Studies show that Pritikin can help patients lower their cholesterol and triglycerides, lower blood glucose and reverse type 2 diabetes, reverse metabolic syndrome, lose weight and more. Medicare and many other insurance programs cover the cost of Pritikin.

Who is eligible for Pritikin?
Patients who have had the following are eligible for Pritikin:
- Acute myocardial infarction in the last year
- Coronary artery bypass surgery
- Current stable angina pectoris
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty/stenting
- Heart or heart-lung transplant
- Chronic heart failure

Key Discovery: Immunotherapy Drug Delays Type 1 Diabetes

Carla Greenbaum, MD, has spent much of her career trying to answer two questions: Can scientists predict who will get type 1 diabetes (T1D)? And can they intervene and stop it? Several years ago, she and her colleagues at the Benaroya Research Institute at Virginia Mason (BRI) and TrialNet answered the first question: They found that most people who have two or more key autoantibodies will go on to develop T1D. Now the researchers have published a New England Journal of Medicine paper that chronicles a breakthrough in prevention.

They discovered that teplizumab — an immunotherapy drug that targets cells that attack the pancreas in people with T1D — can delay the disease in people who are at high risk of developing it. Participants received two weeks of teplizumab. Results showed that on average, the drug delayed the onset of the disease for two years in children and young adults who had at least two of the telltale autoantibodies. “We’ve believed delaying the disease was possible for years, and we finally found a way to do it,” says Dr. Greenbaum, who is the director of BRI’s Diabetes Clinical Research program and is the chair of diabetes TrialNet. “Ask anyone with T1D — even one day without it would be a gift.”

Pritikin: Helping Patients Live Heart-Healthy Lives

Many patients with serious heart problems have the same challenge: They want to live healthier lives, but don’t know where to start. Our team is now offering an intensive cardiac rehabilitation program called Pritikin to help people adopt healthier lifestyles and prevent future heart problems. Pritikin helps patients via three pillars: Adopting safe and effective exercise, improving nutrition and achieving a mindset that makes it easier to maintain these lifestyle changes.

“Unlike traditional cardiac rehab programs that only focus on exercise, Pritikin also helps patients with their diet and stress management — and it makes a huge difference,” says Dave Cowan, who manages Pritikin at Virginia Mason. “We’ve seen patients reduce their blood pressure medication after just a week in the program.”

With Pritikin, patients have 72 sessions at the Virginia Mason Heart Institute over six months. These sessions include workshops about fitness, cooking, stress and anxiety management and effective goal-setting.

Studies show that Pritikin can help patients lower their cholesterol and triglycerides, lower blood glucose and reverse type 2 diabetes, reverse metabolic syndrome, lose weight and more. Medicare and many other insurance programs cover the cost of Pritikin.
Forbes Names Virginia Mason Among State’s Best Employers

Virginia Mason was ranked No. 11 in Washington in Forbes’ first-ever listing of America’s best employers by state. Virginia Mason was one of 36 Washington-based organizations and one of five in the healthcare industry. To pinpoint organizations liked best by employees, Forbes partnered with market research company Statista. They surveyed 80,000 Americans working for businesses with at least 500 employees and asked respondents to rate their willingness to recommend their employers to others.

Pediatric Department Now Open in Bellevue

Virginia Mason Bellevue Medical Center is now offering a variety of pediatric services, including well and sick child care visits, immunizations, hearing and vision screening, and more.

CONTINUING MEDICAL EDUCATION

Advances in Gastroenterology and Hepatology: Live Cases, Obstructions, Leaks, and More!

Learn about new advances with hands-on stations, live procedure observations and lectures during this 1-day/8-hour seminar on Sept. 7 at our main Seattle campus. Experts presenting include Richard A. Kozarek, MD, Michael Gluck, MD, David Carr-Locke, MD, and more. For more information, email CME@virginiamason.org.

Psychiatry for Primary Care

Allen Frances, MD, will provide clinical pearls toward accurate psychiatric diagnosis and appropriate treatment selection during this 1-day/9-hour workshop-style seminar on Sept. 20 at the Volney Richmond Auditorium on our Seattle campus. For more information, email CME@virginiamason.org.