

Clinic Network



UW Medicine

VALLEY
MEDICAL CENTER

CARING FOR OUR COMMUNITY LIKE FAMILY since 1947

At Valley Medical Center, we witness the remarkable power of life in everything we do. It's humbling, it's inspiring and serves as a constant reminder of why we are here—to care for people. From the comprehensive wellness check to extraordinary critical care, it is our goal to keep you and your family healthy, living pain free, and leading a better life. We are proud to offer convenient, neighborhood clinics, walk-in urgent care, and telehealth seven days a week. We're also there for the unexpected, with 24-hour trauma and emergency services, experienced surgeons, medical specialists, and state-of-the-art imaging, robotic, and diagnostic technologies.

Specialty Care

Descriptions of each specialty care service begin on page 9.

- Birth, OB/GYN, Midwives, Maternal Fetal Medicine, Genetic Testing & Neonatal Intensive Care Unit
- Breast Cancer Multidisciplinary Care
- Breast Center & Bone Mineral Density Testing
- Cancer Services (Oncology): Screening, Genetic Testing, Treatment & Support
- Cardiology (Heart)
- Clinical Research
- Dermatology (Skin)
- Diabetes & Thyroid (Endocrinology)
- Diabetes Education & Nutrition Counseling
- Digestive Health (Gastroenterology, Colorectal & Endoscopy)
- Ear, Nose & Throat (ENT-Otolaryngology)
- Emergency Services & Level III Trauma Center
- Eye Care (Ophthalmology)
- Family Medicine (Primary Care)
- Foot & Ankle Care (Podiatry)
- Gastroenterology, Colorectal, Endoscopy (Digestive Health)
- Heart (Cardiology) & Vascular
- Hematology (Blood & Marrow)
- High Risk Screening & Genetics
- Imaging Services (Radiology)
- Infectious Disease
- Infusion & Immunotherapy
- Internal Medicine
- Kidney (Nephrology)
- LGBTQIA+ Care
- Lifestyle Medicine & Fitness Centers
- Lung (Pulmonary)
- Medication Management
- Nephrology (Kidney)
- Neurology (Adult & Pediatric), Epilepsy, Headache, Neuro Oncology, Neuropsychology, Stroke & Spine
- Neurosurgery
- Obstetrics, Gynecology & Midwives (Birth & Women's Health)
- Occupational Health Services
- Oncology (Cancer Services)
- Ophthalmology (Eye Care)
- Orthopedic Services
- Outpatient Therapy Services (Physical, Occupational & Speech Therapy)
- Palliative & Supportive Care
- Pediatric Services
- Podiatry (Foot & Ankle)
- Psychiatry & Counseling
- Pulmonary (Lung)
- Radiology (Imaging)
- Rheumatology
- Senior (Geriatric) Care
- Skin (Dermatology)
- Sleep Medicine (Adult & Pediatric)
- Sports Medicine
- Surgery (General & Specialty)
- Urogynecology
- Urology
- Vascular Surgery & Services
- Women's Health
- Wound Care

Valley's Clinic Network Gives You the Convenience of First-Rate Medical Services Close to Home

Primary Care

◆ Your medical home for health and wellness



Choosing a primary care partner is an important step in ongoing wellness. Valley's primary care teams serve as personal health advocates for you and your family. Your primary care team will work with you to monitor and improve your health through all life's stages, while coordinating care with specialty physicians as needed. Our focus on your health concerns, preventive care, living well with chronic conditions, and adhering to hundreds of quality standards translates into achieving the highest level of recognition from the National Committee for Quality Assurance as Patient-Centered Medical Homes. PCMH is a patient-focused, evidence-based model of care proven to improve quality and the patient experience, while reducing healthcare costs. Find a primary care provider at valleymed.org/find-a-provider or **425.690.3411**.

Urgent Care

+ Immediate medical services

When a surprise illness or health concern can't wait for your regular provider, Valley's urgent care clinics eliminate the wait of the Emergency Department. Enjoy walk-in treatment, telehealth visits, and after-hours care for acute illness, minor injuries, pregnancy tests, muscle sprains, x-rays, and other services. Get in line online at valleymed.org/wait-times.

Specialty Care

■ Extensive network of specialists

Valley Medical Center offers a comprehensive network of board certified specialists to meet all your family's healthcare needs. From digital mammograms to sleep studies, and ophthalmology to neurology, we've got you covered. Valley is recognized as a national leader in care for birth, cancer, cardiac, epilepsy, joint replacement, palliative care, spine surgery, and stroke, as well as LGBTQIA+ Healthcare Equality. Discover more at valleymed.org/awards.



Auburn

- Valley Women's Healthcare Clinic
 - Obstetrics, Gynecology & Midwives

Covington

- ◆ Covington Clinic South | Primary Care
 - Behavioral Health Integration Program
 - Pediatrics
 - Podiatry
- ✚ Covington Clinic South | Urgent Care
- Covington Clinic North | Specialty Care
 - Breast Center
 - Cardiology
 - Diabetes, Thyroid & Endocrinology
 - Ear, Nose & Throat
 - Medication Mgmt
 - Obstetrics, Gynecology & Midwives
 - Pulmonary & Sleep Disorder
 - Rheumatology
- Lifestyle Medicine & Fitness Center
 - Diabetes Education & Nutrition

Kent

- ◆ Kent Clinic | Primary Care
 - Behavioral Health Integration Program
 - Nephrology
- ◆ Kent Station Clinic | Primary Care

Maple Valley

- ◆ Lake Sawyer Clinic | Primary Care
- ◆ Lake Wilderness Clinic | Primary Care
 - Sports Medicine Clinic
- ✚ Maple Valley Clinic | Urgent Care
 - Dermatology
- Lifestyle Medicine & Fitness Center
 - Diabetes Education & Nutrition

Newcastle

- ◆ Newcastle Clinic | Primary Care
 - Behavioral Health Integration Program
 - Dermatology

