

# HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH SUMMER 2014

## Cancer Is Personal – Cancer Care Should Be Too



**N**ot all cancers are alike. Just as your “genetic fingerprint” determines the color of your hair and eyes, a tumor’s “fingerprint” defines the cancer. Identifying that fingerprint is called genomic sequencing, and it’s the newest tool in fighting cancer.

Today, sequencing genes allows

doctors at the Swedish Cancer Institute (SCI) to personalize cancer treatment based on abnormalities in a specific cell, no matter where the cell or tumor is located.

Why is genomic sequencing important? Think about Superman and his biggest threat: kryptonite. Kryptonite

only affected Superman — no one else. Today, cancer researchers are finding drugs that work the same way. These drugs zero in on cancer cells that have specific gene abnormalities and leave healthy cells alone.

Genomic sequencing identifies abnormal genes and matches them to their kryptonite-like drug.

“Doctors at SCI have access to a tremendous number of cancer-treatment options — many drug therapies, sophisticated surgical procedures and an extensive array of radiation technologies,” says Thomas Brown, M.D., SCI’s executive director. “Genomic sequencing gives us the ability to more effectively create a treatment plan that will work best for our patients.”

The goal is to find the most effective treatment that will help minimize side effects and improve a patient’s quality of life during treatment.

How does personalized medicine work? There are five steps to creating a personalized treatment plan.

**Step 1. Discuss options.** Patients are informed about how genomic sequencing of their cancer cells may impact care.

**Step 2. Collect a tissue sample.**

A small tissue sample is collected through a biopsy or surgery.

**Step 3. Sequence the genes.**

Doctors at CellNetix, a local laboratory and partner of SCI, use sophisticated equipment to identify the tumor cell’s fingerprint and collect additional information about the tumor.

**Step 4. Analyze the data.** In about

10 days, the oncologist receives a report listing treatments that have been used for other people with similar tumor cell fingerprints. In addition, potential clinical trials that may be available are identified.

**Step 5. Personalize treatment.**

The oncologist evaluates the report — along with the patient’s medical history, drug tolerance and surgical limitations — and creates a personalized treatment plan.

This is the foundation of personalized medicine. But it doesn’t stop here. Read the next issue of *HealthWatch* to learn how SCI takes personalized medicine even further by providing life-improving services that support patients and those who love them.

### Personalized Medicine

Get more information at [www.SwedishCancerInstitute.org](http://www.SwedishCancerInstitute.org).

## Clinical Trials Open the Door to New Treatments

**E**very day new drugs and medical procedures make the news, which suggests that discovering new treatments is a relatively quick process. But that’s not really the case. It takes years of laboratory research and a lengthy period of evaluation in a clinical setting before a new treatment can be made available to the public.

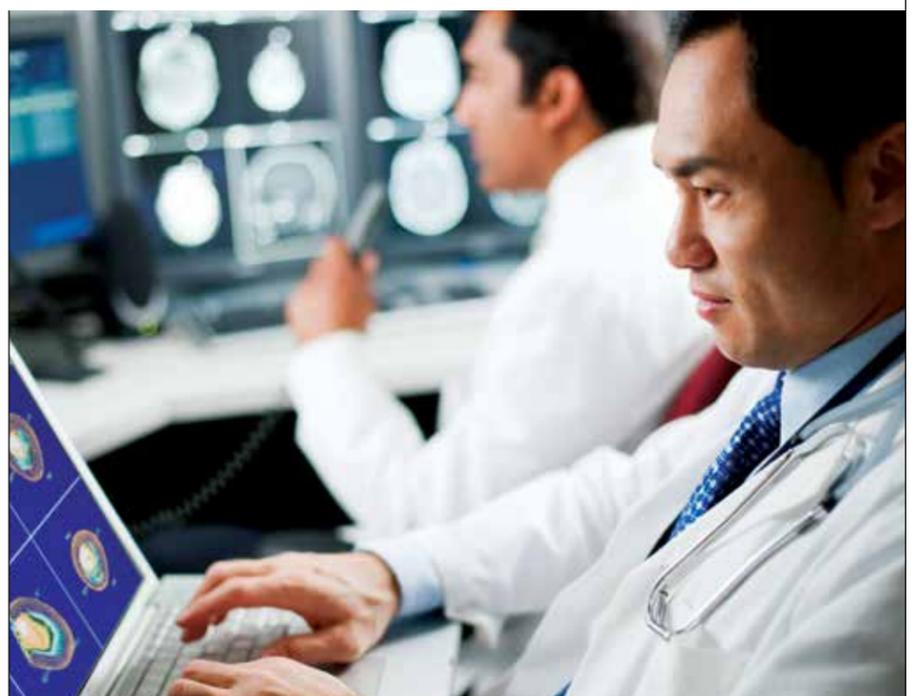
Doctors at Swedish focus on caring for patients and our clinical trials focus on research that relates to today’s care. That’s why more than 325 doctors choose to participate in clinical trials — the trials may offer alternative treatments for their patients.

