



# Connection

A Quarterly Publication  
for Friends & Patients  
of The Everett Clinic

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## Keeping Your Health On Track

### Programs support diabetics and heart patients

In our on-going desire to help you maintain your good health, The Everett Clinic has designed two innovative programs to help control two major chronic diseases, diabetes and chronic heart failure. Both of these programs encourage a partnership with you and your physician.

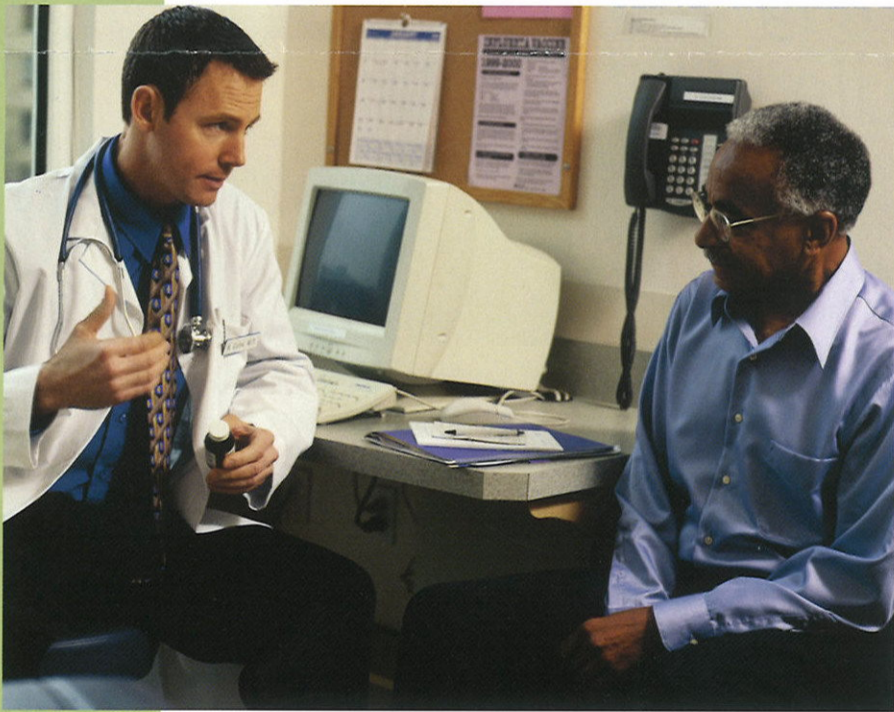
#### Living with Diabetes

If you have diabetes, we know that successfully managing your treatment is critical to feeling good and staying healthy. To this end, The Everett Clinic has developed a unique diabetes program that includes a computerized registry to track your continuing treatment. Should you forget a scheduled test or exam, the database automatically alerts one of our nurses who has been appointed as a diabetes management coordinator. That coordinator will send you a letter reminding you of your scheduled appointment or test.

Dr. Jeffrey Blackwell oversees the Diabetes Disease Management Team. "We've designed a system that 'closes the loop' for diabetes patients and their doctors," he says. "The program's checks and balances help make sure none of our patients are slipping through the cracks."

In addition, The Everett Clinic offers an education program for diabetics, which is approved by the American Diabetes Association. Our education program is

lead by registered dietitians and nurses who are Certified Diabetes Educators. They provide newly diagnosed patients, as well as veterans, the skills and knowledge needed to maintain good health.



#### Managing Congestive Heart Failure

If, on the other hand, you are managing congestive heart failure (CHF), The Everett Clinic has developed a program designed to ensure that you take your medications appropriately, understand and follow proper dietary guidelines, and see your doctor for follow-up appointments as prescribed.

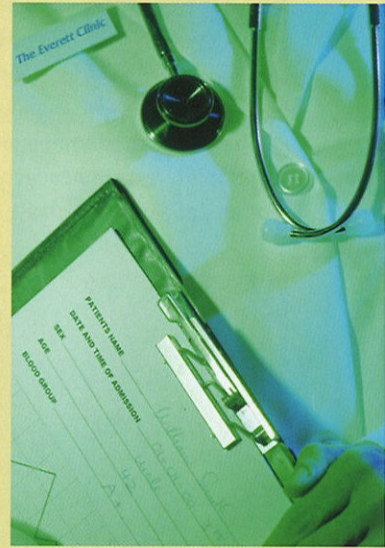
Dr. James Lee oversees the program and attributes its success to patient education and an automated, yet hands-on, approach to tracking patients. "We spend time getting to know you and reviewing the medications you have been prescribed," he says. The program also ensures that each patient is prescribed the most up-to-date medications at target doses. Since the program's inception, the percentage of Everett Clinic patients achieving this goal has increased steadily.

