

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



# Health WATCH

PROUDLY CARING FOR GREATER SEATTLE

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A RESOURCE FOR YOUR GOOD HEALTH

SEATTLE 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.

## Five Simple Steps to Ensuring Your Medication Safety

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

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.

At Swedish, we keep your medical information in an electronic record. This allows every doctor in every Swedish clinic, hospital or emergency room to know about your medical conditions, the results of tests and screenings, and medications that have been prescribed for you. Always tell your doctor about prescriptions from non-Swedish doctors and overthe-counter medicines, vitamins and supplements that you take to be sure your medical record is complete.



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

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 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.

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 they may become less effective and even be harmful.

#### What's Up, Doc?

J oin the doctors and providers at Swedish South Lake Union Primary Care for a series of noontime

health lectures called "What's Up, Doc?" Bring your questions and your lunch to these free brown-bag events. Upcoming sessions are on the following Wednesdays:

Lunchtime Lectures

April 25: Family Planning
May 9: Preventive Health Exams
May 23: Weight Management

To see a complete list of upcoming lectures at the clinic, visit www. swedish.org/slu or call 206-320-5200.

Swedish South Lake Union Primary Care is located at 510 Boren Ave. N. in Seattle.

## **Expectant Moms With Diabetes: Special Care Needed For Healthy Babies**

Pregnancy can be exhilarating — and challenging. Thank goodness the Maternal and Fetal Specialty Center at Swedish/First Hill provides specialized care, education and guidance for high-risk pregnancies.

The program recently expanded to include on-site diabetes counseling, so expectant mothers with type 1, type 2 or gestational diabetes (elevated glucose levels during pregnancy) receive the education and medical care they require at one location. "The more convenient things are for patients, the easier it is for them to take care of themselves and their babies," says the center's certified diabetes nurse educator, Chris Pelto, R.N., CDE. Pelto provides individual counseling that includes nutrition, exercise, glucose self-monitoring, and medication to reduce the risk of diabetes-related conditions like miscarriage, birth defects, large babies, and cesarean section.

For women with type 1 or 2 diabetes, controlling glucose levels during pregnancy is hard work. Pelto partners with maternal fetal specialist and perinatal diabetologist Brigit Brock, M.D., and other specialists to assist patients with this challenge. "A generation ago, many health-care providers discouraged women with diabetes from becoming pregnant," says Dr. Brock. "Today, with the right care, women with diabetes can give birth to healthy babies."

Women who develop gestational diabetes are also evaluated and treated promptly at the center. "Meal planning and exercise often control blood-glucose levels for these women," says Pelto. "However, sometimes medication is also needed."

The Maternal and Fetal Specialty Center, which has a team of nationally renowned physicians and caregivers, is located in the Nordstrom Medical Tower, 1229 Madison St., Suite 750. For more information, call 206-386-2101 or 1-800-228-9677, or visit www.swedish.org/maternalfetalspecialtycenter.

#### COMMUNITY EVENTS

Swedish is dedicated to supporting work to prevent premature birth and cure cancer, and is proud to participate in these community events. We hope you'll join us! March of Dimes Greater Puget Sound March for Babies Saturday, May 5, Seattle Center; www.marchforbabies.org

American Cancer Society Relay for Life of Northwest Seattle Saturday and Sunday, May 19–20, Ballard High School; www.nwseattlerelay.org

Susan G. Komen Puget Sound Race for the Cure® Sunday, June 3, Seattle Center; www.komenpugetsound.org

# 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**, 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/First Hill Campus: 747 Broadway, 98122 (Seattle)

#### **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. Classes are offered at all campuses. For more details, visit www.swedish.org/childbirthclasses or call 206-215-3338.

#### **DIABETES EDUCATION**

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.

#### **STROKE PREVENTION**

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, visit www.swedish.org/stroke or call 206-320-3484.

#### **ORTHOPEDICS**

Classes include a question-and-answer session.

#### 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.

**Ballard:** Wednesday, April 25, 6-8 p.m. **First Hill:** Thursday, May 24 or June 14, 6-8 p.m.

#### Relief for Your Foot and Ankle Pain

The foot and ankle are two of the most undertreated parts of the body. An orthopedic surgeon specializing in their care will discuss their anatomy and common injuries and disorders as well as treatment options.

First Hill: Thursday, May 10, 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: Thursday, June 28, 6-8 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.

First Hill: Thursday, April 12 or June 21, 6-8 p.m.

