Don’t be shy
No subject is off-limits

A MultiCare publication

multicare.org

Allenmore Hospital ~ Good Samaritan Hospital ~ Mary Bridge Children’s Hospital & Health Center ~ Tacoma General Hospital ~ MultiCare Clinics
What’s inside

Test your knowledge
Women, how familiar are you with urinary incontinence? Take our quiz and find out!

Put your feet up—safely
A day at the spa is a treat, but follow these tips to avoid a day at the doctor’s.

Banish the blush
These topics might be embarrassing, but they warrant a talk with your doc.

In step
Our area experts answer some of your commonly asked questions about feet.

Even if you have a great relationship with your doctor, it can be difficult to bring up certain topics. But no one knows your body—and the state of your health—better than you. That’s why it’s so important to speak up when you visit your doctor and share what’s worrying you.

This issue of Healthy Living focuses on those sometimes embarrassing conditions that may be difficult to discuss with your doctor. These are often nuisances or nagging concerns that usually turn out to be nothing important but can sometimes be symptoms of serious illness. Fortunately, most conditions can be treated successfully and your quality of life can improve.

At MultiCare, we believe that everyone benefits when you take an active role as a partner in managing your health. The more informed you are, the better you can take care of yourself. The more information your physician has, the better he or she can work with you on developing a plan of care that’s right for you.

We also believe it’s important to find a physician who’s right for you. When looking for a primary care physician, do your homework. Ask your friends and relatives for a recommendation. Visit websites (for example, multicare.org has complete profiles of hundreds of physicians). Schedule an “interview” with the physician to see if it’s the right fit.

And once you’ve established a relationship with your physician, please don’t suffer in silence. Speak up. A moment of fleeting embarrassment is worth the relief and peace of mind that result from addressing your concerns.

Enjoy a safe and healthy summer.

Diane Cecchettini, RN
President and CEO
MultiCare Health System
MultiCare Center for Healthy Living is excited to offer individuals and area companies Live Healthy Online—a comprehensive wellness website developed to educate, engage and empower employees to live healthily.

Live Healthy Online features include a health profile, meal planner, food log and nutrition tracker, exercise logs, exercise plans and demonstrations, and wellness articles. The site is user-friendly, easy to implement and can be branded with your company logo.

For more information about Live Healthy Online or our other worksite wellness programs, contact Taryn West, Healthy@Work Coordinator, at 253.403.7895 or taryn.west@multicare.org.

My MultiCare is now MyChart

My MultiCare now has a new name: MyChart, powered by MultiCare. MyChart still offers you secure, 24/7 online access to your health information and doctor’s office and offers even more great features, including:
- Online appointment scheduling
- Prescription renewal requests
- Access to lab test results
- Referrals to specialists
- Proxy access for parents and caregivers
- A printable health information wallet card
- Online bill pay
- Medical visit history

MyChart is available to patients who have a primary care physician at any MultiCare facility.

Healthy@Work wants your employees to Live Healthy Online

To get started with MyChart, request a personal access code from your MultiCare physician or visit multicare.org and select “MyChart” at the top of the page.
The 2009 Cruzin' Covington and Kruzin' Kent Passports are summer programs for the entire community, running from May 30 to Sept. 19. Passports were distributed to Covington and Kent elementary school children and are available at the MultiCare Covington Clinic and the MultiCare Kent Clinic.

The Passports provide opportunities for children and adults to visit three types of locations all summer long and get “Eat Smart,” “Play Hard” or “Learn” stamps in their passports. The more stamps participants get, the more prizes they are eligible to win. The elementary school with the highest percentage of passports turned in will earn $1,000 of physical education equipment for their school!

Visit www.cruzinpassport.com for more information and a full calendar of events.

COVINGTON AND KENT

Mary Bridge offers Pediatric Weight Management program

Mary Bridge Children’s Hospital & Health Center is promoting healthy lifestyles—one child at a time—through our Pediatric Weight Management program, an individualized assessment and treatment program for overweight children and adolescents 6 to 17 years old.

The program focuses on the overall well-being of a child or adolescent; strives to uncover what is occurring in a child’s or adolescent’s environment that is interfering with their energy regulation, healthy growth and development; and promotes living actively, eating in a healthful way and creating a nurturing environment that helps a child develop and grow to his or her potential.

A physician referral is required to participate in the program and cost varies with the level of treatment. Insurance reimbursement may be available and financial assistance is offered.

For more information, contact Peggy Norman, MS, RD, CDE, at peggy.norman@multicare.org or 253.403.1256.

CENTER FOR CHILDHOOD SAFETY

Keep your kids summertime safe

Summertime is a great time to be a kid—and a time when more kids are prone to activity-related injuries. Mary Bridge Center for Childhood Safety offers custom-fit helmet and life jacket sales and loaners (life jackets only) at locations throughout the area, as well as numerous educational resources for parents who want to help keep their children safe during summer.

For more information, visit multicare.org/childhoodsafety or call 253.403.1234.
If your provider has recommended either Reclast or Boniva IV infusion to treat your osteoporosis, you can now have the infusion done without crossing the Narrows Bridge or going to the hospital. The Women’s Health and Wellness Center at MultiCare Gig Harbor Medical Park provides an easy referral system; personalized care in a warm, inviting atmosphere; infusion administered by a trained registered nurse; post-infusion education; reminder letters for the next dose; and chart notes sent back to your provider.

For more information, call 253.530.8122.

Did you know that MultiCare Good Samaritan Hospital is an accredited chest pain center—one of only six accredited chest pain centers in Washington state? For accreditation purposes, “chest pain center” refers not to a physical location, but to all the different steps of care taken to treat a patient with acute coronary syndrome—starting from the time the patient calls the ambulance until he or she is discharged from the hospital. A chest pain center encompasses the entire hospital—much like a trauma center.

