

Healthy Today



Doctors and Providers:

Beacon Hill	Federal Way
Canyon Park	First Hill
Diagnostic & Wellness Center for Women	Lynnwood Northgate
Diagnostic Center for Sleep Health	Puyallup Renton Totem Lake

Warm, personal and invested care since 1935

SEASONAL STORIES FOR LIVING YOUR BEST LIFE

SUMMER/FALL 2019

STEPPING UP TO A CHALLENGE

At age 56, competitive stair climber Mark Henderson is just hitting his stride

Some people are born to be true competitors; others just want to be fit and healthy for life. Mark Henderson, a PacMed patient, happens to be both.

Racing up stairs was not Mark's first choice of physical activity. For many years, the retired Navy commander competed multiple times per week at racquetball and road and trail running. Nagging injuries led him to seek the cause of some pain that rest and recuperation would not heal.

An X-ray revealed Mark had arthritis, both in his back and hip.

"I wish I would have known earlier that it was arthritis," says Mark. "I blame myself.... I would just ignore the pain and think rest would make it better."

Mark's arthritis diagnosis led him to Aysha Morgan, a physical therapist at PacMed Canyon Park in Bothell.

"When Mark first came to see me, I could tell he was an incredibly fit yet frustrated individual because he was in so much pain," recalls Aysha. "He was told he needed a total hip replacement, but we decided together to first try



Mark keeps in shape through regular training. Here, he's tackling the 56 floors of Seattle's 1201 Third Avenue building (formerly the Washington Mutual tower).

targeted physical therapy for specific muscle groups that would allow Mark to continue to function at a competitive level."

Their agreed-upon plan worked incredibly well. Today, Mark is the #2 ranked amateur stair climber in the nation—placing second in Seattle's recent Big Climb, winning the 50+ national championship in Las Vegas two years running and placing ninth among

international climbers in the Empire State Building Run Up.

Mark says he worked with Aysha for six months, "primarily to improve my flexibility and strength so I could retain as much mobility in my hip as possible.... I kept doing the basic stretching and specific exercises she taught me, along with working in some yoga."

"Stair climbing is remarkably easy on the joints," adds Mark. "You're really not

running; you just take a couple of steps and use the handrails to propel you up each flight of stairs."

What's Mark's advice for staying active in spite of a physical challenge?

"Find an exercise or activity that's right for you, whether it be hiking, stair climbing, tennis or swimming. It's also a good idea to have a workout buddy. I've found a couple of training partners who are as crazy about climbing stairs as I am!

"As far as working through injuries, don't ever give up. Listen to your body and seek quality medical care if you need it. I'm confident that when I do need to get my hip replaced, PacMed's access to top orthopedic surgeons in the area will enable me to get back to being as competitive as I can in whatever sport I am able to pursue."



Aysha Morgan, PT, DPT
Canyon Park

At PacMed, we tailor care to your specific needs, whether you use a wheelchair or are a high-level athlete like Mark.

Caring like family

Medical assistants like Kathy Bower make PacMed feel like home

If you visit a PacMed clinic, you may notice the warmth and care the moment you walk in the door. PacMed is fortunate: we've been chosen by many special individuals—people like Kathy Bower—who entered medicine as part of a higher calling to bring care to the world.

Kathy, a medical assistant at our Beacon Hill clinic, joined PacMed 19 years ago with thoughts of becoming a nurse. However, "I enjoyed being a medical assistant, you know, so I stayed with it.... I enjoyed that you work so close with the patients."

Thoughtful gestures, like singing her elderly patients "Happy Birthday," make a lasting impression. "They used to get

so embarrassed, but they really loved the attention." Kathy recently attended one of these patient's eighty-sixth birthday party.

Patients said the following about Kathy on surveys:

"Kathy is always a blessing to work with, you can tell she is very dedicated to your concerns and needs."

"Kathy is remarkable! I trust her and value her. She remembers so much about my complicated history and health challenges."

"Kathy is the best and we love her as part of our family."

"I come in, I work hard, I love our patients," says Kathy. "I get those hugs every time everybody comes in. You know, they call and send me cards. They're really nice."



Building relationships with patients over many years, there do come times when Kathy sees people pass away. "We feel sad because we've known them for so long. They're like our family." In those cases, Kathy and her coworkers take time off to attend the services.

