

HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH SPRING 2014



Teens and Marijuana: What Parents Should Know

Marijuana is now legal in Washington state for individuals 21 and older. Many doctors, however, are concerned that legalization will also affect teens and younger children.

There are many options for marijuana consumption, such as smoking, vaporization, oils and edibles. They all can pose a health threat to children.

More research needs to be done, but here are some facts parents should know:

- According to several studies, today's marijuana is two to seven times more potent than in the 1970s.
- Marijuana can aggravate asthma and other chronic lung diseases.
- Marijuana can seriously affect adolescent brains, including memory and concentration; irreversibly reduce IQ scores; and worsen depression, anxiety and hallucinations.
- Teens are more likely to become addicted than adults. Studies suggest that one in eight adolescents will become dependent if he or she begins using marijuana before age 14.

"Parents need to initiate an open, ongoing dialogue with their children as early as age 10," says Elizabeth Meade, M.D., a pediatrician at Swedish. "Most parents are nervous about these types of conversations, but it is important to talk with children about what is out there and how to stand up to peer pressure."

Dr. Meade also suggests that parents:

- Make sure their children know that marijuana is still illegal for anyone under 21 and understand they could be fined and jailed for possessing it
- Set a good example by not using marijuana in front of their children
- Keep marijuana-containing edibles in a locked cabinet and out of sight of children

As parents, we guide and nurture our children so they will grow and mature into healthy adults. Regardless of your personal views about marijuana, it is important to recognize that marijuana use can pose a significant risk for children. For more information, go to www.swedish.org/teensandmarijuana.

What Is Integrated Cancer Care?

No one really wants to think about getting cancer. If, however, they do hear the words "You have cancer," their focus quickly turns to finding the best medical care. Many of them turn to the Swedish Cancer Institute (SCI).

The SCI has sophisticated tests to diagnose a patient's specific type of cancer. Doctors at the SCI have years of special training and access to the most advanced technology, procedures and medications.

But the best cancer care is more than procedures, technology and medication.

"At the Swedish Cancer Institute, we consider the entire person when developing care plans," says Barbara Kollar, director of Integrated Care at the SCI. "We are able to supplement our traditional medical care with many alternative therapies and services.

Integrated care supports the emotional, physical, mental and spiritual well-being of our patients. Our services enhance treatment and healing, and help improve the quality of life of patients and those who love them."

Natural medicine has long been used to support the immune system and reduce the side effects of cancer treatment. Dan Labriola, N.D., director of Naturopathic Services at the SCI, was one of the first complementary and alternative medicine physicians to regularly see cancer patients in a hospital setting. His relationship with the SCI extends beyond patient care to include a clinical research partnership with a medical oncologist. The study is evaluating how natural medicine can complement traditional cancer therapies by helping to keep the patient strong during their treatments.

The word "integrated" means to combine into one harmonious whole. Integrated Care at the SCI puts that definition into practice every day — looking at the whole person in order to create a harmonious care plan.

Swedish Cancer Institute Integrated Cancer Care

- Art Therapy
- Genetic Counseling
- Knit for Life™
- Massage Therapy
- Meditation
- Music Therapy
- Naturopathic Services
- Nutrition Care
- Oncology Social Work
- Patient and Family Education
- Psychiatric Care
- Rehabilitation/Onco-physiatry

For more information, go to www.swedish.org/integratedcare.

Tummy Ache or Something Else?



It's morning. Your child comes downstairs complaining of a tummy ache. What could it be? Is it simply hunger? Could it be the beginning of the flu or another, more serious medical concern? Is it a food allergy or constipation? Or maybe your child just has a test at school and would really like to stay home. For parents, the questions and possibilities seem endless and almost overwhelming.

When should parents step up their concern?

At Swedish Pediatric Gastroenterology, we know how challenging it can be for parents to decide whether a tummy ache is something serious that deserves a visit to the doctor's office. You don't want to wait, especially

if your child has been suffering from ongoing abdominal pain.

Call our clinic at **206-215-6005** and our staff will help you decide what your next step should be. If you need to see a doctor, we can also determine which type of specialist would be able to provide the best care for your child. And, if necessary, we will schedule an appointment for the best time — usually within a week or, in some cases, the same day.

We care for children — from infants to adolescents. Our team of doctors, nurses, dietitians and feeding therapists focuses exclusively on diagnosing and treating diseases of the digestive system, liver and pancreas, as well as nutrition and growth challenges in children.