Renton

- ◆ Cascade Clinic | Primary Care
 - Behavioral Health Integration Program
 - Sports Medicine Clinic
- ◆ Internal Medicine Clinic | Primary Care
- ◆ Senior Care Clinic | Primary Care
- ◆ Valley Family Medicine Clinic
- ◆ Fairwood Clinic | Primary Care
 - Behavioral Health Integration Program
- ◆ Highlands Clinic | Primary Care
 - Behavioral Health Integration Program
 - Diabetes Education & Nutrition

- ✚ Renton Landing Clinic | Urgent Care
 - Acute Care Surgical Clinic
 - Medication Management
 - Breast Center & Multidisciplinary Clinic
 - Cardiology Clinic
 - Clinical Research
 - Colorectal Surgery Clinic
 - Dermatology Clinic
 - Diabetes Education & Nutrition Counseling
 - Diabetes, Thyroid & Endocrinology Clinic
 - Ear, Nose & Throat Clinic
 - Endoscopy Center
 - Eye Clinic
 - Gastroenterology Clinic
 - General & Specialty Surgery Clinic
 - High Risk Screening & Genetics Clinic
 - Imaging Services
 - Infectious Disease Clinic
 - Infusion & Immunotherapy Center
 - Lifestyle Medicine & Fitness Center
 - Diabetes Education & Nutrition
 - Cardiac Rehabilitation
 - Physical Therapy
 - Pulmonary Rehabilitation
 - Maternal Fetal Medicine Clinic
 - Neuroscience Institute
 - Adult & Pediatric Neurology
 - Epilepsy
 - Headache
 - Movement Disorder
 - Multiple Sclerosis
 - Neuro Oncology
 - Neuromuscular
 - Neuropsychology
 - Neurophysiology
 - Neurosurgery
 - Sleep Medicine
 - Spine
 - Stroke
 - Occupational Health Services
 - Oncology & Hematology Clinic
 - Outpatient Therapy Services
 - Breast Cancer Rehabilitation
 - Hand Therapy
 - Lymphedema Services
 - Occupational Therapy
 - Pelvic Floor Rehabilitation
 - Physical Therapy
 - Speech and Language Therapy
 - Stroke Rehabilitation
 - Vestibular Rehabilitation
 - Podiatry
 - Psychiatry & Counseling Clinic
 - Pulmonary & Sleep Disorder Clinic
 - Radiation Oncology
 - Rheumatology
 - Supportive Care Clinic
 - Sports Medicine Clinic
 - Urogynecology Clinic
 - Urology Clinic
 - Valley Women's Healthcare Clinics
 - Obstetrics, Gynecology & Midwives
 - Vascular Surgery Clinic
 - Wound Care Clinic

◆ Primary Care Locations

Telehealth appointments available.

Cascade Clinic

3915 Talbot Road S, Suite 200
Renton, WA 98055
Tel: 425.690.3400, 7 AM – 5 PM
Clinic hours: Mon – Fri 7 AM – 5:30 PM

Covington Clinic South

27500 168th Pl SE
Covington, WA 98042
Tel: 425.690.3430, 7 AM – 5 PM
Clinic hours: Mon – Thurs 7 AM – 6 PM
Fri 7 AM – 5 PM

Fairwood Clinic

14410 SE Petrovitsky, Suite 104
Renton, WA 98058
Tel: 425.690.3405, 7 AM – 5 PM
Clinic hours: Mon – Fri 7 AM – 5:30 PM

Highlands Clinic

3901 NE 4th Street, Suite 105
Renton, WA 98056
Tel: 425.690.3410, 7 AM – 5 PM
Clinic hours: Mon – Fri 7:30 AM – 5:30 PM

Internal Medicine Clinic

4033 Talbot Road S, Suite 570
Renton, WA 98055
Tel: 425.690.3490, 7:30 AM – 5:30 PM
Clinic hours: Mon – Fri 7:30 AM – 5:30 PM

Kent Clinic

24920 104th Ave. SE
Kent, WA 98030
Tel: 425.690.3420, 7 AM – 5 PM
Clinic hours: Mon – Fri 7:15 AM – 5:15 PM

Kent Station Clinic

521 2nd Place North, Suite 11-103
Kent, WA 98032
Tel: 425.690.3491, 7 AM – 5 PM
Clinic hours: 7 AM – 5 PM

Lake Sawyer Clinic

27203 216th Ave. SE, Suite D
Maple Valley, WA 98038
Tel: 425.690.3425, 7 AM – 5 PM
Clinic hours: Mon – Fri 7:15 AM – 5:15 PM

Lake Wilderness Clinic

22610 SE 240th St., Suite 100
Maple Valley, WA 98038
Tel: 425.690.3460, 7 AM – 5 PM
Clinic hours: Mon – Fri 7:15 AM – 5:15 PM

Newcastle Clinic

7203 129th Avenue SE, Suite 100
Newcastle, WA 98056
Tel: 425.690.3455, 7 AM – 5 PM
Clinic hours: Mon – Fri 7 AM – 5 PM

Senior Care Clinic

4033 Talbot Road S, Suite 570
Renton, WA 98055
Tel: 425.690.3489, 7 AM – 5 PM
Clinic hours: Mon – Fri 8 AM – 6 PM

Valley Family Medicine Clinic

3915 Talbot Road S, Suite 401
Renton, WA 98055
Tel: 425.690.3445, 7 AM – 5 PM
Clinic hours: Mon – Fri 8:30 AM – 5 PM

+ Urgent Care Locations

Choose walk-in care with no appointment needed or skip the wait.
Telehealth appointments available.



Grab your spot online!
Visit valleymed.org and
click **WAIT TIMES**.

