

HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH

SEATTLE/NORTHEAST 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 fingerprints. 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.

You can 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, visit www.swedish.org/primarycaredocs or call 1-800-SWEDISH.

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.

Do You Need to Schedule Your Mammogram?

This year, more than 5,200 women in Washington state will be diagnosed with breast cancer.* Many of them will be diagnosed early in the disease process and successfully receive treatment, thanks to a simple screening exam: the mammogram.

Pink ribbons and community events keep breast cancer in the news. But what good is news if women still don't get regular mammograms?

According to the American Cancer Society, women should begin having annual mammograms at age 40 and continue for as long as they are in good health. The bottom line: *Mammograms save breasts and lives.*

Take a moment to remember the reason for the pink ribbons, then schedule your mammogram. Swedish makes it easy — call the Swedish Breast Center nearest you. For more information about mammography at Swedish, visit www.swedish.org/mammogram.

*National Cancer Institute, *Cancer Facts & Figures, 2012.*

- Swedish/Ballard:** 206-781-6349
- Swedish/Edmonds:** 425-640-4260
- Swedish/First Hill:** 206-215-8100
- Swedish/Issaquah:** 425-313-5400
- Swedish/Mill Creek:** 425-357-3920
- Swedish/Redmond:** 425-498-2030

Take Charge of Your Weight

Forget fad diets — take charge of your weight with a program tailored to your needs. Swedish Weight Loss Services, offered by the Specialty Clinic at Swedish/Edmonds and at Swedish/First Hill, helps patients with medical conditions

The program has a close partnership with nutrition and diabetes education services at Swedish/Edmonds, and with Swedish Weight Loss Services at First Hill led by Richard Lindquist, M.D. Adults and children who need

SWEDISH WEIGHT LOSS SERVICES www.swedish.org/wls	
Swedish/Edmonds 425-673-DIET (3438) – Nonsurgical treatment – Medically managed weight loss – Referrals for surgical treatment when appropriate	Swedish/First Hill 206-215-2090 (1-800-896-4702) – Nonsurgical treatment – Weight-loss surgery – Weight-loss surgery seminars – Low BMI Adjustable Gastric Band

caused or made worse by obesity.

You're not alone if you struggle with your weight. One-third of all adults and about 17 percent of all children are obese. Many people feel helpless when it comes to losing weight.

"We're not offering a quick fix. We're here to help patients lose weight safely and maintain the weight loss," says Elena Geamanu, M.D., an endocrinologist at the clinic. "We develop individualized diet prescriptions to help patients make positive, permanent lifestyle changes."

to lose from 5 to 200 pounds can benefit from this program.

"This isn't a fad diet," says clinic administrator Cory Houghton. "We teach people how to eat, shop and dine out in a way they can live with forever. We help them achieve a balanced diet and adjust portion sizes so they have long-term success."

Take charge of your weight. Call Swedish Weight Loss Services at Edmonds at 425-673-3438 or First Hill at 206-215-2090, or visit www.swedish.org/wls.

Are My Heart Palpitations Atrial Fibrillation?

Heat palpitations are fairly common. Panic attacks, excitement, caffeine and some medications may cause your heart to beat rapidly or make it feel as if your heart has skipped a beat. These palpitations usually go away when the trigger no longer exists.

When heart palpitations continue for long periods of time, however, or when they are accompanied by dizziness, fainting, weakness, fatigue, shortness of breath or chest pain, it's time to see your doctor. These symptoms could be a sign of atrial fibrillation — commonly referred to as AFib or AF.

What is Atrial Fibrillation?

Your heart's electrical system sends signals to the heart muscles to make them contract and relax. These contractions bring blood into your heart, push it from one chamber to the next, and pump it back out to your body in a regular rhythm. When the electrical signals aren't regular, the heart quivers

(Continued on back page)

Men, Do You Avoid Going to the Doctor?

