Swedish Weight-Loss Services at Edmonds
New Medically-Managed Program

Obesity is an epidemic in the U.S. and an increasing number of people are trying to manage their weight. This trend was recognized as a demand for the new weight-loss service program at Swedish/Edmonds launching in July.

“One in three adults and one in six children are obese,” says Elena Geamanu, M.D., an endocrinologist at Swedish Edmonds Specialty Clinic. “And with obesity comes many co-morbidities including diabetes, hypertension, arthritis, polycystic ovarian syndrome, cardiovascular disease and obstructive sleep apnea.”

Swedish Weight-Loss Services at Edmonds is a new, comprehensive, medically-managed program based at Swedish Edmonds Specialty Clinic designed to help patients with diabetes, hypertension or other illnesses caused by or made worse by obesity or being overweight, shed pounds and keep the weight off.

“We’re going to help patients lose weight safely and maintain the weight loss,” says Dr. Geamanu.

“This isn’t a fad diet,” says Cory Houghton, clinic administrator at Swedish Edmonds Specialty Clinic. “The intent of this program is to teach people how to eat, shop and dine out in a normal fashion, considering what they need to do to balance things out in their diet and understand portion sizes so that they have long-term success.”

The ideal patient for the new weight-loss program is someone wanting to lose between 5 and 200 pounds. The program is offered in three phases and includes a Support Summer Community Events
Help Swedish/Edmonds support the below summer events. Volunteers are needed. Please email Steve Kaiser, director of marketing and communications, at steve.kaiser@swedish.org if you’d like to volunteer.

Movies Under the Stars/Outdoor Movie Night
Aug. 10 and 17, Sept. 7
Swedish/Edmonds Café Patio

Taste of Edmonds
Friday – Sunday, August 10-12,
11 a.m. – 10 p.m.
Downtown Edmonds

Please See Weight Loss on Page 5
New Hospitalist Joins Swedish/Edmonds Team

Murad Yunusov, M.D., PhD, always wanted to be a physician and when he had the chance to fulfill his dream, he chose to be a hospitalist.

“As a hospitalist, I care for inpatients with a variety of medical conditions and I can accomplish a lot in a short period of time,” says Dr. Yunusov. “I have the unique opportunity to get to know a patient, order medical testing for him or her and get their test results immediately, and in just a few days see a significant improvement in the patient’s condition and see them discharged from the hospital.”

Dr. Yunusov joins the team of hospitalists at Swedish/Edmonds and begins caring for patients in September.

“I’m a specialist with a unique set of skills to care for people who are hospitalized,” Dr. Yunusov says. “Patients expect to be cared for by a team of dedicated professionals who can address their concerns, alleviate their worries, answer their medical questions, and most of all, help them get well and move on with their lives. My job can be high-paced and tense, but caring for patients and seeing them get well is rewarding.”

Dr. Yunusov is board certified in internal medicine and completed his residency in internal medicine at the University of Washington Program at Sacred Heart Medical Center and Deaconess Medical Center in Spokane. He received his medical degree with honors from Tashkent State Medical Institute in Tashkent, Uzbekistan and has a Master of Science and Ph.D. from the National Center of Surgery in Tashkent where he was fellowship trained in general reconstructive microvascular surgery. Dr. Yunusov has been a visiting scientist and researcher at the University of Washington and the Fred Hutchinson Cancer Research Center and while there, had the

Congratulations…

These individuals were mentioned by name in the April Press Ganey Patient Satisfaction Surveys and complimented for their great work.

Anand Patani, M.D.
Swedish Internal Medicine at Edmonds

Anny Soon, M.D.
Swedish Internal Medicine at Edmonds

Billy Vanasupa, DO
Urology Northwest

Bruce Erhart, M.D.
Sound Women’s Care

Catherine Rogers, M.D.
Sound Women’s Care

Catherine Zeh, M.D.
Birth & Family Clinic

Charles Daly, M.D.
Radia Inc.

