

# HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH

SUMMER 2012

## A CHECKUP FOR HEALTHY SUMMER TRAVEL

No one wants to think about getting sick or injured while on vacation — but it can happen. A little planning will keep you from being caught unprepared and a few precautions will help you stay healthy.

**PLANNING**

1. Call your health insurance company. Are you covered while traveling in the United States or overseas? Is there a special process you must follow if you need medical care?

2. If you're traveling to another country, check to see if you need immunizations. Information about health risks and immunization requirements are available online at [www.cdc.gov/travel](http://www.cdc.gov/travel).

**PACKING**

1. Pack medicine to last the entire trip plus a couple of days, just in case you're delayed.

2. Don't forget sunscreen and insect repellent!

3. Place your insurance card in your wallet.

4. If you're traveling outside the United States, place your vaccination record with your passport. Some countries require proof of vaccinations before allowing you to enter.

**PREVENTION**

1. Don't let travelers' diarrhea ruin your fun. Take extra precautions when traveling in another country. Avoid raw/undercooked meat or seafood. Wash and peel raw fruits and vegetables. Don't eat food from street vendors. Drink bottled/boiled water and don't use ice in your drinks.

2. Be extra careful to avoid accidents.

A little advance planning and a few precautions can help ensure a healthy vacation. For more tips about traveling overseas, read the blog post by Swedish travel medicine physician Mary Lambe, M.D., at [www.swedish.org/traveltips](http://www.swedish.org/traveltips). Dr. Lambe is located at Swedish Snoqualmie Primary Care and is available for appointments by calling **425-888-2016**.

## Swedish Gives Women Every Possible Advantage in the Fight Against Cancer

**T**he True Family Women's Cancer Center, which recently opened, focuses on one simple truth: Women are different from men. The center's hallmark is its team of specialists who have dedicated nearly their entire careers to women's cancer care. In a warm and compassionate setting, this team helps women manage an overwhelming situation.

When most people think about women's cancer, breast or gynecological cancer comes to mind. But women are at risk for nearly all types of cancer. Bladder, brain, liver, lung, skin, colon and many other cancers — the True Center's team treats them all.

The True Center's opening signals a new day in women's cancer care. Because of the generosity of many



Patricia Dawson, M.D., medical director of True Family Women's Cancer Center, and medical director of Swedish Cancer Institute Breast Program, stands in the Main Lobby of the True Center, located on the 5th and 6th floors of the Arnold Pavilion at Swedish/First Hill. Also pictured are the donor Wall of Hope and Healing Forum — a gathering place for support groups.

individuals and organizations in the community, the Swedish Cancer Institute now has a special healing place just for women.

Call **1-855-TRUECTR (1-855-878-3287)** for more information or to schedule an appointment, or visit [www.swedish.org/truecenter](http://www.swedish.org/truecenter).

## Clinic, Urgent Care or ER?

### Making the Best Decision for Your Child

Sean Lawler, M.D.,  
 Swedish  
 Pediatric Care

John Milne, M.D., MBA,  
 Swedish  
 Emergency Medicine

**P**arents often feel the need to quickly jump into action when their child gets sick or injured. In those first few minutes, answering two simple questions can help them make the best decision about where their child should receive care:

1. Can my doctor's office handle this?
2. Is my doctor's office open?

If you think there's time, call your doctor's office — even if it may be closed. Your doctor, or the on-call physician if the clinic is closed, will evaluate the situation and suggest the best place for your child's care. Your doctor may recommend a same-day appointment, treatment at an urgent-care clinic or a trip to the nearest

emergency room (ER). Sometimes, however, it's best to call 911 or take your child to the ER. Your child needs immediate medical care if he/she has:

- Difficulty breathing
- An allergic reaction
- Severe bleeding
- Seizures
- Head trauma
- High fever (100.4° or higher) and is less than 2 months old, or a high fever with a stiff neck if he/she is older

We encourage parents to take just a moment to consider their options for their child's medical care. If there's time, call your doctor and ask for advice. But  
*(Continued on back page)*

## Start Planning Now for Back-to-School Physicals

**J**une is here! Shrieks of joy fill the air as kids get out of school and families put last-minute touches on their summer plans.

