

HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH SEATTLE/NORTHEAST EDITION SPRING 2013

Swedish Epilepsy Center: Top-rated Care for Children and Adults

One in 10 people will have a seizure at some time in their life. A seizure can be a frightening experience. Not knowing the cause can be frustrating.

Each week, epilepsy doctors at Swedish care for 90 patients who have seizures. These patients receive expert care at the Swedish Epilepsy Center.

Epilepsy centers are not all the same. The center at Swedish is a level 4 epilepsy center — the highest designation. The center earned this recognition because of our ability to provide the most advanced care and sophisticated treatments. The designation also recognizes the center's state-of-the-art technology and accredited lab. When a condition is too complex or there is no response to medication, patients come to Swedish.

Swedish's epilepsy doctors focus 100 percent of their time on caring for patients with seizures. Because the center sees both children and adults, doctors are able to follow patients throughout their lives.

"We also participate in clinical trials," says Jehuda Sepkuty, M.D., the center's medical director. "These studies give our patients access to new treatments and devices that may not be available elsewhere. For example, we evaluated the NeuroPace device for patients who cannot have surgery. The device is now awaiting final approval by the U.S. Food and Drug Administration."

The Swedish Epilepsy Center can help reduce fears and find answers. Visit www.swedish.org/epilepsy for more information, or call 206-320-3492 to make an appointment.

Answering the Growing Need for Cancer Services

In April, the Swedish Cancer Institute (SCI) opens a new cancer center at Swedish/Edmonds. The SCI at Edmonds will help fill the growing need for cancer services in the Edmonds and North Seattle communities. Generous contributions from the community have helped make the center a reality.

Medical oncology and chemotherapy will occupy the new 16,000-square-foot building. Later this year, Swedish will install a state-of-the-art linear accelerator near the new center. This additional technology will expand radiation therapy services in the area.

The SCI at Edmonds is part of the Swedish Cancer Institute's network that currently includes 10 facilities located in communities throughout the Greater Puget Sound area. Network doctors are linked by an electronic medical record system. They are also able to work closely with other experts when patients have rare cancers or need highly



Rendering provided by Perkins+Will

YOU'RE INVITED!

Please join us for an open house and tour of the new SCI at Edmonds.

Date: Wednesday, April 17

Time: 4-7 p.m.

Location: 21632 Hwy 99
 Edmonds

www.swedish.org/edmondscancercenter

specialized surgeries or treatments.

The SCI gives patients every possible advantage in their fight against cancer. Having top-quality cancer care at the SCI at Edmonds is one of those advantages. Visit www.swedish.org/edmondscancercenter for more information.

Could You Get Type 2 Diabetes?

More 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:

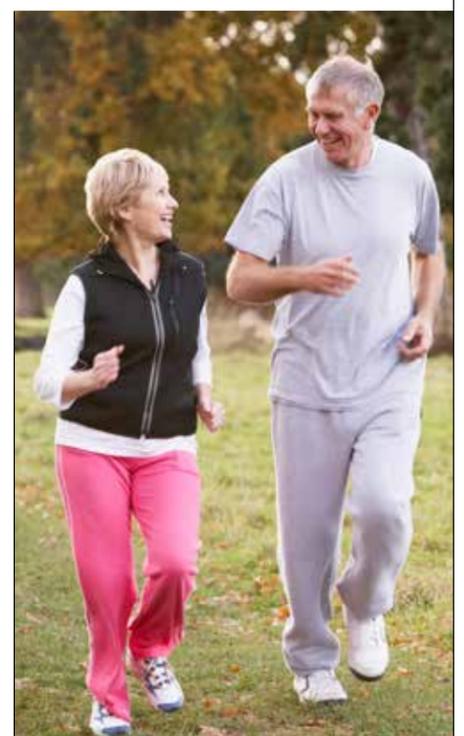
- Family history of diabetes
- Hispanic/Latino, Asian American, African American, Alaskan Native, Native American, or Pacific Islander American ethnic background
- Being overweight

- 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

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

Centers for Disease Control and Prevention

www.cdc.gov/diabetes

National Diabetes Education Program

<http://ndep.nih.gov>

Don't Let Spring Fever Turn Into a Trip to the Doctor

Spring fever in the Pacific Northwest is contagious! With the first sign of blue skies and temperatures above freezing, everyone rushes outside to launch into activities they haven't been able to enjoy for months. Whether it's spring sports, gardening or do-it-yourself projects, nothing will stop us when the weather turns nice.