"Sometimes, heart failure patients are barraged with information," says Ivy Fung, project manager for the CHF program. "It can be a lot to absorb, so I'm here to help give that extra push, to get questions answered, and to be the coach or cheerleader to help people get involved in their care."

And, should you forget an appointment, "a specially designed computer program will alert us when someone is not seeing their doctor as often as they should, and we will get in touch," says Dr. Lee.

## The Medical Liability Insurance Crisis

Doctors must have medical liability insurance; without it they cannot see patients or provide any medical services. But in the State of Washington, the cost of premiums for medical liability insurance is skyrocketing and, for doctors in some specialties, medical liability insurance is virtually unavailable.



### Does the medical liability crisis threaten access to doctors?

Yes. Premiums are so high in Washington that many doctors can't continue to practice in our state and it's increasingly difficult to recruit doctors from out of state.

- Since 1998, the Washington State Medical Association has seen a 31 percent increase in the number of physician members moving out of state.
- There is an increasing shortage of doctors practicing in high-risk fields such as OB/GYN, neurosurgery & trauma care.

### Does the medical liability issue affect cost of care?

Washington's medical liability crisis drives up the cost of health care for everyone: patients, employers, workers and all taxpayers. The fear of lawsuits forces doctors to practice "defensive medicine" - ordering unnecessary tests to establish a medical record just in case they are sued - which drives up costs even further.

### How do large jury awards lead to unaffordable insurance premiums?

We strongly support appropriate damages for medical malpractice. Patients who have legitimate malpractice claims should be fairly compensated, but rationality must be restored to the legal system. Rather than protecting patients, excessive jury awards actually threaten patient care by reducing access to doctors while making care more expensive.

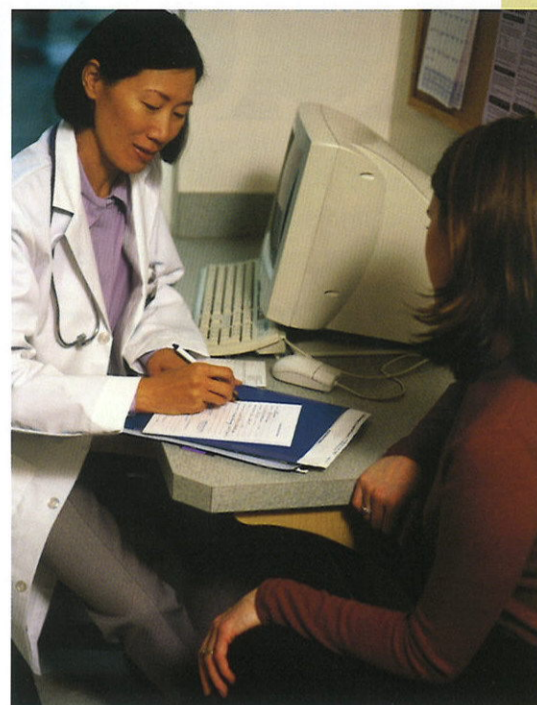
- In 1985, medical liability awards of more than \$1 million were rare, less than one in 100. Today, that figure is closer to one in eight.
- Runaway jury awards permitted in our state mean liability insurance premiums without limits and all physicians are affected. The Everett Clinic's premiums increased by more than 100 percent last year and 190 of our 215 physicians had their costs go up \$23,000 per doctor in two years.

### What is the solution?

We must protect affordable health care by reforming medical liability. The Everett Clinic is committed to working with

# Are You At Risk for Diabetes?

In the U.S., 11.1 million people have been diagnosed with diabetes, however, 5.9 million more people do not know they have it. The risk for death from heart disease is two to four times higher with diabetes. It is the leading cause of blindness in adults between 20 and 74 years of age and is the leading cause of kidney failure (43% of all new cases).