Swedish is one of the largest sites on the West Coast for clinical trials. Patients come from all over to be part of these studies. Patients with conditions that have few treatment options are especially eager to participate in a clinical study at Swedish.

About 700 studies are conducted at Swedish each year. They involve many different conditions, such as

chronic pain, asthma and chronic obstructive pulmonary disease (COPD), as well as cancer, heart, liver, rheumatologic and neurological diseases. Doctors at Swedish study how diseases affect certain groups of people and a patient’s quality of life. They also study how to provide care in a better way.

Many therapies and treatments being developed or studied at Swedish are not available to the public, except through a clinical trial. For example, doctors at the Swedish Cancer Institute are investigating new drugs and drug combinations, radiation therapies, early-detection screenings and new surgical techniques. The Swedish Neuroscience Institute is looking at ways to treat essential tremor, multiple sclerosis and other diseases of the central nervous system. And the Swedish Heart & Vascular Institute is evaluating new procedures to improve care for heart patients.



### Learn More

Go to [www.swedish.org/research](http://www.swedish.org/research) for more information about clinical research at Swedish, and talk with your doctor to see if there might be a clinical trial that is right for you.

## COMMUNITY EVENTS

Swedish is proud to sponsor and participate in these community events. Please join us!

### American Lung Association Ride Around the Sound

Sat., Sept. 13  
92-, 73- and 38-mile routes  
[www.lung.org/washington](http://www.lung.org/washington)

### Asian Counseling and Referral Service Walk for Rice

Sat., June 28  
Seward Park, Seattle  
[www.walkforrice.org](http://www.walkforrice.org)

### Ballard Seafood Fest

Sat., July 12 and Sun., July 13  
N.W. Market Street, Ballard  
[www.seafoodfest.org](http://www.seafoodfest.org)

### Bellevue Strawberry Festival

Sat., June 28 and Sun., June 29  
Crossroads Park, Bellevue  
[www.bellevuestrawberrystrberryfestival.org](http://www.bellevuestrawberrystrberryfestival.org)

### Festival at Mount Si

Fri., Aug. 8-Sun., Aug. 10  
Si View Park, North Bend  
[www.festivalatmtsi.org](http://www.festivalatmtsi.org)

### Fourth on the Plateau

Fri., July 4  
City Hall at Sammamish Commons  
[www.ci.sammamish.wa.us/events](http://www.ci.sammamish.wa.us/events)

### Marymoor Park Concerts

Marymoor Park, Redmond  
Summer concert schedule at:  
[www.marymoorconcerts.com](http://www.marymoorconcerts.com)

### Mill Creek Festival

Sat., July 19 and Sun., July 20  
Mill Creek Boulevard, Mill Creek  
[www.millcreekfestival.com](http://www.millcreekfestival.com)