Chest pain center accreditation from the Society of Chest Pain Centers acknowledges that Good Samaritan has demonstrated its expertise and commitment to quality of care for all cardiac patients—from those with undiagnosed chest pain to those with a known heart attack.

For more information about the accredited chest pain centers at Good Samaritan and at MultiCare Tacoma General Hospital, visit multicare.org/chest-pain-center.
Too many ‘oops’ moments?

URINARY INCONTINENCE (UI), or the involuntary leakage of urine, isn’t something most women want to talk about.

For the millions of U.S. women who have UI, however, the problem can range from mildly annoying to seriously interfering with daily life. Many cope in silence, mistakenly thinking UI is a normal part of aging. But UI is a medical condition—and it can often be successfully treated.

Take our quiz to find out how much you know about UI, its causes and treatment options.

Quiz answers

1. False. There are several types of UI—the two most common are stress incontinence and urge incontinence.

   Stress incontinence happens when the muscles around the urethra (the tube that carries urine) aren’t strong enough to hold urine.

   “With stress incontinence you may leak urine when you sneeze, cough, laugh or lift something heavy,” says George McClure, MD, board-certified obstetrician/gynecologist with advanced training in urogynecology and pelvic reconstructive surgery.

   Urge incontinence is when urine leaks out unexpectedly, usually after you feel an urge to urinate.

   “It is very common to have a combination of urge and stress incontinence—called mixed incontinence,” says Connie Trunk, licensed physical therapist, with advanced training in the assessment and treatment of pelvic floor dysfunction and pain.

2. True. The muscles and nerves that help hold and release urine can be damaged by childbirth, stroke or other problems.

   “In a normal state, these muscles remain contracted and we relax them when we go to the bathroom,” Dr. McClure says. “When the quality of the muscle support of the bladder is poor, increased stress on the bladder may cause leaking.”

3. False. Most UI problems start after menopause, when estrogen levels decline. Estrogen helps provide increased blood supply to the pelvic floor, which supports the bladder and other organs, Dr. McClure says.

4. True. A voiding diary keeps track of how often and how much you urinate or leak urine. Your doctor will diagnose your problem based on the patterns found in the voiding diary, a physical exam and medical tests.

5. False. There are many treatments for UI—which one is right for you depends on what kind of UI you have. Stress incontinence is usually treated with one of several surgical procedures. Urge incontinence is typically treated with medications.

   Physical therapists who specialize in pelvic floor problems also use education, biofeedback and exercises to treat incontinence. For instance, Kegel exercises strengthen the pelvic floor muscles and help prevent urine leakage.

   “Kegels are pretty easy to do, but if you don’t do them correctly they don’t work,” says Trunk.

   To do Kegels, pretend to stop the flow of urine or gas by squeezing those muscles and pulling up and in. The number of times you should repeat this exercise depends on your specific case.

Learn more

Did you catch the Healthy Connections radio show about women’s pelvic medicine with Dr. McClure? If not, visit multicare.org/healthy-connections-radio, where you can also find recent shows about other topics.

Dr. McClure and Trunk are part of the team that specializes in women’s pelvic floor disorders at MultiCare Women’s Pelvic Medicine & Reconstructive Surgery program in Gig Harbor and Tacoma.
IF YOU’RE a man who is shy about seeking help for erectile dysfunction, keep this in mind: Speaking up could help save your life.

It’s true. While erectile dysfunction (ED) is mainly considered a sexual health issue, it sometimes signals more serious health problems, such as diabetes, atherosclerosis, high blood pressure and high cholesterol.

“Getting checked out is important because, unless they’re managed, some of these underlying problems can put your life at risk,” warns Douglas Sutherland, MD, of MultiCare Urology of Tacoma.

Anything that interferes with nerves or blood circulation can affect a man’s ability to get an erection, resulting in ED. Diabetes can damage nerves, which affects sensation. Problems like high blood pressure and high cholesterol can also harm circulation, Dr. Sutherland says.

Other causes of ED can include the use of blood pressure drugs, antidepressants and other medications; stress; depression; and hormone abnormalities.

A doctor may ask questions about your health history, do physical and psychosocial exams, and order lab tests to learn what’s causing ED.

Getting help
No matter what the cause, treatment can help most men with ED, says Kenneth Berger, MD, of Puyallup Surgical Consultants.

Oral medicines such as Viagra, Cialis and Levitra are the most common treatment options, he says. However, these are not safe for all men, including those who take medications to treat certain heart problems.

But there are other options. These may include a vacuum pump device, placing or injecting medicine into the penis, or surgery to repair damaged blood vessels or to implant a device.

“These are all therapies that have been around for many years, and they can be very helpful,” Dr. Berger says.

If you’re in a relationship, you may want to discuss treatment options with your partner to see what will fit you best as a couple. Although ED usually has a physical cause, counseling may also help couples cope with any emotional effects.

Speaking up
The most important thing is to seek help if you need it, says Champ Weeks, MD, of MultiCare Urology of Tacoma.

Medication to treat ED has been heavily advertised, and that has encouraged many men to speak to their doctors, but some are still reluctant to mention it, he says.

“For a lot of guys it’s a ‘doorknob issue.’ It’s something they mention on their way out the door after a doctor appointment...But it’s definitely something you should mention.”

—Champ Weeks, MD

Speaking up ensures you can get help for ED and for any underlying problems that might be causing it. And, of course, treatment can help you return to normal sexual activity.

Call your doctor if you have any questions or concerns about ED.
IT’S A REALLY bad bug, and it has the potential to do serious harm.

That’s how public health officials feel about a type of bacteria known as methicillin-resistant *Staphylococcus aureus*, or MRSA (pronounced MER-sa).