We can't control the days we have, but we can appreciate and care for the people who make those days special. We're grateful for Kathy, one of many talented team members who make PacMed feel like home.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意: 如果您講中文, 我們可以為您提供免費中文翻譯服務, 請致電888-311-9127 (TTY: 711)

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વિનય: જો તમે પંજાબી બોલો છો, તો તમને મફત અનુવાદ સેવાઓ ઉપલબ્ધ છે. 888-311-9127 (TTY: 711) નંબર પર કોલ કરો.

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व्याज है: यदि आप हिंदी बोलते हैं तो आपको नि:शुल्क अनुवाद सेवाएं उपलब्ध हैं। 888-311-9127 (TTY: 711) पर कॉल करें।

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NEW MYCHART FOR A GROWING PRACTICE

You may know we joined the Providence family of health facilities, including great partners like Swedish Medical Center. To help you access this full network, we are upgrading MyChart and bringing all your health information together in one place.

If you use the MyChart mobile app or website, you know it helps take charge of your health—from scheduling appointments to tracking lab results and sending your doctor messages. As we upgrade the system, you may see longer wait times in clinics, and we thank you for your patience as we improve.

For more details, visit www.PacMed.org/MyChart.

NORTHWEST IN SEASON



We have a bounty of fresh produce to choose from year-round! Use our handy charts to pick what's fresh locally so you can eat in season and help the earth by not transporting food long distances.

JULY – LOCAL & IN SEASON

	JUL	AUG	SEP	OCT
Blackberries	█	█	█	█
Cucumbers	█	█	█	█
Figs	█	█	█	█
Green beans	█	█	█	█
Marionberries	█	█	█	█
Nectarines	█	█	█	█
Tomatoes	█	█	█	█

AUGUST – LOCAL & IN SEASON

	AUG	SEP	OCT	NOV
Apples	█	█	█	█
Melons	█	█	█	█
Pears	█	█	█	█
Plums / Pluots	█	█	█	█
Sweet peppers	█	█	█	█
Watermelon	█	█	█	█



Peach Caprese Salad

This simple and tasty recipe is a perfect summer side! Look for local fresh peaches from farm stands or Pence Orchards for the most flavor.

Serves 4.

Ingredients:

- 2 ripe peaches or nectarines, sliced
- 1 pint cherry tomatoes, halved
- ½ cup fresh corn kernels
- ¼ small sweet onion, thinly sliced
- 8 oz fresh mozzarella, torn into pieces
- 2 tablespoons olive oil
- Kosher salt
- Black pepper
- 2 cups baby arugula
- ½ cup fresh basil, torn into pieces

Preparation:

Wash and spin/air dry greens. In a large bowl, toss peaches, tomatoes, corn, onion and cheese with olive oil. Season with salt and pepper to taste. Let sit at least 5 minutes. Fold in arugula and basil and transfer to a serving platter.

Nutrition Information:

Serving Size: One-fourth of recipe

Total Calories 280, Total Fat 17g, Saturated Fat 7g, Cholesterol 46mg, Sodium 350mg, Carbohydrate 19g, Dietary Fiber 3g, Sugars 12g, Protein 13g, Potassium 475mg

Recipe from Woman's Day online magazine. Find more recipes at PacMed.org/recipes.

How not to be eaten alive...

...and 6 other safety essentials for heading outdoors

Whether you're a whitewater thrill seeker or an urban stroller, when the sun shines in the Pacific Northwest—it's time to get outside. Scenic wonders await in every direction. Here are a few tips for a safe, happy ending to your outing.

Be water wise

When the weather's hot, cool water calls. But remember: Swim near lifeguards or a buddy. Watch children, wear a life jacket if needed and check water temperatures; water below 60 degrees can cause shock and the inability to breathe, even on hot days. In natural waters, look out for underwater hazards and other dangerous conditions. And even in the water—you still need to keep hydrated!

Shelter from the elements

Pack extra clothes in case a storm strikes. Wrap them in plastic inside your pack, so the downpour isn't a downer. Even if it's overcast, apply sunscreen, SPF 30 or above, including areas of your head where your hair is shorter—and consider wide-brim hats, long-sleeve shirts and lightweight



pants. Before heading out for a long trip or quick workout, check the air quality index. If you have asthma, lung or heart conditions, wait until the air improves to exert yourself.

Carry a first-aid kit

Ready-made kits are an easy solution. If you're assembling your own, include key items like wraps for sprains, blister treatment and disinfectant. Store a kit in the trunk of your car and one in your backpack, so you'll be ready whenever inspiration hits.

Soles matter

Be sure you and your kids wear comfortable, sturdy footwear on trails or long walks. Flip flops are great for a day at the pool, but not for treks. When kayaking or floating rivers, never go

barefoot; wear secure-fitting sandals or tennis shoes.