### Movies Under the Stars

Fri., July 18, Aug. 8, Aug. 15 and Sept. 5  
Swedish/Edmonds café patio  
[www.swedish.org/movies](http://www.swedish.org/movies)

### Mukilteo Lighthouse Festival

Fri., Sept. 5-Sun., Sept. 7  
Mukilteo Lighthouse Park  
[www.mukilteolighthousefestival.com](http://www.mukilteolighthousefestival.com)

### Redmond Derby Days

Fri., July 11 and Sat., July 12  
Redmond City Hall Campus  
[www.redmondderbydays.com](http://www.redmondderbydays.com)

### Sammamish Days and Nights

Sat., Aug. 9  
City Hall at Sammamish Commons  
[www.ci.sammamish.wa.us/events](http://www.ci.sammamish.wa.us/events)

### Sammamish Farmers Market

Wednesdays through Oct. 1, 4-8 p.m.  
City Hall Plaza, Issaquah  
[www.sammamishfarmersmarket.org](http://www.sammamishfarmersmarket.org)

### Snoqualmie Railroad Days

Fri., Aug. 15-Sun., Aug. 17  
Snoqualmie Depot, S.E. King Street, Snoqualmie  
[www.railroaddays.com](http://www.railroaddays.com)

### Swedish Multiple Sclerosis Center Annual Art Show

Sat., Aug. 9 and Sun., Aug. 10  
Seattle Center Armory  
[www.swedish.org/msartshow](http://www.swedish.org/msartshow)

### Swedish SummeRun and Walk

Sun., July 27  
Madison Street and Minor Avenue, Seattle  
[www.summerun.org](http://www.summerun.org)

### Taste of Edmonds

Fri., Aug. 8-Sun., Aug. 10  
6th and Bell Streets, Edmonds  
[www.atasteofedmonds.org](http://www.atasteofedmonds.org)

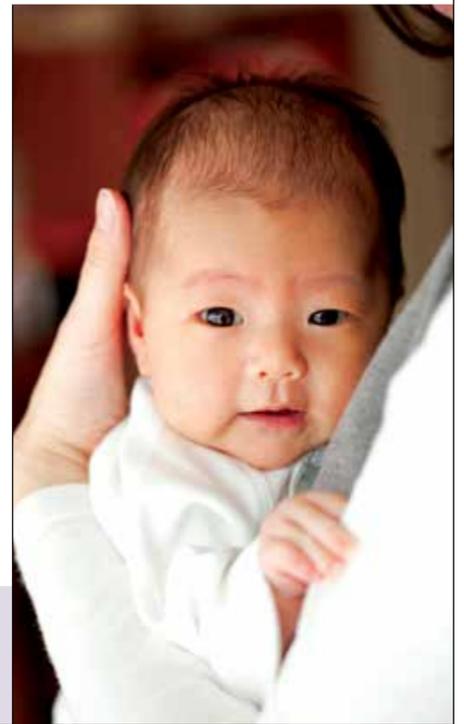
# Have a Happy Birth Day

**Y**ou have just learned you are pregnant. You are quickly approaching your delivery date. Or you are new parents experiencing your first days at home. No matter where you are in the cycle of pregnancy, childbirth and parenting, Swedish has the resources — beyond exceptional medical care — to support you and your baby.

“We want to give expectant and new parents good, solid information about labor, birth and the early months of parenting,” says Melissa Shaffer, CCE, family educator with Swedish Birth & Family Education. “We are like their parenting launch team. We help

them move forward with confidence, knowing what to expect and how to prepare for the unexpected.”

Classes address a wide variety of topics, from childbirth to newborn care, prenatal and postnatal exercise, infant CPR, car-seat safety, and breastfeeding. Refresher classes are available for parents who have been through childbirth previously. There are even classes designed specifically for fathers, siblings and grandparents. A special program, Bringing Baby Home, teaches important relationship skills for transitioning into being a family and a parent. It is an international program that originated at Swedish.