Studies 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:	WHO:
Abdominal Aortic Aneurysm	Men 65-75 years old (current or former smokers) <i>(See related article at right: Protect Yourself From a Silent Killer)</i>
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 a free PSA and testosterone screening at our free Men's Health Event on Thursday, Sept. 20 from 6-8 p.m. at Swedish/Edmonds. See the class guide on the next page for details. Get screened, know your health stats and don't let excuses get in the way of your optimum health!

Protect Yourself From A Silent Killer

A 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 life-threatening 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/First Hill 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. For information about Swedish Vascular Surgery, visit www.swedish.org/vascularsurgery.

COMMUNITY EVENTS

Swedish is proud to sponsor 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 Salmon Days Festival
Saturday and Sunday, Oct. 6-7
in downtown Issaquah
www.salmondays.org

**American Diabetes Association
Puget Sound Step Out:
Walk to Stop Diabetes**
Saturday, Oct. 13 at Magnuson Park
www.diabetes.org/pugetsoundstepout

**American Foundation for
Suicide Prevention
Out of the Darkness
Community Walk**
Saturday, Oct. 13 at Green Lake Park
www.outofthedarkness.org

**American Heart Association
Puget Sound Heart
and Stroke Walk**
Saturday, Oct. 20 at Seattle Center
www.pugetsoundheartwalk.org

**Neighborcare Health
Pumpkin Push 5K**
Saturday, Oct. 27 at Seward Park
www.neighborcare.org/events/pumpkin-push

**Jingle Bell Run/Walk
for Arthritis**
Sunday, Dec. 9 at Westlake Center
www.arthritis.org/jingle-bell-run

Forty Years of Giving Life Through Organ Transplants



Swedish is celebrating a life-giving anniversary. For 40 years, the Swedish Transplant Program has been part of a cycle of life that begins with a generous organ donor and ends with a grateful organ recipient.

The program provides kidney, liver and pancreas transplants for patients residing throughout the Pacific Northwest and beyond. Swedish performs transplants that occur after a donor dies, as well as living-donor kidney transplants. During a living donation, a healthy donor (a relative, or an unrelated friend or community donor) shares one kidney so the recipient can live a healthy life too.

U.S. Organ Donation By the Numbers:

People waiting for a transplant (as of Aug. 1, 2012): **114,722**

New people added to the transplant waiting list each day: **130**

Average number of organ transplants each day: **75**

Number of people who die each day because an organ isn't available: **19**

Age of people waiting for transplants: **Infants to the elderly**

How can you help?

Organ donation is the greatest gift one person can give another. Have you registered to be an organ donor? If not, sign up today at www.donatelife.net.

For more information about the Swedish Transplant program, visit www.swedish.org/transplant.

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 First Hill

801 Broadway, 5th Floor
Seattle, WA 98122

Phone: 206-215-5921

Guide 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 Class

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., Seattle 98122):
Tues., Dec. 11, 4-5:30 p.m.

CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth 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** (Seattle), or **425-640-4395** (Edmonds).

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.

HEALTH SCREENINGS

Men's Health Event and Free PSA and Testosterone Screenings

Attend our free Men's Health Event on Thursday, Sept. 20 from 6-8 p.m. at Swedish/Edmonds. There will be presentations on men's sexual health, male urology and

robotic surgery, including an opportunity for questions and answers from a Swedish urologist. Free PSA and testosterone screenings are available to the first 48 preregistered participants. To register or for more information, visit www.swedish.org/menshealth or call **425-640-4747**.

EXERCISE

Chair Yoga

This easy alternative to regular yoga utilizes a chair for help in transitioning to and from the floor, and for certain seated exercises. **Fee:** \$12 per class, payable in class by check or cash only.

Edmonds:

Every Mon. (except Dec. 24), 5:30-6:30 p.m.



Yoga for a Healthy Mind and Body

Yoga provides stress relief, exercise, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. **Fee:** \$12 per class, payable in class by check or cash only. First class is free.

