



## Colleagues Connect

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### The Polyclinic and Swedish Open First Hill Surgery Center

The Polyclinic and Swedish Medical Center opened the First Hill Surgery Center on November 7, 2016. Located at 1101 Madison St., Suite 200, the First Hill Surgery Center is an ambulatory surgery facility in the heart of Seattle's First Hill medical community and is the largest independent outpatient surgery center in the Pacific Northwest.



**A Joint Venture Between The Polyclinic and Swedish**  
The First Hill Surgery Center is a joint venture between The Polyclinic and Swedish Medical Center and is being managed by The Polyclinic. The 36,000-square-foot facility features 12 operating rooms—including 2 dedicated to eye surgery—and 32 postoperative rooms with more than 75 surgery staff. The facility provides access to surgeons at The Polyclinic, Swedish Medical Center, and across the region to perform outpatient procedures in a highly efficient environment.

**Advantages for Patients and Surgeons**

"By designing the new facility from the ground up, we were able to combine our goals for patient safety, comfort, convenience and streamlined provider access," said Steven Counter MD, chief of surgery at The Polyclinic and medical director of the First Hill

Surgery Center. "Surgeons will appreciate the ability to optimize their schedules—reducing downtime between surgeries—and patients will appreciate the convenient location, modern amenities, and facility fees that are lower than a hospital setting."

The First Hill Surgery Center accommodates a wide range of surgical specialties including breast surgery, ENT surgery, eye surgery, general surgery, orthopedic surgery, plastic surgery, and others. The facility will replace The Polyclinic's existing outpatient surgery center at its Broadway location where approximately 4,000 surgeries are performed each year.

Visit [www.firsthillsurgerycenter.com](http://www.firsthillsurgerycenter.com) or call **206.320.7750** for more information about the First Hill Surgery Center.

### New Polyclinic Specialty Physicians



**Tiffany M. Bridges, MD - Pulmonary Medicine**

**Location:** The Polyclinic Madison Center  
**Phone:** 206.860.5579

**Board Certification:** American Board of Internal Medicine, Subspecialty Board of Critical Care Medicine; Subspecialty Board of Pulmonary Medicine.



**Theresa L. Nilson, MD - Nephrology**

**Location:** Dr. Nilson's practice is limited to inpatient nephrology care.

**Board Certification:** American Board of Internal Medicine



**Jasmin Dhesi, OD - Optometry**

**Location:** The Polyclinic Madison Center  
**Phone:** 206.323.3937

**Board Certification:** National Board of Examiners in Optometry



**Stephen Kornbluth, PT, DPT - Physical Therapy**

**Location:** The Polyclinic Downtown  
**Phone:** 206.860.2210

## Benefits of a Free-Standing Outpatient Surgery Center

by Steven Counter, MD

### Lower Cost Than Hospital-Based Surgery Centers

The Polyclinic surgical group is uniquely qualified to see patients and complete their operations in an ambulatory surgery setting (previously The Polyclinic ASC, now in the new First Hill Surgery Center). The ability to complete most hernia, gallbladder and even appendicitis cases in an ambulatory setting leverages the lower-cost platform of the surgery center, utilizes laparoscopic surgery in most cases, and allows patients to avoid the high cost of the hospital and potential longer and more painful recovery associated with open surgery.

### Surgeons Focused on Outpatient Surgery

While many surgeons in the community offer laparoscopic surgery, most of their patients, if not

all, will end up in a hospital-based outpatient surgery department which is unable to offer the lower cost of care unique to a free-standing surgery center. Our surgeons were the first, and are still some of the few offering laparoscopic cholecystectomy in a free-standing surgery center with a proven record of safety.

### Quick Access to Surgeons and ORs

The Polyclinic General Surgery group consisting of Steven Counter, MD; Juan de la Ossa, MD; Clayton Hackerman, MD; Mikki Seagren, DO; and Brad Coon, PA-C, see patients at three locations: Broadway, Ballard, and Northgate Meridian. In the past several years, as our general surgery specialty has moved away from vascular and thoracic surgeries, it has embraced ambulatory outpatient surgery. Our multiple locations also afford us the opportunity to see patients within one to two days of calling and schedule within two weeks of being seen for elective surgery.

## Balloon Sinuplasty: A Proven Treatment Option for Sinusitis

by M.C. Chen, MD

Balloon Sinuplasty™ is a breakthrough procedure designed to relieve the pain and pressure associated with chronic sinusitis and recurring acute sinusitis. Balloon Sinuplasty safely and effectively treats sinusitis patients who are not responding well to medications, such as antibiotics, nasal steroids, or over-the-counter (OTC) drugs, and are seeking relief from uncomfortable and sometimes painful sinusitis symptoms. Since receiving FDA clearance in 2005, more than 500,000 patients have received Balloon Sinuplasty treatment.

In Balloon Sinuplasty, a specially designed catheter is inserted into the nose to reach the affected sinus cavity. A small balloon is advanced over the guidewire and slowly inflated, which widens and restructures the walls of the sinus passage, helping

to drain retained mucous or mucopus from the blocked sinus and restore normal sinus drainage without cutting soft tissue or removing bony tissue. This approach also preserves the natural structure of the sinuses.

### Published clinical data shows that Balloon Sinuplasty provides symptom relief for many patients.

#### In the operating room:

- A multi-center study of 1,036 patients who had Balloon Sinuplasty reported that sinus symptoms improved in 95% of patients and an average follow-up of nine months.
- Another multi-center study followed 65 patients who had Balloon Sinuplasty and reported clinically and statistically significant improvement in patient's symptoms over two years.

## Balloon Sinuplasty...continued

#### In the office:

- 95% of patients who have had Balloon Sinuplasty say they would have it again.

Balloon Sinuplasty is performed under general anesthesia in an outpatient setting; however, some surgeons are choosing to treat certain patients in their office under local anesthesia. The reported complication rate for Balloon Sinuplasty is low.

#### Patient benefits include:

- Less pain than traditional sinus surgery
- Same-day recovery
- Lower out-of-pocket cost (most insurance companies and Medicare cover the procedure)
- Select patients may be able to avoid general anesthesia
- Preserve traditional endoscopic sinus surgical option

If your patients are suffering from chronic sinusitis and have not found adequate relief from medical therapy, they may be candidates for Balloon Sinuplasty. My partners, Drs. Dewayne Bradley and Felix Chu, and I all perform the procedure in an ambulatory surgery setting, and hope to offer it to select patients in our office under local anesthesia in the future. I welcome the opportunity to work with you in treating these patients. If you have any questions or would like to discuss this information further, please contact our office at **206.860.2384**.



**Dr. Chen** is board certified in Otolaryngology and located at The Polyclinic Madison Center.

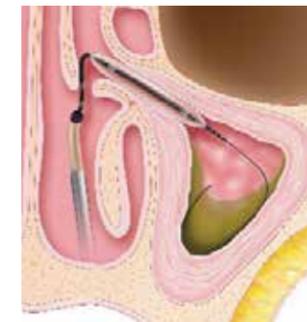
#### Illustration:

#### Balloon Sinuplasty opens blocked left maxillary sinus cavities in four easy steps:

- 1) A guidewire and balloon catheter are inserted into the inflamed sinus.
- 2) The balloon is inflated to expand the sinus opening.
- 3) Saline irrigation is introduced into the infected sinus cavity to flush out pus and mucopus.
- 4) The system is removed, leaving the sinus drainage pathways open.



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