## Pregnancy, Childbirth and Parenting Classes

Resources are available at multiple locations. Let Swedish help you have a happy birth day. Go to [www.swedish.org/childbirthclasses](http://www.swedish.org/childbirthclasses) for more information.

# From Heels to Flip-Flops — Summer Foot Care

**S**ome foot problems don't change with the season. For example, narrow toe boxes on women's stilettos and men's cowboy boots pinch the toes, put pressure on the nerves in the ball of the foot and may cause painful pinched nerves or neuromas (nerve bundles). And, as seen in recent headlines, minimalist or five-toed

running shoes do not seem to provide the shock absorbency needed when running, especially on asphalt or concrete.

“As we transition into summer, we begin seeing some unique problems,” says Rodney Yen, DPM, M.S., a board-certified podiatrist who sees patients at Swedish/First Hill and Swedish/Redmond. “Sunburn is a common,

unexpected foot problem during the summer. The tops of the feet and toes have been covered for months. They are unprepared for the exposure to the sun's rays as we begin wearing sandals.”

According to the American Podiatric Medical Association, most Americans will log 75,000 miles on their feet by the time they reach age 50, so it is important to take care of them. This summer, select sandals with good support and traction, and footwear designed for your activities. Avoid stepping on unseen hazards by wearing swim shoes at the beach and when exploring lakes and rivers. Swim shoes also help protect your feet from two risks associated with swimming pools — plantar warts and athlete's foot.



## Find a Podiatrist

If you have foot problems, make an appointment with a podiatrist. Go to [www.swedish.org/physicians](http://www.swedish.org/physicians) and, under “Physician Specialty,” select “podiatry.”

# Serving Olympic Peninsula Communities

**T**he Olympic Peninsula is a jewel in Mother Nature's crown. Among the amenities that make life on the peninsula so appealing to families are three well-respected hospitals: Olympic Medical Center, Jefferson Healthcare and Forks Community Hospital. These hospitals have a special relationship with Swedish — they are affiliates of the Swedish Health Network. This means they have expanded their care to the Peninsula communities by building a strong bridge to Swedish specialty services for their patients. To further improve access, coordination and continuity of care, the hospitals use the same electronic medical record that is available throughout Swedish.



## Partnering to Expand Care

When you visit the Olympic Peninsula, we want you to enjoy its beauty without incident. But, should you need care, rest assured Swedish's partner hospitals are there for you.

# 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](http://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 our Health & Wellness classes at [www.swedish.org/classes](http://www.swedish.org/classes) for a complete listing.

#### Breast Cancer Resources

Have you or someone you know just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit [www.swedish.org/now-what/breastcancer](http://www.swedish.org/now-what/breastcancer).

### CHILDBIRTH EDUCATION



Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. Classes are offered regularly at all campuses. For more details, 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:

#### Prenatal Genetic Testing: Which Tests Are Right for You?

Have you thought about testing to detect genetic conditions in your baby? The number of options makes an already complex, personal decision more confusing. Learn about available tests, review pros and cons, and leave prepared for more detailed conversations with your care provider. This class is ideal for anyone considering pregnancy and those in their first trimester (less than 14 weeks' gestation). **Fee:** \$25 (includes you and a guest). Offered at Swedish/First Hill on the first, third and fourth Tuesday of each month.

### DIABETES EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications. Physician referral is required. Visit [www.swedish.org/diabetes](http://www.swedish.org/diabetes) or call **206-215-2440** (Ballard, First Hill and Issaquah) or **425-640-4395** (Edmonds).

### HEALTH AND WELL-BEING

#### 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 this class, which focuses on controlling risk factors and making positive lifestyle changes. Call **425-640-4330** for more information.

#### 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

Learn risk factors and dietary and lifestyle changes to help lower the risk of developing type 2 diabetes by up to 60 percent. **Fee:** \$35 (includes one support person).

