

HealthWATCH

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NORTHEAST EDITION

SPRING 2011

Swedish/Edmonds Nationally Recognized for Clinical Excellence

Swedish/Edmonds is among the top 5 percent of hospitals in the nation for clinical excellence, according to HealthGrades®, a national, independent health-care ratings company. The hospital is one of only three in Washington state to receive the 2011 Distinguished Hospital Award for Clinical Excellence from HealthGrades.

This honor means that the Swedish/Edmonds medical staff has consistently demonstrated outstanding clinical quality. Patients at top-rated hospitals such as Swedish/Edmonds, on average, are 29 percent less likely to die while in the hospital and 1.9 percent less likely to experience a major in-hospital complication than people treated at other hospitals.

HealthGrades based its decision to award clinical excellence to Swedish/Edmonds on an independent analysis of millions of patient records from the Centers for Medicare and Medicaid Services. Risk-adjusted mortality and complication rates were evaluated across 26 medical procedures and diagnoses, from stroke treatment to total-knee replacement.

In addition to the award for clinical excellence, Swedish/Edmonds also received five-star ratings from HealthGrades for treat-



Keith Luther, M.D., Swedish/Edmonds physician, listens to the lungs of patient Herbert Dewey. In addition to receiving HealthGrades' 2011 Distinguished Hospital Award for Clinical Excellence, Swedish/Edmonds received a five-star rating for its treatment of pneumonia.

ment of stroke and pneumonia and overall gastrointestinal services. This is the third year in a row the hospital has been honored for its care of stroke and pneumonia.

According to HealthGrades, Swedish/Edmonds is among an elite group of hospitals demonstrating a commitment to quality that stands as a model for other hospitals.



Swedish/Mill Creek Opens



Community members line up to tour Swedish/Mill Creek on Feb. 12. Family fun activities included a visit with local firefighters, a teddy bear health clinic for kids, and tours of the new state-of-the-art, "no-wait" ER.

Thousands Attend Grand Opening Celebration

More than 3,500 people toured Swedish/Mill Creek, Snohomish County's first freestanding emergency room (ER), during grand-opening events held in February.

Located in the Mill Creek-south Everett area just off Interstate 5 and 128th Street at 13020 Meridian Ave. S., the ER and outpatient center opened to patients on Feb. 17. Swedish/Mill Creek includes:

- An ER with 18 exam rooms
- An advanced diagnostic imaging center
- On-site laboratory services
- Primary and specialty-care offices

"I am excited that Swedish Medical Center's innovative and award-winning health services organization is joining the Snohomish County community," said Snohomish County Executive Aaron Reardon, who attended the facility's grand opening in February. "Their new care center will be a tremendous benefit to our residents by providing increased access to quality care, particularly those in south Snohomish County. This is a world-class facility equipped with a broad spectrum of services ready to deliver an excellent patient experience."

Swedish/Mill Creek is open 24 hours a day, seven days a week. To learn more, visit www.swedish.org/millcreek.

Superfoods: What Are They and Why Should We Eat Them?

Most of us are aware of basic nutritional principles such as eating fruits and vegetables, choosing whole wheat bread over white and limiting high-fat and sugary foods. However, recently we've been hearing more about "superfoods" that can reportedly take our health to new heights. What are these foods and are they really that powerful? According to Brian Higginson, RD, clinical nutrition specialist at Swedish, superfoods are foods that are wholesome, nutrient-rich, high in antioxidants and low in calories. Studies show these foods can reduce inflammation, help control blood sugar levels and even ward off certain diseases.

"What is important to remember is that no food has been proven to prevent or cure disease," says Higginson. "And no single nutrient or food is going to drastically change your overall risk. Good health is about overall dietary choices, and superfoods are certainly an excellent choice." Here are a few tips to help you incorporate them into your routine.

Look for Bright Fruits and Vegetables

"Plant-based foods with deep, rich, bright colors are considered high in nutrients and antioxidants," Higginson explains. Purple potatoes, blueberries, black raspberries,

(Cont. on back)

Walk, Run or Sleep In for the Cure

2011 Race for the Cure
 Sunday, June 5 – Seattle Center

Once again, Swedish is counting on its employees, patients and friends to make a statement at the Puget Sound Race for the Cure®. Last year Team Swedish was the top health-care team, raising more than \$5,400. This year Swedish wants to send an even bigger breast-care-awareness message: \$10,000 in donations. From a kids' race to coed walks and 5K runs, there's an event for everyone.

You can be part of Team Swedish — join today at www.komenpugetsound.org. Or, if you can't make race day, Sleep In for the Cure® by donating online.



BREAST HEALTH



Swedish mammography sites, including our mobile units, are equipped with the latest technologies such as full-field digital mammography. All breast imaging performed within our centers is provided by dedicated professional staff certified in breast imaging.

