



Doctors *making a* Difference

- and a nurse, too

Earlier this year we asked medical professionals to tell us which of their colleagues deserved recognition as a doctor who is making a big difference for folks on the Eastside. The response was overwhelming. The 425 magazine editorial panel chose 10 medical professionals who were going above and beyond the call of duty or who were leaders in their field. It wasn't an easy task. Every nomination was worthy of being mentioned. You'll see the complete list of nominees at the end of this article. Thank you to everyone who participated. And thank you doctors and nurses, for all you do to improve the lives of so many people, on the Eastside and beyond. >>

BY 425 STAFF | PHOTOGRAPHY BY BROOKE CLARK

never a typical day

Dr. Craig McAllister knows what it's like to be needed everywhere at once. Between a hospital, a clinic and a research lab, McAllister can't say that he has a consistent schedule, but he's not complaining. "Honestly, one of the truly great things about my job is that I don't have many 'typical' days. Whether we are in clinic at Evergreen Orthopedic Center, in surgery at Evergreen Hospital, in surgery at our outpatient facility, or in the lab, everything is new, challenging, and stimulating," he said.

As an orthopedic surgeon, the major challenge McAllister faces is helping rid patients of pain. "There are so many opportunities to diagnose the cause of a patient's problem and actually fix it. Patients come in with painful, unstable joints, unable to function in daily activities. Watching those patients go through surgery, recover, improve over time, and finish their treatment pain-free and happy is definitely a thrill."

McAllister also focuses heavily on researching surgery methods at Evergreen Orthopedic Research Lab, the goal of which is to make orthopedic surgery as minimally invasive as possible and speed up recovery time. "(The lab) is a collaborative effort of my assistants, Jeff Stepanian and Jenny Henderson, some highly-motivated and skilled hospital staff, and a hospital administration with extraordinary vision. Together, we have made some important contributions to orthopedic science and literature, and have developed techniques that are helping to influence the way hip and knee surgeries are being done."

His wife, Stacey, and his three children, Ryan, Kyle and Lauren, make up a big part of what makes his daily workload doable. He likes to spend as much time with them as possible. He also enjoys golf, waterskiing with his buddies in the early morning on Lake Washington, downhill skiing, and motocross dirt-biking. "I like to stay active," is how he describes his need for speed.

As a doctor with such a speed-driven and hectic schedule, it's easy to see how he was drawn to the medical profession.



Dr. Craig McAllister, Chief of Orthopedics, Evergreen Healthcare, Private Practice, Evergreen Orthopedic Center, Kirkland, Bellevue and Snoqualmie Valley Hospital in Snoqualmie.