



Modern medicine, old-fashioned care.

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Medical Services Building  
840 N. 5th Avenue  
Suite 2100  
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Modern medicine, old-fashioned care.

# THE *Wellness* REPORT

Spring 2018

## SMA Named Top 4 Clinic in Washington State

Sequim Medical Associates is excited and proud to announce that we were recently named one of only four medical groups out more than 400 in the State of Washington that received a "BETTER" than the state average score on all five patient experience measures in a survey sent out by the Washington Health Alliance. In 2017, the survey was sent out to over 250,000 patients seen by a provider group/clinic with 4 or more providers, and within a one year designated time frame, and ranked each measure as Better, Average and Worse.

The 2017 Patient Experience with Primary Care Providers focused on the following 5 measures:

- Getting timely appointments, care and information
- Doctor communication with patients
- Use of Information to Coordinate Patient Care
- Helpful, Courteous, and Respectful Staff
- Overall Rating of the Provider

We opened our doors 16 years ago with the hope and commitment to improve care for our patients despite decreased payor reimbursement. We are reassured by the results of this survey that we have been successful. Our number one goal was and is to provide easy access, good communication, and quality care. We are encouraged and excited to have you report that this is indeed happening. We will strive to live up to your expectations.

**If you would like to review the results,  
you can visit  
[www.wacommunitycheckup.org](http://www.wacommunitycheckup.org)  
which is sponsored by the  
Washington Health Alliance.**

## Moving from Pain into Self-Caring

Presenter:

**Katherine Wieseman, PhD., GCFP**

Educational Consultant &  
Certified Feldenkrais Practitioner

**March 15, 2018  
1:00 – 3:00 pm**

**Olympic Medical Park  
840 N 5th Ave, Sequim  
Second Floor Conference Room**

Please call Sara at  
**582-2850 to sign up.**  
Family and friends welcome....  
**Refreshments Served**

What you have told yourself about yourself and what you have taken in from your environment have become stories, remembered in brain patterns and habits — your image of self. Over time these habitual patterns may become self-limiting and lock you into actions, sensations, feelings or thoughts you desire relief from. However, you do not have to live from habitual patterns that now may or may not serve your health.

- Your brain/nervous system has an amazing capacity for adapting and reorganizing itself! You are never too old to change your patterns — your self-image (including your relationship to the experience of pain)!
- The sensory-movement exploration forming the basis of the Feldenkrais Method® of Somatic Education offers a way toward living in a profoundly

*Continued on page 3*

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

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**EMAIL:** [kitty@sequimmed.com](mailto:kitty@sequimmed.com)  
**REFILLS:** CALL YOUR PHARMACY  
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## New Vaccine



Shingrix, a new vaccine for the prevention of Shingles (Herpes Zoster) is now available for adults 50 years of age and older. Research is showing this new vaccine is 90% effective in prevention of a Shingles outbreak. Shingrix is a 2 part vaccination with the 2nd administration anytime between 2 and 6th months after the first dose. Current recommendation is to receive Shingrix even if you have already received Zostavax, and there is no waiting period between the 2 vaccines. It is also recommended to receive Shingrix if you have had Shingles, but you should wait 6 to 12 months after your most recent Shingles outbreak before receiving Shingrix. As always please check with your pharmacy for availability and price.

Cost	Insurance	Coverage
\$138-\$170 per dose	Most Commercial Plans	80% with 20% coinsurance

Medicare Part D: \$50 Copay or less



# Sleep — PART I: Why You Need It

Many of us think of sleep as a passive, resting state that simply interrupts our productive hours. But the reality is that, while our consciousness is off-line, our brains are busy working for us all night long. Sleep is a metabolically active state that affects all aspects of our being.

In his book "Why We Sleep", Matthew Walker, PhD discusses what we have learned from thousands of studies on sleep to date. He describes not only how sleep makes us smarter, healthier, more emotionally stable and more creative, but how even small amounts of sleep deprivation put us at risk and negatively affect our mental and physical performance.

We humans need 8 hrs of sleep every night, yet in most industrialized countries, a large percentage of the population is chronically sleep-deprived, getting 6 hrs of sleep per night or less. Modern-day lifestyles and jobs are demanding and place little value on adequate sleep. Many of us get used to chronic sleep deprivation and think that how we feel is normal for us. We can rationalize that we are too busy and have too much work to do, so we cut our sleep short by just an hour or two. Then, we may have more caffeine to help reduce fatigue, which makes it harder to sleep the next night. The lack of sleep decreases our productivity the next day, and this self-perpetuating cycle continues. The good news is that if we recognize this, step out of that cycle, and prioritize a full 8 hours of sleep, we will be more efficient and effective, feel less need for caffeine and have more time for sleep, exercise and other things.

Sleep is important for our health and also for emotional balance. People have more mood swings and are more likely to feel depressed or anxious when they cut sleep short. They even interpret things negatively that, when getting adequate sleep, they don't see as negative at all. Sleep also appears to strip painful emotions from the memories they are associated with. So, the adage "time heals all wounds" might be rephrased as "time spent sleeping heals emotional wounds".

Sleep deprivation has been clearly linked to poor health outcomes including cardiovascular disease, diabetes, obesity, Alzheimer's disease, and even cancer. Being correlated with a disorder does not necessarily mean that there is a cause-and-effect relationship, but these are important areas of active research. It has been found that sleep deprivation activates the sympathetic nervous system, putting you into a "fight or flight" response. This is one mechanism by which sleep deprivation could increase risk of cardiovascular disease. There is also an increase in cortisol levels which, among other things, can raise blood pressure and make your immune system less active.