MRSA is resistant to treatment with many standard antibiotics, including methicillin. For that reason, a MRSA infection can sometimes be life-threatening. And although MRSA infections are an ongoing challenge in hospitals, more and more people are getting MRSA infections outside of the health care environment.

The following questions, with answers from federal health authorities, will help you better understand MRSA and what you can do to reduce your risk of getting infected.

**Q** What is *Staphylococcus aureus*?

**A** Often referred to as staph, *Staphylococcus aureus* is a species of bacteria carried primarily on the skin or in the nose of roughly one-third of people worldwide. Most of the time staph bacteria are harmless. But sometimes they can trigger an infection. Staph are one of the most common causes of skin infections—the majority of them minor—in the U.S.

MRSA is a type of staph. Only about 1 percent of the population carries the MRSA bacteria.

**Q** Besides skin infections, what other health problems can be triggered by staph bacteria?

**A** Staph are a frequent cause of pneumonia, surgical wound infections and bloodstream infections.

**Q** Who is at risk for a staph or MRSA infection?

**A** Anyone can get a staph or MRSA infection. But some people are at increased risk for doing so, such as people living in confined areas or those who have close skin-to-skin contact with others. That includes athletes involved in football and wrestling, soldiers kept in close quarters, inmates, childcare workers and residents of long-term care facilities. People with diabetes are at higher risk, and skin and soft tissue infections are often seen in people who inject street drugs.

**Q** How do I know if I have a staph or MRSA infection?

**A** Staph often enters the body through a cut or scrape and can cause a skin infection that looks like a pimple, boil or spider bite. The infected site may be red, swollen and painful and may have pus or other drainage.

Sometimes a staph infection that starts on the skin will worsen and cause widespread infection. That’s why it’s important to contact a doctor if you think you have a staph infection.

**Q** How are staph or MRSA infections treated?

**A** For a mild or moderate skin infection, a doctor may simply drain the abscess or boil. You may not need an antibiotic. However, if you do need one, most staph and MRSA infections are treatable with antibiotics, though the number of antibiotics that work against MRSA is limited.

**Q** What can I do to reduce my risk of getting a staph or MRSA infection?

**A** The most important thing you can do is practice good hygiene. That includes:

- Keeping your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer
- Keeping cuts and scrapes clean and covered with a bandage until healed
- Avoiding sharing personal items such as towels or razors
- Avoiding contact with other people’s wounds or bandages
- Placing clothing or a towel between your skin and shared exercise equipment
- Wiping surfaces of exercise equipment before and after you use them
- Showering after working out

For more information about the steps MultiCare is taking to ensure our patients’ safety, visit multicare.org/patient-safety.

Sources: National Institutes of Health; Centers for Disease Control and Prevention
More than you bargained for

Protect your health at salons and day spas

WE’RE ALL a little more cost-conscious these days, but sometimes, a visit to a salon or day spa is worth a splurge. Still, you might find yourself choosing a spa solely for its low prices.

But beware: That bargain treatment could give you more than you pay for—in the form of a nasty skin infection or other more serious problem.

Are they toeing the line?

If the spa doesn’t adhere to strict standards of cleanliness, the potential health hazards of receiving a service or treatment of any kind—from a pedicure to a Botox injection—can range from an annoying foot fungus to a serious infection. Infections can spread when instruments and equipment are not cleaned between client sessions or used in a hygienic manner. You can also pick up an infection from an improperly cleaned pedicure chair or massage table.

“We race to the $20 mani/pedi shop where we can add on a brow wax for a small extra fee,” says Domonique Herrin, who supervises Healthy Reflections Medical & Day Spa at the MultiCare Covington Clinic. “And then we look the other way when the technician picks her questionable nail-clippers out of the bin or forgets to put on gloves before moving from your feet to your eyebrows.”

Of course, it’s not just the bargain salons and spas that can be guilty of less-than-stellar hygiene. Good hygiene and safety practices are crucial at any spa or salon.

“I love a good treatment just as much as the next girl,” Herrin says. “But I make sure that that price—high or low—isn’t the only factor in my selection of a desirable day spa.”

Relax in the spa—not the waiting room

Remember these tips to help ensure your spa visit doesn’t end at the doctor’s office.

• Don’t risk spreading infection to yourself or others. Don’t get a manicure, pedicure, massage or facial if you have (or suspect you have) a skin infection.
• Don’t receive services and treatments on broken skin (e.g., nicks, cuts, lesions).
• Check your surroundings. If the spa looks dirty, it is dirty.
• Ask about the spa’s standards for sanitizing and disinfection. A once-over spray with alcohol or Lysol won’t cut it. Sterilization is the best for nondisposable instruments. Most instruments can—and should—be disposed of between clients.
• If the footspa has not been sanitized since the last customer used it, demand that it be done. Or, better yet, cancel your appointment.
• Be sure the person providing your treatment washed his or her hands before treatment. Using gloves (except for massages) is even better.
• If you are receiving an injectable treatment, make sure the person performing the service has the proper training and that the treatment space follows the same sanitary and sterilization standards as a physician’s office.
• Leave if you have any doubts.

MultiCare’s Healthy Reflections Medical & Day Spas take your safety seriously. For a full list of services, visit www.healthyreflections.org.
Let’s talk

7 embarrassing symptoms you shouldn’t ignore

SOME SYMPTOMS, LIKE a really high fever or pain shooting through your arm, are easy to tell your doctor about. Other symptoms may not be so easy to talk about—especially those related to sexual health or your digestive system.

But it’s important to overcome your discomfort in the doctor’s office.

“Symptoms that might seem embarrassing to you could represent serious illness,” says Peter Bosak, MD, an internist at MultiCare’s Auburn Internal Medicine. “Your doctor should be the first person you turn to when facing an illness.”

Sharing symptoms—even embarrassing ones—with your primary care physician could protect your health or even save your life.

