



Modern medicine, old-fashioned care.

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

PRSR STD
U.S. Postage
PAID
SEQUIM, WA
Permit No. 23



Modern medicine, old-fashioned care.

THE Wellness REPORT

Summer 2014

Let Me Introduce Myself...

My family's roots on the Olympic Peninsula go back to the late 1880s on my mother's side of the family. My mother was a Sequim farm girl and after my father retired from the US Navy they moved to Port Townsend where I was raised. I attended the Univ. of Washington for undergraduate education and received a degree in Zoology in 1980 then attended Univ. of Washington Medical School graduating in 1984. I then left Western Washington to complete my internship in Spokane, WA. My internal medicine residency was completed in Las Vegas, NV. For 18 months I was on the faculty of the Univ. of Nevada School of Medicine and then spent 6 years in private internal medicine practice in Las Vegas. However, after my 2 sons were born we decided to move back to the Olympic Peninsula to raise them in this beautiful area. I have been practicing in Port Angeles since 2003. When I am not working, you can usually find me out enjoying the great northwest with my wife KayC and my two sons. We enjoy hiking, backpacking, cycling, walking our dog Merlin, and a short jog now and then. When not outdoors I enjoy reading and listening to music.



Dr. William Hobbs

SMA Welcomes Dr. William Hobbs...

We are pleased to announce Dr. William Hobbs will be joining Sequim Medical Associates on September 4, 2014. Dr. Hobbs will be seeing patients in the office Monday thru Friday, on a part time basis.

Dr. Hobbs is board-certified in Internal Medicine, having graduated from the University of Washington in 1984. Most recently, he was in private practice in Port Angeles which he closed in 2012 and joined Olympic Medical Center as a hospitalist where he is currently employed.

We are very excited for the opportunity to work with Dr. Hobbs. We are confident he shares our philosophy in regards to medical care and has demonstrated a commitment to providing the highest level patient care possible which Sequim Medical Associates has strived for since opening in 2002. Through the recruitment process, we have enjoyed his humor, professionalism, quick wit and warm personality. We look forward to introducing him to our patients.

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
EMERGENCY: **DIAL 911**

Help for Cutting Costs on Prescriptions, continued from page 2

Simply enter the name of any drug (generic or brand-name) into the form, give a location (city, state, or ZIP), and they'll show you the lowest price you can find at both local and mail order pharmacies for a variety of dosages and quantities for your prescription.

The prices they display may be any of the following:

- **Cash Price** This is the price you'll pay if you walk in, present your prescription and pay cash without insurance.
- **Coupon Price** GoodRx offers free, printable coupons which give you access to discounted prices at the pharmacy. You'll see a big GET COUPON link next to the price. There are no obligations, contracts or fees to you for using a coupon and pharmacies are required to accept them.
- **Membership Price** Some pharmacy chains offer discounted prices if you sign up for a for-pay (typically \$5-\$30 per year) or a free membership program. They'll let you know what the terms of membership are and provide a link to learn more.

Friendly Reminders...

- Notify the office when your insurance, credit card, or billing information changes.
- If you are on Medicare, you must notify them when your secondary insurance changes to ensure they forward claims correctly.
- When you turn 65, your monthly fee will increase from \$55 to \$70.
- Use sunscreen. Get your exercise in. And smile...just because!

Vitamin D ADD A LITTLE SUNSHINE TO YOUR LIFE

Presenter: Kip Tulin, MD
June 26, 2014 • 1:30 - 2:30 pm
Olympic Medical Park
Second Floor Conference Room



Let's talk about:

- where it comes from
- what it does (hint: it's not just for bones)
- and why almost none of us gets enough of it!

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

Shingles (Herpes zoster):



Herpes zoster is an infection caused by varicella zoster, the same virus that causes chickenpox. You cannot develop shingles unless you have had a previous chickenpox infection. After you recover from the primary infection, the virus moves to the roots of your nerve cells near the spinal cord where they remain dormant until reactivated. Exactly what causes the virus to become active is not known, but anything that weakens the immune system can be a trigger. This can happen with immune-suppressing medications, such as chronic corticosteroids, or with major surgery or other illness. The virus can become active after trauma, skin injury or sunburn. Advancing age and emotional stress also seem to be triggers. Approximately 10 to 20 percent of the population will get shingles at some time in their life, the highest incidence being in people over age 60. About 50% of people reaching age 85 will have an episode of shingles. About 4 percent will have a second episode.

The virus is present in the blister fluid. It can spread by direct contact with a blister or indirectly as with using a washcloth that has blister fluid on it. You cannot get shingles from someone else, but you may get chickenpox from contact with shingles blisters if you have not had chickenpox before. If you have shingles, avoid contact with infants, children, pregnant women, and adults who are immune suppressed or have never had chickenpox or the chickenpox shot until your blisters are completely dry.

The first sign of shingles is often a deep burning or sharp pain, with tingling, numbness or itching on one side of your body or face. The pain can precede the rash by days to weeks. Some people may also feel tired, with fevers, chills, headache and upset stomach. A rash of small, clear, fluid-filled blisters appears several days later, often on the back or flank and extending around to the abdomen. Because they follow nerve paths, the rash is usually found in a stripe and does not cross the midline of the body. The blisters dry and crust over in 7 to 10 days and are no longer infectious. Complete resolution of the rash usually occurs within 3 to 4 weeks. Shingles affecting the eye region can be serious and lead to

blindness if not treated promptly. Other complications include bacterial skin infection and postherpetic neuralgia. Advanced age or other chronic illness, such as diabetes, cancer, or immune suppression, increase one's risk of complications.