But hibernating muscles may not be ready for action. Spring activities use muscles that have been mostly dormant during the winter.

"Whether you are 15 years old and trying out for baseball or 60 and eager to tackle your garden, remember that you aren't in the same shape as you were at the end of last summer," says Michael Lee, M.D., an orthopedic surgeon and sports medicine specialist at Swedish/Edmonds and Swedish/Mill Creek. "Take time to rebuild your strength and flexibility, so you can avoid overuse injuries, such as shin splints and tendinitis."

Tips for avoiding "spring fever" injuries:

- **Warm up.** Before starting any physical activity, walk for a while and stretch out the muscles in your legs, back and arms.
- **Start slow.** Don't expect to run five miles your first day out. Don't tackle the entire garden on the first sunny day.
- **Cross-train.** Athletes do it all the time. Gardeners should, too. Switch between raking, weeding, edging, pruning and sitting to enjoy the results.
- **Check your equipment.** Do your shoes provide the support and traction you need for your chosen activity? If not, invest in a new pair.



Sports Medicine Appointments

Swedish has sports medicine services in Bellevue, Edmonds, Issaquah, Mill Creek, Redmond and Seattle. Visit www.swedish.org/physicians for more information.

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

Mill Creek: Saturday, June 1
McCollum Park at noon

www.relayforlife.org/millcreekwa

Northwest Seattle: Saturday, June 1
Whitman Middle School Track at 2 p.m.

www.nwseattlerelay.org

Redmond/Kirkland: Saturday, June 1
Redmond High School at 6 p.m.

www.redmondkirklandrelay.org

South Snohomish (Edmonds):
Saturday, June 1

Edmonds-Woodway High School at noon
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

Boys & Girls Club Sammamish 10K/5K

Sunday, May 5

Sammamish EX3 Teen & Recreation Center
www.sammamishrun.org

Celebration of Food Festival

Sunday, May 19

Lynnwood Convention Center
www.edcc.edu/foodfest

Edmonds Arts Festival

Friday-Sunday, June 14-16

Frances Anderson Cultural Center
www.edmondsartsfestival.com

Get Movin'

Saturday, June 1 at Alderwood Mall and other Snohomish County Locations

www.get-movin.org/parents-get-started.htm

Health & Fitness Expo

Saturday, May 18

Edmonds-Woodway High School
www.edmondswa.gov

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

6 Weeks to a Healthier You

Register by Friday, April 26

Lynnwood Convention Center
www.verdanthealthcommission.org

Caring for Your Voice



Your voice can comfort loved ones, communicate important information and protect those you care about. Whether you are a singer, politician, teacher, parent or friend, your voice makes a difference.

Now — think about a world *without* your voice.

To celebrate World Voice Day on Tuesday, April 16, make a pledge to follow these voice-care tips:

1. Drink plenty of water.
2. Limit the amount of alcohol and caffeine you drink.
3. Don't smoke and avoid secondhand smoke.
4. Eat foods that contain vitamins A, E and C.
5. Avoid eating spicy foods.
6. Treat acid reflux.
7. Try not to get sick — take care of yourself if you do.
8. Don't overuse your voice.
9. Practice breathing from your diaphragm.
10. Exercise to improve posture and breathing.
11. Avoid straining your voice.
12. Use a microphone when speaking to a group.
13. Rest your voice — rest your body.
14. Avoid mouthwash that contains alcohol.
15. Talk with your doctor if you develop voice problems.

