

Breast Cancer Care That's Truly Breathtaking

Treating breast cancer without
endangering the heart

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Kevin Harrang, Kirkland

Winter // 2013

Cancer. It is an unwelcome word, and an even more unwelcome diagnosis, but one that touches most of us either personally or through a family member or loved one.



In this issue of *Monitor*, we are pleased to feature special stories on the cancer program at EvergreenHealth and our new partnership with Seattle Cancer Care Alliance (SCCA) at the recently opened Halvorson Cancer Center on our main campus in Kirkland. At this beautiful new facility, two of the region's best known-providers of cancer care are working together now to offer the Eastside community the best and most comprehensive cancer care possible.

The partnership joins together the innovative expertise and research of SCCA and the clinical expertise and compassionate care of EvergreenHealth. Our partnership will bring national-quality cancer care to the Eastside.

Through this partnership, we can now provide our patients and community with the considerable strengths of SCCA and EvergreenHealth in a seamlessly integrated program. SCCA's strengths include leadership in research and discoveries of new therapies, improvements in standards of care, and development of new guidelines for standards of care, all focused on cancer.

EvergreenHealth's strengths include our own record of achievement in cancer care. EvergreenHealth has earned accreditation as a comprehensive cancer center by the American College of Surgeons Commission on Cancer since 1977; in the two most recent review processes, conducted every three years, EvergreenHealth earned the Outstanding Achievement Award, which is granted to just 5 percent of cancer programs in the United States.

As we begin our 41st year of serving the Eastside and all of the Puget Sound region, I am proud that our tradition of never being satisfied with the status quo continues. Our partnership with SCCA was born of the desire to build on our success and get better every day, so that we can serve our community better and fulfill our purpose of *"working together to enrich the health and well-being of every life we touch."*

Sincerely,



Robert H. Malte
Chief Executive Officer

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When the news is cancer, building your support team is an important first step on your journey to beating the disease. And, deciding where you'd like to tackle treatment is perhaps your most paramount choice.

In the Northwest, we live in an area that's home to some of the nation's leaders in cancer research and advanced treatment options. With the opening of the Halvorson Cancer Center in collaboration with Seattle Cancer Care Alliance, we're proud to be among the region's top providers of comprehensive care, partnering with patients at every step along their journey. From working with a team of expert providers, accessing clinical trials that bring promising new treatments, to connecting with supportive care services, we align the resources to help you navigate your care.

In this issue of *Monitor*, you'll meet three of your neighbors who each chose to begin their cancer journey at EvergreenHealth and ultimately triumphed beyond active treatment and into healthy outcomes and long-lasting survivorship.

HALVORSON CANCER CENTER

Please join us at the Community Open House in March. Check your local papers for the date and details.



Learning to Live with Cancer

Two years ago, when Kevin Harrang of Kirkland got his diagnosis of multiple myeloma—an incurable blood cancer—he was at the top of his many games: successful corporate attorney at Microsoft, entrepreneur with a legal-technology start-up company, volunteer at a local legal-assistance program, avid tennis player, kayaker, bicyclist and all-around sportsman in a sports-loving family. As he puts it, “If you can buy something at REI for it, then we do it.”

With the cancer came the need, first, to see himself in a new way. “It took a lot of reorientation to get from an image of myself as a granola-eating, GORE-TEX®-wearing, Northwest outdoors person to cancer patient.” Then came the need to see himself as living his life with cancer, managing it, not beating it. In making that journey, he was helped by his team of physicians from EvergreenHealth and Seattle Cancer Care Alliance (SCCA), especially Dr. Tim Carlos and Dr. Pam Becker.

With the diagnosis, Kevin says, “My outlook as a healthy person had really come crashing down, and so then what I needed to do was understand what was going on, what the possible treatments were for this. And then I had to do this reorientation: How much of my former life could I incorporate into my future life with this treatment and new health issues?”

In Kevin’s case, the treatment included intensive chemotherapy, radiation therapy, two stem cell transplantations (the first using his own stem cells and the second using stem cells from his brother) and maintenance chemotherapy using a new drug in a clinical trial.

The treatment was aggressive in part because the cancer was aggressive and in part because Kevin was a relatively young patient for his kind of cancer. “If you’re 85 years old, stem cell transplant is not really an option. But Kevin was 51, so we could be aggressive,” explains Dr. Carlos.

The goal with relatively young patients such as Kevin, according to Dr. Becker, is “to prolong survival and progression-free survival. For a young person at his age and in excellent physical condition, we would be interested in trying to do everything we could to lengthen his time with good health and with survival.”

Pictured above: Kevin Harrang, Kirkland



Today, Kevin has pretty much returned to the life he had before cancer. He is back to work assisting clients at a pro bono legal clinic, serving on a nonprofit board, traveling—and playing tennis again. He calls it “a complete miracle.”

Pictured far left: Kevin Harrang, Kirkland
Pictured right, from top to bottom: Tim Carlos, MD; Pam Becker, MD

[LEARN MORE](#)

EVERGREENHEALTH AND SCCA: PARTNERS IN DELIVERING CARE AT THE HALVORSON CANCER CENTER

The already close relationship between EvergreenHealth’s cancer program and SCCA became even closer this past fall with the opening of the Halvorson Cancer Center at EvergreenHealth Medical Center. There, the two programs are working as partners to collaboratively provide patients with seamless cancer care and with greater access to clinical trials, in an environment where everyone is focused on them.

The partnership, says Bob Malte, CEO of EvergreenHealth, “brings together the innovative expertise and research of SCCA and the expertise, compassionate care and commitment to breakthrough care of EvergreenHealth to provide national-quality cancer care on the Eastside.”

Norm Hubbard, executive vice president of SCCA, adds that “this is a partnership of two very reputable cancer programs that offers patients their best hope for survival, in part because patients will have more access to cancer clinical trials, if they want that.”

