

# HealthWATCH

PROUDLY CARING FOR  
THE EASTSIDE

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Spring classes:  
*Programs in your neighborhood*

A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

SPRING 2012

## Swedish and Providence: New Partnership Benefits Western Washington

Swedish joined with Providence Health & Services this past February forming a unique affiliation that allows both organizations to work together to improve health-care quality, access and affordability for residents of Western Washington. Swedish will continue to keep its name and identity, with no change in how you access care. By joining together, Swedish and Providence will improve quality and lower costs by sharing resources to benefit patients, including a secure electronic medical record that spans five states, and sharing clinical expertise and best practices. Each organization continues its not-for-profit mission to serve the community now and for many years to come.

## Seeking an Alternative to Traditional Knee Replacement?

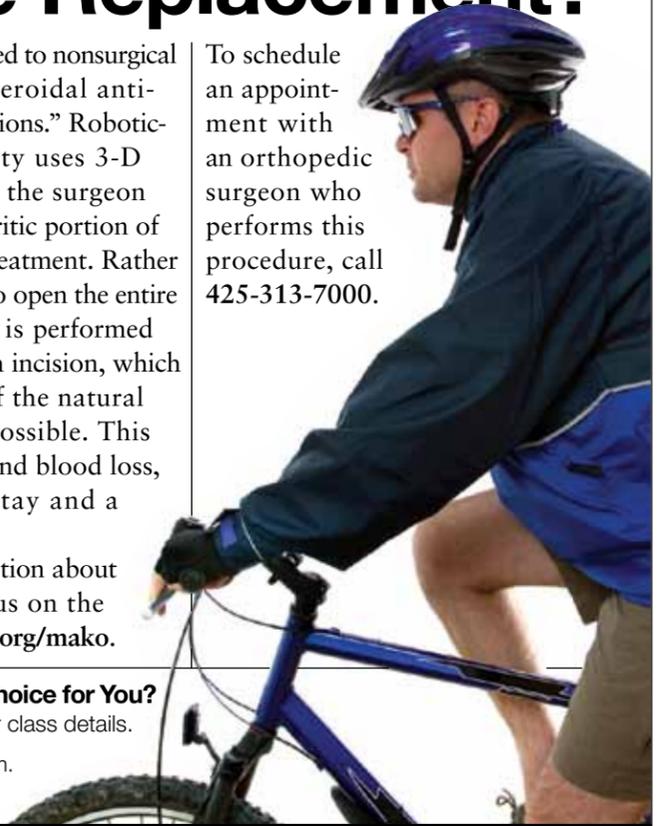
In 2010 the Swedish Orthopedic Institute at Swedish/First Hill became the first facility in the Puget Sound area to perform MAKOplasty, a new partial knee resurfacing procedure designed to treat early- to mid-stage osteoarthritis (OA). This procedure, which may be a viable alternative to total-knee replacement or traditional manual partial-knee resurfacing, is now available at Swedish/Issaquah.

“We are pleased we can offer Eastside residents access to this state-of-the-art technology,” says orthopedic surgeon Gregory Komenda, M.D. “We believe MAKOplasty offers an alternative for OA patients

who have not responded to nonsurgical treatments or nonsteroidal anti-inflammatory medications.” Robotic-assisted MAKOplasty uses 3-D visualization to help the surgeon identify only the arthritic portion of the knee that needs treatment. Rather than a large incision to open the entire knee, the procedure is performed through a 3- to 4-inch incision, which preserves as much of the natural bone and tissue as possible. This means less scarring and blood loss, a shorter hospital stay and a quicker recovery.

For more information about MAKOplasty, visit us on the Web at [www.swedish.org/mako](http://www.swedish.org/mako).

To schedule an appointment with an orthopedic surgeon who performs this procedure, call 425-313-7000.



Attend one of our free classes: **Joint Replacement: The Right Choice for You?**  
To register, go to [www.swedish.org/classes](http://www.swedish.org/classes) or see the back for class details.

