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The Polyclinic Opens New Location at Northgate Plaza, Expands Downtown

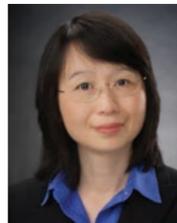
The Polyclinic Northgate Meridian location now offers these specialties:

- Allergy & Asthma
- Anti-Coagulation Clinic
- Breast Clinic
- Breast Surgery
- Cardiology
- Colon & Rectal Surgery
- Dermatology
- Endocrinology
- ENT (Otolaryngology)
- Gastroenterology
- General Surgery
- Glaucoma Consultants Northwest at The Polyclinic
- Hereditary Cancer Risk Clinic
- Internal Medicine
- Nephrology
- Neurology
- Obstetrics & Gynecology
- Ophthalmology
- Optometry
- Orthopedics/Spine Surgery
- Physical Medicine & Rehabilitation
- Plastic Surgery

New Polyclinic Specialty Physicians



Karen E. Bhaskar - Ophthalmology
Location: The Polyclinic Northgate Meridian; The Polyclinic Madison Center
Phone: 206.860.4550
Board Certification: American Board of Ophthalmology



Sherry Hu, MD, PhD - Oncology & Hematology
Location: The Polyclinic Madison Center
Phone: 206.860.5577
Board Certification: American Board of Internal Medicine; American Board of Hematology; American Board of Medical Oncology



Jeffrey Kennedy, MD - Glaucoma Consultants Northwest at The Polyclinic
Location: The Polyclinic Broadway; The Polyclinic Northgate Meridian
Phone: 206.682.3347
Board Certification: American Board of Ophthalmology, Board-eligible



Ross Moskowitz, MD - Urology
Location: The Polyclinic Northgate Meridian; The Polyclinic Madison Center
Phone: 206.528.4944
Board Certification: American Board of Urology



Tal Gazitt, MD, MSc - Rheumatology
Location: The Polyclinic Madison Center; The Polyclinic Northgate Meridian
Phone: 206.860.5580
Board Certification: American Board of Internal Medicine; American Board of Internal Medicine-Rheumatology Subspecialty Board



Meghan Nadeau, MD - Plastic Surgery
Location: The Polyclinic Plastic Surgery at Nordstrom Tower; The Polyclinic Northgate Meridian
Phone: 206.860.4692
Board Certification: American Board of Plastic Surgery

Steady growth has been a constant in our nearly 100-year history, and that trend continues in 2016. In June, we opened a new clinic location just south of Northgate Mall: The Polyclinic Northgate Plaza at 9709 3rd Ave. NE – 2nd floor, Seattle, WA 98115. The completely redesigned and renovated second-floor office space features:

- Upgraded exam and treatment space designed for efficient patient care and flow
- Primary care with onsite lab services
- Additional onsite services coming in 2017: diagnostic imaging and specialty physicians
- Central and convenient location near the Northgate Mall and Transit Center (and future light rail stop)
- Larger space for future growth
- Free patient parking

For the next year, The Polyclinic will operate three Northgate facilities. The Polyclinic Northgate Plaza, The Polyclinic Northgate Meridian located at 11011 Meridian Ave. N, Suite 200 Seattle, WA 98133 and The Polyclinic Northgate Annex (physical therapy services) at 10700 Meridian Ave. N, Suite 105, Seattle, WA 98133.

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**NEW LOCATION AT NORTHGATE PLAZA,
DOWNTOWN EXPANSION continued...**

- Podiatry
- Rheumatology
- Sleep Medicine
- Sports Medicine
- Urology

In 2017, The Polyclinic will move all physicians out of Northgate Meridian and into Northgate Plaza.

The Polyclinic Downtown in the Medical Dental Building, has also seen some recent expansion and remodeling. Dermatology and Physical Therapy have moved into the newly redesigned Suite 200 on the 2nd floor of our downtown location. The physical therapy office is equipped with a spacious, state-of-the-art gym where therapists work one-on-one with patients.

Family Medicine providers and specialists continue seeing patients on the 9th floor where we've added X-ray services.



