

To Your Health!

INSIDE

How to Fit Fitness Into
Your Schedule

Energy Density and
Weight Loss

Mindful Eating

Jefferson Healthcare
Annual Report

Jefferson
Healthcare

To our neighbor

The Magic of Lifestyle Change

*A free symposium on preventing and managing
cardiovascular disease*

Magic is the art of helping people to see things differently. At our May 2 symposium, Jefferson Healthcare will use a magic theme to demonstrate the **remarkable** effects that lifestyle changes can have on preventing and living with cardiovascular disease. The symposium is scheduled from 9 a.m. to 5 p.m. at Fort Worden and requires no registration.

The symposium will feature lectures, panel discussions, activities, demonstrations, a keynote address, and personal consultations from the Wellness staff at Jefferson Healthcare. Drawings for prizes will be held throughout the day.

The program for the day will be as follows:

9 to 10:15 a.m.

“The Chambers of the Heart”

(Opening session)

In this session you will be welcomed by Keri Johns, director of Home and Community Services, and **magician** Joey Pipia. Johns will give you a road map for the day and will share Jefferson Healthcare’s vision for improving cardiovascular health in our community. You will have the opportunity to watch a short video on the heart and the changes it undergoes as cardiovascular disease develops. Following the video, Pipia will moderate a short panel discussion about heart disease prevention, featuring a panel of Jefferson Healthcare physicians.

10:15 a.m. to 4:30 p.m.

Free screenings

The mobile Heart Attack and Stroke Prevention (HASP) Clinic from Virginia Mason will offer free, comprehensive, express clinical consults, which include: finger-sticks for cholesterol, blood sugar, and triglycerides; blood pressure readings; a health risk assessment questionnaire; and a personal consultation.

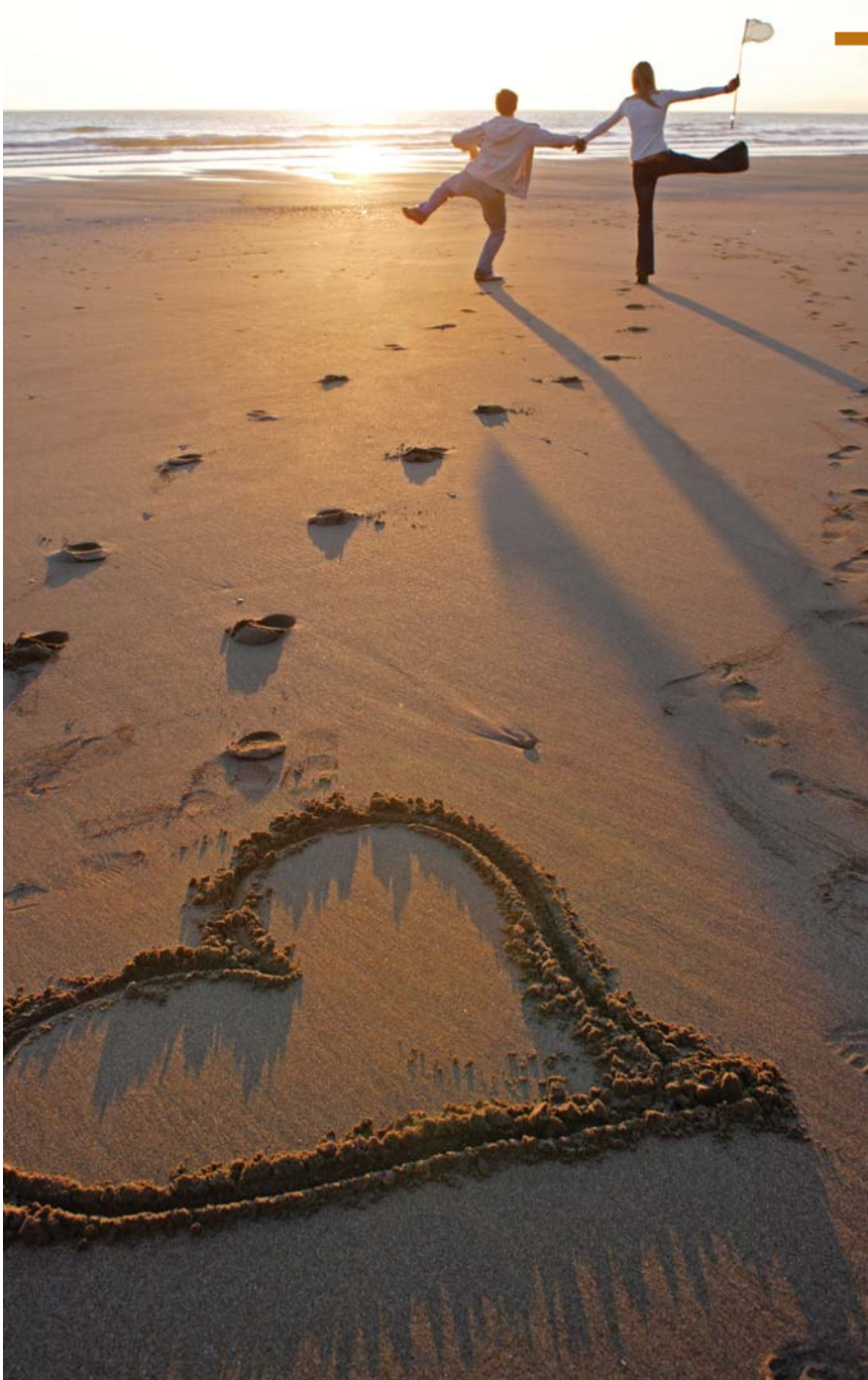
The HASP clinic has helped thousands of patients throughout the Puget Sound area to reduce their cardiovascular disease risk with proven prevention programs. Their goal is to help make cardiovascular disease understandable and to support individuals in modifying their risk factors.