## Possible Risk Factors

- Do your parents or siblings have diabetes?
- Are you African-American, Hispanic-American, Native-American, Asian-American, or Pacific Islander?
- Are you over 44 years old?
- Is your waist circumference more than 40 inches (male) or 35 inches (female)?
- Do you exercise less than 3.5 hours per week?
- Do you have a history of cystic ovary disease?
- Do you have high blood pressure?
- Do you have a history of gestational diabetes or delivery of a baby weighing over 9 pounds?
- Is your HDL cholesterol ("good" cholesterol) less than 40 and/or a triglyceride level greater than 200?

## The Good News

Diabetes can be controlled with management and careful follow-up. With the appropriate treatment and care, the risks of diabetic complications and death can be reduced and early complications (eye disease, nerve damage, and kidney disease) can be reversed. Treatment may be as simple as a balanced meal plan and exercise. Medications may also be needed by mouth or occasionally by injection to keep your daily blood sugars near or at normal levels.

Ask your doctor if you should be screened.

## Screening for Your Life

By Lisa Smith, RN, CGRN  
Manager of Gastroenterology Department

Throughout the course of their lifetime, one out of 17 Americans will be diagnosed with colon cancer. With

proper screening, this number can be greatly reduced. The Everett Clinic's GI department is committed to making sure our patients have every opportunity to receive this screening.

## Who should have a Screening Colonoscopy?

- Any person who has reached age 50 and has never had one
- Any person 40 years or over with one first degree relative or two second degree relatives with colon cancer or polyps

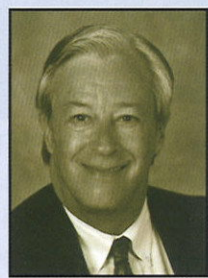
Your primary care physician will determine whether or not you are a candidate for screening colonoscopy.

## How can I receive more information?

Please call the Gastroenterology Department at 425-339-5421.



## New Physician Spotlight



Michael Deberardinis, M.D., Urology, received his medical degree from Louisiana State University and completed a General Surgery residency at St. Joseph Hospital in Houston, Texas. He also completed his Urology residency at the University of Texas and is board certified in Urology. Dr. Deberardinis has special interests in prostate

obstructive disease, stone procedures, bladder cancer and general urologic concerns. For an appointment, please call 425-339-5443.



Dr. Ronan Murphy, MBChB (Bachelor of Medicine and Bachelor of Surgery), Neurology, received his medical degree from the University of Edinburgh, Scotland and completed his residency at the University of Washington. Dr. Murphy is board certified in Neurology. He is a general neurologist managing a broad range of neurological

problems and performing electrophysiologic testing. He also has special interests in headaches and Botox® for neurological problems. For an appointment, please call 425-339-5408.



Elena Robinson, M.D., Neurology, received her medical degree and completed her residency at the University of Washington. She also completed a fellowship in Pain Management at the University of Washington's Department of Anesthesia. Dr. Robinson has special interests in Neuropharmacology and Neuromodulation

and is trained in performing therapeutic injections for pain management. She also will perform neurostimulator procedures. For an appointment, please call 425-339-5408.



Brent G. Thiel, M.D., Orthopaedics, received his medical degree and completed his Orthopaedic Surgery residency at the Medical College of Wisconsin. Dr. Thiel is board certified in Orthopaedic Surgery. He has special interests in ACL reconstructions, rotator cuff tears, and primary joint, total knee, hip and shoulder replacements. For an

appointment, please call 425-339-5447.



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For the whole you.

everettclinic.com/baby

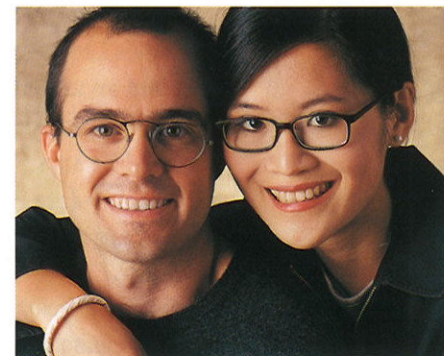
## The Everett Clinic OPTICAL CENTER Main Campus

3901 Hoyt Avenue  
(425) 339-5436  
NEXT TO THE EVERETT CLINIC PHARMACY  
OPEN MON.-FRI. 9AM - 6PM

## The Everett Clinic EYE CENTER at Marysville

1262 State Ave., Suite "I"  
(360) 651-7450  
AT THE SAFEWAY SHOPPING CENTER  
OPEN MON.-FRI. 8:30AM - 6PM

## Optical Center Inventory Reduction Sale



25% - 50% off selected frames.  
10% off all other frames.

