

Heartbeats

2026

Healing with Heart

Back on the trail:

How knee replacement
helped Chad Sage reclaim
his active lifestyle

Provider Spotlight

Introducing 5 New Providers

Gala of Hope

Island Health Foundation



ISLAND HEALTH
Care Courageously™



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When the Right Care Makes All the Difference



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HEALTHY RECIPE

Golden Beet Risotto

Heart-healthy ingredients meet classic comfort food

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On the Cover: Island Orthopedics patient, Chad Sage, reclaimed his active lifestyle following a knee replacement surgery. Read more about him on page 15.

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Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 360.299.1300.

Momentum *for the Future*

Island Health is transforming local healthcare. With the support of our community and the passage of last year's levy, we have expanded critical services—including robotic surgery, orthopedics, gastroenterology and nephrology—to better serve our region. We entered 2026 with strong momentum, advancing key projects and initiatives that strengthen access to care and ensure our teams have the tools, equipment and facilities needed to deliver the highest-quality care to the communities we serve.

In this issue of Heartbeats, you will read about the exciting services, providers and projects that our team is working diligently to provide for our community. Here are just a few highlights:

- We are **expanding access** to additional services, including enhanced cardiology care, to better meet the evolving needs of our community.
- We have welcomed several **new providers** across various departments including gastroenterology, nephrology, primary care, psychiatry and general surgery, and recruitment is currently underway for additional providers this year.
- Our team has worked hard to **improve patient experiences**, so you can rest assured that you will receive timely, high-quality care when you need it most.
- We're building on a strong foundation with **facility and equipment upgrades** underway and **technology enhancements** across many platforms—elevating the exceptional care we provide to you and your loved ones.

Discover more details throughout this issue. The support of the community and your commitment to local healthcare has made these projects, and more, possible. By continuing to invest in people, technology and facilities, we proudly serve the heart of our community—today and for generations to come.

Thank you for your continued support of your public hospital district.

Elise Cutter, MBA
Chief Executive Officer
Island Health



Supporting the Health of Our Community

I am honored to serve on our community-elected Board of Commissioners at Island Health, a public hospital district. Our job is to set the strategy and govern the organization, ensuring open communication about the health and well-being of our community. In December, Island Health Commissioners reviewed the results of its 2025-2027 Community Health Needs Assessment (CHNA) and approved three healthcare priorities to focus on over the next three years. The CHNA outlined several health priorities affecting residents across Island Health's hospital district, as well as our primary service area, which includes the communities in western Skagit County, as well as those in the San Juan Islands and on north Whidbey Island.

The key health priorities approved by the Commissioners include: access to care, healthcare services for seniors, and care coordination through data sharing and electronic records. The assessment reflects extensive input from community members, public health experts and local organizations, and it will guide Island Health's strategic health initiatives over the next three years.

The key priorities identified by our community are well aligned with our strategic plan, which means the Commissioners and leadership team have hit the ground running to implement strategies and projects to best meet the healthcare needs of our community. You can read more about these exciting projects—thanks to community support—throughout this issue of Heartbeats.

Based on the CHNA findings, Island Health will develop and implement a Community Health Improvement Plan outlining specific strategies, programs and partnerships to address the identified priorities. These efforts will include continued growth of access to services that align with our community's demographics, enhanced care coordination with external healthcare organizations, and continued updates to the content and functionality within the patient portal.

Improving community health starts with understanding and responding to our patients' most critical needs. By following the CHNA and executing our strategic plan, we reaffirm our purpose to be the best healthcare partner for the communities we serve.

The full Community Health Needs Assessment is available at islandhealth.org/public-documents.

On behalf of the Board of Commissioners, thank you for your continued support of Island Health.



Lynne M. Lang, PhD
President
Island Health Board of Commissioners



Photo courtesy of Denis Law



Chief Nursing Officer Jennifer Graham, MN, RN, CENP, and Chief Information Officer Galina Gandy, MBA, will lead the modernization of 25 inpatient rooms in 2026.

Putting People at the Heart of Healthcare Innovation

In many hospitals, innovation is often discussed in terms of new devices and software upgrades. The most meaningful transformations happen, however, when clinical insight and technology align around a single purpose—to provide the best patient experience. That alignment is visible between Island Health Chief Information Officer (CIO) Galina Gandy and Chief Nursing Officer (CNO) Jennifer Graham, as they work to lead Island Health and design patient and staff experiences that are enhanced by technology.

One of the key projects that Gandy and Graham are spearheading this year is the modernization and renovation of 25 inpatient rooms. Designed with people at the heart of it, this project blends comfort, safety and smart technology to support our care teams and enhance the experience of patients and their families. Turn to page 27 to learn more about this exciting project, funded in part by the Island Health Foundation.

Another recent collaboration between Gandy and Graham was the modernization of the Birth Center's IT systems to increase efficiency, improving nursing and provider satisfaction. Gandy and Graham also partnered to streamline patient care in Surgical Services for cardiac monitoring and telemetry by introducing new, automated technology.

The pair are excited to expand similar technology throughout the organization in 2026 to enhance the clinical and patient experience.

“Our work is all about creating the best healthcare environment, where compassionate care comes first and technology helps make it possible,” explains Graham. “Partnering with Galina on these important projects allows us to better support our care teams and deliver the highest level of care to patients and their families.”

With vision, collaboration and heart, Gandy and Graham are building the future of rural healthcare—right here, where it matters most.

Primary Care

Island Primary Care – 24th Street | 360.293.3101

Island Primary Care – 24th Street provides comprehensive family, internal and nephrology services for patients of all ages, offering personalized, preventive and ongoing care for both common and complex health needs. Our multi-disciplinary team combines modern technology with individualized attention to support patients and families through every stage of life.



Kay-Kay Gambs, MD
Family Medicine Physician

Medical School: Loma Linda University

As a family medicine provider, Dr. Gambs enjoys the variety that comes with treating patients across their lifespan. She is especially passionate about preventive medicine and patient education, empowering patients to take an active role in their health.

Q: What is your philosophy of care?

A: My goal is to tailor care to support each patient's individual circumstances and work together to create a care plan that supports their unique goals and lifestyle. One of the things I love most about my job is forming long-term relationships and being part of someone's health journey over time.

"I believe the best care comes from building strong partnerships with patients."

HEALTH TIP

A Body in Motion

Make movement easier by shaping your environment—park farther away, keep workout gear visible and reduce barriers that keep you sedentary. Stay motivated by knowing *why* you want to move and by recruiting a friend to help with accountability and encouragement.



Jimmy Thomas, MD
Nephrologist

Medical School: Topiwala National Medical College

Fellowship: University of Washington, Lokmanya Tilak Memorial Medical College

As a nephrologist, Dr. Thomas diagnoses and treats kidney-related conditions, such as chronic kidney disease, kidney stones, high blood pressure, electrolyte imbalances and kidney failure.

