

HealthWATCH

PROUDLY CARING FOR
GREATER SEATTLE

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A RESOURCE FOR YOUR GOOD HEALTH

SEATTLE 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.

Lung Cancer: Not Just For Smokers

Lung 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.”

Early detection of lung cancer is

“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 Help:

Call **206-292-7700** for lung-cancer screening information. Have more questions about lung-cancer risks, diagnosis and treatment options? Swedish Cancer Institute can help. Call **206-215-6800** or visit www.swedish.org/cancer/lung.

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.



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.

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 or call **206-386-2502**. Classes, locations and times are subject to change. Please call to confirm the information listed here.

Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)

Cherry Hill Campus: 500-17th Ave., 98122 (Central Seattle)

First Hill Campus: 747 Broadway, 98122 (Seattle)

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. Visit 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. Classes are offered at all campuses. For more information, go to Childbirth Services at 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 hip- and knee-replacement surgery. There will also be a question-and-answer session with the surgeon.

Ballard:
Conference Room ABC
Wednesday, Sept. 21, 6-8 p.m.

First Hill:
Orthopedic Institute Conference Room
Thursday, Oct. 6, Nov. 3 or Dec. 1, 6-8 p.m.

Relief for Your Hand and Wrist Pain

Learn about treatments needed for different types of fractures; about ways to treat arthritis in the wrist, thumbs and fingers; and how to prevent and treat carpal tunnel syndrome and other overuse conditions.

First Hill:
Orthopedic Institute Conference Room
Thursday, Dec. 8, 6-7:30 p.m.

Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder, how to prevent injury and surgical/nonsurgical



solutions to common injuries. The discussion will also include information on new advancements in shoulder replacement.

First Hill:
Orthopedic Institute Conference Room
Thursday, Oct. 27, 6-7:30 p.m.

Spine Problems: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped disks and

other common spine problems can affect your ability to move well. Learn about a variety of treatment options, including surgery and methods for nonsurgical relief. The class also includes a question-and-answer session.

First Hill:
Orthopedic Institute Conference Room
Thursday, Sept. 22 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
Ballard:
Conference Room ABC
Thursday, Sept. 15, 6:30-9 p.m.

First Hill:
1-East Conference Room
Tuesday, Oct. 11, 6:30-9 p.m.

Growing up Male
Ballard:
Conference Room A
Monday, Sept. 12, 6:30-9 p.m.

First Hill:
1-East Conference Room
Thursday, Dec. 8, 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.

Ballard:
Conference Room A
Fridays, Oct. 14–Nov. 4, 10:30-11:30 a.m.
- or -
5-North Conference Room
Thursdays, Oct. 27–Nov. 17, 6:30-7:30 p.m.

First Hill:
1-East Conference Room
Tuesdays, Oct. 4–25, 6:30-7:30 p.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.

Ballard:
3-North Conference Room
Tuesday, Oct. 11 and Thursday, Oct. 13,
9 a.m.-1:30 p.m.

Cherry Hill:
Casey Conference Room
Monday, Nov. 14 and Wednesday, Nov. 16,
9 a.m.-1:30 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 for more information. Fee: \$40 (scholarships available on a limited basis).

Ballard:
Cafeteria Conference Room
Saturday, Sept. 17, 9 a.m.-4 p.m.

First Hill:
B Floor Conference Room 1
Saturday, Nov. 12, 9 a.m.-4 p.m.

Cherry Hill:
Casey Conference Center
Saturday, Dec. 17, 9 a.m.-4 p.m.

WELLNESS

Healthy Thai Taste Sensations for Diabetics

Learn how to expand your cooking repertoire by exploring specialty dishes from Thailand. See how Bastyr University dietetic interns can help you prepare and eat ethnic foods while keeping your diabetes under control. You will see how eating with diabetes in mind can still be fun, flavorful and enjoyable. Fee: \$10.

Cherry Hill:
Center for Health and Fitness, Demonstration Kitchen
Tuesday, Nov. 15, 6-7:30 p.m.

Mindfulness-Based Wellness

Swedish physical therapist Carolyn McManus teaches meditation, yoga and stress-management strategies for people with chronic pain, illness and stress-related disease. To register, please call **206-215-3176**. Eight sessions. Fee: \$375 per person (financial assistance is available for qualified participants).

First Hill:
1101 Madison
Thursday, Sept. 29–Nov. 17, 10 a.m.-12:30 p.m.

Men's Urinary Incontinence and ED

Many men suffer from erectile dysfunction (ED) or incontinence. ED and bladder leakage are common in patients due to prostate surgery, diabetes and/or heart disease. Learn about options to treat these conditions at upcoming men's health forums.

Ballard:
Conference Room ABC
Wednesday, Oct. 4, 5:30-7 p.m.

First Hill:
Glaser Auditorium
Wednesday, Sept. 21, 5:30-7 p.m.

Weight Loss: The Diet Dilemma

All diets are not created equal. Our bodies respond differently to food. Join us for a look at how current eating trends have led to an overweight population and an obesity epidemic. Dr. Richard Lindquist, Swedish Weight-Loss Services, will explain how your diet can be adjusted for a healthier, better you.

First Hill:
Glaser Auditorium
Monday, Oct. 24, 6-8 p.m.

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

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/remove or call **206-386-6797**.

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