



# Connection

## Like Night and Day

### Sleep study changes life for Granite Falls family

**K**imberly and Daniel Wicks were skeptical when the attention specialist at The Everett Clinic recommended a sleep study for their daughter Kendra.

Even with Kendra's diagnosis of attention-deficit-hyperactivity disorder (ADHD), the family was reluctant to put Kendra on medication; they feared it would turn their daughter into a "zombie." But they had reached their wits' end and didn't see any other viable alternatives.

"We were becoming isolated as a family. Kendra would throw three-hour tantrums in grocery stores, at school, and at home," Kimberly says. "She would spin in circles, hold her breath and scream. We had reached a point of sheer desperation; we were ready to try anything."

#### Getting to the Root of It

With a background in child care, Kimberly recognized the signs of ADHD in Kendra as early as two years of age. The intensity of symptoms gradually worsened, and when Kendra hit the first grade, problems at home and at school became unbearable. Testing confirmed Kendra's ADHD.

In addition, an attention disorder specialist at The Everett Clinic identified Kendra's sleepiness as a red flag. She recommended a sleep study with Ronald Green, MD, a pulmonary medicine and sleep specialist with The Everett Clinic. "We were very skeptical; we almost cancelled the sleep study after it was scheduled," Kimberly says. "But we did want to explore all avenues before resorting to medication, so we went through with it."

#### Surprise Diagnosis, Welcome Turnaround

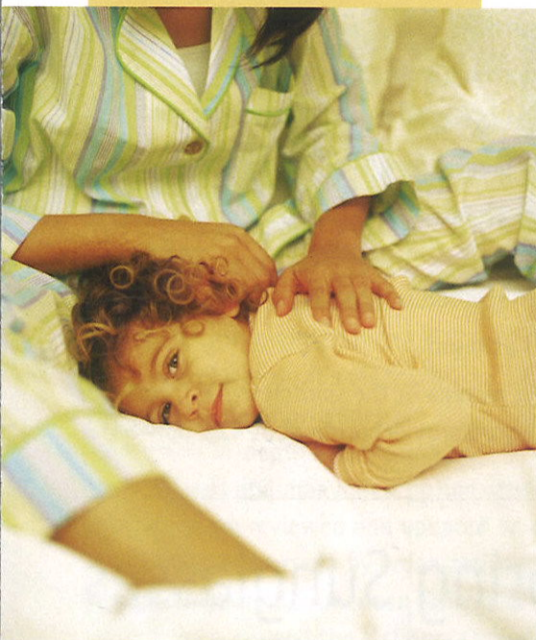
To the Wicks family's surprise, Kendra's sleep study diagnosed obstructive sleep apnea. Even more surprising, nighttime treatment with a continuous positive airway pressure (CPAP) machine resulted in an instant, dramatic turnaround in her mood and behavior. Everyone, including Kendra, was amazed.

"Kendra started second grade two days after her CPAP trial began, and the difference was like night and day," Kimberly says. "Where before she was disruptive in class, spending time in the principal's office and being separated from others, now she sits still and listens."

Kimberly adds, "Kendra is excelling in reading and playing basketball. At home, we eat dinner together; we can sit and snuggle and watch TV as a family. People take these things for granted. Now we can do them too."

The Wick's can plainly see the tie between ADHD symptoms and sleep apnea for their daughter. One night, Kendra didn't wear her CPAP machine. The next day, a note from Kendra's teacher said she had been disruptive in class. "There is no doubt, the connection is clear," Kimberly says.

"To think that we might have skipped the sleep study...I hate to think of it. I am now a 100 percent firm believer."



### Sleep Well

Sleep disorders are common and easily treated, if diagnosed in a timely fashion.

The North Puget Sound Center for Sleep Disorders provides evaluation and treatment of a wide range of adult and pediatric sleep disorders. If you think you, your child, or a loved one may have a sleep disorder, talk to your doctor, or call the Sleep Center at 425-252-DOZE (3693).