CLINIC HOURS

Mon – Fri: 8 AM – 8 PM

Sat – Sun: 8 AM – 4 PM

Holidays: 8 AM – 4 PM*

**Except Thanksgiving & Christmas*

Covington Clinic South

27500 168th Place SE
Covington, WA 98042
Tel: 425.690.3435

Maple Valley Clinic

26458 Maple Valley
Black Diamond Rd SE
Maple Valley, WA 98038
Tel: 425.690.3465

Renton Landing Clinic

1205 N 10th Street, Suite A
Renton, WA 98057
Tel: 425.690.3475

URGENT CARE OR EMERGENCY ROOM?

Get answers
by visiting
[valleymed.org/](https://valleymed.org)
where2go
or reading
lists on page 8.



When the unexpected happens, choose the care you need

URGENT CARE

Walk-in & after hours care + telehealth video visits

- Minor broken bones with no skin penetration
- Allergies
- Asthma attack (mild or moderate)
- Burns (minor)
- Earaches and eye or skin infections
- Adult flu shots
- Insect bites or rashes
- Migraines
- Upper respiratory infections—coughs, congestion, fever, flu or COVID-19 symptoms, sinus problems, sore throat, bronchitis
- Minor cuts/wounds/stitches
- Minor head injuries
- Nausea, vomiting and diarrhea
- Pregnancy tests
- Sprains, strains or deep bruises
- Bladder infections

EMERGENCY

24/7 walk-in care for serious injuries or illness

- Asthma attack (severe)
- Broken bones (where bone is visible)
- Burns or electrical shock (severe)
- Difficulty breathing
- Coughing or vomiting blood
- Poison ingestion
- Severe diarrhea or dehydration
- Shock
- Trauma or serious head injury
- Uncontrollable bleeding or amputation
- Vaginal bleeding during pregnancy

Call 911 when life-threatening emergency is suspected, including:

- **Drug overdose:** Rapid heartbeat, dilated pupils, aggression, confusion, dizziness, vomiting, gurgling sound from airway obstruction, unconsciousness, blue fingers or lips, stopped breathing
- **Stroke:** Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness
- **Severe abdominal pain**
- **Seizure**
- **Heart attack:** Chest pain with pressure sensation or pain radiating into jaw, teeth, shoulder or back; or palpitations with dizziness; or shortness of breath, sweating and/or nausea or vomiting

■ Specialty Care

Birth Services & Support, Neonatal Intensive Care Unit & Pediatrics

In addition to Valley Women's Healthcare Clinic OB/GYN and midwives' services, Valley Family Medicine clinic provides obstetric care, as well as postpartum and lifetime primary care for the baby and entire family. With genetic testing, maternal fetal medicine for complicated pregnancies, birth preparation classes, a full range of pain management options during labor (including massage, narcotic-free nitrous oxide, and epidural anesthesia), breastfeeding help, advice about parenting, and post-delivery medical care, Valley provides expert care before, during, and after delivery.

Every year more than 3,000 babies get their start at The Birth Center, Valley's state-of-the-art, family-oriented center with an exceptional, experienced care team. An obstetric specialist is on duty at all times, ensuring that a physician is always available in the event of an obstetric emergency, including Caesarean deliveries. In the unlikely event a baby requires intensive care, Valley partners with Seattle Children's and UW Medicine to deliver expert neonatal specialty services around the clock in the Neonatal ICU. Valley offers a dedicated pediatric unit with 24-hour inpatient care, as well as a range of specialty pediatric services. Pediatric primary care is available at Covington Clinic South.

Valley Women's Healthcare Clinic (Auburn & Covington) **425.690.3480**

Valley Women's Healthcare Clinic (Renton) **425.690.3479**

Valley Women's Healthcare Clinic (Time Square–Renton) **425.690.3481**

Valley Family Medicine Clinic (obstetric & primary care) **425.690.3445**

Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography **425.690.3477**

Lactation services **425.228.3440, ext. 2526**

Childbirth education & tours **valleymed.org/birthclass**

Covington Clinic South (pediatric primary care) **425.690.3430**

Pitter Patter health & wellness program for expecting parents and young families

valleymed.org/valleybaby

Breast Health

The Breast Center is proud to provide patients 3D mammography which allows doctors to examine breast tissue layer by layer. 2D mammography is also available. Breast cancer is one of the most treatable forms of cancer when detected early. Regular screening mammography has been shown to reduce breast cancer deaths by up to 44%, as mammography can often detect breast cancer long before it can be felt. Should you require additional care, our nurse care navigator guides you through any next steps, which may include an appointment at our Breast Cancer Multidisciplinary Clinic. The Breast Center also offers bone mineral density (BMD) scans for men and women at risk of osteoporosis.

Breast Center (Covington & Renton) **425.690.3688**

High Risk Screening & Genetics Clinic **425.690.3677**

Breast Cancer Multidisciplinary Clinic (by referral)

■ Specialty Care

Cancer Services (Oncology): Screening, Genetic Testing, Treatment & Support

Valley is proudly accredited with commendation by the Commission on Cancer as a Comprehensive Cancer Program, placing Valley's program among the top 10% in the nation.

At Valley's Cancer Center, our patients are at the center of our dedicated, expert cancer team. Committed to providing comprehensive, compassionate care, our services are delivered close to home so our patients and their loved ones can make the most of every single day. Working together in a multidisciplinary approach, our care team uses state-of-the-art technologies and evidence-informed supportive therapies to create a treatment plan tailored specifically for you. Patients and their multidisciplinary team of care providers meet in private, care conference suites.

RN navigators, oncology financial coordinators, and medical social workers guide and advocate for patients and their caregivers. During the cancer journey, Valley's survivorship program helps guide the transition from active treatment to restoring well-being after treatment.

Valley's research facilities accommodate an array of clinical trials related to cancer prevention, screening, treatment, symptom management, and post-treatment observation.

