



# Healthy You!

*Celebrating 30 years serving Puget Sound families*



## Trailblazing WWMG Turns 30

This year, WWMG celebrates our 30th year serving the Puget Sound community. Western Washington Medical Group began in Everett in the late 1980s and early 1990s, when several visionary doctors read the writing on the wall, so to speak.

Healthcare was changing. The big players—hospitals and insurance companies—were consolidating. It became clear that independent providers needed to band together to successfully navigate the emerging landscape.

With that goal in mind, a handful of local specialists in gastroenterology, cardiology, oncology and general surgery began developing the core organization that in 1993 became WWMG.

By the end of our first decade, membership of specialist providers had grown into the double digits,

and primary care providers began to join. Our second and third decades brought continued growth in providers, and an expansion of service and collaborations with larger-scale regional entities such as Providence.

Dr. David Russian, who joined in 1998 and is currently WWMG's CEO, says that with change comes opportunity. Continuing the vision of the group's founders, we continue to seek ways to serve our patients better as the healthcare market changes and evolves.

Today, WWMG is home to over 100 providers, including 20 specialties and 7 primary care locations. Serving patients from Bothell to Bellingham, we're the sole remaining local, independent multi-specialty medical group in the entire Puget Sound region.

## WINTER 2023

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## Same-Day Treatment Options

When an illness or injury needs same-day care (but is not life-threatening), WWMG offers several options that are more convenient, more accessible and more affordable than going to the ER.

### In-Clinic Appointments:

For a walk-in appointment, please call ahead to book your same-day appointment at these WWMG primary care locations:

- Lake Serene Clinic - Lynnwood (425) 742-9119
- Snohomish Family Medicine (360) 568-1554
- Whitehorse Family Medicine - Arlington (360) 435-2233

### Same Day Telehealth:

Same-day telehealth (virtual walk-in) appointments are available Monday through Friday. Call to request your appointment at these locations:

- Everett Family Medicine (425) 317-8025
- Lake Serene Clinic (425) 742-9119
- Marysville Family Medicine (360) 659-1231
- Grove Street Family Clinic (360) 653-3500
- Snohomish Family Medicine (360) 568-1554
- Whitehorse Family Medicine (360) 435-2233

### Urgent Care House Calls:

Urgent care house calls are available to WWMG patients through Dispatch Health. Their professional medical teams make house calls 8am-10pm seven days a week year-round, including holidays.

Call (855) 803-2481 or visit [DispatchHealth.com](http://DispatchHealth.com).

## WWMG Earns 4.5 Rating for Quality

WWMG providers and staff prioritize the quality of care for each of our patients. Being an independent medical group that is locally-owned by our providers means patients can receive personalized care, rather than being treated according to protocols dictated by a huge corporation.

One of the ways we do this is through wellness-based care, one of WWMG's population health initiatives. "Wellness-based care is about working to improve health outcomes for our patients, by putting in place resources that support them in prevention and wellness," says Teresa Litton, Director of Population Health and Payer Strategies at WWMG.

Such resources include:

- calling patients to schedule routine visits
- care management for chronic issues
- remote monitoring technology
- follow-up consultations after hospital discharge, and
- health coaching to help Medicare patients manage medications.

Two additional services available at WWMG primary care locations are: specialized diabetic eye exams that can be completed during a regular checkup, and a mobile Mammogram Van in partnership with Seattle Cancer Care Alliance/ Fred Hutch Cancer Center.

For non-life threatening issues that require same-day treatment, WWMG offers patients: same-day primary care appointments at multiple locations, a telehealth service for "virtual walk-ins," and a partnership with Dispatch Health for urgent care house calls as alternatives to visiting the ER.



Value-based care is an industry-wide transition from fee-for-service to wellness-based healthcare. In the midst of these changes, WWMG is shining bright, advancing in just two years from a 3.5- to a 4.5-star quality rating in the 5-star system used by insurance companies to measure patient outcomes and quality of care.

## Pulmonary Expands Services & Locations

WWMG physicians are now providing comprehensive care to all pulmonary and critical care patients at the Swedish Edmonds campus. This new agreement also includes managing the hospital's Intensive Care Unit.

This 24/7 service is an expansion of the critical care and pulmonary coverage that WWMG has been providing to the community for several years, explained Dr. Tomasz Ziedalski,

WWMG Pulmonologist. "Our providers now cover all pulmonary and ICU care at three hospitals:

Providence in Everett, Swedish Edmonds, and Skagit in Mount Vernon."

WWMG's Pulmonary department opened its fifth satellite office in Bellingham this past fall.

Our pulmonary patients now have the option of being seen

for appointments in Arlington, Bellingham, Edmonds, Everett, or Marysville.



# SWEDISH

## Edmonds



## Accurate Diagnosis is First Step for Sinusitis Relief

Chronic sinusitis is sometimes misdiagnosed because its symptoms of pain, pressure, congestion and runny nose overlap with other conditions.