**"I don't throw tantrums any more. I feel really happy, and I'm better in school."**

*-Kendra Wicks, age 7*

## Food for Thought...

By Jody Byrne, Registered Dietician

### The Truth About Juice



**W**hile juice can be a convenient way to help you achieve your goal of five fruits and vegetables day, there are a few things to keep in mind when consuming it:

- Watch for words like "beverage", "punch", "juice blend", "ade" or "cocktail". These often mean that the juice content is low (<25%) and you are mostly drinking water and sugar.
- Often juice bottles/boxes contain two or more servings. This means it is not uncommon to have over 200 calories per container. Watch for labeling laws to change on this in the future.
- Ounce per ounce, fruit juice (even natural) has similar calories and carbohydrates as regular soda pop. While

juice will have more nutritional value than pop, if you are trying to lose weight or have a family history of diabetes, you may need to be careful with your total consumption.

#### Keeping Juice Healthy

- Keep juice glasses on hand that hold eight ounces of liquid or less
- Add extra water or ice to your container so that you have a larger fluid volume without the extra calories
- Try making a juice spritzer by adding club soda or sparkling water to your juice
- Always try to choose natural fruit juices over fruit drinks

## New Physician Spotlight

We are pleased to welcome these new physicians to The Everett Clinic:



### Thomas W. Harris, D.O.

#### MAIN WALK-IN CLINIC

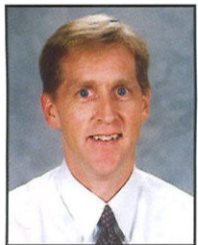
Thomas W. Harris, D.O., completed medical school at the College of Osteopathic Medicine of the Pacific and completed a Family Practice residency at Eastmoreland General Hospital in Portland, Oregon. Dr. Harris is board certified in Family Practice by the American Osteopathic Board of Family Physicians.



### Eric K. Lee, M.D.

#### HOSPITALIST

Eric K. Lee, M.D., received his medical degree from the University of Washington and completed his residency at the University of Rochester Strong Memorial Hospital.



### Matthew J. Mulder, M.D.

#### HARBOUR POINTE, FAMILY PRACTICE

Matthew J. Mulder, M.D., received his medical degree from the University of Rochester and completed his residency in Family Medicine at Tacoma Family Medicine. Dr. Mulder is board certified in Family Practice. To schedule an appointment, call 425-493-6004.



### Don J. Sarmiento, D.O.

#### HARBOUR POINTE FAMILY PRACTICE

Don J. Sarmiento, D.O., received his medical degree from the University of Health Sciences College of Osteopathic Medicine and completed his residency in Family Practice at Womack Army Medical Center in Fort Bragg, North Carolina. Dr. Sarmiento is board certified in Family Practice. To schedule an appointment, call 425-493-6004.



### Melissa R. Weakland, M.D.

#### SNOHOMISH FAMILY PRACTICE

Melissa R. Weakland, M.D., received her medical degree from the University of Washington and completed her residency at the University of Rochester Highland Hospital. To schedule an appointment, call 360-563-8600.

# Breathe Easier

By James Bommarito, M.D., Allergy

Our Allergy department makes it easier than ever to identify, measure, and treat problems with asthma. We start by conducting a spirometry exam – a simple breath test to measure lung volumes. These measurements alert your physician to any irregular breathing and help identify effective treatment.

The key to treatment is educating you about all your risk factors and treatment options. With your risk factors controlled, it is possible to minimize, or even reverse, asthma.

If you suspect you may have asthma, call your physician and make an appointment to have a simple, painless spirometry test done. You may breathe easier.

If you answer yes to many of these questions, you may need your breathing checked for asthma. Do you:

- Cough and wheeze frequently?
- Ever go to the emergency room for breathing trouble?
- Use an inhaler for breathing trouble?
- Suffer from shortness of breath, particularly after exercising?
- Suspect you have allergy problems (frequent coughing, sneezing, watery eyes)?
- Have chronic sinusitis or acid reflux disease?
- Have a family history of asthma?

