

# HealthWATCH

PROUDLY CARING FOR  
THE EASTSIDE

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Fall classes:  
Programs in your neighborhood

A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

FALL 2011

## Weight-Loss Surgery Approved for Lower BMI

Adjustable gastric band, or LapBand®, surgery has helped thousands of severely overweight people shed unhealthy extra pounds. Until recently, the LapBand procedure — placing a silicon band around the upper part of the stomach to limit the amount of food that can be eaten — was only approved for patients whose body mass index (BMI) was 40 and above, or between 35 and 40 with two medical conditions. BMI is a measure of body fat based on height and weight.

According to the National Institutes of Health, a 5-foot-5-inch person weighing 241 pounds or more has a BMI of 40 or higher.

The Food and Drug Administration has now approved LapBand surgery for adults with a BMI of 30 to 35 and at least one obesity-related medical condition, such as high blood pressure, type 2 diabetes or sleep apnea.

LapBand is generally considered the safest form of weight-loss surgery, and patients typically lose 50 to 65 percent of excess body weight in the first two years following surgery.

If you have tried every fad diet and nothing has worked for you long term, then it's time to contact Swedish Weight-Loss Services, which provides one of the most comprehensive programs available in the state. Get the success you crave!

To find out more about the new low-BMI LapBand procedure, or to attend a free seminar for weight-loss surgery, call 206-215-2090 or visit [www.swedish.org/wls](http://www.swedish.org/wls).

## Swedish/Issaquah: Inpatient Services Open This November

Since July, Swedish/Issaquah — a new community medical center in the Issaquah Highlands — has offered residents of East King County and beyond comprehensive outpatient services. And, this November, inpatient services open on the new campus, including:

- Inpatient Surgery
- Labor & Delivery and Postpartum Units
- Pediatric Inpatient Unit
- Medical/Surgical Inpatient Unit
- Intensive Care Unit

**Services now open**

Need to schedule a mammogram? Looking for a primary-care physician for you or your family? Having back pain and need a specialist? Here are just some of the outpatient services currently offered at Swedish/Issaquah:

- Primary Care
- Emergency Room
- Imaging Center
- Breast Care Center
- Outpatient Surgery and Procedures
- Outpatient Lab
- Swedish Cancer Institute
- Occupational and Physical Therapy
- Cardiac Diagnostic and Ambulatory Infusion Center
- Education & Conference Center
- Anti-coagulation and Anemia Center
- Specialty Care Clinics



Swedish/Issaquah outpatient scheduling hub: 425-313-7000

For a list of providers, clinic contact information and directions to the new campus, visit [www.swedish.org/issaquah](http://www.swedish.org/issaquah). In addition to our medical services,

open from 9 a.m.- 5:30 p.m. Monday-Friday.

**One number to call for appointments**

To schedule a hospital-based outpatient appointment or physician visit, call our scheduling hub at 425-313-7000. It's the single number you need to call to schedule an appointment, test or procedure at Swedish/Issaquah for these services:

- Imaging Center (including mammography)
- Swedish Cancer Institute
- Outpatient Rehabilitation
- Pain Clinic
- Testing & Treatment Center

The Swedish/Issaquah scheduling hub is available Monday through Friday, 7 a.m.-7 p.m. Our goal is to make the process as easy for you as possible.

**Swedish/Issaquah Specialty Care Clinics**

- |                            |                    |
|----------------------------|--------------------|
| Obstetrics and Gynecology  | Pulmonology        |
| Neurology and Neurosurgery | Spine Care         |
| Pediatric Specialty Care   | Orthopedics        |
| Pain Management            | Vascular Surgery   |
| General Surgery            | Urology            |
| Otolaryngology (ENT)       | Ophthalmology      |
| Cardiology                 | Diabetes Education |
| Allergy                    | Vasectomy          |
| Colon and Rectal           | Psychiatry         |
| Audiology                  | Nephrology         |
| Gastroenterology           | Thoracic Surgery   |
| Plastic Surgery (Facial)   | Podiatry           |

the Swedish retail shops are open from 9 a.m.-6 p.m., Monday-Friday — come browse an impressive selection of wellness products, apparel and unique gifts. Also stop by our retail pharmacy,

## Redmond Rehabilitation Now Open

Like it or not, illness, injury or just being out of shape can leave us requiring the services of a physical therapist.

Fortunately, Swedish has physical therapy services available at 10 convenient locations, including Redmond Rehabilitation, which opened in June at 18100 N.E. Union Hill Road, Suite 310 in Redmond.

Stephen Barubuto, DPT, heads up this new clinic with expertise in adolescent and adult-sports and orthopedic therapy, spine rehabilitation, repetitive trauma/overuse syndromes and postoperative orthopedic rehabilitation to name a few.

Swedish Rehabilitation Services offers a broad range of inpatient and outpatient therapy including cancer rehabilitation, exercise classes, headache management, balance

improvement, stress reduction and speech/language therapy.

If you would like more information about Redmond Rehabilitation, call 425-498-2400. For information about Swedish Rehabilitation Services at our other locations, please call 206-215-3777 or visit [www.swedish.org/rehab](http://www.swedish.org/rehab).

**Take a tour on Thursday, Oct. 6**

Tour Redmond Rehabilitation and the new Sleep Center at Swedish/Redmond during an open house: 3rd Floor, 6-8 p.m. You may also attend two educational programs:

- 6:30 p.m. – **Tips for a Better Sleep**, by Preetam Bandla, M.D.
- 7:15 p.m. – **Fall Prevention**, by Stephen Barubuto, DPT

Light refreshments will be provided. Please register for this event by calling 206-386-2502.