The fundamental intent of the partnership is to bring the highest-quality and most cost-effective solutions to cancer care on the Eastside.

To learn more about the partnership and cancer care at the Halvorson Cancer Center, visit www.evergreenhealth.com/halvorson, or call 425.899.6000.

Getting to good health again, though, could be “brutal,” says Kevin, “especially to begin with when I was laid pretty low and going through the first part of the treatment. For example, I couldn’t play tennis, and I was a big tennis player.” Kevin’s solution to being laid low was to find “the essence of things that I used to be able to do and then find other avenues for doing them going forward.” When he couldn’t play tennis, Kevin found a professional coach and learned to play competitive table tennis. “I’d go play with the Chinese players, which was really fun. Those 9-year-old kids would totally kill me.”

Finding the essence of what he enjoyed helped Kevin throughout the worst periods of his treatment, when he was in intensive care: “It’s super hard if you’re in intensive care in a hospital and you’re nauseous and, you know, feeling worse than you could ever imagine. But it turns out there’s an exercise bicycle down the hall, and you can do 20 minutes on that.”

Today, Kevin has pretty much returned to the life he had before cancer. He is back to work assisting clients at a pro bono legal clinic, serving on a nonprofit board, traveling—and playing tennis again.

He calls it “a complete miracle. The kind of cancer I have is the kind of thing that they can knock down but have a difficult time eliminating, so it’s all about living with it. This metaphor that you’re going to fight it and you’re going to beat it is not really applicable because, in the long run, none of us beat it.”

In learning to live with his cancer, Kevin says he had “to reassess what’s important. I found the support of family and friends to be the single most sustaining thing, and also being able to be really present in the moment—as they say in yoga class. One of my personal rules for living has always been ‘find joy in every day.’ Even through the darkest days of treatment, I found this to be more imperative than ever.”

Remaining close to the support of family and friends is one reason Kevin chose EvergreenHealth and SCCA for his cancer care. “We live in Kirkland. We had been patients at EvergreenHealth—for instance, my daughter had her appendix taken out there—and we would go there. It seemed like a super professional place close by, and it was a good choice,” says Kevin.

As for choosing SCCA for what he calls “industrial-strength chemotherapy followed by stem cell transplant,” Kevin says, “I was in a position that I could really have gotten treatment anywhere. I spent some time looking around at the other centers in the world. If there was someplace better, then I could have done that. In the end, I concluded that the local treatment options were world-class. But even if I’d thought that some other place was a little better, the idea of being away from home and my support network would have trumped that. And that has made all the difference.”

Part of the network that sustained him turned out to be his doctors. Dr. Carlos, for instance, “has been a good friend and colleague as well as my treating physician.” And for Dr. Becker, one of the privileges of caring for patients such as Kevin is feeling almost “like I’m a family member with them. I’m able to see how much patients’ families support them. I get to see the best of people giving to each other.”

“Today I’m back in the game,” says Kevin, with obvious joy.

Breast Cancer Care That's Truly Breathtaking

LEARN MORE

Breast cancer had always been in the back of Paula Chiles' mind because her mother had been diagnosed at age 46. But that still didn't prepare her to hear that diagnosis for herself, especially at age 35. "I went numb," she recalls. "It took my breath away."

Fortunately for Paula, the Halvorson Cancer Center at EvergreenHealth has the experts—and the expertise—to give young women such as her the best chance for a healthy outcome and a long, healthy life.

It began with the diagnosis. "The radiologist explained everything, and the nurse navigator had already lined up doctors' appointments for the following day," Paula says. "Thank goodness they do that, because I was overwhelmed and wouldn't have known where to start. It was such a comfort to know they'd taken care of the first steps for me."

MINIMIZING COMPLICATIONS

Given Paula's young age and the location of the cancer in her left breast, her EvergreenHealth cancer team went to work to make sure her treatment not only addressed the cancer but took care not to impact her long-term heart health.

Dr. Marion Johnson, who performed Paula's lumpectomy, says the approach to treatment is the key. "When you've got a very young woman like Paula and you anticipate years ahead of them and a healthy active life, you can't afford to decrease their cardiac function even a little bit."

Medical oncologist Dr. Aimee Kohn tailored Paula's chemotherapy to her age and the location of the cancer. "The standard drug, anthracycline, can have potential long-term impact on the heart," Dr. Kohn explains. "So we went with a different regimen to minimize the cardiac complications for what should be a curable cancer."

Minimizing cardiac complications also meant a truly "breathtaking" approach to the radiation treatments that followed Paula Chiles' chemotherapy. Standard treatment plans, no matter how customized, could



Pictured, from left to right:
Paula Chiles, Kirkland
Aimee Kohn, MD; Eric Taylor, MD; Marion Johnson, MD

have put her heart in the path of the radiation beams, increasing her risk for coronary artery disease in 15 to 20 years.

Instead, Dr. Eric Taylor, the director of radiation oncology at EvergreenHealth, used respiratory gating, a breakthrough in the treatment of breast cancer that times the radiation beams with the patient's own breathing. "During respiratory gating, Paula would hold her breath, which moved her heart back into her chest cavity and out of the way of the radiation beams," Dr. Taylor explains. "The beams were then cycled on and off to coincide with her breathing pattern—on, when she was holding her breath; off, when she was breathing normally."

Respiratory gating is a treatment technique that EvergreenHealth helped to pioneer in Washington state four years ago. "We always prioritize patient safety and try to cause no harm," Dr. Taylor states. "Respiratory gating allows us to do that."



It also allowed Paula Chiles to take an active role in her treatment. "Working with the radiation therapists to time my breathing made me feel like I had a little more control over my cancer," she says. "It was scientific and fascinating, and very empowering."

