

Healthy You!

Summer 2019

Even the Wait Is Patient-Friendly at Lake Serene Clinic



From its beginnings almost 30 years ago as a walk-in clinic only, Lake Serene Clinic in Lynnwood has grown into a complete primary care facility. Its nurse practitioner providers offer a full range of services at the family practice level of care.

Patients have several convenient options for arranging a visit. They can schedule an appointment ahead of time, request a same-day appointment if available, or simply walk in. Even then, they can take advantage of a call-ahead feature to learn their estimated wait time. Their wait begins when they sign in over the phone. Their “place in line” is held until they arrive, as long as they do so by the

time they were given. This way, patients can wait at home or run a brief errand while waiting.

In a typical year, Lake Serene Clinic is only closed three days. Hours are 9am to 8pm Monday through Friday, and 9am to 3pm on Saturdays and Sundays. The clinic is even open on select holidays.

Lake Serene Clinic recently upgraded to state-of-the-art digital x-rays, which can quickly be sent to radiologists for interpretation, or to other specialists if needed. The clinic also offers on-site laboratory services.

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Featured Providers

Sumi Vasudevan
Endocrinologist

Silver Lake Clinic and Marysville
Family Medicine

"My approach to endocrinology care is patient centered, which includes providing care that is respectful of and responsive to individual preferences, and ensuring that patients' values guide all clinical decisions."

Phillip Shaw
Podiatrist

"With every patient, I try to learn something new. Although patients see me for my expertise, they're experts about themselves. If I really listen, they will tell me what's wrong."

Evelyn Reilly
Neuropsychologist

"Quality patient care begins by being a good listener. I strive to connect with each individual and invest the time needed to fully understand a patient's concerns, circumstances, and hopes for the future."

Susana Escobar
Integrative Medicine Physician
Marysville Family Medicine

"As an Integrative Medicine physician, I enjoy learning about my patients' entire story—body, mind and spirit. Then, together as a team, we can work toward balance and wellness."

Andrew Sohn
Rheumatologist

"I am dedicated to improving quality of life for my patients with rheumatologic diseases, by providing consultation services, diagnosis and treatment, all for my patients' well-being."

Helping Patients Help Themselves, Value Prevention

Victoria Longstreth, ARNP, recently joined WWMG Everett Family Medicine. Her eight years of previous work experience as a nurse complement her interest in preventative care. "My goal is to help patients be in control of their own health, and help them become aware of changes that may require attention.

I guide my patients to make wise personal decisions for optimum health." She enjoys getting to know patients and their families, and is particularly interested in women's health. "I like to ask my patients: What can I do for you? I want to help you help yourself."



Extended Walk-In Hours in Snohomish

It's a beautiful summer Saturday. You're on an outdoor adventure. Something unexpected happens and you need help quickly from a health care provider. If you're in the Snohomish area, have no fear; the Snohomish Family Medicine Walk-In Clinic is near!

The Walk-In Clinic is open Saturdays 9am to 4pm and Monday-Friday 8am to 6pm. Providers treat

patients promptly and efficiently for a wide range of health concerns.

For example, patients can receive care for acute issues like fractures or sprains, lacerations, sunburns, insect bites, rashes or allergic reactions.

The Walk-In Clinic has access to laboratory and x-ray services, which

means test results and x-rays can be evaluated sooner. If needed, providers are able to consult with specialists or refer patients for further care.

Many patients take advantage of the Walk-In Clinic's availability when their regular provider's schedule is fully booked.

Management of chronic medical conditions, physical exams, or prescription refills are not offered through the Walk-In Clinic. Patients should schedule those visits with their primary care provider.

To schedule an appointment, call 360-568-1554, or come to our Walk-In Clinic when you need medical care.

Providers treat patients for a wide range of health concerns.

Basic Dos and Don'ts for Healthy Summer Feet



Before heading outdoors to enjoy summer activities, it is important to pay some extra attention to our feet. Both overenthusiasm and inadequate footwear can contribute to overuse injuries.