Breast Center offers 3D mammography services and more in a soothing environment. (Covington & Renton) **425.690.3688**

Endoscopy Center offers convenient colonoscopy appointments you can schedule yourself with no office visit or additional co-pay if you meet medical criteria. **425.690.3636**

General & Specialty Surgery Clinic services are provided by compassionate surgeons committed to excellent communication, as well as expert skills, the latest technology, and minimally-invasive techniques for faster healing with less pain. **425.690.3433**

High Risk Screening & Genetics Clinic services include personal and family history gathering, risk assessment, counseling, and discussion of appropriate testing. **425.690.3677**

Oncology & Hematology Clinic medical oncologists work collaboratively to ensure best-in-class care and treatment. **425.690.3409**

Infusion & Immunotherapy Center features semi-private rooms, free WiFi, heated blankets, interpreter services, and space for the support of friends and family. **425.656.4037**

Radiation Oncology features precision high-dose treatments while minimizing radiation exposure, reducing complications, and ensuring faster recovery times. **425.690.3565**

Outpatient Therapy Services provides physical, occupational, and speech therapy, and lymphedema management to help recovery and symptoms related to cancer treatment. **425.690.3650**

The Supportive Care Clinic can help with pain and stress relief, understanding care options, setting goals, and documenting wishes. **425.690.3422**

Lifestyle Medicine & Fitness Centers are medically-based fitness facilities offering programs, classes, physical therapy, therapeutic massage, prescriptive exercise, and medical nutrition therapy to help guide you to your goals. (Covington, Maple Valley & Renton) **425.690.3520**

Free programs include workshops on nutrition, hair loss, skin care; wig, hat, and turban bank; yoga and movement classes, pet therapy sessions; and a 24-hour resource hotline.

- Cancer Resource Center **425.690.3507**
- Cancer Lifeline **800.255.5505**

Cardiology (see Heart & Vascular)

Dermatology (see Skin)

Diabetes & Thyroid (Endocrinology)

The treatment and management of diabetes and thyroid disorders are closely managed by the Diabetes, Thyroid & Endocrinology Clinic's providers, who ensure patients receive appropriate and comprehensive care to improve quality of life while effectively managing their disease. Our endocrinologists can help diagnose and restore the normal balance of hormones for other conditions including: metabolic and adrenal disorders, over- or under-production of hormones, menopause, osteoporosis, high blood pressure, cholesterol (lipid) disorders, infertility, lack of growth (short stature), and cancers of the endocrine glands.

Diabetes, Thyroid & Endocrinology Clinic (Covington & Renton) **425.690.3485**
Diabetes Education & Nutrition Clinic **425.690.3520**

Diabetes Education & Nutrition

At the Diabetes Education & Nutrition Clinic, you will receive expert nutrition care from one of our experienced registered dietitians. As part of your care team, our registered dietitians provide you with information about which foods can help you and, most importantly, how to create a plan of action to help you reach your health goals. Nutrition counseling is provided for conditions such as: diabetes, gestational diabetes, high cholesterol, polycystic ovarian syndrome, metabolic syndrome, child and adolescent nutrition, hypertension, and gluten intolerance.

If you've been diagnosed with diabetes, the Diabetes Education & Nutrition Clinic will give you the opportunity to build a partnership with a caring professional who can help you manage the hurdles and challenges that come with the condition. Our highly-trained certified diabetes educators and registered dietitians lead a variety of classes and meet with patients during individual consultations.

Diabetes Education & Nutrition Clinic (Covington, Maple Valley & Renton)
425.690.3520

■ Specialty Care

Digestive Health Services (Gastroenterology, Colorectal & Endoscopy)

Valley's gastroenterologists treat a wide range of diseases affecting the digestive tract. Our providers diagnose and treat viral hepatitis, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD, Crohn's disease and ulcerative colitis), diverticulitis, diverticulosis, ischemic bowel disease, and colorectal cancer—including determining whether you have a genetic risk. We provide diagnosis, treatment, and management of celiac disease and food intolerances, heartburn and GERD, chronic vomiting, gastroparesis, and functional illness such as constipation, diarrhea, vomiting, belching, and flatulence. Our specialists can also help you manage and treat peptic ulcer disease and helicobacter pylori, acute and chronic pancreatitis, gallbladder disease, abdominal pain, appendicitis, nutritional deficiencies, obesity, nonalcoholic fatty liver disease, cirrhosis, and GI infections caused by viruses, bacteria, fungi, and protozoa.

Through minimally invasive and robotic surgery, Valley's colorectal surgeons provide treatment for hemorrhoids, fistulas and fissures, colorectal cancer, fecal incontinence, inflammatory bowel disease, and rectal prolapse.

Time for a colonoscopy? Valley's Endoscopy Center offers convenient colonoscopy appointments you can schedule yourself. No office visit required and no additional co-pay when you meet medical criteria.

Colorectal Surgery Clinic **425.690.3401**
Gastroenterology Clinic (Renton) **425.690.3488**
Endoscopy Center **425.690.3636**

Ear, Nose & Throat (ENT-Otolaryngology)

Committed to providing thorough, compassionate, state-of-the-art treatment, the Ear Nose & Throat Clinic provides adult and pediatric ear, nose, and throat care. Commonly referred to as ENT doctors, our otolaryngologists are specially trained to diagnose and medically and surgically treat disorders of the ear, nose, throat and related structures of the head and neck in both children and adults.

Ear, Nose & Throat Clinic (Covington & Renton) **425.690.3602**

Emergency Services & Trauma

Valley operates the most comprehensive emergency facility in South King County. Valley's Emergency Department is also a Level III Trauma Center and one of the busiest EDs in Washington state, providing services for more than 80,000 visits annually. Valley's Emergency Services South Tower offers 55 treatment rooms; state-of-the art technology; underground parking with direct access to the emergency room, and a commitment to treat patients as quickly as possible upon arrival. As a state-designated Trauma Center, Valley serves as back-up to Harborview in the event of a regional disaster.