But wait — a few minutes of planning now will help make the beginning of the next school year a little less stressful.

**School and Sports Physicals:** Check with your child's school to see how far in advance your child can have a required school or sports physical. Make your child's appointment as early as possible so you're not caught in the end-of-summer rush.

**Immunizations:** The Washington

State Department of Health has vaccination information for the next school year online at [www.doh.wa.gov/cfh/immunize](http://www.doh.wa.gov/cfh/immunize). Are your child's vaccinations up to date? Call your doctor's office if you're not sure.

Swedish primary-care clinics are located in many neighborhoods throughout the region. If you're looking for a primary-care doctor for

your family, go to [www.swedish.org/primarycare](http://www.swedish.org/primarycare) or call toll-free **1-800-SWEDISH**.

Our clinic staff will help you de-stress by planning for all your family's back-to-school health-care needs.



# A New Standard for Multiple Sclerosis Care

Patients with multiple sclerosis (MS) have a new place to learn how to live life well — despite MS.

The MS Center at Swedish, which was largely funded through community generosity, is one of the most comprehensive MS facilities on the West Coast. The center brings together a team focused on caring for the whole person.

The team includes neurologists, neuro-ophthalmologists, physiatrist, specially trained nurses, social worker,

psychologist, speech therapist, and vocational, physical, occupational and cognitive rehabilitation therapists. Many of these experts are also involved in clinical trials of



The new 11,700 square-foot MS Center at Swedish

promising new therapies in which patients may be able to participate.

The center offers an exercise gym, and an outside therapy terrace where patients

can practice walking on ramps and steps, and other types of surfaces. Patients will also find a yoga studio, research library, and space for educational lectures and support group meetings.

Call 206-320-2200 for more information, or go to [www.swedish.org/ms](http://www.swedish.org/ms).

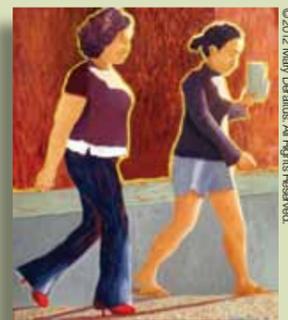


Swedish MS patient Bernadette Couch works with physical therapist Kim Kobata at the Swedish MS Center.

## Swedish MS Center Art Show June 16

The Swedish MS Center 3rd Annual Art Show is Saturday, June 16 from 10 a.m.-6 p.m. The exhibit showcases more than 80 works of art created by people living with and affected by multiple sclerosis (MS) and includes painting, ceramics, photography, sculpture and jewelry. The art show raises community awareness of MS and provides an opportunity for all to enjoy remarkable and inspiring works of art created by those facing the challenges of MS.

The exhibit is at the new MS Center at Swedish/Cherry Hill in Seattle: 1600 East Jefferson St., A Level. For more information, go to [www.swedish.org/ms](http://www.swedish.org/ms).



"Two Sisters" by Mary Deraitus

## COMMUNITY EVENTS

Swedish is proud to sponsor and participate in these community events. We hope you'll join us!

**Edmonds Arts Festival**  
Friday, June 15–Sunday, June 17  
[www.edmondsartsfestival.com](http://www.edmondsartsfestival.com)

**Issaquah Highlands Day**  
Saturday, June 23  
[www.ihwebsite.com](http://www.ihwebsite.com)

**Redmond Derby Days**  
Friday, July 13–Sunday, July 15  
[www.redmondderbydays.com](http://www.redmondderbydays.com)

**Ballard SeafoodFest**  
Saturday and Sunday, July 14–15  
[www.seafoodfest.org](http://www.seafoodfest.org)

**Mill Creek Festival**  
Saturday and Sunday, July 14–15  
[www.millcreekfestival.com](http://www.millcreekfestival.com)

