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# HealthWATCH

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



## The NEW New Year's Resolution

The new year is filled with messages about losing weight, exercising and making other resolutions. The reality is that these tend to be more "January-only" resolutions. How about making the resolution to stick to your resolution!

Setting a goal to live a healthy lifestyle is more than just a once-a-year promise; it is a commitment to take active steps every day. Permanent change comes with struggles and setbacks. Though there are many ways to deal with these, one of the best is to set regular reminders for yourself. If you want to exercise every day, set the alarm on your phone as a reminder. If you want to eat healthier, take nutrition or healthy cooking classes often. Throughout the year, Swedish hosts many classes that are free or low cost.

Northend residents, check out the free monthly nutrition classes at Swedish/Edmonds like "Nutrition for the New Year" on Tuesday, Jan. 29. Seattle residents may be interested in the "Food for the Soul" cooking class at the Swedish/Cherry Hill Campus on Wednesday, Jan. 23. Lastly, Eastside residents can get some healthy lifestyle tips at classes including the hands-on "Savory Substitutions: Transforming Common Dishes Into Healthy and Nourishing Meals" on Tuesday, Feb. 19. These are just a few of the many classes Swedish offers to help you stick to your NEW New Year's Resolution for 2013: keeping your resolution for life. Read more on our blog post at [www.swedish.org/journey](http://www.swedish.org/journey). Check out the Guide to Community Classes in this issue for more information or visit [www.swedish.org/classes](http://www.swedish.org/classes).

## When Dementia Is Not Dementia

**A**dults are often sandwiched between their careers and families and caring for aging parents. It can be especially challenging when a parent begins showing signs of dementia, such as memory loss, language and recognition difficulties or motor-skill problems.

### Is it really dementia?

Sometimes it's important to ask this question, rather than merely accepting a diagnosis. It's OK to ask if a parent's dementia might be adult normal pressure hydrocephalus (NPH), commonly referred to as "water on the brain." It's especially important to ask if your parent is 60 years old or older and has all three of the following:

1. Gait problems (trouble walking or standing)
2. Cognition problems (trouble remembering things or identifying objects)
3. Urinary incontinence (loss of bladder control)

### What is adult hydrocephalus?

Hydrocephalus develops when an injury or obstruction causes cerebrospinal fluid to build up in the brain faster than it can be absorbed. The skull can't expand, so the extra fluid puts pressure on the brain.

Hydrocephalus can have a variety

of symptoms. In older adults, however, the fluid buildup can cause gait, cognition and bladder-control problems. This trio of symptoms is associ-

toms. When properly identified, treating NPH is successful more than 80 percent of the time.

A patient who has had a neurological evaluation that suggests an NPH diagnosis may have a shunt surgically implanted. The shunt allows the fluid to drain into the abdomen, where it's absorbed. Diverting the fluid prevents further buildup, and helps improve symptoms and



### Swedish Adult Hydrocephalus Program

Neurosurgeons at the Swedish Neuroscience Institute have created a unique program at Swedish/Issaquah that is dedicated to diagnosing and treating patients with adult hydrocephalus.

Learn more about adult hydrocephalus at [www.swedish.org/hydrocephalus](http://www.swedish.org/hydrocephalus) or call 425-313-7077 to talk with an expert or schedule an appointment.

ated with NPH. Hydrocephalus can also cause headaches.

### Why is it important to ask?

Hydrocephalus can be difficult to diagnose in older adults because other medical conditions — including dementia — can have similar symp-

prevents further decline.

About 5 to 10 percent of the patients nationwide who have been diagnosed with dementia actually have NPH. By answering a few simple questions, these patients could benefit from a life-changing procedure.

## Lung Cancer Screening: It's Easy, Painless and Improves Survival

**A**re you 55 to 74 years old? Have you smoked one to two packs or more a day for 20 or more years? Do you currently smoke or have you quit within the past 15 years? Anyone answering yes to these questions is at increased risk for developing lung cancer.

Lung cancer is the cause of smoking-related death in 80 percent of women and 90 percent of men. The five-year survival rate for lung cancer is significantly worse than colon, breast and prostate cancers. Why?

One main reason is that unlike colon, breast and prostate cancers, there hasn't been a screening strategy for detecting lung cancer early — until now.

Since 2000, the lung-cancer experts at Swedish have participated in a large, multi-center study using a low-dose CT scan to screen patients who are at high risk for lung cancer. The results from this study and from a second study (the National Lung Screening Trial) are dramatic.