Emergency Department & Trauma Center **425.690.1000**
Crisis Counselors **425.690.6466**

Endocrinology (see Diabetes & Thyroid)

Eye Care (Ophthalmology)

The Eye Clinic's skilled ophthalmologists and optometrists bring the best, most technologically advanced care to you and your eyes—from comprehensive ophthalmic examinations to state-of-the-art medical and surgical eye procedures for cataracts, macular degeneration, glaucoma, intraocular lens implants, and vision-threatening diabetic retinopathy.

Eye Clinic **425.690.3415**

Family Medicine (Primary Care)

Most Valley primary care providers specialize in family medicine, providing continuing and comprehensive healthcare for everyone in the family: babies, toddlers, teens, adults, and senior adults. Family medicine practitioners with obstetrics at Valley Family Medicine Clinic have additional training to care for those who are pregnant.

See primary care locations at the beginning of this brochure.

Valley Family Medicine Clinic **425.690.3445**

Foot & Ankle Care (Podiatry)

From check-ups to treatments, orthotics and surgery, the Podiatry Clinic is skilled in handling the foot and ankle needs of adults and children. We provide services for a wide range of foot and ankle conditions including: Achilles tendon, ankle sprains, fractures of both the foot and ankle, crush injuries, sports injuries, and over-use symptoms. Our expert physicians also diagnose and treat many chronic problems such as arthritis, metatarsalgia, neuromas, plantar fasciitis, hammer toes, and heel spurs. We offer advanced, specialized foot care for those managing chronic conditions like arthritis, diabetes, autoimmune diseases, spinal cord injuries, kidney disease, and cancer, and work with other Valley specialists to offer a wide range of treatment options to maintain mobility.

Podiatry Clinic (Covington & Renton) **425.690.3510**

Gastroenterology, Colorectal & Endoscopy (see Digestive Health Services)

■ Specialty Care

Heart (Cardiology) and Vascular Surgery Services

Valley's heart and vascular specialists offer a full continuum of diagnosis and treatment options, including: cardiology services to diagnose and medically manage a heart condition; interventional cardiology services to assess heart health and clear blockages; electrophysiology to measure and treat irregular heart rhythms; device implantation to regulate heart rhythms, including pacemakers and AICDs; peripheral vascular and endovascular services to treat blood flow conditions in the arteries and veins; aneurysm diagnosis and treatment; access to specialists in open heart surgery and other major heart surgeries; and cardiac rehabilitation, our ground-breaking, medically-supervised and individualized exercise programs for people who have had a major heart event or condition.

Cardiology Clinic (Covington & Renton) **425.690.3482**

Cardiopulmonary Diagnostic Services **425.690.3541**

Cardiac Rehabilitation **425.690.3516**

Vascular Surgery Clinic **425.690.3498**

Critical Care Unit **425.251.5196**

Hematology

The Oncology and Hematology Clinic is staffed by skilled, experienced medical oncologists and hematologists who work collaboratively to ensure best-in-class care and treatment for all types of cancer, blood-related disorders, blood and marrow disorders such as leukemia, lymphoma and multiple myeloma, and bleeding and coagulation disorders. Their expertise includes treating iron deficient anemia, sickle cell anemia, hemoglobinopathy, myeloproliferative disorders, myelodysplasia, and idiopathic thrombocytopenia.

Oncology & Hematology Clinic **425.690.3409**

High Risk Screening & Genetics

Patients who may be considered for cancer genetic services include those with:

- Personal or family history of premenopausal breast cancer
- Personal or family history of ovarian cancer at any age
- Personal or family history of colon cancer prior to age 50

Initial appointments are 60 minutes and include thorough personal and family history gathering, risk assessment, counseling, and discussion of appropriate testing. If patients choose to have testing, they will have a follow-up appointment for in-person results disclosure. All patients will be provided with a personalized risk assessment and recommendations for follow up.

High Risk Screening & Genetics Clinic **425.690.3677**

Imaging Services (Radiology)

Providing expert care like no other imaging center in our community, Valley offers world-class routine diagnostic imaging, as well as a comprehensive array of advanced specialty imaging services and procedures from trauma and head injury to stroke and heart attack. And because we are affiliated with UW Medicine, you'll have access to expert subspecialists who can provide additional treatment, support and image interpretation. Your Valley Medical Center medical records are housed in one location so you can rest assured that no matter what area of the health system you use—ER, urgent care, inpatient care, surgery, etc.—your high-quality images will be available to your physician in real-time with the simple click of a button.

The Breast Center (Covington & Renton) **425.690.3688**

Urgent Care Clinics valleymed.org/urgent-care

Valley Diagnostic Imaging Services: Medical Arts Center **425.690.3655**

Valley Diagnostic Imaging Services: Olympic Building **425.656.5550**

Valley Medical Center, Hospital Diagnostic Imaging **425.251.5183**

Valley Interventional Radiology Services **253.661.4661**

Infectious Disease

Valley's internal medicine physicians at the Infectious Disease Clinic treat a wide range of diseases caused by viruses, bacteria, fungus, and parasites, including respiratory infections like pneumonia. Our ID specialists have expertise in sinus infection and infections of the heart, brain, lungs, urinary tract, bowel, bones, and pelvic organs, with particular insight into antibiotic use and their potential adverse effects. We treat hepatitis C, HIV, and other illnesses of the immunocompromised and prescribe pre-exposure prophylaxis (PrEP). We have additional training in how the body fights infection, how infections spread, and infection control. Our ID specialists often follow up with patients until they feel confident that the infection will not recur.

Infectious Disease Clinic **425.690.3487**

Infusion & Immunotherapy

The Infusion and Immunotherapy Center offers a wide variety of treatments for cancer, rheumatoid arthritis, multiple sclerosis, migraine headaches, and other conditions requiring infusion therapy. The center features semi-private rooms, free WiFi, heated blankets, interpreter services, and space for the support of friends and family.