Postherpetic neuralgia (PHN) is a persistent pain syndrome, numbness or altered sensation in the area of the rash for more than 4 months after the onset of shingles. The pain is due to alteration of the nerve function and is not a sign that the virus is still active. Patients who are older or who have more severe rash or pain are at greater risk for PHN. Patients with a prodrome (symptoms preceding the rash) are more likely to develop PHN. Immune suppression does not increase risk of PHN. Early treatment with antivirals and other medications can decrease your risk of PHN or its severity.

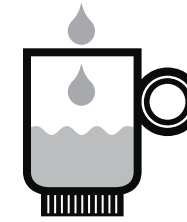
Treatment: You may apply cool compresses or calamine lotion to the rash for local relief. Antiviral medications include acyclovir, valacyclovir or famciclovir. If antiviral therapy is started within 72 hours of the rash, it may help the rash heal faster, help the pain resolve sooner, and though it doesn't seem to reduce your chance of getting PHN, it can decrease the duration of PHN. Sometimes stronger pain medicine is needed if nonprescription pain medicines aren't helping enough. Your doctor may also prescribe a low dose of a tricyclic antidepressant, such as amitriptyline, or an anticonvulsant, such as gabapentin, to lessen your pain and risk for developing PHN. Once the rash is gone, there are topical treatments that can help with the nerve pain.

How to prevent shingles: You can protect your immune system and lessen your chances of getting shingles by keeping healthy diet and sleep habits and trying to keep your stress under control. If you have never had chickenpox, you can get vaccinated to prevent infection with the chickenpox virus. The vaccine, Zostavax, appears to reduce your chance of getting shingles by 51% and your chance of developing PHN by 67%. In those who do develop PHN, the duration of pain can be about 3 days shorter and less severe.

The Centers for Disease Control recommend getting the vaccine at age 50, though some insurance companies only cover it after age 60 unless there is a prescription from your doctor. Patients who are immune-suppressed for any reason should NOT receive this live-attenuated vaccine. Zostavax is not indicated for the treatment of acute shingles or PHN. It can be given once an acute episode has completely resolved. You should not receive this vaccine if you've ever had a serious reaction to neomycin, gelatin or other vaccine components.

Stay Hydrated

If you need a reason to stay hydrated, here you go...Staying hydrated has been proven to boost brainpower, helps maintain the balance of body fluids, aids in controlling your appetite, improves your mood and can lower the risk of heart disease..



• Flavor It

Think water is boring? Add some pizzazz to it by lightly flavoring it. Try sliced cucumber or wedges of orange, lemon, or lime. Frozen berries sweeten your water and keep it cold at the same time. Fresh mint adds a refreshing zing to water. With so many different flavor options, it'll be easy to drink more water!

• Set a Goal and Keep Track

Not sure if you're drinking enough water each day? Set a goal for yourself to drink X amount of water and then keep track throughout the day. Keep a tally on a piece of paper or dry erase board at your desk or on your refrigerator, so you're constantly reminded of your goal.

• Keep It With You

Is your biggest problem forgetting to drink water? Try keeping a water bottle with you to encourage constant sips throughout the day.

• Drink a Glass With Each Meal

If you like drinking milk or juice with your meals, try swapping it for a glass of water instead. Can't bear to give up your favorite beverages? Swap water for one or two meals per day or only drink half of your usual beverage and substitute the rest of your meal time drink with water.

Help for Cutting Costs on Prescriptions

We have heard recently from patients about their good experience using the website www.goodrx.com to help find the best prices for their medications. Although we have no personal experience, it may be worth checking out! The following information was found on their website.

GoodRx provides prices and discounts for thousands of prescription drugs at

more than 70,000 local and mail-order pharmacies in the USA. They're like an Orbitz for prescription drugs. Doctors, hospitals, clinics, and patients use us every day to save money. You can download GoodRx's iPhone or Android app to get drug prices and coupons on the go. If you prefer, GoodRx can send you a discount savings card which you can keep in your wallet or purse.

continued on page 4

Celebrating Twenty Years...

Sequim Medical Associates would like to take a moment and recognize Becky King and Casey Newton. For the last 20 years, it has been our pleasure to work along side of these two capable, caring and generous women.



Becky King



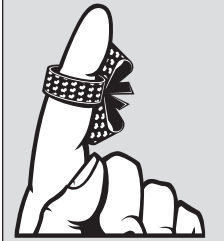
Casey Newton

Becky came to us with a new RN diploma in hand. In addition to the diploma, she brought her warm smile, and cheery disposition. It was an added plus that she is also a skilled nurse who has continued to grow and offers only the best to her patients and coworkers.

Casey has, undeniably, one of the toughest jobs here at SMA. Day in and day out, she keeps us all on schedule, always mindful of the patients needs as well as the doctors. And, she manages to make it all look quite easy! Patients adore her quick wit and caring heart...as do we!

They are both, without question, two reasons we have enjoyed being at work and have been instrumental in delivering the quality of care promised to all of our patients.

*A sincere thank you to Becky and Casey.
You are both admired and truly valued.*



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

**Sequim
Medical
Associates, PLLP**

840 N. 5th Avenue
Suite 2100
Sequim, WA 98382

www.sequimmed.com

(360) 582-2850