

# Common Health Questions in Eastside

## Belred Family Medicine dba Advanced Family Medicine

We have a unique demographic as a "tech hub" with a high concentration of active families and corporate professionals.

Here are the most common questions and concerns people living in the Eastside are likely to have.

### 1. Acute & Seasonal Concerns (High Priority)

- **"Is it the Flu, COVID, or RSV?"** King County is currently seeing high levels of Influenza A and RSV activity. While COVID-19 remains at "very low" levels in the area, the overlap of respiratory symptoms is a major driver of clinic visits right now.
- **The Measles Rise:** With 23 confirmed cases in Washington as of February 11, 2026, many Redmond parents are asking about their child's vaccination status (MMR) and whether local exposure sites have been identified.
- **The "Stubborn Cough":** Pertussis (Whooping Cough) is seeing a statewide surge in early 2026. Families are asking if their "lingering cold" requires a Tdap booster or antibiotics.

### 2. Lifestyle & "Tech Hub" Health

- **"Why am I so tired?" (Vitamin D & Mental Health):** In February, the "Big Dark" (the PNW winter) is at its peak. Patients frequently ask about seasonal affective disorder (SAD) and Vitamin D supplementation.
- **Ergonomics & Repetitive Strain:** With thousands of residents working at Microsoft and other tech giants, doctors in Redmond face constant questions about "Tech Neck," carpal tunnel, and chronic lower back pain.
- **Digital Wellness:** Questions about eye strain (computer vision syndrome) and the impact of blue light on sleep are staples for the Redmond workforce.

### 3. Preventive & Pediatric Health

- **School Requirements:** Redmond families often ask about specific immunization requirements for the Lake Washington School District, especially regarding the recent Measles and Pertussis updates.
- **Screening Timelines:** Reflecting the state's 2026 Common Measure Set, there is an increased local focus on:
  - **Colorectal Cancer Screening** (now starting at age 45).
  - **Anxiety and Depression screenings** for both adolescents and adults.
  - **High Blood Pressure** management for the 30-50 age bracket.

#### **4. Systemic & Access Questions**

- **Insurance Compatibility:** "Do you take Microsoft's Premera plan?" or "Is this covered under my Amazon Regence plan?" are the first questions asked by new residents.
- **Affordability:** Despite the high median income, a top community concern in the Eastside area remains the **cost of Health care** and high-deductible plan management.