During the last 12 years, the Swedish Lung Cancer Screening Program screened more than 1,000 patients and found 23 early-stage cancers. Screening gave these 23 individuals an opportunity for cure and greatly improved their odds of long-term survival.

Lung cancer screening is easy and painless. And — it works. Increasing public awareness for lung cancer screening is just as important as it is for mammograms, colonoscopies and serum PSAs. Will you help us spread the word to your family members and friends who may be at risk? It's a simple message: Stop smoking — Get screened — Live longer.

### LUNG CANCER SCREENING

Are you at increased risk and want to learn more about lung cancer screening? Call 206-386-6800 or visit [www.swedish.org/LCSP](http://www.swedish.org/LCSP)

# Seeking an Alternative to Total Knee Replacement?



**A**ge and activity take a toll on our joints. When medication and exercise no longer control the pain and discomfort, joint replacement may become a consideration. If osteoarthritis is diagnosed before the damage is widespread, partial knee resurfacing may be a substitute for total joint replacement.

“Partial knee resurfacing is an alternative for patients with early- to mid-stage osteoarthritis,” says orthopedic surgeon Sean Toomey, M.D. “It is especially good for those patients who have been diagnosed early, but have not responded to nonsurgical treatments.”

With robotic-assisted MAKOplasty®, surgeons replace only the damaged portion of the joint, rather than the entire joint. The surgeon uses 3-D imaging to

identify the damaged area and is able to perform the procedure through a small incision.

Surgeons at the Swedish Orthopedic Institute were the first in the Puget Sound region to perform MAKOplasty. They now perform more of these procedures than any other center in the Greater Seattle area.

Partial knee replacement saves as much of the natural bone and tissue as possible. This usually means less scarring and blood loss, a shorter hospital stay and recovery, and more-natural joint movement.

Visit [www.swedish.org/mako](http://www.swedish.org/mako) for more information about partial knee resurfacing, or call 206-215-9145 to schedule an appointment.

*Wondering if joint replacement or MAKOplasty might be right for you? Plan on attending one of our free seminars at Swedish/Ballard, Swedish/Edmonds, Swedish/First Hill, or Swedish/Issaquah. For more information about these seminars, see the Guide to Community Classes in this issue. To register to attend, go to [www.swedish.org/classes](http://www.swedish.org/classes).*

## Helping Our Communities: Bartell Drugs Joins Swedish in Global to Local Partnership

**I**n 2010, Swedish, in partnership with public and private health organizations, launched the Global to Local (G2L) initiative. G2L tackles significant health disparities in South King County by applying global health models to address access and gaps to health care, with a focus on diabetes.



Through G2L and its Community Health Promoters, residents in SeaTac and Tukwila have increased access to culturally and linguistically accurate information, health-care screening and education, along with innovative translation services.

Bartell Drugs joined the G2L initiative in October 2012 to help support customer and community language and cultural needs. This multi-year commitment includes in-store services at various locations —

*(Continued on back page)*

## Exercise During Cancer Treatment? Yes!

**H**earing the word “cancer” can abruptly stop a person’s life movement. It’s not unusual for a cancer patient to feel helpless and unable to function. It’s easy to forget that the number of cancer cells is tiny compared to the trillions of healthy cells that still work right. Those healthy cells help the cancer patient get through the rigors of treatment.

Cancer treatment is physically and emotionally taxing. Much like a demanding athletic event, treatment takes stamina. And, just like athletes, cancer patients can benefit from a physical exercise program that is designed with the correct type, frequency, intensity and duration.

While cancer may not make someone feel ill, treatment often does. Side effects, such as fatigue, pain, difficulty sleeping, numbness and tingling, poor balance, and reduced endurance, can affect daily life. Research and clinical experience show that cancer patients who exercise are less tired and better able to participate in daily activities.

“Onco-physiatrists sort through a patient’s symptoms in order to create a personalized rehabilitation plan,” says David Zucker, M.D., Ph.D., an onco-physiatrist at the Swedish Cancer Institute. “We specialize in cancer rehabilitation, and focus on harnessing our patients’ healthy cells to help maintain or improve physical and mental well-being during treatment.”

Dr. Zucker coordinates a team that includes physical and occupational therapists, speech/language pathologists and other physicians.

It might seem easier to put exercise on hold until after treatment, but consider a more positive alternative. A personalized rehabilitation plan can help you feel stronger and less tired — even during treatment. It also can give you a sense of well-being and help you recover more quickly after treatment.

For more information about onco-physiatry services at the Swedish Cancer Institute, call 206-215-6333 or visit [www.swedish.org/cancerrehab](http://www.swedish.org/cancerrehab).