Daniel Timmons, M.D.
Sound Women’s Care

Debora Sciscoe, M.D.
Sound Women’s Care

Elia Doo, M.D.
Radia Medical Imaging

Gretchen Lockard, M.D.
Birth & Family Clinic

Jason Schneier, M.D.
Puget Sound Gastroenterology

Judith Babcock, M.D.
Birth & Family Clinic

Katrina Erickson, M.D.
Birth & Family Clinic

Khanh Nguyen, M.D.
Swedish Internal Medicine at Edmonds

Kimberly Dickey, D.O.
Sound Women’s Care

Linda Strong, M.D.
Swedish Internal Medicine at Edmonds

Marci Nelson, M.D.
Birth & Family Clinic

Nilufer Norsworthy, M.D.
Center for Wound Healing & Hyperbarics

Rachel Hollister, M.D.
Edmonds Family Medicine

Rachel Reinhardt, M.D.
Cascade Eye

Randolph Bourne, M.D.
Sound Women’s Care

Richard McClelland, M.D.
Emergency Services
GLP 1 Analogs Used for Diabetes Type 2 Treatment

by: Elena Geamanu, M.D. and Karen Harris, R.N., MSN, CDE

Glucagon-like peptide (GLP)-1-based therapies affect glucose control through several mechanisms including enhancement of glucose-dependent insulin secretion, slowed gastric emptying, regulation of postprandial glucagon and reduction of food intake with weight loss. These agents do not cause hypoglycemia in the absence of therapies that otherwise cause hypoglycemia.

Exenatide (two daily injections or one weekly injection) or Liraglutide (daily injection) can be considered as an add-on drug for patients with type 2 diabetes who are poorly controlled on maximal doses of one or two oral agents and for whom hypoglycemia is of particular concern. Sulfonylureas dose titration needs to be considered when a GLP-1 analogue is added to the regimen to avoid hypoglycemia. With long-term use, weight loss can be substantial in a small fraction of treated patients and associated with other metabolic benefits. Recently Exenatide (two daily injections) was approved by the U.S. Food and Drug Administration (FDA) to be used in conjunction with glargine insulin.

Exenatide (Byetta) available in prefilled syringes that hold a month's supply of either five or 10 mcg doses, is administered subcutaneously twice daily within one hour of morning and evening meals. Exenatide should not be used in patients with severe renal impairment (creatinine clearance <30 mL/min) or end-stage kidney disease. Caution is suggested when prescribing for patients with confirmed gastroparesis.

Liraglutide (Victoza) is a once daily injectable GLP-1 analog. The initial dose is 0.6 mg once daily, slowly increased to 1.2 and 1.8 mg/day. Exenatide (Bydureon) 2 mg/ weekly is the new kid on the block and was recently approved by FDA.

The improvement in A1C was between a 1.6 and 1.9 percent reduction with exenatide weekly injections compared to a 0.8 to 1.5 percent reduction with Exenatide and Liraglutide.

Weight loss seems to be similar with all three products – between 2.8 and 3.2 kilograms. Weight loss is more pronounced with Metformin as a background therapy than with sulfonylureas or thiazolidinediones.

Nausea, vomiting and diarrhea were the most common side effects. Nausea was reported less frequently with once weekly injections compared to injections given twice daily.

With regard to cost, Byetta and Victoza are tier 2 drugs while the newer Bydureon is tier 3.

For more information, please call Dr. Geamanu at Swedish Edmonds Specialty Clinic at 425-673-3820.

Clinical Physician Documentation Improvement (CPDI) Report: May

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Total Case Mix Index for Medicare and Managed Medicare: 1.5916

Thank you to the medical and surgical staff for taking the time to respond to these queries. Please contact Melanie Westerinen, CDIP Supervisor, at 425-640-4378 with any questions.
I've been updating some CME attendance and credit records using the Swedish CME Web Tracker system, and noticed that there are some physicians who have not yet registered on the system. If you haven’t, be sure to do so as that is where I will be recording the CME credit you earn.

Beginning this year, attendance at Swedish/Edmonds CME activities will be maintained on the Swedish CME Web Tracker system. I will not be keeping a participation record on a spreadsheet, nor will I be producing individual CME reports at the end of the year. You will be able to obtain your own transcript from the Swedish website. However, you must register in order for me to record your credit and for you to obtain your transcript.

To register, go to the Swedish website (http://www.swedish.org) then click “For Health Professionals”, then click CME, then click “My CME Profile”. Enter your last name, the last four digits of your social security number and check “I am a new user.” Then complete the form. You will receive a confirmation email.

Remember, if you don’t register, there is not a way for me to record your credit.

CME for Epic Training

As Epic training begins soon for all members of the Swedish/Edmonds medical staff, I’m happy to report that physicians will be able to claim four hours of CME credit for your Epic training. Your Epic instructor will provide you with a certificate when you have completed the class and have demonstrated your competency in using Epic.