Don't be bugged

Nothing can ruin a camping trip quicker than a swarm of insect bites. Carry insect repellent and learn to spot menacing plants like poison oak and nettles so you can steer clear.

Get your bearings

Heading to the mountains? Pack a topographic map (showing hills and valleys) along with a compass—and learn to use them together. Don't trust your mobile phone because you may lose reception or power. Outdoor stores like REI can help you get oriented.

Pace yourself

If you plan on running a 10k or hiking some serious elevation, build your endurance gradually. Start with shorter runs. Strap that pack on your back and practice on hills around your home—or a treadmill at an incline.


Heading out for a longer trip? Make a PacMed Travel Clinic appointment to make sure your immunizations and more are up to date. Beacon Hill, 206.621.4504. Canyon Park, 425.412.7200. Renton, 425.227.3132.


Whether you want to pay your bill or request an appointment, you can access PacMed 24/7 from your mobile device, computer or laptop at www.PacMed.org.

PACMED LISTENS!

Something you love? Something we can do better? We'd like to hear about it. Contact us at StayHealthy@pacmed.org

STAVE THE CRAVE
EAT ONE WELL-TIMED SNACK HALFWAY BETWEEN MEALS TO KEEP YOUR INSULIN CYCLE IN BALANCE. EVEN ONE GRAPE, CHERRY TOMATO OR CARROT STICK WILL CRUMBLE THAT RUMBLE!





MODERN BREAST CANCER SCREENING

PacMed has the latest screening technologies—diagnostic ultrasound, MRI and digital mammograms. Women 40+ should get screened annually; if you're 20–39, get checked every three years. Schedule yours at 206.568.3800.

Military mindfulness

Strategies from working with vets facing PTSD

When introducing mindfulness to veterans living with PTSD, new PacMed physician Charles Falzon, MD, MBA, advises easing into it, rather than “jumping right into the deep end of that kind of work, because it can be emotionally provocative.”

“Meditation can be really intimidating,” observes Dr. Falzon, a former lieutenant in the US Navy Medical Corps and Integrative Medicine practitioner at Northwestern University. “The feelings people experience can be very uncomfortable because they're not used to living in silence or stillness.... It can be very unsettling.”

Rather, Dr. Falzon recommends starting with small steps. “Focus for 30 seconds on what it feels like to take deep breaths,” he suggests. Or ease in with “yoga classes, going to a religious service or even simply putting your phone away during dinner and focusing on the people around you.”

This sort of “intentional action” also has tangible medical benefits. For example, taking time to chew intentionally, says Dr. Falzon, “gives your body a chance to process the food the way it's meant to”—allowing salivary glands to perform the important first step of digestion. Mindfulness can recalibrate all four basics of health—defined by Dr. Falzon

as diet, sleep, stress management and exercise—changing “how we feel and experience health.”

For processing new feelings, Dr. Falzon believes the most important building blocks are your social support system and engaging your medical team. That kind of outside help is necessary because we can lose our bearings, especially when overwhelmed by endless task lists.

Those of us who are task-oriented can learn from veterans in their approach to mindfulness. “The military people I've worked with are always extremely dedicated and excited to tackle challenges,” says Dr. Falzon. “Unfortunately, when it comes to mindfulness, trying too hard or looking for specific results can be counterproductive. It's not going to get you there faster. How can we be ok with the path that we're on and not necessarily try to build a new road?”

Luckily, mindfulness doesn't require a goal—the journey can be a reward in itself. As Dr. Falzon describes, “Those new sensations can be a really fascinating experience. Hopefully, it's something that patients find helpful—then we can keep building on it.”

Dr. Falzon practices primary care at our Northgate clinic, listening closely and asking questions to focus on what will most help patients address their concerns.



NORTHWEST IN SEASON

SEPTEMBER – LOCAL & IN SEASON

	SEP	OCT	NOV	JAN
Artichokes	█	█	█	█
Brussels sprouts	█	█	█	█
Kiwi	█	█	█	█
Leeks	█	█	█	█
Parsnips	█	█	█	█
Persimmons	█	█	█	█
Winter squash	█	█	█	█

OCTOBER – LOCAL & IN SEASON

	OCT	NOV	DEC
Pumpkins	█	█	█
Quince	█	█	█

Healthy Today

is brought to you by Pacific Medical Centers
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Female, 50 and on fire

Women nearing menopause do best when they know what to expect

A flare of heat at the neck, hotness flooding the body—off comes the jacket! Don't blame that heat wave on climate change just yet. It could be menopause causing hot flashes, just one of many disorienting symptoms.