## NAILS: A WINDOW TO YOUR HEALTH



Your fingernails and toenails are a window into your overall health. Many health conditions, such as heart and lung disease, are very visible in the nails. Bands or lines in multiple fingernails, as well as changes in color, can also indicate illness according to John Knox, M.D., medical dermatologist at Minor & James Medical, a Swedish health partner. Nails can even tell you how long you’ve been ill since fingernails need six months to grow, and toenails a whole year. When was the last time you looked at your nails?

Did you know:

- **Nail pitting:** Small depressions on the surface of the nail; is common in people with psoriasis
- **Clubbing:** Enlarged fingertips with nails curving around the fingertips may indicate lung, liver, heart or inflammatory bowel disease, or AIDS
- **Spooning:** Scoop-shaped nails that curve up may be a sign of anemia
- **Banding:** Indicates an interruption in the nail’s growth — may be a sign of uncontrolled diabetes, peripheral vascular disease or past illness with high fever
- **Yellowing:** May be caused by respiratory disease or lymphedema (swelling of your hands or feet)
- **Nail fungus/other infections:** May cause discoloration, thickening, crumbling edges or split nails
- **Vertical ridges:** Fairly common — nothing to worry about

Watch a video to learn more at [www.minorandjames.com/dermatology](http://www.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](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).

### Featured Class

#### Screening for Lung Cancer: The Time Has Come!

Catch your breath after the holidays and join thoracic surgeon Ralph Aye, M.D., as he discusses the latest in lung cancer screening and current recommendations. Hear about state-of-the-art detection strategies and practical tips to determine whether screening is right for you or a loved one.

**Swedish Cancer Institute** (1221 Madison St., Seattle 98122):  
Thurs., Feb. 21, 6:30-8 p.m.

## CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, child-



birth 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).

### 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), or **425-640-4395** (Edmonds).

## BACK CARE

### Have Aches and Pains?

Learn about what causes back and neck pain, how to treat it quickly and successfully, and how to minimize the chances for future episodes. You will understand what your options are so you can make the best choices for yourself

and those you love. Get informed about the latest in nonsurgical treatment options. The doctor will talk about the treatment of spine, musculoskeletal and nerve dysfunction and pain due to degenerative conditions, work or other injuries.

**Issaquah:**  
Wed., Jan. 30, 6-8 p.m.

### 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., Jan. 10, 6-8 p.m.

**Issaquah:**  
Thurs., Feb. 28, 6-8 p.m.

**Mill Creek:**  
Wed., March 27, 6-8 p.m.

**Swedish Orthopedic Institute:**  
Thurs., Jan. 24 or March 14, 6-8 p.m.

## EXERCISE AND NUTRITION

### 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.

### Chair-Supported Yoga

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

**Edmonds:**  
Every Mon. and Wed., 5:30-6:30 p.m.

### Eat Right, Your Way, Every Day

Get a head start on spring cleaning by starting with your pantry! Celebrate National Nutrition Month and learn from Swedish dietitians how to clean up your eating habits while still enjoying your favorite foods.

**Edmonds:**  
Tues., March 5, 6-7:30 p.m.

### Food for the Soul: Nourishing Comfort Foods for Diabetes

In this class we will explore heart-healthy alternatives to typical comfort foods. Join us to learn how to support your health by managing your diabetes while nourishing your soul. **Fee:** \$15.

**Cherry Hill:**  
Wed., Jan. 23, 6-7:30 p.m.

### Heart Health in Your Kitchen

Celebrate National Heart Month! Learn about heart-healthy ingredients and cooking techniques while sampling heart-healthy recipes.

**Edmonds:**  
Tues., Feb. 5, 6-7:30 p.m.

### Nutrition for the New Year

Start the year off right with healthful nutrition goals. Get tips on how to incorporate these into everyday life and stick to your New Year's resolutions!

**Edmonds:**  
Tues., Jan. 29, 6-7:30 p.m.

### Nutrition for Young Athletes

With spring sports starting, don't drop the ball on nutrition! Join dietitian Ally Colson for interactive training on game-winning meals and snacks, and help your young athlete become a nutrition champion.

**Issaquah:**  
Wed., Feb. 20, 6:30-7:30 p.m.



### Savory Substitutions: Transforming Common Dishes Into Healthy and Nourishing Meals

Ready to cook up a little creativity? Learn how to revamp some of your favorite dishes into delicious diabetes-friendly meals without compromising flavor. We'll serve up strategies for making simple and satisfying food substitutions at home. **Fee:** \$15.

