. He had thought a lot about it, and decided to enroll in the medical assistant (MA) program at Everest College in Everett. The final month required a 200-hour externship in a medical office. Lewis knew exactly where he wanted to train.

"The doctors and medical assistants at WWMG Cardiology are genuinely concerned about their patients. I had experienced that myself, and I wanted to pay forward the love and care I had received. They don't usually offer externships, but my doctor, Dr. Thomas Richardson, and Aubrey, who had been my MA, went out of their way to set it up for me."

In turn, between November 2016 and early January 2017, Lewis went out of his way to treat patients as he had been treated. "I felt that people did pick up on that. They could tell that I was genuine and that I was passionate about what I was doing. I was able to offer them hope, because I had walked in their shoes."



John Lewis

## Skin testing now available at Allergy Clinic

Winner of 2016 Herald Readers' Choice award expands offerings

The WWMG Allergy Clinic has begun offering skin testing to help detect allergies to makeup, fragrances, lotions, detergents and similar products. Testing is also available for inhalants (like pollen, mold, dust and animal dander), penicillin allergies and food allergies.

All patients first meet with Nurse Practitioner Rebecca Epperson for an evaluation. Testing is done during a separate visit. For skin testing, three visits are scheduled within a week. Small product samples are applied to the patient's back on Monday, and then re-checked on Wednesday and Friday.

Testing for inhalants requires one appointment lasting about two hours, with same-day results. Penicillin testing is also a two-hour appointment, and results are still available the same day. Only food-allergy testing requires laboratory blood work.

Many people who think they are allergic to penicillin find out through testing that they are not. This is important, because penicillin is an inexpensive, highly effective medication that has many beneficial uses.

The gold-standard treatment for inhalant allergies, which is called immunotherapy, can be a lengthy process of three to five years. The goal is to retrain the immune system by exposing the patient to very small amounts of the allergen, and increasing the exposure very gradually. Any prescriptions required for immunotherapy treatment are mixed in-house by clinic staff and tailored to each patient.

WWMG Ear, Nose & Throat, Allergy & Audiology offices are at 4310 Colby Ave. in Everett. The Allergy Clinic (425-791-3093) is in Suite 202.



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## WWMG News

Western Washington Medical Group congratulates the

following doctors for winning the Seattle Magazine **Top Doc Award** for 2017.

**Sanjeev Garhwal, MD**, Cardiac Electrophysiology

**James Mu, MD**, Gastroenterology

**Edward Slosberg, MD**, Gastroenterology

**Budge Smith, MD**, Cardiovascular Disease

**Robin Madsen, MD**, Orthopedic Surgery

**Thomas Stark, MD**, Orthopedic Surgery

Year after year, providers at Western Washington Medical Group continue to win awards for their excellent care for their patients.

## More News

**Casey Somers, PA-C** has joined the Urology department.

**Debbi Camp**, a long-time employee at Whitehorse Family Medicine is retiring on May 31<sup>st</sup>. Debbi has worked doing billing, management and referrals since August 1, 1988. She will be greatly missed.

**Dr. Karen Myren** and **Dr. David Janeway** from Whitehorse Family Medicine worked as "on-call" doctors for the US Curling Team when they were in town from February 11-18. This is the US team that is going to the Olympics.

certified or fellowship trained. The Center also offers occupational therapy with a board certified hand therapist and three knowledgeable orthopedic physician assistants, on-site x-ray and open-extremity MRI.

Our goal is always to provide highly personalized care that returns you to optimal health and activity. We see patients of all ages, including infant children. A first appointment usually includes a medical history and medical exam, and possibly x-rays or MRI. Providers will then discuss how best to proceed, ranging from simple observation to therapy, further testing, or possible procedure recommendations. Our surgeons perform procedures at Providence Regional Medical Center Everett and Swedish Edmonds Campus. Outpatient and short-stay surgeries are performed at WWMG Gateway Surgery Center in Everett.

Generally, we can schedule appointments with a physician within 48 hours of your call. Our staff is also happy to answer questions about particular surgical procedures, like total joint replacement using the MAKO system. Regarding insurance, we can help you determine if you need a referral or authorization, and help you obtain the documentation you may need. It is always advisable to verify that your insurance coverage includes WWMG providers.