Thursday, May 3, 6-8 p.m. -or- Thursday, June 7, 6-8 p.m.  
Swedish/Issaquah Campus

## Need to Choose a Doctor For Your Baby?

One of the most important decisions expectant moms and dads make is choosing the right doctor for their baby. Some doctors, including those in the Swedish network, offer a brief, complimentary visit for parents who wish to interview prospective health-care practitioners.

With so many doctors to choose from, finding the right one for your baby can be overwhelming. To help put you at ease, we're hosting free, one-hour

sessions that will explain what you should look for in a doctor, what questions to ask, and what services to consider. Join us for one of our “Baby Needs a Doctor” sessions and meet Swedish physicians who will answer your questions, share their philosophy of care and provide tips for taking care of your children. To register, visit [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) or call 206-215-3338.

### Upcoming sessions:

**Wednesday, April 11, 6:30-7:30 p.m.**

Swedish Snoqualmie Primary Care  
37624 S.E. Fury St., Suite 101  
Snoqualmie

**Tuesday, April 24, 6:30-7:30 p.m.**

Swedish/Redmond Campus  
18100 N.E. Union Hill Road  
Redmond



## Addressing Colon and Rectal Care with Sensitivity

Despite clever ads encouraging patients to take a light-hearted approach to colonoscopy screenings, colon and rectal health care remains one of those private topics that few people like to think or talk about. Colon and rectal disorders, however, are among the more common medical conditions for adults and may have a significant impact on their quality of life.

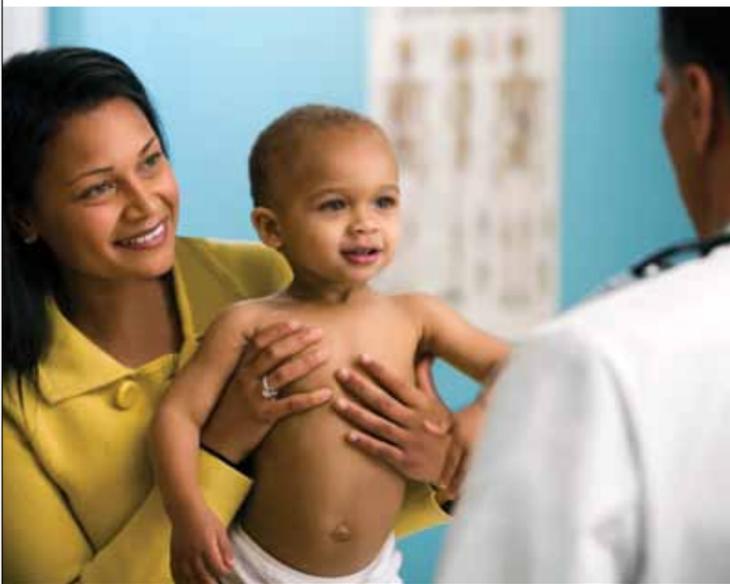
The dedicated team of specialists at the Swedish Colon and Rectal Clinic at Issaquah focuses on being respectful of their patients' privacy and sensitive to their comfort. They also have made convenience a priority by integrating under one roof medical and surgical services, naturopathic care and genetic counseling and testing, which provides a seamless patient experience.

The Issaquah clinic is able to manage the full range of colon, rectal and anal conditions, such as hemorrhoids, chronic constipation or diarrhea, and colorectal cancer.

For more information about the Colon and Rectal Clinic at Swedish/Issaquah or to schedule an appointment, call 425-313-7075.

### Want to learn more?

See our cancer class descriptions on the back for *The Anticancer Lifestyle* and *Colon Cancer – New Techniques in Treatment*



## COMMUNITY EVENTS

Swedish is dedicated to supporting work to prevent premature birth and cure cancer, and is proud to participate in these community events. We hope you'll join us!

