



Connection

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Bouncing Back

Fran Hazen-Frazier is blessed, she says, with an ability to "bounce back." She has endured, with courage and grace, what might have broken a weaker spirit.

Fran took her 1986 breast cancer diagnosis in stride. She beat it and, using the experience to help others, has worked for 13 years as a breast health educator for the American Cancer Society. After moving from California to Camano Island in 2000, Fran came to The Everett Clinic for her annual mammogram

and, after 15 cancer-free years, learned she had cancer a second time, now in her breast's scar tissue.

The timing couldn't have been worse. Fran was adjusting to her new home, living alone, and facing a painful divorce. Again, she handled her situation with courage and grace. She had a mastectomy, got a prosthesis, and concentrated on healing.

She went to a plastic surgeon at The Everett Clinic Main Campus for breast reconstruction. It went well, but pre-operative blood work showed an abnormality. It was Dr. Alan Rossi, family practice physician at Stanwood's

"I sincerely felt supported, wherever I turned . . ."

Walk-In Clinic, who delivered the news: Fran's breast cancer had metastasized to her liver. He

teamed with Dr. Mark Colombo, also a family practice doctor at The Everett Clinic at Stanwood, to continue treatment for Fran.

"Dr. Colombo hugged me. He was so sorry," Fran remembers. She also remembers the nurses and aides who cared for her, for their compassion and encouragement. "I sincerely felt supported, wherever I turned," Fran says. "There was always a cheerful greeting, an uplifting word."

Fran says her faith in the people who were treating her, and in the way they treated her, was a comfort. She suffered an infection from the chemotherapy that kept her on antibiotics for a year. But Fran bounced back, once again. She has started, and remains active in, a support group for breast cancer patients. "Life is rich, if you choose to make it rich," she says. "It's okay to cry, you can't stuff it down inside. Reach out and make the decision to get on with living."

And be open to possibilities.



Spare The Drug, Beat The Bug

Alternatives to Treat Children's Ear Infections

by Dr. William E. Larter, Pediatrics, Marysville

If you're a parent, chances are you've been through an ear infection with your child. In my practice, I see at least one child with an ear infection almost every day, through every season.

In the future, we expect the American Academy of Pediatrics and the American Academy of Family Physicians to urge doctors nationwide to stop using antibiotics to treat most children's ear infections.

The fact is, most ear infections get better just as quickly and as well without antibiotics. The best treatment is usually pain relief and careful observation, with follow-up calls or a second office visit when necessary.