**Edmonds:** Tues., June 17 or Aug. 19, 9:30 a.m.-noon; Wed., July 16 or Sept. 17, 6-8:30 p.m.

### ORTHOPEDICS

Need hip- or knee-replacement surgery? Swedish offers a one-stop resource to guide you in taking the next steps and learning about your treatment options. Visit [www.swedish.org/now-what/joint](http://www.swedish.org/now-what/joint).

The following classes include a question-and-answer session:

#### Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain, as well as options for surgical and nonsurgical relief.

**Edmonds:** Thurs., June 19, 6-8 p.m.



#### 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.

**Swedish Orthopedic Institute (Seattle):** Thurs., June 26, July 31 or Aug. 21, 6-8 p.m.

**Issaquah:** Wed., July 16 or Thurs., Aug. 28, 6-8 p.m.

**Ballard:** Thurs., July 24, 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 one child and up to two adults; \$5 fee for each additional child or adult in the same family).

#### Parents and Boys Together

**Issaquah:** Mon., July 7, 6:30-9 p.m.

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

#### Parents and Girls Together

**Issaquah:** Mon. July 14, 6:30-9 p.m.

**Ballard:** Mon., Aug. 11, 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 age 55 and over may be eligible for insurance discounts. **Fee:** \$15 for AARP members (membership number required), \$20 for nonmembers. Fee is payable in class by check, made out to AARP. Find classes and register at [www.aarp.org/home-garden/transportation/driver\\_safety](http://www.aarp.org/home-garden/transportation/driver_safety) or call **877-846-3299**.

#### Concussions and Youth Sports

This class provides information about the signs and symptoms of concussion, risk factors and prevention, baseline testing and when to seek medical attention. Parents, coaches and trainers of young athletes are encouraged to attend.

**Issaquah:** Wed., June 11 or Aug. 20, 6-7:30 p.m.

#### Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

**Edmonds:** Thurs., July 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 or Sept. 10, 6-9 p.m.

**First Hill:** Wed., Aug. 13, 6-9 p.m.

#### Heartsaver First Aid, CPR and AED

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

**First Hill:** Sun., July 13, 9 a.m.-2:30 p.m.

**Issaquah:** Sun., Sept. 14, 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).

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

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

**Issaquah:** Sat., Aug. 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, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit [www.swedish.org/supportgroups](http://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.

**Issaquah:** For Eastside-area seminar dates, visit [www.swedishweightloss.com/seminars](http://www.swedishweightloss.com/seminars) or call **425-658-5264**. All seminars are 6-8 p.m.

**Seattle:** For Seattle-area weekly seminar dates, visit [www.swedishweightloss.com/seminars](http://www.swedishweightloss.com/seminars) or call **206-215-2090**. All seminars are 6-8 p.m.

**Edmonds:** Weight Loss Services at Swedish/Edmonds offers surgical and nonsurgical seminars. For dates, times and to register, visit [www.swedish.org/edmondsweightloss](http://www.swedish.org/edmondsweightloss) or call **425-939-1940**.

## Stay Cool With Fluids

Summer sunshine triggers an intense desire to spend more time outside. One simple reminder will help you and your family enjoy the longer, warmer days without risking your health.

Don't wait until you are thirsty. Consume fluids regularly.

"The risk of dehydration due to sweating is a byproduct of warmer temperatures and increased activity," says Brian Higginson, R.D., C.D., a clinical nutrition specialist at Swedish. "Six to eight cups of water per day is generally a good goal for adults. Children, as well as seniors who take medicines that increase urination, need to replenish lost fluids and may need to be reminded."

There is good news, though. You don't have to rely on water for all of your fluid. Juices, unsweetened tea and a variety of fruits and vegetables also contribute to hydration.

### Fluids to Limit

- Sodas, coconut water and sports drinks (they contain more calories than most weekend or after-work athletes use up)
- Energy drinks (can cause hyperactivity and interrupt your sleep)
- Drinks with caffeine (a natural diuretic)



### Are You Hydrated?

The most realistic way to tell if you are hydrated: check the color of your urine. Clear urine with minimal odor is your goal. However, if you are taking multivitamins or B-complex, track your fluid intake carefully. Those supplements can turn urine bright yellow, even when you are well hydrated.