Q: How do you like to spend your time when not seeing patients?

A: My wife, daughters and I enjoy being active outside, hiking and biking. I'm a regular CrossFit participant and I've completed the Half Ironman six times. I also enjoy reading on whatever topic piques my interest.

If you believe Dr. Thomas may be right for you, talk with your primary care provider about a referral.

"It's important to me that my patients fully understand their medical situation, so they can make better medical and lifestyle choices."

HEALTH TIP

Protect Your Body's Filters

Best practices for healthy kidneys include staying hydrated, managing blood pressure and blood sugar, staying active with regular exercise and getting regular check-ups with your provider.

Island Surgeons

Island Surgeons | 360.293.5142

Island Surgeons provides comprehensive surgical care using advanced, state-of-the-art techniques while prioritizing each patient's physical and mental well-being. Our team of highly trained specialists offers a wide range of minimally invasive procedures—including laparoscopic and robotic surgery—designed to support faster recovery, reduce scarring and postoperative pain, and minimize the risk of infection.



Dempsie Morrison, DO
Gastroenterologist

Medical School: Lake Erie College of Osteopathic Medicine

Fellowship: Millcreek Community Hospital

Dr. Morrison treats a broad range of general gastrointestinal conditions. He performs EGD (upper endoscopy), colonoscopy (lower endoscopy) and capsule endoscopy (small bowel). His areas of expertise include disorders of the esophagus, stomach, small bowel, colon, liver and pancreas. Common conditions he treats include Crohn's, reflux, irritable bowel syndrome (IBS), hepatitis, pancreatitis, inflammatory bowel disease (IBD), ulcers and many others.

Q: How do you like to spend your time when not seeing patients?

A: In my spare time, I enjoy being in the outdoors—hiking, fishing, kayaking and playing soccer. I also love learning new things around technology and computers.

45 or over? It's time to take action.

Schedule your screening colonoscopy assessment today. According to the American Cancer Society, early screening can reduce the incidence of colon cancer by as much as 88%.

"I enjoy being able to help my patients with their acute and chronic medical conditions so they can experience better health and vitality."



Brad Watkins, MD
General Surgeon

Medical School: University of Louisville

Dr. Watkins provides care for issues involving the abdomen (gallbladder, appendix, hernias, stomach, intestines), skin and soft tissues, and trauma or emergency surgery. His broad expertise helps ensure patients receive comprehensive care close to home when surgery is required.

Q: What do you enjoy most about being a surgeon?

A: Surgery has the capacity to improve our health in powerful ways. My family has benefited on multiple occasions from the talent of exceptional surgeons. I've seen firsthand what they can accomplish for a patient and their family. This inspires the continual work it takes to provide the best available care for the patients we serve.

Great news for Orcas residents!

Beginning in April, Dr. Watkins will be joining Island Primary Care – Orcas monthly to consult with patients on the island.

"I enjoy watching my patients' lives improve with the surgical care I am fortunate to provide."

HEALTH TIP

Is it okay to have a bowel movement every 1-2 days?

No, that's considered severe constipation. For a healthy colon, you should have 1-2 soft stool bowel movements per day. Prolonged constipation can cause serious problems for your colon, so talk to your provider if this is a concern.

Sports & Spine

Island Sports and Spine | 360.299.4929

The Island Sports & Spine clinic specializes in restoring movement, reducing pain and helping patients return to the activities they love. A key part of our care is interventional pain management—an effective, minimally invasive approach that directly targets the source of pain. These evidence-based techniques interrupt the pain cycle by blocking the nervous system’s transmission of pain signals from nerves to the brain.



Simon Shapiro, DO
Physiatrist

Medical School: Touro University

Fellowship: Orthopedic & Spine Specialists

As an interventional spine and musculoskeletal physiatrist, Dr. Shapiro collaborates with patients to help optimize function and manage joint pain, low back pain, sciatica, and other chronic spine and musculoskeletal problems, with an emphasis on conservative and interventional techniques.

Q: What is something you’ve done in your free time that you are proud of?

A: I circumnavigated the Annapurna Himalaya in Nepal and trekked to the high-altitude saltwater lakes near Ladakh, India.

Depending upon insurance, patients can self-refer to Island Sports & Spine or request a referral from their primary care provider.

HEALTH TIP

Five to Thrive

Gentle, daily, movement-based home exercises are an important part of maintaining health as we age. Just five minutes per day can make a huge difference.

Philosopher Lao Tzu said it best, *“The journey of a thousand miles starts with a single step.”*

“My goal is to offer world-class care right here in our local community. As a physiatrist, I endeavor to meet my patients where they are and provide safe, effective treatment options to help optimize their function.”

Adventure awaits—leave pain behind.
Minimally invasive, non-surgical pain intervention

ISLAND HEALTH

Robert Billow, DO **Simon Shapiro, DO**

Physical Medicine & Physiatry
2511 M Ave, Anacortes
360.299.4929 | islandhealth.org/spine

Connected Health Records Improve Care Across Systems

Island Health is proud to be an early adopter of TEFCAs—the Trusted Exchange Framework and Common Agreement, a nationwide effort that allows safe and secure sharing of patient health information across different healthcare organizations.

Here’s what TEFCA means for you:

- Your medical history travels with you—from your primary care doctor to specialists, or even emergency rooms in other states.
- Less repetition of paperwork and tests.
- Faster, more coordinated care between providers outside of our health system.
- Safe and secure sharing between health systems.

TEFCA makes healthcare more connected, secure and convenient—especially if you see multiple providers or get care in different states. TEFCA enables Island Health to electronically send and receive patient records from outside organizations, even if they use a different Electronic Health Record (EHR) such as Epic or Cerner.

“TEFCA is a major step forward because it allows our care team to see information from patient visits at other health systems at the click of a button, which is especially helpful for patients who have more complex health conditions or who travel frequently,” explained Chief Medical Officer Jason Hogge, MD.

This data exchange works both ways. On a local level, if your primary care doctor is at Family Care Network, and you see a specialist at Island Health, your report from that visit will be sent electronically to your primary care doctor for review. In future phases, TEFCA will enable providers to see advanced patient summary views that consolidate health data from external organizations and present it in a structured, provider-friendly format, making critical information easier to find and use at point of care.

As a rural healthcare system, Island Health is focused on delivering key services that are most needed in our community and building upon existing partnerships to support higher levels of specialty care when needed. TEFCA is one important solution in sharing patient data to build a more seamless transition of care for patients in our community.



You can learn more about TEFCAs by watching this video.





Transforming the Emergency Department Patient Experience

Island Emergency Department (ED) cared for 17,628 patients last year—that’s nearly 50 patients every day. That number represents a 74% increase in patient volume since 2004, when the hospital was built, reflecting both community growth and greater demand for emergency care.