Note: The HASP team will screen as many individuals as time allows during the day. The service will be offered on a first-come, first-served basis.

Continued page 4



The Link Between Physical Activity and Health



The link between exercise and better health is undisputed. If you want to feel better, have more energy, and perhaps live longer, consider adding regular exercise to your daily routine.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system, causing more efficient circulation of blood through your heart and blood vessels. This translates into having more energy to do the things you enjoy.

What Is Regular Exercise?

For healthy adults under age 65, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity (such as brisk walking, swimming, or an elliptical trainer) five days a week, or at least 20 minutes of vigorous aerobic activity (such as running) three days a week, plus strength-training exercises twice a week. If you want to lose weight or meet specific fitness goals, you may need to increase your activity even more.

For adults age 65 and older and adults who have chronic health conditions, balance exercises are recommended in addition to aerobic activity and strength-training exercises. At any age, gentle stretching is also recommended.

The Benefits of Exercise

General benefits of exercise

- Increases efficiency of hormones (especially those that lower blood sugar, cholesterol, etc.)
- Strengthens heart and lungs, and muscular, immune, and circulatory systems
- Improves muscle strength and bone density
- Increases work capacity
- Reduces feelings of depression and anxiety and generally improves mood
- May help enhance other good health behaviors (e.g., smoking cessation or healthy eating)

Helps maintain optimal body composition

- Increases ability to lose weight (particularly excess fat)
- Raises metabolic rate (so you store less fat)
- Helps control appetite

Reduces risk of dying from cardiovascular disease

- Increases HDL (“good cholesterol”) over LDL and reduces triglycerides and total cholesterol
- Lowers blood pressure in hypertensive individuals
- Reduces atherosclerosis (hardening of the arteries)
- Lessens the risk of sudden death from arrhythmias. (Those with preexisting heart or cardiovascular disease need to enter into an exercise program carefully and gradually, preferably under the supervision of an appropriate provider or cardiac rehabilitation facility)
- The risk of angina is lessened through careful exercise

Reduces risk and symptoms of other chronic disease

Your doctor can help you identify an exercise program suited to your needs and physical condition. If you have an existing heart condition, your doctor may refer you to a cardiac rehabilitation program to help you learn to be active safely.

What Type of Physical Activity Is Best?

Any type of physical activity is good if it makes your muscles work more than usual. The heart itself is a muscle and benefits from a workout, just like the other muscles in your body. Physical activities that involve rhythmic movement of the legs and arms (aerobic

activity) are especially good for the heart. Such activities include walking, running, swimming, bicycling, and dancing, among others.

Regular aerobic exercise conditions the heart to pump blood to the whole body.

It’s most helpful to do moderately intense aerobic physical activity for at least 30 minutes on most or all days of the week. A good guideline is to work hard enough to breathe harder but to still be able to carry on a conversation.

Develop a Physical Activity Plan

If you have not been active, you might consider consulting with your doctor to develop a physical activity plan that works for your needs and abilities. Your doctor will tell you what activities you should avoid and what signs and symptoms to monitor.

To stay healthy and maintain your strength and flexibility, health experts recommend that you incorporate three types of physical activities into your routine:

- aerobic exercise to improve the efficiency of the heart muscle;
- strength exercises to keep other muscles of the body in good condition and help your sense of balance; and
- stretching exercises to keep muscles flexible.

