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# HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

SPRING 2013



## Seasonal Allergies: Controlling the Sneeze, Drip and Itch

About 35 million Americans suffer from seasonal allergies, commonly referred to as hay fever. They put up with sneezing, stuffiness, runny nose, and itchy nose, throat, ears and eyes.

Unfortunately, everything that makes Washington beautiful — trees, fields of grass and abundant crops — may contribute to allergy symptoms.

In the Pacific Northwest, tree pollens are the culprit in early spring. However, our state has a year-round allergy cycle:

- Early spring: tree pollen
- Late spring/early summer: grass pollen
- Late summer/fall: weeds
- Fall: mold spores in soil, plants and rotting wood
- Year-round: indoor allergens, such as from pets and dust mites

Pollen and symptoms are often worse on sunny, dry, breezy days. Symptoms may improve on rainy, windless days when pollen doesn't move around as much.

Self-help steps to control symptoms include:

- Close windows at night
- Use air-conditioning
- Dry clothes inside
- Avoid mowing or raking leaves

The best advice, however, is to see a doctor who specializes in allergies. An allergist can do skin testing to identify the specific cause of your symptoms.

"Seasonal allergies make us feel tired and miserable," says Pandora Christie, M.D., a doctor at Swedish/Redmond and Swedish/Issaquah who specializes in asthma, allergies and clinical immunology. "We can identify allergy triggers and determine which over-the-counter or prescription medicine might work best. For more severe cases, we may suggest immunotherapy [allergy shots] as an option."

Control your sneeze, drip and itch. Call **206-623-2181** for an allergy appointment at Swedish's Redmond or Issaquah clinics. Sign up for our class, "Allergies: Management and Treatment Options," on Thursday, April 25 from 6:30-7:30 p.m. at Swedish/Redmond. Check this issue's class listing for more information.

## New Trends in General Surgery

General surgeons at Swedish/Issaquah use some of the newest medical advances to improve the surgery experience for their patients. Through their expertise and the most up-to-date technology, they are able to enhance surgery results and speed recovery time.

Gallbladder surgery is a good example. Issaquah surgeons have many years of experience using minimally invasive laparoscopic techniques for this operation. Now they are also able to use the most advanced da Vinci<sup>®</sup> Surgical System to perform robotic gallbladder surgery. This technology gives surgeons a clear 3-D, high-definition view. Robotic instruments also allow for better manual dexterity.

"Swedish/Issaquah has brand-new, state-of-the-art operating suites," says Michelle Eden, M.D., a general surgeon

who specializes in abdominal and breast surgery. "Our minimally invasive approach to gallbladder surgery means patients can go home the same day. They have very small incisions and less discomfort, and can resume their normal activities very quickly."

Hernia repair is another specialty of general surgeons. Recent advances have helped reduce complications and the chance the hernia will recur. Using the newest biologic mesh to repair the hernia, rather than synthetic mesh, reduces the risk of infection for many patients. Surgical techniques continue to evolve, and hernia-repair patients are able to return to work, sports and family activities more quickly than ever before.

Please visit [www.swedish.org/issaquah](http://www.swedish.org/issaquah) for information about general surgery providers at Swedish/Issaquah.

## General Surgery Services at Swedish/Issaquah

Swedish Surgical Specialists

**425-313-7124**

Eastside Surgeons

**425-313-0775**

General surgeons at Issaquah perform a wide array of procedures, such as:

- Gallbladder surgery
- Hernia repair
- Surgery to remove a bowel obstruction or tumor in the intestines
- Surgery to treat diverticulitis
- Anti-reflux surgery
- Breast surgery
- Appendectomy
- Thyroid surgery
- Parathyroid surgery
- Surgery to remove lumps, bumps or tumors of the skin or soft tissue
- Pancreatic surgery
- Laparoscopic surgery to remove one or both adrenal glands
- Surgery to remove all or part of the spleen

## Taking Care of Babies and Families at Swedish/Issaquah

Swedish/Issaquah takes care of moms and babies before, during and after birth. During its first year, doctors and midwives at the new hospital delivered nearly 1,000 babies.

Issaquah will open a new, level 2 nursery in June. Adding this extra level of care complements the numerous pediatric specialty clinics and services already available at Issaquah.

Nurse practitioners who specialize in taking care of premature babies will join the team of Swedish pediatricians to provide care 24 hours a day, seven days a week. Babies born as early as 32 weeks, weighing as little as 1,800 grams, or needing special care or equipment will now be able to stay at Issaquah.