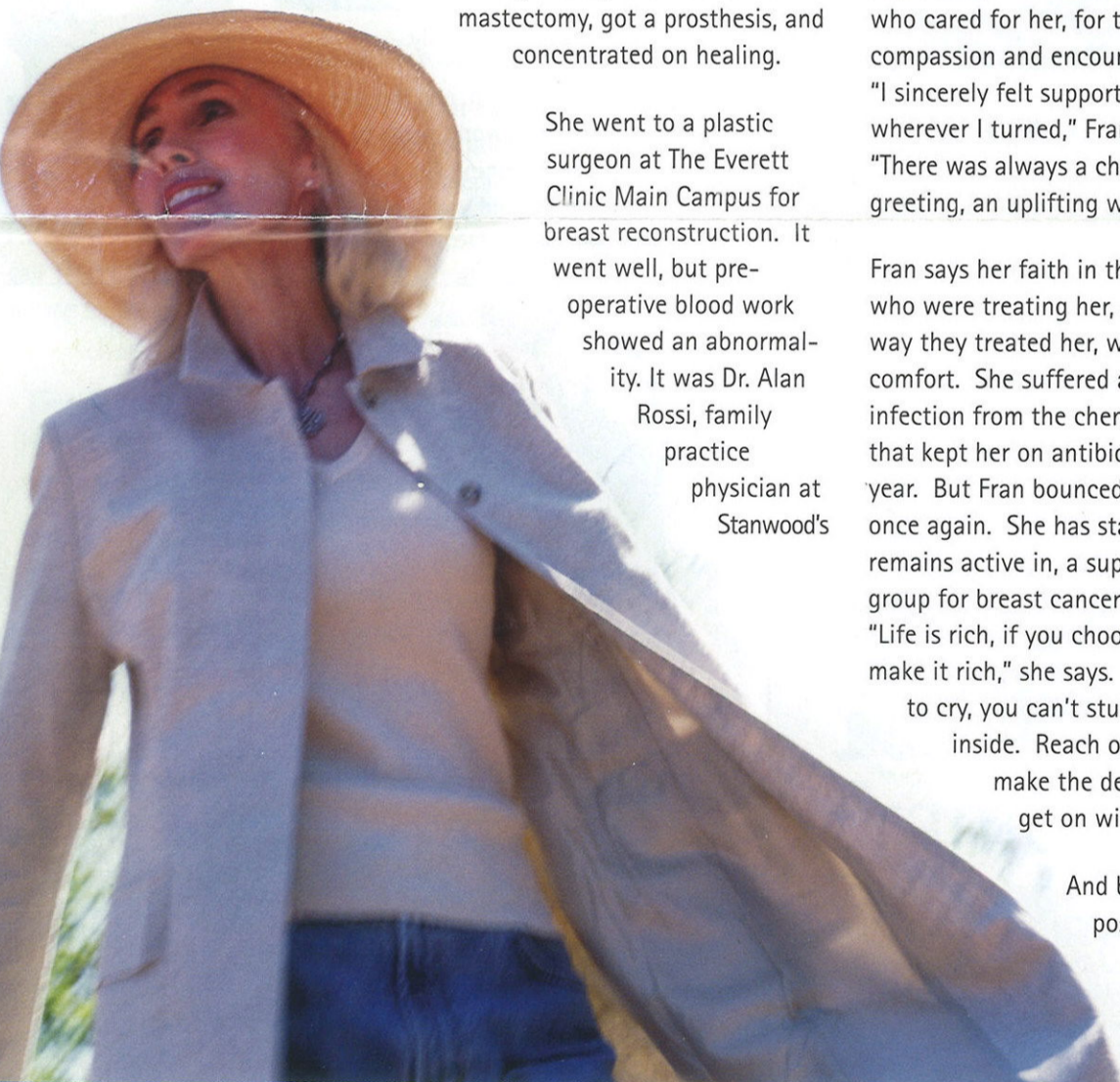
Based on thorough medical research, the new guidelines are intended to help stem the rise of antibiotic resistant bacteria. Antibiotics have been so overused that our available arsenal of infection-fighters is becoming less and less effective.

Instead of prescribing antibiotics for every child with pain and redness of the ear drum, doctors will reserve the drugs to treat only those with certain clearly defined risk factors: recurring ear infections, age younger than two, fever accompanying possible infection, severe pain, spending time in daycare, and exposure to cigarette smoke.

While the Infection Runs Its Course

The pain in some 60 to 80 percent of ear infections will disappear on its own within 48 hours. If your child does have an ear infection, provide comfort while the infection runs its course.

1. Give your child acetaminophen, ibuprofen or pain medicine prescribed by your doctor.
2. Apply heat to the side of the head (e.g., a hot water bottle or heating pad).
3. Flush the affected ear with warmed mineral or vegetable oil (use only if there is no blood or pus in the ear canal) or a highly concentrated sugar solution.



Snoring Keeping You Up?

Is snoring keeping you awake at night? While snoring can be a troubling problem for you and your loved ones, there is help. The Everett Clinic now offers a high tech treatment called Snoreplasty. This relatively easy procedure has minimal discomfort and has more than a 90 percent success rate. Most patients are able to return to work the same day, and in most cases, the patient's snoring will be gone within two weeks. If you would like more information or would like to schedule an appointment, please call 425-339-5441.



Kid-Glove Treatment

by Stephanie Helget

Kristi Le Roy was not too alarmed when she noticed a few lumps on her neck. Her ear, nose and throat specialist put her on a course of antibiotics, but when the lumps didn't go away, he ordered a biopsy.