**March of Dimes Greater Puget Sound March for Babies**  
Saturday, May 5, Seattle Center;  
[www.marchforbabies.org](http://www.marchforbabies.org)

**American Cancer Society Relay for Life of Issaquah**  
Saturday and Sunday, June 2-3, Skyline High School;  
[www.issaquahrelayforlife.org](http://www.issaquahrelayforlife.org)

**Susan G. Komen Puget Sound Race for the Cure®**  
Sunday, June 3, Seattle Center;  
[www.komenpugetsound.org](http://www.komenpugetsound.org)

**American Cancer Society Relay for Life of Redmond/Kirkland**  
Saturday and Sunday, June 9-10, Redmond High School;  
[www.relayforlifeofredmondkirkland.org](http://www.relayforlifeofredmondkirkland.org)

# Guide to Swedish's Community Education Programs in your neighborhood

To register for the following classes and to see a full list of classes at all Swedish campuses, visit [www.swedish.org/classes](http://www.swedish.org/classes), email [healtheducation@swedish.org](mailto:healtheducation@swedish.org), or call **206-386-2502** unless otherwise noted. Registration is required for all classes and screenings. Class information is subject to change.

**Issaquah Library:** 10 W. Sunset Way, 98027

**Sammamish Library:** 825 228th Ave. S.E., 98075

**Swedish/Issaquah Campus:** 751 N.E. Blakely Drive, 98029

**Swedish/Redmond Campus:** 18100 N.E. Union Hill Road, 98052

## CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. Classes are offered at all campuses. For more details, visit [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) or call **206-215-3338**.

## CANCER EDUCATION

The Swedish Cancer Institute offers a variety of ongoing classes for those diagnosed with cancer. Visit [www.swedish.org/classes](http://www.swedish.org/classes) for a complete listing. For more information about cancer programs and services at the Swedish Cancer Institute, call toll free **1-855-XCANCER (1-855-922-6237)**.

### The Anticancer Lifestyle

Explore recent findings on ways to increase your resistance to cancer with health educator Carol Robl. Learn how to create an anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats and enhancing your physical and emotional well-being.

**Issaquah Library:** Tuesday, May 15, 7-8:30 p.m.

### Colon Cancer:

#### New Techniques in Treatment

Colon cancer is a common disorder that affects thousands of people each year. There are recently developed mechanical and molecular technologies to treat colon cancer at all stages. Amir Bastawrous, M.D., will review what patients might expect when they're diagnosed and how these new treatments may affect them and their outcomes.

**Sammamish Library:** Wednesday, May 30, 7-8:30 p.m.

## NEUROSCIENCES

### Headache and Migraine Management

Twenty-three million Americans suffer from migraine headaches. If you're one of them, this is the perfect opportunity to learn how to manage your migraines.

**Issaquah:** Monday, June 18, 6-8 p.m.



### Head Injury and Prevention

Head injuries can have serious, even deadly, consequences. Learn more about head traumas and how you and your family can avoid them.

**Issaquah:** Thursday, April 12, 6-7 p.m.

## ORTHOPEDICS

### Joint Replacement:

#### The Right Choice for You?



If you have arthritic joint pain and are considering joint replacement, you'll want to attend this important class. An orthopedic surgeon will discuss hip- and knee-replacement surgery,

as well as the latest in robotic-assisted surgery for those who have advanced arthritis in part of their knee. The class also includes a question-and-answer session with the surgeon.

**Issaquah:** Thursday, May 3 or June 7, 6-8 p.m.

## PAIN MANAGEMENT

The brain has the ability to change and adapt to stimuli such as pain. For acute pain, narcotics have a well-demonstrated benefit, while the Internet offers ever more claims of "pain cures" through nondrug therapies. Come learn what you can do to decrease pain with and without drugs or medication in this three-part series.