Exercise Tips

Work up to any exercise gradually, so that you are not injured, discouraged, or defeated

Prevent injuries by following a five-step routine:

1. Warm up—A brisk 5- to 10-minute walk or 5 minutes of light calisthenics
 2. Stretching exercises—Involve both upper and lower body
 3. Main event—Your chosen sport or exercise
 4. Cool down—Perform 5 to 10 minutes of deceleration and/or walking/stretching exercises
 5. Relaxation—Drink a glass of water
- Develop a conscious breathing pattern to reduce strain
 - Monitor your intensity
 - Watch for warning signs that you’re working too hard
 - Switch activities occasionally for variety
 - If you experience discomfort, try a new activity

How to Fit Fitness Into Your Schedule

- Think of exercise as an essential activity, similar to brushing your teeth every day. Moving the body is actually as important as giving it food or oxygen
- Have a regular exercise period first thing in the morning to ensure a certain level of exercise (when left for later, things often interfere)
- Work exercise into your routine wherever possible (e.g., take the stairs instead of the elevator, walk or bike to work or on errands, or walk the golf course)
- Keep your exercise clothes handy in your car so you can respond to spontaneous exercise opportunities
- Break your exercise into three 10-minute sessions if one longer one doesn't work
- Be active during your lunch break
- Use exercise equipment that allows you to read or watch TV, if you find exercise to be boring or if rainy days spoil your outside activities
- For breaks from work, download Break Pal (\$20, breakpal.com), a program that pops up on your monitor every 30 minutes with a 3-minute workout routine
- Walk your dog twice daily
- Plan active vacations
- Schedule your workouts on your calendar or personal planner



Motivational Tips

- Be grateful that you are healthy enough to exercise, or keep in mind that you will be healthier *because of* exercise
- Praise yourself every day that you keep your personal commitment to exercise
- Notice and appreciate the positive results of exercise (e.g., more energy, less stress, weight loss)
- Invest in workout or dance DVDs
- If you own an iPod or another MP3 player, download complete audio or video workouts from companies such as iTrain or PumpOne
- Work out to music (try bestworkoutmusic.com's BeatScanner, a free, PC-compatible program at that searches your MP3 music library for upbeat tunes)
- Wear a pedometer to log your progress (available at pedometersusa.com)
- Join a group (running club, dance troupe, class, etc.)
- Set a large goal (to run in a race, to climb a mountain, to look good in a bathing suit) and small incremental goals to mark your progress
- Commit dollars to your program through a gym membership or exercise coach, to help keep you motivated
- Find ways to measure your results or progress (e.g., test your flexibility or strength, measure your body mass index)
- Make and post a sign to remind you to exercise
- Find an exercise or walking buddy
- Reward yourself for meeting your exercise goals
- Have fun!

Be sure to visit the “Magic of Movement” session at the upcoming symposium to learn more.

Energy Density and Weight Loss

A way to feel full on fewer calories

Mollie Katzen's keynote address at Jefferson Healthcare's May 2 symposium will focus on nine dietary turning points. One of these points is to choose a diet that fills the majority of your plate with fruits and vegetables. Another way to say this is to choose a diet with low energy density. Foods with low energy density are also less concentrated with calories. This means you can eat a large portion of these foods while still consuming fewer calories than a much smaller portion of high-density foods. Doing just this one simple thing can help you lose weight and to control your hunger.

All foods have a certain number of calories within a given portion. Some foods (such as desserts, candies, and processed foods) have high energy density. This means you get a large number of calories from a small portion. Conversely, some foods (such as vegetables and fruits) have low energy density. A large portion of these foods contains fewer calories.

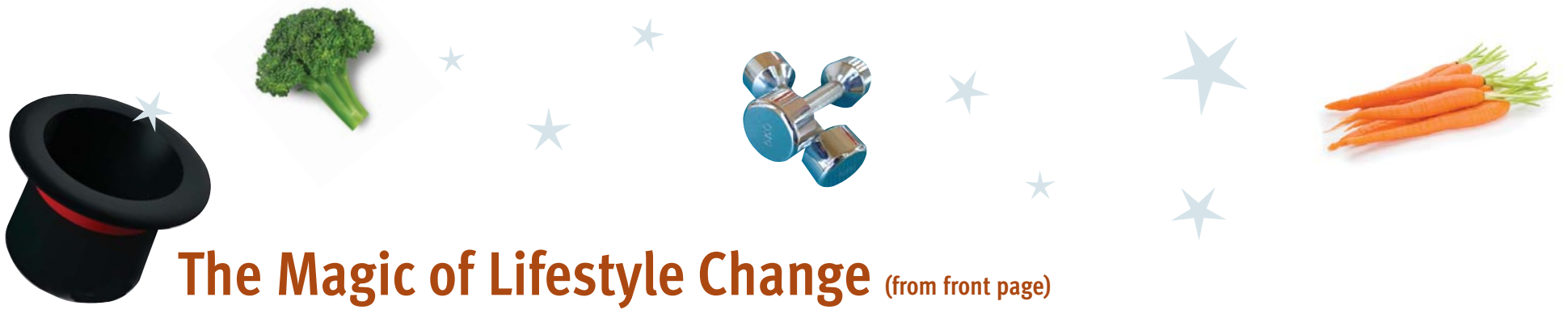
The two factors that play a role in making food less calorie packed and more filling are fiber and water. Many fruits and vegetables are high in water, which provides volume but not calories. High-fiber foods, such as vegetables, fruits, and whole grains, not only provide volume but also take longer to digest, making you feel full longer.