With more patients coming through the doors and wait times increasing, the challenge has been clear:

How do we deliver timely, high-quality care while reducing wait times and improving the overall patient experience?

A Focus on Flow, Safety and Speed

To meet this challenge, a multi-disciplinary team—including nurses, physicians and frontline staff—took a deep dive into how patients move through the ED, from arrival to discharge. The goal was simple and ambitious: reduce wait times to see a provider, improve patient flow and ensure the sickest patients receive care as quickly as possible.

The team worked together to streamline and standardize the initial assessment (triage), applying industry standard practices and working to improve team

communication. They revised the triage process as well as the waiting areas. One of the key measures of success of these initiatives is the total number of minutes patients wait to see a provider after registration. The goal for the team is less than 30 minutes.

After implementing these changes, the door-to-provider time averaged 22 minutes.

What Changed—and Why It Matters

Several key improvements are making a meaningful difference for patients:

Rapid Medical Evaluation and Triage

Patients are now evaluated more quickly upon arrival. Providers can place orders for lab tests and diagnostic imaging earlier in the visit, helping expedite diagnosis and treatment decisions.

A More Comfortable Experience for Lower-acuity Patients

Patients with less urgent needs may wait for test results in recliners in the new Results Lounge rather than occupying exam rooms. While waiting, patients receive comfort measures such as warm blankets and regular check-ins from ED technicians or volunteers, and care from nurses and providers.

These changes help keep care moving efficiently while improving comfort and communication throughout the visit.

“We had to visit the ED, which is always nerve-racking because wait times can be excessive. Not so at Island Health. We got right in, got the tests required to form a diagnosis, and received first-class care all around.”

—John B., ED Google Patient Review

Looking Ahead

Emergency care will always involve the unexpected—but at Island Health, continuous improvement is a priority. By rethinking workflows and focusing on patient-centered design, the ED is better equipped to serve the community today and into the future.

Island Health remains committed to delivering safe, timely and compassionate emergency care—when you need it most.

Emergency Department vs. Walk-In Clinic

Know Where to Get Care



Hospital Main Campus
Entrance off Commercial Ave. & 26th St.
360.299.1300 | islandhealth.org/ED

Immediate treatment for serious illnesses and injuries, 24/7. Call 911 for life-threatening emergencies.

- Stroke (facial "droop", slurred speech or numbness in arm, leg or face)
- Chest pain
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns
- Severe bleeding
- Severely broken bones
- Sudden blurred vision
- Difficulty breathing or shortness of breath
- Seizures
- Head injury with loss of consciousness
- Sudden dizziness or loss of balance
- High fevers



M Avenue Building
2511 M Ave., Suite B
Anacortes, WA 98221
360.293.3101 | islandhealth.org/walk-in

Same-day treatment for minor illnesses and injuries.

- Colds, flu or fever
- Covid-19
- Sinus infections
- Migraines
- Sprains, strains or minor broken bones
- Eye infections
- Urinary tract infections
- Rashes
- Cuts or scrapes
- Nausea, vomiting or diarrhea
- Sports physicals

Open every day—no appointment necessary!
Closed Thanksgiving and Christmas.

Progress with Purpose

2025 IMPACT REPORT

Island Health is proud to provide care in our community. From the Emergency Department to Primary Care, Diagnostic Imaging to Intensive Care, we are here when you need us for preventive, specialty and acute healthcare needs. Our year in review showcases the number of individuals we've served—44,111 to be exact—impacting lives across our community and beyond.

Thank you for allowing us to be a part of your healthcare journey.

HEALTH EDUCATION

108 Classes & Events
33 Unique Programs

SCREENINGS

5,704 Breast Cancer
1,414 Colorectal Cancer
7,095 Diabetes
351 Lung Cancer

ECONOMIC IMPACT

757 Employees
234 Medical Staff

90 Volunteers
13 Student Volunteers

6,612 Volunteer Hours

44,111

INDIVIDUALS SERVED

17,628
Emergency Department Visits

3,217
New Primary Care & OB/GYN Patients

11,937
Walk-in Clinic Visits

59,726
Primary Care Visits

1,923
Inpatients

5,120
Well-child Visits

3,755
Surgeries

8,738
Vaccines Administered

4,910
Orthopedic Visits

412
Babies Delivered

Expanding Cardiology Services

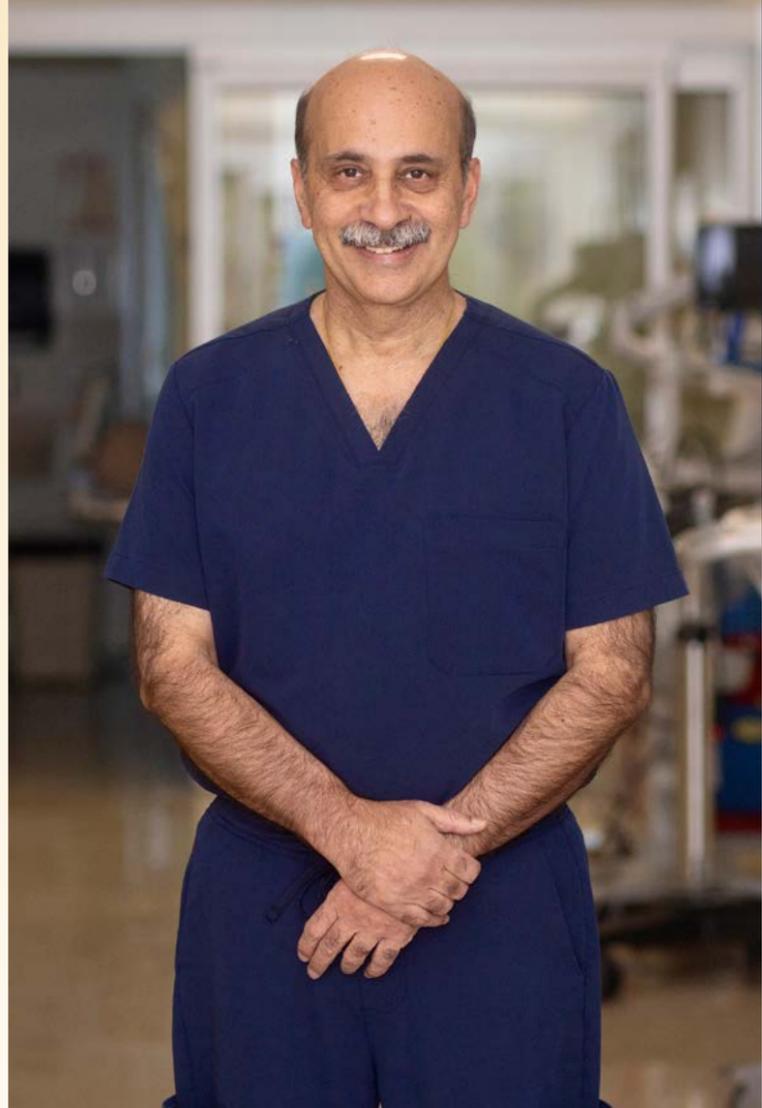
with Heart & Courage

Q&A with Cardiologist Rajesh Bhola, MD

Heart disease is the leading cause of death for both men and women, with a heart attack occurring in the United States approximately every 40 seconds. This broad category includes serious conditions such as coronary artery disease, heart attack, heart failure, cardiac arrest and stroke. As residents of Public Hospital District No. 2 (Island Health) continue to age, access to more comprehensive cardiology services has been identified as a key priority.

