

# HealthWATCH

 PROUDLY CARING FOR  
 THE NORTHEAST

**IN THIS ISSUE**

 Spring classes:  
*Programs in your neighborhood*

A RESOURCE FOR YOUR GOOD HEALTH

NORTHEAST EDITION

SPRING 2012

## Swedish and Providence:

### New Partnership Benefits Western Washington

Swedish joined with Providence Health & Services this past February forming a unique affiliation that allows both organizations to work together to improve health-care quality, access and affordability for residents of Western Washington. Swedish will continue to keep its name and identity, with no change in how you access care. By joining together, Swedish and Providence will improve quality and lower costs by sharing resources to benefit patients, including a secure electronic medical record that spans five states, and sharing clinical expertise and best practices. Each organization continues its not-for-profit mission to serve the community now and for many years to come.

## Swedish/Edmonds receives top honors again

For the second year in a row, Swedish/Edmonds has been named a Distinguished Hospital for Clinical Excellence™ by HealthGrades®, a leading independent source of physician information and hospital quality ratings. The “HealthGrades Hospital Quality and Clinical Excellence” study named Swedish/Edmonds as one of only five hospitals in Washington state to receive this national honor, and the only one in Snohomish County.

HealthGrades evaluated Swedish/Edmonds, along with the nation’s other 5,000 nonfederal hospitals, in 26 procedures and diagnoses, and placed it among the 263 hospitals in the top 5 percent. The hospital also received five-star ratings for its stroke and gastrointestinal care. “The study reaffirms our strengths as a community hospital, as well as provides us with information to continue to raise the bar on patient care,” says David Jaffe, chief executive of Swedish/Edmonds.

Kristin Reed, HealthGrades vice president of hospital ratings and author of the study, says, “The greater Edmonds community is fortunate to have access to some of the highest-quality hospital care in the nation.” We agree!

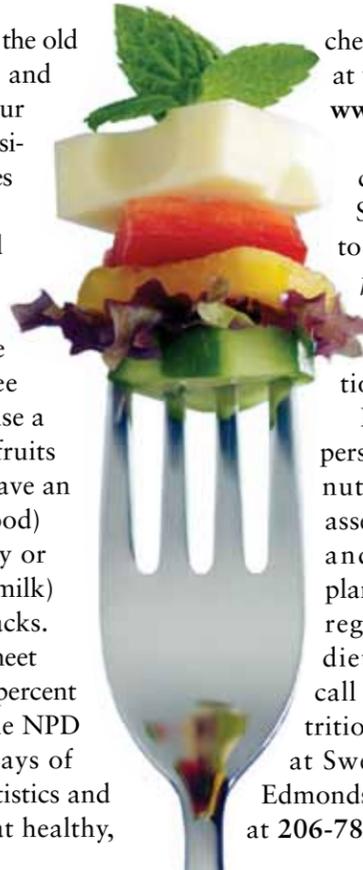


# Get Your Plate in Shape

**H**ow fit is your plate? You’ve heard the old saying, “You are what you eat,” and it’s true! We often think about our physical fitness, but the foundation of physical well-being is the fuel we give our bodies — the food.

So what should we be eating? A good place to start is the MyPlate recommendations released in June 2011 by the United States Department of Agriculture (USDA). MyPlate is an easy way to see what a healthy meal looks like. Try to use a plate 9-inches wide. Fill one side with fruits and vegetables. The other side should have an equal amount of lean protein (like seafood) and starch (go for whole grains). Dairy or fortified dairy alternatives (such as soy milk) could be used as toppings, drinks or snacks.

One study showed that Americans meet these MyPlate recommendations only 2 percent of the time, according to a study by The NPD Group. That represents about seven days of healthful eating per year! Beat these statistics and get your plate in shape! To help you eat healthy,



check out the tasty recipes and cooking videos at [www.swedish.org/healthyrecipes](http://www.swedish.org/healthyrecipes) and visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

For some hands-on tips in making healthier choices, join us at Meadowdale Middle School on Saturday, April 28 from 9 a.m. to noon for “*What is this? Fun ways to try foods you may not have tasted before.*”

The school is located at 6500 168th St. S.W. in Lynnwood. For more information, visit [www.swedish.org/classes](http://www.swedish.org/classes).