WWMG Orthopedic, Sports, Spine and Hand Center is at 3726 Broadway in Everett (425-317-9119).



## Imaging Center ACR Accredited

The WWMG Center at 3822 Colby Avenue has been accredited by the American College of Radiology (ACR) Imaging for both CT and MRI. ACR accreditation is the gold standard for medical imaging and assures patients that they are receiving the safest and the best quality care possible. The accreditation process is rigorous and includes peer-review, evaluations conducted by board-certified radiologists, personnel qualifications evaluations, and quality control and quality assurance programs.

The Imaging Center offers X-Ray, X-Ray guided joint injections as well as MRI,

and CT scans and their goal is to provide an efficient and effective experience for patients so they can get their studies in a timely manner. The highly-skilled technologists at the Imaging Center make patients comfortable during their scans as they provide personalized, caring, and professional service while providing you with accurate and high-quality results. The Imaging Center has an excellent team of radiologists and a radiologist on site each day.

Exams must be ordered by your health-care provider. You can schedule with the Imaging Center by calling (425)263-8980. Hours are Monday through Friday, 8-4:00.

You can learn more about the center at <http://www.wwmgroup.com/specialties/imaging-center/>.



## Full range of Ortho options with shared goal

### Surgical and non-surgical focus is personalized care

No orthopedic concern is too general or too specific for the WWMG Orthopedic, Sports, Spine and Hand Center. Our top-notch roster of surgical and non-surgical providers includes a general orthopedic surgeon, a hand/upper extremity surgeon, a spine surgeon, a total joint surgeon and an interventional pain physiatrist. All are board



# Community-based OB in Arlington

## Excellent care for the whole family at Whitehorse Family Medicine

More personalized care is the advantage most often cited by families who choose WWMG Whitehorse Family Medicine in Arlington for full-service obstetrics.

Dr. Karen Myren, Dr. James Fletcher and Dr. David Janeway all deliver the majority of their own obstetric patients, including C-sections, at Cascade Valley Hospital, across the street from their care center.

"Delivering at a smaller hospital means more individualized attention," said Dr. Myren. "We often care for other members of the family as well, so we are able to offer continuity of support before, during and after the baby's birth. As Family Medicine providers, we are comfortable caring for medical conditions that our OB patients may have."



Parents also value being able to address their own concerns during baby checkup visits. "The first few weeks can be rough sometimes. We validate those challenges, and help families as they navigate them."

Whitehorse Family Medicine accepts obstetric referrals from other primary care centers in the area that do not do OB care. "Often, patients prefer to stay in their community for OB care, and then return to their regular provider once their OB needs are complete."

Please call (360) 435-2233 for appointments and information. Offices are at 875 Wesley Street #250, Arlington.



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## Diabetes education classes

### Laying the foundation for successful self-management

With the goal of empowering people for independent daily management of diabetes through informed choices, diabetes educators with the WWMG Diabetes and Nutrition Education Center (425-791-3087) offer monthly classes in Bothell, Marysville and Snohomish. Classes are designed to accommodate different learning styles and provide current, in-depth information. Topics include the following: blood glucose monitoring and pattern management; nutrition and meal

planning; physical activity; medications; sick day management; foot care; prevention, detection and treatment of short and long-term complications; continuous glucose monitoring; insulin starts: syringe and pen injection training; insulin pump training and diabetes management during pregnancy. Family members and friends are also welcome. Please register in advance. Upcoming classes are listed at right.

Thursday, April 6, 13, 20 (6 pm to 9 pm)  
Thursday, May 4, 11, 18 (9 am to 12 pm)  
Saturday, June 10, 17, 24 (9 am to 12 pm)  
Thursday, July 6, 13, 20 (6 pm to 9 pm)  
Thursday, August 3, 10, 17 (9 am to 12 pm)  
Saturday, Sept 16, 23, 30 (9 am to 12 pm)  
Tuesday, October 3, 10, 17 (6 pm to 9 pm)  
Thursday November 2, 9, 16 (9 am to 12 pm)  
Saturday, December 9 (9 am to 5 pm)

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