At Valley Medical Center (VMC), 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 and walk-in urgent and quick care 7 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.

- Allergy & Immunology
- Anticoagulation
- Breast Cancer Multidisciplinary Care
- Breast Center & Bone Mineral Density Testing
- Cancer Screening, Genetic Testing, Cancer Treatment & Support
- Cardiology & Vascular Services
- Childbirth, OB/GYN, Midwives, Maternal Fetal Medicine, Genetic Testing & Neonatal Intensive Care Unit
- Children’s Therapy
- Clinical Research
- Dermatology
- Diabetes & Thyroid (Endocrinology)
- Diabetes Education & Nutrition Counseling
- Ear, Nose & Throat Specialists (ENT)
- Emergency Services & Level III Trauma Center
- Eye Care (Ophthalmology)
- Family Medicine
- Foot & Ankle Care (Podiatry)
- Gastrointestinal Services
- Hematology
- Imaging Services
- Infectious Disease
- Infusion & Immunotherapy
- Internal Medicine
- Kidney (Nephrology)
- Lifestyle Medicine & Fitness Center
- Adult & Pediatric Neurology, Epilepsy, Stroke & Spine
- Neurosurgery
- Occupational Health Services
- Orthopedic Services
- Pediatric Services
- Physiatry
- Psychiatry & Counseling
- Pulmonary, COPD, Asthma (Adult & Pediatric)
- Rehabilitation Medicine
- Rehabilitation Therapy Services
- Rheumatology
- Senior Care
- Sleep Medicine (Adult & Pediatric)
- Sports Medicine
- Supportive & Palliative Care
- Surgery (General & Specialty)
- Urology
- Weight Loss Surgery
- Women’s Health
- Wound Care
VMC’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 preventive care, living well with chronic conditions, and adhering to hundreds of quality standards translate 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/docs](http://valleymed.org/docs) or 425.690.3411.

Quick Care

◆ **Non-urgent, walk-in care when you can’t see your doctor**

QuickCare providers treat minor illnesses and healthcare needs, including sore throats, earaches, sinus infections, flu or cold symptoms, urinary tract infections, insect bites, minor skin conditions and more.

Urgent Care

◆ **Immediate medical services**

When a surprise illness or health concern can’t wait for your regular doctor, VMC’s urgent care clinics eliminate the wait of the Emergency Department. Enjoy walk-in treatment and after-hours care for acute illness, minor injuries, pregnancy tests, muscle sprains, x-rays and other services.

Specialty Care

◆ **Extensive network of specialists**

VMC 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 LGBTQ Healthcare Equality. Discover more at [valleymed.org/awards](http://valleymed.org/awards).
### Renton (continued)
- Renton Landing Clinic | Urgent Care
- Allergy & Immunology Clinic
- Anticoagulation Clinic
- Breast Center & Multidisciplinary Clinic
- Cardiology Clinic
- Cardiac Rehabilitation
- Children’s Therapy
- Clinical Research
- Colorectal Surgery Clinic
- Dermatology Clinic
- Diabetes, Thyroid & Endocrinology Clinic
- Diabetes Education & Nutrition Counseling
- Ear, Nose & Throat Clinic
- Endoscopy Center
- Eye Clinic
- Fitness Center
- Gastrointestinal Clinic
- General & Surgical Specialists Clinic
- High Risk Screening & Genetics Clinic
- Infectious Disease Clinic
- Infusion & Immunotherapy Center
- Lifestyle Medicine
- Maternal Fetal Medicine Clinic
- Midwives Clinic
- Nephrology Clinic
- Neuroscience Institute
- Neuro Oncology
- Neuropsychology
- Neurophysiology
- Sleep Medicine
- Spine
- Stroke
- Occupational Health Services
- Oncology & Hematology Clinic
- Psychiatry Clinic
- Psychiatry & Counseling Clinic
- Pulmonary Rehabilitation
- Pulmonary & Sleep Disorder Clinic
- Radiation Oncology
- Rehabilitation Medicine Clinic
- Rehabilitation Therapy Services
- Rheumatology Clinic
- Supportive Care Clinic
- Urology Clinic
- Valley Women’s Healthcare Clinic
- Vascular Surgery Clinic
- Weight Loss Surgery Clinic
- Women’s Surgical Specialists
- Wound Care Clinic

