

We're launching
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 HealthWatch!
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 swedish.org/healthwatch](http://www.swedish.org/healthwatch)

HealthWATCH

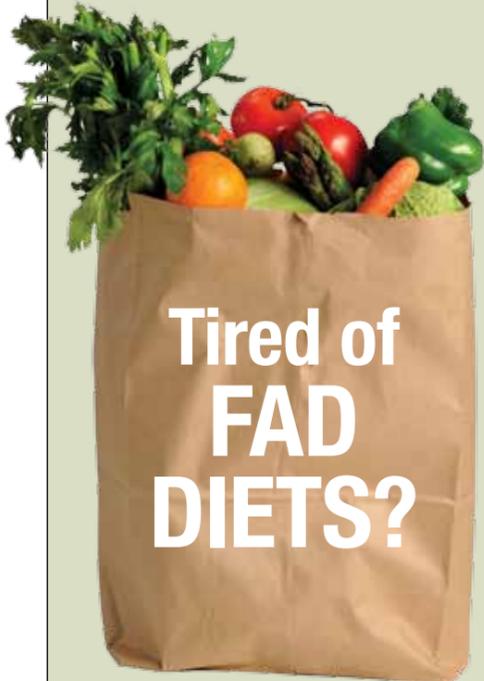
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A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

WINTER 2013



Tired of FAD DIETS?

Atkins. Grapefruit. Caveman. Cabbage Soup. The hot topic in nutrition for 2013? No more fad diets.

It's time to look at lifestyle changes you can live with forever. Dietitians promote an anti-inflammatory diet — a way of eating for life.

Inflammation protects and heals your body if it's injured. Chronic inflammation, however, may contribute to obesity, diabetes, cardiovascular disease and aging. Some foods and lifestyle choices promote the inflammatory process. Examples of foods that promote inflammation include processed foods, alcohol, sugar, refined carbohydrates, red meat and foods low in fiber, vitamins and minerals.

Food choices that promote an anti-inflammatory response and help keep you healthy include: fresh fruits and veggies, whole grains, legumes, nuts and seeds, lean protein (such as fish and soy), fresh herbs and spices, and water.

Don't obsess over calories. Refocus your attention on foods that keep you healthy. Try it — you won't feel deprived!

For more information about an anti-inflammatory lifestyle, visit www.swedish.org/healthyeating.

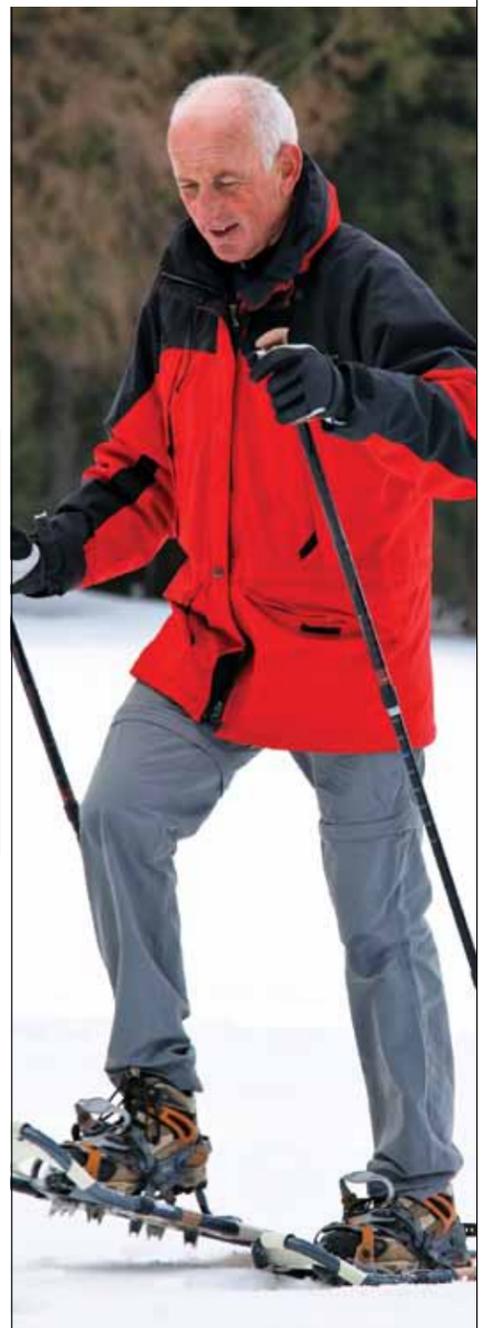
Hip Replacement With a Shorter, Less Painful Recovery