DOING WHAT IS RIGHT FOR THE PATIENT

Today, the preschool teacher and active mother of three gives credit to her EvergreenHealth cancer team. "I got great care from the best team I could possibly have had," Paula Chiles says enthusiastically.

"Our team aspect is so important in doing what's best and right for each patient," explains Dr. Kohn. "Everyone involved is on board and communicating with one another—from day one."

Dr. Johnson agrees. "I'm not just the breast surgeon. I'm working in concert with the oncologist and the radiation oncologist to make sure women who are diagnosed with breast cancer have the best chance for a long and healthy and active life."

For more information about breast cancer care at EvergreenHealth, please call 425.899.5555.

EVERGREENHEALTH OFFERS EARLY DETECTION FOR BREAST CANCER

With cancer, early detection is the key to a healthy outcome. That's why EvergreenHealth places a high priority on staying at the forefront of technological advances intended to ensure early detection.

The latest advance is three-dimensional mammography imaging technology, known as tomosynthesis. The detail available in the 3-D digital images can reveal breast cancers not detected by regular 2-D mammography. Since EvergreenHealth began offering it in 2011, the 3-D technology has already detected 44 cancers that would not have been seen with 2-D mammography.

Other benefits of getting a 3-D mammogram include:

- The greater accuracy of the images means fewer call-backs, resulting in greater peace of mind.
- Low-dose X-ray images entail little risk; the radiation exposure is about the same as you'd get on a roundtrip flight cross-country.
- The procedure is the same as for a 2-D mammogram; the only difference is the quality of the images.
- There is no additional charge for having a 3-D mammogram—it costs the same as a 2-D mammogram.

Advanced 3-D mammography is available at the EvergreenHealth Breast Health Center and on our mobile mammography coach.

Schedule your appointment:

By phone: 425.899.2831

Online: www.evergreenhealth.com/mammography

“Doing It for Greg”



To some, finishing a marathon might seem an impossible goal. Not for Greg Sim. The Snoqualmie resident and testicular cancer survivor tackles his races the same way he battled his cancer: by putting one foot in front of the other, taking every mile as it comes, and surrounding himself with a strong support group. That philosophy is one shared by Greg’s team of cancer specialists at EvergreenHealth.

Over Fourth of July weekend in 2009, Greg, a supervisor for the private ambulance company American Medical Response (AMR), thought he’d pulled a groin muscle. But his primary care doctor, Maurice Doerfler, suspected it was something more serious. An ultrasound confirmed the worst: testicular cancer.

“I could tell by the way the technician and doctor looked at me that something was wrong,” the then-54-year-old recalls. “They told me I had cancer. And I cried.”

But then he rallied. After surgery to remove his testicle, Greg was referred to medical oncologist Matthew Lonergan.

“Greg’s cancer had spread, and he had dozens of other tumors sprinkled throughout his abdomen and lungs,” Dr. Lonergan explains. “Some tumors needed chemo, and some needed surgery. So we needed to plan and have Greg understand that the chemo would stop some and not others.”

Dr. Lonergan prescribed a rigorous four-month chemotherapy regimen. “We had to balance the toxicity of the chemotherapy with the outcome we were after—the cure,” he says. But he also prepared Greg for the possibility of surgery at their first appointment.

Greg signed on without hesitation. “Everything was extremely clear. After 30-plus years in the medical field, I knew my direction. Surgery was always in the back of my mind.”

Chemotherapy was grueling. “It was extremely rough on me and my body,” Greg remembers. “It was a very emotional time.” He was buoyed in part by the consistency and care of his doctors and nurses. “EvergreenHealth did a great job. I had the same nurse every week. Matt [Dr. Lonergan] called me in the evenings.”

Dr. Lonergan admired Greg’s resolve. “Greg is resolute and determined. He knew it was going to be rough, and he just got up and did it. He’s tough.”

Tough indeed. In spite of it all, Greg continued to work every day. Sometimes it was a reduced shift, working until just before or after his chemo appointments. “My wife and children supported me at home, and the 400+ AMR employees became my cheering squad,” he shares. “They took me to my treatments. They picked me up. I had all that support at the hospital, at home, and at work.”

FULFILLING A PROMISE

That Thanksgiving weekend, Greg had surgery to remove the tumors that had not responded to chemotherapy. As he lay in recovery, he realized it was the weekend of the Seattle Marathon.

“I promised myself I was going to walk the Seattle Marathon the next year,” Greg says, and he did, along with 15 AMR co-workers wearing shirts that said, “Doing it for Greg.” “I wore one that said, ‘I’m Greg,’ and I was patted on the back for 26.2 miles.”

After that first race, Greg gave Dr. Lonergan his finisher’s medal. But this year, the doctor will have his own. He plans to walk the 2013 Seattle Marathon with his former patient—continuing to be part of Team Greg Sim.

LEARN MORE

CANCER CENTER CAMPAIGN PACESETTER GIFTS

EvergreenHealth and the EvergreenHealth Foundation extend heartfelt thanks to the following donors whose generosity led the way to creation of the Halvorson Cancer Center.

\$1 million and above

Elling and Barbara Halvorson
Al and Donna DeYoung
Michael and Mary Kay Hallman

\$500,000 and above

Norcliffe Foundation
Radia Medical Imaging

\$100,000 and above

2011 and 2012 Gala Proceeds
Majdi and Dana Daher
Lucy DeYoung
Dr. Michael and Kayoko Hunter
Bob and Sue Malte
Dr. Eric Taylor and Sheena Aebig

This list represents pacesetter gifts made prior to December 5, 2012. If you are interested in making a gift at any level, please call the Foundation office at 425.899.1908.



Pictured, from top to bottom:
Greg Sim, Snoqualmie; Greg’s marathon medals; Matthew Lonergan, MD

The Halvorson Cancer Center: Where Hope Lives

LEARN MORE



Pictured above:
Left: Cancer center main entrance; top right: private infusion stations; bottom right: garden view from the infusion stations

When cancer patients exit the elevator from their dedicated garage parking area and see the stunning rounded stone wall that marks the beginning of the Halvorson Cancer Center, they are entering a place, as the staff lanyards say, “where hope lives.”