### Auburn
- Valley Women’s Healthcare Clinic

### Covington
- Covington Clinic South I Primary Care
  - Pediatrics
  - Podiatry
- Covington Clinic South I Urgent Care
- Covington Clinic North I Specialty Care
  - Allergy
  - Anticoagulation
  - Breast Center
  - Cardiology
  - Dermatology
  - Ear, Nose & Throat
  - Midwives
  - Obstetrics & Gynecology
  - Rheumatology
- Lifestyle Medicine & Fitness Center

### Kent
- Kent Clinic I Primary Care
  - Diabetes Ed & Nutrition
  - Nephrology
- Kent Station Clinic I Primary Care
- Kent Station Clinic I Quick Care

### Maple Valley
- Lake Sawyer Clinic I Primary Care
- Maple Valley Clinic I Primary Care
  - Sports Medicine Clinic
- Maple Valley Clinic I Urgent Care
- Lifestyle Medicine & Fitness Center

### Newcastle
- Newcastle Clinic I Primary Care

### Renton
- Cascade Clinic I Primary Care
  - Sports Medicine Clinic
- Internal Medicine Clinic I Primary Care
- Senior Care Clinic I Primary Care
- Valley Family Medicine Clinic
- Fairwood Clinic I Primary Care
- Highlands Clinic I Primary Care
- North Benson Clinic I Urgent Care
  - Podiatry
Primary Care Locations

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 – 6 PM

Covington Clinic South
27500 168th Place 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
* Urgent Care: see info on page 7

Fairwood Clinic
14410 S.E. Petrovitsky, Suite 104
Renton, WA 98058
Tel: 425.690.3405, 7 AM – 5 PM
Clinic hours: Mon – Fri 7 AM – 6 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, 8 AM – 5 PM
Clinic hours: Mon – Fri 8 AM – 6 PM

Kent Clinic
24920 104th Ave. SE
Kent, WA 98030
Tel: 425.690.3420, 8 AM – 5 PM
Clinic hours: Mon – Fri 7:15 AM – 5:45 PM

Kent Station Clinic
521 2nd Place North, Suite 11-103
Kent, WA 98032
Tel: 425.690.3491, 8 AM – 5 PM
Clinic hours: 7 AM – 5 PM
* Quick Care: see info on page 7

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 8 AM – 6 PM

Maple Valley Clinic
26458 Maple Valley
Black Diamond Rd SE
Maple Valley, WA 98038
Tel: 425.690.3460, 7 AM – 5 PM
Clinic hours: Mon – Fri 8 AM – 6 PM
* Urgent Care: see info on page 7

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, 8 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
Quick Care Location

Get non-urgent care when you can’t see your primary care provider.

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

Kent Station Quick Care Clinic
521 2nd Place North, Suite 11-103
Kent, WA 98032
Tel: 425.690.3492
Clinic hours: Mon – Fri 7 AM – 7 PM
Sat – Sun 8 AM – 4 PM

QUICK CARE, URGENT CARE OR EMERGENCY ROOM?
Get answers by visiting valleymed.org/where2go/

Urgent Care Locations

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

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

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

North Benson Clinic
10555 SE Carr Road
Renton, WA 98055
Tel: 425.690.3470

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

CLINIC HOURS
Mon – Fri: 8 AM – 8 PM
Sat – Sun: 8 AM – 4 PM
Holidays: 8 AM – 4 PM*
*Except Thanksgiving & Christmas
When the unexpected happens, choose the care you need

### Quick Care
- 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 or flu 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

### Urgent Care
- 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 or flu 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
- 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:
- **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
**Allergy & Immunology**

Valley’s Allergy & Immunology Clinic providers specialize in evaluating, diagnosing and treating allergic diseases like asthma, eczema and allergic rhinitis (hay fever), as well as immunodeficiency disorders which cause frequent infections. Our specialists also diagnose and treat hives, swelling, sinusitis, mast cell disorders, common variable immunodeficiencies, eosinophilia, aspirin-exacerbated respiratory disease, contact dermatitis, and drug, food and venom allergy. Diagnosing allergies may include patch testing (American Contact Dermatitis Society Core Allergen Series) and skin testing to foods, aeroallergen, antibiotics (Penicillin) and bee venom. Drug and food challenges may be recommended depending on the history and results of diagnostic testing. Immunotherapy and allergy shots are also available.