The Everett Clinic Optical Centers are having an inventory reduction sale to make room for our new spring collection of eyewear. The sale will run the month of February 2004. Some restrictions apply.

## The Leg Bone's Connected to the Hip Joint...

The human musculoskeletal system is a complex configuration of bones, ligaments, muscles and tendons. When something goes wrong with the system, help comes from a variety of health care specialists at The Everett Clinic.

Now, these specialists work cohesively as part of a single team called the Musculoskeletal Services Department.

Siska Treacy, the department's director, says the goal is to provide a seamless experience for patients. This new "center of excellence," made up of the formerly independent but close-working Spine Center, Physiatry (Pain Management), Hand Center, Rheumatology and Orthopedics Departments, offers comprehensive care for patients' muscular and skeletal health care needs.



## Top Honors

We are pleased to announce that three Everett Clinic employees have received regional and national awards. Rick Cooper, CEO, has been named the Everett Chamber of Commerce 2003 Executive of the Year, Helen Pumphrey has been recognized by the Association of Perioperative Registered Nurses' (AORN) as Perioperative Nurse Manager of the Year, and Dr. Dianna Chamblin has been honored by the Snohomish County Medical Assistants (SCMA) as Provider of the Year.

We are very proud of all of them for their achievements.

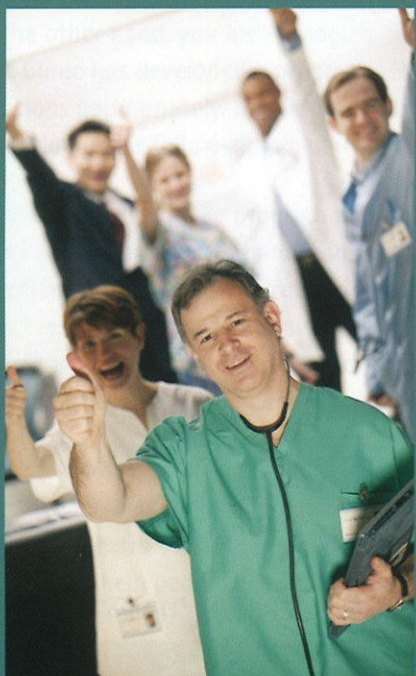


Clockwise from top left: Rick Cooper, Helen Pumphrey, and Dr. Dianna Chamblin and Staff

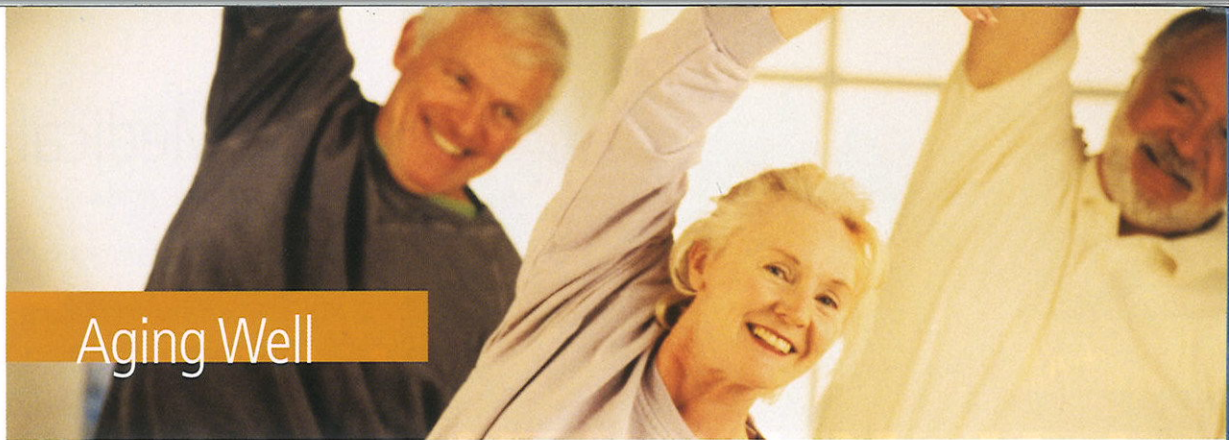


## Join The Everett Clinic Team!

Call for information regarding employment opportunities.  
(425) 339-5400



[www.everettclinic.com](http://www.everettclinic.com)