"We still may transfer some very sick and extremely premature babies to the level 3 neonatal intensive care unit at Swedish/First Hill," says Kristen Austin, M.D., medical director of obstetrics and gynecology at Issaquah. "However, having a level 2 nursery reassures parents that newborns who need extra care can receive it close to home."

This summer, a postpartum education center will also open. Classes,

lactation counseling and support groups will give new parents the knowledge and support they need during the first few months of parenthood.

For more information about childbirth

services at Swedish/Issaquah, visit [www.swedish.org/childbirthissaquah](http://www.swedish.org/childbirthissaquah).

For information about childbirth classes and resources, visit

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



# Could You Get Type 2 Diabetes?

**M**ore than 7 million people in the United States have diabetes, but don't know it.

"About 50 percent of those we see have no symptoms at all," says Sandy Sinnes, R.N., a certified diabetes educator at the Swedish Diabetes Education Center. "Because the symptoms can come on very slowly and be difficult to recognize, diabetes can go undiagnosed for many years."

## What is diabetes?

Your body changes food into glucose (sugar). Your pancreas makes insulin to help your cells change that sugar into the energy your body needs. Diabetes occurs when your cells cannot change sugar into energy.

Type 2 is the most common type of diabetes. It occurs when your body stops using insulin properly or your pancreas stops making enough insulin.

## Who gets type 2 diabetes?

More than 95 percent of Americans

with diabetes have type 2. It can occur at any age. Risk factors include:

- Family history of diabetes
- Hispanic/Latino, Asian American, African American, Alaskan Native, Native American, or Pacific Islander American ethnic background
- Being overweight
- Not participating regularly in physical activities
- Delivering a baby weighing more than 9 pounds or having gestational diabetes

## What can you do to prevent type 2 diabetes?

To prevent or delay the onset of diabetes, maintain a healthy weight and be physically active. Also, schedule regular checkups with your doctor.

"At the Swedish Diabetes Education Center, our team of nurses and dietitians specializes in helping people prevent or manage diabetes," says Ann Fittante, R.D., a certified diabetes educator. "Through classes and individual appointments, our patients learn about making

good food choices, the importance of physical activity, and how to take their medicine properly and reduce the risk of complications."



## Learn More About Diabetes

Swedish Diabetes Education Center

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

Seattle and Issaquah:

206-215-2440

Edmonds:

425-640-4395

American Diabetes Association (ADA) and ADA Expo

Saturday, April 13, 9 a.m.-3 p.m.

Washington State Convention Center, Seattle

[www.diabetes.org](http://www.diabetes.org)

Centers for Disease Control and Prevention

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

National Diabetes Education Program

<http://ndep.nih.gov>

## COMMUNITY EVENTS

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

### American Cancer Society Relay for Life Events

**Issaquah:** Friday, June 7

Issaquah High School at 6 p.m.

[www.issaquahrelayforlife.org](http://www.issaquahrelayforlife.org)

**Mill Creek:** Saturday, June 1

McCullum Park at noon

[www.relayforlife.org/millcreekwa](http://www.relayforlife.org/millcreekwa)

**Northwest Seattle:** Saturday, June 1

Whitman Middle School Track at 2 p.m.

[www.nwseattlerelay.org](http://www.nwseattlerelay.org)

**Redmond/Kirkland:** Saturday, June 1

Redmond High School at 6 p.m.

[www.redmondkirklandrelay.org](http://www.redmondkirklandrelay.org)

**South Snohomish (Edmonds):**

Saturday, June 1

Edmonds-Woodway High School at noon

[www.relayforlifeofsouthsnohomish.org](http://www.relayforlifeofsouthsnohomish.org)

### American Diabetes Association

**Expo:** Saturday, April 13 in Seattle

Washington State Convention Center

**Seattle Tour de Cure:** Saturday, May 11

at Marymoor Park in Redmond

[www.diabetes.org](http://www.diabetes.org)

### Boys & Girls Club Sammamish 10K/5K

Sunday, May 5

Sammamish EX3 Teen & Recreation Center

[www.sammamishrun.org](http://www.sammamishrun.org)

### March of Dimes March for Babies

**King County:** Saturday, May 4

Fisher Pavilion Seattle Center

**Snohomish County:** Saturday, April 27

American Legion Memorial Park Everett

[www.marchforbabies.org](http://www.marchforbabies.org)

## Straight Talk About Concussions

**P**arents are caught in the middle — they want to support and protect their children. This is particularly true when it comes to sports and the risk of serious injury.