Infusion & Immunotherapy Center **425.656.4037**

■ Specialty Care

Internal Medicine

Valley's doctors of internal medicine provide primary care for adults 18 years and older. Our internists are trained to care for patients' health and wellness, as well as complex illness. Our focus is to maintain optimal health regardless of underlying medical conditions. When other medical specialists are involved, our internists help coordinate their patient's care. Our on-site clinical pharmacist works with patients and providers to optimize medication selection, dosing, and monitoring for conditions such as hypertension, diabetes, and more. The office is conveniently located in the Medical Arts Center building, with imaging and lab services on-site.

Internal Medicine Clinic **425.690.3490**

Kidney (Nephrology)

Valley Medical Center's nephrology physician team is board certified in both nephrology and internal medicine. We provide diagnosis and treatment for patients with kidney (renal) disease, including acute and chronic renal failure, kidney transplantation, nephrotic syndrome, glomerulonephritis, hematuria (blood in the urine), proteinuria (large amounts of protein in the urine), serum electrolytes, and metabolic disorders affecting the kidneys. We also specialize in hypertension management.

Nephrology Clinic **425.690.3544**

LGBTQIA+ Care

Valley's caregivers actively demonstrate their support for the health and wellness of people in the LGBTQIA+ communities. Our services include: primary care and preventive screenings; women's health services; confidential sexual and reproductive services, including adolescents; trans health care including hormone therapy and urogynecology; sexual health screening and treatment, including HIV treatment; smoking cessation assistance; behavioral health assessments, counseling, and psychiatric care; geriatric care; specialty care; insurance counseling and payment plans; and interpreter services (available 24/7). Valley is a nationally recognized leader in healthcare equality since 2011.

Visit valleymed.org/lgbtqia

Lifestyle Medicine & Fitness Centers

Valley Lifestyle Medicine & Fitness Centers are medically-based fitness facilities applying an evidence-based, therapeutic approach to prevent, treat, and reverse lifestyle-related chronic diseases. Through programs, classes, physical therapy, and prescriptive exercise, Valley Lifestyle Medicine promotes a healthy lifestyle, using a proactive approach to preventing injury, disease, and guiding our members to their goals.

Lifestyle Medicine & Fitness Centers (Covington, Maple Valley & Renton)
425.690.3520

Cardiac Rehabilitation **425.690.3516**

Diabetes Education & Nutrition Counseling **425.690.3520**

Pulmonary Rehabilitation **425.690.3517**

Lung (Pulmonary & Sleep)

Valley's pulmonary specialists provide diagnostic and treatment options for a variety of pulmonary diseases including chronic obstructive pulmonary disease (COPD), emphysema, bronchitis, pneumonia, asthma, tuberculosis, pulmonary embolism, interstitial lung disease, and lung cancer.

Our specially-trained pulmonologists also work to identify and treat the causes of various sleep disorders in patients of all ages.

Pulmonary & Sleep Disorder Clinic (Covington & Renton) **425.690.3484**

Pulmonary Rehabilitation **425.690.3517**

The Sleep Center **425.690.3543**

Pediatric Sleep Center (Pediatric Neurology) **425.690.3585**

Cardiopulmonary Diagnostic Services **425.690.3541**

Medication Management

The Medication Management Clinic is run by clinical pharmacists. Our pharmacists help patients manage chronic diseases including those treated with anticoagulation medications ("blood thinners") and provide detailed medication teaching. The clinic's goal is to ensure that patients can safely and effectively use their medications. A provider referral is required to become a patient of the Medication Management Clinic.

Medication Management Clinic (Covington & Renton) **425.690.3533**

Neurology: Adult, Pediatric, General, EMG, Epilepsy, Headache, Movement Disorders, Multiple Sclerosis, Neuromuscular, Neuropsychology, Stroke

The Neuroscience Institute (NI) provides regional, pioneering care in the field of neuroscience, encompassing a vast array of neurosurgical and neurological specialties. The NI's adult neurologists, pediatric neurologists, and neuropsychologists bring decades of experience in epilepsy, headache, stroke, movement disorders, neuromuscular disorders, multiple sclerosis, dementia, and general neurology, as well as pediatric sleep disorders, epilepsy, headache, and general child neurology. The NI provides a variety of treatments, as well as community and education opportunities. Many of our providers participate in research studies and we are an active teaching institute.

Neuroscience Institute **425.690.3585**

Press Option 1: Adult & Pediatric Neurology Clinics

■ Specialty Care

Neurosurgery: Brain, Neuro Oncology, Spine

Valley's neurosurgeons offer state-of-the-art, image-guided surgery, minimizing time and trauma in the operating room with specialized artificial disc replacement for both cervical and lumbar spine, treatment of brain tumors, blood vessel illnesses, epilepsy, movement disorders, trauma, infection, problems with peripheral nerves, including release of compression, removal of nerve tumors, and nerve biopsy for the diagnosis of complex peripheral nerve disorders.

Neuroscience Institute **425.690.3585**
Press Option 2: Neurosurgery Clinic

Obstetrics, Gynecology & Midwives (see Birth & Women's Health)

Occupational Health Services

Offering prompt, comprehensive, high quality medical services to employees, Occupational Health Services (OHS) helps employers manage and reduce healthcare costs associated with at-work accidents and injuries. OHS assists employers with regulation compliance and maintaining a healthier, more productive workforce through drug screening, vaccination programs, additional education, and training. On-the-job injuries are treated on a walk-in basis; no appointment is needed. The OHS Clinic is open from 8 AM – 5 PM Monday through Friday. After hours care is available at Valley Medical Center.

Occupational Health Services **425.690.3555**

Oncology (see Cancer Services)

Ophthalmology (see Eye Care)

Orthopedic Services

The Joint Center was the first dedicated joint replacement center in the Pacific Northwest and is one of the most highly rated. The nursing staff, physical and occupational therapists, and physician assistants have special training and experience in the care and treatment of joint replacement patients. The Joint Center specializes in the latest technology and standards of care in this rapidly changing area of medicine. The Spine Center is one of the few medical centers in the Seattle area to offer cervical disc replacement as an alternative to spinal fusion. The Spine Center also specializes in surgical treatment for stenosis, herniated discs, compression, deformities, revisions to previous spinal surgeries, and other spinal problems. The experienced nursing staff and therapists are highly skilled and trained in the latest methods for assisting patients in recovery from spinal surgery.