## Aging Well

## Keeping Track of Your Medications is Vital

By Linda Whitesell, ARNP

After falling and breaking her arm, eighty-year-old Mary B. spent time in the hospital and was then transferred to a nursing facility for rehabilitation. A week later, she remembered that she was on thyroid replacement medication. She not only forgot to tell anyone, she couldn't remember the dosage. Her medication was restarted after a call to her pharmacy to confirm the correct dose.



Keeping track of your medications is important, especially in emergencies or when you see different medical providers. The Everett Clinic has a fold-out card that fits easily into a wallet or purse for identifying names of medications, dosages, and

times taken. Ask for one at your next visit and always keep it up-to-date. Include your vitamins, supplements, and over-the-counter medications, as well. If you don't want to write everything down, The Clinic also has small plastic bags that you can use to bring in your medications and show your physician. Either way, let your doctor know the medications you take. It's the smart thing to do!

## Community Classes

### 55 Drive Alive Driver Safety Program

A two-part refresher course especially designed for drivers age 50 and over. Learn defensive driving techniques, new traffic laws and rules of the road. Many insurance companies give discounts to graduates of the program.

\$10 per person for both classes collected on the first Saturday. Please do not send payment with registration. All classes are held 9:00 a.m. - 1:00 p.m.

- OPTION I**  
 Part I- Saturday, February 14  
 Part II- Saturday, February 21  
**OPTION II**  
 Part I- Saturday, February 28  
 Part II- Saturday, March 13

### Facial Rejuvenation

Led by Ronald Krueger, M.D.

This free informational seminar will explain the latest treatment techniques in Facial Rejuvenation. There will be hors d'oeuvres, door prizes and product discounts. *Complimentary seminar.*

Tuesday, February 24 2004 • 6:00 - 8:00 p.m.

### Couples Communications I & II

Led by Jim Tufts, A.C.S.W.

A two part series for couples to learn effective communication skills and how to resolve conflict. \$20 per couple for both sessions.

- PART I**  
 Wednesday, February 11, 2004 • 7:00 - 8:30 p.m.  
**PART II**  
 Wednesday, February 18, 2004 • 7:00 - 8:30 p.m.

### SmokEnders: Stop Smoking Introduction

Discover how SmokEnders step-by-step techniques can teach you how to break the habit.

*Complimentary introductory class*

Monday, February 9, 2004 • 6:00 - 7:00 p.m.

### Refresh Your Aging Skin

Led by Gail de Imus, M.D.

Discover the latest cosmetic dermatology procedures and options available to refresh aging skin.

This class will also look at options in Botox™, collagen, laser treatment and liposuction.

*Complimentary class*

Thursday  
 February 19, 2004  
 6:00 - 8:00 p.m.

### Living With Migraine Headaches

Wednesday, March 17  
 7:00 - 8:30 p.m.

Led by Dongmei Liu, M.D., Neurologist and Paul Schoenfeld, Ph.D., Health Psychologist

A 90-minute workshop to learn stress management, pain control and relaxation techniques, and new medical treatments for headaches. There will also be plenty of time for questions and answers. \$5 per person.

All classes are held at The Everett Clinic Main Campus, Gunderson Building, third floor, 3927 Rucker Avenue, Everett

Classes are priced as noted. Please make checks payable to The Everett Clinic. Space is limited and reservations are required. For registration information, please call (425) 339-5432.