Everything about the new Halvorson Cancer Center has been designed to make it a place that comforts and heals—from the starry ceilings of the radiation oncology treatment rooms and the medical oncology infusion suites with rooftop garden views, to the Michael & Mary Kay Hallman Education Center, the Dale & Sally Walker Resource Center, the supportive services care area, the gift shop and the free boutique that is designed like a ladies’ lounge in Nordstrom.

“Architecturally, we wanted to create a calming, comforting space and to make it simple for patients who are already struggling with having to come in at the early stages of their cancer journey to navigate from one department to the next,” explains Rose Guerrero, director of cancer services.

Part of the comfort and efficiency comes from how close all the services are to one another. “We have taken what has normally been two football field lengths of travel for patients to go between medical oncology and radiation oncology, imaging and chemotherapy and the social workers, and reduced it to less than 100 feet from one service to the next,” Guerrero says.

For the first time, too, medical oncologists and radiation oncologists are less than 50 feet from one another. The easy collaboration between EvergreenHealth’s radiation oncologists and medical staff and the medical oncologists from Seattle Cancer Care Alliance (SCCA) is one of the fundamental promises of the Halvorson Cancer Center.

A second promise is to bring together in one place “all of the supportive care services that accompany a cancer patient’s journey, beyond active treatment into survivorship,” Guerrero says. These services are available at no additional cost to the patient, and they include support from oncology social workers, registered dietitians, spiritual care, hospice and palliative care, and a liaison to home care.

The oncology social workers are experts in navigating complex health care situations, and provide a consistent point of contact and a reliable source for advice, support and direction for patients and families. They can help provide emotional support, identify financial resources, assist with insurance issues, and connect patients with support services and community resources.

Since each cancer patient is unique, so is the information provided by the oncology social workers. If patients need general information about support, they’ll pull it all together. If patients need transportation to treatments, they’ll get rides set up. If patients are having trouble paying their rent or purchasing food, they’ll seek assistance for that as well.

They can also help patients connect with the wide range of classes and support groups provided by Cancer Lifeline at the Halvorson Cancer Center. The classes and support groups are all free, and no registration is necessary. For a complete schedule, visit www.cancerlifeline.org.

Altogether, everything at Halvorson is living up to the dream for the center to be a place where, Guerrero says, “everybody’s focused on cancer patients in a way that considers their needs and the needs of their families.”

WHY SHOULD YOU CHOOSE THE HALVORSON CANCER CENTER?

The most important decision that someone with cancer will make is where to get treated.

The Halvorson Cancer Center brings together two honored cancer programs to provide patients with the highest-quality solutions for cancer care.

Seattle Cancer Care Alliance (SCCA) is a world-class cancer treatment center that unites doctors from the Fred Hutchinson Cancer Research Center, UW Medicine and Seattle Children’s.

EvergreenHealth is the only hospital in the Puget Sound region to receive the most recent Outstanding Achievement Award from the Commission on Cancer of the American College of Surgeons (2011).

Seattle Cancer Care Alliance has more than 200 open clinical trials focusing on the prevention, diagnosis, treatment and cure of cancer.

EvergreenHealth is the first breast center in King County to offer 3-D mammography imaging technology for early diagnosis of breast cancer.

EvergreenHealth’s breast cancer survival outcomes are outstanding: 97% of all women diagnosed and treated for breast cancer are recurrence free after 12 years (based on 1991-2000 figures).

Seattle Cancer Care Alliance and EvergreenHealth cancer experts participate in the weekly Cancer Care Conference, where they discuss cancer cases and the various treatment options available. For patients, this means the top minds from all disciplines of cancer care are involved in developing the best treatment plan specific to each individuals.

Halvorson Cancer Center



Valley General Hospital Affiliates with EvergreenHealth



Valley General Hospital in Monroe is now an affiliate of EvergreenHealth, meaning residents of

Snohomish County now have greater access to the high-quality services offered by EvergreenHealth. The boards of commissioners of both organizations unanimously approved the affiliation agreement in December. The affiliation is administered by a shared-governance council, and both organizations will remain independent and separately governed, licensed and accredited.

As a first step, EvergreenHealth will open a primary care practice this spring in the Sky River Medical Center, located next to the Valley General Hospital campus. Additional priorities include assisting Valley General in developing a comprehensive clinical-services plan and creating connections to the more specialized services of EvergreenHealth and its partners, Virginia Mason Medical Center and Seattle Cancer Care Alliance.

New Providers

EvergreenHealth welcomes these new members of the medical staff:

- DIAGNOSTIC IMAGING**
Ross Ondersma, MD
Moira O’Riordan, MD
Kristopher Spinning, MD
- EAR, NOSE AND THROAT**
Natalie Higgins, MD
- FAMILY PRACTICE**
Andrea Freng, ARNP
- MIDWIFERY**
Cathleen Distor, CNM
- NEUROLOGY**
Marlan Kay, MD
Sindhu Srivatsal, MD

- PALLIATIVE CARE**
Meredith Brass, MD
- PEDIATRICS**
Christine Larson, MD
- PHYSICAL MEDICINE AND REHABILITATION**
Alison Stout, DO
- PSYCHIATRY**
Shabnam Balali, MD
- URGENT CARE**
Ravi Singh, MD

EvergreenHealth Earns National Recognitions

EvergreenHealth has been rated among the nation’s best for both patient safety and quality of care.

The Leapfrog Group, an independent nonprofit organization and advocate for hospital transparency, has awarded EvergreenHealth an “A” grade, its highest rating for hospital safety. The Leapfrog Group’s annual Hospital Safety Scores are based on preventable medical errors, injuries, accidents and infections.