When to tell all

Most of the time, embarrassing symptoms result from something simple that your doctor can diagnose and treat easily.

“But there are those few cases that are something more serious,” says Valerie Sutherland, MD, an internist at Tacoma Central Internal Medicine at MultiCare’s Allenmore Medical Center. “Early detection of those serious problems can result in more successful treatment.”

That’s why these seven embarrassing symptoms—and any others that are troubling you—may warrant a talk with your doctor.

Bad breath. Though it’s most often associated with poor oral hygiene, bad breath can be related to gum disease, dental infections or sinus problems.
“It can also indicate more serious problems, such as diabetes, or a tumor or infection in the esophagus or stomach,” Dr. Sutherland says.

**Rectal or stool problems.** Remi Gal-leave, MD, of MultiCare’s Covington Primary Care, recently had a young patient confess to being both embarrassed and panicked about rectal bleeding. For younger people, it’s usually caused by something simple, like hemorrhoids, but Dr. Gallevo stresses that it could have been rectal or colon cancer.

“The only way to rule out something serious is to tell your doctor and have tests done,” Dr. Gallevo says.

**Unusual vaginal discharge.** Viet Ny- guyen, ARNP, with Allenmore Internal Medicine, had a patient who was uncomfortable about discussing unusual vaginal discharge. Most women have vaginal discharge, but not all discharge is normal. Abnormal discharge can indicate an infection. Untreated sexually transmitted infections could lead to infertility, and untreated syphilis could cause brain damage.

**Body changes.** For example, abnormal breast enlargement in males (gynecomastia) is fairly common in adolescence or in older men. But it may be a sign of something serious.

“Gynecomastia may result from a hormonal imbalance, liver problems or even a testicular tumor,” Dr. Bosak says.

**Excess facial hair.** You may not think of this as a medical problem, but if you’re a woman, too much facial hair can be a sign of polycystic ovary syndrome or hormone dysfunction that can cause heart disease and bone diseases.

**Diarrhea.** Infections, irritable bowel syndrome, Crohn’s disease or even some cancers can cause chronic diarrhea.

**Abnormal nipple discharge.** The discharge may contain pus or be bloody, greenish or milky (in women who are not breastfeeding). It could signal problems such as a noncancerous tumor, cancer or a hormonal disorder.

**Don’t be shy**

In addition to these seven embarrassing symptoms, many patients are also reluctant to tell doctors about symptoms of depression, such as loss of interest in daily activities; feeling sad, hopeless or restless; crying for no reason; trouble concentrating or making decisions; and thoughts of suicide. But depression is a treatable condition—and if left untreated, it could lead to other health problems.

When it comes to these and other embarrassing symptoms, Nyguen advises patients to tell all. “You may not think it is important enough to overcome your discomfort and bring it up,” Nyguen says. “But it is the only way that we can check it out and help you stay healthy.”

Most doctors understand patients’ reluctance to discuss certain symptoms.

“It is hard to bring up serious health concerns, especially the ones that make you blush just thinking about them,” Dr. Bosak says. “But that doesn’t mean you can ignore your health issues.” He reminds patients to take their time during an appointment and try their best to relax.

“The hardest part is starting the conversation,” Dr. Sutherland says. “If you feel embarrassed about a symptom, try writing it down and giving the paper to your doctor. Or try rehearsing a discussion with someone you trust before coming to the doctor.”

Establishing a relationship with a doctor is also important.

“When you come in for an initial physical, the doctor will ask you all about your health history,” Dr. Gallevo says. “The doctor brings up the embarrassing topics for you.”

After you’ve established a relationship with your doctor, it is much easier to discuss it if you develop a symptom that embarrasses you.

For a referral to a family medicine doctor at MultiCare, call 800.342.9919 or visit multicare.org.
By Daniel Lustig, MD, and Lisa Philichi, ARNP, Mary Bridge Children’s Hospital & Health Center

IF YOUR CHILD is constipated, chances are it’s frustrating for both of you. Constipation—difficulty passing stool or a longer-than-normal time between bowel movements—is common in children and can sometimes be a cause for concern.

What is normal?

The frequency and consistency of bowel movements in infants and children depend upon age and diet, and an individual child’s patterns can vary widely. “Normal” for an infant could mean a bowel movement every time they eat or only once a week. An older child may go three times a day or once every three days.

When is it constipation?

Your child may be constipated if he or she has had less frequent bowel movements—or difficulty passing stool—for more than two weeks. It’s important to note that even children who go with normal frequency can still have symptoms of constipation. Small, hard or rocklike stools passed daily or very large, firm stools that clog the toilet once a week can both be signs of constipation.

Stool withholding—trying to keep from having a bowel movement—is also a clear indicator that your child is constipated. Infants may arch their back, tighten their buttocks and cry. Toddlers may rock back and forth while stiffening their buttocks and legs, arch their back and wriggle or fidget, squat, or get into other unusual positions. They may also hide in a corner or a special place.

Children withhold because they are afraid passing stool will hurt, and it can be a difficult habit to break. Unfortunately, repeated withholding can make the problem worse.

Young infants may appear constipated or in pain because they strain and get red-faced when they go. This is usually because the muscles used for defecating are still uncoordinated in infants less than 6 months old. A baby is unlikely to be constipated if he or she passes soft stools within a few minutes of straining.

How do I make it better?

Diet changes, illness, stress, toilet training, lack of exercise or unwillingness to stop playing for a bathroom break can all lead to constipation.

The good news is most children with constipation do not have an underlying medical problem. Treatments may include stool softening medications (oral or rectal) to make it easier for the child to go to the bathroom, dietary changes and behavior modification.

Parents should put any toilet training activities on hold until after their child’s constipation has been resolved.

In some cases, constipation can be a symptom of a more serious problem, such as hypothyroidism, Hirschsprung’s disease, celiac disease, spinal cord dysfunction or an adverse effect of some medications. So it’s a good idea to check with your pediatrician before starting any treatment.

