**SWEDISH HEALTH SERVICES** 747 Broadway Seattle, WA 98122



# Health\/\ATCH

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Community events and classes Men's health-screening tests New guidelines for lap-band surgery

Protect yourself from a silent killer

A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

FALL 2012

# Learn Your Risk for Developing Health Problems

## Take Our Free Online Health-Risk Tests

"Risk" is one way to measure how likely it is you might experience a health problem such as a heart attack, cancer, stroke, diabetes or any number of things. You probably avoid unhealthy habits and are very careful about how much exercise you get and how well you watch your diet. But regardless of how healthy you look or feel, we all have "risk factors," and they are as unique as our finger-prints. It's what we do about them that matters most.

The first step to managing risk is knowing your own risk factors — such as age, family history and behavior — and how they can impact your health. Take our free online health-risk tests at www.swedish.org/risktests to help you learn your risk for stroke; cancer; and heart-, joint- and weight-related diseases. At the end of each test, you'll be provided with a customized health report that links you to Swedish resources based on your results.

Learn more about risk factors by visiting our blog at www.swedish.org/riskfactors. Talk with your doctor about risk factors at your checkup. If you don't have a doctor, call 1-800-SWEDISH or visit www.swedish.org/primarycaredocs.

Knowing your risk factors and understanding how you can reduce them can go a long way toward improving your health and your chances of avoiding disease.

# Swedish Cares for Women: A Guide to Services on the Eastside

hen it came time for Cyndi Morgan's annual mammogram, the Fall City resident didn't have to go far. She knew Swedish/Issaquah was close to home — she's a volunteer at the new hospital. But what Morgan didn't know was how easy and anxiety-reducing the imaging experience was going to be.

"I actually didn't have a mammogram scheduled," says Morgan, 62. "I happened to be at the hospital after a volunteer shift and popped down to the Imaging department to schedule one. To my surprise, they had an opening right then — same day."

Morgan was taken back to her room and had her screening. The breast radiologist was on-site and read the mammogram right away.

"The radiologist saw something on my scan, so I stayed to get a follow-up breast ultrasound. After the ultrasound, it was determined that everything was fine and clear, and I got a smiley face on my chart!"

"Every screening patient is offered the opportunity to receive her results immediately following her mammogram, and if appropriate, we do same-day follow-up imaging or biopsies," says Mary Kelly, M.D., medical director of breast imaging. "Swedish/Issaquah is fortunate to have state-of-the-art breast imaging and interventional equipment in an extremely pleasant environment."

Morgan's experience is not unique. The goals of the breast-imaging center at Issaquah are "to provide livetime results, to answer all questions on the spot and to



At Swedish/Issaquah, every screening patient is offered the opportunity to receive her results immediately following her mammogram.

offer the best experience a woman can have," says Imaging department manager Diane Frazier. "There are obvious benefits to patients being able to have their services and get their questions answered in the same day."

In addition to mammography services, Swedish offers numerous community services for women. Check out this guide to women's services on the Eastside:

#### **Breast-Care Services**

Mammography appointments — Issaquah Imaging: 425-313-5400

(breast center); Redmond Imaging: 425-498-2031 (screening location).

Most women who have been diagnosed with breast cancer will undergo some type of surgery as part of their treatment plan. Should you need them, our expert surgeons at Swedish/Issaquah are here for you.

#### **High-Risk Breast Cancer Program**

Dedicated to identifying individuals who are at increased risk of developing breast cancer due to their family, medical or personal history. For appointments: 425-313-7124.

#### **Gynecology, Women's Health and Childbirth Services**

Our team provides the full spectrum of gynecological care, ranging from routine screenings to reproductive health issues to postmenopausal health to gynecologic cancer. Swedish is home to a number of Eastside clinics

(Continued on back page)

## Swedish/Redmond Offers Primary Care, an ER and a New Urgent Care Clinic

The Swedish/Redmond Campus, located at 18100 N.E. Union Hill Road, offers three levels of care to meet your needs: primary care, urgent care, and a nowait emergency room.