**Issaquah:**  
Tues., Feb. 19, 6-7:30 p.m.

### Yoga for a Healthy Mind and Body

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

**Edmonds:**  
Every Mon. and Wed., 4-5:15 p.m.

## HEALTH AND WELL-BEING

### Cancer Prevention: Spring Into Health

Celebrate the coming of spring with a refresher on how to reduce your risk for cancer. Learn the latest information and practical tips that will bring new life to your efforts to stay happy, healthy and cancer-free.

**Edmonds:**  
Tues., April 2, 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., Jan. 16, 10:30-11:30 a.m.

### Essential Tremor: Gamma Knife Treatment

In this class Christopher Loisele, M.D., will discuss essential tremor and treatment options. If your hand shakes when you write, you may enjoy learning more about this treatable condition and the options to help reduce or eliminate the shaking.

**Cherry Hill:**  
Mon., March 11, Noon-1 p.m.

### Heavy Periods: Treatment and Management

Tired of dealing with heavy periods? Let this be your time of the month to find answers on how to treat them! Join OB/GYN Martha Moe, M.D., and discover how heavy periods don't have to rule your life. Period.

**Mill Creek:**  
Thurs., Feb. 21, 6:30-7:30 p.m.

### 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 controversial recommendations from the news and review treatment options.

**Cherry Hill:**  
Thurs., Feb. 7, Noon-1 p.m.

### The Screening You Haven't Heard Of (AAA)

Screenings for cancer, high blood pressure and cholesterol are probably on your doctor visit checklist. Screening for abdominal aortic aneurysm (AAA) probably should be, too, but many doctors don't know about it. Learn from Swedish's vascular surgeons about this silent killer and whether this important screening is right for you.

**Ballard:**  
Sat., Feb. 9, 10:30 a.m.-Noon

### "Taking Control of Your Brain Health" Workshop Series

Your brain is your body's control center and keeping it healthy helps keep your whole body healthy. Take the first step to keeping your control center in control and attend any or all of the brain-health workshops in this series: "Defining Brain Health," "Exercise, Diet and Brain Health" and "Engaging the Brain."

**Issaquah:**  
Sat., March 9, 9 a.m.-Noon

- Defining Brain Health (9-10 a.m.)
- Exercise, Diet and Brain Health (10-11 a.m.)
- Engaging the Brain (11 a.m.-noon)

## 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., Jan. 10, 6-8 p.m.

**Issaquah:**  
Thurs., Feb. 28, 6-8 p.m.

**Mill Creek:**  
Wed., March 27, 6-8 p.m.

**Swedish Orthopedic Institute:**  
Thurs., Jan. 24 or March 14, 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., Feb. 13, 6-8 p.m.

**Edmonds:**  
Thurs., Feb. 21, 6-8 p.m.

**Issaquah:**  
Wed., Jan. 16, Feb. 13 or March 13, 6-8 p.m.

**Swedish Orthopedic Institute:**  
Thurs., Jan. 17, Feb. 7 or March 7, 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., March 21, 6-8 p.m.

**Redmond:**  
Thurs., March 7, 6-8 p.m.

**Swedish Orthopedic Institute:**  
Thurs., Jan. 31, 6-8 p.m.

**PAIN MANAGEMENT**

**Mindfulness-Based Stress Reduction**

Mindfulness-based stress reduction offers you instruction in mindfulness meditation, gentle yoga and a range of strategies to manage stress and physical symptoms. This class is designed to complement your medical care. Eight sessions. **Fee:** \$375. To register, call **206-386-2035**.

**First Hill:**  
1101 Madison Tower  
Tues., Jan. 8–Feb. 26, 2-4:30 p.m.

**Pain and Beyond**

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

**Edmonds:**  
Every Fri., 3-5 p.m.

**PARENTING**

**All About Puberty**

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

**Parents and Boys Together**

**Ballard:**  
Mon., March 4, 6:30-9 p.m.

**Edmonds:**  
Mon., Jan. 14, 6:30-9 p.m.

**Issaquah:**  
Mon., Feb. 4, 6:30-9 p.m.

**Mill Creek:**  
Mon., April 1, 6:30-9 p.m.

**Parents and Girls Together**

**Ballard:**  
Mon., March 11, 6:30-9 p.m.

**Edmonds:**  
Mon., Jan. 21, 6:30-9 p.m.

**Issaquah:**  
Mon., Feb. 11, 6:30-9 p.m.

**Mill Creek:**  
Mon., April 15, 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:**  
Tues., Feb. 5–26, 6:30-7:30 p.m.  
or Fri., March 1–22, 10:30-11:30 a.m.