Swedish Pediatric Gastroenterology

Call **206-215-6005** to talk with a clinic staff member and make an appointment at Swedish/First Hill or Swedish/Issaquah.

To learn more, go to www.swedish.org/pediatricGI.

When Liver Transplant Is the Only Answer

People who face liver failure need two things:

1. A great transplant program
2. A generous organ donor

Swedish is one of just four liver transplant centers for the entire Pacific Northwest. Nearly 16,000 people in the United States are waiting for a liver transplant. In Washington state, about 260 individuals are on the waiting list.

The liver is amazing. It cleans your blood and makes proteins your body needs. It even repairs itself if it is damaged. If there is too much damage, though, the liver stops working properly. When this happens, a transplant may be the only option. Cirrhosis, viral hepatitis, liver cancer, autoimmune disorders and obesity are some of the things that can seriously damage the liver.

The Swedish Liver Center provides the most up-to-date treatments and therapies. Working with the Swedish Organ Transplant Program, liver specialists perform whole liver transplants.

The Centers for Medicare and Medicaid Services has approved the Swedish Liver Transplant Program for Medicare. This certification allows Swedish to improve access to this life-saving surgery and bring new hope to those waiting for a liver transplant.

Learn More

Swedish Liver Center
www.swedish.org/livercenter

Swedish Organ Transplant Program
www.swedish.org/transplant

Phone: **206-386-3660** or
 1-800-996-7426 (toll free)

Organ Donations: www.donatelife.net

COMMUNITY EVENTS

Please join us at the following Swedish-sponsored community events!

American Cancer Society Relay for Life Events

Cal Anderson Park, Seattle:
Saturday, Aug. 23

Edmonds-Woodway High School:
Saturday, May 31-Sunday, June 1

Issaquah High School:
Saturday, May 31-Sunday, June 1

Seattle University:
Saturday, May 24

www.relayforlife.org

American Diabetes Association Tour de Cure

Chateau Ste. Michelle, Woodinville
Saturday, May 10
www.diabetes.org

American Lung Association LUNG FORCE Walk

Denny Park, Seattle
Saturday, June 7
www.lung.org

Asian Counseling and Referral Service Walk for Rice

Seward Park, Seattle
Saturday, June 28
www.acrs.org

Celebration of Food Festival

Lynnwood Convention Center
Sunday, May 18
www.edcc.edu/foodfest

Edmonds Arts Festival

Frances Anderson Cultural Center
Friday-Sunday, June 13-15
www.edmondsartsfestival.com

Evergreen Mountain Bike Festival

Saturday, June 7
Duthie Hill Park, Issaquah
www.evergreenmtbfestival.com

Health & Fitness Expo

Edmonds-Woodway High School
Saturday, May 17
www.hfexpo.edmondswa.gov

Healthy Living Fair

Friday, April 25, 10 a.m.-2 p.m.
Edmonds Senior Center
www.edmondssc.org

March of Dimes March for Babies

Edmonds City Park: Saturday, April 26
Seattle Center: Saturday, May 3
www.marchforbabies.org

Mercer Island Preschool Association Circus

Saturday, April 26, 10 a.m.-2 p.m.
Mercer Island High School
<http://mipreschoolassociation.org>

National Multiple Sclerosis Society Greater Northwest Chapter Walk MS 2014

University of Washington
Sunday, April 13
www.nationalmssociety.org

Sammamish Farmers Market

Issaquah City Hall Plaza
Wednesdays, May 21-Oct. 1, 4-8 p.m.
www.sammamishfarmersmarket.org

Get Connected to Your Health With MyChart

If you are a patient at Swedish or being seen by a doctor who is affiliated with Swedish, it is easy to stay up to date with your medical information — thanks to MyChart.

MyChart is the online front door to your electronic health record. With MyChart you can:

- Review test results, medications and allergies
- Request prescription refills or appointments at participating clinics
- Email your clinic medical team about nonurgent concerns

Your medical record and MyChart account are private. Swedish uses the latest technology to keep them secure. Your personal login and password and coded MyChart information ensure that only authorized individuals are able to read it.

There are even Apple and Android apps that allow you to access MyChart

from your mobile device. Connecting to your medical information couldn't be easier.

To sign up for MyChart, you must be 18 years or older, have a valid Social Security number, and be a patient at Swedish or one of the clinics connected to the Swedish electronic health record.