**Summer Movie Nights at Swedish/Edmonds**  
Friday, July 20, Aug. 10, Aug. 17, Sept. 7  
[www.swedish.org/movies](http://www.swedish.org/movies)

**Swedish SummerRun & Walk for Ovarian Cancer**  
Sunday, July 22  
[www.summerrun.org](http://www.summerrun.org)

**The Festival at Mt. Si**  
Friday, Aug. 10–Sunday, Aug. 12  
[www.festivalatmtsi.org](http://www.festivalatmtsi.org)

**South Lake Union Block Party**  
Friday, Aug. 10  
[www.slublockparty.com](http://www.slublockparty.com)

**A Taste of Edmonds**  
Friday, Aug. 10–Sunday, Aug. 12  
<http://atasteofedmonds.com>

**Snoqualmie Railroad Days**  
Friday, Aug. 17–Sunday, Aug. 19  
[www.railroaddays.com](http://www.railroaddays.com)

**Sammamish Days**  
Saturday, Aug. 18  
[www.ci.sammamish.wa.us](http://www.ci.sammamish.wa.us)

**Mukilteo Lighthouse Festival**  
Friday, Sept. 7–Sunday, Sept. 9  
[www.mukilteolighthousefestival.com](http://www.mukilteolighthousefestival.com)

## Eliminate Your Risk of Stroke

William Likosky, M.D., Medical Director, Swedish Stroke Clinic, and neurologist at Minor & James Medical

In the Swedish Stroke Clinic, we work with stroke patients and their families to help them understand the risk of having a second stroke and what they can do to reduce that risk.

Lifestyle and medical conditions determine your risk for a first, or second, stroke.

- Do you have high blood pressure and/or high cholesterol?
- Do you have diabetes?
- Have you been diagnosed with atrial fibrillation?
- Do you smoke?
- Are you overweight?
- Do you avoid exercise?
- Has a close relative had a stroke?

If you answered yes to any of those questions, you're at greater risk for having a stroke. If you've already had a stroke, your "yes" answers mean you're more likely to have another one.

Your lifestyle can help you avoid a first or second stroke.

And, because family history is a stroke risk factor, your entire family can benefit from a healthy way of life.

Pledge to help each other stick to a routine that includes:

- No smoking
- Healthy eating
- Regular exercise
- Taking medications as directed
- Losing weight if you are overweight or obese
- Drinking alcohol only in moderation
- Taking low-dose aspirin or a similar medicine (if recommended by your doctor)
- Managing blood sugar if you have diabetes

Call 206-320-6530 for more information about the Swedish Stroke Clinic or to schedule an appointment. See our class offerings on the back page under Stroke Prevention and Heart Health, including the class "Stroke Prevention" at Swedish/Edmonds on Monday, June 25.

## Enjoy the Sun While Avoiding Sun Damage

Sunshine is a magnet. We spend hours outside with little or no protection — even though we know that over-exposure to the sun's ultraviolet rays may cause skin cancer.

Skin cancer is the most common type of cancer in the United States. The American Cancer Society estimates more than two million people will get some form of skin cancer in 2012. Don't be a statistic. Protect yourself and your family.

– **Limit sun exposure** when the sun is strongest (10 a.m. to 4 p.m.)

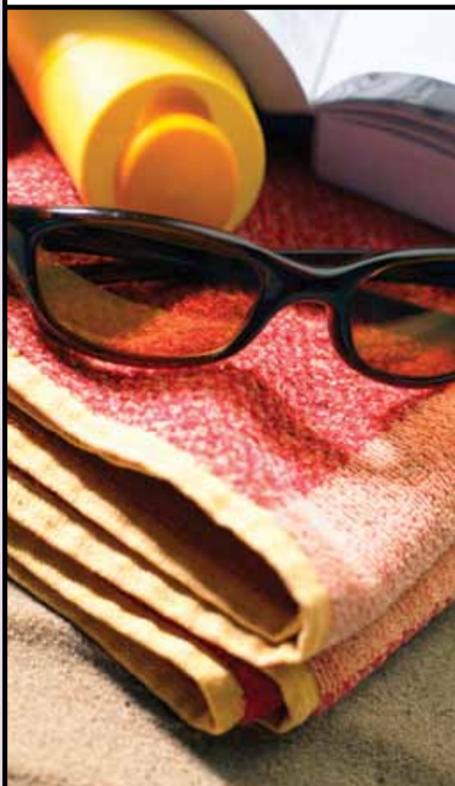
– **Cover up** with sunglasses, hat, long-sleeved shirt and long pants or special Ultraviolet Protection Factor (UPF) clothing

