

# HealthWATCH

PROUDLY CARING FOR  
THE NORTHEAST

**IN THIS ISSUE**

Fall classes:  
Programs in your neighborhood

A RESOURCE FOR YOUR GOOD HEALTH

NORTHEAST EDITION

FALL 2011

## Swedish/Edmonds **CANCER PROGRAM** Nationally Honored

The Commission on Cancer (CoC) of the American College of Surgeons — a nationally recognized organization dedicated to improving survival and quality of life for cancer patients — has accredited the cancer program at Swedish/Edmonds.

“The CoC only grants this accreditation honor to those cancer programs that demonstrate the best in cancer diagnosis and treatment,” says Eileen Johnston, M.D., Swedish/Edmonds Cancer Committee chairperson. “This reaffirms to patients



Eileen Johnston, M.D.

and their families our commitment to quality cancer care, close to home.”

Swedish/Edmonds received a three-year accreditation with commendation in the category of Community Hospital Comprehensive Cancer Program. Applying for and maintaining CoC accreditation is voluntary, but it ensures that the hospital offers access to a full scope of health services required to diagnose, treat, rehabilitate and support patients with cancer and their families.

Approximately 71 percent of all newly diagnosed cancer patients in the United States are treated in CoC-accredited programs. Accreditation by the CoC is widely recognized by national organizations such as the American Cancer Society.

# Lung Cancer: Not Just For Smokers

**L**ung cancer related to smoking is the leading cause of cancer death. More people die of lung cancer than of colon, breast and prostate cancers combined.

But did you know that up to 15 percent of all lung-cancer patients have never smoked a day in their lives and more than 50 percent of lung cancers detected in the United States are found in nonsmokers or former smokers who kicked the habit years ago?

Hormones, genetics, diet and pollution can all be factors for lung cancer, as well as secondhand smoke — the inhalation of another individual’s tobacco smoke. Living or working in a smoke-filled environment increases your risk for lung cancer.

“Many people have done the right thing by never smoking or quitting smoking, but as a culture we look at lung cancer as a punishment for bad behavior,” says Ralph Aye, M.D., a thoracic surgeon at Swedish Cancer Institute. “It’s a disease, and by far

the biggest cancer threat we face. It’s important that we devote resources to improve early detection and survival for these patients.”



### Lung Cancer Help:

Have questions about lung-cancer risks, diagnosis and treatment options? Swedish Cancer Institute can help. Call **425-640-4300** or visit [www.swedish.org/cancer/lung](http://www.swedish.org/cancer/lung).

Early detection of lung cancer is the most important factor in saving lives, says Dr. Aye. Currently, Swedish is the only site in the Northwest taking part in the Early Lung Cancer Action Project (ELCAP), a study evaluating the use of spiral computerized tomography (CT) scans to screen and detect lung abnormalities early.

“The CT scan is the most widely studied and validated test we have for early lung-cancer detection,” says Dr. Aye. “But there are other lung cancer

tests we’re studying at Swedish, including one involving a breath test — a five-minute, non-invasive screening that samples compounds in the breath that can indicate lung cancer is present.”

Dr. Aye says that, in addition to early screening, it’s important to recognize lung-cancer symptoms. These can include a cough that doesn’t go away and worsens over time, constant chest pain, coughing up blood, shortness of breath, wheezing or hoarseness, recurrent

pneumonia or bronchitis, swelling of the neck and face, loss of appetite or weight loss and fatigue.

If you’re experiencing any of these symptoms (especially if you are or have ever been a smoker), it’s important to see your family physician or a lung-cancer specialist. Lung cancer diagnosed early can be cured.

## Your Mammogram: Comfortable, Private, Easy

**O**ctober is breast cancer awareness month and a good reminder for millions of women to schedule their annual mammogram. Swedish supports American Cancer Society guidelines which recommend that all women should have a yearly mammogram starting at age 40. Women under the age of 40 with a family history of breast cancer, or concerns about personal risk, should discuss when to have screening mammograms with their health-care providers.

Getting a mammogram is a very personal experience and that’s why there are two Swedish facilities in Snohomish County dedicated to making your mammogram appointment comfortable, private and as easy as possible.

“Anytime a patient undergoes a screening exam, they’re likely to feel a bit anxious and we want them to feel as comfortable as possible so that the image produced by the mammography equipment is the best possible,” says Melanie Keopraseurt, imaging supervisor at Swedish/Mill Creek.

Swedish Edmonds Breast Center at Swedish/Edmonds and Swedish Medical Imaging at Swedish/Mill Creek both use state-of-the-art, full-field digital mammography technology accompanied with Computer Aided Detection

(CAD), which increases the likelihood of detecting subtle signs of cancer. In addition, the Edmonds breast center also offers diagnostic mammograms for patients experiencing symptoms sometimes associated with cancer, such as a lump in a breast.

“When a patient arrives at Swedish Medical Imaging in Mill Creek, they check in at the front desk, their insurance information is entered into our electronic medical records system and then they’re immediately escorted to a private changing room,” says Keopraseurt. A board-certified mammography technologist then guides the patient to an exam room to review health history and then the mammogram exam is preformed. It’s a streamlined process that provides patients with greater privacy and convenience.

A mammogram is the first line of defense against breast cancer. And the earlier cancer is detected, the less chance that it will have to spread.