Allergy & Immunology Clinic (Covington & Renton) **425.690.3486**

**Anticoagulation**

The Anticoagulation Clinic allows patients taking blood thinners to have their blood assessed with a simple test on the finger. Results are available immediately, eliminating painful blood work and the long wait for results from the lab and the doctor’s office. During a patient visit, our pharmacists are available to make dosage adjustments and answer questions. Physician referral required.

Anticoagulation Clinic (Covington & Renton) **425.690.3533**

**Breast Health**

The Breast Center is proud to offer patients the choice of 2D or 3D screening mammography. Our latest Genius 3D mammography™ allows doctors to examine your breast tissue layer by layer. 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 percent, 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) **425.656.5588**  
High Risk Screening & Genetics Clinic **425.656.5062**  
Breast Cancer Multidisciplinary Clinic (by referral)

**Cancer Screening, Treatment & Support**

VMC is proudly accredited with commendation by the Commission on Cancer as a Comprehensive Cancer Program, placing Valley’s program among the top 10 percent 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 throughout the cancer journey. During the cancer journey, VMC’s survivorship program helps guide the transition from active treatment to restoring well-being after treatment.

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

**Breast Center** offers 3-D mammography services and more in a soothing environment. (Covington & Renton) 425.656.5588

**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

**High Risk Screening & Genetics Clinic** services include personal and family history gathering, risk assessment, counseling, and discussion of appropriate testing. 425.656.5062

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

**Infusion & Immunotherapy Center** features a fast-track room for quick treatments; choice of treatment sessions with group, private room or bed; free WiFi, heated blankets, snacks, room service and 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. 425.251.5121

**Surgical 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.
- General & Surgical Specialists Clinic 425.228.6076
- Women’s Surgical Specialists Clinic 425.656.4110

**Rehabilitation Medicine Clinic & Rehabilitation Therapy Services** offer a provider-based clinic to evaluate, recommend and coordinate care and therapy to enhance recovery. The therapy team provides physical, occupational and speech therapy, and lymphedema management to help recovery and symptoms related to cancer treatment. 425.251.5165

**The Supportive Care Clinic** can help with pain and stress relief, understanding care options, setting goals, and documenting wishes. 425.690.3409
**Lifestyle Medicine & Fitness Centers** are medically-based fitness facilities offering programs, classes, physical therapy, therapeutic massage, prescriptive exercise, medical nutrition therapy to help guide you to your goals. (Covington, Maple Valley & Renton) 425.656.4006

**Oncology-certified spa services** feature skin-sensitive facials, manicures, makeup consultations, and other services to help patients address cancer-related skin issues, reduce stress and improve well-being. 206.679.2806

**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 425.656.4002
- Cancer Lifeline 800.255.5505
- Compassionate Care Experience compassionatehealingfoundation.com

**Childbirth Services & Support, Neonatal Intensive Care Unit & Pediatrics**

In addition to Valley Women’s Healthcare Clinic’s OB/GYN services and Valley Midwives Clinic, many VMC primary care clinics provide obstetric care, as well as postpartum and lifetime care for the baby and entire family. With genetic testing, maternal fetal medicine for complicated pregnancies, birth preparation classes, prenatal fitness, 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, VMC provides expert care before, during and after delivery.

Every year nearly 4,000 babies get their start at The Birth Center, VMC’s state-of-the-art, family-oriented maternity 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, VMC partners with Seattle Children’s and UW Medicine to deliver expert neonatal specialty services around the clock in the Neonatal ICU. VMC 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 425.690.3445  
Midwives Clinic (Covington & Renton) 425.656.5321  
Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography 425.656.5520  
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/pitterpatter

Get the free UW Baby pregnancy app at Apple AppStore and Google Play.
Children’s Therapy
Backed by the resources and expertise of Valley Medical Center and its clinicians, Children’s Therapy, a state-recognized neurodevelopmental center, offers comprehensive evaluation, one-to-one individualized care and community classes and activities for children, from newborn through the teen years. Occupational therapists, physical therapists and speech-language pathologists provide outpatient services, evaluation and treatment for: feeding, autism, voice, gait, swallow and Neonatal Intensive Care follow-up. Therapists also care for children on an inpatient basis on VMC’s Pediatric and Neonatal Intensive Care Units. Therapists provide evidence-based assessment and treatment for a wide range of developmental and neurologic conditions related to the following skills, as well as others: musculoskeletal and movement; self-help and independent living; play and social participation; feeding and oral-motor; and communication and language.