Osteoarthritis is a common ailment of an aging population. Advancements in joint-replacement surgery mean we don't have to suffer with chronic pain and limited movement.

The traditional approach to replacing a hip joint is through the buttocks or side of the hip. Both options require the surgeon to cut muscle and release tendons in order to reach the joint.

at Proliance Orthopaedics & Sports Medicine. "Because the patient lies flat on a special operating table, we can take X-rays during surgery. The images help me properly place the implant and confirm that both legs are the same length."

In addition to Dr. Nathe, Swedish/Issaquah is fortunate to have orthopedic surgeon Alexis Falicov, M.D., Ph.D., on staff with Orthopedic Physician Associates, who has a wealth



JOINT REPLACEMENT SERVICES AT SWEDISH/ISSAQUAH

Swedish/Issaquah offers advanced medical expertise and state-of-the-art technology for hip- and knee-replacement surgery. Please call **425-313-7000** for more information about orthopedic services at Swedish/Issaquah or Swedish/Redmond, or visit www.swedish.org/issaquahortho.

Free Seminars on Hip and Knee Replacement

Is joint replacement right for you? Attend one of our upcoming seminars at Swedish/Issaquah:

Wednesday, Jan. 16, 6-8 p.m.
 Wednesday, Feb. 13, 6-8 p.m.
 Wednesday, March 13, 6-8 p.m.

To register, visit www.swedish.org/classes or see the classes section in this issue for more information.

A different type of hip-replacement surgery has been popular in Europe for many years. This procedure, called the Direct Anterior Approach, is gaining popularity in the United States. Although the hip implant is the same, the surgery is performed through the front of the hip.

"Using this anterior approach allows me to maneuver between muscles and tendons, rather than cutting them," says orthopedic surgeon Tyler Nathe, M.D., who works

of experience with the anterior approach to hip replacement.

Patients who have had the anterior hip-replacement procedure generally experience a shorter hospital stay and faster recovery. There is also less pain and less risk of dislocation because the muscles and tendons don't need to heal — just the incision. This procedure is an especially good option for athletes and other active individuals who want to get back to their daily routines more quickly.

Pelvic Organ Prolapse: What's Up Down There?

By Lora Plaskon, M.D.
 Board-certified urologist at Athena Urology & Urogynecology

Are you a woman experiencing symptoms such as low back pain and pressure in your pelvic area? Don't ignore these symptoms. You could have pelvic organ prolapse, a condition caused by a weakness in the support tissue of the vaginal walls that support the bladder, uterus and rectum. While it is not dangerous, vaginal prolapse can have a significant impact on a woman's quality of life.

Vaginal prolapse is very common and occurs in half of all women over the age of 50. Commonly, women may suffer needlessly for years with such symptoms often because they are embarrassed or tell themselves "I can live with this." In addition, they may be uncertain about treatment options or insurance coverage.

Urogynecology

Over the last 10 years, the medical specialty of urogynecology has emerged as a melding of urology and gynecology disciplines to address women's pelvic problems. Urogynecologists are experts in treating vaginal prolapse. There are many surgical and nonsurgical treatments for pelvic organ prolapse that can give lasting relief of symptoms and restore bowel, bladder and sexual health.