If you have not yet signed up for MyChart, talk with Patient Registration during your next clinic visit. They will gather your information and issue you a MyChart access code. That code will allow you to log in and create a unique password. Patient Registration can also help you sign up for MyChart if you visit a Swedish Emergency Department or are a patient at one of Swedish's five hospitals (Ballard, Cherry Hill, Edmonds, First Hill or Issaquah).

For more information about MyChart and the clinics that offer this service, go to www.swedish.org/mychart.



Don't Settle for Sinusitis

Breathing through your nose is underappreciated — until you can't do it. Clogged sinuses affect our sleep and physical activities, and reduce our senses of smell and taste.

Inflammation is most often the culprit. It causes the lining of the nose to swell, which blocks air movement, and creates thick mucus.

Inflammation that lasts for more than 10 to 12 days is called sinusitis. If you have had sinusitis, you know that the symptoms are more intense than those of a common cold. Typically patients experience pressure and pain around the nose and eyes, severe stuffiness and purulent (thick yellow or green) nasal drainage. Some people have other symptoms, such as earaches, a cough or sore throat, bad breath and fever.

If you have two to three bouts of sinusitis each year, it is called recurrent acute sinusitis. If it lasts three or more months, it is chronic sinusitis.

Doctors at Swedish Otolaryngology have special training in conditions of the ear, nose and throat. They diagnose and treat chronic sinusitis. A CT scan is often the first step to confirm the diagnosis. Initial treatment might include antibiotics and/or oral steroids. If

medicine does not work, your doctor may suggest sinus surgery.

"Patients who have had sinus surgery are able to breathe and blow their noses right away," says Vincent Chan, M.D., a specialist at Swedish Otolaryngology. "Because we perform sinus surgery through the nostril, there is no external bruising or scarring. Patients are able to go home the same day, and about half of my patients do not require any pain medicine."

To begin learning about which option is right for you, call 206-215-1770 or visit www.swedish.org/otolaryngology.

Swedish Otolaryngology

For more information, go to www.swedish.org/otolaryngology. To schedule an appointment, please call **206-215-1770**.



Screening for Abdominal Aortic Aneurysm



Abdominal aortic aneurysm (AAA) occurs when a weak area in the aorta (the major blood vessel that sends blood through the body) dilates and quietly expands. The dilated area can rupture or leak. Often AAA is only discovered when it appears on an X-ray taken for some other reason — or when it ruptures.

AAA is the third leading cause of death in men ages 60 and older. Nearly 90 percent of the time, a ruptured AAA causes death, so it is important to discover and treat it early.

Risk factors include:

- Gender (males more than females)
- Caucasian
- Smoker
- Family history of AAA
- High blood pressure
- High cholesterol
- Atherosclerosis (hardening of the arteries)
- Genetic disorders (such as Marfan syndrome)

"As an abdominal aortic aneurysm grows, the risk of rupture increases," says Rocco Ciocca, M.D., chief of vascular surgery at Swedish Vascular Surgery. "It is best to detect an abdominal aortic aneurysm early. If it is small, we may decide to watch and monitor it for a while, or we might suggest minimally invasive surgery to repair it. Such a procedure can be done with minimal discomfort and a short hospital stay and recovery."

Medicare covers the cost of ultrasound screening for AAA in high-risk individuals. However, they must request a referral during their "Welcome to Medicare" physical and arrange for the screening within a year of enrolling in Medicare Part B.

The low-cost AAA screening saves lives. Talk to your family doctor about your risk factors and whether you should have an AAA screening. For more information, go to www.swedish.org/aaa or call 206-215-5921.

Swedish Vascular Surgery

For more information about abdominal aortic aneurysms, go to www.swedish.org/aaa.

To schedule an appointment, please call **206-215-5921**.

Guide to Swedish's Community Education

Programs in Your Neighborhood

To register for the following classes, see a full list of classes at all Swedish campuses, and search for classes by region, visit www.swedish.org/classes or call **206-386-2502** unless otherwise noted. Registration is required for all classes. 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 has 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**.

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.

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.

DIABETES EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications, including a three-part introductory series on diabetes self-management. Physician referral is required. Visit www.swedish.org/diabetes or call **206-215-2440** (Ballard, First Hill and Issaquah) or **425-640-4395** (Edmonds). See the Nutrition section for the diabetes class *Super Salads and Savory Soups for Those With Diabetes* on Thursday, April 24.



