



SEATTLE PARENT

Here in Seattle, we're fortunate to have so many remarkable educational opportunities for our children—schools that help to ignite students' imaginations and uncover their passions. We're also fortunate to have innovative healthcare providers—like Seattle Children's Hospital and Overlake Reproductive Health—that offer groundbreaking medical services and real world insight. If it does, indeed, take a village to raise a child, then there is no better one to live in than Seattle.

Compassion Begins at Home

Dr. Cora Breuner offers tips on raising bully-proof—and bullying-proof—kids.

Dr. Cora Breuner is chief of the Adolescent Medicine Eating Disorder and Biofeedback Clinics and works in the Sports Medicine and Orthopedics Clinic at Seattle Children's Hospital. She's also a mother of three teenagers. In the clinics, she often sees children with sports injuries, eating or sleep disorders, or severe stomach pains or migraine headaches—all of which may be indicators of a much darker underlying cause: bullying.

"Children with eating disorders may have been teased about their weight, so they don't eat enough or binge eat and then purge. Stress from taunting can play out in physical symptoms like headaches or stomach pains. And in sports, some younger athletes don't want to talk about the pain they are experiencing for fear of being made fun of, so an injury is exacerbated by overuse," notes Dr. Breuner.

In her role as a physician, she says that parents should stay vigilant of red flags like these, keeping the lines of communication with their children open. In her role as a mother, she notes that parents who hope to raise healthy, loving and self-confident children should be mindful of the behavior they are modeling at home.

"I live these kinds of situations all day while at work, and then when I go home at night, I hear about them from my own kids. At a young age, it's unbelievable how accepting kids are of their peers' differences. But if they see their parents' or caregivers' biased or judgmental behavior, they may learn that it's acceptable. Recognize poor behavior in your own backyard. Talk about it with your kids and give them permission to call you on it. Even the most tolerant person will be biased or judgmental at times," explains Dr. Breuner.

In an effort to bring the discussion of bullying into homes and schools, she's led focus groups for area schools' PTAs.

"One question I ask the parents is: Which one in the bullying scenario were you when you were in school? The one bullied? The one who saw the behavior and did nothing? The one who stopped it? Or were you the bully? The question stops people in their tracks, and gets them thinking and talking about the changes they've made or want to make in their own behaviors," says Dr. Breuner.

Afraid your child may be a bully? Seattle Children's Hospital offers parents these tips for addressing bullying behavior:

- Take bullying seriously. Make sure your kids understand that you will not tolerate bullying at home or anywhere else. Establish rules about bullying and stick to them. If you punish your child by taking away privileges, be sure it's meaningful. For example, if your child bullies other kids via email, text messages, or a social networking site, dock phone or computer privileges for a period of time. If your child acts aggressively at home, with siblings or others, put a stop to it. Teach more appropriate (and nonviolent) ways to react, like walking away.
- Teach kids to treat others with respect and kindness. Teach your child that it is wrong to ridicule differences (i.e., race, religion, appearance, special needs, gender, economic status) and try to instill a sense of empathy for those who are different. Consider getting involved together in a community group where your child can interact with kids who are different.
- Learn about your child's social life. Look for insight into the factors that may be influencing your child's behavior in the school environment (or wherever the bullying is occurring). Talk with parents of your child's friends and peers, teachers, guidance counselors, and the school principal. Do other kids bully? What about your child's friends? What kinds of pressures do the kids face at school? Talk to your kids about those relationships and about the pressures to fit in. Get them involved in activities outside of school so that they meet and develop friendships with other kids.
- Encourage good behavior. Positive reinforcement can be more powerful than negative discipline. Catch your kids being good - and when they handle situations in ways that are constructive or positive, take notice and praise them for it.
- Set a good example. Think carefully about how you talk around your kids and how you handle conflict and problems. If you behave aggressively toward or in front of your kids, chances are they'll follow your example. Instead, point out positives in others, rather than negatives. And when conflicts arise in your own life, be open about the frustrations you have and how you cope with your feelings.

Overlake Reproductive Health Helps Seattle-area Families Grow

When it comes to conception, there are, ironically, quite a few misconceptions. First and foremost, perhaps, is the idea that when it comes to infertility, age is the only factor.