– **Apply sunscreen**, even on cloudy days. Reapply every two hours and after swimming.

– **Use lip protection**

– **Protect infants and children**

Angie Song, M.D., of Swedish Facial Plastic Surgery offers skin-care products that counter sun damage. For more information, call 206-320-5251 or visit [www.swedish.org/facialplastic](http://www.swedish.org/facialplastic). Read Dr. Song's "Sunscreen in Seattle" blog post at [www.swedish.org/sunscreeninseattle](http://www.swedish.org/sunscreeninseattle). Attend a free seminar with Dr. Song on Thursday, June 21 at Swedish/Issaquah and learn about nonsurgical options to rejuvenate your face. See "Turn Back the Clock: Rejuvenate Your Face" under Health & Well-Being in the class listing.



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

Swedish Community Health Education Programs are free unless otherwise indicated, but **registration is required.**

To register, visit [www.swedish.org/classes](http://www.swedish.org/classes), email [healtheducation@swedish.org](mailto:healtheducation@swedish.org), or call **206-386-2502**. Classes, locations and times are subject to change.

**Swedish/Ballard Campus:** 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)

**Swedish/Cherry Hill Campus:** 500 17th Ave., 98122 (Central Seattle)

**Swedish/Edmonds Campus:** 21601 76th Ave. W., 98026

**Swedish/First Hill Campus:** 747 Broadway, 98122 (Seattle)

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

**Swedish/Mill Creek Campus:** 13020 Meridian Ave. S., 98208 (Everett)

**Swedish Orthopedic Institute:** 601 Broadway, 98122 (Seattle)

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

## 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.

### Breast Cancer

Have you or someone you know just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit [www.swedish.org/nowwhatbreastcancer](http://www.swedish.org/nowwhatbreastcancer).

## 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**.

## DIABETES EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications. Physician referral is required. Visit [www.swedish.org/diabetes](http://www.swedish.org/diabetes) or call **206-215-2440** (Seattle/Eastside) or **425-640-4395** (Edmonds).

## HEALTH SCREENINGS

### Free Health Screenings at Swedish/Edmonds

Swedish/Edmonds will offer free health screenings and presentations by health experts on Tuesday, June 12 from 5:30-8:30 p.m. to celebrate the hospital's award from HealthGrades for clinical excellence. The free screenings for cholesterol, lipids, blood pressure and body composition are limited to the first 150 preregistered participants. To register, or for more information, call **425-640-4747** or go to [www.swedish.org/screenings](http://www.swedish.org/screenings).

### Men's Health Event and Free PSA Screenings

Attend our free Men's Health Event on Thursday, June 28 from 6-8 p.m. at Swedish/Edmonds. There will be a presentation that will help you better understand your PSA numbers and an opportunity for questions and answers from a Swedish urologist. Free PSA tests are available to the first 36 preregistered participants. To register, or for more information, call **425-640-4603** or go to [www.swedish.org/menshealth](http://www.swedish.org/menshealth).

## HEALTH AND WELL-BEING

### Advance Directives: Communicating Choices

Washington state law supports your right to make decisions about your health care. Learn more about the process of creating advance directives and communicating your choices to your family and physician.

#### Edmonds:

Thurs., July 26, 6-7:30 p.m.

### Chair Yoga

This easy alternative to regular yoga uses a chair for help in transitioning to and from the floor, and for certain seated exercises. **Fee:** \$12 per class, payable in class by check or cash only.

