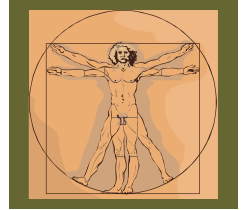


BELLEVUE MEDICAL PARTNERS PLLC

Summer 2010



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Update on Proton Pump Inhibitors (PPI's)

PPI's include Prilosec, Protonix, Aciphex, Prevacid, Nexium and a few others. These drugs, which block stomach acid production have been in the news lately

due to some drug-drug interactions. Plavix is an anti-platelet agent that is more potent than aspirin and used in patients that have peripheral vascular disease, aspirin failure in stroke prevention, patients who have received arterial stents and sometimes in patients who are not eligible for Coumadin therapy. In patients taking PPI's, the effectiveness of Plavix can be attenuated and as a result it is now recommended in most cases to change the acid-blocking medicine to a different class or in some cases increase the dose of Plavix to overcome the interaction. The other effect of PPI's is upon elements that rely upon stomach acid for absorption. The main 3 nutrients affected by acid blockade are iron, calcium and Vitamin B12. Patients chronically taking a PPI may be at risk for deficiency of one or more of these. Anemia, fatigue and an increased fracture risk are amongst the complications. At Bellevue Medical Partners, we make a point of monitoring these potential interactions. In addition routine blood work and DEXA screening help identify any problems. We feel strongly that patients need to be exposed to this information to help advocate for themselves and participate in the partnership that results in better health.

INSIDE THIS ISSUE:

PPI's, Vaccines	1
Healthy Eating	2
Introducing Sarah North	2
Office News	2
MS 150	2
People and Places	2

Vaccines:

Zostavax

We have previously discussed this vaccine but want to mention it again. Zostavax is aimed at preventing shingles, which is a reactivation of the chickenpox virus that most of us either had as a child or were vaccinated at a young age. Shingles is a very uncomfortable eruption that lasts several weeks to months but eventually resolves. Of more concern is Post-Herpetic Neuralgia which is a pain syndrome that persists long after the rash has resolved and can vary from mild to intensely severe. While this is fortunately infrequent, we've actually had a couple of cases in the last few months. Those patients have lobbied heavily to have us remind you that you should do whatever you can to avoid their fate. The vaccine is indicated for people over age 60 and is given at several of the local pharmacies. Due to very precise needs for refrigeration and handling, we are not able to offer the vaccine at the clinic. It costs about \$250 with varying coverage by insurance. One dose is all that's needed and no serious complications have been reported.

Meningococcal Vaccine

This vaccine is important for those who'll be living in a dormitory-like situation. The most common scenario is someone going off to college and living in the Greek system or college dorms. One vaccine is sufficient to cover the college experience. Usually, the vaccine is not necessary for the more common apartment living. For those patients heading off to a college experience, this is a vaccine to consider before leaving home.

Introducing Sarah North

Many of you may have already had the pleasure of meeting or speaking with Sarah. She is the new smiling face at the front desk while Ali is on maternity leave. Having graduated from Western Wa. University last year, she is taking this year off while applying to medical school. Welcome Sarah!



We have recently instituted a medically supervised diet program in our office. We've found it to be highly successful not only for weight loss, but also in lowering blood sugar, cholesterol levels and blood pressure. If you would like more information, please contact Karen.

Karen is once again doing her annual MS 150 bike ride. The ride takes place in Mount Vernon on Sept. 11-12 and is a fundraiser for the National Multiple Sclerosis Society. If you would like to make a tax deductible donation and help support Karen's endeavor, please log on to <http://bikewas.nationalmssociety.org>. Click on "Find a Rider", then type in Karen Anderson. You may also send a check to the office payable to the MS Society.



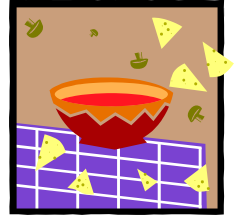
If you are interested in riding along please contact Karen. Note that you do not have to ride the full 150 miles. The shortest route is around 20 miles.

Office News!

Quincy Williams Goldsmith was born on May 24th! He weighed in at 7lb 9oz and is perfect in every way. The family is doing great and Murray is adjusting to the change in his status. Ali is enjoying the summer at home, then will return to the office in September.

Healthy eating!Citrus Salsa

4 Roma red, ripe tomatoes
2 lg oranges, peeled and diced
1 lg Vidalia onion, chopped
2 lg jalapenos, seeded & minced.
2 T lime juice
1/4c fresh orange juice
3 1-oz. Splenda packets
1 T fresh cilantro, chopped
1 t salt (optional)
Baked tortilla chips.



Blanch tomatoes for 30 seconds, then rinse, peel, remove seeds and chop. Place all ingred. in lg. bowl and mix thoroughly. Allow to stand at room temp. for 1 hr. Mix and serve. Refrigerate any unused salsa.

Also excellent on top of grilled chicken or fish.

5 servings of 65 cal. Total fat 0g, Total carb. 16g, Sugar 12g, Protein 2g.

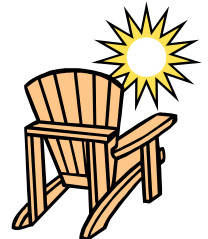
Richard Collins M.D., The Cooking Cardiologist
South Denver Cardiology Associates.

People and Places

Dr. Williams will be out July 29, 30

Dr. Kaner will be out Aug. 9th.

Ali will be out June-August.



Happy Summer!

Contact us:

If you wish to contact the doctors for non-emergent issues, please use the following:

Dr. Kaner:

DrKaner@BellevueMedicalPartners.com

Dr. Williams:

DrWilliams@BellevueMedicalPartners.com

For billing information contact:

Ali@BellevueMedicalPartners.com

For nursing issues contact:

Karen@BellevueMedicalPartners.com

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