HEALTH AND WELL-BEING

Compassion Cultivation Training

This eight-week course helps you develop compassion, empathy and kindness for yourself and others. Learn to reduce stress, increase well-being and enhance your relationships through compassion education, discussion and listening/communication exercises. **Fee:** \$325 per person. For more information or to register, call Diane Hetrick at **206-386-6888** or email diane.hetrick@swedish.org.

First Hill: Mon., April 21-June 16 (no class May 26), 4:30-6:30 p.m.

Don't Make Me Laugh: Bladder Control Therapies That Really Work

Did you know that one in three women suffers from urine leakage? If you have struggled with bladder control, you are not alone. Join pelvic-health experts from the urogynecology department to learn about the causes of urinary incontinence and treatment options that work.

Issaquah: Wed., May 7 or Thurs., May 8, 6-8 p.m.

Exercise for a Healthy Heart

This is a medically supervised exercise and education program at Swedish/Edmonds 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**.



Living With Essential Tremor

This free symposium is for those living with essential tremor and their caregivers. Learn about essential tremor, diagnoses, treatments and support options from both doctors and other patients. To register, call Michelle Bauer at **206-320-2883** or email michelle.bauer@swedish.org.

Cherry Hill: Thurs., June 5, 10 a.m.-2 p.m.

The Many Questions of Menopause

Menopause comes with many unknowns. Is this really it? How do I manage hot flashes? What about hormone therapy? How does menopause affect my overall health? Swedish OB/GYN specialist Eleanor Friele, M.D., will answer these questions and more.

First Hill: Tues., April 29, 6:30-8:30 p.m.

Mindfulness-Based Stress Reduction

This series offers instruction in mindfulness meditation, gentle yoga and strategies to manage stress and physical symptoms. The program is modeled on the book *Full Catastrophe Living* by Jon Kabat-Zinn. Eight sessions. **Fee:** \$375 per person. For more information, call **206-215-6966**. To register, call **206-386-2035**.

First Hill:

Thurs., April 17-June 5, 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.

A Path to Wellness Without Psychiatric Medications

At least one-third of patients who undergo treatment for depression do not achieve remission with traditional psychiatric medications and therapy. More still find that they are unable to tolerate therapeutic doses of these medications. Learn about innovations in the field of brain stimulation and hear evidence about the efficacy of treatments such as transcranial magnetic stimulation. See the article on the back page for more information.

Redmond: Wed., May 14, 6-7 p.m.

Personal Health Record: Your Personal Health Toolbox

Learn how you can use a personal health record to optimize and manage your own or a loved one's health; track immunizations, allergies and lab results; and empower yourself to be an engaged member of your health-care team.

Ballard: Fri., April 25, 6-7:30 p.m.

First Hill: Fri., May 16, 6-7:30 p.m.

Issaquah: Wed., June 4, 6-7:30 p.m.

Prediabetes

Learn how to monitor your blood sugar and make changes to your daily activity and diet to help lower blood sugar. Participants will receive a free blood-sugar monitor. **Fee:** \$35 (includes one support person).

Edmonds:

Tues., April 15, 9:30 a.m.-noon or Wed., May 21, 6-8:30 p.m.

What You Need to Know About Sunscreen and Skin Cancer

Did you know sunscreen can do more than just prevent sunburn? Join us to learn how sunscreen can help prevent skin cancer and diminish the photoaging process.

Redmond: Wed., May 7, 6-7 p.m.



HEARING LOSS

Can You Hear Me Now?

This interactive discussion led by Swedish audiologists 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: Thurs., May 22, 5:30-6:30 p.m.

Issaquah: Wed., May 14, 6-7 p.m.

Hearing Loss Intervention Options: From Amplification to Implants

For some people with hearing loss, hearing aids can effectively meet or exceed their needs. For others, more advanced technology is required to reconnect with their world. Join Swedish audiologists as they share options to address hearing loss, from traditional amplification to the latest in implant technology.

Cherry Hill: Tues., May 13, 10-11 a.m.

NUTRITION

Intuitive Eating

Learn about hunger and satiety cues, developing a healthful relationship with food and the natural pleasures of eating.

Edmonds: Thurs., May 1, 6-7:30 p.m.

Super Salads and Savory Soups for Those With Diabetes

Learn how to make healthy, delicious and diabetes-friendly soup-and-salad pairings featuring seasonal produce. Transform side dishes into hearty main-meal attractions that are sure to satisfy. **Fee:** \$15.