### CLASS REGISTRATION FORM

PLEASE FILL OUT THE FOLLOWING REGISTRATION FORM AND SEND IT WITH PAYMENT TO:  
 The Everett Clinic, Health Services • 3901 Hoyt Ave • Everett, WA 98201

Name(s): \_\_\_\_\_

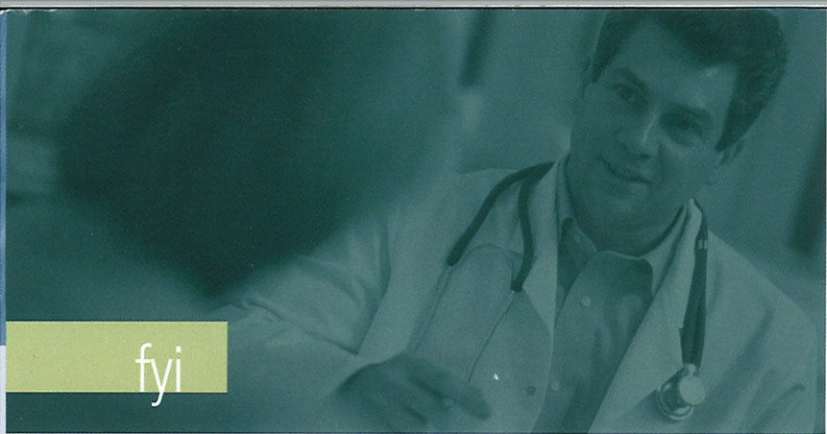
Day phone: \_\_\_\_\_

Class: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Class: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Class: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_



fyi

## Skin Rejuvenation

The Everett Clinic's Facial Rejuvenation Center offers a variety of safe, non-surgical treatments including blue peels, Botox, collagen injections, glycolic peels, microdermabrasion, and laser treatments. The Center also offers the most-effective anti-aging skin care products. The Facial Rejuvenation Center, directed by Dr. Ronald Krueger, is now available Tuesday through Friday for consultation (complimentary) and treatment and is located in the Ear, Nose, and Throat department in the Gunderson building at 3927 Rucker Avenue in Everett. If you would like more information, or would like to schedule a consultation, please call (425) 257-1455.



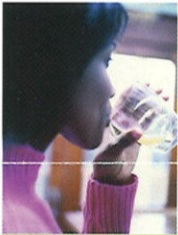
## Automated Reminder

The Everett Clinic is pleased to offer an automated phone call system that will remind you of your appointment a few days ahead of time. The service is now being offered in a select number of our departments. Automated phone reminders... just another way The Everett Clinic serves you.



## Refresh Yourself

Water. We bathe in it, exercise in it, and should be drinking lots of it. You've probably heard that your body needs six to eight glasses of water daily, but that doesn't mean you need to stand at the sink all day. Your six to eight glasses can include tea, juice or milk. Drink lots of water, but spread it over the day and remember a variety of liquids can help you maintain your fluid balance and stay energized.



## Foundation News

The Everett Clinic Foundation is pleased to adopt Providence Hospice as its organization to help in the coming year. Providence Hospice is a non-profit subsidiary corporation of Providence Everett Medical Center. The Everett Clinic has donated more than \$1 million to local charities in Snohomish County over the past decade. Charities have included health, social, and community services, as well as youth organizations.



# The Medical Liability Insurance Crisis

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elected officials to enact common sense solutions that can solve the medical liability crisis.

- Emphasize patient safety. At The Everett Clinic, the safety of our patients is an overriding principle. Everything we do is based on what is right for the patient to help assure maximum quality of care.
- Cap non-economic damages. Almost 30 years ago, California solved its medical liability crisis by putting a cap on non-economic damages that still allows generous payment for emotional damage. Other states have successfully followed California's lead. Washington state should be next.

You can help preserve affordable health care and ensure a choice of doctors. Call the Washington State Legislative Hotline at: (800) 562-6000 or write your lawmakers and let them know you support medical liability insurance reform, including caps on non-economic damages. For more information and sample letters, go to [everettclinic.com](http://everettclinic.com) and click on legislative advocacy / medical liability insurance.

Ear, Nose & Throat  
Allergy  
Behavioral Health  
Cancer/Oncology  
Internal Medicine  
Pharmacy Service

**Orthopaedics**

Optical/Eye Centers  
Critical Care  
Sleep Center  
Dermatology  
Physical Medicine & Rehab  
Geriatric Care  
Advanced Imaging  
Family Practice  
Hand Center  
Skin Surgery & Laser  
Hearing Aid Center  
Anesthesiology  
Occupational Health  
Pediatric/Adolescent Care  
Cardiology  
Infectious Disease  
Gastroenterology  
Laboratory Services  
Facial Rejuvenation  
Neurology  
Rheumatology & Arthritis  
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