For a personalized nutrition assessment and meal plan with a registered dietitian, call the Nutrition Clinic at Swedish/Edmonds at 425-640-4395 or Swedish/First Hill at 206-781-6228.



# Five Simple Steps to Ensuring Your Medication Safety

Mary Gregg, M.D., MHA  
 Director of Quality and Patient Safety, Swedish



**M**edications, vitamins and supplements play important roles in our health care. Some medicines, however, won’t work right or may even be harmful if they are taken together. That’s why it’s very important for all of your doctors to know what medicines you are taking.

Doctors often use electronic medical records to keep track of their patients’ information. At Swedish/Edmonds, this type of record allows

our doctors to see information about a patient’s medical condition, the results of tests and screenings, and medicines that have been prescribed. To be sure your record is complete, always tell your doctors about the prescription and over-the-counter medicines, vitamins and supplements you take.

Help us protect you. Follow these five simple steps to ensure your medication safety:

- 1. Keep a medication record.** Include prescription and over-the-counter medications, vitamins and supplements. Update your record regularly — especially when you begin or stop taking a medication — and keep it in your wallet. Swedish pharmacies and some clinics offer patients medication records. Ask for

one at your next visit, download one at [www.swedish.org/medicationsafety](http://www.swedish.org/medicationsafety), or call 206-386-2502 to receive one by mail.

- 2. Share your medication record with your doctor** every time you have an appointment, are admitted to the hospital or visit an emergency room so your medical record is always up to date.

- 3. Ask questions** when your doctor prescribes a new medicine. A simple form to help you remember the questions to ask is available at [www.swedish.org/medicationsafety](http://www.swedish.org/medicationsafety).

- 4. Don’t take anyone else’s medicine — and don’t share yours with anyone else.**

- 5. Don’t take any medications that have expired.** Over time medicine may become less effective and may even be harmful.

## COMMUNITY EVENTS

Swedish is dedicated to supporting work to prevent premature birth and cure cancer, and is proud to participate in these and other community events. We hope you’ll join us!

**March of Dimes March for Babies - Snohomish County**  
 Saturday, April 28, American Legion Memorial Park; [www.marchforbabies.org](http://www.marchforbabies.org)

**Get Movin’ - Alderwood Mall, Lynnwood**  
 Saturday, June 2; [www.get-movin.org](http://www.get-movin.org)

**American Cancer Society Relay for Life of Mill Creek**  
 Saturday and Sunday, June 2-3, McCollum Park; [www.relayforlife.org/millcreekwa](http://www.relayforlife.org/millcreekwa)

**American Cancer Society Relay for Life of South Snohomish**  
 Saturday and Sunday, June 9-10, Edmonds-Woodway High School;  
[www.relayforlifeofsouthsnohomish.org](http://www.relayforlifeofsouthsnohomish.org)

# Guide to Swedish's Community Education Programs in your neighborhood



To register for the following classes and to see a full list of classes at all Swedish campuses, visit [www.swedish.org/classes](http://www.swedish.org/classes), email [healtheducation@swedish.org](mailto: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.

The following classes are offered at the **Swedish/Edmonds Campus: 21601 – 76th Ave. W., Edmonds 98026**, unless otherwise noted.

## CANCER EDUCATION

The Swedish Cancer Institute offers a variety of ongoing classes for those diagnosed with cancer. Visit [www.swedish.org/classes](http://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. Classes are offered at all campuses. For more details, visit [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) or call **206-215-3338**.

## EXERCISE FOR A HEALTHY HEART

This is a medically supervised exercise and education program for individuals living with, or at risk of developing, heart disease. Individuals with heart disease, diabetes/prediabetes and high blood pressure or cholesterol will benefit from the program, which focuses on controlling risk factors and making positive lifestyle changes. For more information, call **425-640-4330**.

## CARDIOVASCULAR WELLNESS

### 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.

Monday, May 21, 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 results and learn what the numbers mean. This class will focus on nutritional changes to improve your LDL cholesterol level.

Monday, April 23, 6-7:30 p.m.

### Stroke Prevention

This class will focus on nutrition, exercise and lifestyle changes that can prevent stroke. This class will help you understand the types and causes of stroke, and what you can do to reduce your risk.