- Swedish/Redmond Primary Care is open Monday-Friday from 7:30 a.m.-5:30 p.m. and Saturday from 9 a.m.-1 p.m. For appointments, call 425-702-8689. If you call in the morning, we can usually see you that same day.
- Our Urgent Care clinic is open Monday-Friday from 7:30 a.m.-8 p.m. and Saturday from 9 a.m.-1 p.m. and can be reached at 425-498-2165. Just come in; no appointment is needed. We can help with health problems such as the flu, asthma attacks, ear infections, sprains and strains, and cuts requiring stitches.
  - Our no-wait Emergency Room is available 24

hours a day, seven days a week. We treat serious problems such as chest pain, severe burns, allergic reactions and broken bones. Always call 9-1-1 in a life-threatening emergency.

For more information about all of our services at Redmond, including specialty care, medical imaging and rehabilitation, visit www.swedish.org/redmond.



# Men, Do You Avoid Going to the Doctor?

S tudies from the Centers for Disease Control (CDC) show that American men have worse health than American women and they are less likely to go to the doctor. Help change those stats, stat!

We've all heard this advice: Eat more veggies, watch your weight, exercise more — the list goes on. Yet going to the doctor is more than just a chance to be reminded of that advice. It's a time to get your body tuned just like you would your car. But what screening tests should you have?

#### **HEALTH-SCREENING TESTS FOR MEN**

WHAT: Abdominal Aortic Aneurysm	WHO:  Men 65-75 years old (current or former smokers)  (See related article at right: Protect Yourself From a Silent Killer)
Blood Pressure	Men 18+
Cholesterol	Men 35+ (or 20+ if a smoker, overweight, with diabetes, or if a parent/sibling has had heart disease)
Colorectal Cancer	Men 50+ (or younger if a parent or sibling has had it)
Depression	All men
Diabetes	Men 45+ (or younger if you are overweight, have high blood pressure/cholesterol, a parent/sibling with diabetes, or other risk factors)
HIV and Other Sexually Transmitted Infections	All men (depends on your sexual history—talk to your provider about what tests you should have)
Overweight/Obesity	All men

Talk with your doctor about the right screening tests for you. If you don't have a doctor, call 1-800-SWEDISH or go to www.swedish.org/primarycare for a free physician referral.

Get screened, know your health stats and don't let excuses get in the way of your optimum health!

#### COMMUNITY EVENTS

Swedish is proud to sponsor, host and participate in these community events. We hope you'll join us!

#### **Seattle Brain Cancer Walk**

Saturday, Sept. 22 at Seattle Center www.braincancerwalk.org

#### **Issaquah Rotary Run**

Sunday, Sept. 30 in downtown Issaquah www.issaquahrun.com

Proceeds benefit Swedish Cancer Institute

#### Issaquah Salmon Days Festival

Sat<mark>urd</mark>ay and Sunday, Oct. 6–7 in downtown Issaquah

www.salmondays.org

#### **Eastside Women's Show**

Saturday, Oct. 13 at Meydenbauer Center, Bellevue www.eastsidewomensshow.com

## American Diabetes Association Puget Sound Step Out: Walk to Stop Diabetes

Saturday, Oct. 13 at Magnuson Park www.diabetes.org/pugetsoundstepout

## American Heart Association Puget Sound Heart and Stroke Walk

Saturday, Oct. 20 at Seattle Center www.pugetsoundheartwalk.org

#### Green Halloween Festival

Saturday, Oct. 27 at Issaquah Highlands **www.ihwebsite.com** 

#### A Night Out at Swedish: Fall Arts Showcase

Thursday, Nov. 1, 6-8 p.m. at Swedish/Issaquah www.swedish.org/issaquah

#### Holidays at the Hospital

Saturday, Dec. 1, 9 a.m.-noon at Swedish/Issaquah

www.swedish.org/issaquah

#### Redmond Lights

Saturday, Dec. 1 at Redmond City Hall and Redmond Town Center www.redmondlights.com

## Jingle Bell Run/Walk for Arthritis

Sunday, Dec. 9 at Westlake Center www.arthritis.org/jingle-bell-run

## New Guidelines for Lap-Band Weight-Loss Surgery



ap-band surgery offers hope for obese patients who want to lose weight but have been unsuccessful with diet and exercise. It is the only weight-loss surgery that doesn't alter the anatomy of the stomach or digestive system. During lap-band surgery, a surgeon places a band around the stomach to limit the amount of food the person can eat. The band also helps control hunger.