Menopause can affect attitude, body shape, intimate relations and more. Knowing what to expect can improve your experience.

What is menopause?

Menopause marks the end of a woman's fertility and occurs when the ovaries stop producing estrogen and progesterone. It becomes official when you've gone 12 months without a period. The average age, according to the Mayo Clinic, is 51.

As your body chemistry changes, so does your metabolism. In *The Hot Topic*, author Christa D'Souza says her pants suddenly felt "friendlier," as did all her shoes. "My body, after toeing the line when I told it to ... suddenly had a mind of its own, almost like when I was pregnant."

In addition to weight gain and hot flashes, women can experience insomnia, night sweats, forgetfulness, dry skin, thinner hair, vaginal dryness and decreased libido. Menopause also increases your risk of heart disease, osteoporosis and urinary incontinence.

Ways to cope

Menopause is a natural process with no cure. But there are ways to alleviate symptoms. For better sleep, avoid caffeine after noon and lower the thermostat at night. If you have night sweats, wear cotton pajamas—and have a second pair at the ready.

For hot flashes, dress in layers. Avoid clingy turtlenecks and pullover sweaters. For faster relief, take a drink of ice water.

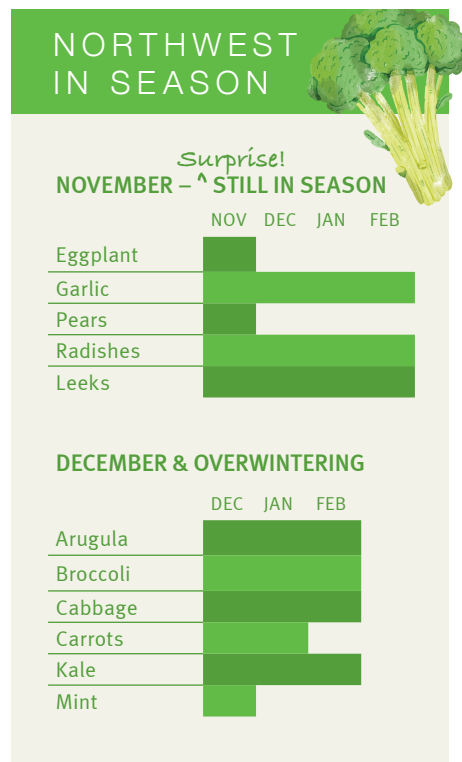
Don't let your symptoms overwhelm your life. Visit your health care team and be open with your concerns. Your doctor may suggest hormone therapy, estrogen creams or low-dose antidepressants, among other options. Some women look to yoga and fitness to help manage the transition.

In the end, menopause comes with pros and cons. Many women are happy to say goodbye to periods, PMS and hormonal

headaches and even feel some extra self-assurance with the change. Actress Emma Thompson famously praised menopause for helping her brave New York winter nights.

As D'Souza puts it, "There's a fine balance between being liberated and giving up, and I'm still learning how to walk it."

PacMed features full services for women's health through our clinics and Diagnostic & Wellness Center for Women—including mammograms, DXA bone scans and registered dietitians. Schedule your visit at 1.877.722.6330.



Grilled Fish

Serves 4.

Ingredients:

- 4 thick-cut skinless white fish fillets (halibut, cod or other hearty fish), about 1/2 pound each
- 1/2 cup olive oil
- Kosher salt
- Freshly ground black pepper
- 2 lemons, halved, for serving

Preparation:

Carefully rinse fillets and pat dry with paper towels. Brush fillets liberally with oil on both sides and season to taste with salt and pepper. Place fish on preheated grill until bottom turns opaque and a spatula easily slides under the fish, about 5 minutes. Flip fish and cook until it flakes with a fork and is opaque throughout, 3–5 minutes more. (Thermometer placed at center of fillet should read 130–135°F.) Let fish rest on a platter for 5 minutes, and then serve with lemon halves and Peach Caprese Salad (opposite page).

Nutrition Information:

Serving Size: 1 fillet
 Total Calories 326, Total Fat 20g, Saturated Fat 3g, Cholesterol 91mg, Sodium 125mg, Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 34g, Potassium 800mg

Recipe adapted from the American Heart Association. Find more recipes at PacMed.org/recipes.