A great weight-loss strategy is to concentrate on these foods to satisfy your hunger and to reduce your consumption of the high-density, high-calorie foods. The key is to increase the ratio of fruits and vegetables in your meals and to decrease the meat portion on your plate.

Starting a healthy diet that emphasizes fresh fruits and vegetables and whole grains makes room in your diet for some of your favorite foods in small quantities. When you are not feeling overly hungry and deprived, you can enjoy a small portion of dessert without guilt.

Come to Katzen's 1 p.m. keynote address, “The Great Food Flip: Toward a New Center of the Plate,” to learn delicious and inviting ways to lower your energy density and yet feel satisfied with what you eat.





The Magic of Lifestyle Change (from front page)

10:30 to 11:45 a.m.

Concurrent sessions

“Women and Heart Disease”—Drawing the Curtain to Reveal the Facts

Elizabeth Gold, MD

Heart disease is the leading cause of death among American women. In this talk, Elizabeth Gold, MD will review the incidence of heart disease among women. She will discuss gender differences in the symptoms; diagnosis and treatment of heart disease, including issues related to hormone replacement therapy in postmenopausal women; and areas of future research, which will address the many unresolved issues about women and heart disease.

Elizabeth Gold, MD

Gold joined The Heart Institute at Virginia Mason in 2007. She is a graduate of Yale University Medical School, and completed her residency, internship, and fellowship training at the University of Washington. She is board certified in cardiology and is a fellow of the American College of Cardiology.

Gold’s areas of special medical interest include women’s cardiovascular health, primary prevention of cardiovascular disease, risk factor reduction, and research on the causes of atherosclerosis. Gold is also a senior scientist at the Institute for Systems Biology, where her research focuses on the role of inflammation in the development of atherosclerotic vascular disease.

“Preventing Health Disease and Stroke”—Don’t Count on a Magic Wand

Wayne Hwang, MD

Cardiovascular disease remains the most common cause of death and morbidity in the United States. In this session, Wayne Hwang, MD will help you to understand that, although there have been seemingly *magic* advances in the arena of fixing a diseased and blocked artery (thereby saving lives), the real key is to recognize the underlying risk factors that lead to atherosclerosis and vascular events in the first place. Once your specific risks are identified, you can work with your health care provider to reduce the chance of experiencing a future catastrophic cardiovascular event.

Wayne Hwang, MD

Hwang has been a member of Virginia Mason’s Cardiology department and of the Virginia Mason Vascular Center since 2003. He also is the teaching director for the cardiology residency program. He has board certifications in general cardiology, interventional cardiology, nuclear cardiology, and general internal medicine. He performed his cardiology and peripheral vascular training at the Yale University School of Medicine, his internal medicine training at Baylor College of Medicine and Indiana University, and is a graduate of the University of Chicago. He is involved in all aspects of cardiovascular care, including high-volume coronary interventions, peripheral arterial disease interventions, consultative cardiology, and risk factor modification.

“Treatment and Management of Coronary Heart Disease and Current Advances in Congestive Heart Failure”—the Bag of Tricks

Christopher Johnson, MD

The field of cardiology continues to see new and positive developments and treatment options for patients with heart disease and congestive heart failure. Johnson will present some of the developments which make it possible for individuals with these diseases to live fuller lives.

Christopher Johnson, MD

Christopher Johnson, MD is a partner with Kitsap Cardiology Consultants, PLLC, a private practice cardiology group in Bremerton with a satellite office in Port Townsend. He is an interventional cardiologist who performs the majority of his cases at Harrison Medical Center in Bremerton. Johnson is a graduate of Stanford University and received his medical degree from the University of Texas, Southwestern Medical School. He completed his internal medicine residency at Baylor College of Medicine, and both his cardiology fellowship and his interventional cardiology fellowship at the University of Washington. He is the medical director of the CAPRI Heart and Lung Institute of Kitsap County. Johnson is board certified in cardiovascular disease and a fellow of the ACC.



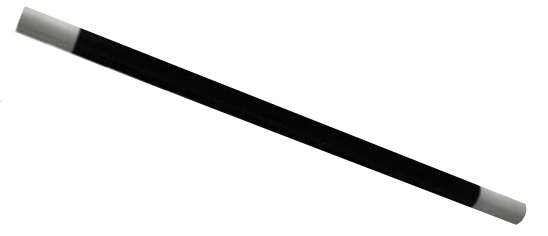
10:30 a.m. to 12:45 p.m.