#### Edmonds:

Every Mon. (except Sept. 3), 5:30-6:30 p.m.

### Hearing Loss and Hearing Aids

This interactive discussion will address hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

#### Edmonds:

Thurs., July 12, 10:30-11:30 a.m.

#### Issaquah:

Tues., Aug. 21, 10:30-11:30 a.m.

### Pain and Beyond

To attend a class and learn techniques for coping with painful conditions, call **425-640-4140**.

#### Edmonds:

Every Friday, 3-4:30 p.m.

### So You Have Arthritis, Now What?

This class, led by The Polyclinic board-certified rheumatologist Anthony Krajcer, M.D., is for those with arthritis symptoms who want to learn about types of arthritis, symptoms and treatment approaches.

#### Cherry Hill:

Thurs., Aug. 2, 6-7:30 p.m.

### Turn Back the Clock: Rejuvenate Your Face

Come to a free seminar to learn about nonsurgical options to rejuvenate your face from Swedish facial plastic surgeon Angie Song, M.D. She'll discuss the effects of aging on your skin and face and how you can help turn back the clock. There will also be live demonstrations of a cosmetic injection and dermal filler procedure.

#### Issaquah:

Thurs., June 21, 5:30-7 p.m.

### Yoga for a Healthy Mind and Body

Yoga provides stress relief, exercise, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. **Fee:** \$12 per class, payable in class by check or cash only. First class is free.

#### Edmonds:

Every Mon. (except Sept. 3) and Wed., 4-5:15 p.m.

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

Flex Space at Swedish/Issaquah 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. Visit [www.theshopsatswedish.org](http://www.theshopsatswedish.org) for schedules and registration, or call **425-313-7092**.



## NEUROSCIENCES

### Essential Tremor: Gamma Knife Treatment

Christopher Loiselle, M.D., will discuss essential tremor and treatment options. Learn more about this treatable condition and the options to help reduce or eliminate shaking.

#### Issaquah:

Wed., Aug. 15, 10 a.m.-noon

### Headache and Migraine Management

This is the perfect opportunity to learn how to manage your migraines. Join Kate Kennedy, ARNP, and wrap your head around the significant advances in migraine treatment.

#### Issaquah:

Mon., June 18, 6-8 p.m.

#### Redmond:

Tues., Aug. 28, 6-8 p.m.

## ORTHOPEDICS

Classes include a question-and-answer session.

### Joint Replacement: The Right Choice for You?

In this class an orthopedic surgeon will discuss hip- and knee-replacement surgery.

#### Ballard:

Wed., July 25, 6-8 p.m.

#### Edmonds:

Wed., July 11, 6-8 p.m.

#### Swedish Orthopedic Institute:

Thurs., June 14, July 12 or Aug. 2, 6-8 p.m.

#### Issaquah:

Thurs., June 7 or Wed., July 18 or Aug. 22, 6-8 p.m.



### Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder, how to prevent injury and surgical/nonsurgical solutions to common injuries.

#### Swedish Orthopedic Institute:

Thurs., June 28, 6-8 p.m.

### Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped disks and other common spine problems can affect your ability to move well. Learn about a variety of treatment options, including surgery and methods for nonsurgical relief.

#### Edmonds or Swedish Orthopedic Institute:

Thurs., June 21, 6-8 p.m.

## PARENTING

### All About Puberty

The focus of this fun, interactive class is to open and enhance communication between parents and preteens (9- to 12-year-olds) 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

#### Cherry Hill:

Tues., June 26, 6:30-9 p.m.

#### Edmonds:

Thurs., July 19, 6:30-9 p.m.

#### Issaquah:

Thurs., Jun 14 -or- Mon., Aug. 27, 6:30-9 p.m.

### Parents and Boys Together

#### Ballard:

Tues., July 17, 6:30-9 p.m.

#### Issaquah:

Tues., June 19, 6:30-9 p.m.