The Polyclinic Northgate Plaza

Hereditary Cancer Risk Clinic

This year, we launched The Polyclinic Hereditary Cancer Risk Clinic to help individuals and families determine if they are genetically predisposed to various types of cancer, specifically:

- Breast Cancer
- Ovarian Cancer
- Colon Cancer
- Uterine Cancer

Our nurse practitioner Rachel Gorham, WHNP-BC, staffs the clinic and works with patients along with their primary care physician and Polyclinic specialists. Our team explains the benefits and consequences of genetic testing, works with a certified lab to conduct genetic tests, and helps interpret and explain the results. (Patients with complex genetics may be referred to a genetic counselor for further consultation.)

Afterwards, we design a care plan for patients that may include options for prevention, surveillance and/or treatment.

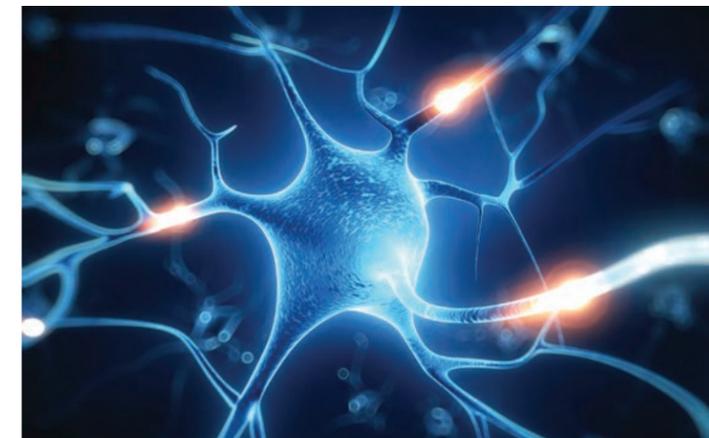
Our goal is to help patients identify and understand any genetic risk early in an encouraging, supportive environment. The Hereditary Cancer Risk Clinic is located at The Polyclinic Madison Center; for more information, please call **206.860.5586**.



Neurology and Electrodiagnostic Medicine

By: Jack Stigler, DO

As a neurologist for 27 years, I see patients with a wide range of conditions including headaches/migraines, multiple sclerosis, Parkinson's disease, epilepsy, amyotrophic lateral sclerosis (ALS) and other neuromuscular disorders. When patients are experiencing numbness, tingling, weakness, cramps or a combination of these symptoms I rely on Electrodiagnostic Testing (EDX) to assess nerve and muscle function to help pinpoint a diagnosis. EDX test results can help differentiate a neuromuscular condition from one originating in the central nervous system or spinal cord. Conditions commonly diagnosed with EDX include carpal tunnel syndrome, ulnar neuropathy, peripheral neuropathy, and radiculopathy. This test is pivotal for less common conditions like Amyotrophic Lateral Sclerosis (ALS).



EDX is a complex test to administer and interpret. Testing can take anywhere from 20 to 120 minutes to perform. When used in combination with a patient history and a physical exam, EDX helps provide the full picture to help ensure the most accurate diagnosis. Many patients say how much they appreciate this full workup and evaluation.

Two Types of Electrodiagnostic Tests

1. A **nerve conduction test** assesses nerve health and function such as weakness, cramps, pain, numbness or tingling. In this test, an electrode is taped onto the skin over the nerves. A stimulator is then used to stimulate the nerve to send an impulse which is recorded by the electrode. We compare the response to normal values.
2. **Electromyography (EMG)** assesses muscle and motor nerve function/health. In this test, a needle is inserted into the muscles and the electrical activity of the muscle is measured at rest and when contracted. The test picks up the electrical discharges of muscle activation and does not insert an electrical charge as many people believe. The test can be uncomfortable. However, most patients tolerate the test when informed of the process and impact of information gathered.

If patients have unexplained or abnormal numbness, loss of sensation, tingling, pain, burning and/or muscle fatigue or weakness, electrodiagnostic testing may be appropriate. I welcome your referrals and am available for consultation. Patients do not need prior imaging before a referral.



Dr. Stigler is board certified in neurology and electrodiagnostic medicine. He joined The Polyclinic Neurology Department and can be reached at **206.860.5576**.