The U.S. Food and Drug Administration (FDA) originally approved lap-band surgery only for people with a body mass index (BMI)\* of 35 or higher. Recently the FDA approved it for patients with BMIs as low as 30 who have at least one weight-related medical condition. This includes diabetes, high blood pressure or sleep apnea.

The Swedish Weight Loss program at Swedish/First Hill is a weight-loss Center of Excellence and offers this surgery. This program is a resource for all Washington residents, wherever they live.

Have you tried everything to lose weight? Are you ready to make a commitment to trade pounds for better health? Call Swedish Weight Loss Services toll-free at 1-800-896-4702 for your free, one-on-one consultation to see if you are a candidate for this type of surgery. For more information, visit www.swedish.org/wls.

\*Body Mass Index (BMI) calculates the relationship between your height and weight. Your BMI is a number that lets you know if you are overweight or underweight.

Swedish Weight Loss Services, 801 Broadway, Suite 800, Seattle, WA 98122 206-215-2090 or 1-800-896-4702 (toll free) – www.swedish.org/wls

## Protect Yourself From a Silent Killer

bdominal aortic aneurysm (AAA) earns its "silent killer" nickname because it can grow without causing symptoms. AAA is a bulge in the blood vessel that moves blood away from the heart. A vascular surgeon (a doctor who does surgery on blood vessels) usually monitors a small bulge because there is no immediate risk. It is important, however, to repair a large bulge before it ruptures. A ruptured AAA is lifethreatening and requires emergency surgery.

Although AAA is currently the third-leading cause of death in men age 60 and older, there is hope. A simple ultrasound screening can detect AAA. If AAA is detected and treated early, the survival rate is greater than 99 percent.

Swedish Vascular Surgery at Swedish/Issaquah provides AAA screening. The clinic's surgeons are also experts at using minimally invasive procedures to repair AAA. That means patients have shorter hospital stays and less pain.

Medicare covers the cost of AAA screening when the doctor requests the referral during the "Welcome to Medicare" physical. Call 1-800-MEDICARE for more information about this benefit. Call Swedish Vascular Surgery at 206-215-5921 to schedule an AAA screening.

#### **Risk Factors for AAA:**

Gender

(men more than women)

Age

(55 and older)

Caucasian Smoker

Family history of AAA

High blood pressure

High cholesterol

Atherosclerosis

(thickening of the arteries)

Genetics

(such as Marfan syndrome)

## Swedish Vascular Surgery at Swedish/Issaguah

751 N.E. Blakely Drive, Suite 3020 Issaquah, WA 98029 Phone: **206-215-5921** 

# to Swedish's Community Education Programs in your neighborhood

To register for the following classes or see a full list of classes at all Swedish campuses and search for classes by region, visit **www.swedish.org/classes**, email **healtheducation@swedish.org** or call **206-386-2502** unless otherwise noted. Registration is required for all classes and screenings. Class information is subject to change.

**Swedish/Ballard Campus:** 5300 Tallman Ave. N.W., 98107 (Northwest Seattle) **Swedish/Cherry Hill Campus:** 500 17th Ave., 98122 (Central Seattle)

Swedish/Edmonds Campus: 21601 76th Ave. W., 98026 Swedish/First Hill Campus: 747 Broadway, 98122 (Seattle) **Swedish/Issaquah Campus:** 751 N.E. Blakely Drive, 98029

Swedish/Mill Creek Campus: 13020 Meridian Ave. S., 98208 (Everett) Swedish Orthopedic Institute: 601 Broadway, 98122 (Seattle) Swedish/Redmond Campus: 18100 N.E. Union Hill Road, 98052

#### **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.

#### **Breast Cancer Resources**

Have you or someone you know just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit www.swedish.org/now-what/breastcancer.

#### Featured Classes

#### The Anticancer Lifestyle

Explore recent findings on ways to increase your resistance to cancer with health educator Carol Robl. Learn how to create an anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional well-being.