The Magic Castle (Breakout Rooms)

We invite you to visit any or all of the rooms in our Magic Castle, each of which has a special focus. The Magic Castle will also be open from 2:15 to 4:30 p.m. The breakouts will feature the following:

Risk Factors Unveiled—We will remove the *mystery* behind the *veil* of your risk factors and reveal the personal face of your cardiovascular risk.

You will step into the *enchanted* heart and stroke-prevention screening program sponsored by Jefferson Healthcare and Virginia Mason Medical Center. Here, you will have your blood pressure, blood sugar, body-mass index, and cholesterol levels checked and will receive an analysis of your risk for stroke and heart disease. You also can talk with our Cardiac Rehab and Wellness counselors.



10:30 a.m. to 12:45 p.m.

The Magic Castle (Breakout Rooms)

The Power of the Pyramid—Step into the *chambers of the healthy eating pyramid* and learn its *secrets*.

We invite you to visit the healthy eating pyramid to learn the newly revealed secrets of Mollie Katzen’s and Walter Willett, MD’s *transformed pyramid*. While you are there, enjoy *captivating* food samples and receive a quick evaluation of your current dietary practices. Our *secret keeper* and dietitian, Irene Marble, RD will conduct the evaluations and share powerful information about healthy eating. Amber Benner, RN, CDE will show you how to make upgrades to your food choices from the supermarket of your choice.

The Magic of Movement—Visit this fantastic studio and learn the exercise *tricks that will astound you* with all of their benefits.

You will sample from a *bag of tricks*, such as exercise videos and demonstrations, and will be guided by our physical therapy and *exercise training wizards*. You will receive instructions on calculating your ideal exercise heart rate, and a personal exercise prescription.

The Studio of Stupendous Stress Reduction—Decompress with this *awesome* interactive session, including demonstrations of *remarkable* relaxation and *mighty* meditation techniques. Drawings will be held for *stupendous* seated massages.

The Hall of Smoke and Mirrors—Only those who dare will enter this hall, where you will receive breathtaking—actually, breath-giving—tips on how to quit smoking. Play Tobacco Roulette to win prizes, have your carbon monoxide levels checked, and indulge in a personal smoking cessation consultation with *genie* and smoking cessation counselor Brenda DiPietre.

Powerful Potions—Understanding and Managing Your Medications—Jefferson Healthcare pharmacists will be on hand to review your medications, to discuss options, and to make suggestions about when it is appropriate to consult with your physician.

1 to 2 p.m.

“The Great Food Flip”— the Disappearing Calories Trick

Mollie Katzen Keynote Address

Our keynote speaker, Mollie Katzen, will present “The Great Food Flip: Toward a New Center of the Plate.” Katzen will show you how to select, prepare, and enjoy high-quality, delicious foods that promote ideal weight and good health. She will entertain you with amusing stories and vibrant photographs of her own cooking, and will provide examples of small dietary changes that will improve your health and well-being.

Katzen is a nationally known cookbook author and illustrator. She wrote *Eat, Drink, and Weigh Less* (Hyperion 2006) with Dr. Walter Willett and is a charter member of the Harvard School of Public Health Nutrition Round Table.

Note: A limited number of Katzen/Willett books will be available for purchase and signing by Katzen, beginning at 2 p.m.

2:15 to 3:30 p.m.

General sessions

“Understanding Cardiac Arrhythmias” —Timing is Everything

Nathan Segerson, MD

With *magic acts*, timing is everything. You can say the same thing about the beat of the heart. In this seminar you will gain a better understanding of cardiac rhythm disorders and how they are managed.

Nathan Segerson, MD

Nathan Segerson, MD joined Kitsap Cardiology Consultants, PLLC, in 2008. He is the only cardiac rhythm expert practicing in the area and provides services to both the Kitsap and Olympic Peninsulas. As a cardiac electrophysiologist, Segerson focuses on pacemaker and defibrillator implantation, and on catheter-based treatments of cardiac rhythm abnormalities. He obtained both his undergraduate and his medical degrees from the University of Washington. He completed residencies in internal medicine, cardiology, and cardiac electrophysiology at the University of Utah. Segerson has board certifications in cardiovascular disease and electrophysiology and is a fellow of the ACC.

Thrill Power

Thrill Power is magic applied to losing weight and keeping it off. It’s *powerful and thrilling—a wondrous thing*.

Cookbook editor and professional presenter Kate Schumann will entertain you with Thrill Power, a concept that will introduce you to tools that can help you implement the powerful dietary changes suggested by Katzen. Schumann will introduce you to the magic behind successful weight management.

2:15 to 4:30 p.m.

Magic Castle breakout sessions continue

Note: You may take a lunch break at the time of your choosing. If you have reserved and paid for a buffet lunch in the Bon Appétit servery, simply give your name to the checker as you exit the restaurant. You may also consider purchasing lunch in the coffee shop (limited quantities available) or bringing a brown bag lunch.