**First Hill:**  
Wed., March 6–27, 6:30-7:30 p.m.

**Issaquah:**  
Sat., Feb. 2–23, 10:30-11:30 a.m.

**Redmond:**  
Sat., March 2–23, 10:30-11:30 a.m.

**SAFETY AND INJURY  
PREVENTION**

**AARP Driver Safety**

The AARP Driver Safety Course is an eight-hour classroom refresher for motorists age 50 and older. A certificate is awarded upon completion of all eight hours, and drivers over age 55 may be eligible for insurance discounts. **Fee:** \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.

**Ballard:**  
Mon. and Wed., Jan. 14 and 16 -or-  
April 15 and 17, 9 a.m.-1:30 p.m.

**Cherry Hill:**  
Mon. and Wed., March 11 and 13, 9 a.m.-1:30 p.m.

**Edmonds:**  
Mon. and Tues., Jan. 28 and 29; or Feb. 25 and  
26; or March 25 and 26; 9 a.m.-1 p.m.

**First Hill:**  
Mon. and Wed., Feb. 11 and 13, 9 a.m.-1:30 p.m.

**Issaquah:**  
Sat., Jan. 26, or Feb. 23, or March 23, 9 a.m.-5 p.m.

**Fall Prevention/Steady on Your Feet**

Learn to maintain good balance and perform daily activities safely.

**Edmonds:**  
Wed., Feb. 6, 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.

**Issaquah:**  
Wed., Feb. 13, 6-9 p.m.

**Heartsaver First Aid, CPR and AED**

Learn how to save a life using proper first aid, CPR and automated external defibrillator (AED) techniques for adults, children and infants. Class is taught by American Heart Association-certified instructors and includes training with an AED. Participant certifications are valid for two years. **Fee:** \$70.

**Cherry Hill:**  
Sun., March 10, 9 a.m.-2:30 p.m.

**Edmonds:**  
Sun., Jan. 13, 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).

**Ballard:**  
Sat., Jan. 12, 9 a.m.-4 p.m.

**Cherry Hill:**  
Sat., April 13, 9 a.m.-4 p.m.

**Edmonds:**  
Sat., March 9, 9 a.m.-4 p.m.

**Issaquah:**  
Sat., Feb. 9, 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, headache, movement disorders, multiple sclerosis, parenting and stroke. For more information, visit [www.swedish.org/classes](http://www.swedish.org/classes). Swedish also hosts other support groups that meet at our facilities. Please contact your primary-care provider for help in locating a support group for your specific needs.

**WEIGHT-LOSS EDUCATION**

Swedish Weight Loss Services offers a variety of classes on surgical and nonsurgical weight loss. For a complete class listing, visit [www.swedishweightloss.com](http://www.swedishweightloss.com) 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., Feb. 18, 6-8 p.m.

(“Global to Local” - cont. from second page)

initially starting at the company's Tukwila store located on International Boulevard. G2L staff will work directly with Bartell Drugs to provide in-store services to improve understanding and correct usage of pharmacy services, ultimately leading to better medication adherence.

“We look forward to supporting the G2L outreach effort while providing the best possible customer service in these communities,” says Theron Andrews, Vice

President of Marketing for the Seattle-based, family-owned drugstore chain.

“We are thrilled that Bartell Drugs has joined the growing list of private partners for G2L,” says Dan Dixon, Swedish's Vice President of External Affairs. “Programs addressing health disparities are only successful when the entire community comes together to find solutions.”

For more about G2L, visit [www.globaltolocal.org](http://www.globaltolocal.org).

**COMMUNITY EVENTS**

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



**April Pool's Day**  
Saturday, April 6, 9 a.m.-noon  
Mountlake Terrace  
Recreation Pavilion  
[www.swedish.org/aprilpoolsday](http://www.swedish.org/aprilpoolsday)  
• Free pool admissions  
• Meet Olympic swimmer and medalist Margaret Hoelzer

**Mercer Island Half**  
For colon cancer prevention and support of rotary charities  
Sunday, March 24  
Mercer Island Community and Event Center  
Half Marathon Run/Walk, 10K Run, 5K Run/Walk, Kids' Dash  
[www.mercerislandhalf.com](http://www.mercerislandhalf.com)

**Northwest Women's Show**  
Friday, March 1 through Sunday, March 3  
CenturyLink Field Event Center  
[www.nwwomenshow.com](http://www.nwwomenshow.com)



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
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 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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