No Excuses: It's Easy To Get Your Mammogram Close To Home or Work

Your schedule may be a challenge, but “the clinic is too far away” won’t cut it anymore as an excuse for not getting your mammogram. Swedish is making it easier than ever for you to get this annual screening wherever you are.

Options to help you make it work

Giving patients alternatives and offering care closer to their homes or workplaces is a fundamental goal of many Swedish initiatives. With the former Stevens Hospital in Edmonds now in the Swedish family, the opening of the Mill Creek and Redmond campuses, and construction of the new Swedish Issaquah campus, that goal is much more than a slogan. The addition of those four locations nearly doubled the mammogram options

women have through Swedish. More locations also translate into more appointments. Can it get any easier? Yes!

What: Mammogram
Where: Parking lot

For women who prefer receiving care close to work, a Swedish Breast Care Express may do the trick. Last year, with two specially equipped vans



on the road almost every day, Swedish provided nearly 8,000 mammograms in its state-of-the-art mobile mammography suites. The vans’ appearances at corporate, government and retail loca-

tions throughout Western Washington — from Olympia to the Canadian border, and west to the Pacific Ocean — meant many women were able to conveniently schedule a mammogram during their workday. Microsoft, Verizon Wireless, Boeing, REI and the Seattle and Tacoma city governments — to name just a few — made a commitment to women’s health by bringing the van to their employees. Many public agencies and organizations also reserve these vans to help uninsured and underinsured women get this vital screening. Nearly 40 percent of the mammograms provided by the Swedish Mobile Mammography Program are for these women, who might otherwise go without.

If you’re due for a mammogram, it’s never been easier to get one at Swedish — either close to your home or at work.

SWEDISH MAMMOGRAPHY SERVICES

Swedish/Ballard

Women’s Imaging Center
206-781-6349

Swedish/Cherry Hill

Comprehensive Breast Center
206-320-4800

Swedish/Edmonds

Swedish Edmonds Breast Center
425-673-3930

Swedish/First Hill

Swedish Breast Care Center
206-386-3776

Women’s Diagnostic Imaging Center
206-215-3939

Swedish/Issaquah

(opening July 2011)

Swedish/Redmond

425-498-2031

Swedish/Mill Creek

425-357-3913

Swedish Mobile Mammography

For more information about the Swedish Mobile Mammography Program or to schedule a Swedish Breast Care Express, call 206-320-2500.

Clinic Services Expanded, Help For Chronic Pain

Who doesn’t know someone with chronic back or joint pain? According to the National Institutes of Health, pain is the most common reason for seeking medical care.

Swedish Edmonds Specialty Clinic now offers outpatient health services to help people live pain free. The pain treatment program at the clinic is led by an interventional pain specialist experienced in treating common conditions, including low



Swedish Edmonds Specialty Clinic now offers outpatient medical services for pain, nephrology and endocrinology.

back pain and neck pain. Treatment options include epidural and cortisone injections, anti-inflammatory medicine and osteopathic manipulation: gentle stretching to promote healing and increased mobility.

In addition to pain treatment, the clinic is staffed by a board-certified nephrologist, specializing in the care of kidney disease, and beginning in mid-April, the medical services of an endocrinologist will be offered. Endocrinologists

provide care for many medical conditions, including:

- Thyroid diseases
- Diabetes
- Menopause
- Osteoporosis
- Hypertension
- Infertility
- Cancers of the endocrine glands

Swedish Edmonds Specialty Clinic is located in the Stevens Professional Center across from Swedish/Edmonds at 21616 76th Ave. W., Suite 212. Clinic hours are Monday through Friday, 8:30 a.m. to 5 p.m.

To learn more or to schedule an appointment, please call 425-673-3820.

Snohomish County MARCH FOR BABIES

Join Swedish for stronger, healthier babies at this year’s March of Dimes’ March for Babies

Saturday, May 7
American Legion Memorial Park
145 Alverson Boulevard in Everett
7:30-10 a.m.

Swedish/Edmonds is a sponsor of this year’s 3.5-mile walk, which raises money to fund research and local March of Dimes programs that help moms have full-term pregnancies and babies begin healthy lives.

To register for the walk, please visit www.marchforbabies.org or call 206-624-1373.



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.

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

To register and see a full list of classes, **visit www.swedish.org/classes** or call **206-386-2502** unless otherwise noted. Classes, locations and times are subject to change. Please call to confirm the information listed here.

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.

CARDIOVASCULAR EDUCATION/ STROKE PREVENTION

Lowering High Blood Pressure

Learn how exercise, nutrition, medications and positive lifestyle changes can lower blood pressure levels. Bring your blood pressure monitor, and we will check it for accuracy. This class will focus on nutrition and lifestyle changes to improve your blood pressure levels.