#### **PAIN MANAGEMENT**

The brain has the ability to change and adapt to stimuli such as pain. For acute pain,

narcotics have a well-demonstrated benefit, while the Internet offers ever more claims of "pain cures" through nondrug therapies. Come learn what you can do to decrease pain with and without drugs or medication in this three-part series.

#### Pain and the Brain

First Hill: Thursday, April 19, 6-7:30 p.m.

Pain and Narcotics

First Hill: Thursday, April 26, 6-7:30 p.m.

Pain and Complementary Therapy First Hill: Thursday, May 3, 6-7:30 p.m.

#### **PARENTING**

#### All About Puberty

The focus of this fun, interactive class is to open and enhance communication between parents and their 9- to 12-year-old and explain the physical and emotional changes of puberty. Fee: \$30 per family (fee includes two adults and one child; there is a \$5 fee for each additional child or adult in the same family).

Parents and Girls Together

Ballard: Monday, May 7, 6:30-9 p.m. Cherry Hill: Tuesday, June 26, 6:30-9 p.m.

Parents and Boys Together Cherry Hill: Monday, June 4, 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:** Thursdays, April 12–May 3, 6:30-7:30 p.m. - or - Fridays, April 27–May 18, 10:30-11:30 a.m. **First Hill:** Mondays, April 23–May 14, 6:30-7:30 p.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).

Ballard: Wednesdays, April 18-May 2, 6-8 p.m.

#### Parenting Children With Health Issues: Tools, Tips and Tactics for Raising Resilient Kids™

Does your child have a chronic illness, medical condition or other special need? Learn easy, practical parenting tools for raising confident, responsible kids with high coping skills. Fee: \$10 per person or \$15 per family (includes two adults).

First Hill: Tuesday, June 5, 6:30-9:30 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 nonmembers; payable in class by check to AARP.

**Ballard:** Monday and Wednesday, June 11 and 13, 9 a.m.-1:30 p.m.

First Hill: Monday and Wednesday, May 14 and 16, 9 a.m.-1:30 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.

Cherry Hill: Monday, May 7, 6-9 p.m.

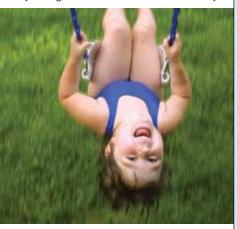
#### Pediatric First Aid

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.

Ballard: Wednesday, June 6, 6-9 p.m.

#### Safe Sitter®

This class covers basic lifesaving techniques, safety precautions and responsibilities of safe babysitting and is recommended for boys



and girls ages 11-13. Fee: \$40 (scholarships available on a limited basis).

Ballard: Saturday, May 5, 9 a.m.-4 p.m. First Hill: Saturday, May 19, 9 a.m.-4 p.m.

#### **WELLNESS**

#### Diabetes Cooking: A Healthy Mexican Fiesta

Learn how to make a delicious Mexican meal for Cinco de Mayo. Keeping diabetes guidelines in mind, Bastyr University dietetic interns will show you how to make traditional Mexican dishes that are loaded with nutrients, without a lot of fat, salt or sugar. Fee: \$10.

Cherry Hill: Wednesday, April 18, 6-7:30 p.m.

#### Hearing Loss and Hearing Aids

This interactive discussion will address frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

**Ballard:** Thursday, May 24, 6:30-7:30 p.m. **First Hill:** Tuesday, April 17, 6:30-7:30 p.m.

#### Management of Food Allergies

Allergy specialist Vinod Doreswamy, M.D., will lead a presentation for parents concerned about a child's food allergies as well as adults looking to answer questions about their own food allergies and the treatment of anaphylaxis.

First Hill: Thursday, May 17, 6-8 p.m.

#### Mindfulness-Based Stress Reduction

If you have a chronic or stress-related medical condition, this program will help you maximize what you can do to heal yourself. Join Carolyn McManus, PT, MS, MA, to learn mindfulness meditation, gentle yoga and a range of stress reduction strategies that promote well-being. Eight sessions. To register, call **206-386-2035**. Fee: \$375 per person (financial assistance is available for qualified participants).

First Hill: Thursdays, April 12–May 31, 10 a.m.-12:30 p.m.

#### 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: Monday, May 21, 6-8 p.m.

## \*\*SWEDISH Health VATCH

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.ord.

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

#### 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

(Swedish Cancer Institute)

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

Free Physician Referrals 1-800-SWEDISH

(1-800-793-3474) www.swedish.org/physicians

206-386-3200

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