However, concussions are not unique to athletes. Any bump or jolt to the head, including blows to the body that also affect the head, can damage a person's brain and change how it works.

"A concussion is a serious injury that can alter a person's life," says Sean Colio, M.D., a sports medicine doctor at Swedish/Issaquah. "It is always best to err on the side of caution when your child or friend may have suffered a concussion."

### Signs and symptoms of concussion

People who get concussions do not necessarily lose consciousness. However, they almost always experience physical, mental, emotional or

sleep symptoms, such as:

- Headache
- Balance problems
- Difficulty concentrating or remembering things
- Irritability
- Sadness
- Sensitivity to light or sound
- Sleeping more or less than usual

Athletes with a concussion may appear dazed and confused. They may look clumsy. They may not remember who they are playing, the score or what happened before they were hit.

### When to get help

If you suspect a concussion, stop the individual from participating in any

activity. Immediately seek medical attention if the person has:

- One pupil larger than the other
- Weakness, numbness, lack of coordination
- Repeated vomiting or nausea
- Slurred speech
- Loss of consciousness

### Making a difference

In 2009, Washington became the first state to enact a law about concussions occurring during school or athletic league activities. The Lystedt Law is named after a middle-school football player who suffered a life-altering concussion. Today, 43 states have concussion laws.

### Concussion Experts at Swedish/Issaquah

Sports-medicine doctors at Swedish Spine, Sports and Musculoskeletal Medicine at Issaquah have special training in concussions.

Visit [www.swedish.org/concussions](http://www.swedish.org/concussions) for more information.

Call 425-498-2272 for an appointment.

## Caring for the Caregivers



**M**other's Day is an annual reminder of the incredible role that mothers and maternal figures play in our lives. Oftentimes, however, moms' health takes a backseat to the health of their loved ones. But who benefits when the caregiver is not in top form? For caregivers, it is important to remember to take care of yourself all year. Here are some quick tips to keep you in the best shape possible:

- **Eat healthy.** If you are the resident cook or grocery shopper, make sure you, too, are benefitting from the healthy food that you provide your loved ones.
- **Exercise.** Get your blood pumping for an hour at least 4 to 6 times a week. This helps reduce stress, improve mood and boost energy.
- **Rest.** There is always time to give your brain and body a break. This increases your energy, improves your mental and physical health and allows you to make the most of the time you have with the ones you love.
- **Make time for you.** If you take time to care for yourself, not only do you improve your mental and physical health, but you also show others that it's important for them to do the same. Be a self-care role model and schedule time to explore your interests.

Swedish supports caregivers and patients in many ways. This Mother's Day, join urogynecologists from Athena Urology at Swedish/Issaquah as they discuss ways for moms — and all women — to take care of their health at "Care Down There: Pelvic Health for Moms" on Tuesday, May 7 from 10 a.m.-noon and "Getting Your Mojo Back: Sexuality and Pelvic Health After Menopause" on Thursday, May 9 from 6-8 p.m. Take time this Mother's Day (and all year round!) to take care of yourself, and join us at these free events. Check out the class listing in this issue, and visit [www.swedish.org/classes](http://www.swedish.org/classes) to learn more and to register.

# 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](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.

**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](http://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](http://www.swedish.org/now-what/breastcancer).

## 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. For more details on childbirth classes, visit [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) or call **206-215-3338**.

### 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](http://www.swedish.org/now-what/pregnancy).

### Baby Needs a Doctor

With so many doctors to choose from, finding the right one for your baby can be overwhelming. At this one-hour event you'll be introduced to Swedish and affiliated physicians who will answer questions, share their philosophy of care, provide tips on taking care of your newborn, and be available for one-on-one interviews. Visit [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) to learn more and sign up.

### Issaquah:

Tues., April 23  
6 p.m. and 7 p.m. (two sessions)

### OB Speed Dating

If you're expecting or thinking about having a baby, we make it a little easier to find the right provider. When you come to OB Speed Dating, you'll meet providers who deliver at Swedish and get to know them in a fun, low-key environment in one-on-one interviews. Visit [www.swedish.org/obspeeddating](http://www.swedish.org/obspeeddating) to learn more and sign up.