To assist with expanding these services, Dr. Rajesh Bhola, founder of Peace Arch Cardiology in Bellingham, joined the Island Health Medical Staff. This means many patients who are admitted into the hospital or are in the Emergency Department can now have a cardiology consult without the need to transfer to a tertiary facility, keeping care close to home for local residents.

We sat down with Dr. Bhola to learn more about his philosophy and decision to join Island Health.



Q: After a successful career as an independent cardiologist, why have you decided to join Island Health?

A: Supporting the growth of cardiology services means a great deal to me, and to explain why, I need to share a bit of my story. I grew up in India and was raised by my mother after my father passed away when I was 10. We had very little; sometimes I borrowed scraps of paper from classmates just to take notes in school. Even then, I knew I wanted a life filled with purpose. I felt a strong drive to give back and help others, and that fire still burns today. Despite the obstacles I faced, I worked hard to push forward and turn those challenges into motivation to make a difference.

That determination paid off. At just 19, I was accepted into Maulana Azad Medical College in New Delhi, one of India's top medical schools. My best friend's parents generously helped

cover my tuition. Becoming a doctor wasn't just a career choice—it was the fulfillment of my life's purpose.

After medical school, I moved to the U.S. and underwent residency training in internal medicine at Cook County Hospital Chicago and Cardiology fellowship training at University of Colorado and University of Kansas. I moved to the Pacific Northwest and started a successful, independent cardiology practice in 2008.

Now, I feel called to give back. After meeting Island Health's leadership team several times, I realized we shared a vision for strengthening cardiology services in the Anacortes area.

Island Health is not a cookie-cutter health system. I admire this team's courage and commitment to invest in such an essential service. I believe healthcare should be local. My goal is simple: to help patients in this community receive the care they need—close to home.

Q: What's the most important part of patient care?

A: Listening is where everything begins. When I listen closely, I hear more than symptoms. I hear the story behind the patient's story. What are they really telling me? What matters most to them as they navigate their heart condition or health? Every person wants to be seen, understood and heard. When we take the time to understand the deeper story, we build real connections and those connections are what help patients heal and live healthier lives.

Q: What might patients be surprised to hear about caring for their heart?

A: Find your happiness. Of course, it's very important to exercise and eat well, but finding true joy and inner happiness can make all the difference in your health, both emotionally and physically.



Golden Beet *Risotto*

ABOUT THE DISH

Risotto is a creamy rice dish that contains no cream at all! Short grain rice is cooked slowly while stirring and adding warm broth to release amylopectin, a branched starch responsible for its creamy texture. In this version, cardioprotective beets, walnuts, fresh dill and avocado oil are “crowded in” to this classic Italian comfort food.

INGREDIENTS

1 pound golden beets	3½ cups vegetable stock
2 Tbs avocado oil, divided	¾ tsp salt
1 medium onion, diced	½ tsp ground black pepper
2 garlic cloves, minced	4 oz crumbled goat cheese
2 Tbs white wine vinegar	¼ cup fresh dill, chopped
¼ tsp ground turmeric	½ cup toasted walnut pieces
1 cup Arborio rice	

Tip: Feel free to take the next step by substituting barley, farro or steel cut oats for the Arborio rice. When cooked in the risotto style, these whole grains mimic the creamy, porridge consistency of this classic dish. Note that cook times will vary by grain.

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Wash and peel the beets, then cut into matchsticks.
3. Toss beets with 1 Tbs avocado oil and roast on parchment-lined baking sheet for 15 minutes.
4. Warm the vegetable stock in a small saucepan.
5. Heat the remaining 1 Tbs avocado oil in a Dutch oven over medium heat. Add the onion and sauté for 2 minutes. Add garlic and turmeric; sauté for 1 minute more.
6. Add Arborio rice and stir to coat for 1 minute.
7. Deglaze the pan with white wine vinegar, then add 1 cup warmed stock. Simmer on medium-low heat, stirring occasionally, until the liquid is mostly absorbed.
8. Continue adding the stock 1 cup at a time, stirring frequently until rice is al dente and creamy.
9. Remove from heat, season with salt and pepper, and stir in half of the beets, goat cheese and dill.
10. Serve topped with remaining beets, goat cheese, dill and walnut pieces.

Amber Phillips, MS, RD
Director of Food & Nutrition



When the Right Care Makes All the Difference



After years of knee pain that limited his active lifestyle, Chad Sage found hope through a chance encounter with Island Orthopedics. With expert care, compassion and a successful knee replacement, his journey became one of gratitude and renewal—putting him on the path back to the activities he loves.

Reclaiming an Active Life After Knee Replacement

Spoiler: this is a happy-ending story—full of hope and gratitude. But it wasn't always like this for Chad Sage. A basketball injury in his early twenties was the catalyst for arthroscopic surgery that ended up removing Chad's ACL. For a little more than a decade, his knee was "sloppy."

Chad is an avid runner and hiker and needed a new ACL, which he received about 15 years ago. Despite deteriorating cartilage, he continued to run and hike until the pain increased and worsened.

"I felt like I was being held back from physical activity I wanted to do—and knew I could do—if it weren't for my knee pain," Chad said.

He was told by one doctor that he had the knee of a 70-year-old. Chad, in his late 40s, made up his mind last spring that he would schedule surgery for winter break 2025 to get the much-needed total knee replacement.

By chance, Chad's wife was scheduled for a surgical procedure last fall with Island Orthopedics Surgeon Dr. Eric Secrist, and Chad accompanied her to the pre-op consultation.

"I'm a question guy—I ask a lot of questions," Chad said. "Dr. Secrist was fabulous. He took all the time in the world and we never felt rushed. I was so impressed that I wanted a second opinion from Dr. Secrist about my own surgery."

At Chad's first appointment, Dr. Secrist took 45 minutes explaining not only the procedure in detail, but also all of the research behind it and the recovery process. From that moment on, Chad says his experience was phenomenal.

"I really want to highlight the care I received from the get-go and thank the hardworking staff who usually don't get accolades, especially nurses Michael and Kara," Chad said.