Issaquah Library (10 W. Sunset Way): Mon., Sept. 24, 7-8:30 p.m.

#### Stress Less This Holiday Season: Caring for the Caregiver

The holiday season can be an overwhelming time of year, especially for patients and caregivers. This workshop is designed to teach caregivers a variety of mind-body strategies for dealing with physical and emotional stress. By learning to skillfully manage stress, the holidays — and every day — can be even more joyful!

Swedish Cancer Institute (1221 Madison St.,

Tues., Dec. 11, 4-5:30 p.m.

#### **CHILDBIRTH EDUCATION**

Swedish offers a wide variety of classes and support to help you through pregnancy, child-birth and parenting. Classes are offered regularly at all campuses.

#### Pregnancy Resources

Are you thinking about having a baby or just finding out you're pregnant? Let Swedish guide you in taking those next steps. Visit www.swedish.org/now-what/pregnancy.

#### Featured Class

#### Infant Safety and CPR

Do you have a new baby in your life? Whether you're a new parent or a grandparent-to-be, it's always helpful to know infant lifesaving skills and safety precautions. Prepare yourself to keep baby safe by learning how to prevent the most common unintentional injuries of infants and toddlers.

For more details on childbirth classes, visit **www.swedish.org/childbirthclasses** or call **206-215-3338**.

#### **DIABETES**

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications. Physician referral is required. Visit www.swedish.org/diabetes or call 206-215-2440.

#### Featured Class

#### Thrifty in 30

Creating whole-foods meals for diabetes can be economical, quick and nutritious. In this class you will learn how to make a variety of simple diabetes-friendly dishes from a few staple ingredients that can be transformed into quick, whole-foods meals in 30 minutes. **Fee:** \$10.

#### Cherry Hill:

Tues., Nov. 13, 6-7:30 p.m.

#### **EXERCISE**

#### Yoga, Meditation, Pilates, Zumba® and More!

Flex Space at Swedish/Issaquah offers a comprehensive program of wellness classes, including: Hatha Yoga; Viniyoga; Gentle Yoga; Intro to Yoga; Yoga for Cancer Care, MS and Parkinson's; Prenatal; Mommy and Me; Infant Massage; and a variety of other therapeutic/restorative yoga classes. Pilates, meditation and Zumba/cross training classes are also offered. For schedules and registration information visit www.theshopsatswedish.org or call 425-313-7092.



#### **HEALTH AND WELL-BEING**

#### The ABCs of Vitamin D

The sun may have set on summer but don't forget about the importance of vitamin D. Come learn the ABCs of this important vitamin, from curing the winter blues to strengthening bones.

#### Issaquah:

Wed., Oct. 17, 6-8 p.m.

#### Cancer Prevention: Back to Basics

Get the latest information on how to reduce your cancer risk. From superfoods to exercise trends, learn practical tips for cancer prevention.

#### Mill Creek:

Tues., Sept. 18, 6-7:30 p.m.

#### Can You Hear Me Now?

This interactive discussion will turn up the volume on frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

#### Redmond:

Wed., Oct. 24, 6-7:30 p.m.

#### Cochlear Implants

For some people with hearing loss, hearing aids can effectively meet or exceed their needs, but for others, more advanced technology is required to reconnect with their world. Join our care team for this discussion to find out about what cochlear implants are and how they work, and if you or your child may be a candidate

#### Cherry Hill:

Tues., Nov. 6, 6-7 p.m.

#### Headache and Migraine Management

Learn how to head off migraines with Kate Kennedy, ARNP. Discover natural and over-the-counter remedies for pesky and persistent headaches.

#### lssaquah:

Thurs., Nov. 8, 6-8 p.m.

#### Infertility: The Basics and Beyond

Reproductive endocrinologists from Pacific NW Fertility Specialists will discuss normal reproduction, the problems that can arise to cause infertility and available treatments. The

class will cover simple treatments as well as advanced reproductive technologies such as in vitro fertilization and egg donation.

#### Issaguah:

Thurs., Oct. 25, 6-8 p.m.

#### Taking Control of Your Brain Health

Is it a memory disorder or just forgetfulness? Learn how to tell and how to prevent or manage memory loss with practical, take-home tips.