For more information about asthma or the spirometry test, call your primary care physician or our Allergy department at 425-339-5412.

## Retro Readers

Reading glasses don't have to be boring. A stylish, affordable pair of reading glasses can make life easier – and a lot more fun! Check out the new styles, colors and shapes at The Everett Clinic Optical Center and Eye Center in Marysville. Our staff will be glad to help determine what style and strength of reading glasses will work best for you.

And to jazz things up even more, pick up one of our zany nose-shaped eyeglass holders. With a wide variety of colors and designs, you'll always be able to find your glasses!



## Spring Sunglasses and Frames Sales Event

Start the summer off right with a new pair of stylish spring frames or sunglasses. Don't miss our **Spring Sunglasses and Frames Sale Event** on **May 19th** at **The Everett Clinic Optical Center** at our Main Campus in Everett. Stop by anytime from 1:00 p.m. to 5:00 p.m. and check out our latest frames including styles by Versace and Ray-Ban. Every purchase during the event will receive a 15% discount! We'll also be giving away a pair of Ray-Ban sunglasses and Versace frames.

### 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

### The Everett Clinic OPTICAL CENTER

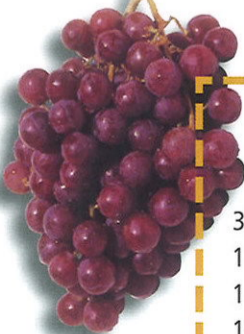
Main Campus  
3901 Hoyt Avenue  
425-339-5436

NEXT TO THE EVERETT CLINIC PHARMACY  
OPEN MON.-FRI. 9AM - 6PM  
SATURDAY 9AM - 1 PM

Main Campus  
Optical Center  
Now Open  
Saturdays 9-1

## It's Picnic Time!

This delicious salad is sure to be a hit at your next barbecue or picnic. Serve as a side dish, or bring a baguette and use it as a sandwich spread.



## Curried Chicken Salad

- 3 cups chopped cooked chicken breast (about 1 lb.)
- 1 cup halved seedless red grapes
- 1 cup diced peeled apple
- 1/4 c. diced pineapple
- 2 Tbls. dried currants (raisins or craisins will also work)
- 1/3 c. low-fat (or fat-free) mayonnaise
- 2 tsp. honey
- 1 tsp. curry powder
- 1 tsp. fresh lemon juice
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 2 Tbls. sliced almonds, toasted

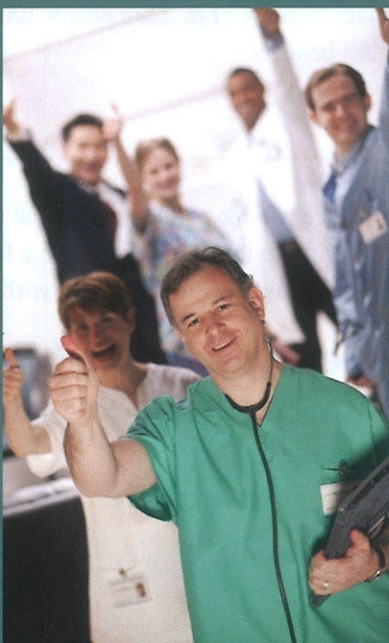
Combine first five ingredients in a large bowl. Combine mayonnaise and next five ingredients, stirring with a whisk. Pour mayonnaise mixture over chicken mixture; toss gently to coat. Sprinkle with almonds. Cover and chill.

Yield: 4 servings  
(serving size: 1 1/4 cups)  
Nutrition per serving: CALORIES 303 (21% from fat); FAT 7.2g (sat 1.3g, mono 2.3g, poly 1.3g); PROTEIN 33.8g; CHOLESTEROL 89mg; CALCIUM 37mg; SODIUM 435mg; FIBER 1.9g; IRON 1.7mg; CARBOHYDRATE 25.7g

## Join The Everett Clinic Team!

Call for information regarding employment opportunities.