Enjoy the sunshine, stay cool with fluids and check out healthy summer recipes at [www.swedish.org/healthyrecipes](http://www.swedish.org/healthyrecipes).

## Kids Symptom Checker App

What should you do if your child develops a fever, cough, rash or sore throat? What about vomiting or a head injury? Health problems with children can come up any time – evenings or weekends, when you're traveling or when your doctor's office is closed. The Swedish Kids Symptom Checker for iPhone and Android is designed especially for these times. Download the free app at [www.swedish.org/app](http://www.swedish.org/app).



# Four Swedish Hospitals Score Top Grade for Patient Safety



Swedish/Ballard



Swedish/Edmonds



Swedish/First Hill



Swedish/Issaquah

Getting an "A" is the ultimate goal in school. It's also a prized recognition for hospitals.

This spring, the Leapfrog Group awarded "A" grades for patient safety to four Swedish hospitals — Ballard, Edmonds, First Hill and Issaquah. This is the fifth "A" in a row for Swedish/First Hill — making it one of only 251 hospitals in the nation to achieve that recognition.

"This recognition by Leapfrog is greatly appreciated and humbling," said Swedish Chief Executive Anthony Armada. "But safety is more than just a goal; it is a never-ending process that is at the heart of the care we provide."

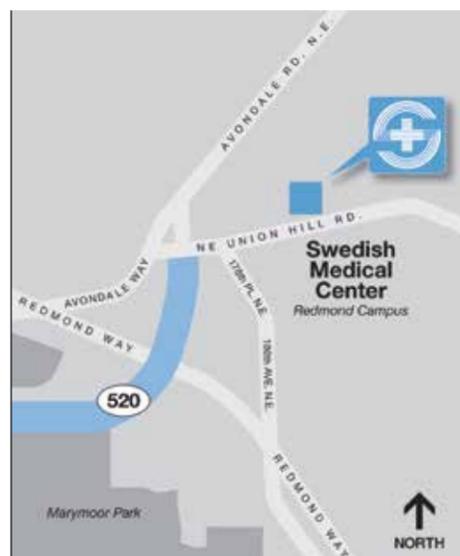
The Leapfrog Group is an independent healthcare-industry watchdog. Twice a year it issues the Hospital Safety Score, giving grades of A, B, C, D or F to more than 2,500 hospitals across the nation. The score is an assessment of how well the hospitals protect patients from accidents, errors, injuries and infections.

The report is also included in the *Journal of Patient Safety*. This publication is designed to give the public information they can use to protect themselves and their families.

Safety is the greatest commitment Swedish makes to its patients.

## Waiting for Urgent Care — Not at Redmond

When you need emergency or urgent care and go to Swedish/Redmond, you won't sit around for long in a waiting room. Instead, when you visit Redmond's emergency department or urgent care clinic, we'll get you into an exam room almost immediately. In just 30 minutes — usually much less — you'll see a doctor or nurse. So the next time you need nearly instant care, get the kind of medical attention you've been waiting for at Swedish/Redmond. And while you're thinking about Redmond, keep in mind we also offer primary and specialty care, plus imaging services. It's expert care, close to home.



### Other Locations

Swedish also has emergency locations at Ballard (Northwest Seattle), Cherry Hill (Central Seattle), First Hill (Seattle), Edmonds, Issaquah and Mill Creek (South Everett), and another urgent care clinic at South Lake Union in Seattle. Learn more at [www.swedish.org/emergency](http://www.swedish.org/emergency) and [www.swedish.org/urgentcare](http://www.swedish.org/urgentcare).

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	206-320-5190

For addresses, visit [www.swedish.org/locations](http://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	206-320-5190
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

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

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



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