#### Issaquah:

Sat., Sept. 29, 10:30 a.m.-12:30 p.m

#### Treating Prostate Cancer: Is Less Really More?

Robert Meier, M.D., will discuss the controversial recommendations from the news and review treatment options for men diagnosed with prostate cancer.

#### Cherry Hill:

Thurs., Sept. 13, 6-8 p.m

#### Turn Back the Clock: Nonsurgical Options to Rejuvenate Your Face

Come to a free seminar to learn about nonsurgical options to rejuvenate your face. Hear from Swedish facial plastic surgeon Angie Song, M.D., who will discuss the effects of aging on your skin and face and how you can help turn back the clock. There will also be live demonstrations of a cosmetic injection and dermal filler procedure.

#### Issaquah:

Thurs., Oct. 4, 5:30-7 p.m.

#### **Redmond:**Tues Sent

Tues., Sept. 25, 6-7:30 p.m.

### Understanding Gastroesophageal Reflux (GERD)

This discussion by two experts in esophageal conditions will examine the causes of heart-burn and gastroesophageal reflux disease, and offer practical steps for personal management and treatment.

#### Issaquah:

Wed., Sept. 26, 6-7:30 p.m.

#### **ORTHOPEDICS**

#### Orthopedic Resources

Need hip- or knee-replacement surgery? Swedish offers a one-stop resource to guide you in taking the next steps and learning about your treatment options. Visit **www.swedish.org/now-what/joint**.



The following classes include a question-andanswer session

#### Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain as well as options for surgical and nonsurgical relief.

#### Issaquah:

Thurs., Sept. 13, 6-8 p.m.

#### Joint Replacement: The Right Choice for You?

An orthopedic surgeon will discuss hip- and knee-replacement surgery, as well as the latest in robotic-assisted surgery for those who have advanced arthritis in part of their knee.

#### Issaquah:

Wed., Sept. 19, Oct. 3, Oct. 24, Nov. 7 or Dec. 5, 6-8 p.m.

#### Relief for Your Foot and Ankle Pain

An orthopedic surgeon specializing in the care of the foot and ankle will discuss the anatomy and common injuries and disorders of the foot and ankle, and treatment options for the conditions.

#### **Swedish Orthopedic Institute:** Thurs., Dec. 6, 6-8 p.m.

Relief for Your Shoulder Pain
This class will present an overview of shoulder anatomy, common injuries to the shoulder (including sports injuries), how to prevent injury

and surgical/nonsurgical solutions to common

#### injuries. Issaguah:

Wed., Nov. 14, 6-8 p.m

#### PAIN MANAGEMENT

#### Mindfulness-Based Stress Reduction

Mindfulness-based stress reduction offers you instruction in mindfulness meditation, gentle yoga and a range of strategies to manage stress and physical symptoms. This class is designed to complement your medical care. Eight sessions. **Fee:** \$375. To register, call **206-386-2035**.

#### First Hill:

1101 Madison Tower Wed., Oct. 3 – Nov. 28 (except Nov. 21), 5:30-8:30 p.m.

#### **PARENTING**

#### All About Puberty

The focus of this fun, interactive class is to open and enhance communication between parents and preteens (9- to 12-year-olds) and explain the physical and emotional changes ahead. **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).

#### Parents and Boys Together

#### Ballard:

Thurs., Dec. 13, 6:30-9 p.m.

#### **Edmonds:** Thurs., Nov. 15, 6:30-9 p.m.

**Issaquah:**Mon., Sept. 17 or Tues., Dec. 11, 6:30-9 p.m.

#### Mill Creek:

Mon., Oct. 29, 6:30-9 p.m.

#### Parents and Girls Together

#### **Ballard:**Mon., Nov. 19, 6:30-9 p.m.

**Edmonds:** Mon., Oct. 15, 6:30-9 p.m.

#### First Hill:

Thurs., Sept. 13, 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 on a limited basis; enrollment is for one or both parents of the same baby, or one parent and a

grandparent). For more information, visit www.hoptosignaroo.com.