Mindful Eating and Portion Control

Do you have trouble controlling how much you eat? Many of us do. We've perhaps developed a habit of eating on autopilot. We act like the Energizer Bunny with fork in hand. Even when we've taken the time to carefully prepare our meals, we often sit down and consume our food without paying much attention. The problem with this practice is that we eat too fast and spend little time enjoying it. We also don't allow enough time for our brains to register that we have had enough—that we are full.

Another problem is that our culture “super sizes” many of the food products that we purchase at the grocery store or in restaurants. Again, we unconsciously eat more, simply because it's there or we don't want to waste it.

We can unplug the battery on unconscious eating if we simply learn to eat more mindfully. Mindful eating is a practice of being fully present when one eats. Like the expression “Be here now,” mindful eating encourages oneness with the act of eating.

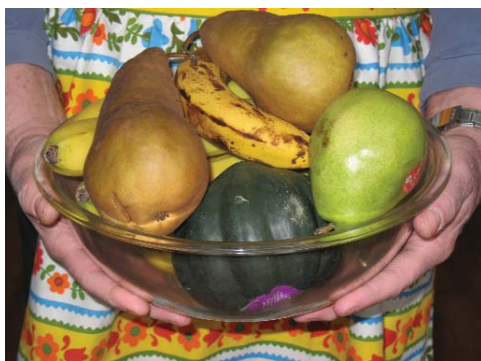
The first act of mindfulness when you are eating is to ask yourself whether you are hungry.

If you are not hungry, you may simply want to have a beverage and wait until you are.

The next step is to bring full concentration to the act of eating. When you are eating mindfully you look at and acknowledge every bite you pick up. When you put food in your mouth you think of exactly what you are putting there. When you eat mindfully you try not to let your mind wander to other concerns, such as your projects left undone, your worries and deadlines, or to distractions such as the newspaper or television.

To begin a practice of mindful eating, start by trying a few of the suggestions below, then add your own creative ideas to create a rich and nurturing setting and mood for your mealtimes.

- Set a minimum of 15 minutes for the time you will spend consuming your meal; 30 minutes is even better.



- Serve your portions in the kitchen and put the rest of the food away.
- Arrange your food beautifully on your plate; serve a colorful array of food.
- Be conscious of what you eat. Slow down and savor each bite.
- Put your fork down after every third bite.
- Drink water between bites.
- Make sure your plate is half filled with veggies and fruits, one-quarter filled with whole grains or starch, and only one-quarter filled with (ideally lean) protein.
- Eat more food—but foods that are lower in calories, such as vegetables and fruits.
- Consider eating your large vegetable portion before the rest of your meal; then pause to register your satisfaction before approaching your protein and grain portions.
- Resize your portions. If you are an overeater, you may not have a good idea what normal portions are. Train yourself by using smaller plates, smaller spoons, smaller cups and bowls. Measuring or weighing your food for a while can give



you a better idea of ideal portion sizes.

- Avoid super-size situations at restaurants. Make “doggie bagging” a regular practice when you do go out to eat.

For more ideas on mindful eating, be sure to attend the 2:15 p.m. Thrill Power presentation at the May 2 symposium.



Jefferson Healthcare Works Toward Eliminating Trans Fats From the Dietary Department

As part of Jefferson Healthcare's focus on cardiovascular disease, the Dietary department has made a commitment to work toward removing trans fats from the foods it serves. In some cases, this may involve changing suppliers to find mixes and foods that are free of trans fats. This action was chosen as a first step because when trans fats are consumed they pack a cholesterol double whammy: They raise “bad” (LDL) cholesterol levels and lower “good” (HDL) cholesterol levels.

What are trans fats?

Trans fats result from the addition of hydrogen to vegetable oil through a process called hydrogenation. Trans fats have been commonly used in foods because they are more solid than oil, making them stay fresh longer and have a less greasy feel.

Where to find trans fats in your food

Commercially baked goods such as crackers, cookies, and cakes, and many fried foods such as doughnuts and French fries contain trans fats. Shortening and some margarine also are high in trans fat.

Since January 2006, manufacturers in the United States have been required to list trans fat content on nutrition labels. Use this handy tool to help you identify and avoid trans fats.