And thanks to the input of thousands of people like you, EvergreenHealth has received the 2012 Consumer Choice Award from the National Research Corporation (NRC), a trusted health care research firm. Residents of King and Snohomish counties recognized EvergreenHealth as one of two hospitals in the region with the best doctors and nurses, highest-quality care and best image.

“Absolute patient safety is the most important aspect of the care and service we deliver,” says CEO Bob Malte, “and the highest honor we earn is our patients’ trust and preference for the care we provide at EvergreenHealth.”

Stroke Program Ranked #1 in the State for the Fourth Year in a Row

When you have stroke symptoms, time is critical. It takes a special kind of care, coordinated across many different services, to give stroke patients their best chance at a full recovery.

That care is a top priority at EvergreenHealth, where our stroke program has once again been ranked #1 in the state and in the top 5 percent of hospitals in the nation. It’s the fourth consecutive year we’ve earned that recognition from HealthGrades, the nation’s leading provider of independent hospital rankings.

“Stroke treatment involves almost all of the major systems in a hospital,” explains Dr. David Likosky, medical director of EvergreenHealth’s stroke program. “Our success requires planning as a team, quick action as a team, tight communication, and above all caring for each patient as a person who is going through a life-changing event.”

Register for Classes Online or by Phone

For your convenience, you may register and pay for classes 24/7 online at www.evergreenhealth.com/classes. You may also call the EvergreenHealth Nurse Navigator and Healthline at 425.899.3000, Mon.–Fri., 7 a.m.–7 p.m.

Pre-registration is required for all classes. Checks, VISA and MasterCard are accepted. Refunds and rescheduling will only be given for cancellations two business days prior to the class. Let us know if you need special accommodations to participate.

Free Seminars

BREAKTHROUGH TREATMENT FOR PAIN

There’s nothing worse than pain that keeps you from your work, your favorite activities or just getting out of bed in the morning without hurting. At our free seminars, learn how our advanced treatment therapies and technologies can help you get back to life pain-free.

Back Pain

Feb. 7, 6:30-8:30 p.m.

Knee or Hip Pain

Feb. 26, 7:30-9:30 p.m.

Mar. 28, 6:30-8:30 p.m.

Shoulder Pain

Apr. 10, 6:30-8 p.m.

WEIGHT-LOSS SURGERY – IS IT RIGHT FOR YOU?

Experts from the EvergreenHealth Bariatric Center will discuss surgical options, postoperative follow-up, lifestyle changes, financial information and nutrition support. Feb. 6, 18, Mar. 6, 18, Apr. 3, 15, 6-8:30 p.m.

Parenting & Relationships

PARENTING THROUGH SEPARATION AND/OR DIVORCE

Parental turmoil, different parenting styles, rearrangement of schedules and more can create additional stress on a family and grief for a child. Participants will learn to use an impartial, research-based parenting approach to help

everyone in the family. Four-week series starts Mar. 3, 2-4 p.m.; \$90 fee includes admission for two and *Positive Discipline* book. Register at 425.747.4937 or info@youtheastideservices.org.

REDUCE FAMILY CONFLICT CAUSED BY TEMPERAMENT DIFFERENCES

Is your child more energetic, gets upset more easily, or seems more headstrong than others? In this class, you will learn what helps reduce family conflict caused by temperament differences. Three-week series starts Mar. 2, 9:30-11:30 a.m.; \$70 fee includes admission for two and *Raising Your Spirited Child* workbook. Register at 425.747.4937 or info@youtheastideservices.org.

Emergency & Safety Education

BABYSITTING BASICS

For ages 11 to 16. Feb. 16, Mar. 16, Apr. 20, 9 a.m.-3 p.m., \$40.

KARING FOR KIDS

Participants receive an infant/child CPR card valid for two years. Feb. 9, Mar. 9, Apr. 13, 9 a.m.-3 p.m., \$45.

INFANT AND CHILD CPR

Participants receive an infant/child CPR card valid for two years. Feb. 9, Mar. 9, Apr. 13, 9 a.m.-12:30 p.m., or Feb. 19, Mar. 19, Apr. 16, 6-9:30 p.m., \$40. \$15 discount if also enrolled in Babysitting Basics.

COMMUNITY CPR

Participants receive a CPR card valid for two years. Feb. 23, Mar. 2, 30, Apr. 6, 9 a.m.-12 p.m., \$40

COMMUNITY FIRST AID

Participants receive a first aid card valid for two years. Feb. 23, Mar. 2, 30, Apr. 6, 1-5 p.m., \$40.

COMMUNITY CPR & FIRST AID

Participants receive a CPR and first aid card valid for two years. Feb. 23, Mar. 2, 30, Apr. 6, 9 a.m.-5 p.m., \$75.

HEALTH CARE PROVIDER CPR

Participants receive an American Heart Association health care provider CPR card valid for two years. Feb. 16, Mar. 16, Apr. 20, 9 a.m.-12:30 p.m., or Feb. 5, Mar. 5, Apr. 2, 6-9:30 p.m., \$60.

ADVANCED CARDIAC LIFE SUPPORT

For health care providers. Two-part class begins Feb. 14, Apr. 11, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

PEDIATRIC ADVANCED LIFE SUPPORT

For health care providers. Two-part class begins Mar. 14, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

Wellness & Healthy Living

PILATES FOR WOMEN

Geared toward the needs of women over 40, this class focuses on full-body strength, especially deep abdominals, pelvic core and upper body. Eight-week session begins Feb. 7, 5:30-6:30 p.m., \$120.

COMMUNICATION & WELLNESS SERIES

This series offers four topics to help you improve communication and better your health. \$20/topic or \$64 for all four.

More Calm, Less Stress

Stress is prevalent in this fast-paced world. Learn effective ways to cope with stress to increase your calm. Mar. 5, 6:30-8:30 p.m.