The two of them, along with the rest of the surgical staff made his entire experience remarkable. From explaining the instruments on the operating table to the tender and hilarious post-op banter, the nurses bolstered Chad's recovery journey.

Dr. Secrist was impressed with Chad's determination and knew he would follow through with post-operative "homework."

"My main goal was to make sure Chad could continue the active lifestyle he enjoys and deserves, and we talked about that," Dr. Secrist said. "I want my patients to understand what will happen and go into surgery without fear or anxiety."

Today, Chad is working hard in his physical therapy and recovering swimmingly. He credits both the Island Orthopedics team and the Island Health Physical Therapy team for pushing him just the right amount. He looks forward to returning to his role as an elementary assistant principal, and eventually getting back to running and hiking. And Dr. Secrist, meanwhile, looks forward to seeing photos of Chad enjoying all of his favorite activities.

Looking Ahead

Island Orthopedics currently offers a full range of sports medicine and surgical services covering both upper and lower extremities. Later this year, the clinic plans to add a spine surgeon, strengthening its orthopedic services and continuing to grow care options for our community.

To schedule an appointment with Island Orthopedics, visit islandhealth.org/ortho or call 360.299.4218.

Courageous Caregivers

The Courageous Caregivers program is designed to showcase the exceptional talent and dedication of our team members. We believe that sharing their stories will inspire others and highlight the amazing work being done here at Island Health.

Read about all of our previously featured Courageous Caregivers at islandhealth.org/courageous-caregivers.

Jacob Orona, NRST

Surgical Technologist

Why did you choose Island Health?

I chose to work at Island Health because of the reputation it has for patient care. It was the most recommended place to work and every one pointed me to it. I believe that still rings true.

Why did you choose your field of work?

I chose to pursue working in surgery because I love to be hands on and truly engaged in my work. I also love to SEE the difference I am making—and now I have a direct view!

What distinguishes Island Health from other workplaces you've experienced?

Island Health is different than other places I've worked because there is true heart behind my coworkers. Every single person has a genuine love for what they do, and we strive to provide the best outcomes for our patients.



Can you share an example of how Island Health has supported your professional growth and development?

Island Health has supported my professional growth in a multitude of ways. As a medical assistant I had the opportunity to float to different specialties and to broaden my scope of experience. I have also been able to train on the job to work as a surgical technologist and assist in making a real difference in people's lives.

Jacob enjoys working at Island Health—and you could too! Explore careers with us at islandhealth.org/careers.



Recognized for Excellence Remembered for Heart

After three weeks of radiation treatment for skin cancer on her shin, April Ford developed an open wound that wasn't healing. This is not uncommon, but because the lesion was gradually growing, April, a resident of Friday Harbor, was referred to Island Wound Care & Hyperbaric Medicine Center.

April was given two rounds of antibiotics at the emergency clinic in Friday Harbor to keep the infection under control until she could start what would become a 60-treatment regimen of hyperbaric oxygen dives (HBO).

"It's quite a commitment," said Marilyn Brown, Director of Island Wound Care & Hyperbaric Medicine.

For three months, April took the ferry to Fidalgo Island and stayed in a motel so she could spend time in the chamber daily, five days each week. These chamber "dives" can take anywhere from 30 minutes to two hours, depending on the patient and condition of the wound. The pressure chamber delivers 100% oxygen into the tissues, allowing the body to heal internally through enhanced oxygen absorption.

April said from the moment she walked into the clinic, it was clear that everyone was there to serve and care for her.

"Living with a long-term, persistent wound is an anxious and life-narrowing situation. I was disheartened and had stopped most physical and social engagements," April said.

"From the first appointment, I reveled in the outgoing compassion the staff showed in ministering to my wound—and to the dejected outlook I had developed."

Wound Care Medical Director Dr. Perry Burrus was attentive and instilled confidence in April—not only through his medical expertise and experience, but also through his warmth and empathy.

"Wound care is a serious and personal process, and we are committed to meeting our patients' individual needs," Burrus said.

April's wound has greatly improved. She continues weekly visits for wound care, which includes dressing changes and other treatments, such as collagen and advanced biologic dressing.

April is beyond grateful for the excellent medical care she's received, but also for the compassionate support from the wonderful nurses and coordinating staff that lifted her spirits along the way.



Learn more about Island Wound Care & Hyperbaric Medicine at islandhealth.org/wound or call 360.899.4600.



Congratulations KERRY HARRISON, BSN, RN





Learn more and thank a nurse at islandhealth.org/daisy-award.

Programs

Looking to improve your well-being? Our comprehensive health education programs are designed to empower you with knowledge and tools for a healthier lifestyle.



Register Today

Call 360.299.4204 or visit islandhealth.org/classes.

Registration is required unless specifically stated in description. All health education programs are held in the Fidalgo Room unless noted otherwise. Not all classes listed; please visit our website for the entire program catalog.



HEALTHY AGING

NEW CLASS

Healthy Living for Your Brain and Body

Join the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



DATE/TIME: May 13, 2 p.m.
COST: Free

INSTRUCTOR: Alzheimer's Association

Improving Aging Memory

Give your memory a friendly tune-up! Learn simple, effective techniques from a skilled speech-language pathologist to boost recall and stay mentally active.

DATE/TIME: May 21, 10:30 a.m.
August 20, 10:30 a.m.
COST: \$10

INSTRUCTOR: Morgan Allen, MS, CCC-SLP
Sima Song, MS, CCC-SLP

Hospice 101

Learn the basics of hospice care, including support for patients and families, eligibility requirements, how it's paid for and how to get started.



DATE/TIME: September 9, 10:30 a.m.
COST: Free

INSTRUCTOR: Hospice of the Northwest



Aging in Place

Learn practical tips and strategies for healthy aging and living independently in your home for as long as possible.

DATE/TIME: April 7, 10:30 a.m.
July 7, 10:30 a.m.

COST: Free

INSTRUCTOR: Hospice of the Northwest

End-of-Life Paperwork

Join a Hospice of the Northwest end-of-life expert to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives and Health Care Durable Power of Attorney (HCDPOA). All forms provided.

DATE/TIME: June 10, 10:30 a.m.
August 5, 10:30 a.m.

COST: Free

INSTRUCTOR: Hospice of the Northwest

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments required.

DATE/TIME: June 16, 10 a.m.–12 p.m.
September 15, 10 a.m.–12 p.m.

COST: Free

INSTRUCTOR: Doug Weaver, PT, DPT
LOCATION: Island Health 25th Street Building

Memory Screening

If you are concerned about your memory, speech-language pathologists can help determine if you have a cognitive communication deficit and provide insights for next steps. Appointments required.

DATE/TIME: May 19, 10 a.m.–12 p.m.
August 18, 10 a.m.–12 p.m.