Current minimally invasive surgical approaches, including da Vinci® robotic surgery, offer:

- less post-operative pain
- less scarring
- less blood loss
- shorter hospital stays
- decreased risk of infection
- faster recovery time

If you have bothersome pelvic symptoms, talk to your doctor. And if your doctor suspects that you might have pelvic organ prolapse, please see a specialist in urology

(Continued on back page)

ISSAQUAH NUTRITION CLINIC

751 N.E. Blakely Drive, 4th Floor, Suite 4010
 Issaquah, WA 98029
 Phone: **425-313-5301**

Referrals are not required. Services include:

- Weight management
- General nutrition/wellness counseling
- Individualized nutrition counseling for adults who have:
 - Diabetes
 - Gestational diabetes
 - Heart disease/hypertension
 - Cancer
 - Gastrointestinal disorders
 - Metabolic syndrome
 - Neurological disorders
 - Kidney disease

When Dementia Is Not Dementia

Adults are often sandwiched between their careers and families and caring for aging parents. It can be especially challenging when a parent begins showing signs of dementia, such as memory loss, language and recognition difficulties or motor-skill problems.

Is it really dementia?

Sometimes it's important to ask this question, rather than merely accepting a diagnosis. It's OK to ask if a parent's dementia might be adult normal pressure hydrocephalus (NPH), commonly referred to as "water on the brain." It's especially important to ask if your parent is 60 years old or older and has all three of the following:

1. Gait problems (trouble walking or standing)
2. Cognition problems (trouble remembering things or identifying objects)
3. Urinary incontinence (loss of bladder control)

What is adult hydrocephalus?

Hydrocephalus develops when an injury or obstruction causes cerebrospinal fluid to build up in the brain faster than it can be absorbed. The skull can't expand, so the extra fluid puts pressure on the brain.

Hydrocephalus can have a variety of symptoms. In older adults, however, the fluid buildup can cause gait,

cognition and bladder-control problems. This trio of symptoms is associated with NPH. Hydrocephalus can also cause headaches.



Swedish Adult Hydrocephalus Program

Neurosurgeons at the Swedish Neuroscience Institute have created a unique program at Swedish/Issaquah that is dedicated to diagnosing and treating patients with adult hydrocephalus.

Learn more about adult hydrocephalus at www.swedish.org/hydrocephalus or call 425-313-7077 to talk with an expert or schedule an appointment.

Why is it important to ask?

Hydrocephalus can be difficult to diagnose in older adults because other medical conditions — including dementia — can have similar symptoms. When properly identified, treat-

ing NPH is successful more than 80 percent of the time.

A patient who has had a neurological evaluation that suggests an NPH diagnosis may have a shunt surgically implanted. The shunt allows the fluid to drain into the abdomen, where it's absorbed. Diverting the fluid prevents further buildup, and helps improve symptoms and prevents further decline.

Swedish/Issaquah ER Wins Fourth National Patient-Satisfaction Award

When you think of emergency rooms, "patient satisfaction" probably isn't the first phrase that comes to mind. At the Swedish/Issaquah ER, however, patient satisfaction is a top priority — and the ER is being nationally recognized for it a fourth year in a row.

The Issaquah ER was recently named a 2012 Summit Award Winner by Press Ganey Associates. The Press Ganey Summit Award is the health-care satisfaction industry's most coveted symbol of achievement bestowed annually. Staff received this award by achieving and maintaining patient-satisfaction scores in the 95th percentile or above for three consecutive years. The Issaquah team won this popular award in 2009, 2010 and 2011, and is the winner once again.

Read more on our blog post at www.swedish.org/erexperience.

Not Your Typical ER: A "No-Wait" Philosophy

When you come to the Swedish/Issaquah hospital ER, you won't sit around in a waiting room. Instead, you'll be taken directly to an exam room, where Swedish staff will start helping you right away. Our freestanding ERs in Redmond and Mill Creek follow the same philosophy, offering a no-wait, high-quality experience.

To learn about all services at Issaquah, Mill Creek and Redmond, including primary and specialty care (and urgent care at Redmond), visit www.swedish.org/issaquah, www.swedish.org/millcreek and www.swedish.org/redmond.



Nicole Yurchak gets guidance from physical therapist Stephen Barbuto as she practices moves for stability, core strength and balance. With a goal to run marathons again, Yurchak turned to Rehabilitation Services at Swedish/Redmond to help correct a problem with her core strength.