Emotions: From Challenging to Manageable

Sadness, fear and anger can be uncomfortable. You will learn ways to make these feelings more manageable, so you can move through them. Mar. 12, 6:30-8:30 p.m.

Dealing with Loss

What you do after experiencing loss can make a difference in how you thrive. Learn strategies to make it through the feelings and move forward. Mar. 19, 6:30-8:30 p.m.

Communicating with Your Aging Parents

With age, abilities diminish. Learn ways to be able to talk about these changes with your parents to reach your desired results. Apr. 2, 6:30-8:30 p.m.

For detailed information on each class, visit www.evergreenhealth.com/classes. Register online, or call the EvergreenHealth Healthline at 425.899.3000 • Monday-Friday, 7 a.m.-7 p.m.

EAT WELL. PLAY MORE.

Struggling with weight loss? Clear up confusion about healthy diet and exercise strategies in this three-class series presented by a naturopathic doctor and a cognitive behavioral coach. 7-9 p.m., \$12/class or \$30 for all three.

Part 1—Busting the diet myth; discovering what doesn't work, and why. Feb. 27.

Part 2—Sneaky fat-inducing factors and how to avoid them. Mar. 6.

Part 3—Living an enlightened lifestyle, navigating bumps in the road and plateaus. Mar. 13.

Senior Health Classes

In addition to these classes offered at EvergreenHealth Medical Center, we offer classes and health screenings at other convenient community locations. Visit www.evergreenhealth.com/horizons for class schedules and locations. To receive the free quarterly *EvergreenHealth Horizons* newsletter, call 425.899.1858 or email Horizons@evergreenhealth.com.

DIABETES AND THE EYE

This course reviews how diabetes affects the eye, how it is noticed, and why it is important to maintain proper diabetic control. Feb. 21, 12:30-1:30 p.m., free.

THE GAS WE PASS

Having gas is common, although it can be embarrassing and uncomfortable. Learn causes, ways to reduce symptoms, and treatments for relief. Mar. 21, 12:30-1:30 p.m., free.

AGING: ACCEPTING CHANGE AND TRANSITION

Is life changing too quickly as you age? Learn strategies to deal with these changes to move forward. Mar. 26, 6:30-8:30 p.m., free.

Neurological & Movement Disorders

EvergreenHealth Neurological Care offers classes and support groups to aid patients living with a variety of neurological diseases and movement disorders.

PARKINSON'S TELEHEALTH

View live, interactive educational talks designed to help patients and families improve their knowledge of Parkinson's disease. Second Monday of every month, 2-3:30 p.m., free. For more information, visit www.nwpf.org.

COMMUNICATION GROUP

Improve your communication skills. For those with stroke, Parkinson's or other neurological changes. Second Thursday of every month, 11 a.m.-12 p.m., \$5.

NEUROLOGICAL EXERCISE GROUP

Gentle stretch and strength exercises done in a chair or standing. For patients affected by neurological disorders such as Parkinson's, stroke and multiple sclerosis. Four-week sessions begin Feb. 5, 1-1:50 p.m., \$20 for Tuesday only or \$30 for Tuesday and Thursday.

THERAPEUTIC YOGA FOR MS WORKSHOP

This workshop will refine your proprioception and help you cultivate a healing relationship with your body. Class targets those who are new to yoga or who have limited mobility. Mar. 23, 10 a.m.-12:30 p.m., \$20.

FROM-THE-GROUND-UP STRENGTH AND FLEXIBILITY

This mat-oriented class includes elements of yoga, tai chi, dumbbell exercise and exercise bands. Every Monday, 2-3 p.m., \$5/session.

LIVING WELL AFTER STROKE

Information and support for stroke survivors and their care partners. First Tuesday of the month, 2-3 p.m., free.

EVERGREENHEALTH MEN'S GROUP

Support group for those affected by neurological conditions such as multiple sclerosis, Parkinson's and stroke. Second Tuesday of every month, 3-4:30 p.m., free.

Disease Management**COPD AWARENESS WITH SPIROMETRY TESTING**

What is COPD? Who is at risk? How does smoking damage the lungs, and how do we test for it? Get answers to these questions and discuss the signs, symptoms and treatment options of this common, but underdiagnosed, disease. Have your lung function measured to see if you are at risk. Feb. 6, 6-8 p.m., free.

Cancer Lifeline Classes

We partner with Cancer Lifeline to offer classes and support groups for cancer patients and their families at the Halvorson Cancer Center at EvergreenHealth. For a complete list of classes, visit www.cancerlifeline.org. To register, call 206.297.2500.

FIVE WISHES

Five Wishes is a living will that addresses the personal, emotional, spiritual and medical wishes of you or your loved ones at end of life. It's a binding legal document in Washington state and can be

completed without a lawyer or health care professional. Feb. 9, 10 a.m.-12 p.m., free.

HEALTHY SKIN CARE & MAKEUP DURING & AFTER CANCER TREATMENT

In this hands-on workshop, participants will learn about healthy alternatives for skincare and makeup while going through or recovering from cancer treatment. Feb. 11, 11:30 a.m.-1:30 p.m., free.

MANAGING DIGESTIVE ISSUES

Learn about general digestive issues associated with cancer treatments, techniques for dealing with them, and healthy recipes to incorporate into your healing regimen. Mar. 8, 12-2 p.m., free.

STRESS MANAGEMENT & RELAXATION TECHNIQUES

Take time out of your busy schedule and experience practical and effective ways to relax your body, calm your mind, and manage your stress. Mar. 14, 6:30-7:30 p.m., free.

KEEPING YOUR HEART HEALTHY AFTER TREATMENT

Learn how to support your cardiovascular system with nutrition and lifestyle support after cancer treatment. Apr. 11, 6:30-7:30 p.m., free.