PACMED COMMUNITY CALENDAR

JULY

- 6 Outdoor Movies Begin 🎬
- 10 Kids SummerStage, Auburn 🎭
- 11 Free Thursday Fitness, Bothell Landing, Thursdays 🏃
- 18 Evening Music Outdoors, Everett, Thursdays 🎵
- 19-20 Capitol Hill Block Party, Seattle 🎶
- 20 Renton SummerFest 🎪
- 26 Chamber Music Under the Stars, Columbia City 🎵

AUGUST

- 14 PacMed Back-to-School Bash, Federal Way 🎓
- 27 First Day of School, Franklin-Pierce 🎓
- 29 First Day of School, Kent* 🎓

U-Pick Apples and Berries
pickyourown.org

*Kindergarten start dates vary

SEPTEMBER

- 3 First Day of School, Federal Way, Lake Washington, Summer* 🎓
- 4 First Day of School, Edmonds, Highline, Auburn, Fife, Puyallup, Everett, Seattle, Shoreline, Bellevue, Mercer Island, Issaquah* 🎓
- 7 Fair on 44th, Lynnwood Safety Event with K-9, Firetrucks, Food 🎪
- 11 Belly Dance for Seniors, Wednesdays, Puyallup Activity Center 🎭

Look for Fall Yoga or Meditation
 at Community Colleges

OCTOBER

- 5 Share the Love 5K, for LifeNet, Seward Park 🏃
- 5 Monster Mad Dash, for Edmonds Schools 🏃
- 12 Run with the Kokanee, for Salmon Recovery, Lake Sammamish 🏃
- 20 Out of the Darkness Walk with PacMed, Seattle 🕒
- 20, 21 Halloween Storytelling Steam Train, North Bend 🎭

Pumpkin Patches
pumpkinpatchesandmore.org

NOVEMBER

- 9, 10 Mud and Chocolate Trail Run, Redmond 🏃
- 24 Turkey Trot for Hopelink, Kirkland 🏃
- 29 Pt. Defiance Zoolights Begin 🎪

Pick Your Own Tree
pickyourownchristmastree.org

DECEMBER

- 17 Audubon Birding Walk, Juanita Bay Park 🏃
- 23-Jan 3 Most Schools Are Out! 🎓

BIKE HELMETS · LIFE JACKETS · FIRE SAFETY

JULY

1	2	3	🇺🇸	5	🎬
7	8	9	🎭	12	13
14	15	16	🎵	🎵	20
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AUGUST

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GET YOUR FAMILY A FLU SHOT

SEPTEMBER

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OCTOBER

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TRY MEDITATION THIS WINTER

NOVEMBER

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DECEMBER

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29	30	31				

Make Healthy Today a green day

Go to www.pacmed.org/gogreen to receive our Healthy Tips email instead. Or pass this on to a friend when you're done!



YOU CAN REACH PACMED OR A DOCTOR ON CALL ANYTIME, 24/7: 1.888.4PACMED (1.888.472.2633)

Pacific Medical Centers Specialties & Services

Primary Care	Neuropsychology
Family Medicine & Obstetrics	Nutrition
Geriatric Medicine	Oncology
Internal Medicine	Ophthalmology*
Pediatrics	Optometry
Behavioral Medicine (therapy for all ages)	Orthopedics*
	Otolaryngology*
	Physiatry
	Physical Therapy
	Podiatry*
	Pulmonology
	Rheumatology
	Sleep Medicine
	Sports Medicine
	Urology*
	Vasectomy
	Vitreoretinal Diseases*
	Women's Health
	Other Services
	Cardiovascular Lab
	Colonoscopy
	Cosmetic Treatments
	DXA (bone density screening)
	Echocardiography
	Mammography
	Nuclear Medicine
	*A surgical specialty

For a full list and description of our medical services and specialties, visit www.PacMed.org/what-we-do



ASK PACMED

Linda Marzano
RN, MHA
Chief Executive Officer

Patients often ask...“I’m turning 65 next year. What do I need to know about Medicare?”

Medicare is a great program, but it’s different from the commercial insurance you might be used to. You need to apply for Medicare within three months either side of turning 65—or you can’t join until the next enrollment period, and you’ll pay a penalty.

Basic Medicare includes Part A for hospital stays and Part B for outpatient services. Most people get Part A for free and pay a monthly premium for Part B. You can optionally add Part D for prescription drug coverage.

It’s important to remember, Medicare alone won’t cover all your health care costs. Medicare pays only 80% of items it covers, and it doesn’t cover long-term care, eyeglasses, dental care, hearing aids or extra perks.