Children’s Therapy 425.690.3513

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 (Covington) 425.690.3581
Dermatology Clinic (Renton) 425.690.3483

Diabetes & Thyroid (Endocrinology)
The treatment and management of diabetes and thyroid disorders are closely managed by the Diabetes & Thyroid Clinic’s endocrinologists, 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 Clinic 425.690.3485
Diabetes Education & Nutrition Clinic 425.656.5377

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, Kent, Maple Valley & Renton) 425.656.5377

**Ear, Nose & Throat Specialists (ENT)**

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) 206.575.2602

**Emergency Services & Trauma**

VMC operates the most comprehensive emergency facility in South King County. VMC’s Emergency Department (ED) is also a Trauma Center and one of the busiest EDs in Washington state, providing services for more than 80,000 visits annually. VMC’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, VMC serves as back-up to Harborview in the event of a regional disaster.

Emergency Department & Trauma Center 425.228.3450
Crisis Counselors 425.228.3440, ext 8990

**Eye Care (Ophthalmology)**

The Eye Clinic’s skilled ophthalmologists and optometrists bring the best, most technologically advanced care to you and your eyes—from basic eyeglass exams 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
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, peripheral neuropathies, spinal cord injuries, kidney disease and cancer, and work with other VMC specialists to offer a wide range of treatment options to maintain mobility.

Podiatry Clinic (Covington & Renton) 425.690.3510

Gastrointestinal Services

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.

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
Gastrointestinal Clinic (Covington & Renton) 425.690.3488
Endoscopy Center 425.690.3636

Heart & Vascular Services

Heart & Vascular Services 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 significant heart event or condition.

Cardiology Clinic (Covington & Renton) 425.690.3482
Cardiopulmonary Diagnostic Services 425.690.3532
Cardiac Rehabilitation 425.228.3440, ext. 4991
Vascular Surgery Clinic 425.656.5568
Critical Care Center 425.251.5196

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 425.656.5062

Imaging Services

Providing expert care like no other imaging center in our community, VMC 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 VMC 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) 425.656.5588
Urgent Care Clinics valleymed.org/urgent-care
Valley Diagnostic Imaging Services: Medical Arts Center 425.251.5255
Valley Diagnostic Imaging Services: Olympic Building 425.656.5550
Valley Medical Center, Hospital Diagnostic Imaging 425.251.5183
Valley Interventional Radiology Clinic 253.661.4661
**Infectious Disease**

Valley's internal medicine physicians at the Infectious Disease Clinic treat a wide range of infectious diseases caused by viruses, bacteria 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 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

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**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 provides a fast-track room for quick treatments; choice of treatment sessions with group, private room or bed; free WiFi, heated blankets, snacks, room service, interpreter services, and space for the support of friends and family.

Infusion & Immunotherapy Center 425.656.4037

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**Internal Medicine**

Valley's doctors of internal medicine are specially trained in the prevention and treatment of adult diseases. We solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses may strike at the same time. Our internists also bring an understanding of wellness, women's health, substance abuse and mental health, as well as effective treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs. When other medical specialists are involved, our internists coordinate their patient's care and manage difficult medical problems associated with that care.

Internal Medicine Clinic 425.690.3490

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**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 management of hypertension.

Nephrology Clinic 425.690.3544
**Lifestyle Medicine & Fitness**

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)  
**425.656.4006**
Cardiac Rehabilitation **425.228.3440, ext. 4991**  
Diabetes Education & Nutrition Counseling **425.656.5377**  
Pulmonary Rehabilitation **425.228.3440, ext. 2478**

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**Adult & Pediatric Neurology, Neurosurgery**

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 spine, neuro oncology, epilepsy, stroke, movement disorders, neuromuscular disorders, MS, dementia and general neurology, as well as pediatric sleep disorders, epilepsy, headache and general child neurology.