Help for a going problem

The Mary Bridge Pediatric Gastroenterology, Hepatology and Nutrition Clinic has outpatient clinic locations in Tacoma, Gig Harbor, Covington, Olympia, Puyallup and Silverdale, offering close-to-home services.

Our team provides consultation to referring physicians and comprehensive care for children with a broad range of gastrointestinal, liver and nutritional problems, including:

• Abdominal pain
• Constipation
• Failure to thrive
• Inflammatory bowel disease
• Acute and chronic liver disease

Call 253.403.3131 for more information.
OUR FEET ARE some of the hardest working parts of our bodies. Don’t they deserve to be cared for by experts? Here, a few of our area podiatrists answer some common questions about foot care—just in time for sandal season.

Why should I see a podiatrist instead of my regular doctor for foot problems?

A podiatrist is educated and trained to treat almost every foot- and ankle-related condition, from ingrown toenails to ankle arthritis and fractures. This comprehensive understanding of the various bones, joints, ligaments and tendons that work in the foot provides a more consistent and accurate diagnosis, treatment and—therefore—recovery.

—Ryan Bierman, DPM, Kent Foot & Ankle Clinic

My toenails are discolored—some are yellowish, some white. What causes this?

Nail discoloration often means the presence of a fungal infection, also known as onychomycosis. In addition to discoloration, you may notice thickening of the nailplate and debris forming underneath the nail. Patients with onychomycosis often also have athlete’s foot, or tinea pedis.

Treatment for onychomycosis may consist of topical lacquers or creams; however, the most effective treatment is oral Lamisil tablets. Patients take one pill daily for three months. Anyone considering taking Lamisil must have an AST/ALT evaluation, a simple blood test that evaluates liver function, because Lamisil is eliminated from the body through the liver. The test should be repeated each month the patient takes the medication.

—Heather Hento, DPM, Pacific Podiatry Group

I have diabetes. Why is it so important for me to take extra care of my feet?

Because you have diabetes, your body’s ability to fight off disease is reduced, making you more susceptible to infection. Your nerves can be affected, causing numbness, so you may not feel an injury as minor as a blister or as severe as a broken bone. Your circulation can also be affected, which can delay healing.

These problems manifest themselves most frequently in the feet and legs. Daily self examinations of your feet and legs can help you detect problems early on, such as changes in structure, sensation or temperature, as well as cuts, scrapes, ingrown toenails or athlete’s foot. Seek medical evaluation for any problem or change, so that it does not escalate into something that could jeopardize your foot or leg. Regular check-ups with a podiatrist can help alert you to any problems you may have and initiate early care and prevention.

—Bruce Worthen, DPM, Puyallup’s Family Foot Clinic

What are orthotics and how are they used?

Custom-molded orthotics are prescribed by your podiatrist and placed in your shoes. They are frequently used to help alleviate symptoms caused by a wide range of ailments, including plantar fasciitis, flat feet, tendonitis, bunions and hammertoes, chronic overuse injuries, and lower extremity pain during sports activities.

Orthotics support your feet and legs and improve biomechanics—the way you move—and alignment throughout your lower extremities. Your podiatrist can prescribe changes in your orthotic to alter your biomechanics or alignment and reduce pain or improve function through your feet, legs and spine. Orthotics can also be prescribed to reduce pressure to painful areas throughout your foot.

—Scott Runde, DPM, Pacific Podiatry Group

Get a foot in the door on better foot care when you visit multicare.org. Click on “Health Information” and look for a variety of foot topics in the “MultiCare Health Library.”
Take control

Education and support for managing your health and safety

Pulmonary Rehabilitation
Classes for adults with chronic lung conditions. Cost may be covered by insurance. Allenmore Hospital 253.459.6623

Heart Healthy Eating Class
Perfect for anyone with a personal or family history of heart disease or high cholesterol. Learn how fats, cholesterol, carbohydrates and salt affect heart health, plus how to look out for your heart at the grocery store and in restaurants. 253.697.8141

QuitSmart™
Designed to take you through the first year of quitting tobacco. Fee: $25 (reduced fee, includes workbook) Allenmore Hospital: Sept. 26, 9am to 1pm Call 800.342.9919 to register. For more information on quitting tobacco, call 800.QUIT. NOW (800.784.8669) or visit www.quitline.com.

Stay Safe: First Aid
Understand standard first aid and adult CPR. Certification requires written and skills exams. 253.474.0600

Look Good … Feel Better
Offered in partnership with the American Cancer Society; the National Cosmetology Association; and the Cosmetic, Toiletry and Fragrance Association Foundation. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss as a result of cancer treatment. 253.697.4899

Aquatic Therapy Rehabilitation
MultiCare Rehabilitation Specialists 253.459.6999

Diabetes Education
A variety of education programs and individual appointments available. Program costs may be covered by most insurance plans. Doctor referral needed. • Tacoma, Gig Harbor, South King County 253.372.7010 • East Pierce County 253.770.2300

Focus on Healing Dance Movement Class
An exercise class specifically designed to address concerns of lymphedema for breast cancer survivors. Mondays (except holidays), 5:15 to 6:15pm Good Samaritan East Main Campus conference room, 1317 E. Main, Safeway plaza Pre-registration required. Call 253.332.6154 to sign up or 253.697.4899 for more information.

Living With Heart Failure Series
For patients and families. A comprehensive approach to treatment, medications, nutrition and exercise. 253.403.4590

Staying Safe: First Aid
Understanding standard first aid and adult CPR. Certification requires written and skills exams. 253.474.0600

The Power of Nutrition
Monthly nutrition class offered for before, during and after cancer. 3rd Wednesday of the month, 2:30 to 3:30pm at the Dr. Richard C. Ostenson Cancer Center, Puyallup. Call 253.697.4899 for more information and to register.