Shrug Off the Winter Weather — Stay Active!

Too many people give up regular outdoor exercise during the winter months and struggle to get back into shape when spring arrives. Stephen Barbuto, DPT, a doctor of physical therapy and board-certified orthopedic clinical specialist at Swedish/Redmond, offers the following tips to stay motivated during our cold and rainy months.

1. Know the guidelines.

- Each week complete 150 minutes of moderate or 75 minutes of high-intensity activity.
- Include strength training twice a week.
- If you are 65 or older, practice balance twice a week.

2. Spice it up — try something new.

3. Join the gym. Find a buddy.

- Buddies or a paid gym membership can help keep you motivated and accountable.

4. Make exercise appointments

- After a couple of weeks, regular activity becomes a habit.

5. Prepare for winter activities

- Before participating, train specifically for your winter activity (skiing, snowshoeing, etc.).

6. Create an indoor cross-training program for your home or office.

- Sit to stand (body-weight squats) or lunges
- Bent-over row (sawing motion while holding weight)
- Push-ups (regular, modified, countertop)
- Single-leg balance (hands on hips or one-arm reach)

7. Adjust to the season

- There is no bad weather — only wrong clothing. Dress appropriately. Be visible. Prepare for the worst. Always carry a communication or locator device.

Helping Our Communities: Bartell Drugs Joins Swedish in Global to Local Partnership

In 2010, Swedish, in partnership with public and private health organizations, launched the Global to Local (G2L) initiative. G2L tackles significant health disparities in South King County by applying global health models to address access and gaps to health care, with a focus on diabetes. Through G2L and its Community Health Promoters, residents in SeaTac and Tukwila have increased access to culturally and linguistically accurate information, health-care screening and education, along with innovative translation services.

Bartell Drugs joined the G2L initiative in October 2012 to help support customer and community language and cultural needs. This multi-year commitment includes in-store services at various locations — initially



— Washington's Own Drugstores —

starting at the company's Tukwila store located on International Boulevard. G2L staff will work directly with Bartell Drugs to provide in-store services to improve understanding and correct usage of pharmacy services, ultimately leading to better medication adherence.

"We look forward to supporting the G2L outreach effort while providing the best possible customer service in these communities," says Theron Andrews, Vice President of Marketing for the Seattle-based, family-owned drugstore chain.

"We are thrilled that Bartell Drugs has joined the growing list of private partners for G2L," says Dan Dixon, Swedish's Vice President of External Affairs.

"Programs addressing health disparities are only successful when the entire community comes together to find solutions."

For more about G2L, visit www.globaltolocal.org.

Guide to Swedish's Community Education Programs in your neighborhood

To register for the following classes or see a full list of classes at all Swedish campuses and search for classes by region, visit www.swedish.org/classes, email 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.

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 for a complete listing.

Breast Cancer Resources

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/now-what/breastcancer.

CHILDBIRTH EDUCATION

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



Pregnancy Resources

Are you thinking about having a baby or just finding out you're pregnant? Let Swedish guide you in taking those next steps. Visit www.swedish.org/now-what/pregnancy.

DIABETES

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 or call **206-215-2440** (Seattle), or **425-640-4395** (Edmonds).

BACK CARE

Have Aches and Pains?

Learn about what causes back and neck pain, how to treat it quickly and successfully, and how to minimize the chances for future episodes. You will understand what your options are so you can make the best choices for yourself and those you love. Get informed about the latest in nonsurgical treatment options. The doctor will talk about the treatment of spine, musculoskeletal and nerve dysfunction and pain due to degenerative conditions, work or other injuries.

Issaquah:
Wed., Jan. 30, 6-8 p.m.

Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain as well as options for surgical and nonsurgical relief.

Issaquah:
Thurs., Feb. 28, 6-8 p.m.

Swedish Orthopedic Institute:
Thurs., Jan. 24 or March 14, 6-8 p.m.