Monday, June 25, 6-7:30 p.m.

## DIABETES

### Prediabetes/Glucose Intolerance/ Metabolic Syndrome

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

Tuesday, April 17 or June 19, 9:30 a.m.-noon  
- or - Wednesday, May 16, 6-8 p.m.

## ORTHOPEDICS

### Preoperative Joint: Scheduled Surgery

Designed for anyone having knee- or hip-joint surgery at Swedish/Edmonds, this class — presented by a nurse, occupational and physical therapists and a social worker —

will inform you about what to expect before surgery, during your hospital stay and for the first several weeks after surgery. The class will include recommendations on how to prepare your home for a comfortable recovery. Please feel free to bring one support person with you.

Friday, April 13 or 27, May 11 or 25, June 8 or 22,  
1:30-3:30 p.m.

## PARENTING

### All About Puberty

This class provides a perfect opportunity to build a bridge with your 9- to 12-year-old to demystify the challenges of puberty. The focus of this fun, interactive class is to open and enhance communication between parents and preteens and explain the physical and emotional changes ahead. Taught in partnership with Planned Parenthood of the Great Northwest. 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 Girls Together

Monday, April 16, 6:30-9 p.m.

### Parents and Boys Together

Monday, May 14, 6:30-9 p.m.

## SAFETY AND INJURY PREVENTION

### AARP Driver Safety Program

The AARP Driver Safety Course is a two-day, eight-hour classroom refresher for motorists aged 50 and older. A certificate is awarded upon completion and drivers over age 55 may be eligible for insurance discounts. Participants must attend all eight hours to receive certification. Fee: \$12 for AARP members, \$14 for non-members; payable in class by check to AARP.

Monday and Tuesday, April 23 and 24 or May 21 and 22  
- or - Tuesday and Wednesday, June 26 and 27,  
9 a.m.-1 p.m.

### Adult First Aid

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

Wednesday, April 25, 6-9 p.m.

### Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

Wednesday, May 23, 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. This class is taught by American Heart Association-certified instructors and includes training with an AED.

Participant certifications are valid for two years. Fee: \$40.

**Edmonds:** Monday, June 4, 6-9 p.m.

**Mill Creek:** Saturday, April 28, 9 a.m.-noon  
(13020 Meridian Ave. S. in Everett, 98208)



### 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](http://www.safesitter.org) for more information. Fee: \$40 (scholarships available on a limited basis).

Saturday, June 30, 9 a.m.-4 p.m.

## WELLNESS

### Adult Sleep: Causes of Nonrestorative Sleep

This class will discuss the implications of poor sleep, explain treatment options, and provide tips to set you up for a better night's sleep.

**Mill Creek:** Thursday, June 7, 6-7 p.m.  
(13020 Meridian Ave. S. in Everett, 98208)

### 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. It is ideal for those who struggle with balance, arthritis or weight challenges, or who just need a little extra assistance. Fee: \$12 per class, payable in class by check or cash only.

Every Monday (except May 28), 5:30-6:30 p.m.



### 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)  
Daily, 7:30-10 a.m.

### Pain and Beyond

This class teaches coping techniques for people with chronic pain. Call **425-640-4140** for more information.

Every Friday, 3-4:30 p.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 class, payable in class by check or cash only. First class is free.

Every Monday (except May 28) and Wednesday,  
4-5 p.m.

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](http://www.swedish.org).

Kevin Brown  
Chief Executive

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	425-313-4000
Swedish/Mill Creek	425-357-3900
Swedish/Redmond	425-498-2220

For addresses, visit [www.swedish.org](http://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](http://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](http://www.swedish.org/physicians)

If you wish to be taken off the mailing list, please fill out the form at [www.swedish.org/unsubscribe](http://www.swedish.org/unsubscribe) or call **206-386-6797**.

Swedish — a private, nonprofit organization — is an equal-opportunity employer and service provider.

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.



Follow us on Twitter:  
[twitter.com/swedish](https://twitter.com/swedish)



[facebook.com/swedishmedicalcenter](https://facebook.com/swedishmedicalcenter)



[youtube.com/swedishseattle](https://youtube.com/swedishseattle)

Read the Swedish Blog:  
[swedish.org/blog](http://swedish.org/blog)

© 2012 Swedish Health Services

