



Connection

IN THIS ISSUE | Introducing Healthwise page 1 | Center for Sleep Disorders page 2 | Aging Well page 3 | Hearing Aid Technology page 4

Health Information Now Online

everettclinic.com/healthwise

Having the right information at the right time is important. What if you could save yourself a trip to the doctor by treating a minor illness or injury at home? Or ease your mind by getting facts and information that could help you make a tough decision about surgery or medications?



Searching the Internet for information can be overwhelming. How do you know who to trust? What's fact and what's fiction? Now, the information you need to make informed health decisions is available from The Everett Clinic's website at everettclinic.com/healthwise.

Go Where You Know

With more than 5,000 health topics, the Healthwise Knowledgebase provides in-depth, up-to-date medical information on virtually every health problem. Whether you want the basics or all the details, it's all there — including support groups, additional websites, and even a tool called "Decision Points" to help you review the pros and cons of treatment options. Our physicians value this resource, and think you will too.

How Do I Know the Information is "Good?"

All the topics in Healthwise are "evidence-based" and unbiased. That means information won't change on a whim — it has to be confirmed by resources like the Center for Disease Control and/or professional medical associations like the American College of Physicians. Healthwise also has a medical review board that reviews all topics. The review board consists of more than 90 physician specialists, all considered experts in their field.

Use Healthwise the Next Time You Have a Medical Question

The easy-to-understand language and illustrations, along with the innovative decision-focused tools will help you make wise decisions with your doctor.



Now that cold and flu (influenza) season is here, you may have questions about how to treat a cold at home, how to tell if a cold is really



the flu, what symptoms you should look for, and when to call your doctor. For more information on colds and flu, go to everettclinic.com/healthwise, enter the database and search on "Flu."

New Advances in Prostate Treatment

If you're a man over the age of fifty, chances are 50/50 that you will develop an enlarged prostate sometime in your future. And nearly 80 percent of men reaching their 70s or 80s will experience urinary problems as a result of an enlarged prostate.

But there is good news! Two new high-tech procedures for treating enlarged prostate problems are now available. These new, relatively painless, procedures use in-office microwave and same-day laser surgery. Both techniques offer significant advantages over historic treatment alternatives.

Microwave Technology

Michael Goza, 62, said he wasn't surprised at the diagnosis of prostate problems; he had been having symptoms for years. He tried medication, but suffered from its side affects.

When he sought treatment, Dr. David Levy, a urological oncologist at The Everett Clinic, informed Michael that a new FDA-approved microwave therapy for prostate treatment was now available, the first such use of the technology in Snohomish County. "I was surprised there was an alternative to going into the hospital and having surgery," said Michael.

Dr. Levy, who has been nominated for membership in the prestigious Society of Urologic Oncologists, explained that the 45-minute treatment uses a new generation of microwave thermotherapy to "shrink" the prostate tissue. The procedure, which can be slightly uncomfortable, but not painful, is done in the physician's office and requires no anesthesia, hospitalization, or antibiotics. It's safe, few patients experience side effects, and most patients notice improvement in their symptoms within days to weeks.

Michael said he "walked out of the office and could have driven home." He was back to his normal routine within a few days.

"I'm now able to empty my bladder, which I was unable to do before the procedure," he said.

He added: "I received excellent treatment at The Everett Clinic. I had the option of going into the hospital, having anesthesia and surgery. I've achieved the same result without that. I would take this new procedure every time."

Laser Technology

Harold Meckle suffered from an overgrown prostate for nearly 20 years. His occasional treatments didn't produce much satisfaction, so Harold made an appointment with Dr. Raymond Whalen, a urologist at The Everett Clinic. Dr. Whalen, who is board certified in Urology and a Fellow of the American College of Surgeons, told him that a new laser treatment was now available to treat his condition.



Dr. Raymond Whalen

The laser procedure uses a high-powered laser to precisely vaporize enlarged prostate tissue, without invasive surgery, usually resulting in a prompt improvement in symptoms. Patients experience little pain, can return home in a few hours, and get back to their normal routines in a matter of days. Recent research has demonstrated that the success rate of this procedure is similar to the gold standard traditional method, and complications such as erectile dysfunction and urinary incontinence are rare. Bleeding is also minimal, so patients on blood thinners are able to undergo the procedure safely.