### Pain and the Brain

**Issaquah:** Wednesday, May 23, 6-7:30 p.m.

### Pain and Narcotics

**Issaquah:** Wednesday, May 30, 6-7:30 p.m.

### Pain and Complementary Therapy

**Issaquah:** Wednesday, June 6, 6-7:30 p.m.

## PARENTING

### All About Puberty

This class provides a perfect opportunity to build a bridge with your 9- to 12-year-old to demystify the challenges of puberty. The focus of this fun, interactive class is to open and enhance communication between parents and preteens and explain the physical and emotional changes ahead. Fee: \$30 per family (fee includes two adults and one child; there is a \$5 fee for each additional child or adult in the same family).

### Parents and Girls Together

**Issaquah:** Thursday, June 14, 6:30-9 p.m.

**Redmond:** Thursday, May 17, 6:30-9 p.m.

### Parents and Boys Together

**Issaquah:** Tuesday, June 19, 6:30-9 p.m.

**Redmond:** Monday, April 23, 6:30-9 p.m.

### Hop to Signaroo®

#### Baby Sign Language Classes

Hearing families can use American Sign Language to communicate with hearing babies as young as 5 months old. Signing greatly reduces a baby's frustration and promotes faster language development. Four sessions. Fee: \$128 plus required \$19 materials fee (scholarships available; enrollment is for one or both parents of the same baby, or one parent and a grandparent). For more information, visit [www.hoptosignaroo.com](http://www.hoptosignaroo.com).

**Issaquah:** Saturdays, April 28–May 19, 10:30-11:30 a.m.

## SAFETY AND INJURY PREVENTION

### AARP Driver Safety Program

The AARP Driver Safety Course is an eight-hour classroom refresher for motorists aged 50 and older. A certificate is awarded upon completion and drivers over age 55 may be eligible for insurance discounts. Participants must attend all eight hours to receive certification. Fee: \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.

**Issaquah:** Saturday, April 28 or June 16, 9 a.m.-5 p.m.

### Heartsaver CPR and AED

Learn how to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. This class is taught by American Heart Association-certified instructors

and includes training with an AED. Participant certifications are valid for two years. Fee: \$40.

**Redmond:** Wednesday, April 25, 5-8 p.m.

### Safe Sitter®

Safe Sitter is a medically accurate program that teaches boys and girls how to be good babysitters. The class covers basic lifesaving techniques, safety precautions and responsibilities of safe babysitting and is recommended for ages 11-13. Fee: \$40 (scholarships available on a limited basis).

**Issaquah:** Saturday, April 14 or June 9, 9 a.m.-4 p.m.

## WELLNESS

### Adult Sleep:

#### Causes of Nonrestorative Sleep

This class will discuss the implications of poor sleep, explain treatment options, and provide tips to set you up for a better night's sleep.

**Redmond:** Wednesday, May 30, 6-7 p.m.

### Children and Sleep

This class will discuss the implications of poor sleep for children, explain treatment options and provide tips to set your child up for a better night's sleep.

**Redmond:** Wednesday, May 23, 6-7 p.m.



### Nutrition

Join us for this interactive class on incorporating good nutrition habits into your life. Bring your own questions for our presenters, a family practice physician and nutrition expert.

**Redmond:** Tuesday, May 8, 6:30-7:30 p.m.

### Yoga, Meditation, Pilates, Zumba® and More!

The Shops at Swedish on Swedish's Issaquah campus offers a comprehensive program of wellness classes, including: Hatha Yoga; Viniyoga; Gentle Yoga; Intro to Yoga; Yoga for Cancer Care, MS and Parkinson's; Prenatal; Mommy and Me; Infant Massage; and a variety of other therapeutic/restorative yoga



classes. Pilates, meditation and Zumba/cross training classes are also offered. All classes are held in the Flex Space. For schedules and registration, visit [www.theshopsatswedish.org](http://www.theshopsatswedish.org) or call **425-313-7092**.