425-339-5400



www.everettclinic.com



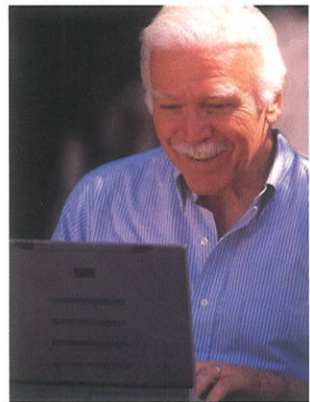
## Aging Well

by Linda Whitesell, ARNP

### Answers to your Health Questions: Online, Anytime!

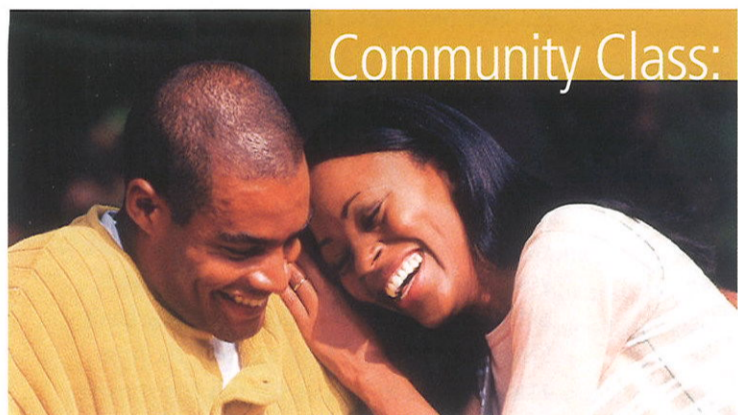
Now you can go online to [everettclinic.com/healthwise](http://everettclinic.com/healthwise) and research more than 5,000 health topics.

Whether you're looking for ways to treat yourself at home, wondering if you should make an appointment, or hoping to find out everything you can about an already diagnosed condition, the Healthwise Knowledgebase is a valuable resource. And it's free! Read the basics or keep clicking for more detailed information, diagrams, and links to related websites and support groups. From diabetes, to arthritis to congestive heart failure, to routine health maintenance recommendations...it's all there. The Healthwise Knowledgebase even offers in-depth information on medical tests and many prescription medications. All health topics on the site are reviewed and updated on a regular basis, and the information is overseen by organizations such as the Centers for Disease Control, the American College of Physicians, the National Cancer Institute, and the National Organization for Rare Disorders.



Try it. We think you'll like what you see.

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

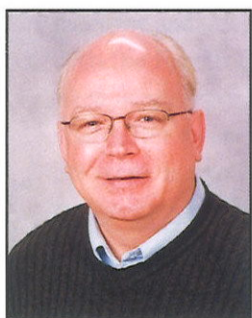


## Community Class:

### Build a Stronger Relationship

Tools are necessary to build just about anything: cars, houses – even relationships. And just like an automobile or your home, relationships need to be maintained in order to function better. That's why The Everett Clinic offers "Couples Communication: Building a Stronger Relationship" – a class for couples in any stage of life together.

In this two-part series, couples learn effective communication skills around the issues of intimacy and conflict. Led by Jim Tufts, a couples counselor for more than 29 years, this class series will explore how to listen well and express your feelings effectively – giving you the tools to help your relationship stand the test of time.



Jim Tufts, A.S.C.W. has been working with couples for more than 29 years.

#### Couples Communication: Building a Stronger Relationship

Part I: Wednesday, June 15  
7:00 – 8:30 p.m.

Part II: Wednesday, June 22  
7:00 – 8:30 p.m.

\$20 per couple for both sessions. For registration information, please call 425-339-5432.

The class will be held at the Gunderson Building at our Main Campus in Everett on Wednesday, June 15 and 22 from 7:00 – 8:30 pm. Cost is \$20 per couple for both sessions and registration is required. For more information or to register, please call 425-339-5432.