"I didn't feel anything, and I went home four hours later," Harold said. "I've had no adverse reactions; I'm just fine."

He added, "Before the procedure, I was always retaining urine in my bladder. Now, my bladder empties completely and I sleep through the night. It worked wonders."

Harold credits both The Everett Clinic and Dr. Whalen for his quick recovery. "The Everett Clinic sure provided wonderful medical treatment. And if all doctors were like Dr. Whalen, us old farmers would live to be 150 years old."

For more information about these new prostate procedures, or to schedule an appointment, call 425-339-5443.

Symptoms of Enlarged Prostate:

- Frequent or sudden need to urinate, especially at night
- Feeling that your bladder never completely empties
- Pain or burning during urination
- Weak stream
- Dribbling or leaking

fyi

Managing Your Meds

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

Form Fees

Like many other health care organizations, The Everett Clinic charges a nominal fee to process forms and narrative reports, like the Family Medical Leave Act (FMLA) form. This is because these forms and reports take a considerable amount of time to complete, which reduces the physician's time to see scheduled patients. The Everett Clinic charges for the Family Medical Leave Act (FMLA) form. All form fees include the administrative cost of pulling your chart, the chart review, and the time it takes the physician to complete the form or dictate a report. Since the fees for forms cannot be charged to your insurance company, patients are responsible for paying. If you have an account in good standing at The Everett Clinic, we will be happy to bill you. If you need a form filled out as part of an office visit, there will be no fee charged.



Join The Everett Clinic Team!

Call for information regarding employment opportunities. 425-339-5400 or visit www.everettclinic.com.

North Puget Sound Center for Sleep Disorders Opens

Ronald J. Green, M.D.

Sleep disorders are common and easily treatable, if they are diagnosed in a timely fashion. The Everett Clinic, in partnership with Western Washington Medical Group, is proud to announce the establishment of The North Puget Sound Center for Sleep Disorders ("Sleep Center").

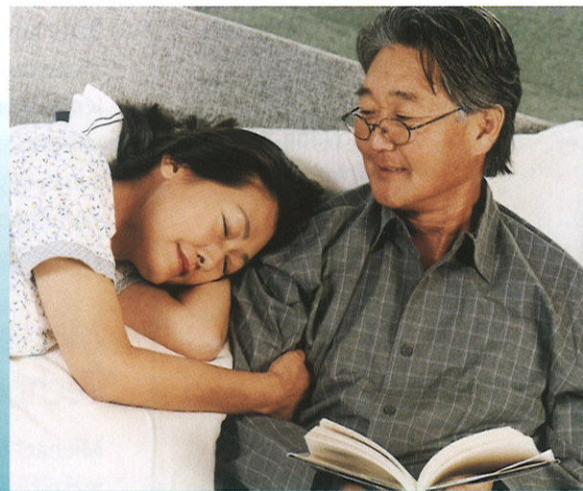
The Sleep Center provides comprehensive and timely evaluation and treatment of a wide range of adult and pediatric sleep disorders, including, but not limited to:

- Obstructive sleep apnea syndrome
- Insomnia
- Restless legs syndrome
- Narcolepsy

The Sleep Center is staffed by board certified sleep disorders physicians, specially trained nurse practitioners, and sleep technologists.

The North Puget Sound Center for Sleep Disorders is a state-of-the-art facility, located on the Everett waterfront in a beautifully remodeled hotel. Private rooms have ocean and mountain views, private bathrooms, and satellite television. Parking is plentiful.

The Sleep Center also has a Nutrition Center with microwave, convection oven, full refrigerator with ice maker, filtered water dispenser and coffee maker. We also provide you with a light breakfast, or you can bring your own food.



Do You have a sleep disorder?

- Loud snoring?
- Breathing stops or choking or gasping for breath during sleep?
- Falling asleep while driving or as a passenger in a car?
- Frequently feeling sleepy while reading or watching TV?
- Difficulty sleeping three or more nights per week, such as trouble falling asleep, frequent awakenings from sleep, waking up early and unable to fall back to sleep?
- Morning headaches?
- Unpleasant nervous or jumpy feeling in the legs while trying to sleep?