Sleep does appear to boost your immune system. Studies have shown that patients who got 8 hours of sleep

were far less likely to become sick when intentionally given a "dose" of influenza virus. Other studies have found that patients who receive vaccinations are far less likely to mount the desired immune response if they have less than a full night's sleep.

Sleep is essential for learning. All of the facts and short term memories that you take in during the day are stored in the hippocampus of your brain. It is during sleep that your short-term memories are transferred to your long-term memory in the cortex of your brain so you can access them in the future. This also frees up the hippocampus to take in more information the next day.

Sleep also helps us solve problems and improve motor skills, essentially working on these things and improving our performance while we are unconscious. Have you ever gone to bed frustrated by an inability to grasp a concept or figure out a problem only to wake up the next day and have no trouble at all? When this occurs, we may blame our difficulty the night before on just being tired, but clever studies have shown that your brain is doing more than just resting. During sleep, your brain sorts through memories, deleting unimportant ones and reinforcing significant ones. It also scans the rest of the brain and makes connections between new and previously-stored, seemingly unrelated facts and events.

There is even fine-tuning of learned motor sequences during sleep, such as learning to tie your shoes, how to ride a bike or playing a new piece on the piano. We commonly call this "muscle learning", but it is actually "brain learning" in the regions of brain that control those muscles. During sleep, these sequences are stored separately so they become automatic, more fluid, and no longer rely on accessing your memory stores.

Most people acknowledge that good dietary habits and regular exercise are essential for optimal health, but how a good night's sleep affects those things is often overlooked. In fact, when we short-change our sleep, even by small amounts, our best intentions for healthy eating and exercise are sabotaged.

For example, sleep-deprived people not only eat more, they crave higher calorie foods and sugary and salty snacks more than those same individuals when they have a full night of sleep. Even in patients who manage to diet and exercise and lose weight, the ones who get 8 hours of sleep will lose proportionately more fat while the sleep-restricted patients lose significantly more muscle, holding onto their fat stores.

So, whether you want to lose weight, work smarter, improve your general health, or just feel better, you may want to prioritize sleep first and see how much the other things fall into place.

See the next newsletter for *SLEEP - Part II: How to Get More of It*.

## MOVING from PAIN into SELF-CARING, Continued from page 1

different way, a way that might better serve who you are now, at this moment in your life!

- This exploration produces concrete experiences to which you can refer. It gives you an opportunity to discover ordinary and familiar actions, perhaps difficult to pinpoint on your own, that might not best serve you at this point in your life. It can help you to make immediate changes in the way you move and notice how these changes affect the whole of yourself.
- You may discover that protective defense patterns and compensations from injury, trauma, and life's conditioning do not have to define you as they have. Best of all you may find that it helps you reduce or even get out of pain.
- Come find out more and experience for yourself some of the aspects of the Feldenkrais Method

• • •

Since birth you have been sensing, moving, thinking, and constructing the image of who you are. **What you have told yourself about yourself and what you have taken in from your environment have become stories, remembered in brain patterns and habits.** These had a context that made sense when formed, but over time some may have become self-limiting — limiting your choices for joy, health and emotional dignity. Maybe you even find yourself locked into pain or insecurity or anxiety.

**Your patterns and habits reflect your image of self. The good news — you are never too old to change your self-image.** You don't have to stay in habitual behaviors that don't serve you anymore.

**Did you know that the habits you have in your movements, very ordinary and familiar to you, may be the very actions contributing to injury and pain?** That to get beyond injury and alleviate pain, you have to change patterns that are usual, ordinary, and often difficult to pinpoint? Did you know that protective patterns, especially ones associated with chronic pain — such as restricting your breath, going stiff, pulling away from the ground, only thinking about the presence or absence of pain can work against you as time passes?

**Your brain/nervous system has an amazing capacity for adapting and reorganizing itself** (a fancy word for this phenomenon is neuroplasticity), and most of us do not tap into the greatness of this potential. Instead, knowingly or not we live from habitual patterns that now may or may not serve us. Dr. Moshe Feldenkrais said, "We move according to our self-image." Through sensory exploration and movement options, we can change our self-image. We can live in a profoundly different way, a way that might better serve who we are now, at this moment in our life!

## Patient Information

We are finding our contact numbers or addresses for patients are outdated. Please take a moment to make sure we have your most updated information. If you no longer have a landline please let us know.

Since it is the beginning of a new year we will be checking to make sure we have your current insurance on file. Please be prepared to show your cards at your next visit. Although we might have your current insurance information we are finding that we do not have copies of the cards. To help us do any pre authorizations for you we really need the phone numbers provided on those copies.

### MONTHLY FEE INCREASE IN JUNE

Just a friendly reminder that you will be seeing your new monthly fee **effective June 1, 2018** on your July statements.

If you have any questions regarding the monthly fee, please call Pam at **582-2858**.



## 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:  
kitty@sequimmed.com  
For nonurgent needs only

Monthly Fee Questions,  
Kitty . . . . . 582-5542

Insurance Billing  
Questions  
Timmi . . . . . 582-2850

Protime/Hemoglobin  
Mon, Wed & Fri  
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**