Grief & Bereavement

Pre-registration is required for all programs; call 425.899.1077.

BEREAVEMENT SERIES

For those who have lost a loved one through death. Six-week series begins Mar. 12, 12:30-2:30 p.m. or 7-9 p.m. Suggested donation is \$30.

SUDDEN & TRAUMATIC LOSS

For those grieving a death by suicide, homicide or accident. Call for the next six-week series. Suggested donation is \$30.

Childbirth Preparation

For class dates and times or to register for classes, go to www.evergreenhealth.com/childbirth or call the EvergreenHealth Nurse Navigator and Healthline at 425.899.3000. Register early during your pregnancy, as classes fill quickly.

MATERNITY CENTER TOUR

A free 20-minute tour for those researching their birthing center options. Registration required; also offered in Spanish.

LABOR & BIRTH BASICS

This core series for first-time parents covers labor and birth, pain management, cesarean birth, interventions, infant feeding and postpartum care. Includes a tour of the Family Maternity Center. \$145/couple.

LABOR & BIRTH BASICS – TEENS AND MULTIPLES

This core series for teens and multiples covers labor and birth, pain management, cesarean birth, interventions, infant feeding and postpartum care. \$120/couple.

HYPNOBIRTHING

Use guided imagery, visualization and patterned breathing for a safe and satisfying birth. Five-week series, \$135/couple, plus \$25 materials fee due at class.

SIBLINGS CLASS

Prepare siblings for the arrival of a new baby. For children ages 2 to 6. Parents attend with children. \$15/one child, \$25/two or more.

CONSCIOUS FATHERING

New fathers learn to anticipate their baby's five basic needs through hands-on instruction and practice. \$40.

FIT4 BABY PROGRAM

A total-body interval workout adjusted to the various pregnancy phases of the attendees. Includes cardio, strength training and flexibility exercises. Six-week session, \$90.

HEALTHY EATING FOR PREGNANCY AND BEYOND

Improve your diet with practical tips on shopping, dining out, healthy snacking and more. \$15.

YOGA FOR PREGNANCY

Strengthen childbearing muscles, increase flexibility during pregnancy, and learn deep relaxation for lifelong health. Locations in Kirkland or Redmond. Sessions and price vary.

PELVIC HEALTH CLASS

Learn how to minimize pain during pregnancy and birth, optimize healing, and avoid future pelvic floor issues. \$20.

Baby Care & Safety**DAY ABOUT BABY**

Learn about diapering, bathing, soothing, infant carriers, intro to infant feeding and more. \$75/couple.

BREASTFEEDING BASICS AND BEYOND

Information about breastfeeding benefits, anatomy of the breast, breastfeeding cues, special feeding needs, partner's involvement and more. \$35/couple.

PUMPING CLASS

Focus is on pumping and safe storage of breast milk, the different kinds of pumps available, and tips and techniques for pumping. \$20/couple.

CAR SEAT SAFETY

Learn about selecting and using a car seat specific to your needs. \$10/couple.

CAR SEAT INSPECTION

Have your car seat checked by a certified safety technician. Free.

BRINGING BABY HOME WORKSHOP

Expectant couples learn how to avoid marital meltdown and cope with the normal stressors of becoming parents. Two-day workshop, \$150/couple.

HAPPIEST BABY ON THE BLOCK

Learn how to soothe even the fussiest baby in minutes. \$60/couple. Fee includes CD and DVD.

HOP TO SIGNAROO® BABY SIGN LANGUAGE

Use American Sign Language to communicate with your baby. Details at www.hoptosignaroo.com. Four-week series, \$128/both parents or parent/grandparent, plus \$19 supply fee payable at first class.

PARENT-BABY GROUPS

Weekly discussions of age-specific baby topics and support from other new parents. Visit www.evergreenhealth.com/parent-baby for schedule. Class for babies 0-3 months is free, \$97 for 3-6, 6-9, 9-12 and 12-15 months.

TODDLER SERIES

This four-week evening parenting series, taught by Parent-Baby Group leaders, will cover toddler development from 18 months to 3 years old. \$80/one or both parents.

THIS IS NOT WHAT I EXPECTED

Support for new parents experiencing symptoms of postpartum distress. Meets the first and third Thursdays of the month, free. For more information, call 425.899.3602.

PILATES WITH BABY

This class features exercises modified to include your baby and address postpartum needs such as restoring abdominal strength and coordination, protecting the pelvic floor, gaining upper-body strength, and even relaxation. Eight-week session, \$120.

STARTING SOLIDS

Learn practical and research-based information on the healthy feeding of solid foods for babies 4 to 12 months old. \$25.

BREASTFEEDING YOUR OLDER BABY

Education and support for moms continuing to breastfeed beyond the first six months. \$10.

BABYSITTING BASICS

Teaches babysitters ages 11 to 16 the developmental differences of children, proper hygiene and care for infants and children, good nutrition and first aid techniques. \$40.

BABY & FAMILY BOUTIQUE

Clothing, nursing bras and supplies for pregnancy, breastfeeding and your newborn. Visit www.evergreenhealth.com/boutique.

For detailed information on each class, visit www.evergreenhealth.com/classes. Register online, or call the EvergreenHealth Healthline at 425.899.3000 • Monday-Friday, 7 a.m.-7 p.m.

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Seasons of Hope

2012 Seasons of Hope Luncheon

The fourth annual Seasons of Hope Luncheon raised more than \$80,000 to support EvergreenHealth's Hospice and Palliative care programs and services. The event took place November 15 at the Lynnwood Convention Center, with a lively crowd of 375 guests.

Special thanks to our keynote speaker Stuart Farber, MD, from the UW School of Medicine, emcee Allen Schaufler of KING 5 News, and guest speakers Christi and Jason Lange.

