



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

Autumn 2016

Consent to Speak to Family Members...

Your medical records are well protected under the Health Insurance Portability and Accountability Act, also known as HIPAA.

Under HIPAA, your health care provider may share your information face-to-face, over the phone, or in writing. A health care provider may share relevant information if:

- You give your provider or plan permission to share the information.
- You are present and do not object to sharing the information.
- You are not present, and the provider determines based on professional judgment that it's in your best interest.

Please make sure we have your written consent or current Power of Attorney on file for anyone you would like us to share your medical information with.

Farewell Dr. Swanson...



It is with great sadness that we accept the resignation of Dr. Jennifer Swanson effective October 31, 2016. After thoughtful consideration, Dr. Swanson cited unforeseen, personal reasons requiring her departure. We understand and support Jennifer whole-heartedly in her need to improve the balance between her careers as a

mother and a physician.

We want to assure all members of Sequim Medical Associates that as we begin the transition process, your medical needs will continue to be cared for without compromise.

We are committed to strengthening our provider base and will begin recruiting for a physician who shares in our philosophy of providing the highest quality medical along with easy access. If you have any questions or concerns, we encourage you to contact our business manager, Pam Priest at 582-2858.

We extend our heart-felt wish for continued personal and professional success to our friend and colleague, Dr. Jennifer Swanson.

End of Life

Presenter:

Paul Cunningham, M.D.

GERIATRIC MEDICINE

NOVEMBER 9, 2016

1:00 – 3:00 pm

Olympic Medical Park

840 N 5th Ave, Sequim, 2nd Floor Conference Room

- Discussing End of Life with your Dr & family
- Advance Directives
- POLST Forms
- Funeral home conversations

Refreshments Served

Please call Sara at 582-2850 to sign up.

Family and friends welcome....

2016 Holiday Schedule

The office of Sequim Medical Associates will be closed for the following holidays:

November 24th - Thanksgiving
December 26th - Christmas
January 2nd - New Year's Day

We will be in the office for emergencies only on the following days:

November 25th - Day after Thanksgiving

If you have a medical emergency during this time, please contact the office at (360) 582-2850 and the answering service will forward you to the doctor on call.

SUBJECT: TEAMWORK

When "I" is replaced by "We"
even "Illness" becomes "Wellness".



Flu Season... Get Vaccinated!



Sequim Medical Associates will be providing flu shots at your scheduled visit beginning October 1st. The vaccine loses its effectiveness after 6 months so getting too early is not advised. For your added convenience, we will also have a dedicated nurse available on Tuesdays and Thursdays for the month of October from 8:00 to 11:00 for administering the vaccine on a first come, first serve basis.

What Matters in the End?



I'm contemplating this as I lie next to my Dad in his bed at his home in Pennsylvania. We're listening to the music channel and taking turns having hot flashes, but for very different reasons. At 77, he is dying from acute myeloid leukemia. Just a few months ago he was walking 40 miles per week and traveling around the world. Now, it's too much effort for him to go to the hospital for treatment or blood transfusions. My brother is working on a computer at the bedside. They buy and sell steel together as they have always done. My Dad's mind is sharp, and in between naps, he gives my brother advice on how to process some steel they won in a bid and which customer can use those specs. He has hundreds such names catalogued in his impressive memory. He tells him the customer's name, city, gauge of steel he uses and the application. He tells my brother "And don't forget to ask about his son, Jason. He's in the Navy. Smart kid". All of these details will need to be kept in my brother's smart phone once my Dad is gone.

In his book, "Being Mortal", Atul Gawande, MD says "Death, of course, is not a failure. Death is normal. Death may be the enemy, but it is also the natural order of things."

So, what matters in the end? Well, that depends on whom you ask. And when you ask them. We don't all share the same priorities, beliefs, hopes and fears. So, in order to know what has the most meaning to someone towards the end of life, we must have those discussions.

Dr. Gawande uses the following questions to get to the heart of the issues. He asks his patients and his own father the following questions:

What are your biggest fears and concerns?

What goals are most important to you?

What trade-offs are you willing to make? and what ones are you not willing to make? and

How do you want to spend your time if your health worsens or time becomes short?