COST: Free

INSTRUCTOR: Sima Song, MS, CCC-SLP
LOCATION: Island Health 25th Street Building



Medicare Orientation

Orient yourself with the Medicare process. Class will include information on enrollment, coverage options, supplements and prescriptions. Presented by MedicareOnDemand.



DATE/TIME: March 19, 11 a.m.
May 14, 11 a.m.
July 16, 11 a.m.

COST: Free

INSTRUCTOR: MedicareOnDemand

NUTRITION



Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol and body weight. Learn practical tips for making this eating style work for you!

DATE/TIME: April 22, 2 p.m.
COST: \$10

INSTRUCTOR: Amber Phillips, MS, RD

Nutrition for Kidney Health

Explore the causes, symptoms and stages of chronic kidney disease (CKD), as well as effective nutrition strategies for managing the condition and slowing its progression.

DATE/TIME: March 19, 3 p.m.
June 18, 3 p.m.
September 10, 3 p.m.

COST: \$10

INSTRUCTOR: Rosa Brown, MDN, RD

Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Learn small changes you can make to your diet to reduce saturated fat and cholesterol intake.

DATE/TIME: September 24, 4 p.m.
COST: \$10

INSTRUCTOR: Rosa Brown, MDN, RD

Steps to Better Blood Sugar

Join this discussion on eating healthy, being active and reducing risks to help manage diabetes.

DATE/TIME: April 23, 11 a.m.
COST: \$10

INSTRUCTOR: Amanda Lungren
MPH, RDN, CDCES

Prediabetes Education & Prevention

One in three U.S. adults have prediabetes. But diabetes doesn't have to be the final destination. Learn steps you can take to prevent or delay diabetes and other serious health problems.

DATE/TIME: May 7, 4 p.m.
August 13, 4 p.m.

COST: Free

INSTRUCTOR: Rosa Brown, MDN, RD

LIFESTYLE AND WELLNESS

CPAP, BI-PAP and Home Ventilator Education

Find answers to common questions and practical explanations for CPAP issues. Please bring in your machine for possible adjustments and inspection.

DATE/TIME: May 13, 4 p.m.
July 8, 4 p.m.

COST: Free

INSTRUCTOR: Robert Down, RT

Weight and Wellness

Join our board-certified obesity medicine physician to learn lifestyle management techniques, medication strategies and surgical options to help manage the disease of obesity.

DATE/TIME: April 21, 12:30 p.m.
COST: \$10

INSTRUCTOR: Sarah VanGaasbeek, MD

Pelvic and Bladder Health

Learn physical therapy interventions to strengthen your pelvic floor muscles and prevent urinary leakage.

DATE/TIME: April 9, 10 a.m.
October 1, 10 a.m.

COST: \$10

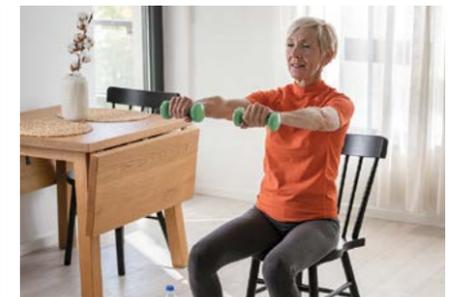
INSTRUCTOR: Reiko Nystrom, MPT
Amy Harrington, PT

Swallow Screening

If you frequently cough or clear your throat, have a wet-sounding voice, or feel congested, meet with a speech-language pathologist to check for a possible swallowing disorder. Appointments required.

DATE/TIME: June 2, 10 a.m.–12 p.m.
COST: Free

INSTRUCTOR: Sima Song, MS, CCC-SLP
LOCATION: Island Health 25th Street Building



Osteoporosis Exercise & Nutrition

Learn what types of foods are most beneficial for your bones to help them stay healthy as you age. Come prepared to practice exercises to improve balance and strength with a physical therapist.

DATE/TIME: April 14, 3 p.m.
July 14, 3 p.m.

COST: \$10

INSTRUCTOR: Rosa Brown, MDN, RD
Kristy Johnson, PT, DPT, CCI

BIRTH & BEYOND

Childbirth Education

Feel more confident and less overwhelmed as you prepare for birth and early parenting in this supportive, hands-on class. Includes expert guidance, a Birth Center tour and access to pediatricians and lactation consultants.

DATE/TIME: ONE-DAY SATURDAY CLASS
 April 18, 10 a.m.–6 p.m.
 June 20, 10 a.m.–6 p.m.
 August 15, 10 a.m.–6 p.m.

FIVE-WEEK SERIES
 May 5–June 2, 6–8:30 p.m.
 July 7–August 4, 6–8:30 p.m.
 September 1–29, 6–8:30 p.m.

COST: \$115 (Covered by Apple Health)

INSTRUCTOR: Teri Shilling
 MS, LCCE, CD(DONA), IBCLC



Infant Massage

Learn how to use massage as a way to connect with your baby. This class will demonstrate ways to manage colic and sinus issues, improve digestion and increase your baby's positional awareness of their extremities.

DATE/TIME: April 15, 10:30 a.m.–12 p.m.
 October 27, 10:30 a.m.–12 p.m.

COST: \$10

INSTRUCTOR: Lindsay Harris
 PT, DPT, CSCS, CIMI, CFMT

Diastasis Screening

Diastasis recti is a common abdominal muscle separation during and after pregnancy. When it doesn't heal properly, it can contribute to back pain and make returning to exercise difficult. A physical therapist will assess you for diastasis recti and recommend appropriate exercises or formal physical therapy, if appropriate. Appointments required.

DATE/TIME: May 5, 10 a.m.–12 p.m.

COST: Free

INSTRUCTOR: Reiko Nystrom, MPT
LOCATION: Island Health 25th Street Building



Car & Booster Seat Clinic

Have your car and booster seats checked by nationally trained car seat technicians from SafeKids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car.

DATE/TIME: April 16, 12–2 p.m.
 June 11, 12–2 p.m.
 August 13, 12–2 p.m.

LOCATION: Island Health 24th Street parking lot
TO SCHEDULE: Email CarSeatsNW@gmail.com



Postpartum Core and Recovery NEW CLASS

Learn from a physical therapist in a mat-based class focusing on postpartum core strength, pelvic stability and body mechanics training after childbirth. Learn safe, progressive exercises to support healing, improve posture and core strength, and return to daily activities with confidence. Participants are welcome to bring babies under one year of age.

DATE/TIME: April 20, 10–11:30 a.m.

COST: \$10

INSTRUCTOR: Amy Harrington, PT

COMMUNITY EVENTS

Screening Saturday: Breast, Cervical and Colon Cancer Health Fair



Sarah VanGaasbeek, MD, offers goodie bags to each of her patients after a cervical cancer screening.

Cancer is a powerful enemy, but early detection is an even stronger force. When cancer is found and treated early, lives are saved and futures are protected.

