



Modern medicine, old-fashioned care.

O M C
Medical Services Building
840 N. 5th Avenue
Suite 2100
Sequim, WA 98382
(360) 582-2850

*Tell us
how we're
doing...*

24 HOURS A DAY, 7 DAYS A WEEK...

(360) 582-2850
www.sequimmed.com

OFFICE HOURS: MONDAY-FRIDAY 8:00 am to 4:30 pm
APPOINTMENTS: (360) 582-2850
AFTER HOURS: (360) 582-2850 or (888) 810-3116 (urgent care)
FAX: (360) 582-2851
EMAIL: pam@sequimmed.com
REFILLS: CALL YOUR PHARMACY
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THE *Wellness* REPORT

Spring 2014

Project Lifesaver

Project Lifesaver is a LoJack SafetyNet tracking system used by law enforcement departments nationwide which uses a GPS-enabled device. The tracking system locates adults and children who wander due to Alzheimer's, dementia, autism, down's syndrome, and other related cognitive impairment diagnoses. The City of Sequim has been using this program since 2007. The program has reduced search times from hours or days to just minutes. The risks and costs of a typical search have also dropped significantly, with an average rescue time of less than 30 minutes.

Participants wear a transmitter on their ankle or wrist about the size of a watch, which emits an individualized tracking signal on an assigned radio frequency. The transmitter is a battery-operated radio wrist transmitter emitting an automatic tracking signal every second, 24 hours a day. The signal can be tracked on the ground over approximately one mile. Each wristband has a unique radio frequency. Project Lifesaver's battery provides a continuous signal for 30-45 days.

When caregivers notify police that the participant is missing, a team of specially-trained police and Fire Department personnel responds and uses the mobile locator tracking system to search for the missing person.

For More Information

Any questions about the program, please contact the Sequim Police Department at (360) 683-7227. You can also find more information online at <http://www.sequimwa.gov/index.aspx?NID=297>.

Your Immune System

Sequim Medical Associate's will present a forum on "10 Easy and Proven Ways to Boost your Immune System." This forum is open to all our patients, their friends and family and will be held on Thursday, April 10, 2014, from 1:30 – 3:30 in the upstairs conference room. Barb Paschal, a retired physical therapist, will be the presenter and offer techniques to improve your ability to heal and manage disease and stress. Here is a sampling:

- Laughter...actual laughter out loud is best!
- Music...It is most effective when you sing, hum or play an instrument but just listening works too!



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Improving Your Immune System

PRESENTER:

Barbara Paschal, Retired Physical Therapist
April 10, 2014 1:30 – 3:30 pm
Olympic Medical Park
840 N 5th Ave, Sequim
Second Floor Conference Room

- 10 Easy and proven techniques to heal more quickly
- Feel healthier by resourcing your own natural capacities
- Better manage disease and stress

Please call Casey at 582-2850 to sign up.
Family and friends welcome....

American Diabetes Association EXPO 2014

Begin your journey to health at EXPO. Find out your risk for developing diabetes, risk, stroke, heart and kidney disease with our free health screenings and consultations. Learn how to eat healthy, be active and change the future of diabetes in Seattle at the largest community gathering dedicated to health.

The EXPO is FREE and in addition to health screening includes cooking demonstrations, expert presentations, product and service exhibitors and much more!

Visit the American Diabetes Association EXPO and Join the Millions™ in the fight to Stop Diabetes®.

April 5, 2014
Washington State
Convention Center, North Hall 4E/F
Seattle, WA
9:00 a.m. – 3:00 p.m.

Thank You...

As most of you know, Sequim Medical Associates lost our dear friend and coworker, Anita Warner, on December 23, 2013. Anita's passing was tragic and we continue to struggle with the loss of such a vital member of our team.



We would like to take this opportunity to extend a sincere thank you for your many cards, kind words and remembrances. Your thoughtfulness was so appreciated and a true testament to just how many people Anita touched with her smile, keen sense of humor and compassion for others.