NUTRITION

Beyond Stir Fry: The Basics of Cooking Chinese Food for Those With Diabetes

Let us show you how to cook healthy, delicious Chinese food while keeping blood glucose levels under control. Learn how your favorite recipes can fit into your diabetes meal plan, and how fun, simple and economical cooking with a wok can be. **Fee:** \$15.

Issaquah:
Tues., April 16, 6-7:30 p.m.

Food for the Soul: Nourishing Comfort Foods for Diabetes

In this class we will explore heart-healthy alternatives to typical comfort foods. Join us to learn how to support your health by managing your diabetes while nourishing your soul. **Fee:** \$15.

Cherry Hill:
Wed., Jan. 23, 6-7:30 p.m.

Nutrition for Young Athletes

With spring sports starting, don't drop the ball on nutrition! Join dietitian Ally Colson for interactive training on game-winning meals and snacks, and help your young athlete become a nutrition champion.

Issaquah:
Wed., Feb. 20, 6:30-7:30 p.m.

Savory Substitutions: Transforming Common Dishes Into Healthy and Nourishing Meals

Ready to cook up a little creativity? Learn how to revamp some of your favorite dishes into delicious diabetes-friendly meals without compromising flavor. We'll serve up strategies for making simple and satisfying food substitutions at home. **Fee:** \$15.

Issaquah:
Tues., Feb. 19, 6-7:30 p.m.



HEALTH AND WELL-BEING

Can You Hear Me Now?

This interactive discussion will turn up the volume on frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

Ballard:
Wed., Jan. 16, 10:30-11:30 a.m.

Essential Tremor: Gamma Knife Treatment

In this class, Christopher Loiselle, M.D., will discuss essential tremor and treatment options. If your hand shakes when you write, you may enjoy

learning more about this treatable condition and the options to help reduce or eliminate the shaking.

Cherry Hill:
Mon., March 11, Noon-1 p.m.

Heavy Periods: Treatment and Management

Tired of dealing with heavy periods? Let this be your time of the month to find answers on how to treat them! Join OB/GYN Martha Moe, M.D., and discover how heavy periods don't have to rule your life. Period.

Mill Creek:
Thurs., Feb. 21, 6:30-7:30 p.m.

Treating Prostate Cancer: Is Less Really More?

Research and recommendations around prostate-cancer screening can be confusing. In this session, Robert Meier, M.D., will discuss the controversial recommendations from the news and review treatment options.

Cherry Hill:
Thurs., Feb. 7, Noon-1 p.m.

The Screening You Haven't Heard Of (AAA)

Screenings for cancer, high blood pressure and cholesterol are probably on your doctor visit checklist. Screening for abdominal aortic aneurysm (AAA) probably should be, too, but many doctors don't know about it. Learn from Swedish's vascular surgeons about this silent killer and whether this important screening is right for you.

Ballard:
Sat., Feb. 9, 10:30 a.m.-Noon

"Taking Control of Your Brain Health" Workshop Series

Your brain is your body's control center and keeping it healthy helps keep your whole body healthy. Take the first step to keeping your control center in control and attend any or all of the brain-health workshops in this series: "Defining Brain Health," "Exercise, Diet and Brain Health" and "Engaging the Brain."

Issaquah:
Sat., March 9, 9 a.m.-Noon
- Defining Brain Health (9-10 a.m.)
- Exercise, Diet and Brain Health (10-11 a.m.)
- Engaging the Brain (11 a.m.-noon)

ORTHOPEDICS

Need hip- or knee-replacement surgery? Swedish offers a one-stop resource to guide you in taking the next steps and learning about your treatment options. Visit www.swedish.org/now-what/joint.

The following classes include a question-and-answer session.

Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain as well as options for surgical and nonsurgical relief.

Issaquah:
Thurs., Feb. 28, 6-8 p.m.

Swedish Orthopedic Institute:
Thurs., Jan. 24 or March 14, 6-8 p.m.

Joint Replacement: The Right Choice for You?

In this class, orthopedic surgeon Steven Ratcliffe, M.D., will discuss hip- and knee-replacement surgery.