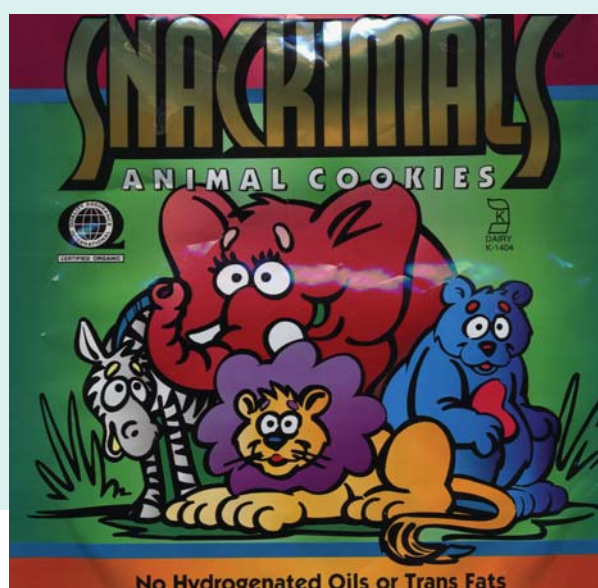
Reading food labels

How do you know whether a food contains trans fat? Look for the words *partially hydrogenated vegetable oil*. That's another term for trans fat. The word *shortening* is also a clue.

In a heart-healthy diet, 30 percent or less of your total daily

calories should come from fat; saturated fat should account for less than 7 percent of your total daily calories. Monounsaturated fat, found in olive, peanut, and canola oils, is a healthier option. Nuts, fish, and other foods containing unsaturated omega-3 fatty acids are other good choices.

To learn how to rid your diet of trans fats and about the role of healthy fats in the diet, visit The Power of the Pyramid, at the May 2 symposium.



Nutrition Facts

Serving Size 10 Cookies (30g)
Servings Per Container About 7

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	35
Total Fat	4g		6%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	80mg		3%
Total Carbohydrate	19g		6%
Dietary Fiber	0g		0%
Sugars	8g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients: Organic Wheat Flour, Organic Dehydrated Cane Juice, Organic Expeller Pressed Safflower or Sunflower Oil, Chocolate Chips (Dehydrated Cane Juice, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Unsulphured Molasses, Natural Flavors, Baking Soda, Soy Lecithin, Aluminum Free Baking Powder.
Made on equipment that also manufactures products containing peanuts, eggs, milk and tree nuts.

JEFFERSON HEALTHCARE ANNUAL REPORT

A comprehensive array of health care services

Outpatient Services

Emergency Services

Jefferson Healthcare's Emergency department is staffed 24 hours a day, 7 days a week with dedicated, highly trained physicians, registered nurses, and emergency technicians. The department is prepared for any emergencies, from multisystem trauma to complex medical problems or simple sore throats. Express Care, within the department, offers a faster option for patients with less severe problems.

Emergency visits in 2008: 11,138

Radiology Services

Jefferson Healthcare's Radiology department is equipped with effective technology for most diagnostic imaging needs. We offer outpatient, emergency, and inpatient radiology services. Statistics for 2008:

CT scans: 4,463

MRIs: 1,049

Mammograms: 2,484

Bone scans: 768

Nuclear medicine treatments: 277

Ultrasounds: 2,328

Other X-rays: 12,503

Rehabilitation Services (Physical and Occupational Therapy)

Jefferson Healthcare offers high-quality, full-spectrum skilled rehabilitation services to both hospital inpatients and outpatients. Statistics for 2008:

Occupational therapy treatments: 1,991

Physical therapy treatments: 16,126

Lab

Jefferson Healthcare's Laboratory department offers emergency, inpatient, and outpatient laboratory services.

Medical Short-Stay

The Medical Short-Stay Unit cares for patients in need of chemotherapy, IV therapy, various medication administrations, blood products, allergy injections, central line management, acute and chronic wound care, and more.

Outpatient visits for 2008: 5,561

Inpatient Services

Acute Care Unit

The Acute Care Unit, where patients are admitted after surgery or for medical reasons, is located on the third floor of the hospital.

Inpatient admissions for 2008: 1,475

Intensive Care Unit

Jefferson Healthcare has a six-bed Intensive Care Unit. The services available in the unit include cardiac evaluation and monitoring, using the latest technology. Our hospitalist staff is highly trained in the diagnosis and treatment of intensive care patients.

Family Birth Center

Our mother- and baby-friendly Family Birth Center offers a comprehensive, evidence-based service with exceptional outcomes. All of our nurses are highly qualified labor and delivery nurses.

2008 births: 109



Surgery Services

Jefferson Healthcare's Surgery department has three state-of-the-art surgical suites and one special procedures/endoscopy room and offers multiple levels of care, from same-day procedures and surgeries to emergency and more complicated inpatient surgeries. Staff currently includes two general surgeons, Jay Lawrence, MD and Ryan Ramos, MD; two orthopedic surgeons, Alan Greenwald, MD and Tristan McGovern, MD; one urologist, Dimitri Kuznetsov, MD; one gynecologist, Robert Palmer, MD; two family practice obstetrics physicians, Molly Hong, MD and Rachel Bickling, MD; and a podiatrist, Jessica Lund, PDM.