We will never be able to replace Anita, nor will we ever forget her. We will hold our memories close and smile.

Fractures & Misfearing: When Emotion Trumps Facts



A hip fracture can change your life. Aside from the pain, a broken hip can be devastating, moving an independent person from their home to a nursing home. There can be complications like blood clots, deconditioning and general decline in health and sense of well-being. One of our goals is to identify who is most at risk and to try to prevent these incidents.

Efforts to prevent fractures and osteoporosis are multifaceted and include general strengthening, healthy diet, adequate intake of calcium and vitamin D, quitting smoking, and avoidance of excess amounts of alcohol and caffeine. When these measures aren't enough, there are medications that can help increase the mineralization of the bones and reduce the rates of fractures. Our first-line and best-studied treatment is a class of medications called bisphosphonates such as alendronate (Fosamax), risedronate (Actonel) and zoledronic acid (Reclast). Yet, when I recommend these, many of my patients are fearful of side effects. That's because recently bisphosphonates are one of the more highly-publicized medications that get a bad reputation for causing something called osteonecrosis of the jaw (ONJ) and atypical fractures. Well, of course, you don't want either of those things. But you don't want a typical hip fracture either.

First, let's put the risks into perspective. In a study from 1997 to 2007 looking at 90 million US hospital records, an increase in the use of bisphosphonates from 3.5% to 16.6% was associated with a 32% decrease in the rate of fractures. However, as with any treatment, there can be side effects. If something can have a desired effect, then it can also have some undesired effects. For that reason, no treatment should be undertaken unless the expected, likely benefit outweighs the possible adverse effects for an individual patient. In the study mentioned above, it was estimated that for every 100 typical hip fractures that was prevented, there was one atypical fracture observed.

Another study of 2000 Canadian women showed that there was a 2.7 times higher risk of atypical fracture with bisphosphonates. But those are *relative* numbers. 2.7 times higher risk sounds high, but the *absolute* risk is small. 3 times a very small number is still a small number. They also saw a reduction of 25% of typical fractures. That means that 1 out of every 4 fractures was prevented – a much larger and more significant amount.

Likewise, osteonecrosis of the jaw is extremely rare, with 1 case in every 10,000 to 100,000 patients. Although it was previously treated aggressively, ONJ

now appears to improve on its own with conservative management and sometimes with antibiotics if the area becomes exposed area becomes infected.

Fear is a protective mechanism that we have evolved to help us avoid dangerous situations and outcomes. But we spend a lot of time avoiding and worrying about things that will never cause us harm – this has been called *misfearing*. To be emotionally and physically healthy, we need to find a balance – to be informed about risks of treating, and risks of *not* treating, a disorder. Fearing an unlikely side effect is an unfortunate reason to forgo an effective treatment that could keep you from suffering a devastating event. Part of the problem is that when we sit down in front of the TV, we are barraged by the lists of possible medication side effects without any indication of how infrequent those things may be or how mild or severe. Then, there is the misrepresentation by the media and many self-proclaimed medical experts, that sometimes takes a little bit of fact out of context and ignores all of the other relevant data, facts and studies that may change how one views their personal risk.

Many non-medical persons, TV personalities and unfortunately even some medical doctors that do not adhere to the idea of evidence-based medicine promote supplements or medicines that have not passed the tests for effectiveness and safety. Keep in mind that **lack of evidence of harm** is not the same as **proof of safety**. And all “clinical studies” are not created equal – they need to be analyzed and scrutinized by experts and interpreted in light of all other relevant studies.

So what is *your* risk for these things? Your doctor can discuss risk factors that make you more likely to have a serious fracture from osteoporosis. One statistical measure is called your FRAX score that is usually reported along with the results of a bone density scan. Addressing other factors such as poor eyesight and unsteady gait are additional measures that can reduce your risk of fracture.

Events around town...