4th Floor
Monday, May 23, 6-7:30 p.m.

Lowering High Cholesterol

Learn how exercise, nutrition, medications and positive lifestyle changes can lower cholesterol levels. Bring your most recent cholesterol test results and learn what the numbers mean. This class will focus on nutritional changes to lower your LDL (bad) cholesterol level.

4th Floor
Monday, April 25, 6-7:30 p.m.

Stroke Prevention

This class will help you understand the types and causes of stroke, as well as what lifestyle changes you can make to reduce your risk.

4th Floor
Monday, June 27, 6-7:30 p.m.

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.

New Moms and Babies Group
(425-673-3352)

Free Childbirth Center Tour

Childbirth Preparation
One day seminar/8 hrs.

Childbirth Preparation
Refresher Class/4 hrs.

Have a Happy Birth Day Tour

Thinking of becoming pregnant or did you just hear the good news? At our Have a Happy Birth Day Tour you will learn about your birthing options at our Edmonds, First Hill and Ballard Childbirth Centers so that you can choose the experience that works best for your personal style. You will enjoy a walking tour of our childbirth center and hear real patient experiences.

DIABETES

Diabetes Type 2

This is a series of three classes taught by a diabetes nurse, dietitian and exercise specialist. 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 problems with others who have diabetes. We encourage you to bring one family member or friend to class with you at no charge. Call **425-640-4395** to register.

Exercise for a Healthy Heart

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, high blood pressure or cholesterol will benefit from the program. It focuses on controlling risk factors and making positive lifestyle changes. For more information, call **425-640-4330**.

Pre-Diabetes/Glucose Intolerance/ Metabolic Syndrome

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

4th Floor
Tuesday, April 19 or June 21, 9:30 a.m.-noon
–or– Wednesday, May 18, 6-8 p.m.

NUTRITION

Empower Yourself

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

4th Floor
Wednesday, April 27 or May 25 or June 22,
6-7:30 p.m.



ORTHOPEDICS

Preoperative Joint: Scheduled Surgery

This class is designed for anyone having knee or hip joint surgery. A nurse, occupational and physical therapists and a social worker will inform you what to expect before surgery, during your hospital stay and in the first few weeks after surgery, as well as how to prepare your home for a comfortable recovery. Please feel free to bring one support person with you.

4th Floor
Friday, April 22; May 13 or 27; June 10 or 24; July 8,
1:30-3:30 p.m.

PAIN MANAGEMENT

Pain and Beyond

People with pain-limiting conditions learn coping techniques. Call **425-640-4140** for more information.

4th Floor
Every Friday, 3-4:30 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 the same family).

Growing up Female
3rd Floor, Auditorium B
Monday, May 23, 6:30-9 p.m.

Growing up Male
3rd Floor, Auditorium B
Thursday, May 26, 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, promotes faster language development, stimulates intellectual growth and brain development, enhances motor skills, and strengthens your parent-child bond. Learn effective techniques with Nancy Hanauer, a credentialed teacher with 20+ years of teaching and signing experience. Class materials include a *Safety and Comfort Roo-minder Ring™* set of laminated reminder cards and a comprehensive class packet with resources, photos, descriptions and memory aids for 80 additional signs taught in class. 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). More information at www.hoptosignaroo.com.

Saturdays, June 4 – 25, 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 by check in class to AARP.



4th Floor, Auditorium B
Monday and Tuesday, April 25 and 26 –or–
May 23 and 24 –or– June 27 and 28,
9 a.m.-1:30 p.m.

Adult First Aid

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

4th Floor
Wednesday, April 13 or June 15, 6-9 p.m.

Fall Prevention/Steady on Your Feet

Learn how to maintain good balance and perform daily activities safely.

3rd Floor Conference Room
Wednesday, April 20, 1:30-2:30 p.m.

Heartsaver CPR & AED

Learn how to save a life using proper CPR techniques. This class is taught by American Heart Association-certified instructors and includes training with an automated external defibrillator. Participants are CPR certified for two years. Fee: \$40.

4th Floor
Monday, April 11, May 9, June 13 or July 11, 6-9 p.m.

Pediatric First Aid

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

4th Floor
Wednesday, May 11 or July 13, 6-9 p.m.

Safe Sitter

Safe Sitter (www.safesitter.org) is a medically accurate program that teaches boys and girls how to be good babysitters. The class covers basic lifesaving techniques, safety precautions, how and when to summon help, tips on basic child care and child development, and responsibilities of safe babysitting. Also taught are age-appropriate entertainment ideas and the basics of starting a babysitting business. This class is recommended for ages 11-13. The Safe Sitter program is recognized by the American Academy of Pediatrics. Fee: \$40 (scholarships are available on a limited basis).

