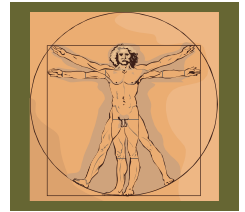


BELLEVUE MEDICAL PARTNERS PLLC

Summer 2009



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Cardiovascular Detection

Cardiovascular Disease remains the number 1 killer of men and women in the United States. For all of the media awareness and fund raising aimed at different diseases such as breast cancer, the fact is that 1 in 30 women will die from breast cancer while 1 in 2.5 will die of cardiovascular disease. These staggering numbers don't belittle the importance of pushing

for better treatments and cures for other diseases, but if we're really going help people live a long high quality life we better increase our focus on the cardiovascular system and the metabolism underlying it.

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In past newsletters, we've discussed blood pressure, diabetes and different aspects of cholesterol metabolism and how to measure it. Most of you know that Drs. Williams and Kaner are much more aggressive than the national guidelines and many other providers in the medical community when it comes to controlling these disorders. This is based on the belief that these metabolic and medical disorders are the building blocks of vascular pathology. In the past we have used the heart scan (EBT) to document if there is evidence of disease. We now have a new tool that can give us an early warning that a person is developing disease: Carotid Intimal Media Thickness (CIMT).

The EBT heart scan looks at plaque that has formed in the coronary vessel wall and can give us a clue about impending disaster long before there are any symptoms. It is most useful in people over age 55. CIMT is an advanced Doppler (sound wave) technology that looks at the tissue layers in the carotid artery- the main artery in your neck- and can detect early soft plaque before it hardens and while we can still do something to prevent progression to hard plaque. This is different than the standard Carotid Doppler studies that look at hardened plaque protruding into the lumen of the vessel. The data is compared to standards that allow for a "vascular age" to be determined. The study is very reproducible and can be rechecked over time to see if lifestyle and/or medication is having an impact on the rate and amount of plaque formation.

CIMT is an exciting tool that we hope to use to help prevent vascular disease. Its cost is usually covered by insurance. As always, our goal is to evaluate new technology and treatment and present those tools we feel are of value to our patients. In that spirit, we will be arranging for CIMT to be available to patients through our clinic at our cost. The company does not have a fixed location where the study is done and instead comes into the clinic when we have a group of 15 or more patients. Patients write a check for the study, anticipated to be about \$150, and can then submit the receipt to their insurance for reimbursement. Results are back in a few days and Dr. Williams or Kaner will then consult with you about treatment plans. If you have cardiovascular risk factors such as high blood pressure, Diabetes, high cholesterol, any tobacco use or family history and are either interested in the effects of therapy or deciding whether to pursue therapy, CIMT may be a very useful piece of information. Please feel free to discuss this with us to determine if this is an appropriate test to pursue.

* Testing is scheduled for Monday, July 13th from 1:30 to 4:30. Please call if you are interested in having this done.

Laboratory Requirements



Answers to common questions regarding blood work:

Fasting lab: In general, fasting lab refers to a 12 hour fast. Most of the time, not eating after dinner will work for AM fasting labs

Prostate Specific Antigen (PSA): Sexual activity should be avoided for 48 hours before a PSA test since activity within this time frame can result in an artificially elevated result.

Changes in thyroid medications take at least 6 weeks to level off; therefore, TSH and other thyroid tests are usually checked 6-8 weeks after dose adjustment.

Lipids can be checked fasting or 2 hrs after eating. We will let you know if fasting is required.

Lipid lowering medications have a rapid impact and then level off after 4-6 weeks. We can check lipid levels as early as 4-6 weeks after a dose adjustment. However, since liver function should be checked about 8 weeks after adjustment, we will usually wait and update lipids and liver at the 2 month mark. Thereafter, blood work should be checked every 6 months.

Office News

Dr. Williams' oldest daughter, Lara, is expecting a baby boy in late August. This will be his first grandchild!



Ali, (also Dr. Williams daughter), had a beautiful wedding ceremony in Maui.

Dr. Kaner's youngest son, Daniel, graduated from Skyline High School.



New addition - Healthy eating!

This summer we are featuring a delicious breakfast smoothie which has been proven to significantly decrease cholesterol levels.

Smoothie:

1 Promise Active Supershot (in yogurt section of supermarket)

$\frac{1}{4}$ c blueberries

2t fiber (i.e. Fibersure, Benefiber)

1 pkt. CorOmega Fish Oil

1 serving nonfat yogurt

1 scoop whey protein

Ice

-Blend



Richard E. Collins M.D., The Cooking Cardiologist
South Denver Cardiologists Associates.

Help Support the MS Society

Karen will once again be riding the MS150.

This ride is a fundraiser for the National MS Society. If you would like to make a tax deductible donation and help support Karen's endeavor, please click on the link:

http://main.nationalmssociety.org/site/TR/Bike/WASBikeEvents?px=2228903&pg=personal&fr_id=10180. You may also send a check made out to the MS Society to the office.

If you would like to join Karen for the ride please let her know, she would love to have a few riding partners!



People and Places

Dr. Williams will be out July 13-20, & sometime late August (for arrival of grandson).

Ali will be out July 13-20

Karen will be out Aug. 24-28.

Contact us:

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*NOT TO BE USED FOR URGENT OR TIME SENSITIVE MATTERS.