Diabetes Education
A variety of education programs and individual appointments available. Program costs may be covered by most insurance plans. Doctor referral needed. • Tacoma, Gig Harbor, South King County 253.372.7010 • East Pierce County 253.770.2300

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In Corso...Aeoe

Motorcycle}

Cardiac Health & Rehabilitation Program
Medically monitored exercise therapy and lifestyle education on risk-factor reduction, medications, nutrition and stress reduction for patients who have had a heart attack, cardiac bypass surgery, angioplasty/stents, heart valve surgery or angina. Requires a physician referral. • Tacoma General Hospital 253.403.1058 • MultiCare Gig Harbor Medical Park 253.403.1058 • MultiCare South Hill Clinic 253.697.8141

Insulin Pump Instruction
Individual education. Cost covered by most insurance plans. Doctor referral needed. 253.372.7010

Yoga for Cancer Survivors
Designed for those who have faced cancer. Appropriate for beginning participants. 253.403.2551

Surya Sun Yoga and Gentle Chair Yoga
This unique yoga class works “in and around” a chair to make yoga safe and comfortable for those who are facing cancer. Registration is required. Call 253.697.4899 to register.

Take control

Education and support for managing your health and safety

Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.
Our healthy community

Run for fun—join us!
Mark your calendar for the Covington Days 5K Fun Run. The run starts at the library. Pre-registration required. Saturday, July 18, 9am
Visit www.cruzinpassport.com for more information.

MultiCare Center for Healthy Living
Education and programs for community members and corporations. We promote health and wellness with exercise, nutrition, weight loss, life balance and tobacco cessation. This community resource is made possible by generous gifts donated through the MultiCare Health Foundation. 253.403.1519

Healthy@Work
Boost productivity and reduce absenteeism with this work-site wellness program. Program offerings include health screenings and health education programs and classes, all taught on-site for both large and small companies. 253.403.7895

MultiCare Mobile Health Services
Health screenings and immunizations for adults and children. 253.897.4010

Check your health
Screenings to help you stay healthy

Body Composition Testing
Check your body fat percentage and lean mass percentage, and set a goal for your weight.
Fee: $20
• Gig Harbor 253.530.8974
• Puyallup 253.403.7897
• Tacoma 253.403.1503

Breast Health
Everything you need for breast health: mammography, ultrasound, stereotactic biopsy, clinical breast exams and education.
• MultiCare Auburn Clinic 253.876.8190
• MultiCare Covington Clinic 253.372.7240
• MultiCare Gig Harbor Medical Park (screening only) 253.530.8083

Men’s and Women’s Heart Screening
A personalized consultation, risk assessment and basic lab tests.
Fee: Starts at $55
Tacoma General Hospital, MultiCare Gig Harbor Medical Park
800.342.9919

Resting Metabolic Rate Screening
Get the exact measurements you need to successfully lose weight. The comprehensive target calorie report will show you how to eat the maximum amount of food and still lose weight.
Fee: $50
• Gig Harbor 253.530.8974
• Puyallup 253.403.7897
• Tacoma 253.403.1503

Bone Density Screening
Comprehensive DEXA screening for osteoporosis.
• MultiCare Auburn Clinic 253.876.8190
• MultiCare Covington Clinic 253.372.7240
• MultiCare Gig Harbor Medical Park 253.530.8083

Are you ready for this year’s Courage Classic?
The Courage Classic Bicycle Tour is a three-day, 174-mile ride which takes participants through beautiful Snoqualmie, Blewett and Stevens passes. From North Bend to Lake Easton, Cle Elum to Leavenworth and on into Skykomish, it is a tour of rolling hills, lush wheat fields, fragrant orchards and beautiful mountain passes.
This fundraising ride supports the Rotary Endowment for the Intervention and Prevention of Child Abuse and Neglect, which supports programs at Mary Bridge Children’s Hospital & Health Center.
This year’s Courage Classic Bicycle Tour is Aug. 1 to 3. The entry fee is $60 and each participant must raise a minimum of $500 before the start of the tour.
For more information or to register, visit multicare.org/courage-classic.

Covington’s Coalition for a Healthy Community (CHC)
Become a volunteer for CHC and help make a difference in the health of your community.
Monthly meetings
MultiCare Covington Clinic
Call 253.372.7245 Tuesday through Thursday for more information.

Are you ready for this year’s Courage Classic?
Family health and safety

Water Babies
In-pool exercise class for new moms and their babies ages 3 to 12 months.
Fee: $72/six-week session
To register, call Glenda at 253.697.2775.

Kids Cooking and Nutrition Class
Focusing on basic cooking and basic nutrition concepts for upper elementary and middle school-aged children. Sample healthy snacks, prepare a meal, play games and earn prizes.
Class available by appointment.
Fee: $20
MultiCare Covington Clinic, Classroom 2
Contact denisehenke@multicare.org.

Car Seat Inspections
Car seat inspections and phone consultations by certified technicians.
Kent, Tacoma
multicare.org/childhoodsafety 253.403.1234

Children’s Diabetes Education and Clinic
Individual education for children newly diagnosed with diabetes and their families. By appointment for those who need further education or review.
Classes, camps and support groups also available.
Mary Bridge Children’s Hospital
253.403.3131

Children’s Asthma Education
Education for children with asthma and their families.
Mary Bridge Children’s Hospital
253.403.3131

Custom-Fit Helmet Sales
Get custom-fit bike and skateboard helmets, available in both child and adult sizes, to use with bikes, scooters, skateboards and skates. Wearer must be present.
• Kent, Tacoma
 multicare.org/childhoodsafety 253.403.1234
• Puyallup: MultiCare Celebrate Seniority Office, 1401 E. Main, Puyallup 253.697.7385
Call for prices and times.