Find an orthopedic specialist valleymed.org/find-a-provider

Outpatient Therapy Services (see Therapy Services)

Palliative & Supportive Care

Supportive care is specialized care for people with serious illnesses with the goal to improve quality of life for both patients and families. Using a team approach, supportive care can offer an assessment to help patients communicate their goals of care to their medical team. Guided by these goals, the supportive care team can also make recommendations for treatment of symptoms, pain, and stress related to serious illness. Supportive care is appropriate at any stage or any age in a serious illness to provide comfort and relief from suffering. Supportive care may also be combined with other medical treatments.

Supportive Care Clinic **425.690.3422**

Pediatric Services

Valley Medical Center offers the only dedicated pediatric unit between Seattle and Tacoma, as well as a Neonatal Intensive Care Unit staffed by the region's most highly respected neonatal specialists from Seattle Children's and UW Medicine Neonatology. In addition to 24-hour inpatient pediatric care, Valley offers specialized pediatric services for ear, nose, and throat (ENT) problems, endocrinology, neurology, respiratory care, sleep disorders, sports medicine, and surgery. Pediatric primary care is available at Covington Clinic South. Most Valley primary care providers specialize in family medicine, caring for everyone in the family including babies, toddlers, teens, and people who are pregnant.

Covington Clinic South (pediatric primary care) **425.690.3430**

Ear, Nose & Throat Clinic **425.690.3602**

Pediatric Neurology Clinic & Pediatric Sleep Center **425.690.3585**

Sports Medicine **425.690.3423**

Find a Family Medicine primary care physician valleymed.org/find-a-provider

Podiatry (see Foot & Ankle Care)

Psychiatry & Counseling

Valley provides professional assistance with mental health concerns for adults of all ages. To offer the best treatment plan for our patients, our staff of psychiatrists, psychologists, and psychotherapists provide a collaborative, team approach to patient care. The Psychiatry & Counseling Clinic is one of the largest providers of adult mental health services in the area.

Psychiatry & Counseling Clinic **425.690.3414**

Pulmonary (see Lung)

Radiology (see Imaging Services)

■ Specialty Care

Rheumatology

The Rheumatology Clinic diagnoses and treats inflammatory arthritis and other autoimmune disorders affecting the joints, muscles, and bones, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, lupus, scleroderma, myositis, Sjogren's syndrome, and polymyalgia rheumatica, as well as other autoimmune diseases.

Rheumatology Clinic (Renton) **425.690.3495**

Rheumatology Clinic (Covington) **425.690.3494**

Senior Care

Valley's Senior Care clinic offers a supportive approach to caring for those 70 years and better. We focus on coordinated, comprehensive care with an emphasis on prevention and wellness, as well as chronic disease management and feature longer appointment times with your provider. Our on-site clinical pharmacist works with patients and providers to optimize medication selection, dosing, and monitoring for conditions such as hypertension, diabetes, and more. We also assess and consult for memory loss by referral. Our office is conveniently located in the Medical Arts Center building, with imaging and lab services on-site.

Senior Care Clinic **425.690.3489**

Skin (Dermatology)

Providing comprehensive screening, diagnosis, and treatment of skin cancers, melanomas, moles, and other tumors of the skin, Valley's Dermatology Clinic physicians also help manage contact dermatitis, psoriasis, and other inflammatory skin disorders. Our dermatologists treat nail and hair disorders and provide diagnosis and treatment for skin symptoms from systemic and infectious diseases.

Dermatology Clinic (Maple Valley) **425.690.3581**

Dermatology Clinic (Newcastle) **425.690.3439**

Dermatology Clinic (Renton) **425.690.3483**

Sleep Medicine

Valley's sleep disorder specialists work to identify and treat the causes of various sleep disorders in patients of all ages. Sleep disorders, including obstructive sleep apnea (OSA) and insomnia, affect many Americans. OSA is a risk factor for high blood pressure, arrhythmia, stroke, and heart failure.

Valley's Sleep Center is a special medical facility designed to evaluate adults and children with sleep disorders and sleep-related problems. The center includes private rooms designed to feel like a home away from home for even our youngest patients. The Sleep Center is fully accredited by the American Academy of Sleep Medicine and is staffed by those specially trained to study and evaluate sleep patterns.

Pulmonary & Sleep Disorder Clinic **425.690.3484**

The Sleep Center **425.690.3543**

Pediatric Sleep Center (Pediatric Neurology) **425.690.3585**

Sports Medicine

Our sports medicine physicians offer a proactive approach for both adults and children in treating activity-related injuries—proper diagnosis, treatment, and sport-specific rehabilitation. And for those seeking to improve their ongoing sports performance or train for a specific athletic event, our physicians will create personalized training plans to avoid injury and maximize performance. Our goal is to keep you in the game, doing what you love.

Sports Medicine Clinic (Maple Valley & Renton) **425.690.3423**

Surgery (General & Specialty)

Valley Medical Center's surgeons operate in a state-of-the-art surgery center, equipped for minimally invasive and single-port laparoscopic surgery, and includes robotic surgery. Valley is accredited as a Center of Excellence in Robotic Surgery from Surgical Review Corporation. Our surgeons offer a wide range of surgical services including neurosurgery, orthopedic surgery, plastic and reconstructive surgery, vascular and endovascular surgery, as well as treatment of abdominal aortic aneurysms, non-surgical and surgical treatment of esophageal and reflux disorders, cancer, breast disease, and urologic disorders, gynecologic surgery, prostate surgery, and colon and rectal surgery.