Kristi had non-Hodgkin's lymphoma, a malignant disease that destroys the body's immune system. She was diagnosed in November 2002. "It threw my life into a tizzy," says Kristi, mom to an active three-year-old. "The holidays were coming up...it really caught me off guard."

Kristi's physician referred her to Dr. Elie Saikaly, an oncologist at The Everett Clinic's Center for Cancer Care. She

advised Kristi to enjoy the holidays, but to make preparations for starting low-grade chemotherapy.

Dr. Saikaly discovered brand new research showing Rituxan, a drug traditionally used in combination with chemo, was very effective in treating non-Hodgkin's disease on its own.

Kristi has just finished her third, four-week series of Rituxan treatments, with no loss of hair or appetite, and is

doing well. "My CT scans show that the tumors are shrinking!" Kristi says. "I may have to go

through chemo eventually, but for now, these are amazing results."

Kristi says she is grateful for Dr. Saikaly's research on her behalf, and the way "he just walks in and

tells it how it is. He's just great...I appreciate him so much."

In fact, she has special kudos for the entire Cancer Center team. "They treated me with kid gloves and really cared for me."

...brand new research...was very effective in treating non-Hodgkin's disease...



Community Classes

Changing the Face of Aging

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 collagen, Botox®, laser treatment and liposuction. There will also be hors d'oeuvres and prizes.

Wednesday, May 19 • 6:00 – 8:00 p.m.
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.

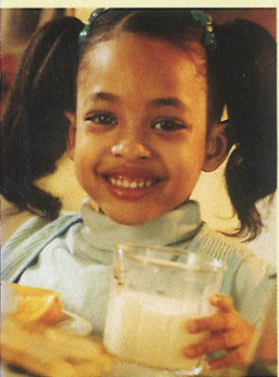
Part I Thursday, May 20 • 7:00 – 8:30 p.m.
Part II Thursday, May 27 • 7:00 – 8:30 p.m.
\$20 per couple for both sessions

Healthy Meals, Happy Kids

Led by registered dietitians
Jody Byrne and Zephyr Kamph

This class will discuss the common concerns parents have regarding the nutritional health of their children. Learn fun ideas for healthy snacks and meals. This class also includes a recipe demonstration and a chance to sample different foods.

Wednesday, May 26
6:00 – 8:00 p.m.
(Monte Cristo Conference Room)
\$5 per person



SmokEnders: Stop Smoking Introduction

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

Wednesday, May 26 • 6:00 – 7:00 p.m.
(Pilchuck Conference Room)
Complimentary introductory class

Caring For Your Aging Parents

Led by Claude Manning, M.D.

Making decisions regarding your aging parents can be difficult. Learn the differences between assisted living facilities, adult family homes and nursing homes. Whether you are dealing with this now or will in the future, this class will give you the tools to make an informed decision.



Thursday, June 10 • 6:00 – 8:00 p.m.
\$5 per person

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 discounts on products.

Thursday, June 17 • 6:00 – 8:00 p.m.
Complimentary seminar

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.

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

Just a Phone Call Away

The Everett Clinic has installed a new 24-hour automated system for you to phone in your prescription refills at your convenience. The system also allows you to speak with a pharmacy staff member directly, if needed.



Pharmacy Refill Call-In Lines:

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

Survey Says

At The Everett Clinic we care about you and are constantly striving to improve our services. If you visit us this spring, you may be asked to complete our patient survey. We appreciate you sharing your honest feedback with us.

The Everett Clinic's Night at the AquaSox August 27

Join The Everett Clinic staff and physicians for a special evening of baseball excitement as the Everett AquaSox take on the Boise Hawks. Friday, August 27 is our annual stadium buyout night and \$1 tickets will be available at all Clinic locations starting in mid-July.



The gates open at 6 p.m. and the game starts at 7 p.m. You won't want to miss the crazy between-inning fun with The Everett Clinic staff and you'll love the fireworks show after the game.



Make Your "Back to School" Appointments Early

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.

New Physician Spotlight

Gail L. English, M.D., Occupational Health

We are pleased to welcome Gail English, M.D. to The Everett Clinic.

