

HealthWATCH

 PROUDLY CARING FOR
 THE EASTSIDE

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A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

WINTER 2012

Boutique Is Perfect for Breast-Cancer Patients

Perfect Fit is not only an elegant women's boutique among The Shops at Swedish in Issaquah, it's also a place of healing. Featuring the services of trained prosthesis fitters, the boutique helps breast-cancer patients who've undergone a mastectomy or lumpectomy find postsurgical undergarments: bras and camisoles.



"It's a very sensitive time for women following breast surgery, and it takes courage for them to come into our boutique," says manager Jenny Monroe. "But we let them know that we're here for them, to listen and make them feel as comfortable as possible."

Fittings are done in a private dressing room, and the boutique's line of postsurgical, pocketed bras comes in specialized sizes and styles, including lace, sport and T-shirt bras. The garments were chosen with input from breast surgeons.

"We felt it was important to have their input to provide women with quality garments that are not only going to make them look good and feel better, but also promote healing following surgery," says Monroe.

The undergarments conform to a woman's shape, but won't rub against scar tissue from a surgical incision. Many of the bras are also made of breathable cotton and hook in the front for greater convenience and comfort.

Fitting appointments are preferred and are available Monday through Friday, 9 a.m. to 5 p.m. and Saturday, 10 a.m. to 4 p.m. Please call **425-313-7096** for an appointment. Many insurance companies will consider covering the cost of postsurgical bras: check with your provider.

In addition to postoperative breast-surgery garments, Perfect Fit offers lotions, cooling pads and head scarves for breast-cancer patients undergoing chemotherapy or radiation therapy. The boutique also sells lingerie accessories, pajamas, robes, slippers and pocketed bathing suits.

The goal of the boutique is to make every woman feel her most beautiful, no matter what her life experience.

Treating Breast Cancer, Protecting Heart Easy as ABC

Radiation therapy has long been an effective, safe medical treatment for breast-cancer patients. However, radiation exposure to the left breast can put a patient's heart at risk.

"The left breast sits right over your heart, and if you don't protect the heart from radiation, you can triple the risk of a heart attack within 10 to 20 years or double the risk of coronary artery disease," says Astrid Morris, M.D., a radiation oncologist at the Swedish Cancer Institute.

Caring for patients with left-sided breast cancer and protecting the heart is now as easy as ABC at Swedish/Issaquah. Dr. Morris and her team at the Swedish Cancer Institute offer patients the option to use an Active Breathing Coordinator™ (ABC) during radiation therapy. ABC is a noninvasive device that helps patients hold their breath for 10 seconds. When you hold your breath, your heart automatically



shifts away from your left breast.

"With ABC, patients can comfortably and reliably hold their breath," says Dr. Morris. "This changes the anatomy in a way that the heart moves away from the radiation target — the left breast or chest wall. Then we deliver the radiation during those 10

seconds while the position of the heart is shifted away, eliminating radiation exposure to the heart."

ABC works by having patients breathe through a mouthpiece and tubing that are connected to a monitor tracking their respiratory rate. A valve assists them in holding their breath at intervals. The breathing coordinator is controlled by the patient, who can disengage the valve at any time.

"It is absolutely essential to offer this technology to cancer patients," says Dr. Morris. "Anybody who wants to protect themselves from heart disease should be interested in ABC."

ABC may not be necessary for all breast-cancer cases, and Dr. Morris recommends that patients preparing to undergo radiation therapy first speak with their radiation oncologist about whether using the ABC device is right for them.

To learn more about ABC, go to www.swedish.org/ABC or call **1-855-XCANCER (1-855-922-6237)**.

New Spine Care Center

At some point nearly everyone will experience back pain. There are many options for diagnosing and treating back pain and other spinal disorders, from medications and steroid injections to minimally invasive surgery.

Now there's a center dedicated to meeting the spine-care needs of the fast-growing Issaquah/Sammamish community.

The new, comprehensive Spine Center at Swedish/Issaquah is staffed by a team of spine-care experts including surgeons, physical therapists and physiatrists — medical doctors who specialize in restoring optimal function to patients with injuries to muscles, bones, joints, tissues and the nervous system. The team offers

a multidisciplinary approach to diagnosing and treating patients with spinal disorders.

The Spine Center is located on the hospital's fourth floor. To schedule an appointment at the Swedish/Issaquah Spine Center, call **425-313-7000**.

Spine Care Seminar

Learn more about spine care treatment options, including surgery and methods for nonsurgical relief, by attending a free Swedish Neuroscience Institute Seminar. To register, please call **206-386-2502** or visit www.swedish.org/classes.

Swedish/Redmond: Thursday, Jan. 26, 6–8 p.m.
Swedish/Issaquah: Thursday, March 8, 6–8 p.m.