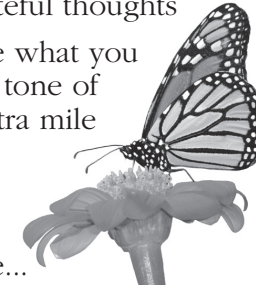
There are many free opportunities around town to inspire and promote a healthy lifestyle. Check out these websites:

- **Nash's Organic Farms** – www.nashsorganicproduce.com/events.html
- **Sequim Aquatic Recreation Center** – www.sarcfitness.com
- **Dungeness Health and Wellness Clinic** – www.sequimfreeclinic.org/news-events/
- **Sequim Chamber of Commerce** – www.sequimchamber.com/events-calendar/
- **Sequim Tourism** – www.visitsunnysequim.com/
- **Sequim Senior Center (Shipley Center)** – www.olympen.com/sequimsr/

Your Immune System

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- Moderate aerobic exercise... 20-30 min/day. Every day.
- Diaphragmatic breathing... Deep and full exhalation is the key.
- Meditation or Prayer
- Make sleep a priority... best time for the body to heal.
- Positive and Grateful thoughts
- Kindness...Notice what you do/say and your tone of voice. Go the extra mile for someone.
- Create!! Garden, paint, quilt, woodwork, write... whatever you enjoy.
- Get out in nature...Enjoy the fresh air, daylight, trees, flowers, animals.



Please grab a friend and/or family and join us! Signing up with Casey at (360) 582-2850 is encouraged but not required. We look forward to seeing you.

Tips to Relieve Dry Skin

Limit showers or baths to 10 minutes. Use warm rather than hot water.

Wash with a gentle, fragrance-free cleanser (such as Dove or Cetaphil). Use just enough cleanser to remove dirt and oil without making thick lather.

Blot you skin gently with a towel instead of rubbing.

Slather on moisturizer immediately after drying before moisture evaporates.

Use laundry detergent that is labeled “hypoallergenic”.

Wear cotton or silk under wool or other rough materials.

Wear layers instead of sitting in front of a heat source.

Add moisture to the air with a humidifier.

Check if your home heating system has a humidifier and is working.

How to Choose a Moisturizer:

Ointments and creams are more effective and less irritating than lotions.

Morning Glory Muffins

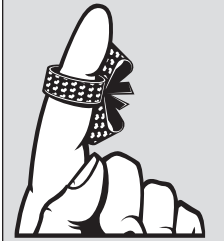
Mayo Clinic Healthy Recipes

Ingredients

- 1 cup all-purpose (plain) flour
- 3/4 cup sugar
- 2 teaspoons ground cinnamon
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1/2 cup raisins
- 2 tablespoons chopped pecans
- 1 cup whole-wheat flour
- 2 teaspoons baking soda
- 3/4 cup egg substitute
- 1/2 cup unsweetened applesauce
- 2 cups chopped apples (unpeeled)
- 3/4 cup grated carrots

Directions

Preheat the oven to 350 F. Line a muffin pan with paper or foil liners. In a large bowl, combine the flours, sugar, baking soda and cinnamon. Whisk to blend evenly. In a separate bowl, add the egg substitute, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened but still slightly lumpy. Spoon the batter into muffin cups, filling each cup about 2/3 full. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.



Remember...

We're here to provide you quality healthcare. Part of our job is to educate and assist you with your healthcare needs. Use the numbers below to get in touch with the people who can answer your questions.

Office 582-2850

Office Fax 582-2851

After Hours
(Urgent Care) 582-2850
or 888-810-3116

Email:
pam@sequimmed.com
FOR NONURGENT NEEDS ONLY

Monthly Fee Questions,
Pam 582-2850

Insurance Billing Questions
Deck 582-2850

Referrals
Stacey 582-2850

Prescription Coverage
Becky 582-2850

Protime/Cholesterol/
Hemoglobin A1C
Mon & Wed 8-12, 1-4
Haley 582-2850

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