Funds raised will support Hospice and Palliative Care programs and services, including uncompensated care, palliative care consultations, the Gene and Irene Wockner Hospice Center, specialized training for volunteers, spiritual counseling for clients and their families, family

bereavement support sessions, as well as patient and family emergency needs.

We'd like to thank the following sponsors and all of our table captains who helped make this event a success:

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Aegis Living • Chevron Corporation

Bronze Sponsors

Fedelta Care Solutions • Proliance Surgeons—Evergreen Orthopedic Center

Remembrance Table Hosts

- **Ginny Johnson**—In Memory of Lee Johnson
- **Christi Lange and Diane Hagemann**—In Memory of Dugan Lange



- **JeanAnn O'Brien**—In Memory of Donald Freeman
- **JeanAnn O'Brien**—In Memory of Dorothy Hobart
- **Teddy Overleese**—In Memory of John Overleese
- **Melinda Papen**—In Memory of Harry Alan Gould
- **Monique Ruyle and Family**—In Memory of Dolores Herrera Gama
- **Karl, Sue and Karen Snapp**—In Memory of Dave Snapp

We look forward to seeing you this coming November for the fifth annual Seasons of Hope Luncheon.

5K Run/Walk Raises Money, Awareness of Colon Cancer

The second annual Get Your Rear in Gear 5K Run/Walk raised more than \$25,000 to benefit EvergreenHealth Cancer Care and the Colon Cancer Coalition.

The event took place November 4 at King County's Marymoor Park in Redmond, with more than 500 participants and their supporters enjoying the festivities, prizes and educational activities.

Thanks to our runners and all of the volunteers who helped to make this event a great success.



2012 Campaign for EvergreenHealth

A big thank-you to the members of the EvergreenHealth family for their support of this year's annual staff, physician and volunteer giving campaign. The Campaign for EvergreenHealth raised more than \$117,000 to support our programs and services. More than \$45,000 of that amount was pledged to support the new Elling & Barbara Halvorson Cancer Center at EvergreenHealth.

LEARN MORE



Pictured above: Dale and Sally Walker

DALE & SALLY WALKER CANCER RESOURCE CENTER & BOUTIQUE

"They're regular people who want to make a difference," Sally Walker remarked to her husband, Dale, as they drove home from a house party organized by the EvergreenHealth Foundation. The party, hosted by Amy and Jim Walen, featured an update on the hospital in general and the Halvorson Cancer Center in particular.

All of the people who spoke had made pledges to EvergreenHealth's first-ever capital campaign in order to construct the Halvorson Cancer Center. Sally and Dale recognized that the people who had already given were just like them. They were not dot-com executives, nor were they "big names" in the community. They were regular people who wanted to help others. Sally and Dale decided that they wanted to help as well.

Their gift allows the Walkers to name the cancer care resources area which includes a resource library, an appearance center and a small retail boutique. Underscoring the importance of this area is the story that a patient's husband recently reported. He said the medical staff and treatment plans were phenomenal. But it was the "perfect wig" from the appearance center that really kept his wife going.

"EvergreenHealth is gratified by the community's response to the cancer center project," remarked Dr. Eric W. Taylor, radiation oncologist, and one of the speakers at the house party. "The generosity of our donors is affirming and inspiring."

If Dale and Sally Walker have inspired you to make a gift, please call the Foundation office at 425.899.1908.

Essence of the Sea: 2013 Evergreen Gala



Saturday, April 27
King County's Marymoor Park in Redmond

Save the date—you won't want to miss this spectacular black-tie evening where you will experience Essence of the Sea. Guests will enjoy fine dining, silent and live auctions, entertainment and dancing in a beautiful, climate-controlled party tent.

The charitable focus for the 2013 Evergreen Gala will benefit EvergreenHealth's Family Maternity Center and Neonatal Intensive Care Unit.

You can make early reservations online at www.EvergreenGala.org or by phone at 425.899.1900. Don't wait—tables will sell out early.

For sponsorship opportunities and general event information, please contact Christie Elliott at 425.899.1906 or caelliott@evergreenhealth.com.

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425.488.4988

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425.788.4889

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18208 66th Ave. NE
Suite 200
425.485.6561

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8980 161st Ave. NE
425.899.2273

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22850 NE 8th
Suite 103
425.898.0305

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16916 140th Ave. NE
425.481.6363

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8980 161st Ave. NE
425.883.3333
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seven days a week

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425.488.2273
Hours: M-F 8 a.m.-8 p.m.
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Emergency Care

EvergreenHealth Medical Center

12040 NE 128th St.
Kirkland
425.899.1700

Redmond Medical Center

8980 161st Ave. NE
Redmond
425.899.1111

Specialty Practices

Booth Gardner Parkinson's Care Center

12039 NE 128th St.
Suite 300
Kirkland
425.899.3123

EvergreenHealth Cardiology Care

12333 NE 130th Lane
Suite 320
Kirkland
425.899.0555

EvergreenHealth Rehabilitation Care

12039 NE 128th Street
Suite 200
Kirkland
425.899.1960

EvergreenHealth Radiation Oncology

12040 NE 128th Street
Green 1290
Kirkland
425.899.1860

EvergreenHealth Sport & Spine Care

11800 NE 128th Street
Suite 530
Kirkland
425.899.1220

EvergreenHealth Wound Care Services

12303 NE 130th Lane
Suite 400
Kirkland
425.899.2160

Maternal Fetal Medicine

12333 NE 130th Lane
Suite 240
Kirkland
425.899.2200

Multiple Sclerosis Center

12039 NE 128th Street
Suite 300
Kirkland
425.899.5350

Pulmonary Services

12333 NE 130th Lane
Suite 225
Kirkland
425.899.6972

Senior Services

11521 NE 128th Street
Suite 100
Kirkland
425.899.6800

Sleep Services

11521 NE 128th Street
Suite 130
Kirkland
425.899.4280

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