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

Swedish Community Health Education Programs are free unless otherwise indicated, but registration is required for all classes and screenings. To register and see a full list of classes, visit [www.swedish.org/classes](http://www.swedish.org/classes) or call **206-386-2502**. Classes, locations and times are subject to change. Please call to confirm the information listed here.

**Swedish/Issaquah Campus:** 751 N.E. Blakely Drive (all classes are held in the second floor conference center unless noted)  
**Swedish/Redmond Campus:** 18100 N.E. Union Hill Road

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).

Rod Hochman, M.D.  
President and Chief Executive Officer

John Vassall, M.D.  
Chief Medical Officer

## 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.

## CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. We recommend registering by your fifth month of pregnancy. For more information, go to the Childbirth Services section at [www.swedish.org](http://www.swedish.org).



## 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 shoulder-, hip- and knee-replacement surgery. There will also be a question-and-answer session with the surgeon.

**Issaquah:**  
Wednesday, Sept. 21 or Nov. 17, 6-8 p.m.

## PARENTING

### Growing up Female/Growing up Male

This class provides a perfect opportunity to build a bridge between you and your 9- to 12-year-old to demystify puberty and the changes that occur during this somewhat awkward time. The focus of this class is to enhance communication between parents and preteens, as well as facilitate learning about the physical and emotional changes of puberty. Fee: \$30 per family (Fee includes two adults and one child; there is a \$5 fee for each additional child or adult in same family).

**Growing up Female**  
**Issaquah:**  
Thursday, Nov. 10, 6:30-9 p.m.

**Growing up Male**  
**Issaquah:**  
Thursday, Oct. 20, 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:**  
Saturday, Nov. 5–Dec. 3 (class does not meet Nov. 26), 10:30-11:30 a.m.

## SAFETY AND INJURY PREVENTION

### 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. The Safe Sitter program is recognized by the American Academy of Pediatrics. Visit [www.safesitter.org](http://www.safesitter.org) for more information. Fee: \$40 (scholarships available on a limited basis).

**Issaquah:**  
G Level Conference Rooms  
Saturday, Oct. 22, 9 a.m.-4 p.m.

### AARP Driver Safety Program

This 8-hour class is an innovative classroom driver-retraining program designed to help older persons improve their driving skills. A certificate of completion is given that qualifies drivers over age 55 for insurance discounts. Participants must attend both sessions to receive certification. Fee: \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.

**Issaquah:**  
Friday, Oct. 7, 9 a.m.-5 p.m.

### Fall Prevention

Prone to falls or worried about a family member who is? This class will help you develop a basic understanding of how to prevent falls and how to reduce your risk of falling with some of the latest medical research.

**Redmond:**  
3rd Floor Conference Room  
Thursday, Oct. 6, 7:15-7:45 p.m.

## SPINE CARE

### Spine Care Seminar

At some point, nearly everyone will experience back pain. There are many options for diagnosing and treating back pain and other spinal disorders, from nonsurgical medications and steroid injections to minimally invasive surgery. Learn more about treatment options by attending this



free, Swedish Neuroscience Institute seminar.

**Issaquah:**  
Thursday, Oct. 6, 6-8 p.m.

## WELLNESS

### Tips for Better Sleep

This class will help you learn about health issues associated with snoring and sleep apnea, treatment options for sleep apnea and tips for better sleep.

**Redmond:**  
3rd Floor Conference Room  
Thursday, Oct. 6, 6:30-7 p.m.

### Headache and Migraine Information

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 migraine. Significant advances have occurred in migraine treatment over the past few years. Kate Kennedy, ARNP of Swedish Neuroscience Institute, will share some advice on managing your headaches.

**Issaquah:**  
Wednesday, Nov. 2, 6-8 p.m.

### Head Injury Prevention and Treatment

Serious head injuries can be caused by accidents, falls or while playing sports. Learn ways that you and your family can prevent serious head injuries and receive information on symptoms and treatment of head injuries or concussions.

**Issaquah:**  
Wednesday, Oct. 5, 6-8 p.m.

### Yoga, Meditation and Pilates

The Shops at Swedish offers a comprehensive program including Hatha and Viniyoga, gentle chair yoga, yoga for cancer care, pre/postnatal yoga and a variety of therapeutic yoga classes. Pilates and meditation classes are also offered. Classes are held in The Flex Space at Issaquah. For class and fee information, visit [www.swedish.org/classes](http://www.swedish.org/classes) or call the Be Well shop at **425-313-7092**.

## 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	425-394-0600
Swedish/Mill Creek	425-357-3900
Swedish/Redmond	425-498-2220
Swedish Visiting Nurse Services	425-778-2400
	800-449-2221

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
HealthCare For Women Clinic (Seattle)	206-215-6300
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/remove](http://www.swedish.org/remove) or call **206-386-6797**.

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## My Stroke of Insight

*My Stroke of Insight* is the incredible survival story of brain scientist and author Jill Bolte Taylor, Ph.D., who experienced a massive hemorrhage in the left hemisphere of her brain. Join Dr. Taylor as she discusses her survival, rehabilitation and remarkable insights into how our choices and thoughts directly influence our level of joy, and thus our lives.

Wednesday, Nov. 2 – 7-9 p.m.  
Benaroya Hall, 200 University Street, Seattle  
Tickets: \$30-\$60; call **206-215-4747**

Dr. Taylor has been a guest on the *Oprah Winfrey Show* and a Technology, Entertainment, Design (TED) conference presenter, and was also named one of *Time* magazine's most influential people.

This event is presented by Swedish Neuroscience Institute. For more information, visit [www.insightlecture.com](http://www.insightlecture.com).