### Issaquah:

Wed., June 5  
6 p.m. and 7 p.m. (two sessions)

### Featured Class:

#### Grandparents — Three Months and Beyond

Whether you're grandparenting from afar or playing a more regular caregiving role, learn the skills to become an even grander grandparent. This class is intended for new grandparents with grandchildren 3 months old and beyond and is a great follow up to the Grandparents introductory course.

## 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](http://www.swedish.org/diabetes) or call **206-215-2440** (Seattle and Issaquah) or **425-640-4395** (Edmonds).

## HEALTH AND WELL-BEING

### Allergies: Management and Treatment Options

Do you suffer from allergies? Learn about ways you can manage and treat your allergies so you can get back to feeling your best.

### Redmond:

Thurs., April 25  
6:30-7:30 p.m.

### Beyond Stir Fry: The Basics of Cooking Chinese Food for Those With Diabetes

Let us show you how to cook healthy, delicious Chinese food while keeping blood glucose levels under control. Learn how your favorite recipes can fit into your diabetes meal plan, and how fun, simple and economical cooking with a wok can be. **Fee:** \$15.

### Issaquah:

Tues., April 16  
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.

### Ballard:

Wed., May 15  
10-11 a.m.

### Issaquah:

Thurs., May 30  
10-11 a.m.

### Redmond:

Thurs., May 16  
10-11 a.m.

### Hearing Loss Intervention Options: Amplification to 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 to learn the options available to address hearing loss, from traditional amplification to the latest in implant technology.

### Cherry Hill:

Tues., May 7  
10-11 a.m.

### Mindfulness-Based Stress Reduction

This series 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**. For more information, call **206-215-6966**.

### First Hill:

1101 Madison Tower  
Tues., April 30-June 18  
10 a.m.-12:30 p.m.

### Pain and Beyond

People with painful conditions will learn coping techniques. Call **425-640-4140** for more information.

### Edmonds:

Every Friday  
3-5 p.m.

### Taking Care of Your Health-Care Decisions

Experts will discuss the types of decisions that a person may face when living with chronic illness or experiencing a sudden health event. Participants will explore key questions that may arise about health-care planning, individual values, and communicating with your health-care team.

### Issaquah:

Sat., April 27  
10:30 a.m.-noon

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

Research and recommendations around prostate-cancer screening can be confusing. In this session, Robert Meier, M.D., will discuss the controversies, discuss active surveillance and treatment options.

### Issaquah:

Tues., April 23  
Noon-1 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., May 2  
6-7:30 p.m.

## ORTHOPEDICS

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](http://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.

### Edmonds:

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

### Issaquah:

Thurs., May 30  
6-8 p.m.

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

In this class, orthopedic surgeon Steven Ratcliffe, M.D., will discuss hip- and knee-replacement surgery.

### Issaquah:

Thurs., April 18 and June 13  
6-8 p.m.

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

In this class, orthopedic surgeon Gregory Komenda, M.D., will discuss hip- and knee-replacement surgery, along with robotic-assisted surgical methods.

### Issaquah:

Wed., May 15  
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.

### Edmonds:

Thurs., April 18  
6-8 p.m.

### Issaquah:

Wed., May 8  
6-8 p.m.

### Swedish Orthopedic Institute:

Thurs., June 6  
6-8 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 (includes two adults and one child; \$5 fee for each additional child or adult in the same family).

### Parents and Boys Together

#### First Hill:

Mon., June 3  
6:30-9 p.m.

#### Redmond:

Mon., May 6  
6:30-9 p.m.

### Parents and Girls Together

#### First Hill:

Mon., June 10  
6:30-9 p.m.

#### Mill Creek:

Mon., April 15  
6:30-9 p.m.

#### Redmond:

Mon., May 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](http://www.hoptosignaroo.com).

### Ballard:

Thurs., June 6-27  
6:30-7:30 p.m.

### First Hill:

Wed., May 1-22  
6:30-7:30 p.m.

### Issaquah:

Sat., May 4-25  
10:30-11:30 a.m.

### Redmond:

Sat., June 8-29  
10:30-11:30 a.m.

### Story Time at Swedish

Join us for Children's Story Time and Book Fair. Bring your health questions and visit with a health-care provider at our "Ask a Doctor" table. Story Time will take place by the fireplace in the main lobby. No registration required. For questions, call **425-313-7020**.