Breast Cancer Multidisciplinary Clinic (by referral)

Colorectal Surgery Clinic **425.690.3401**

Diabetes, Thyroid & Endocrinology Clinic (Covington & Renton) **425.690.3485**

Ear, Nose & Throat Clinic **425.690.3602**

Endocrine (thyroid, parathyroid & adrenal) **425.690.3433**

Eye Clinic **425.690.3415**

General & Specialty Surgery Clinic **425.690.3433**

Neurosurgery Clinic **425.690.3586**

Podiatry Clinic (Covington & Renton) **425.690.3510**

Urogynecology: Valley Women's Healthcare Clinic (Renton) **425.690.3474**

Urology Clinic **425.690.3493**

Vascular Surgery Clinic **425.690.3498**

Find an orthopedic surgeon valleymed.org/find-a-provider

■ Specialty Care

Therapy Services

The Outpatient Therapy Services' team of physical therapists, occupational therapists, and speech-language pathologists provide patient-centered diagnosis, evaluation, therapy, and management to people with physical and/or cognitive disabling conditions and diseases—for stroke, arthritis, carpal tunnel syndrome, developmental delay, neuromuscular injuries, orthopedic injuries, post-cancer, vestibular disorders, lymphedema, pelvic floor dysfunction, sports and recreation injuries, work injuries, and speech and cognitive problems.

Outpatient Therapy Services **425.690.3650**

Urogynecology

Valley's urogynecology team specializes in treating disorders of the pelvic floor ranging from urinary incontinence to pelvic organ prolapse. We offer cutting edge diagnostic and treatment options, both surgical and non-surgical, to help our patients return with confidence to their normal activities.

Urogynecology Clinic **425.690.3474**

Urology

Urology Clinic physicians see male and female patients, diagnosing and offering treatment for kidney stones; low testosterone and erectile dysfunction; methods for managing, controlling or curing problems related to urinary frequency and urgency; recurrent urinary tract infections; prostate problems; difficulty urinating; leakage or incontinence; and overactive bladder. Our physicians also offer minimally invasive treatment for the management of benign and malignant urologic disease and are specialists in endoscopic, laparoscopic, and robotic surgery.

Urology Clinic **425.690.3493**

Men's Health Clinic **425.690.3493**

Vascular Services (see Heart and Vascular Surgery Services)

Women's Health

To maintain and manage overall health, primary care, including routine gynecologic exams, is available at all Valley Medical Center's primary clinic locations. Valley Women's Healthcare Clinic (VWHC) provides comprehensive, obstetric, gynecologic, and urogynecologic care for all ages. Through VWHC clinics, certified nurse-midwives offer highly personalized care through all stages of pregnancy and birth, as well as access to state-of-the-art technology and pain management options. The Urology Clinic offers treatment for recurrent urinary tract infections, as well as other urinary and bladder disorders. Our Breast Cancer Multidisciplinary Clinic brings specialists and a nurse care manager together to offer a coordinated care program. Valley Family Medicine Clinic, through its residency program, offers complete obstetric and postpartum care, in addition to primary care entire families. The Birth Center and Breast Center provide programs and services including childbirth education, maternal fetal medicine, diagnostic testing, mammograms and bone density screenings. We also provide referrals to excellent physicians to meet your healthcare needs. GLOW, Valley's free health and wellness community education program, empowers those of all ages to make healthy decisions for themselves and their loved ones.

Valley Women's Healthcare Clinic (Auburn & Covington) **425.690.3480**

Valley Women's Healthcare Clinic (Renton) **425.690.3479**

Valley Women's Healthcare Clinic (Time Square–Renton) **425.690.3481**

Valley Family Medicine Clinic **425.690.3445**

Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography **425.690.3477**

Lactation services **425.228.3440, ext. 2526**

Childbirth education and tours **valleymed.org/birthclass**

High Risk Screening & Genetics Clinic **425.690.3677**

Breast Center (Covington & Renton) **425.690.3688**

Breast Cancer Multidisciplinary Clinic (by referral)

Urogynecology Clinic: **425.690.3474**

Urology Clinic **425.690.3493**

Oncology & Hematology Clinic (gynecologic oncology) **425.690.3409**

Find a Family Medicine physician, obstetrician, gynecologist, midwife or other specialist **valleymed.org/find-a-provider**

GLOW health & wellness program **valleymed.org/glow**

Wound Care

Staffed by physicians and nurse practitioners specializing in wound care, the Wound Care Clinic provides individualized evaluations and care plans for patients with non-healing wounds. Partnering with primary care and other specialty care providers, the Wound Care Clinic team treats chronic wounds (3 weeks+ without healing), ischemic ulcers, neuropathic diabetic ulcers, venous insufficiency ulcers, pressure ulcers, traumatic wounds, post-operative wounds, and provides ostomy care. Our vigilant treatment planning includes the latest therapeutic procedures, dressings, and surgical interventions to provide optimal healing. Patients and their caregivers are also provided with education and instructions to enhance healing through self-care.

Wound Care Clinic **425.690.3650**

Pharmacy Services

Valley's two pharmacies are conveniently located and ready to serve your needs for new and refill prescriptions, over-the-counter remedies, durable medical equipment and medication counseling.

Prescription Pad North Campus

- Valley Professional Center
 - Drive-up window service
- 3915 Talbot Road S #201, Renton
425.690.3551

Monday – Friday 8 AM – 6 PM
(closed holidays)

Prescription Pad South Campus

- Adjacent to the Emergency Department & main hospital entrance, inside the hospital
- Extended hours, open weekends & holidays

400 S 43rd Street, Renton
425.690.3552

7 days/week: 8 AM – 2 AM

Resources to Manage Your Health

Get vital info to help you and your family get healthy and stay healthy through our health library, newsletters and digests, support groups, classes, seminars, and events. Visit valleymed.org/healthinfo.

Looking for a Doctor?

Visit valleymed.org/find-a-provider

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