If you have one or more of these symptoms you may have a sleep disorder. Talk with your primary care physician or call 425-252-DOZE (3693).

Ski season is here!



Outfit Yourself with prescription ski goggles

These goggles offer:

- Maximum peripheral vision
- Aerodynamic styling
- Polycarbonate lenses with a variety of tints
- Prescription inserts that can be fitted inside the goggles
- Spare lenses, which can be quickly changed from one color to another

Adidas and Rudy Project goggles have a wide selection of styles in cool colors, high tech shapes, and venting systems to prevent fogging. These are the goggles used by the US Ski Team and the National Ski Patrol.

Our staff is more than happy to help you with all your winter optical needs. Enjoy the slopes!

Main Campus Optical Center Now Open Saturdays!

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

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 Doctor Will See the Inside of You Now

The Everett Clinic Unveils Camera Pill

The Everett Clinic is offering an innovative procedure called capsule endoscopy that allows physicians to obtain a video of the inside of a patient's small intestine.

You swallow a capsule, about the size of a large vitamin that travels naturally throughout your small intestine for a day. The capsule contains a color camera, battery, light source, and transmitter and is able to capture up to 50,000 digital photos. These photos are



transmitted twice each second by radio frequency to sensors worn around your waist. At the end of the day, the images are downloaded to a computer and reviewed on a video monitor by

our gastroenterologist. The capsule is excreted normally.

"Capsule endoscopy represents a new frontier of medical technology," said Dr. George Cox, a gastroenterologist at The Everett Clinic. "It's an efficient and painless

way to screen patients who have problems with unexplained or obscure bleeding or other small bowel diseases."

Dr. Cox added, "Capsule endoscopy may nearly triple diagnostic accuracy over more common x-ray techniques. Many patients will benefit from this technology because it identifies problems quickly and is cost effective."

Capsule endoscopy may also be used for detecting polyps, inflammatory bowel disease (Crohn's disease), ulcers, and tumors within the small intestine. To learn more, call our Gastroenterology department at 425-339-5421.

The Everett Clinic Receives National Acclaim Award

The Everett Clinic is one of five recipients in the nation to receive a 2004 American Medical Group Association (AMGA) Acclaim Award. The Clinic was honored with this prestigious award and a \$20,000 educational grant for patient safety, quality of care, and cost-effectiveness

throughout the organization.

"The Everett Clinic is pleased to be among such prestigious winners as the Mayo Clinic and Johns Hopkins University in receiving this award," said Dr. Al Fisk, Medical Director of The Everett Clinic. "We will use the educational grant to

further our work on improving quality and patient safety."

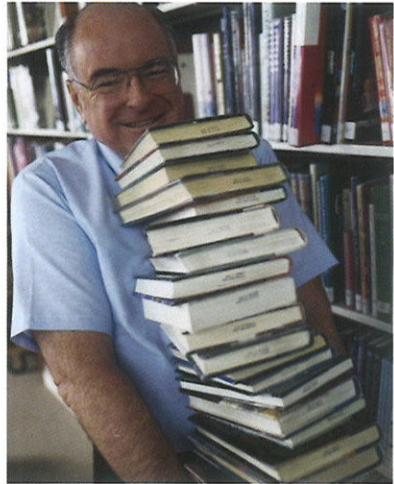
Julie Sanderson-Austin, RN, Vice-President of Quality Management and Research for AMGA said, "We hope The Everett Clinic's outstanding efforts in patient care and outcomes will be an inspiration to other organizations."



Aging Well

Enhance Your Brain Power

By Linda Whitesell, ARNP



The old adage "use it or lose it" applies to our mind, too. Providing your brain with challenges and stimulation is not only desirable, but mandatory for a long and healthy life.