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. NI provides a variety of treatments, community and education opportunities. Many of our providers participate in research studies and we are an active teaching institute.

Neuroscience Institute **425.656.5566**  
Press Option 1: Adult & Pediatric Neurology Clinics  
Press Option 2: Neurosurgery Clinic

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**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**
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/docs](http://valleymed.org/docs) or 425.690.3411

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, VMC offers specialized pediatric services for surgery, endocrinology, sleep disorders, respiratory care, neurology, ear, nose and throat (ENT) problems, sports medicine, and comprehensive rehabilitative care at VMC’s Children’s Therapy. 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 women who are pregnant.

Covington Clinic South (pediatric primary care) 425.690.3430
Children’s Therapy 425.656.4215
Ear, Nose & Throat Clinic 206.575.2602
Pediatric Neurology Clinic & Pediatric Sleep Center 425.656.5566
Sports Medicine 425.690.3423
Find a Family Medicine primary care physician 425.690.3411

Physiatry (Physical Medicine & Rehabilitation)

An acute injury or chronic illness can cause pain, weakness or numbness resulting in the loss of movement, speech or level of independence at home or on the job. Trained in both physical medicine and rehabilitation, providers at VMC’s Physiatry Clinic diagnose and treat patients to help restore function, manage pain and return to enjoying life as fully as possible. Services include acute and chronic injury management, outpatient medicine and rehabilitation, intra muscular stimulation, osteopathic manipulation therapy (OMT) to improve joint range of motion and balance tissue and muscle mechanics, electrodiagnostic examinations to test muscle and nerve function, interventional pain management procedures, prolotherapy injection therapy to address pain in ligaments and tendons, platelet-rich plasma (PRP) to stimulate the healing of bone and soft tissue,
neuro-prolotherapy to promote healing of nerves and tissues and more.

Physiatry Clinic 425.690.3402

**Psychiatry & Counseling**

VMC 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, COPD & Asthma**

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 Disorders Clinic 425.690.3484
Pulmonary Rehabilitation 425.251.5137
The Sleep Center 425.656.5340
Pediatric Sleep Center (Pediatric Neurology) 425.656.5566
Cardiopulmonary Diagnostic Services 425.690.3532

**Rehabilitation Medicine**

Working in partnership with a patient’s primary care team, Valley’s Rehabilitation Medicine Clinic providers offer expertise in the recovery of neurologic disabilities, caring for those with stroke, brain injury or tumors, spinal cord injury, multiple sclerosis, Guillain-Barre Syndrome and Parkinson’s Disease. Care coordination may include medical treatment of associated bowel, bladder, mood, nerve and muscle disorders. Providers may offer a projected timeline for recovery, coordinate therapy services and medical necessity of durable medical equipment, recommendations for return to work and driving, caregiver education and suggestions for community activities and resources.

Rehabilitation Medicine Clinic 425.251.5165

**Rehabilitation Therapy Services**

Valley’s Rehabilitation Medicine Clinic and Rehabilitation Therapy Services offer a provider-based clinic to evaluate, recommend and coordinate care and therapy to enhance recovery. Rehabilitation Therapy Services’ team of rehabilitation medicine physicians, physical therapists, occupational therapists and speech-language pathologists
Specialty Care

provide patient-centered diagnosis, evaluation, therapy and management to individuals with physical and/or cognitive disabling conditions and diseases—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.

Rehabilitation Therapy Services 425.251.5165
Rehabilitation Medicine Clinic 425.251.5165
Children’s Therapy 425.656.4215

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. Patients are seen upon referral from a primary care physician.