3rd Floor Conference Room
Saturday, April 16 or June 18, 9 a.m.-4 p.m.



WEIGHT LOSS EDUCATION

Swedish Weight Loss Services offers a variety of ongoing classes on surgical and nonsurgical weight loss. For a complete class listing, visit www.swedish.org/classes.

WELLNESS

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, WA 98037
Daily
7:30-10 a.m.

Yoga for a Healthy Mind and Body

Yoga provides stress relief, exercise, time for yourself, 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
Monday and Wednesday each week
4-5 p.m.



Childbirth Center Has New Look, Feel



Less like a hospital and more like home. That's what you'll notice at the newly remodeled Childbirth Center at Swedish/Edmonds. Changes include softer lighting, flat-screen TVs and refinished cabinetry — all designed to create a tranquil, inviting environment for expectant parents. Free tours of the newly remodeled Childbirth Center at Swedish/Edmonds are available to expectant parents by calling 206-215-3338 or by visiting www.swedish.org.

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

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	425-320-3410
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	206-386-6767
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
TDD	206-386-2141

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/remove or call 206-386-6797.

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(Superfoods - cont. from first page)

pomegranates, spinach, kale, sweet potatoes and carrots all fall into this category. And if you like peppers, “yellow and red contain 10 times more vitamin C than green.”

Say “Yes” to Cruciferous

“Cruciferous vegetables are thought to provide some protection against diseases like breast and colon cancer,” says Higginson. “Although it’s unclear which nutrients actually provide the protection, these foods are a wise choice.” These high-fiber, vitamin-rich vegetables include broccoli, cauliflower, cabbage and brussels sprouts.



Think Tropical

“Tropical fruits are considered superfoods because they are more potent and more nutrient-rich than many non-tropical fruits,” he says. For example, guava contains nearly five times more vitamin C than an orange. Tropical fruits are also high in fiber and phytochemicals and include papaya, mango, star fruit, acai, passion fruit, pomegranate, kiwi and pineapple.

Not Just Juice

While juicing has been a popular way to get fruits and veggies into your diet, Higginson recommends eating them whole. “Studies suggest that many of the antioxidants are attached to the fiber components of these foods, so eating them whole instead of juicing them may provide more nutritional value.”

Spice It Up

“Several spices and herbs have powerful anti-inflammatory and anti-oxidant properties,” explains Higginson. “Even small amounts of fresh herbs

like rosemary and parsley and spices like ginger, turmeric and cinnamon contribute to a healthy diet.” If you’re wondering about taking herbs in supplement form, keep in mind that supplements provide only one nutrient, not all of the components from the original plant. “For example,” says Higginson, “there are at least 170 biologically

active compounds in an orange, but when we take a vitamin C supplement, we are only getting one of them.”

Other superfoods you might consider adding to your meals are: yogurt, whole grains, fatty fish such as salmon and mackerel, legumes such as beans and lentils, olives, olive oil and nuts, in moderation.

“The best way to incorporate superfoods into your diet,” says Higginson, “is to choose the ones you enjoy and work them into your menus weekly, or daily if possible.”

Be mindful of any medical conditions that may limit your diet. For example, dark-green leafy vegetables, fish oils and garlic can interact with blood-thinning medications (anticoagulants).

“Many superfoods are high in fiber as well,” he warns, “so incorporate them slowly if you’re not used

to fiber-rich foods.” Finally, keep in mind that eating healthy foods consistently is the key. Says Higginson, “If you’re eating fast food every day for lunch, a salmon and broccoli dinner — though better than another burger — isn’t going to supercharge your health.”

Nutrition Services at Swedish

Our experienced team at Swedish Nutrition Care oversees the nutritional needs of patients ranging from premature infants to the elderly. Individual counseling and nutrition services are available for a number of health conditions, including:

- Weight management
- Cardiovascular disease, including high blood pressure and high cholesterol
- Diabetes, gestational diabetes and other alterations in blood sugar levels
- Gastrointestinal disorders, such as celiac disease, Crohn’s disease and irritable bowel syndrome
- Cancer
- Kidney disease
- Failure to thrive

The clinics also provide services for the special nutritional needs of pregnant women, athletes, children and vegetarians.

Nutrition services are available at three Swedish locations: First Hill, Ballard and Edmonds. Please ask your health practitioner for a referral, or contact the clinic nearest you.

Nutrition Care Clinic First Hill

747 Broadway
Seattle, WA 98122
206-781-6228

Nutrition Care Clinic Ballard

5300 Tallman Ave. N.W.
Seattle, WA 98107-3932
206-781-6228

Nutrition Care Clinic Edmonds

21601 76th Ave. W.
Edmonds, WA 98026
425-640-4395