To stimulate your brain, use it often. Here are some mind-enhancing tips:

- Read, talk, think, and write daily. Using all your senses helps all aspects of brain function
- Keep busy with puzzles, games, Internet use, and anything else that challenges your mind
- Learn something new. Consider mastering a new language or taking up an instrument
- Stay physically and socially active; strive to make new friends
- Remain involved in everyday living and stay curious about the world around you
- Retain your sense of humor
- Avoid stress as much as possible
- Eat a diet rich in antioxidants (fruits and vegetables)

The Everett Clinic and UW School of Pharmacy Bring Health Technology into the 21ST Century

The Everett Clinic and The University of Washington School of Pharmacy have been awarded a \$1.03 million dollar grant to evaluate how computerized prescribing in an outpatient clinical setting improves medication safety and patient outcomes.



This grant is part of a \$139M funding initiative from the US Department of Health and Human Services. It is awarded through its Agency for Healthcare Research and Quality. The grant is intended to promote the use

of Health Information Technology (computerized prescribing) as a means to reduce medical errors and improve the national health care system, by making it safer and more efficient.

The three-year project is a collaborative effort by the University of Washington School of Pharmacy and its partners, The Everett Clinic, CliniTech (The Everett Clinic's healthcare Information Technology Organization) and Providence Everett Medical Center. This is one of the first times a study like this has been done in an outpatient clinical setting, such as The Everett Clinic.

"Medication safety is a priority at The Everett Clinic," said Dr. Albert W. Fisk, medical director of The Everett Clinic and co-principal investigator. "We look forward to being a vital component of this project and helping others improve in this area."

Jerry Harter, a 67-year-old, semi-retired general contractor based out of Camano Island, is not one to sit back and let life happen. Jerry has always taken a proactive approach to life.

So when he learned he had polyps in his colon, Jerry took action. Considering Jerry's age and family history of colon cancer, his primary care physician, Dr. Mark Colombo, recommended a routine colonoscopy – a procedure used to evaluate the colon for medical problems. This turned out to be very prudent advice.

"It was a mushroom farm in there," Jerry said, describing the multitude of pre-cancerous polyps found in his colon.

Jerry was referred to Everett Clinic surgeon, John Goodman, MD, one of a handful of physicians in the region proficient in laparoscopic colon surgery. In two separate surgeries, Dr. Goodman removed two sections of Jerry's colon, along with the polyps contained inside.

Six months later, Jerry is feeling fine and hopeful that the polyps will not return.

Colon screening pays off

Lessening the Impact

Traditionally, colon surgery has been done "open," or through large incisions that require extensive recovery time.

Thanks to recent developments in instrumentation, and advanced techniques at The Everett Clinic, polyps in the colon can now be removed laparoscopically, using tiny incisions in the skin called "ports." Through these ports, the surgeon inserts a long, lighted tube that provides a view inside and the ability to manipulate the colon and bowel.

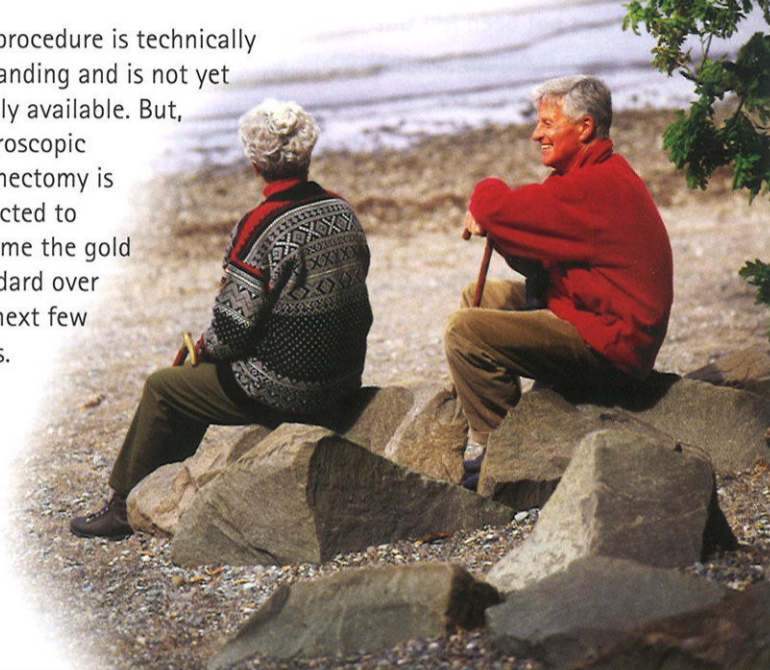
The procedure is technically demanding and is not yet widely available. But, laparoscopic colonectomy is expected to become the gold standard over the next few years.