#### Issaguah:

Sat., Sept. 29-Oct. 20, 10:30-11:30 a.m.

#### Redmond:

Sat., Oct. 27-Nov. 17, 10:30-11:30 a.m.

#### Love and Logic: Early Childhood Parenting Made Fun!™

Discover how to set limits, handle misbehavior, avoid power struggles, teach children to listen the first time, and more. For parents of children from birth to 5. Three sessions. Fee: \$50 per person or \$75 per family (includes two adults; scholarships available on a limited basis).

#### Issaquah:

Tues., Oct. 9-23, 6-8 p.m.

#### **SAFETY AND INJURY PREVENTION**

#### AARP Driver Safety

The AARP Driver Safety Course is an eight-hour classroom refresher for motorists age 50 and older. A certificate is awarded upon completion of all eight hours, and drivers over age 55 may



be eligible for insurance discounts. Fee: \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.

#### Cherry Hill:

Mon. and Thurs., Oct. 22 and 25, 9 a.m.-1:30 p.m.

Fri. and Mon., Nov. 30 and Dec. 3, 9 a.m.-1:30 p.m.

#### Issaguah:

Sat., Sept. 8, Oct. 27, Nov. 17, or Dec. 8, 9 a.m.-5 p.m.

#### Adult First Aid

Learn how to apply first aid to adults in basic

medical and environmental emergencies. Participant certifications are valid for two years. Fee: \$40.

#### Ballard:

Wed., Dec. 5, 6-9 p.m.

#### Issaquah:

Wed., Oct. 10, 6-9 p.m.

#### Heartsaver CPR and AED

Learn how to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. **Fee:** \$40.

#### Ballard:

Tues., Sept. 18, 6-9 p.m.

#### Edmonds:

Mon., Nov. 5, 6-9 p.m.

#### First Hill:

Mon., Dec. 17, 6-9 p.m.

#### Redmond:

Tues., Oct. 23, 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. **Fee:** \$40 (scholarships available on a limited basis).

Sat., Sept. 29, 9 a.m.-4 p.m.

#### Edmonds:

Sat., Oct. 20, 9 a.m.-4 p.m.

#### Issaguah:

Sat., Dec. 1, 9 a.m.-4 p.m.

#### STROKE PREVENTION AND HEART HEALTH

#### "Let's Talk About Stroke" Series

The Stroke Care Program at Swedish offers ongoing community education seminars and events. For a current listing of stroke events, or for more information about the program, call 206-320-3484. To register for the series, visit www.swedish.org/classes.

#### Life After Stroke

Stroke affects both patients and caregivers in many ways. Join members of the Swedish Stroke Team for a discussion on the various resources available to stroke survivors and their loved ones.

#### Cherry Hill:

Wed., Nov. 14, 11:30 a.m.-1 p.m.

#### Prevention of Stroke

Whether you are young in years or young at heart, a stroke survivor or merely interested in risk factors, come learn practical tips on how to prevent stroke.

#### Cherry Hill:

Wed., Sept. 19, 11:30 a.m.-1 p.m.

#### Lowering High Blood Pressure

Learn how exercise, nutrition and positive lifestyle changes can lower blood pressure levels.

#### Mill Creek:

Thurs., Nov. 8, 6-7:30 p.m.

#### Lowering High Cholesterol

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

#### Mill Creek:

Thurs., Oct. 18, 6-7:30 p.m.

#### **SWEDISH SUPPORT GROUPS**

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular, parenting, multiple sclerosis and stroke. For more information, visit www. swedish.org/classes. Swedish also hosts other support groups that meet at our facilities. Please contact your primary-care provider for help in locating a support group for your specific needs.

#### Featured Support Group

Headache Support Group: Swedish/Issaquah Neurology is starting a headache support group. For more information, call 425-313-5406.

#### WEIGHT-LOSS EDUCATION

Swedish Weight Loss Services offers a variety of classes on surgical and nonsurgical weight loss. For a complete class listing, visit www. swedish.org/classes or call 206-215-2090.

#### Weight Loss: The Diet Dilemma

All diets are not created equal, as 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. Richard Lindquist, M.D., medical director of Swedish Weight Loss Services, will explain how your diet can be adjusted for a healthier, better you.