Dr. English has joined the Occupational Health team. She received her medical degree from the University of Washington and completed a mini-residency at the University of Cincinnati Medical School. Dr. English is board certified in Occupational Medicine and has special interests in musculoskeletal injuries, especially hand and spine problems. She is also a certified Medical Review Officer and has more than 20 years practicing in Occupational Medicine.

Mary F. Read, M.D., Occupational Health

We are pleased to welcome Mary Read, M.D. to The Everett Clinic.

Dr. Read has joined the Occupational Health team. She received her medical degree from the University of Washington and completed her residency in Family Medicine at the University of Massachusetts Medical Center. Dr. Read is board certified in Family Practice and has special interests in all aspects of Occupational Medicine. Dr. Read is also a certified as a Medical Review Officer and has more than 20 years practicing medicine.

Questions About the Medicare Drug Benefit?

The full Medicare prescription drug benefit starts January 1, 2006. Until then, Medicare is contracting with private companies to offer drug discount cards. You should talk to your pharmacist before you enroll in any Medicare-endorsed prescription card program to help you select the Medicare-endorsed discount program that is best for you. Remember, beneficiaries can only enroll in ONE Medicare-endorsed discount card.

- This program is voluntary. There may be some eligibility requirements.
- Card sponsors will start enrollment in May 2004. The voluntary cards will be effective June 1, 2004 and will be offered until December 31, 2005.
- Beneficiaries can only enroll in ONE Medicare-endorsed discount card.
- Once you make your selection, you won't be able to change again until November 2004.
- Card costs are \$30.
- A Medicare-endorsed drug discount card offers a discount off the full retail price of prescriptions. These cards may save you 10 to 15% on your total outpatient prescription drug costs and as much as 25% on certain drugs.
- Read the information carefully on what each card is offering. Will the card cover your current prescriptions? Is the card requiring mail-order on your routine medications?



For more information on the Medicare prescription drug benefit, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.

The Everett Clinic has Three Convenient Pharmacy Locations to Serve You

The Everett Clinic Pharmacy at Main Campus

3901 Hoyt Avenue, Everett
425-317-3620
Monday-Friday: 8:00 a.m. - 7:00 p.m.
Saturday: 9:00 a.m. - 1:30 p.m.

The Everett Clinic Pharmacy at Harbour Pointe

4410 106th Street SW, Mukilteo
425-493-6005
Monday-Friday: 8:30 a.m. - 5:30 p.m.

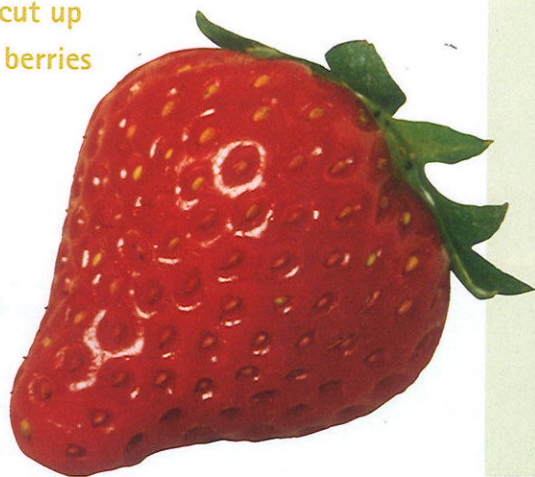
The Everett Clinic Pharmacy at Marysville

4420 76th Street NE, Marysville
360-651-7410
Monday-Friday: 8:00 a.m. - 5:00 p.m.

Berry Banana Smoothie

Try this easy recipe for a healthy breakfast or a quick lunch. It's packed with vitamins and calcium, and takes care of at least 2 of your daily servings of fruits. Feel free to substitute ingredients!

- 1 small frozen banana, cut up
- 1/4 cup fresh or frozen berries
- 1 cup orange juice
- 3 Tbsp. Vanilla low fat yogurt



Blend all together. Makes two 8 oz. servings of 120 calories each.

