

Evergreen Healthcare's commitment to provide services outside the walls of our hospital is unique on the Eastside and contributes significantly to the health and well-being of our community. In this continuing series, we highlight some of the programs made possible by your levy support.

A Regional Resource For Parkinson's Disease

Parkinson's disease is second only to Alzheimer's as the most common neurodegenerative disorder. Accurate diagnosis is the first step to effective treatment of the symptoms of Parkinson's, and the staff at the Booth Gardner Parkinson's Care Center are experts in recognizing Parkinson's and managing the disease.

People with Parkinson's can experience a variety of complex and often confusing symptoms, ranging from poor balance to memory loss. "Clinical expertise in managing the full range of Parkinson's symptoms can make the difference between disability and leading a fuller, more independent life," says movement disorders specialist Alida Griffith, MD. "Our goal is to substantially improve the quality of life for Parkinson's patients and their families."

The Center provides a comprehensive approach to treatment, which includes physician consultation, speech and occupational therapy, physical therapy, neuropsychology, education, counseling and nutritional guidance. "We have excellent coordination between the different specialties, which improves patient care," Dr. Griffith explains. "Patients appreciate the convenience of having all these services under one roof."

Patients may self-refer, though many are referred by a primary care physician or neurologist. Patients may use the Center as their main source of treatment or as a supplemental resource. For those who live out of state or too far to visit often, the staff will provide a customized treatment plan to take home.



Alida Griffith, MD is a fellowship-trained movement disorders specialist.

On-going community education classes, seminars and support groups provide the latest information on treatment options, assistive devices and strategies for living life as normal as possible. Counseling and support is also available for the caregiver, to help them avoid isolation and keep the inner strength and determination needed to carefully balance the new demands that lie ahead.

The Center is involved in a number of clinical trials aimed at improving understanding – and treatment – of Parkinson's disease. One study, with the University of Washington, is examining the genetic determinants of Parkinson's. "Not only are we providing the best treatment for patients with Parkinson's," says Dr. Griffith, "but we're paving the way for new therapies."

For more information, call the Booth Gardner Parkinson's Care Center at 425.899.3123 or visit our Web site at www.evergreenhealthcare.org.

ABOUT THE EVERGREEN LEVY

About 3.6 percent – roughly \$13.4 million – of Evergreen Healthcare's annual operating budget comes from the levy money paid to King County Public Hospital District No. 2. Some of this money is used to pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs of the area we serve. The taxation rate for 2005 is \$.33 per thousand, or \$83 for a \$250,000 home.



Did you know?

Healthline is a free community service of Evergreen Healthcare. We're available 24/7 to help you:

- Find a physician
- Register for health education classes
- Talk to a nurse about a health concern

Call the Healthline at **425.899.3000.**