Life Jacket Sales and Loans
Free life jacket loaners available year-round.
Loaned for up to one week, limited quantities.
Custom-fitted life jackets sold from April to September. Wearer must be present.
• Kent, Tacoma
 multicare.org/childhoodsafety 253.403.1234
• Puyallup (sales and fittings only; no loans):
 MultiCare Celebrate Seniority Office, 1401 E. Main, Puyallup 253.697.7385
Call for prices and times.

Get Fit & Healthy for kids
Pierce County Gets Fit & Healthy offers healthy meals for kids through our newest program, Kids Get Fit & Healthy Dining! More than 25 restaurants in Pierce County have signed up to offer one or more healthy kids’ meals on their menu.

This program is brought to you by MultiCare Center for Healthy Living, the YMCA of Tacoma–Pierce County, Tacoma–Pierce County Health Department, Washington State Restaurant Association and Pierce County Council.

The kids’ dining program advertises healthy kids’ meals on fun place mats. Each place mat offers a free three-day guest pass to any Pierce County YMCA. Kids who order a Get Fit meal receive a fun prize.

For a list of participating restaurants, visit www.piercecountygetsfit.org.
Your healthy pregnancy

**Kangaroo Kapers**
This class is for children ages 3 through 7 who are about to become big brothers or sisters. The one-hour class provides nonmedical, nontechnical information about childbirth.  
**Fee:** $15/family  
253.697.5300

**Prepared Childbirth at Good Samaritan**
Five-week sessions as well as some weekend and one-day sessions for first-time parents-to-be.  
**Fee:** $85 or medical coupon; $75 for one-day class  
253.697.5300

**Tour the Good Samaritan Family Birth Center**
Saturdays, 1pm  
No registration required.  
253.697.5300

**WIC Nutrition Program**
Federal nutrition program for low-income pregnant and breastfeeding women and for their children up to age 5.  
Mary Bridge Children’s Hospital and other locations  
253.403.1349

Bates Technical College, in cooperation with Tacoma General Hospital’s Family Birth Center, offers a variety of childbirth and related classes at Tacoma General and MultiCare Gig Harbor Medical Park. To register, visit [www.bates.ctc.edu/registration](http://www.bates.ctc.edu/registration) or call 253.680.7500.

**Breastfeeding Classes**
Learn current in-depth information about this skill to ensure a successful experience.  
**Fee:** $15/couple; free with childbirth class

**Childbirth Preparation**
Five-week weeknight series or intensive weekend classes. Most classes include a tour of the Tacoma General Family Birth Center.  
**Fee:** $78-90/couple

**Newborn Basics**
Important information for new parents about baby care and safety.  
**Fee:** $37/couple

**Childbirth Preparation for Siblings**
Children ages 3 through 10 who are about to become big brothers or sisters will love this! The class includes interactive activities, help setting realistic expectations and a tour of the Tacoma General Family Birth Center.  
**Fee:** $30/family
Join the YMCA!

Join the YMCA this summer and receive $50 off the joining fee. For first-time members only; must be age 15 or older to join. For more information, branch schedules or to sign up, call 253.534.7820 or visit www.tacomaymca.org.

Summer Fun at the Y

Kids have fun with activities that keep them fit. From swimming to sports, small group games to large group activities, kids of all ages will develop new skills and enjoy unique experiences while learning the core character values of caring, honesty, respect, responsibility, service and forgiveness. Summer activities for kids include drop-in games, Fit for Fun, gymnastics, dance, cheerleading, swim team, art and a variety of team sports.

Teens bring energy and fresh ideas to programs as volunteers, mentors and friends to summer clinic participants. All teens, ages 15 to 18, are also invited to come to the Y every Saturday night from 9pm to midnight for our Teen Late Nite Program.

Adults get healthy and fit with group exercise classes, state-of-the-art cardio equipment, our 12-week Personal Fitness Program, Zumba, yoga, Pilates, water aerobics and more. The YMCA also has a variety of small group activities, including nutrition classes; Journey to Freedom; book, knitting, dog walking, adult games and bridge clubs; running groups; and more. Get started at the Y with a health and wellness orientation with one of our personal trainers.

Activities vary by location. Visit www.tacomaymca.org or check out the location nearest you!

- Gig Harbor Family YMCA: 253.853.9622
- Mel Korum Family YMCA: 253.841.9622
  (Puyallup)
- Morgan Family YMCA: 253.564.9622
  (Pearl St., Tacoma)
- Lakewood Family YMCA: 253.584.9622
- Tacoma Center YMCA: 253.597.6444
  (Downtown, Tacoma)

Stay healthy

Resources to help adults stay active

Celebrate Seniority

MultiCare Celebrate Seniority is a membership program for people 55 and better. This senior membership program consists of people like you who are interested in maintaining good health and vitality throughout life, regardless of age. This program provides access to health education, information, discounts, socialization and volunteer opportunities. Call 253.697.7385 for more information.

Enhance Fitness

An ongoing senior exercise class offered by the MultiCare Celebrate Seniority program designed to improve strength, flexibility and balance, as well as improve your cardiorespiratory system. Call Sarita Stotler, certified instructor, at 253.697.7389 for more information.

Gentle Yoga for Seniors

Three-week series offered by the MultiCare Celebrate Seniority program. Learn about strength, stretching, balance, relaxation and more efficient breathing. Fee: $15 per series 253.697.7385

Home Health Resources

Comprehensive in-home services provide nursing, therapy, social work and aide care to help people manage their illness and recovery at home.

253.301.6400 or 888.516.4504

Power Cook: A Month of Healthy Meals

Looking for a way to save time and make healthy family meals on a budget? Learn to Power Cook! Fix and freeze 30 nutritious meals and sample a few finished products. Class taught by a registered dietitian and certified diabetes educator from MultiCare Health System.