Aging Well

Split Pills Safely

by Linda Whitesell, ARNP Geriatric Nurse Practitioner

You may be able to save money by pill splitting because some medications are the same price or only slightly more at a higher strength. But some pills are not made to split or do not split perfectly, even when using a "pill splitter." This could mean taking an incorrect dose. Furthermore, it can expose the pill to air and moisture, which can lessen its effectiveness. Overall, many medications can be safely split and more often than not, you will save money without negatively affecting your care. Check with your pharmacist about splitting the medications you are taking the next time you refill them.

- If a pill is not scored, do not split before talking to your doctor or pharmacist.
- Ask your pharmacist to split your pills or ask them to demonstrate the best way to split your pills.
- Find out if you will really save money by buying a higher dose and splitting.
- Use a pill splitter available at your pharmacy – not a knife or your fingers.

Robot Joins Our Team

If you've visited the main Everett Clinic pharmacy recently, you may have noticed a new hire. This new "employee" is 6 1/2 feet tall, 13 1/2 feet wide, and weighs more than 1,600 pounds. The new addition is a robot called the SP 200 Robotic Prescription Dispensing System.

"The robot counts and fills up to 100 prescriptions per hour, so customers get their medications promptly, even during peak pharmacy hours," says Teri Ferreira, Director of Retail Pharmacy. A pharmacist makes the final check for complete accuracy, comparing the pills in the vial with a computer screen image of the drug. In its first day of operation, the robot dispensed 11,000 pills.

To make room for the robot, the main pharmacy has undergone a bit of a face-lift. Counters have been moved to increase work-flow efficiency, and privacy booths have been installed for pharmacists to talk to customers privately.

So the next time you need a prescription refill, stop by and visit our robot.



Sunwear and Frame Show

**Everett Clinic Optical Center
Main Campus
Thursday, May 20 • 1-5 PM**

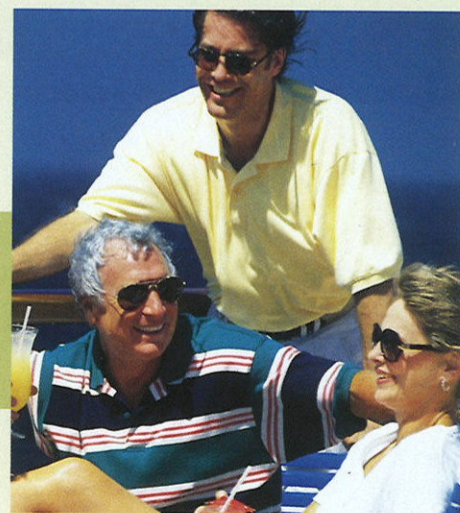
Featuring NIKE, FENDI, NAUTICA and FLEXON eyewear by Marchon

NIKE FLEXON by Marchon is the flexible metal frame that stands up to as much pressure as you do. Come test drive a FLEXON and see for yourself!

FENDI, the ultimate statement in Italian eyewear, adds drama to everything from subtle or bold designs to glamorous sunglasses. Celebrate your personal sense of style with FENDI luxury eyewear.

Whether you want everyday eyewear or prescription sunglasses with polarization, high-tech mirrored coatings, and UV protection, we have the perfect solution for your eyewear needs.

Professionals are available to assist you in making the best choice for your eyewear needs.



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



Four generations of the Crippen family, all delivered by Everett Clinic physicians.

- Advanced Imaging
- Allergy
- Anesthesiology
- Behavioral Health
- Obstetrics**
- Cancer/Oncology
- Cardiology
- Cosmetic Surgery
- Critical Care
- Dermatology
- Diabetes/Endocrinology
- Ear, Nose & Throat
- Facial Rejuvenation
- Family Practice
- Gastroenterology
- Geriatric Care
- Gynecology
- Hand Center
- Hearing Aid Center
- Infectious Disease
- Internal Medicine
- Laboratory Services
- Neurology
- Occupational Health
- Optical/Eye Centers
- Ophthalmology
- Orthopaedics
- Pediatric/Adolescent Care
- Pharmacy Services
- Physical Medicine & Rehab
- Pulmonary
- Rheumatology & Arthritis
- Sleep Center
- Skin Surgery & Laser
- Spine Center
- Sports Medicine
- Surgery
- Urology
- Walk-In Clinics

It's no coincidence that generations come to us to deliver their babies.