Get your Colonoscopy

Jerry says even though his colonectomy was done laparoscopically, it still was major surgery. It kept him in the hospital five days. Still, it wasn't that bad.

Now Jerry has a message for men older than 50.

"Get your colonoscopy. It's not that unpleasant, and colon cancer is preventable if you keep those polyps from developing into tumors."



Community Classes

Thermage, Laser, Botox, & Fillers

Led by Gail de Imus, M.D.

Discover the latest cosmetic dermatology procedures at an open house/presentation at our Center for Skin Surgery and Laser. Meet Dr. Gail de Imus, her staff and industry experts, who will show you options available in changing the face of aging. Live demonstrations, gift bags, prizes, and hors d'oeuvres.

Thursday, March 24 • 6:00 – 8:00 p.m.

(Open House at 6:00 p.m., Presentation at 6:30 p.m.)

*Class held at The Center for Skin Surgery and Laser • 3726 Colby Ave., Everett
Complimentary Class

Couples Communication I & II

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

A two-part series for couples to learn effective communication skills and how to resolve conflict.

Part I: Thursday, February 9 • 7:00 – 8:30 p.m.

Part II: Thursday, February 16 • 7:00 – 8:30 p.m.

Gunderson Building • Monte Cristo Conference Room
\$20 per couple for both sessions

55 Drive Alive Drivers 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.

Part I: Saturday, February 26 • 9:00 a.m. – 1:00 p.m. Part II: Saturday, March 5 • 9:00 a.m. – 1:00 p.m.

Gunderson Building • Monte Cristo Conference Room
\$10 per person for both classes collected on the first Saturday. Please do not send payment with registration.

SmokEnders: Stop Smoking Introduction

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

Wednesday, February 23 • 6:00 – 7:00 p.m.

Gunderson Building • Pilchuck Conference Room
Complimentary Introductory Class

All classes are held at The Everett Clinic Main Campus, Gunderson Building, third floor, 3927 Rucker Avenue, Everett (*unless otherwise noted).

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

REGISTRATION FORM

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

Name(s): _____

Day phone: _____

Class: _____ Amount: \$ _____

Class: _____ Amount: \$ _____

Class: _____ Amount: \$ _____

Total Enclosed: \$ _____

Hearing Aid Offers Artificial Intelligence



New technology brings words into focus

you do want to hear, like voices, music and laughter, come through clearly, richly and naturally. Interfering sounds are filtered out. This all happens automatically, without the need for a volume button.

Fritz Goset, audiologist at The Everett Clinic's Hearing Aid department, said this technology will transform the way hearing-impaired people hear.

"Like the human brain, this hearing aid can differentiate between the human voice and noise. It can determine which direction a sound is coming, how loud a sound is, and even if the wind is blowing," he said. "It holds a lot of hope for people who have not had success in the past with hearing aids."

Hearing better

Everett Clinic patients, Richard Blankenship and Betty Dougherty, were among the first to be fitted with the

device. Both say it has made a marked difference in the way they hear the world around them.

"This works a lot better than my last hearing aid," said Richard. He said the device's different settings enable him to hear much better than before, regardless of the sound environment he's in.

Betty agreed. She suffers from Meniere's disease, which causes fluctuating hearing loss and hearing noise sounds when they aren't really there. Betty said that before she got her Syncro hearing aid, she often would not hear the telephone ringing when she was in the next room. Voices on the television sounded jumbled together and conversations were very hard to follow.

Now, she hears all these things. "The hearing aid has opened up a lot for me. It is wonderful to be able to hear."

To learn more, call 425-339-5401

People with hearing loss have not been left out when it comes to amazing technological advances in medical care.

The Oticon Syncro hearing aid, available at The Everett Clinic Hearing Aid Department, uses new technology to automatically adapt to changing listening conditions around you. Similar to radar, Syncro's software constantly scans the environment, then analyzes, decides and adjusts to your environment.