Overuse can manifest as arch pain or heel pain. It is best to build up our activity level gradually, and with appropriate footwear. Do we need new arch support? Are our hiking shoes or sandals in good shape?

"Sandals should be well cushioned, offer good arch support and hold well to the foot so they don't twist off," explains WWMG podiatrist Dr. Jeffrey Boggs.

Imaging Center Priorities Are Prompt Service, Helpful Staff

Scheduling patients as quickly as possible and making their experience as positive as it can be are two important goals for the WWMG Imaging Center. Staff members complete the prior authorization for patients and explain all procedures during the scheduling process. Because patients are sometimes nervous about the testing and results, the friendly, knowledgeable staff walks them through their procedures to help them feel more comfortable.

Radiologists read all reports within 12 to 24 hours, so that specialists and other referring providers can receive results

Build up activity level gradually, and with appropriate footwear.

"Recovery sandals," for example, are designed for marathoners, but can benefit anyone.

Even some flip-flops now have cushioning and arch support.

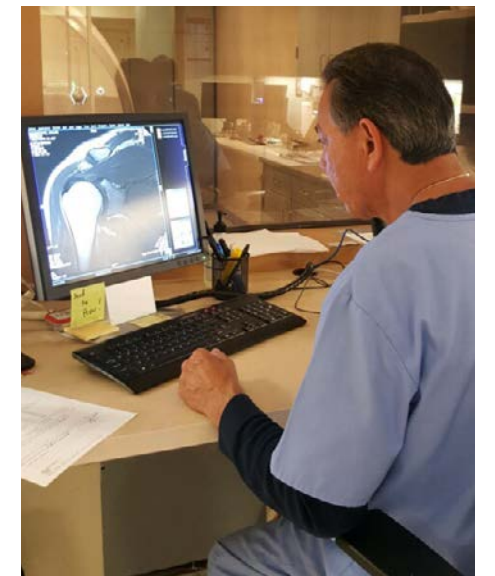
Skin, particularly on the heel, tends to get very dry when we wear sandals with no socks. A non-fragranced skin softener or emollient can help prevent calluses.

Like sandals, water shoes should be in good condition, provide support and fit properly.

What about bare feet? "A small percentage of people with perfect foot mechanics can go barefoot without problems. If we don't do it regularly and our feet are not used to it, it is best to be careful."

Parents of children who participate in summer sports should check cleats and athletic shoes on a regular basis, and replace them if needed.

Last but not least, when applying sun protection, remember that feet can get sunburned, too!



Arthritis Clinic Specialists Also Evaluate Other Conditions

Rheumatology focuses on conditions that involve systemic inflammation, as well as other common problems of the musculoskeletal system and the immune system. For patients with such conditions, the WWMG Arthritis Clinic provides consultation and management services, infusion services and clinical research trials.

The clinic's three board-certified rheumatologists offer consultative services for inflammatory issues including rheumatoid arthritis, gout, lupus, Sjogren's syndrome, scleroderma

and spondylitis. They also evaluate patients with conditions like tendonitis, bursitis, osteoporosis, hypermobility syndrome, fibromyalgia and carpal tunnel syndrome, to discuss treatment options with primary care physicians who will then provide ongoing care.

Patients with chronic pain issues are referred to pain management specialists.

Intravenous medications are effective treatments for some rheumatologic diseases. The clinic's outpatient infusion suite, staffed by two RNs and one LPN, provides infusion services

five days a week. In addition, WWMG rheumatologists serve as investigators in clinical research trials. These studies give patients opportunities to benefit from promising new therapies before they are available by regular prescription.

The Arthritis Clinic requires a medical referral before scheduling a new-patient appointment. The referral is reviewed to decide if an appointment is appropriate for that patient. All patients must identify a primary care physician to whom a copy of the evaluation can be sent.



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We're experts in our field with over 100 providers in 17 specialties at 23 locations. All of our providers are board-certified or board-eligible.

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