FOR MORE INFORMATION

Ear, nose and throat doctors (also called ENT doctors or otolaryngologists) and speech pathologists have special training in treating voice disorders. Call for an appointment if your doctor suggests you see a specialist.

Swedish/First Hill: **206-215-1770**

Swedish/Issaquah: **425-313-7089**

More information is also available online at

www.swedish.org/voice

Put Your Best Face Forward

Blackheads, whiteheads, red bumps and scars are telltale signs of acne.

"People often blame acne on poor hygiene, chocolate or greasy foods," says Anthony Meyer, M.D., a dermatologist at Minor & James Medical, a Swedish health partner. "However, it's more likely to be genetics and the way our bodies function."

Types of acne

Comedonal acne (blackheads and whiteheads) is most common. It may respond to over-the-counter cleansers and topical medications that contain salicylic acid and benzoyl peroxide. Talk to your doctor if there is no improvement or it gets worse after six to eight weeks of treatment.

Inflammatory acne consists of red pustules. Usually it does not respond to over-the-counter treatment. Call your doctor if you have not had success with cleansers and topicals from the drugstore. Prescription topicals and a short course of oral antibiotics may work.

Nodulo-cystic acne is characterized by severe inflammation and cysts. It occurs most frequently in men and may cause scarring. Isotretinoin (generic Accutane) is the most effective treatment. Women who take isotretinoin are carefully monitored because it can cause birth defects.

Hormonal acne affects women in their 20s, 30s and 40s. It is closely tied to menstrual cycles and does not respond well to over-the-counter treatments. Women should talk to their doctors about prescription options.

Control your acne and let the world see your best face. To learn more, visit minorandjames.com/dermatology.

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.

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 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.

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 to learn more and sign up.

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 to learn more and sign up.

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 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.

Prediabetes

Participants will learn how to monitor their blood sugar and changes to their daily activity and diet to help lower blood sugar. Participants will receive a free blood sugar monitor. **Fee:** \$30 (includes one support person).

Edmonds:

Tues., April 16, 9:30 a.m.-noon; or Wed., May 15,
6-8 p.m.; or Tues., June 18, 9:30 a.m.-noon

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.



HEART HEALTH

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**.

Lowering High Blood Pressure

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

Edmonds:

Tues., May 7
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.

Edmonds:

Tues., June 4
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.

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.

Swedish Orthopedic Institute:

Thurs., May 16
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., May 22
6-8 p.m.

Issaquah:

Thurs., April 18; Wed., May 15; and
Thurs., June 13
6-8 p.m.

Swedish Orthopedic Institute:

Thurs., April 18, May 9 and June 27
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.

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. 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 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.



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
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

General Information

Corporate Communications	206-386-6797
HealthWatch Editor	206-386-6797
Class Registration and Community Health Education	206-386-2502
Cancer Education Center (Swedish Cancer Institute)	206-386-3200

Free Physician Referrals

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

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



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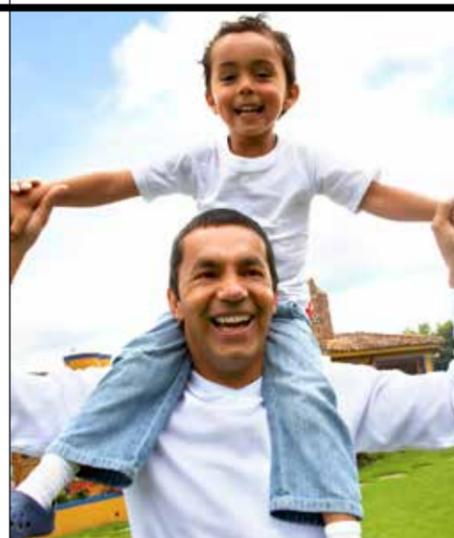
A Trusted Web Resource for Parents

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



www.swedish.org