

HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH

NORTHEAST EDITION

SUMMER 2011

Two Big Milestones at Swedish/Edmonds

This spring, Swedish/Edmonds recorded two impressive milestones:

Among America's Best Hospitals

Swedish/Edmonds was named among *America's Best Hospitals* in the medical surgical specialty of urology according to U.S. News Media Group, publisher of *U.S. News & World Report*.

For its 2010-11 analysis of hospitals, *U.S. News & World Report* ranked 4,852 hospitals in 16 medical specialties from urology and cancer, to kidney disorders and orthopedics.

"U.S. News' Best Hospitals ranking is one of the best known and most highly respected national surveys of hospitals," says Timothy Roddy, M.D., urologist and senior medical director, Swedish/Edmonds. "This is a tremendous honor to be included on this year's list and to be considered among the very best."

60,000th Baby

On April 8, Swedish/Edmonds delivered its 60,000th baby since the hospital opened 47 years ago as Stevens Hospital.



Sarah Wagner of Lynnwood holds her daughter Zoë, the 60,000th baby born at Swedish/Edmonds.

The baby, a girl named Zoë, and her parents, Sarah and James Wagner of Lynnwood, were presented a gift basket and \$100 gift card in recognition of the milestone.

"Sixty thousand is a lot of babies — nearly the combined populations of Edmonds and Mountlake Terrace," says Joyce Miller, manager of the Childbirth Center at Swedish/Edmonds. "And yet, new parents tell us what they like most about having a baby here is the personal attention they receive and the comfortable home-like rooms we have."

Is Sleep Putting Your Heart at Risk?

The link between sleep and heart health



One of the most common sleep disorders, affecting more than 18 million American adults, is obstructive sleep apnea (OSA). OSA happens when breathing stops dozens, or even hundreds, of times during sleep.

Recently, research has proven that OSA is not just affecting people's ability to function; it's putting them at increased risk for a cardiac event such as heart attack or stroke.

Swedish cardiologist Sarah Speck, M.D., MPH, FACC, explains the physiological reasons behind this. "What happens with OSA is [that]

decreased oxygen sends a 'wake-up' message to the body, causing an adrenaline surge. This raises blood pressure, not just when the body wakes up, but for the next 24 hours. It also causes an upsurge in cortisol, a hormone released during stressful situations, which increases bad cholesterol (LDL) and decreases good cholesterol (HDL)."

Additionally, inflammation inside the blood vessels leads to atherosclerosis (plaque buildup in the arteries), says Dr. Speck. "Atherosclerosis results in blockages that can ultimately result in a heart attack or

stroke. Smoking and being overweight are two causes of inflammation; we now know that OSA is another."

"Risk factors for cardiovascular disease are additive," explains Darius Zoroufy, M.D., of Sleep Medicine Associates and medical director of the Swedish Sleep Center. "OSA is less likely on its own to cause heart disease, a heart attack or stroke than it is when added to other risk factors. Each risk factor increases your odds of having a cardiac event, so if you can control OSA, not only will you take one risk out of the equation, you'll also lower blood pressure and cholesterol levels, decreasing the impact of those risk factors, too."

The good news is that OSA is controllable, but only if people are aware of the signs and willing to get treatment. "It's common for people to put off addressing their sleep issues," says Dr. Zoroufy, "but seeking help is important." Dr. Speck adds, "People often don't realize that lifestyle changes like exercising and losing as little as 10 percent of body weight can help manage OSA."

Help at Swedish

Swedish offers comprehensive services in both sleep medicine and heart care with several clinic locations from the Northend in Edmonds and Mill Creek to Seattle and the Eastside. For sleep services in Edmonds, call 425-640-4660. For other sleep locations, call 866-417-1100. For Swedish Heart & Vascular Institute clinics, call 206-320-4100.

Rehabilitation Now Open at Swedish/Mill Creek

Like it or not, sometimes our bodies need rehabilitating. Illness and injury can leave us requiring the services of a physical therapist.

Fortunately, Swedish has physical therapy services available at 10 convenient locations, including Mill Creek, which opened in May on our new campus at 13020 Meridian Ave. S. in Everett.

Physical therapist Jim Shepherd, DPT, heads up this new clinic with expertise in running injuries, spine rehabilitation, repetitive trauma/overuse syndromes and post-operative orthopedic rehabilitation to name a few. Shepherd's community involvement includes sports therapy and injury prevention for local high schools.

Swedish Rehabilitation Services offers a broad range of inpatient and outpatient therapy services for all ages in our dedicated rehabilitation clinics. Cancer rehab, exercise classes, headache management, balance improvement, stress reduction and incontinence training are some of our physical therapy services. In addition, Swedish provides speech-language therapy, occupational therapy, and pediatric therapy services by experienced

and certified therapists.

If you would like more information about Swedish Rehabilitation Services, please call 206-215-3777 or visit us at www.swedish.org/rehab. For more information about Mill Creek rehab call 425-357-3800 and for Swedish/Edmonds rehab contact us at 425-640-4140.

Growing Number of Specialty Services at Mill Creek

Outpatient rehabilitation isn't the only new service available at Mill Creek. If you live in the area, you now have access to a wider range of medical care at Swedish's new facility in south Everett.

Physicians in the following specialties see patients at Mill Creek:

Cardiology	OB/GYN
General Surgery	Orthopedics
Neurology	Sleep and Pulmonology

In addition, the campus also offers a primary-care clinic, on-site lab, imaging and emergency care. It's conveniently located just east of I-5 at Exit No. 186 with plenty of free parking and easy access.

For more information about specialty care or any of our services at Mill Creek, visit www.swedish.org/millcreek or call 425-357-3900.

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**. 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, Aug. 22, 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, July 25, 6-7:30 p.m.

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/pre-diabetes, 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**.

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 **425-640-4330**.



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

Prediabetes/Glucose Intolerance/ Metabolic Syndrome

This class is for individuals with prediabetes 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
Wednesday, July 20, 6-8 p.m.
–or– Tuesday, Aug. 16, 9:30 a.m.-noon

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.

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, July 8 or 22; Aug. 12 or 26; Sept. 9,
1:30-3:30 p.m.

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.

4th Floor, Auditorium A & B
Thursday, July 28, 6-8 p.m.

PARENTING

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). More information at www.hoptosignaroo.com.

4th Floor Conference Room
Saturdays, June 4, 11, 18, 25, 4-5 p.m.

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

4th Floor, Auditorium B
Monday, July 11, 6:30-9 p.m.

Growing up Male

3rd Floor, Auditorium B
Thursday, July 28, 6:30-9 p.m.

SAFETY AND INJURY PREVENTION

Fall Prevention/Steady on Your Feet

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

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

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.

4th Floor, Auditorium B
Monday and Tuesday, July 25 and 26 –or–
Aug. 29 and 30, 9 a.m.-1:30 p.m.

Heartsaver CPR

Learn how to save a life using proper AED and CPR techniques for adults, children and infants.



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, Auditorium A
Monday, July 11, Aug. 8 or Sept. 12, 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, July 13 or Sept. 14, 6-9 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, Aug. 10, 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. This class is recommended for ages 11-13. The Safe Sitter program is recognized by the American Academy of Pediatrics. Visit www.safesitter.org for more information. Fee: \$40 (scholarships available on a limited basis).

3rd Floor Conference Room
Saturday, Aug. 20, 9 a.m.-4 p.m.

PAIN MANAGEMENT

Pain and Beyond

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

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

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, 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
Monday and Wednesday each week, 4-5 p.m.

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.

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

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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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.



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