#### Mill Creek:

Mon., Aug. 20, 6:30-9 p.m.

### Parents and Pre-Teens Together

This class is geared toward both boys and girls and their parents.

#### Ballard:

Tues., Aug. 7, 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).

#### Ballard:

Thurs., July 12-Aug. 2, 10:30-11:30 a.m. -or- Thurs., Aug. 2-23, 6:30-7:30 p.m.

#### First Hill:

Tues., July 10-31, 6:30-7:30 p.m.

#### Issaquah:

Sat., Aug. 4-25, 10:30-11:30 a.m.

### Parenting Children With Health Issues: Tools, Tips and Tactics for Raising Resilient Kids™

Learn practical and easy-to-learn parenting tools for raising confident, responsible kids with high coping skills; kids who are optimistic about life and take good care of themselves — even when no one else is watching. **Fee:** \$10 per person or \$15 per family (includes two adults).

#### Issaquah:

Wed., July 11, 6:30-9:30 p.m.

## SAFETY AND INJURY PREVENTION

### AARP Driver Safety Course

This course is an eight-hour classroom refresher for motorists aged 50 and older. A certificate is awarded upon completion of all eight hours and drivers over age 55 may be eligible for insurance discounts. **Fee:** \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.



**Ballard:**  
Mon. and Wed., June 11 and 13 or July 9 and 11  
9 a.m.-1:30 p.m.

**Edmonds:**  
Tues. and Wed., June 26 and 27, 9 a.m.-1 p.m.  
-or-  
Mon. and Tues., July 30 and 31 or Aug. 27 and 28,  
9 a.m.-1 p.m.  
-or-  
Sat., July 14, 9 a.m.-5 p.m.

**First Hill:**  
Mon. and Wed., Aug. 13 and 15, 9 a.m.-1:30 p.m.

**Issaquah:**  
Sat., June 16, July 28 or Aug. 11, 9 a.m.-5 p.m.

### Adult First Aid

Learn how to apply first aid to adults in basic medical and environmental emergencies. Participant certifications are valid for two years. **Fee:** \$40.

**Edmonds:**  
Wed., July 18, 6-9 p.m.

**Fall Prevention/Steady on Your Feet**  
Learn to maintain good balance and perform daily activities safely.

**Edmonds:**  
Wed., July 18, 1:30-2:30 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. Participant certifications are valid for two years. **Fee:** \$40.

**Edmonds:**  
Wed., Aug. 8, 6-9 p.m.

**Issaquah:**  
Mon., July 9, 6-9 p.m.

### Pediatric First Aid

Learn how to apply first aid to children and infants in basic medical and environmental emergencies. Participant certifications are valid for two years. **Fee:** \$40.

**Issaquah:**  
Wed., Aug. 29, 6-9 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).

**Ballard:**  
Mon., Aug. 6, 9 a.m.-4 p.m.

**Cherry Hill:**  
Sat., July 21, 9 a.m.-4 p.m.

**Edmonds:**  
Sat., June 30, 9 a.m.-4 p.m.

**Issaquah:**  
Sat., June 9 or Aug. 25, 9 a.m.-4 p.m.

## STROKE PREVENTION AND HEART HEALTH

### Exercise for a Healthy Heart (Edmonds)

This is a medically supervised exercise and education program for individuals living with, or at risk of developing, heart disease. Individuals with heart disease, diabetes/prediabetes and high blood pressure or cholesterol will benefit from the program, which focuses on controlling risk factors and making positive lifestyle changes. For more information, call **425-640-4330**.

### Lowering High Blood Pressure

Learn how exercise, nutrition and positive lifestyle changes can lower blood pressure levels.

**Edmonds:**  
Mon., Aug. 27, 6-7:30 p.m.

### Lowering High Cholesterol

Learn how exercise, nutrition and positive lifestyle changes can lower cholesterol levels. Bring your most recent cholesterol test results and learn what the numbers mean.