We're committed to empowering our community, which is why we'll be offering cancer screenings and hosting an **expert panel** of knowledgeable providers ready to answer your questions, offer guidance and support you every step of the way.

-  **Colorectal Cancer**
Pick up a free FIT kit and schedule a screening colonoscopy appointment.
-  **Breast Cancer**
15-minute screening mammograms available, pre-registration is required.
-  **Cervical Cancer**
15-minute pap smear exam available, pre-registration is required.

Save the Date!

DATE:
Saturday, March 28

TIME:
9 a.m.–12 p.m.

COST:
Free, additional charges may apply for screenings.



Your health matters. Register today!

Scan or visit islandhealth.org/event/screening-saturday.
 For scheduling help or questions, call 360.299.4204.

Blood Drive

One in every seven patients entering the hospital will need a blood transfusion. Your gift of blood may be someone's second chance. Donate this year!



DATE/TIME: April 30, 10 a.m.–4 p.m.
 June 30, 10 a.m.–4 p.m.
 September 1, 10 a.m.–4 p.m.

TO SCHEDULE: Call 1.800.398.7888

Diabetes Support Group

The Anacortes Lions Club's Diabetic Support Group is committed to raising awareness about diabetes and its impact while providing a safe, supportive community for those living with the disease. Support is provided from a combination of members' personal experience with diabetes as well as professional resources.

DATE/TIME: Third Wednesday of every month, 6 p.m.

INSTRUCTOR: Anacortes Lions Club

Better Breathers Club

Better Breathers Club members learn effective ways to cope with lung conditions such as COPD, pulmonary fibrosis and asthma while getting the support of others in similar situations.

DATE/TIME: First Wednesday of every month, 4 p.m.

COST: Free

INSTRUCTOR: Robert Down, RT



Register Today

Call 360.299.4204 or visit islandhealth.org/classes.

Registration is required unless specifically stated in description. All health education programs are held in the Fidalgo Room unless noted otherwise. Not all classes listed; please visit our website for the entire program catalog.

Our Mission

To raise funds to support Island Health and its commitment to community health.

For 48 years, Island Health Foundation has been a vital partner in advancing care at Island Health. In 2025, the Foundation contributed more than \$3 million to support essential services, programs and new technology—helping deliver 5-star care across our community.

Last year's impact included:

- New HD ultrasounds, echocardiograms and advanced technology across multiple departments
- Equipment and renovations to help open Island Orthopedics and the Barto Building (22nd Street Specialty Clinic)
- \$730,543 raised at the Gala of Hope 2025 toward the da Vinci 5 surgical robot
- Support for mental health programs in our schools, a social worker in our Emergency Department, community paramedicine, diabetes education and approximately 100 health education classes
- Scholarships for 19 Island Health employees to advance their clinical skills and education



Our Team

Pearle Peterson, Fundraising and Development Officer
 Marta McClintock, Executive Director
 Mason Cole, Operations Coordinator

Your Impact

\$2,030,107

Raised in 2025

44,111

Patients Impacted

\$3,296,759

Grants to Island Health

Meet Our Newest Board Members

With a continued commitment to strengthening access to high-quality, local healthcare, the Island Health Foundation Board of Directors plays a vital role in supporting Island Health's patients and programs. Board members bring diverse expertise to guide the Foundation's work through fiscal oversight, strategic planning and active fundraising. Each year, the Board is strengthened by new voices, and we are pleased to welcome the following new members:



Jan Hendrickson

"All of us who live here are so fortunate to have access to Island Health's excellent facilities and highly skilled team. Only through hard work, future investment, and community support will we maintain both access and high standards. I am very excited to help in small ways to ensure this happens for our community."



Dr. Elke Neuenschwander

"This is a group who is making huge contributions to a community that I have fallen in love with, and it's something that I want to be a part of."



Stephen Lang

"The Island Health Foundation plays a vital role in providing exceptional healthcare close to home. I'm committed to supporting its work to strengthen services for our community."



Mark Pellegrino

"I'm honored and humbled to have the opportunity to play a part in continuing to bring first-class healthcare to our proud community, including knowing my own care is in very capable hands."

Caring Donations Received in Recognition of Friends and Loved Ones

In Honor of...

Tony Arant
 Dr. Brock Boehm
 Deni Bowker
 David Brennick
 Miranda Bunge
 Onna Butler
 Dr. Mark Donovan
 Robert Down
 Stephanie Edson
 Olivia Faye Martin
 Dr. Nadine Foist
 Grant Frasier
 Dr. Kathy Garde
 Aleisha Greenfield
 Dr. Charles Kotal
 Daryl Hicks
 Dr. Jason Hogge
 Robert Holt
 Dr. Stephen Horras

Will Jolly

Susan Jordan
 Shae Lewis
 Dr. Harold Clure
 Dr. Caitlin MacCoun
 Dr. Rachel Mank
 Dr. John Mathis
 Sydney McCabe
 Jens Miller
 Samuel Miller
 Jack & Alice Mix
 Dr. Amy Montoya
 Steven Nietzel
 Dr. Elke Neuenschwander
 Dr. Lindsay Newlon
 Rachel Oliver
 Janelle Peranteau
 Pereira Island Construction
 Theresa Pierson
 Dr. Ronald Pinson
 Jordy Pratt

Dr. Robert Rieger

Deneva Schultz
 Dr. Eric Secrist
 Rhonda Stitt
 Naomi Stone
 Dr. Margaret Sweeney
 Devin Tanner
 Dr. Alan Craig Thom
 Shayla Thomas
 Uryah & Mike
 Dr. Sarah VanGaasbeek
 John VonHeeder
 Doug Weaver
 Dr. Sara Weeks
 Dr. Brittany Whitaker
 Thomas J. Wright
 Acute Care
 Cardiopulmonary Rehab
 Emergency Department
 Office of Talent Management
 Restorix Wound Care

In Memory of...

Elwin D. Adams
 Beulah "Boots" Anderson
 Ivan Billson
 Carolyn Bledsoe-Teezers
 Lois I. Boyer
 Amanda Brazas
 Thomas P. Brooks
 Larry Campbell
 Wally Carmody
 Kevin Connors
 Blaine Detering
 Pati Dever
 Dr. Harry Eiesland
 Bob Englund
 Karen E. Gerlach
 B.J. Goolsby
 Diane Groves
 Marc Hall
 Allen B. Hatfield
 Jean Houston
 Jim Kirk
 Janice McCracken

Alison Miller

Dick Moore
 James Murphy
 Robin C. Neuman
 Jerry Olmstead
 Densley H. Palmer
 Robert Peterson
 David Priebe
 Dr. Robert P. Prins
 Wayne Rammer
 Chief Reinsch
 Patrick Richter
 Robert Roos
 Patsy Rowland
 Louise Sasan
 John Sayre
 Mitchell Seymer
 Daniel Stone
 Gary Talbert
 Brian Webster
 Christopher C. Whatley
 Marcus L. Whatley
 Rona Whiteaker



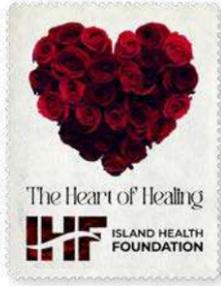
To remember or honor someone with a donation, please call 360.299.4201 or visit myihf.org/donate.