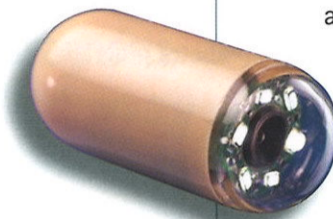
## The Doctor Will See the Inside of You Now

Ingestible technology proves life-saving



Richard Freshour saw a side of himself that few of us will ever see – the inside.

Richard had been bleeding from his gastrointestinal (GI) tract; the cause was not immediately apparent. When a CT scan offered no clues, Richard's gastroenterologist Dr. George Cox, M.D. tried a relatively new tool in the GI diagnostic arsenal: capsule endoscopy, commonly known as the "camera pill."



### A long and winding road

Between the esophagus at the top of your digestive tract, and the colon and rectum at the bottom, lies some 20 feet of small intestine. This is where the digestion process actually occurs. Most of the small intestine lies beyond the reach of two common digestive tract "scope" tests, gastroscopy and colonoscopy. And, imaging techniques such as MRI, CT, and x-ray, have limited accuracy when it comes to showing what's going on in this uncharted territory. In the past, when these tests failed, doctors often had to resort to exploratory surgery to get to the bottom of unexplained GI bleeding.

But no more. The use of capsule endoscopy has shown great success in identifying problems that conventional studies may not reveal.

### Photos of the journey

Richard swallowed a vitamin-sized capsule that contained a camera, battery, light source and transmitter. As it moved through the digestive tract, the camera pill took two color pictures every second for eight hours. These images, almost 50,000 in all, were transmitted to a recording device worn around his waist. At the end of the day, he returned the recording device to his doctor, who downloaded the images to a computer and reviewed them on-screen. The body excretes the camera pill naturally and painlessly.

The test proved tremendously successful for Richard. The camera pill located a benign tumor in his small intestine, which was removed surgically. After surgery, he was back to normal, no longer suffering from GI bleeding.

Richard has advice for other patients who may be suffering from GI bleeding of unknown origins: swallow the camera pill to get a look inside. "If your doctor recommends it, do it," he says. "It's painless and it works great!"

For more information about the Camera Pill, call our Gastroenterology department at 425-339-5421.

## The Everett Clinic Pharmacies

### Easier, faster, better – for the whole you.

#### Partners in your care.

Our pharmacists and physicians work as a team. They know each other personally and share information exclusively so you are assured your medications are well managed and work together.

#### It doesn't get any more convenient.

**Ready to Go in Minutes**  
Whether you walk into one of our pharmacies or our physician sends your prescription electronically, we strive to fill your prescription within 15 minutes.

#### Refills by Mail

Easiest of all, you can choose to have your refills sent by mail. Just ask one of our pharmacy staff.

#### 24-hour Call-in Line

Call our refill phone line to order your prescription any time of the day (or night).



The Everett Clinic Pharmacies:

#### Pharmacy 24 Hour Refill Call-In Lines:

**Main Campus.....425-317-3620**  
**Harbour Pointe.....425-493-6005**  
**Marysville.....360-651-7410**

#### Locations and Walk-In Hours:

**Everett:** 3909 Hoyt Ave.  
Monday-Friday, 8:00 a.m.-7:00 p.m.  
Saturday 9:00 a.m.-1:30 p.m.

**Harbour Pointe:** 4410 106th St. SW  
Monday-Friday, 8:30 a.m.-6:00 p.m.

**Marysville:** 4420 76th St. NE  
Monday-Friday, 8:00 a.m.-5:00 p.m.



#### Prescription Transfers

We will coordinate the transfer of your existing prescriptions from other pharmacies. Just ask one of our staff and we'll take care of the details.

#### Competitive Pricing

Our pharmacists are constantly searching to provide you with the lowest-cost prescription drug alternatives. We also work hard to make sure our prices are competitive with other pharmacies.