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Swedish CME Events

Below are Swedish CME activities. Please visit Swedish.org/CME for locations, times and the most up-to-date information about upcoming CME activities.

**New Online CME: Informed Consent Goes to Court**
If you missed the Swedish Grand Rounds presentation, Informed Consent Goes to Court, it is now available online. Speakers, William J. Leedom, JD and Amy M. Magnano, JD, describe how a jury is instructed regarding informed consent, explain how to document patient care with a jury in mind and identify problematic informed consent issues and their solutions. To access this internal presentation for CME credit, visit http://www.swedish.org/InternalGrandRounds from a Swedish Network computer and log in with your Swedish ADI and password. If you have questions or do not have a Swedish ADI, please contact cme@swedish.org. This activity has been approved for AMA PRA Category 1 Credit™.

**9th Biennial Ovarian Cancer Research Symposium Jointly Sponsored by The Marsha Rivkin Center and Swedish**
September 6-7

**Physician Well-Being: Who Do You Want to Be?**
September 7

**Intensive Update in Neurology**
September 13-14

**Pacific Northwest Urology Robotic Symposium**
September 14-15

**16th Annual Pain Management Symposium: The Rocky Horror Pain Show**
September 28
discussion of meal options, the importance of exercise, nutrition supplements and appetite suppressants. During the first office visit, a few blood tests are performed and a personalized plan is created for each patient that outlines how many calories, carbohydrates and proteins to have daily and how to divide them throughout the day.

“Everybody is different and unique, so the number of carbohydrates each person should have varies,” Dr. Geamanu says. “We’re offering an individualized diet prescription that helps patients make a positive, permanent lifestyle change.”

Swedish Weight-Loss Services at Edmonds is in partnership with nutrition and diabetic education services at Swedish/Edmonds and with Swedish Weight Loss Services at First Hill led by Richard Lindquist, M.D.

“We’d like to thank Dr. Lindquist and Swedish/Edmonds administrators,” says Cory. “This team was instrumental in bringing the weight-loss program to the Swedish/Edmonds campus and to the community.”

Physicians with patients who have obesity-related co-morbidities may refer patients to Swedish Weight-Loss Services at Edmonds by calling 425-673-DIET (3438) to set up an appointment with Dr. Geamanu and request an enrollment packet. Self-referrals from patients who do not have an obesity-related co-morbidity are also accepted. Patients with questions about whether the weight-loss program is covered by health insurance may contact their health insurance provider to ask about coverage for medical nutrition therapy. Swedish/Edmonds employees are eligible for a 10 percent discount off the cost of nutrition supplements sold with the weight-loss program. Employees do not need to be enrolled in the program to receive the discount.

New Hospitalist (continued from page 2)

opportunity to work with physicians at Swedish. He’s looking forward to being a part of the Swedish family.

“The sign of a great place is that when you come to work you feel happy about it,” he says. “And when you leave work, you’re happy that tomorrow’s another day and that you’ve accomplished something that you can feel good about.”

When not practicing medicine, Dr. Yunusov enjoys hiking, bicycling, canoeing, fishing, camping and reading lots of books. He also enjoys spending time with his family and is very proud of his two children – a son who’s a student at the University of Washington and a daughter who’s in high school.

Create Your Swedish Web Profile

All active Swedish/Edmonds physicians are eligible to create a physician web profile at www.swedish.org. Follow the steps below to create your profile today and attract new patients.

Go to www.swedish.org/physician or www.swedish.org/CMSDesk and enter your user name and temporary password:

- User name: Firstname.Lastname
- Password: Lastname (case sensitive)

It’s recommended that physicians provide their login information to clinic managers to maintain office information on profiles such as office hours, address/phone changes, etc.

If You Need Help

Please contact Spencer Vaden, Swedish/Edmonds Physician Relations at 425-640-4603 or spencer.vaden@swedish.org.
WELCOME New Swedish/Edmonds Medical Staff – June

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Mitchell D. Cahn, M. D.</td>
<td>The PolyClinic Edmonds</td>
<td>Vascular Surgery</td>
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<tr>
<td>Kelley I. Chuang, M.D.</td>
<td>Swedish Colon and Rectal Clinic</td>
<td>Colon/Rectal Surgery</td>
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</tbody>
</table>

To Admit a Patient to Swedish/Edmonds, Call 425-640-4444

For Medical Staff information on the web, visit: www.swedish.org/EdmondsMedicalStaff