Rheumatology Clinic 425.656.5448 (Renton)
Rheumatology Clinic 425.690.3494 (Covington)

Senior Care

Offering an innovative and supportive approach to caring for those 65 years and better, Valley’s Senior Care services focus on coordinated, comprehensive care with an emphasis on prevention and wellness. Our providers are specially trained to meet the physical and mental health needs of seniors. They will offer chronic disease management, medication management and the assessment/prevention of safety issues such as falls. The multidisciplinary team includes specialists in geriatric medicine, psychiatry, pharmacy, social work and nursing. Nutritionists, anticoagulation services and physical, occupational and speech therapists are also located in adjacent clinics for seamless consultation and treatment. For those 75 years and older. For those 65 – 74 years of age, by referral for specialized care.

Senior Care Clinic 425.690.3489

Sleep Disorders

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.
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

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 425.690.3409

Surgery (General & Specialty)

Valley Medical Center’s surgeons operate in a state-of-the-art surgical center, equipped for minimally invasive and single-port laparoscopic surgery, and includes the da Vinci® Surgical System. 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
Ear, Nose & Throat Clinic 206.575.2602
General & Surgical Specialists Clinic 425.228.6076
Neurosurgery Clinic 425.656.5566
Eye Clinic 425.690.3415
Urology Clinic 425.656.5365
Vascular Surgery Clinic 425.656.5568
Weight Loss Surgery Clinic 425.690.3456
Women’s Surgical Specialists Clinic (urogynecology) 425.656.4110
Find an orthopedic surgeon valleymed.org/docs or 425.277.DOCS (3627)
**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 da Vinci® robotic surgery.

Urology Clinic 425.656.5365
Women’s Surgical Specialists Clinic (urogynecology) 425.656.4110

**Weight Loss Surgery**

Valley’s Weight Loss Surgery team is committed to offering the most inclusive, caring and effective program designed to help achieve durable and lasting weight reduction to improve your overall health and well-being. Many diseases are caused or made worse by excess body fat and have been shown to improve or resolve with surgery, including: diabetes, high blood pressure, high cholesterol, sleep apnea and others. Valley’s supportive, comprehensive program provides guidance before and after surgery, a support group system and a team approach to follow-up care. Learning, participation and commitment are important to the success of weight loss surgery.

Weight Loss Surgery Clinic 425.690.3456

**Women’s Health**

To maintain and manage overall health, women’s primary care, including routine gynecologic exams, is available at all Valley Medical Center’s primary clinic locations. Valley Women’s Healthcare Clinic provides obstetric and comprehensive gynecologic care for women of all ages. VMC’s Midwives Clinic 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. Women’s Surgical Specialists provide pelvic medicine and reconstructive urogynecologic surgery services. 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, as well as many of VMC’s primary care clinics, offers complete obstetric and post-partum care, in addition to primary care for women and their entire families. The Birth Center and Breast Center provide programs and services including childbirth education, midwives, maternal fetal medicine, diagnostic testing, mammograms and bone density screenings. We also provide referrals to excellent physicians to meet your healthcare needs. GLOW, VMC’s free women’s health and wellness community education program, empowers women 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
Midwives Clinic (Covington & Renton) 425.656.5321
Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography 425.656.5520
Lactation services 425.228.3440, ext. 2526
Childbirth education and tours valleymed.org/birthclass
High Risk Screening & Genetics Clinic 425.656.5062
Breast Center (Covington & Renton) 425.656.5588
Breast Cancer Multidisciplinary Clinic (by referral)
Urology Clinic 425.656.5365
Oncology & Hematology Clinic (gynecologic oncology) 425.690.3409
Women’s Surgical Specialists Clinic (urogynecology) 425.656.4110
Find a Family Medicine physician, obstetrician, gynecologist or other specialist valleymed.org/docs or 425.690.3411
GLOW women’s health & wellness program valleymed.org/glow

Get the free UW Baby pregnancy app at Apple AppStore and Google Play.

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 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 425.656.5512
Looking for a Doctor?
Visit valleymed.org/docs or call our free find-a-physician line: 425.690.3627.

Pharmacy Services
VMC’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
■ 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.

Why Sign Up for Valley’s MyChart?
Get secure, 24/7 access from your phone or computer to:
■ Ask for or cancel an appointment
■ Send & receive messages with your care team
■ Review current medications, test results, health issues & health history
■ Renew prescriptions
■ View upcoming and past appointments
■ Request a free medical record release
■ View your billing statements
■ Pay your co-pays and bills online

Sign up at valleymed.org/mychart.