4 Dimensional Ultrasound with live action.

THE RIGHT CARE. FOR THE WHOLE YOU. Expectant mothers have trusted The Everett Clinic for over eighty years. Generation after generation comes to experience a higher level of specialized care that includes the finest medical experts, the most advanced technology and the luxury of delivering at the state-of-the-art Pavilion for Women & Children. To schedule an appointment, call (425) 339-5432.

The Everett Clinic
For the whole you.

everettclinic.com

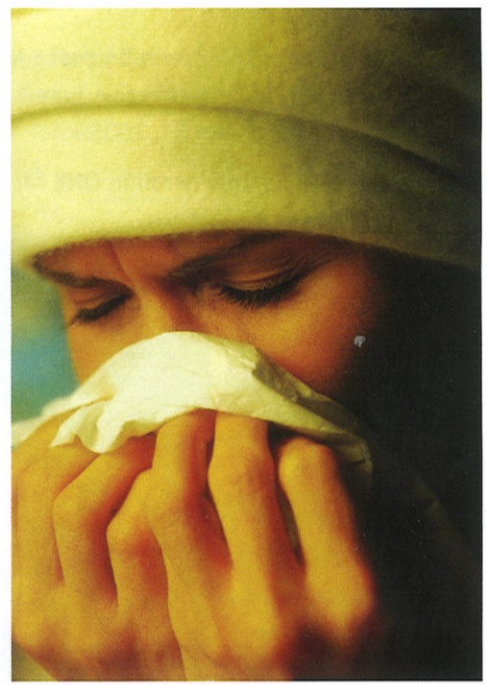
Treating Chronic Sinus Problems

By Paul Abson, M.D., Facility Medical Director of Surgical Services

Sinus and nasal health is a major contributor to a patient's overall health. Many patients suffer for many years from persistent headaches, chronic nasal blockage or a recurring cough, without seeking help. Our surgeons at the Ear, Nose and Throat department are well-trained and equipped to handle even the most severe sinus cases.

For many people, the thought of sinus surgery is intimidating. We've all heard stories about the traditional methods of sinus surgery. Fortunately, today's approach to resolving sinus problems uses the least amount of surgical intervention to cure the problem.

Modern sinus surgery is an outpatient surgery using state-of-the-art technologies in a minimally invasive manner, with the patient typically returning to work within a few days. New technologies, such as the three dimensional image-guided system, improve results and add safety to an effective cure for sinus misery, while decreasing recovery time.



To learn more, contact your doctor or the Ear, Nose and Throat department at 425-339-5441.

From pediatrics to geriatrics. The right care. For the whole you.

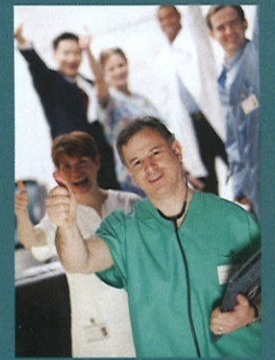
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| Advanced Imaging | Ear, Nose & Throat | Internal Medicine | Physical Medicine & Rehab |
| Allergy | Facial Rejuvenation | Laboratory Services | Pulmonary |
| Anesthesiology | Family Practice | Neurology | Rheumatology & Arthritis |
| Behavioral Health | Gastroenterology | Obstetrics | Skin Surgery & Laser |
| Cancer/Oncology | Geriatric Care | Occupational Health | Sleep Center |
| Cardiology | Gynecology | Ophthalmology | Spine Center |
| Cosmetic Surgery | Hand Center | Optical/Eye Centers | Sports Medicine |
| Critical Care | Head & Neck Surgery | Orthopaedics | Surgery |
| Dermatology | Hearing Aid Center | Pediatric/Adolescent Care | Urology |
| Diabetes/Endocrinology | Infectious Disease | Pharmacy Services | Walk-In Clinics |

The Everett Clinic
For the whole you.

Join The Everett Clinic Team!

Call for information regarding employment opportunities.

(425) 339-5400



www.everettclinic.com

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