# National Recognition for Diabetes Care

We are very proud to announce that The Everett Clinic recently received national recognition from the Diabetes Physician Recognition Program for providing high quality care to our patients with diabetes.

The Diabetes Physician Recognition Program was designed to improve the quality of care diabetes patients receive, by recognizing physicians who deliver quality diabetes care.

"Physician groups who earn recognition through the Diabetes Physician Recognition Program have an established track record of providing excellent diabetes care," says Alan D. Cherrington, Ph.D., President, American Diabetes Association.

The Everett Clinic is the only healthcare organization in the state of Washington whose primary care physicians received this recognition.

"Our physicians and staff work hard to provide quality of care for all of our diabetes patients, and we are pleased to have our efforts nationally recognized," says Dr. Al Fisk, Medical Director of The Everett Clinic.

For more information about The Everett Clinic Diabetes program, call 425-317-3938.

# Keeping Your Health on Track

Your ongoing personal health care is important to us. If you suffer from a chronic condition, rest assured we are monitoring the care you need now and in the future.



Whether you need ongoing cholesterol testing or are due for a mammogram, our award-winning health maintenance program allows us to track your health and remind you of specific health needs. Next time you visit us, you may be reminded to make a health maintenance related appointment for testing or screening. If you need follow-up care, our system will also alert us to contact you.

For more information on our Disease Management and Health Maintenance programs, call 425-317-3938.

fyi

## The Everett Clinic's Night at the AquaSox Friday, August 26

Join The Everett Clinic for a special evening of baseball excitement as the Everett AquaSox take on the Salem-Keizer Volcanoes, Friday, August 26. It's our annual stadium buyout night for patients and friends. Tickets will be available at all Everett Clinic locations starting in mid-July.

The gates open at 6 p.m. and the game starts at 7:05 p.m. You won't want to miss the crazy between-inning fun and the fireworks show after the game.

## "Back to School" Appointments

Before summer activities and vacations fill up your time, take a moment to call your doctor and make your child's sports physical appointment. By making your appointment today, you can avoid the fall rush. This is also a good time to have your child's immunizations updated.



## Trying to Quit?

Do you smoke? Have you tried to quit, but just haven't been able to? Discover how SmokEnders step-by-step techniques can teach you how to break the habit in this complimentary introductory class. Over the years, SmokEnders has successfully helped more than one million people stop smoking. They can help:

### Complimentary introductory class

Wednesday, June 22

6:00 - 7:00 p.m.

Gunderson Building, 3rd Floor

3927 Rucker Ave., Everett

To register, call 425-339-5432. Space is limited.



## Remember Your Medications

It is important for your physician to know what medications and herbal supplements you are taking. The next time you have an appointment, please bring a list of all medications you are taking, including dosage amounts. Or, just bring all your pill bottles in with you.



## Quick & Easy: Frozen Gel Packs



Forget the uncomfortable ice pack, and instead try icing your injuries with a homemade gel pack. Partially fill a heavy-duty plastic freezer bag with one part rubbing alcohol to three parts water. Seal the bag inside another bag to keep it from leaking and place in the freezer. The gel will remain soft making it gentler on injuries than an ice pack.

## Get Healthy, Get Movin'!

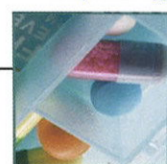
It's time once again for Get Movin', a free, five-week activity program for kids ages 6-17 and their families.

This is your chance to improve your health while participating in physical activities with your child on a regular basis. Stop by the Everett Mall on June 25, from 11am to 3pm to sign up for this fun summer experience. Don't miss out on this popular event co-sponsored by The Everett Clinic.



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3901 Hoyt Avenue ■ Everett, WA 98201 ■ everettclinic.com

# Connection

The Everett Clinic For the whole you.

EVERETT  
EASTMONT  
HARBOUR POINTE  
LAKE STEVENS  
MARYSVILLE  
SILVER LAKE  
SNOWMISH  
STANWOOD

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