Fee: $35; $25 for YMCA members and MultiCare employees

Tuesday, Sept. 22, 6 to 9pm

Jackson Hall Medical Center, Tacoma

For more information, visit www.piercecountygetsfit.org.

Adult Day Health

Promoting independence for older (and disabled younger) adults in Tacoma. 253.459.7222

Teens bring energy and fresh ideas to programs as volunteers, mentors and friends to summer clinic participants. All teens, ages 15 to 18, are also invited to come to the Y every Saturday night from 9pm to midnight for our Teen Late Nite Program.

Adults get healthy and fit with group exercise classes, state-of-the-art cardio equipment, our 12-week Personal Fitness Program, Zumba, yoga, Pilates, water aerobics and more. The YMCA also has a variety of small group activities, including nutrition classes; Journey to Freedom; book, knitting, dog walking, adult games and bridge clubs; running groups; and more. Get started at the Y with a health and wellness orientation with one of our personal trainers.

Activities vary by location. Visit www.tacomaymca.org or check out the location nearest you!
### Get support

Groups and services to give you the support you need

<table>
<thead>
<tr>
<th>Man-to-Man Prostate Cancer Support Group</th>
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| Facilitated by trained volunteers who have recovered from prostate cancer.  
First Wednesday of each month, 7 to 9pm Good Samaritan (Call for room location.)  
Call Weldon Plett at 253.691.2267. |

<table>
<thead>
<tr>
<th>Hospice Bereavement Services</th>
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| Newly bereaved education groups and ongoing support groups are available to help you.  
Call 253.301.6400 or 888.516.4504 for information regarding support groups. |

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<thead>
<tr>
<th>DisCOVERies Support Group</th>
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| Discoveries support groups for families with children 4 to 18 who are coping with a family member’s serious illness. Concurrent groups for parents and children.  
Mary Bridge Children’s Hospital 253.272.8266 |

<table>
<thead>
<tr>
<th>Congestive Heart Failure (CHF)</th>
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</table>
| Support group for people with CHF and their families.  
Please call for class availability, 253.403.4590 |

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<tr>
<th>Alzheimer’s Support Group</th>
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</table>
| A support group for people who are caring for a loved one with dementia.  
Third Tuesday of the month, 5 to 6:30pm Good Samaritan Behavioral Health, 325 E. Pioneer, Puyallup 253.697.8400 |

<table>
<thead>
<tr>
<th>Puyallup Cancer Support Group</th>
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| For patients, caregivers, adult family members and friends.  
First Thursday of each month, 1 to 3pm Dr. Richard C. Ostenson Cancer Center at Good Samaritan 253.697.4899 |

<table>
<thead>
<tr>
<th>Covington Women’s Cancer Support Group</th>
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</table>
| For women who are presently battling cancer or are survivors.  
Facilitated by Shelly Donaldson, RN, BSN, and Pat Rannow.  
Second and fourth Tuesday of the month, 7 to 8:30pm 253.372.7293 |

<table>
<thead>
<tr>
<th>Lymphedema Networking Group</th>
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</table>
| Facilitated by Julie Venn, LMP, ML/D/CDT.  
Second Thursday each month, 7pm Dr. Richard C. Ostenson Cancer Center at Good Samaritan 253.691.2267 |

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<thead>
<tr>
<th>Asthma and Food Allergy Support Group</th>
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</table>
| Shares knowledge, ideas and expertise with families dealing with a child’s allergies, food allergies and asthma.  
253.403.3131 |

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<tr>
<th>Caregiver Support Group</th>
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</table>
| Open to anyone in the community who is providing physical or emotional care or financial assistance to an older or disabled person.  
Second Monday of the month, 1:30 to 3pm Good Samaritan Behavioral Health, 325 E. Pioneer, Puyallup 253.697.8400 |

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<thead>
<tr>
<th>BRIDGES: A Center for Grieving Children</th>
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| Grief support groups for children 4 to 18 years old who have experienced the loss of a parent or sibling.  
Mary Bridge Children’s Hospital 253.272.8266 |

<table>
<thead>
<tr>
<th>Cancer Care Support at Good Samaritan</th>
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<tbody>
<tr>
<td>A wide range of cancer support services. 253.697.4899</td>
</tr>
</tbody>
</table>

### Healthy Weight Series

This 12-week weight management program includes before and after health assessments, individual sessions with a MultiCare registered dietitian and YMCA health and wellness coach, nutrition and fitness classes, a 12-week exercise program at the YMCA, and a lot of encouragement along the way. Books and materials are provided and prizes are awarded for Biggest Winners. Classes will be starting this September in Puyallup and Tacoma.

For more information on this program, log onto [www.piercecountygetsfit.org](http://www.piercecountygetsfit.org).
Relaxation shouldn't be expensive. That's why we have summer spa services designed to fit into your busy schedule—and your budget.

At Healthy Reflections Medical & Day Spa, you'll find unique and affordable therapeutic treatments in an atmosphere of traditional spa luxury and comfort. We're here to help you rediscover a more relaxed, healthier you.

**Bright Eyes, $40**
Why not spend this summer without the hassle of mascara? Let us beautifully transform your eyes by shaping and tinting your brows and adding color to your lashes.

**Golden Glow Tan, $40**
Achieve an incredible, golden-brown tan without the sun's harmful rays. We use the latest technology in professional spray-on tanning to produce natural-looking results.

**New! Express Peel Treatment, $40**
A 10- to 15-minute treatment to improve skin texture, soften fine lines and wrinkles, refine pores, hydrate, correct sun damage, and control acne.

**New! Express Massage Treatment, $40**
Relieve tension in your back, shoulders and neck to get you through your day and relax you for a good night's rest.

See page 6.

For a full list of services and seasonal specials, visit www.healthyreflections.org.