Issaquah:
Wed., Feb. 13, 6-8 p.m.

Joint Replacement: The Right Choice for You?

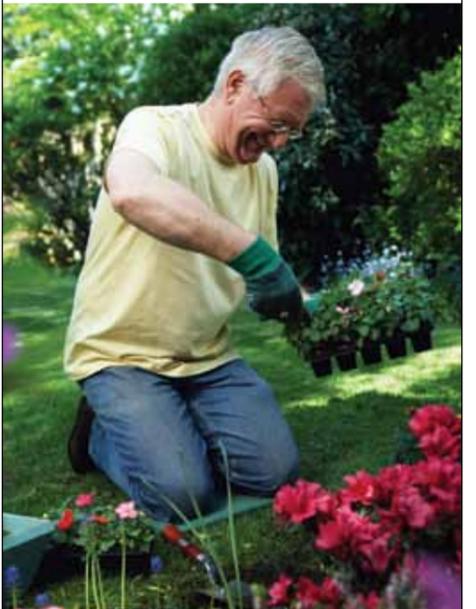
In this class, orthopedic surgeon Gregory Komenda, M.D., will discuss hip- and knee-

replacement surgery, along with robotic-assisted surgical methods.

Issaquah:
Wed., Jan. 16 or March 13, 6-8 p.m.

Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder



(including sports injuries), how to prevent injury and surgical/nonsurgical solutions to common injuries.

Redmond:
Thurs., March 7, 6-8 p.m.

Swedish Orthopedic Institute:
Thurs., Jan. 31, 6-8 p.m.

PAIN MANAGEMENT

Mindfulness-Based Stress Reduction

Mindfulness-based stress reduction offers you instruction in mindfulness meditation, gentle yoga and a range of strategies to manage stress and physical symptoms. This class is designed to complement your medical care. Eight sessions. **Fee:** \$375. To register, call **206-386-2035**.

First Hill:
1101 Madison Tower
Tues., Jan. 8-Feb. 26, 2-4:30 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 Boys Together

Ballard:
Mon., March 4, 6:30-9 p.m.

Edmonds:
Mon., Jan. 14, 6:30-9 p.m.

Issaquah:
Mon., Feb. 4, 6:30-9 p.m.

Mill Creek:
Mon., April 1, 6:30-9 p.m.

Parents and Girls Together

Ballard:
Mon., March 11, 6:30-9 p.m.

Edmonds:
Mon., Jan. 21, 6:30-9 p.m.

Issaquah:
Mon., Feb. 11, 6:30-9 p.m.

Mill Creek:
Mon., April 15, 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 on a limited basis; enrollment is for one or both parents of the same baby, or one parent and a grandparent). For more information, visit www.hoptosignaroo.com.

- Ballard:**
Tues., Feb. 5-26, 6:30-7:30 p.m.
or Fri., March 1-22, 10:30-11:30 a.m.
- First Hill:**
Wed., March 6-27, 6:30-7:30 p.m.
- Issaquah:**
Sat., Feb. 2-23, 10:30-11:30 a.m.
- Redmond:**
Sat., March 2-23, 10:30-11:30 a.m.

SAFETY AND INJURY PREVENTION

AARP Driver Safety

The AARP Driver Safety Course is an eight-hour classroom refresher for motorists age 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., Jan. 14 and 16 or April 15 and 17, 9 a.m.-1:30 p.m.
- Cherry Hill:**
Mon. and Wed., March 11 and 13, 9 a.m.-1:30 p.m.

Edmonds:
Mon. and Tues., Jan. 28 and 29; or Feb. 25 and 26; or March 25 and 26; 9 a.m.-1 p.m.

First Hill:
Mon. and Wed., Feb. 11 and 13, 9 a.m.-1:30 p.m.

Issaquah:
Sat., Jan. 26, or Feb. 23, or March 23, 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. Participant certifications are valid for two years. **Fee:** \$40.

Ballard:
Wed., April 17, 6-9 p.m.

Issaquah:
Wed., Feb. 13, 6-9 p.m.