HealthWatch is meant to provide useful health-care information and is not intended to replace the advice of your doctor. If you have a question concerning your health, contact your physician. If you do not have one and want a free referral, call **1-800-SWEDISH (1-800-793-3474)** or visit our website at [www.swedish.org](http://www.swedish.org).

Kevin Brown  
Chief Executive

John Vassall, M.D.  
Chief Medical Officer

## Swedish Medical Center Locations

Swedish/Ballard	206-782-2700
Swedish/Cherry Hill (500 17th Ave.)	206-320-2000
Swedish/Edmonds	425-640-4000
Swedish/First Hill (747 Broadway)	206-386-6000
Swedish/Issaquah	425-313-4000
Swedish/Mill Creek	425-357-3900
Swedish/Redmond	425-498-2220

For addresses, visit [www.swedish.org](http://www.swedish.org)

## Swedish Primary Care

Ballard Clinic	206-320-3335
Birth & Family Clinic (Edmonds)	425-640-4950
Central Seattle Clinic	206-320-4888
Children's Clinic (West Seattle)	206-320-5780
Cle Elum Clinic	509-674-6779
Downtown Seattle Clinic	206-320-3351
Factoria Clinic	425-641-4000
Greenlake Clinic	206-320-3400
Internal Medicine at Edmonds	425-640-4900
Issaquah Clinic	425-394-0700
Magnolia Clinic	206-320-3364
Mill Creek Clinic	425-357-3700
Pine Lake Clinic	425-455-2845
Redmond Clinic	425-702-8689
Snoqualmie Clinic	425-888-2016
South Lake Union Clinic	206-320-5200
Queen Anne Clinic	206-861-8500
West Seattle Clinic	206-320-3399

For addresses, visit [www.swedish.org/primarycare](http://www.swedish.org/primarycare)

## General Information

Corporate Communications	206-386-6797
HealthWatch Editor	206-386-6797
Class Registration	206-386-2502
James B. Douglas Health Education Center (Swedish/First Hill)	206-386-2502
Cancer Education Center (Swedish Cancer Institute)	206-386-3200

## Free Physician Referrals

1-800-SWEDISH

(1-800-793-3474)

[www.swedish.org/physicians](http://www.swedish.org/physicians)

If you wish to be taken off the mailing list, please fill out the form at [www.swedish.org/unsubscribe](http://www.swedish.org/unsubscribe) or call **206-386-6797**.

Swedish — a private, nonprofit organization — is an equal-opportunity employer and service provider.

It is the policy of Swedish Health Services that no individual shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity at Swedish on the grounds of race, color, age, sex, marital status, sexual orientation, religious belief, ancestry, national origin, political affiliation, ability to speak English or disability.

## The Shops at Swedish

**Adventure Kids Playcare** 425-313-7093  
A unique drop-in child care and entertainment center for kids ages 1 to 12 years.

**Be Well** 425-313-7098  
A wellness shop designed to support healthy lifestyles offering brand name fitness apparel and accessories, books, magazines, healthy snacks and unique skin and body-care products.

**Café 1910** 425-313-4225  
A diverse menu with healthy eating a priority. You'll find brick-oven pizza, a grill, and made-to-order salads.

**Comfort & Joy** 425-313-7097  
A warm and welcoming boutique focused on the needs of pregnant women, new moms and babies.

**Lily and Pearl** 425-313-7095  
A distinctly elegant gift shop offering market-fresh flowers, children's books and toys, jewelry, home decor and fine confections.

**Perfect Fit** 425-313-7096  
A fine-lingerie boutique offering fashion-forward intimate apparel and comfortable basics, as well as a large selection of postoperative breast-surgery garments and private prosthesis fittings.

**Starbucks** 425-313-7099  
Spend some quality time with your favorite beans; open Monday through Sunday.

For shop addresses, visit [www.theshopsatswedish.org](http://www.theshopsatswedish.org)



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