**Edmonds:**  
Mon., July 23, 6-7:30 p.m.

### Stroke Care Program

The Stroke Care Program at Swedish offers ongoing community education seminars and events. For a current listing of stroke events, or for more information about the program, call **206-320-3484**.

### Stroke Prevention

This class will focus on nutrition, exercise and lifestyle changes that can prevent stroke and will help you understand the types and causes of stroke, and what you can do to reduce your risk.

**Edmonds:**  
Mon., June 25, 6-7:30 p.m.

## WEIGHT-LOSS EDUCATION

Swedish Weight-Loss Services offers a variety of classes on surgical and nonsurgical weight loss. For a complete class listing, or to register for a seminar, visit [www.swedish.org/classes](http://www.swedish.org/classes) or call **206-215-2090**.

### Nonsurgical Weight-Loss Seminar

This one-hour presentation includes a question-and-answer session led by medical director Richard Lindquist, M.D.

**First Hill:**  
Mon., June 11 or Aug. 20, 5:30-6:30 p.m.

### Surgical Weight-Loss Seminar

This two-hour seminar includes a 90-minute presentation and a 30-minute question-and-answer session led by medical director and surgeon Ross McMahon, M.D.

**Bellevue:**  
Thurs., June 14, July 12 or Aug. 9, 6-8 p.m.

**Federal Way:**  
Wed., June 27 or Aug. 22, 6-8 p.m.

**First Hill:**  
Wed., June 13, July 11 or 18, Aug. 8, 15, or 29,  
or Sept. 5, 6-8 p.m.  
-or-  
Wed., Aug. 1, 4-6 p.m.



### Weight Loss: The Diet Dilemma

Join us for a look at how current eating trends have led to an overweight population and an obesity epidemic. Richard Lindquist, M.D., medical director, will explain how your diet can be adjusted for a healthier, better you.

**First Hill:**  
Mon., July 16, 6-8 p.m.

## Swedish Sleep Medicine is now at Swedish/Issaquah

Swedish Sleep Medicine, formerly at the Swedish/Lake Sammamish Campus, has moved to the new Swedish/Issaquah Campus. Our clinic and full-service sleep lab are located on the Third Floor of the hospital at 751 N.E. Blakely Dr. in the Issaquah Highlands.

To schedule an appointment at the new Issaquah location, call **425-394-0024**. For more information about sleep services at Swedish, and to see a list of all Swedish Sleep Medicine locations, visit [www.swedish.org/sleep](http://www.swedish.org/sleep).

(Clinic or ER? - cont. from first page)

if you think it's serious and can't wait, don't hesitate to visit the ER. Our ER staff is ready 24 hours a day to take care of your child.



Check out Swedish's Kids Symptom Checker App.

For more information about Swedish primary care and emergency rooms, go to [www.swedish.org/primarycare](http://www.swedish.org/primarycare) and [www.swedish.org/emergency](http://www.swedish.org/emergency).

You can download our free Swedish Kids Symptom Checker App for your iPhone or Android at [www.swedish.org/symptomchecker](http://www.swedish.org/symptomchecker).

## Winning the Battle:

# Shorts vs. Spider Veins

Summertime is for shorts and swimsuits. If you avoid wearing them because of spider or varicose veins, it's time to regain control of your wardrobe — and your comfort in warm weather.

Spider veins look like red, blue or purple spider-webs on your skin. Varicose veins are enlarged, bulging and twisted. Both occur when the one-way valves in the blood vessels in your legs stop working right.

If you have spider or varicose veins, elevate your legs, wear compression stockings and exercise.

These self-care efforts help keep the blood flowing. They won't, however, get rid of your existing spider or varicose veins.

The specialists at the Vein Clinic at Swedish Vascular Surgery have experience with the most up-to-date treatments to correct spider or varicose veins. And most treatments don't require surgery.

Call **206-215-5921** for more information or to schedule an appointment, or visit [www.swedish.org/vascularsurgery](http://www.swedish.org/vascularsurgery).



## HealthWATCH

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).

## Contact Information

### 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	425-498-2200

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)

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