Oh Baby! Swedish/Issaquah Opens Phase 2

There is no better way to celebrate opening a new hospital than by welcoming a new baby into the world. In November, Swedish Medical Center's new hospital in Issaquah opened its inpatient services (80 beds) and welcomed its first baby.

Liliana Yozelin was born at 7:23 a.m. on Nov. 2. The 8-pound baby girl is the second child born to Zulma Gutierrez-Tiznado and Francisco Javier Rodriguez of Issaquah.

Swedish/Issaquah is the first new hospital to be built in King County in more than 25 years. The hospital's Childbirth Center includes a staff of more than 100 professionals and features eight new, state-of-the-art LDR (labor, delivery and recovery) birthing rooms as well as postpartum suites. The

LDR rooms include Jacuzzi tubs, a sleeping area for husbands or partners, stereo systems with iPod jacks, and a hotel room service-style dining program.

To learn more about the new Childbirth Center and inpatient services at Swedish/Issaquah, please visit www.swedish.org/issaquah.

Guide to Swedish's Community Education Programs in your neighborhood

To register for the following classes, and see a full list of classes at all Swedish campuses, visit www.swedish.org/classes or call **206-386-2502** unless otherwise noted. Registration is required for all classes and screenings. 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 otherwise noted)
Swedish/Redmond Campus: 18100 N.E. Union Hill Road (all classes are held on the second floor unless otherwise noted)

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.

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. For a complete listing, visit www.swedish.org/classes.

CARDIOVASCULAR EDUCATION



Heart Month Symposium

Celebrate American Heart Month by attending this free event. The symposium includes free health screenings, giveaways and food.

Issaquah:
Saturday, Feb. 25

(For symposium time and additional details, please visit www.swedish.org/classes.)

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.

NEUROSCIENCES

Dementia

Join us for a discussion about memory difficulties and strategies for coping with memory loss. This seminar will discuss different aspects of memory loss from the perspective of the patient, as well as provide tips for caregivers and loved ones.

Issaquah:
Thursday, March 1, 6-7:30 p.m.

Spine Care Seminar

Learn more about treatment options by attending this Swedish Neuroscience Institute seminar. See article on front page for additional information.

Issaquah:
Thursday, March 8, 6-8 p.m.
Redmond:
Thursday, Jan. 26, 6-8 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. There will also be a question-and-answer session with the surgeon.

Issaquah:
Thursday, Feb. 2, 6-8 p.m.

PARENTING

Growing Up Female/ Growing Up Male

These classes provide 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 these classes 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:
Tuesday, March 13, 6:30-9 p.m.
Redmond:
Monday, Feb. 13, 6:30-9 p.m.

Growing Up Male

Issaquah:
Tuesday, March 6, 6:30-9 p.m.
Redmond:
Thursday, Feb. 16, 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 details, please visit www.hoptosignaroo.com.

Issaquah:
Saturdays, Feb. 11-March 3, 10:30-11:30 a.m.

SAFETY AND INJURY PREVENTION

AARP Driver Safety Program

This eight-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, Jan. 20, 9 a.m.-5 p.m.
- or -
Saturday, March 24, 9 a.m.-5 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. The Safe Sitter program is recognized by the American Academy of Pediatrics. For more information, visit www.safesitter.org. Fee: \$40 (scholarships available on a limited basis).

Issaquah:
Saturday, Jan. 14, 9 a.m.-4 p.m.

WELLNESS

Hearing Loss, Hearing Aids and Ringing in the Ears



This interactive discussion will address frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members. The benefits and limitations of amplification will be discussed, as well as coping strategies to manage tinnitus (ringing in the ears).

Issaquah:
Thursday, Feb. 9, 10:30-11:30 a.m.

The Shops at Swedish: Yoga, Meditation and Pilates Courses

The Shops at Swedish offers a comprehensive program including Hatha, Vinyasa and Vini Yoga, 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



will be held in The Flex Space at Swedish/Issaquah. For class and fee information, visit www.theshopsatswedish.org/flex-space or call **425-313-7092**.

Vitamin D

This class will discuss important health aspects of vitamin D, including where it comes from, the role it plays in the body, and ways to make sure you're getting adequate amounts.

Issaquah:
Thursday, March 15, 6-7:30 p.m.

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
Swedish Visiting Nurse Services	425-778-2400 800-449-2221

For addresses, visit 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

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

If you wish to be taken off the mailing list, please fill out the form at 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 6 weeks 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 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.

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

Wellness Navigator Concierge 425-313-7092
Tap into the expertise of our on-site concierge, who can guide you through the health services and resources available at Swedish.

For shop addresses, visit www.theshopsatswedish.org

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swedish.org/blog

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Need to fill a prescription?

Or just looking for a bottle of aspirin? Stop by the full-service pharmacy conveniently located right inside the lobby at the new Swedish/Issaquah Campus. New, extended pharmacy hours are 9 a.m.-5:30 p.m., Monday through Saturday.