### SCHEDULING YOUR MAMMOGRAM

Swedish Edmonds Breast Center, **425-640-4260**  
Swedish Medical Imaging at Swedish/Mill Creek, **425-357-3960**  
*(Same day appointments and interpreter services available)*

# 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.

**Classes will be held at the Swedish/Edmonds campus unless otherwise noted: 21601 – 76th Ave. W., Edmonds**

## 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.

## CARDIOVASCULAR EDUCATION/STROKE PREVENTION

### Lowering High Cholesterol

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

4th Floor  
Monday, Oct. 24, 6-7:30 p.m.

### Lowering High Blood Pressure

This class will focus on nutrition and lifestyle changes to improve your blood pressure. Bring your recent blood pressure readings to discuss what these numbers mean.

4th Floor  
Monday, Nov. 28, 6-7:30 p.m.

### Stroke Prevention

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

4th Floor  
Monday, Sept. 26 or Dec. 19, 6-7:30 p.m.

### Prediabetes/Glucose Intolerance/ Metabolic Syndrome

This class focuses on individuals with pre-diabetes, or those who are at risk for developing diabetes, and covers the importance of lowering blood sugar through lifestyle changes. Fee: \$30 per person (includes support person).

4th Floor  
Tuesday, Oct. 18 or Dec. 13, 9:30 a.m.-noon

- or -  
4th Floor  
Wednesday, Sept. 21 or Nov. 16, 6-8 p.m.

### Diabetes Type 2

This is a series of four classes taught by a diabetes nurse and dietitian. The classes will provide education so that you can independently manage your diabetes on a day-to-day basis. The class also provides an opportunity for you to share your successes, concerns and common problems with others who have diabetes. You're encouraged to bring one family member or friend to class with you. A physician referral is required. Call **425-640-4395** for class dates and times.

### Exercise for a Healthy Heart

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



## 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, call **206-215-3338**.

### Have a Happy Birth Day Tour

Are you thinking of becoming pregnant or did

you just hear the good news? At the Have a Happy Birth Day Tour, you will learn about your birthing options. Enjoy a walking tour of the Swedish/Edmonds Childbirth Center and hear real patient experiences.

## ORTHOPEDICS

### Preoperative Joint: Scheduled Surgery

Designed for anyone having knee- or hip-joint surgery, this class — presented by a nurse, occupational and physical therapists and a social worker — will inform you about what to expect before surgery, during your hospital stay and for the first several weeks after surgery. The class will include recommendations on how to prepare your home for a comfortable recovery. Please feel free to bring one support person with you.

4th Floor  
Friday, Sept. 23, Oct. 14, Oct. 28, Nov. 11, Nov. 25, Dec. 9, or Dec. 23, 1:30-3:30 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**  
4th Floor, Auditorium B  
Tuesday, Dec. 6, 6:30-9 p.m.

**Growing up Male**  
4th Floor, Auditorium B  
Monday, Nov. 21, 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).

4th Floor, Auditorium A  
Tuesday, Nov. 1 – Nov. 22, 10:30-11:30 a.m.

## SAFETY AND INJURY PREVENTION

### 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.

4th Floor, Auditorium B  
Monday and Tuesday, Sept. 26 and 27 -or-  
Nov. 28 and 29, 9 a.m.-1 p.m.  
- or -  
Monday, Oct. 24 (3rd Floor) and Tuesday, Oct. 25 (4th Floor), 9 a.m.-1 p.m.

### Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

3rd Floor Conference Room  
Wednesday, Oct. 12 or Dec. 7, 1:30-2:30 p.m.

### Adult First AID

Learn how to apply first aid to adults in basic medical and environmental emergencies. This class is taught by American Heart Association-certified instructors. Participant certifications are valid for two years. Fee: \$40.

4th Floor, Auditorium A  
Wednesday, Oct. 12 or Dec. 14, 6-9 p.m.

### Pediatric First AID

Learn how to apply first aid to children and

infants in basic medical and environmental emergencies. This class is taught by American Heart Association-certified instructors. Participant certifications are valid for two years. Fee: \$40.

4th Floor, Auditorium A  
Wednesday, Nov. 16, 6-9 p.m.

### Heartsaver CPR

Learn how to save a life using proper CPR techniques for adults, children and infants. This class is taught by American Heart Associ-



ation-certified instructors and includes training with an automated external defibrillator. Participant certifications are valid for two years. Fee: \$40.

4th Floor, Auditorium A  
Monday, Oct. 10, Nov. 14 or Dec. 12, 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. 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).

3rd Floor Conference Room  
Saturday, Oct. 15 or Dec. 10, 9 a.m.-4 p.m.

## WELLNESS

### Basic Nutrition for Weight Management

Learn how nutrition, exercise and positive lifestyle changes can help lower weight and improve health.

3rd Floor  
Wednesday, Oct. 5, 6-7:30 p.m.



### Mall Walking

Be healthy and start the day off right with a brisk walk around the Alderwood Mall. Use the food court entrance. Keep track of your laps and become a mall-walking-superstar.

Alderwood Mall  
3000 - 184th St. S.W., Lynnwood  
Daily, 7:30-10 a.m.

### Pain and Beyond

This class teaches coping techniques for people with pain-limiting conditions. Call **425-640-4140** for more information.

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

### Yoga for a Healthy Mind and Body

Yoga provides stress relief, exercise, time for yourself, breathing, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. Fee \$12 per session; payments accepted at time of class. First class is free.

4th Floor  
Every Monday and Wednesday, 4-5 p.m.

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

## 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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