Community Care Partners

The Community Care Partner (CCP) program is a way for businesses to support Island Health in a meaningful way that will impact quality healthcare close to home for years to come. You can become a CCP by making an annual gift of \$1,000 or more, or through sponsoring our annual Gala of Hope.

To become a CCP, scan the QR code or visit islandhealthfoundation.org/community-care-partners.





Gala to Fund Upgrades to 25 Inpatient Rooms

Dear Island Health Patients,

For more than 20 years, the inpatient rooms at Island Health have quietly held space for the most important moments of care—times of uncertainty, healing, comfort and hope. While these rooms have faithfully served over 58,000 patients, the way care is delivered has evolved, and the places where care happens must evolve too.

Today, we are reimagining the patient room—not simply as a clinical space, but as a connected, patient-centered environment designed for healing, safety and comfort.

The 23rd Annual Gala of Hope—*The Heart of Healing* will raise funds to modernize and renovate the 25 inpatient rooms in our hospital—spaces that have served our community for more than two decades.

This transformation goes far beyond fresh paint. It is about creating patient rooms designed for today, with an eye toward the future. Renovated rooms will be quieter, more welcoming, and thoughtfully designed with patients, families and caregivers in mind. They will include advanced technology such as integrated digital displays, telehealth access, and personalized lighting and temperature controls.

Just as importantly, these redesigned rooms will better support those who care for you. Integrated technology, enhanced monitoring and smart safety features will help caregivers anticipate needs sooner and respond more quickly. By bringing tools and information closer to the bedside, our physicians, nurses and caregivers can spend more time where it matters most: with you.

This work is happening at a critical time. Our community is aging, care needs are becoming more complex and rural hospitals nationwide face growing pressures. Yet our commitment remains unwavering—to provide exceptional, compassionate care close to home, today and for generations to come.

This is our love letter to you.

A promise that we see you.

That we are investing in you.

That your health matters most.

And that we are committed to caring for you in spaces designed with your healing at heart.

With gratitude.

Island Health & Island Health Foundation



Learn more about the Gala of Hope—*The Heart of Healing* and the Island Health Foundation.

Scan the QR code, or contact us at foundation@islandhospital.org or 360.299.4201.

Saturday, April 25, 2026

at the Swinomish Casino and Lodge

23RD ANNUAL GALA OF HOPE

The Heart of Healing

*a love letter
to our patients and families*



*Presented by Marathon Petroleum Corporation
Platinum Sponsors: Terry and Sheri Tyson, Haven Financial*

Top 10 Tips for Lifelong Women's Health

From adolescence through menopause and beyond

Women's health is a lifelong journey—from the first menstrual cycle to post-menopause and everything in-between. With evolving screening guidelines, new technology and modernized hormone therapy recommendations, women today have more tools than ever to make informed decisions about their health. Here are our top 10 tips to support women's wellness at every age.

- 1** *Start Annual OB/GYN Visits Early*
In your teens or early 20s, annual visits support menstrual health, contraception counseling, STI testing, mental health screening and the development of a trusted, long-term relationship with your provider.
- 2** *Follow Cervical Cancer Screening Guidelines*
Beginning at age 21, get a PAP every three years. Starting at age 30, co-testing (PAP + HPV) every five years is typical if results are normal.
Did You Know? Quitting smoking reduces the risk of HPV-related cervical changes.
- 3** *Plan Ahead for Pregnancy*
Preconception counseling involves reviewing medications, health conditions, genetics and lifestyle habits to support a healthy pregnancy.
- 4** *Prioritize Prenatal & Postpartum Care*
Obstetricians guide you through pregnancy and postpartum recovery for optimal outcomes.
Did You Know? About 40% of women experience abdominal separation (diastasis recti) six months after childbirth—physical therapy can help at any stage.
- 5** *Care for Your Pelvic Floor*
Mid-life women commonly experience leaking, pelvic pain or pressure. Pelvic floor therapy is highly effective at resolving these issues.
- 6** *Keep Up with Breast Cancer Screening*
Women 40–74 should get a mammogram every one to two years.
Did You Know? 3D mammography, available at Island Health, detects 20–65% more invasive cancers.
- 7** *Support Your Midlife Transition*
Perimenopause can affect sleep, mood, libido, periods and weight. Your gynecologist can provide guidance on symptom management and long-term health planning.
- 8** *Ask About Modern Hormone Therapy*
With the black box warning removed from many hormone therapy options, more women can safely access treatment for menopausal symptoms—always discuss what's right for you with your provider.
- 9** *Protect Your Bones*
Bone loss begins in your 30s. Strength training, calcium, vitamin D and avoiding smoking are key for optimal bone health. Women 65+ should get a bone density test. DEXA scans are available at Island Health.
- 10** *Watch for "Alarm Symptoms"*
Postmenopausal bleeding, post-coital bleeding, sudden breast changes or new pelvic pain should always be evaluated promptly.



Angela DeSantis, DO
Obstetrics & Gynecology

Find classes that support women's health on pages 21–24.

To schedule an appointment with Island Obstetrics & Gynecology – 24th Street, call 360.299.4212.



Comprehensive, Team-based Care— Without Sacrificing Choice

One of the greatest advantages of a hospital-based birth center is access to a multi-faceted care team working collaboratively in one location. Families can still choose to labor and deliver with the support of a midwife and/or doula, while also having on-site access to obstetricians, nurses, anesthesiologists, pediatricians, respiratory therapists, lactation consultants and tele-NICU specialists.

If unexpected complications arise, advanced medical care—including operating rooms and tele-NICU services—is immediately available. This integrated approach provides confidence in your care while supporting a safe, seamless delivery.

When it's time to welcome your little one, choose a setting that supports both your birth experience and your peace of mind. To establish prenatal care or discuss transferring care, please contact Island Obstetrics & Gynecology – 24th Street at 360.299.4212.



Are you newly expecting?
Check out our **OB Patient Resources** page for all your mom-to-be questions.
Scan the QR code or visit:
islandhealth.org/ob-patient-resources.

Care That Feels Different

Watch how our patients describe the comfort, trust and personalized care they experienced at Island Birth Center.



Scan the QR code to watch the video, or visit our YouTube channel to view this video and others:
youtube.com/@islandhealthskagitco.



Jordy
ISLAND BIRTH CENTER PATIENT

Heartbeats

Island Health
1211 24th Street
Anacortes, WA 98221

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