Heartsaver First Aid, CPR and AED
Learn how to save a life using proper first aid, CPR and automated external defibrillator (AED) techniques for adults, children and infants.



Class is taught by American Heart Association-certified instructors and includes training with an AED. Participant certifications are valid for two years. **Fee:** \$70.

Cherry Hill:
Sun., March 10, 9 a.m.-2:30 p.m.

Edmonds:
Sun., Jan. 13, 9 a.m.-2:30 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:
Sat., Jan. 12, 9 a.m.-4 p.m.

Cherry Hill:
Sat., April 13, 9 a.m.-4 p.m.

Edmonds:
Sat., March 9, 9 a.m.-4 p.m.

Issaquah:
Sat., Feb. 9, 9 a.m.-4 p.m.

SWEDISH SUPPORT GROUPS

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular, headache, movement disorders, multiple sclerosis, parenting and stroke. For more information, visit www.swedish.org/classes. Swedish also hosts other support groups that meet at our facilities. Please contact your primary-care provider for help in locating a support group for your specific needs.

WEIGHT-LOSS EDUCATION

Swedish Weight Loss Services offers a variety of classes on surgical and nonsurgical weight loss. For a complete class listing, visit www.swedishweightloss.com or call 206-215-2090.

Weight Loss: The Diet Dilemma
All diets are not created equal, as our bodies respond differently to food. 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 of Swedish Weight Loss Services, will explain how your diet can be adjusted for a healthier, better you.

First Hill:
Mon., Feb. 18, 6-8 p.m.



(Pelvic Prolapse - cont. from first page)

and urogynecology. Athena Urology & Urogynecology's physicians and clinical team are here to improve your quality of life and get you back to doing the things you enjoy doing — as safely and quickly as possible.

Swedish and Athena Urology & Urogynecology

Swedish is proud to partner with the nation's first all-women urology clinic, Athena Urology & Urogynecology. Athena's clinic is a resource for women with bladder,

bowel and sexual health problems. All Athena providers are women who see only women patients. Pelvic health problems with the bladder, bowel, or sexuality are very common for adolescents to seniors. Athena providers are committed to educating their patients about choice and giving them options. From the least invasive to sophisticated state-of-the-art robotic surgery, a woman's pelvic care can be catered to fit her health goals and lifestyle.

Same-day appointments are available. Check the website for more details at www.athena-urology.com or call 425-392-8611.

COMMUNITY EVENTS

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

Healthy Kids! Healthy Families! Fair
Saturday, Feb. 2 at Bellevue College

Healthy Kids! Healthy Families! is a free special event with fun and learning for the whole family. Sponsored by the Bellevue College Parent Education Program, its community advisory board and Swedish, the fair takes place in Bellevue College's cafeteria. Entertainment includes a Caspar Babypants concert, and an opportunity to ask a Swedish doctor your medical questions.

Issaquah/Sammamish Health & Safety Fair
Saturday, Feb. 9 from 10 a.m.-3 p.m. at Pickering Barn, Issaquah

Mercer Island Half
For colon cancer prevention and support of rotary charities
Sunday, March 24 at the Mercer Island Community and Event Center
Half Marathon Run/Walk, 10K Run, 5K Run/Walk, Kids' Dash
www.mercerislandhalf.com

Northwest Women's Show
Friday, March 1- Sunday, March 3 at CenturyLink Field Event Center, Seattle
www.nwwomenshow.com

We're Here to Help

To talk with a patient-services coordinator, schedule an appointment, or get a physician referral, call 425-313-7000. Our friendly team can help you connect with the right doctor, service or clinic.

SWEDISH 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.

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

Swedish Primary Care

Ballard Clinic	206-320-3335
Ballinger Clinic (Mountlake Terrace)	425-640-4830
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
Shoqualmie 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

General Information

Corporate Communications	206-386-6797
HealthWatch Editor	206-386-6797
Class Registration and Community Health Education	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

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The Shops at Swedish

- 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 makes healthy eating a priority. You'll find brick-oven pizza, a wok station and 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.
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