To cover some of these extras, you have two options to add to Medicare. One is a Medicare supplement known as Medigap, which pays the extra 20%—only for services that Medicare covers. You’ll pay an extra premium for a Medigap policy.

The other option is Medicare Advantage. These plans may cover vision, dental, hearing aids and long-term care, along with other perks like gym memberships, massage or acupuncture. However, you will likely still pay a portion of the extra 20% for covered services with Medicare Advantage. Some of these plans charge a premium and others do not.

You can’t have both Medigap and Medicare Advantage; you have to choose one or the other.

For help with your individual situation, PacMed offers free services, including Medicare information sessions and a hotline where you can ask questions or schedule a consultation. Just call 1.877.315.3279.

Health care decisions are important for your quality of life as you age. Please let us know if we can help.



TELEMEDICINE ADDS CARDIOLOGY SERVICES TO THE SOUTH END

Ever wish you could be in more than one place at once? Now, at least your doctor can! With a local assistant by your side, our cardiologists can now evaluate your heart remotely. Visit our welcoming Puyallup clinic to chat with a cardiologist who can see your heart from a distance, saving you a stressful trip to downtown Seattle. Stay tuned as we add more telemedicine specialties and locations to bring the best care to you.

FREE!

2019 MEDICARE INFORMATION SESSIONS

BEACON HILL	OCT. 16, NOV. 1	10–11 AM
CANYON PARK	OCT. 23, NOV. 4	3–4 PM
RENTON	OCT. 29, NOV. 7	2–3 PM

Visit www.PacMed.org/medicare for addresses and more information.

Submit your question to StayHealthy@pacmed.org, and you may see it answered by a PacMed expert in the next Healthy Today.



OUR COMMUNITY COMMITMENT

Walk into any PacMed clinic, and you’ll see many backgrounds reflected in the smiling faces that greet you. Over our decades serving the Puget Sound region, we’ve grown to reflect the richness of our communities. If you need care in your native language, there’s a good chance we can help.

Healthy Today

IN THIS ISSUE...

- Climbing to new heights
- Military mindfulness
- Female, 50 and on fire
- Food forests
- Outdoor safety
- Northwest in season
- Community calendar

PLUS! FRESH SUMMER RECIPES!

GRILLED FISH

PEACH CAPRESE SALAD



See something you love or want more of? Send us feedback on Healthy Today and get entered to win one of 10 PacMed cookbooks! Email StayHealthy@pacmed.org

Connect with us online!



AUG. 14

BACK-TO-SCHOOL BASH!

Visit the PacMed Federal Way clinic for a fun-filled evening promoting nutrition, science, literacy and health!

Festivities run 5:30-7:30 PM and include free fitness and cooking demonstrations, a science exhibit and free backpacks to the first 150 kids (grades K–12).



OCT. 20

OUT OF THE DARKNESS

PacMed will again walk with those affected by suicide at this year’s Out of the Darkness Walk, led by the American Foundation for Suicide Prevention. These walks create a nationwide community taking action against this leading cause of death. Learn more and join PacMed Oct. 20 for the Washington Chapter’s Seattle walk at afsp.org.

Food forest treasure hunt

In addition to the three stars on our map, there are over 30,000 spots to pick up free fruits or vegetables around Puget Sound! Some hide in plain sight, like street trees and blackberry bushes. Check out fallingfruit.org to find free fruit near you!

- ★ Beacon Food Forest
- ★ Puget Ridge Edible Park
- ★ Cascadia College Food Forest at UW Bothell

A “FOOD FOREST” IS ...

- AN EDIBLE, SUSTAINABLE GARDEN,
- PLANTED IN A PUBLIC SETTING AND
- MAINTAINED BY THE COMMUNITY!

VISIT AND ASK HOW TO PARTICIPATE.

Our family is growing!

These new team members are ready to share PacMed care with you at our clinics below.

Family Medicine
Charles Falzon, MD, MBA

Family Medicine
Ashu Verma, DO

Family Medicine
Robert Glazewski, PA-C

Behavioral Medicine
Kim Miles, MSW, LICSW

Behavioral Medicine
Jay Jawad, MD

Behavioral Medicine
Chuck Potrykus, MA, LMHC

Podiatry
Savannah Morgan, ARNP, FNP-BC

Clinic locations: Lynnwood, Canyon Park, Totem Lake, Northgate & Sleep Center, First Hill, Beacon Hill & DWCW, Renton, Federal Way, Puyallup.

LEARN MORE ABOUT THEM AT WWW.PACMED.ORG/DOCTORS

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