Unlike conventional digital hearing instruments, the sounds

Seeing is Believing

Dr. Robert Campbell, Ophthalmology

The Everett Clinic's Ophthalmology department offers a remarkable new imaging technology that allows the eye to be examined in microscopic detail. Originally developed to evaluate fiber optic cable, Optical Coherence Tomography (OCT) has been adapted to examine the retina with remarkable precision.

The retina lines the back of the eye and functions like the film in a camera, but is only 1/75 of an inch thick. Now, for the first time, we are able to see each of the several layers making up the retina and evaluate various disease conditions, particularly in diabetes and glaucoma.

Using a low-powered infrared laser scanner, the painless exam is similar to ultrasound, takes only a few minutes, and does not touch the eye. The procedure yields much finer imaging and measurement than ultrasound, providing more precise diagnostic information and treatment for optic nerve damage and the swelling of the retina.

For more information about OCT, or to schedule an appointment, call 425-339-5435.

New Physician Spotlight

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

Elizabeth Gold, M.D.

CARDIOLOGY

Elizabeth S. Gold, M.D., joined The Everett Clinic in 2004. Born in 1966, she received her medical degree from Yale University and completed her internal medicine residency at the University of Washington. Dr. Gold also completed a cardiology fellowship at the University of Washington. Dr. Gold is board certified in internal medicine and cardiology. To schedule an appointment, call 425-339-5411.

Justin Goodman, M.D.

GASTROENTEROLOGY

Justin S. Goodman, M.D., joined The Everett Clinic in 2004. Born in 1970, he received his medical degree from the University of California, San Diego. Dr. Goodman completed his residency and a gastroenterology fellowship at the University of Washington Affiliated Hospitals. In his spare time he enjoys running, snowboarding and hiking. To schedule an appointment, call 425-339-5421.

Peter K. Lee, M.D.

PEMC CRITICAL CARE

Peter K. Lee, M.D., joined The Everett Clinic in 2004. Born in 1968, he received his medical degree from New York Medical College and completed an internal medicine residency at the Mayo Clinic. Dr. Lee also completed a critical care fellowship at Stanford University Medical Center. Dr. Lee is board certified in Internal Medicine.

Lisa Keithley, M.D.

MARYSVILLE FAMILY PRACTICE

Lisa I. Keithley, M.D. joined The Everett Clinic in 2004. Born in 1967, she received her medical degree from Hahnemann University School of Medicine in Philadelphia and completed her residency in Family Medicine at Chestnut Hill Hospital. Dr. Keithley is board certified in Family Practice. To schedule an appointment, call 360-651-7495.

Ian A. Smith, M.D.

MAIN WALK-IN CLINIC; CRITICAL CARE MEDICINE

Ian A. Smith, M.D., joined The Everett Clinic in 2004. Born in 1969, he received his medical degree from Jefferson Medical College of Thomas Jefferson University in Philadelphia. Dr. Smith completed his residency in internal medicine at the University of Michigan Hospitals. He is board certified in internal medicine and has special interests in pulmonary and critical care medicine.

Teresa E. Wagner, M.D.

PEMC CRITICAL CARE

Teresa E. Wagner, M.D., joined The Everett Clinic in 2004. Born in 1969, she received her medical degree from the University of Washington and completed her residency in internal medicine at the University of Washington Affiliated Hospitals. Dr. Wagner is board certified in internal medicine and has special interests in pulmonary and critical care medicine. To schedule an appointment, call 425-339-5410.

W. Paige McClincy, M.D.

FAMILY PRACTICE - SNOHOMISH

Paige McClincy, M.D., joined The Everett Clinic in 2004. Born in 1969, she received her medical degree from Louisiana State University and completed her residency in Family Practice at the Naval Hospital in Jacksonville, Florida. Dr. McClincy is board certified in Family Practice. In her spare time she enjoys cycling, reading and spending time with her family. To schedule an appointment, call 425-339-5456.

Donald F. Lofland, M.D.

MAIN WALK-IN CLINIC

Donald F. Lofland, M.D., joined The Everett Clinic in 2005. Born in 1957, he received his medical degree from the University of South Florida and completed his residency at St. Vincents Medical Center in Jacksonville, Florida. Dr. Lofland is board certified in Family Practice.