"More and more women are having children much later than previous generations. You can have it all: career and family. You just have to time it right," explains Kevin M. Johnson, M.D. "However, there are a number of other issues that could also affect fertility such as a history of smoking, sexually transmitted diseases, tubal pregnancies or surgeries, endometriosis or a family history of early menopause. Issues specific to men include low sperm count or impaired sperm motility."

Dr. Johnson and his partner, Dr. Khurram S. Rehman—who are both board-certified in Obstetrics and Gynecology and Reproductive Endocrinology and Infertility—lead the team at Overlake Reproductive Health, a boutique practice that specializes in the diagnosis and treatment of female reproductive disorders and male infertility.

Dr. Johnson says that a woman should see an infertility expert if she is having irregular menstrual cycles; if she is under the age of 35 and having unprotected sex for a year without getting pregnant; or if she is 35 or older and having unprotected sex for six months without getting pregnant.

Together, Drs. Johnson and Rehman have performed several thousand in vitro fertilization (IVF) treatment cycles. But Dr. Johnson's quick to point out that, while IVF is the most recognized treatment, it's not the only answer to infertility.

"There's the idea out there that addressing infertility always means highly invasive treatments. That's not true. We may be able to address your infertility through much cheaper and less invasive methods," he explains.

As part of its series of diagnostic tests, the practice was first in the area to offer AMH—or Anti-Mullerian Hormone—testing which helps to determine fertility potential and ovarian reserve. Overlake was also the first in the country to incorporate electronic security tagging using radio frequency identification tags to track all samples—meaning eggs, sperm and embryos. The tags set off an alarm if samples from different parents are brought into the same

work area. "It's added peace of mind for our patients," says Johnson. "Being a boutique practice, we can embrace and offer new innovations and protocols like this much more readily."

The practice is also the first program in the region that is offering a 100 percent guarantee for qualified patients using their own eggs: If they don't take home a baby, Overlake will offer them a full refund of all program fees.

"That's how confident we are with our diagnoses and treatments," says Dr. Johnson, adding, "There are many exciting innovations on the horizon that we're looking forward to offering to our patients in the near future."



Village Maternity Outfits Stylish Mom-to-Be's

When Shelley Capretto opened her maternity store in University Village in 1983, she says mom-to-be clothes were a little more *I Love Lucy* than *Project Runway*.

"When we first opened, nothing was fitted like it is today. Now people like to show off their baby bumps," says Capretto. At that time, Capretto was a new mom herself and she felt there was a need

OVERLAKE REPRODUCTIVE HEALTH

**PEACE OF MIND IN
A STRESSFUL TIME:
SOPHISTICATED
TECHNOLOGY IN A
NEW APPLICATION**

When a patient comes into a fertility clinic and hands over a sperm sample or has eggs retrieved, they are putting a great deal of trust in the staff of the clinic. The truth of the matter is that regardless of how professional the staff, or how good the reputation of the clinic, a lot of patients still have worries. **Overlake Reproductive Health** uses electronic security tagging to maintain the integrity of all of its samples. Developed by **Research Instruments** of Cornwall, England, it is the only system in the world that uses Radio Frequency Identification Technology (RFID).

All ORH patients (partners are linked) are entered into the program before they can proceed with treatment. By labeling all dishes and tubes with a RFID tag before they are first used, all embryology and andrology work is recognized by the system. Everything is done by touch screen. Each time a RFID tag is brought into the area of the reader, it is recognized by the system and its identity is displayed on the screen. If a patient tag is in the reader and an unknown tag is brought into the same work area, audible and visual alarms are triggered, preventing the accidental mixing of egg and sperm samples.

This innovative technology has brought security and peace of mind to our patients. Overlake Reproductive Health is the only fertility practice in the area to use this security system.



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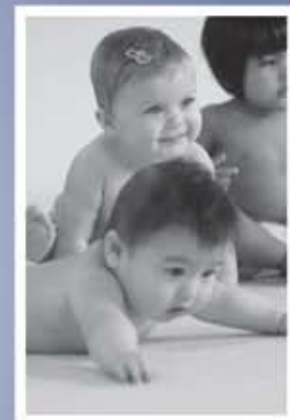


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