As a primary care doctor for mainly older adults, I spend a lot of time helping patients to accept and manage chronic conditions, in addition to treating curable illnesses. Presumably, there is also a good amount of prevention going on, but an individual doctor doesn't get the feedback of knowing what may have happened that didn't. Maybe Mrs. X didn't have that hip fracture she would have had if she wasn't

treating her osteoporosis. Or Mr. Y didn't have a heart attack that he would have had if we weren't keeping his blood pressure and cholesterol well-controlled.

On a larger scale, these preventive measures along with medical advances such as bypassing blocked arteries in the heart, removing cancerous tumors and treating serious infections, have indeed been effective. They have resulted in people living much longer than ever before.

In the year 1900, the average life expectancy in the U.S. was under 50. Now it is 78.8 yrs.

Around 1800, 2% of the population was age 65 or older. Now, about 15% of the population in the US is in that age-range.

If we don't succumb to a sudden deadly event, it is guaranteed that our bodies will gradually and eventually break down, and we will not be able to care for our selves independently. But if we have good luck genetically and also choose a healthy lifestyle, exercise, eat right, maintain a healthy weight and avoid smoking and drinking in excess, we may be much more fit and active in our retirement years. It may occur at a much later age, but eventually, there will come the time that we are no longer able to care for ourselves without help. And now, more than ever before in human history, more of us are spending a greater portion of our lives in that phase.

Just as no one's life story is exactly the same, each death is a unique series of events and interactions. I'd say it is a successful death if the patient is able to direct which things take highest priority, which sorts of things are acceptable, and which are not.

So, now my Dad who is bed-bound, continues to watch the History Channel for hours on end as he has always done. He jokingly says "I'm gonna see what Hitler's up to today". I think it's time for me to gently explore the question that has been burning inside me ... "Dad, why are you still wearing your FitBit band?"



Sam and her father

Walk to End Alzheimer's...



The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research.

The North Olympic Peninsula Walk took place on September 17th, 9:00, starting and ending at the Boys and Girls Club.

Last year, there were 146 registered walkers, 29 teams and well over \$27,000 was raised!!! Every dollar raised by this walk goes back to the cause to support research, continue outreach education right here in Sequim and provide support groups for families dealing with this devastating disease.

We invite you to join us in the fight to end Alzheimer's.

Visit <http://act.alz.org/nop> to make your donation.

Alzheimer's Quick Facts...

- Alzheimer's disease is the 6th leading cause of death in the United States.
- Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed.
- More than 5 million Americans are living with Alzheimer's.
- 1 in 9 people age 65 and older has Alzheimer's disease
- Every 66 seconds, someone in the United States develops the disease.
- In 2016, Alzheimer's and other dementias will cost the nation \$236 billion.
- It kills more than breast and prostate cancer combined.
- In 2015, more than 15 million caregivers provided an estimated 18.1 billion hours of unpaid care. This care had an estimate economic value of \$221.3 billion.

Frozen Pumpkin Mousse Pie

Recipe By: Kathy Farrell-Kingsley
(from *EatingWell.com*)

Cook: 20 min
Ready in 2 h 20 m



"While pumpkin pie deserves respect as a Thanksgiving icon, it's fun to shake up tradition. Surprise your family and friends with a frozen pie this year—it just might become one of their holiday favorites. No need to let them know how easy it is."

Crust

30 small gingersnap cookies, (about 7½ oz)
2 tablespoons raisins
1 tablespoon canola oil

Filling

1 cup canned pumpkin puree
1/3 cup packed brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon freshly grated nutmeg
2 pints (4 cups) frozen low-fat vanilla ice cream, softened (see Tip)

Directions

1 Preheat oven to 350 °F. Coat a 9-inch deep-dish pie pan with cooking spray.

2 To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

3 Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

4 To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

- Make Ahead Tip: Cover and freeze the pie for up to 3 days.
- Equipment: 9-inch deep-dish pie pan
- Tip: To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.
- Storage smarts: For long-term freezer storage, wrap your food in a layer of plastic wrap followed by a layer of foil. The plastic will help prevent freezer burn while the foil will help keep off-odors from seeping into the food.

Nutrition information

Serving size: 1 slice
Per serving: 231 calories; 5 g fat(1 g sat); 2 g fiber; 42 g carbohydrates; 4 g protein; 34 mcg folate; 4 mg cholesterol; 28 g sugars; 0 g added sugars; 4054 IU vitamin A; 1 mg vitamin C; 111 mg calcium; 2 mg iron; 146 mg sodium; 149 mg potassium



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,
Kitty 582-2850

Insurance Billing
Questions
Deck. 582-2850

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

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