Edmonds:

Every Mon. (except Dec. 24) and Wed., 4-5:15 p.m.

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.

Issaquah:

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.

Issaquah:

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 Ways to Rejuvenate Your Face

Come to a free seminar to learn about non-surgical 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., Sept. 25, 6-7:30 p.m.

Understanding Gastroesophageal Reflux (GERD)

This discussion by two experts in esophageal conditions will examine the causes of heartburn 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-and-answer 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.

Swedish Orthopedic Institute:

Thurs., Nov. 1, 6-8 p.m.

Joint Replacement: The Right Choice for You?

In this class, an orthopedic surgeon will discuss hip- and knee-replacement surgery.

Ballard:

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

Edmonds:

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

Issaquah:

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

Swedish Orthopedic Institute:

Thurs., Sept. 27, Oct. 11, Nov. 15, or Dec. 13, 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), and how to prevent injury and surgical/nonsurgical solutions to common injuries.

Edmonds:

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

Issaquah:

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

Swedish Orthopedic Institute:

Thurs., Sept. 13, 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.

Pain and Beyond

People with painful conditions will learn coping techniques. The first hour will provide an opportunity to practice exercises that reduce pain, and the second will focus on education. Call **425-640-4140** for more information.

Edmonds:
Every Fri., 3–5 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.

Ballard:
Fri., Oct. 5–26, 10:30–11:30 a.m.
-or- Mon., Oct. 29–Nov. 19, 6:30–7:30 p.m.

First Hill:
Thurs., Oct. 18–Nov. 8, 6:30–7:30 p.m.

Issaquah:
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.

Ballard:
Sat., Sept. 15 and 22 -or- Mon. and Wed., Nov. 5 and 7; 9 a.m.-1:30 p.m.

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

Edmonds:
Mon. and Tues., Sept. 24 and 25; Oct. 29 and 30; Nov. 26 and 27; or Dec. 17 and 18; 9 a.m.-1 p.m.
- or -
Sat., Nov. 17, 9 a.m.-5 p.m.

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

Issaquah:
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.

Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

Edmonds:
Wed., Oct. 10 or Dec. 5, 1:30–2:30 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.

Pediatric First Aid

Learn how to apply first aid to children and infants in basic medical and environmental emergencies. Participant certifications are valid for two years. **Fee:** \$40.

Edmonds:
Wed., Nov. 14, 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).

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

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

Issaquah:
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.

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.

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.

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	425-313-4000
Swedish/Mill Creek	425-357-3900
Swedish/Redmond	425-498-2200

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
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 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

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(AFib - cont. from first page)

instead of beating regularly. Abnormal heart rhythms are called arrhythmias.

“Atrial fibrillation is the most common arrhythmia,” says Darryl S. Wells, M.D., a cardiac electrophysiologist at the Swedish Heart & Vascular Institute. “Most AF patients experience significant symptoms.

AF is also responsible for a sizable number of all strokes. The vast majority of patients, however, have many treat-

ment options that may not have been explored yet.”

If you have symptoms that might be related to atrial fibrillation or would like a second opinion, ask your doctor about a referral to the heart-rhythm experts at the Swedish Heart & Vascular Institute, or call **206-861-8550**. These specially trained cardiologists can diagnose AF and offer the most advanced treatment options. For more information about the Swedish Heart & Vascular Institute, visit www.swedish.org/heart.

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We have consolidated multiple cardiac diagnostic imaging services to make it more convenient for patients. We offer echocardiograms (echo), electrocardiograms (EKG), nuclear medicine imaging, vascular imaging and stress testing. We're located at the Swedish/Edmonds Campus in the Stevens Pavilion at 7320 216th St. SW, Suite 110, in Edmonds. Because we're part of the Swedish Heart & Vascular Institute, patients have access to all of the institute's clinical resources and expertise should they need them. For more information about our center and the services we offer, visit www.swedish.org/imaging or call **425-673-3442**.