"It feels like a constant cold, may be unresponsive to medication, symptoms can wax and wane but be a lifelong problem, and often co-occur with migraines and allergies," explains Dr. Jamie Litvack, WWMG's Ear, Nose & Throat physician and surgeon.

Dr. Litvack has a particular interest in helping patients with sinusitis. "Sometimes patients have received multiple rounds of treatment with antibiotics or steroids without

improving, because the problem is not an infection. It's very satisfying to see what a difference the right



*Dr. Jamie Litvack, MD, MS, FARS*  
WWMG Ear, Nose & Throat physician

diagnosis makes in their quality of life."

Using what she calls "a small spaghetti camera," Dr. Litvack can look inside the nose to check for a deviated septum, narrowness at the back of the nasal cavity, polyps, or other telltale causes. "It's a much larger space than it seems from the outside, and can give me a lot of information to determine the correct diagnosis."

Once diagnosed, treatment for chronic sinusitis may include saline irrigations, topical and oral medications, in-office procedures, injectable biologics, or surgery.

## Two Treasured Team Members Retire

WWMG bids goodbye to two cherished team members this month as they move into retirement: Gayle Brady and Teresa Sarsted.

Gayle Brady has been with WWMG for the past 13 years as our corporate receptionist, managing our accounts payable, and being the "office mom" to so many of us.



*Gayle*

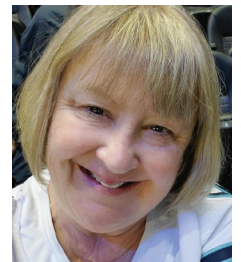
Gayle was the cheerful face at the

front desk - and friendly voice over the phone - at our corporate headquarters on Marine View Drive.

Whether it be patients, vendors, clinic managers, or staff, we will all miss Gayle's fun, helpful personality and sense of humor at the office.

Teresa Sarsted, Cardiology Clinic Supervisor, is also retiring after 12 years with us. Teresa started her career at WWMG working in medical records and served in several roles which led to becoming a Clinic Lead and finally the Clinic Supervisor in our Cardiology department.

Teresa always put patient care and customer service first, and her caring presence made a difference every day to our staff, our providers, and our patients.



*Teresa*

We are deeply grateful to Gayle and Teresa

for their contributions to WWMG, and wish them all the best in their retirement!

## Clinical Research Scales Up

In order to expand its offerings, WWMG's Clinical Research department has partnered with Innovo Clinical Research, a network of independent medical groups nationwide that participate in clinical research trials to support their population health initiatives.

"The goal of clinical trials is to help develop better diagnostics and treatments that make a difference in patients' lives," explains Stephanie Abbott, Pharm D, WWMG's Clinical Research Director. "This partnership with Innovo offers WWMG a robust



pipeline to larger-scale studies than we have undertaken before, and to more screening trials that emphasize prevention."

WWMG is currently enrolling patients in clinical trials for:

- Breast, colorectal, and lung cancer
- Renal disease
- Low-dose CT lung cancer screening
- Idiopathic Pulmonary Fibrosis and
- Cardiovascular disease

Two other research trials are launching this January, one for a COVID/RSV/flu "home triple test" and the other for an RSV elderly vaccine.

For more details, or to apply to participate in one of our clinical trials, visit [www.wwmedgroup.com/specialties/clinical-research](http://www.wwmedgroup.com/specialties/clinical-research).

## Inspiration Leads to Second Career

Kanchana Allan, ARNP, is a new provider at WWMG's Snohomish Family Medicine who is also new to her field. However, she is not new to helping people live healthier lives.

"This is a second career for me, after working at a biotech company for 26 years and getting a Master of Public Health degree," Allan explained.

"I developed a nutrition education program, called Champions for Change, for a free clinic, to help patients and motivate them to educate others in their community.



The doctors and nurses who volunteered their time at that clinic were my inspiration. That capstone project inspired me to go into nursing."

Allan approaches patients as individuals, does a lot of listening, and requests feedback. "My goal is to gain an understanding of the patient's health issues in the context of their life. I explain what I think and ask what they think. I don't believe in a one-size-fits-all approach."



**Western Washington**  
Medical Group

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**Western Washington**  
Medical Group

We're experts in our field with over 100 providers in 20 specialties at 25 locations. All of our providers are board-certified or board-eligible, meaning they are highly trained in their specialty, delivering exceptional quality of care to our patients.

Audiology and Hearing Aids  
Cardiology  
Clinical Research  
Critical Care  
Ear, Nose and Throat/Allergy  
Endocrinology and Metabolism  
Endoscopy  
Family Practice & Same-Day Care  
Gastroenterology  
Gateway Surgery Center  
Imaging Center

Nephrology  
Neurology  
Orthopedic Sports, Spine & Hand  
Physiatry  
Podiatry  
Psychiatry  
Psychology  
Pulmonary & Asthma  
Rheumatology  
Sleep Medicine

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