#### Issaquah:

Wed., April 24; Thurs., May 23; and Wed., June 26  
9 a.m. and 11 a.m. (two story times)

## SAFETY AND INJURY PREVENTION

### AARP Driver Safety

The AARP Driver Safety course is an eight-hour classroom refresher for motorists ages 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:

Mon. and Wed., April 15 and 17  
9 a.m.-1:30 p.m.

#### Cherry Hill:

Mon. and Wed., June 17 and 19  
9 a.m.-1:30 p.m.

#### Edmonds:

Mon. and Tues., April 29 and 30, or May 20 and 21, or June 24 and 25  
9 a.m.-1 p.m.

#### First Hill:

Mon. and Wed., May 13 and 15  
9 a.m.-1:30 p.m.

#### Issaquah:

Sat., April 27, or May 18, or June 22  
9 a.m.-5 p.m.

### Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

#### Edmonds:

Wed., April 17  
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:

Wed., April 17  
6-9 p.m.

#### Edmonds:

Wed., June 12  
6-9 p.m.



### Heartsaver First Aid, CPR and AED

Learn how to save a life using proper adult first aid, and pediatric and adult automated external defibrillator (AED) and CPR techniques. Participant certifications are valid for two years. **Fee:** \$70.

#### Issaquah:

Sun., May 5  
9 a.m.-2:30 p.m.

### Safe Sitter®

Safe Sitter is a medically accurate program that teaches boys and girls how to be good babysitters. The class covers basic lifesaving techniques, safety precautions and responsibilities of safe babysitting, and is recommended for ages 11-13. **Fee:** \$40 (scholarships available on a limited basis).

#### Cherry Hill:

Sat., April 13  
9 a.m.-4 p.m.

#### Edmonds:

Sat., June 8  
9 a.m.-4 p.m.

#### Issaquah:

Sat., May 11  
9 a.m.-4 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, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For

more information, visit [www.swedish.org/supportgroups](http://www.swedish.org/supportgroups). Swedish also hosts other support groups that meet at our facilities. Please contact your 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.swedishweightloss.com/seminars](http://www.swedishweightloss.com/seminars) 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., May 20  
6-7:30 p.m.



## WOMEN'S HEALTH

### Care Down There: Pelvic Health for Moms

Whether you are a new mom or have young children, this Mother's Day is a time to focus on you. Giving birth greatly impacts your pelvic health so come and learn from Athena Urology's urogynecologists about post-pregnancy pelvic recovery and celebrate the amazing things that your body can do!

#### Issaquah:

Tues., May 7  
10 a.m.-noon

### Getting Your Mojo Back: Pelvic Health After Menopause

The "big change" can have a big effect on pelvic and sexual health. Take time this Mother's Day to tend to this important and often-overlooked aspect of your health. Hear from experts at Athena Urology about how to optimize your pelvic health as you age.

#### Issaquah:

Thurs., May 9  
6-8 p.m.

# A Trusted Web Resource for Parents

Where can parents find reliable information from medical experts they trust?

### [www.swedish.org/parentelligence](http://www.swedish.org/parentelligence)

Board-certified pediatric specialists and health educators at Swedish use the Parentelligence blog to talk about issues that are important to parents. Recent topics include ear infections, picky eaters, children's flu vaccine, infant constipation, the use of nitrous oxide and how to cope with childhood health issues.

"We use best practices to provide helpful information," says Uma Pisharody, M.D., a pediatric gastroenterologist at Swedish. "Many Parentelligence posts answer questions we hear from



parents every day."

Parents have a tough job. Parentelligence can help them make good decisions about their children's health.

Read the posts, make comments and share the information with friends and family. Parentelligence is a prescription for parents' peace of mind.

## The Lytle Center for Pregnancy & Newborns Opens in July



No matter how many times you've been through it, expecting, having, and raising a baby are truly some of life's biggest challenges. Making that adventure a little less stressful is what The Lytle Center for Pregnancy & Newborns will be all about when it opens in July 2013 at Swedish/First Hill. In a warm, welcoming space, new families will take classes, get help with lactation, purchase necessities, connect with other new moms and families, and take advantage of a new mom and well-baby exam a few days after birth to make sure everything's going just right. To learn more, visit [www.swedish.org/tlc](http://www.swedish.org/tlc).

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

### Swedish Primary Care

Ballard Clinic	206-320-3335
Ballinger Clinic (Mountlake Terrace)	425-640-4830
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
Edmonds Birth & Family Clinic	425-640-4950
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 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](http://www.swedish.org/physicians)

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