Surgical procedures in 2008: 1,273

Special procedures in 2008: 1,077

Primary Care Clinics

Offering family practice, internal medicine, pediatrics, and obstetrics services.

■ Jefferson Medical and Pediatric Group: 360-385-4848

■ Olympic Primary Care: 360-379-8031

■ Port Townsend Family Physicians: 360-385-3500

■ South County Medical Clinic: 360-765-3111

■ Richard Lynn, MD (internal medicine; works with Catherine Parkman, MD): 360-385-5330

Clinic visits in 2008: 40,264

Extended hours are planned for 2009

Community Health Services

Offering home health, hospice, and anticoagulation services; wellness programs (including Exercise for Health, massage therapy, diabetes education, cardiac rehab, and pulmonary rehab); community seminars and symposiums; and support groups.

New services planned for Port Ludlow clinic in 2009

Community outreach and education on cardiovascular disease planned for implementation in 2009

Jefferson Healthcare Home Health is

Medicare-Medicaid certified and licensed by the state of Washington.

Home health visits in 2008: 7,743

Recipient of the Home Care Elite award (top 25 percent of home health providers)

Hospice of Jefferson County is licensed by the state of Washington and is a Medicare/Medicaid-certified provider of end-of-life services.

Hospice visits in 2008: 5,043

Wellness

The Wellness department at Jefferson Healthcare is here to support you in achieving your wellness goals. Number of visits in 2008:

Anticoagulation (Coumadin) clinic: 4,858

Cardiac rehabilitation: 1,245

Pulmonary rehabilitation: 814

Diabetes education: 646

Exercise for Health: 2,058

Massage therapy: 925

Freedom From Smoking classes: 3 class sessions

Volunteers

Total volunteer hours: 23,016. According to the Independent Sector research organization, the cash value of the time donated is \$449,042.16

Auxiliary donation to purchase new hospital equipment: \$18,000



*We're here—where you live—
when you need us*



The Magic of Lifestyle Change

A free symposium on preventing and living with cardiovascular disease

SPONSORED BY JEFFERSON HEALTHCARE

Saturday, May 2, 2009

9 a.m. to 5 p.m.

Fort Worden State Park

No registration required



9 a.m., Opening session:

Panel discussion moderated by magician Joey Pipia in the Commons

10:15 a.m. to 4:30 p.m., Screenings:

Jefferson Healthcare and Virginia Mason Medical Center

10:30 a.m., General sessions:

“Women and Heart Disease,” Elizabeth Gold, MD

“Preventing Heart Disease and Stroke,” Walter Hwang, MD

“Treatment and Management of Coronary Heart Disease and Current Advances in Congestive Heart Failure,” Christopher Johnson, MD

10:30 a.m. to 12:45 p.m., and 2:15 to 4:30 p.m.

Breakout sessions on cardiovascular risk factors, nutrition, exercise, stress reduction, and smoking cessation

1 p.m., Keynote address: Mollie Katzen

“The Great Food Flip: Toward a New Center of the Plate”

2:15 p.m., General sessions:

“Understanding Cardiac Arrhythmias,” Nathan Segerson, MD

“Thrill Power,” Kate Schumann

Panel discussion—Seminars—Video on the heart—
Games—Demonstrations—Consultations—
Food sampling—Prizes



Jefferson
Healthcare

834 Sheridan, Port Townsend
360-385-2200
www.jeffersonhealthcare.org

Hospital In-patient
and Acute Care

Emergency Medicine

Surgery

Sleep Medicine

Family Birth Center

Laboratory Services

Primary Care Clinics

Diagnostic Imaging

Home Health Services

Hospice

Gynecology/
Women's Health

Wellness Programs

Physical, Speech &
Occupational Therapy

Sports Medicine

Orthopedics

Urology

Medical Short Stay
Outpatient Infusion/
Wound Care/
Chemotherapy

Anticoagulation
Services

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A place for information about your local hospital,
every day, all the time.

Simply log on and go to the section that contains the
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classes and events, see the calendar section.

To Your
Health!

To Your Health! is a publication of Jefferson Healthcare. Jefferson Healthcare operates under the authority of Jefferson County Public Health Care Service District #2, and is governed by a publicly elected board of commissioners: Kathy Hill, Chair; Jill Buhler, Secretary; and Tony De Leo, Chuck Russell and Marc Mauney, MD. Victor Dirksen is Chief Executive Officer.

Jefferson Healthcare is an integrated delivery system that operates a 25-bed hospital and five physicians clinics, walk-in urgent care, home health and hospice, outpatient diagnostic services, rehabilitation services and wellness and community education.

Jefferson Healthcare employs 450 people and has an annual operating budget of \$40 million. Jefferson County tax support is \$1.3 million, most of which goes to pay for voter-approved facility bonds.

Letters may be sent to:

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