Cherry Hill: Thurs., April 24, 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.

Issaquah: Wed., May 28, 6-8 p.m.

Mill Creek: Wed., May 28, 6-8 p.m.

Redmond: Thurs., May 8, 6-8 p.m.

(Continued on back page)

Joint Replacement: The Right Choice for You?

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

Ballard:
Wed., May 28, 6-8 p.m.

Edmonds:
Tues., May 20, 6-8 p.m.

Issaquah:
Wed., April 23 or May 14, 6-8 p.m.

Swedish Orthopedic Institute (Seattle):
Thurs., May 8, 6-8 p.m.

Relief for Your Foot and Ankle Pain

A physician specializing in care of the feet and ankles will discuss foot and ankle anatomy, common injuries and disorders, and treatment options.

Swedish Orthopedic Institute (Seattle):
Thurs., May 29, 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 and nonsurgical solutions to common injuries.

Issaquah: Wed., May 21, 6-8 p.m.

Redmond: Thurs., May 15, 6-8 p.m.

Swedish Orthopedic Institute (Seattle):
Thurs., June 5, 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:** \$35 per family (includes two adults and one child; \$5 fee for each additional child or adult in the same family).

Parents and Boys Together

Edmonds:
Mon., June 2, 6:30-9 p.m.

First Hill:
Mon., May 5, 6:30-9 p.m.

Parents and Girls Together

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

First Hill:
Mon., May 12, 6:30-9 p.m.



SAFETY AND INJURY PREVENTION

AARP Smart Driver Course

The all-new AARP Smart Driver 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 ages 55 and older may be eligible for insurance discounts. **Fee:** \$15 for AARP members (membership number required), \$20 for nonmembers. Fee is payable in class by check, payable to AARP. Register at www.aarp.org/home-garden/transportation/driver_safety or call **1-877-846-3299**.

Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

Edmonds:
Thurs., 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.

Issaquah: Wed., June 11, 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.

Edmonds: Sun., May 4, 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 12, 9 a.m.-4 p.m.

Edmonds: Sat., June 14, 9 a.m.-4 p.m.

SPORTS MEDICINE



Concussions and Youth Sports

This class, presented by Swedish sports concussion experts, will provide concussion education and information about signs and symptoms, risk factors and prevention, baseline testing and when to seek medical attention. All parents, coaches, volunteer coaches and athletic trainers of youth athletes are encouraged to attend.

Issaquah: Mon., May 12 or Thurs., May 15, 6-7:30 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, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups. Please contact your health-care provider for help in locating a support group for your specific needs.

WEIGHT-LOSS EDUCATION

Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or nonsurgical weight-loss seminar.

Bellevue, Issaquah, Federal Way, Lynnwood and Seattle:

For seminar dates in your area, please visit www.swedishweightloss.com/seminars or call **206-215-2090** or **425-658-5264**.

Edmonds:

Weight Loss Services at Swedish/Edmonds is hosting surgical and nonsurgical weight-loss seminars. Register through www.swedish.org/classes or call **425-939-1940**. Seminars: Mon., April 21, May 19 or June 16, 6-8 p.m.



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.

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/locations

Swedish Primary Care

Ballard Clinic	206-320-3335
Ballinger Clinic (Mountlake Terrace)	425-640-4830
Beacon Hill	206-320-7270
Central Seattle Clinic	206-320-4888
Children's Clinic - Edmonds	425-673-3456
Children's Clinic - Meadow Creek (Issaquah)	425-394-1680
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

Marketing 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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swedish.org/blog

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Treating Depression Without Medicine

Are you unable to control depression with medication? You are not alone. Traditional talk therapy and medicine do not work for at least one-third of the patients who suffer from depression.

In 2008 the U.S. Food and Drug Administration approved transcranial magnetic stimulation (TMS) for treating depressed patients who cannot

tolerate or have not had success with medication.

"TMS treats depression by applying electromagnetic pulses to the part of the brain involved in depression," says Joshua Bess, M.D., a psychiatrist with Seattle Neuropsychiatric Treatment Center, a Swedish affiliate. "TMS treatment does not require anesthesia. Additionally, it has none of the side

effects related to antidepressants or other treatments, and no memory side effects."

Learn more about TMS. Register to attend a special presentation, *A Path to Wellness Without Psychiatric Medication*, on Wednesday, May 14 from 6-7 p.m. at Swedish/Redmond. To register, go to www.swedish.org/classes.