#### First Hill:

Mon., Oct. 15 or Dec. 17, 6-8 p.m.

## at www.swedish.org.

Contact Information

#### **Swedish Medical Center Locations**

SWEDISH

**Health**VVATCH

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

Swedish/Ballard 206-782-2700 206-320-2000 Swedish/Cherry Hill (500 17th Ave.) Swedish/Edmonds 425-640-4000 206-386-6000 Swedish/First Hill (747 Broadway) 425-313-4000 Swedish/Issaguah Swedish/Mill Creek 425-357-3900 Swedish/Redmond 425-498-2200 For addresses, visit www.swedish.org

#### **Swedish Primary Care**

206-320-3335 Ballard Clinic 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 425-641-4000 Factoria Clinic 206-320-3400 Greenlake Clinic Internal Medicine at Edmonds 425-640-4900 Issaguah Clinic 425-394-0700 206-320-3364 Magnolia Clinic 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 and Community Health Education 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 Cares for Women - cont. from first page)

with physicians offering women's health care:

#### Swedish OB/GYN Issaquah

Providing complete obstetrical and gynecological services (appointments: 425-313-7080). Overlake OB/GYN at Issaguah

#### Providing complete obstetrical and gynecological services

(appointments: 425-391-8655). **Primary Care Clinics** Cle Elum (appointments: 509-674-6779), Factoria (appointments: 425-641-4000), Issaguah (appointments:

425-394-0700), Pine Lake (appointments: 425-455-2845), Redmond (appointments: 425-702-8689), Snoqualmie (appointments: 425-888-2016).

#### **Robotic Surgery**

Swedish was among the first in the Northwest to perform robotic surgical procedures. At the Issaquah campus, the da Vinci Surgical System is used for urology and gynecology procedures.

#### **Urology and Sexual Health**

Athena Urology and Urogynecology — the only all-female urology and urogynecology practice in the nation, and a Swedish partner — specializes in bowel, bladder, and sexual problems in women: urinary incontinence, pelvic floor and vaginal prolapse, pelvic pain, sexual dysfunction, constipation and fecal incontinence, urinary tract infections, kidney stones, interstitial cystitis, fistulas, and mesh complications.

They are also experts in vaginal reconstructive procedures using graft implants and helping women with complex repeat procedures. Athena physicians restore bowel, bladder, and sexual function through medical and surgical care plans using restorative pelvic rehab and long term follow-up to assure patient satisfaction. Appointments: 425-392-8611.

#### **Bone Health and Osteoporosis Program**

We offer bone density testing (DXA), which is an enhanced form of X-ray technology that measures the density of your bones in the hip, spine and forearm. Information from the DXA scan is the best tool to help determine your chances of experiencing a fracture in the coming years. Appointments: 425-313-2320.

#### **Facial Plastics**

The plastic surgeons at Swedish Facial Plastic Surgery are able to create fresh, natural results by blending their medical expertise with a sensitive eye for aesthetics. We offer both surgical and nonsurgical options, including a full line of skin-care products, to help you achieve your desired look. Appointments: 425-498-2402.

#### Yoga, Meditation, Pilates, Zumba® & More

The Flex Space at Swedish/Issaquah offers a variety of wellness classes. A regular yoga and meditation practice will help decrease tension and anxiety, and develop strength and flexibility. Visit www.theshopsatswedish.org to view our list of class offerings and to register. Click on the "YOGA, Meditation & More" button.

Adventure Kids Playcare A unique drop-in child care and entertainment center for kids ages 6 weeks to 12 years.

Be Well A wellness shop designed to support healthy lifestyles offering brandname fitness apparel and accessories, books, magazines, healthy snacks and unique skin and body-care products.

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

Wellness Navigator Concierge 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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We'll See You at the Eastside Women's Show!

This event, focusing on women's health and beauty, will feature educational speakers.

fashion shows and hundreds of vendors. For more information, visit www.eastsidewomensshow.com.

#### We're Here to Help

To talk with a patient-services coordinator, schedule an appointment, or get a physician referral, call 425-313-7000. Our friendly team can help you connect with the right doctor, service or clinic.

