

## Donor Impact Report: Clinical Research

Overlake physicians provide outstanding and compassionate care for patients. With your help, many also conduct research trials, helping to advance medical science and test the treatments of the future. Over two dozen clinical research projects are in process at Overlake. Benefits for patients include early access to innovative therapies, intensive patient monitoring and individualized care, and the opportunity to help make treatments better for future patients. **Your contributions help ensure that clinical research continues to benefit patients on the Eastside and beyond.**

### Blood-based breast test - Steven Scallon, MD, Radiology, Breast Health

When mammograms turn up inconclusive results, the next step is often a biopsy, meaning some breast tissue is removed and tested. About 80% of women who have biopsies turn out not to have cancer, but the worry and stress that comes with the test can be severe. This invasive and painful procedure may become unnecessary for some women as a result of a new technology being studied at Overlake.

A simple blood test indicates the likelihood of invasive cancer, giving doctors another tool to use before ordering a biopsy. Overlake is one of seven hospitals nation-wide participating in the trials of this impactful technology.



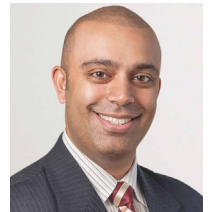
### Watch and wait - Kristi Harrington, MD, PhD, Medical Director, Cancer Services

Ductal carcinoma in situ (DCIS) is a low-risk form of cancer that may never become invasive. But DCIS is often treated aggressively with surgery and radiation. Many breast cancer doctors now feel that may be unnecessary. This study compares the use of close monitoring by a specialized care team against standard treatments, such as surgical removal of the breast. The study aims to show that watchful waiting may be a safe approach for women with low-risk DCIS, potentially saving patients from unnecessary and life-altering treatments.



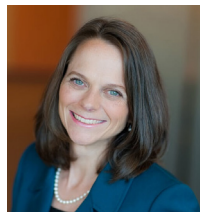
### New tech for bones and spines - Abhineet Chowdhary, MD, Director, Neuroscience Institute

A newly developed, 3-D printed titanium implant is used to stabilize and fuse the sacroiliac (SI) joint in the pelvis. A minimally invasive surgical procedure is used to insert the implants in patients with SI joint conditions that cause them pain and make it hard for them to go about their daily lives. This study examines the effect of the implants on patient pain, function, and safety.



### Stroke prevention - Kathleen Gibson, MD, Vascular Surgery

Narrowing in the carotid artery is a risk factor for stroke. For patients who have not yet experienced any warning signs of stroke, doctors treat the condition with intensive medical management (drugs plus lifestyle modification) and with a procedure to widen the artery. This study compares medical management alone against medical management plus artery widening. Stroke is a leading cause of death in the United States, and Overlake is dedicated to prevention as well as treatment.



**Your support is moving medicine forward. Thank you.**

For more information about clinical research trials happening at Overlake, please email us at [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org).