

# HealthWATCH

**IN THIS ISSUE**

 Summer classes:  
*Programs in your neighborhood*

A RESOURCE FOR YOUR GOOD HEALTH

EASTSIDE EDITION

SUMMER 2011

## Introducing King County's First New Hospital in 25 Years

Until now, Greater Issaquah-Sammamish had been one of the few communities of its size without a hospital. "We are thrilled to be able to meet the health-care needs of the fast growing Eastside community," says Kevin Brown, senior vice president and chief administrative officer at Swedish.

"We identified a need in the community and are addressing it with this new campus. In the past, Eastside patients often had to travel to multiple locations on congested roadways for needed care. Our goal is to bring health care closer to home. We are proud to offer our high-quality patient care to people who live and work on the Greater Eastside," says Brown.

### New from the ground up

It's not often you get the opportunity to build a new hospital from the ground up. But Swedish/Issaquah isn't just a new physical structure, it's new philosophically, too, offering Eastsiders a new way to be well, get well and stay well. With advances in technology,



an environmentally friendly design and new hospital infrastructure, the new campus is designed to be different.

Located at 751 N.E. Blakely Drive in the Issaquah Highlands, the new medical campus sits on 12.5 acres of land just off I-90/Exit 18.

### LOOKING FOR A DOCTOR?

To find a doctor who practices at the new Swedish/Issaquah Campus, visit [www.swedish.org/issaquah](http://www.swedish.org/issaquah).

# The New Swedish/Issaquah: Doors Open July 14



*With the help of computer simulation models and guidance from Puget Sound Energy, Swedish/Issaquah will be the most energy-efficient medical complex in the region.*

We're just one month away from opening "Phase 1" of the new Swedish/Issaquah in July. It's an exciting time, and we're looking forward to opening this innovative, patient-centric facility to serve the residents of the Greater Issaquah/Sammamish community and East King County. Here are some things to note about the new Swedish/Issaquah:

## 1. The medical center opens in two phases.

**Phase 1** opens on July 14. This phase includes the opening of the medical-office building, physician offices and outpatient services, including: primary care, emergency room, imaging center, breast-care center, cancer center, physical therapy, outpatient lab, testing and treatment center, pharmacy and specialty-care clinics such as:

- Obstetrics and Gynecology
- Orthopedics
- Spine Care
- Urology
- Cardiology
- Pediatric Specialty Care
- Neurology and Neurosurgery
- General Surgery
- Pain Management
- Otolaryngology (ENT)

- Vascular Surgery
- Colon and Rectal
- Allergy
- Gastroenterology
- Audiology
- Pulmonology
- Plastic Surgery
- Ophthalmology
- Thoracic Surgery
- Diabetes Education

### Phase 2

We are several months ahead of schedule and will open the inpatient hospital services (phase 2) earlier than planned. The following services open November 15, 2011:

- Inpatient Surgery
- Labor & Delivery and Postpartum Units
- Pediatric Inpatient Unit
- Medical/Surgical Inpatient Unit
- Intensive Care Unit

## 2. Get a sneak peek of the new campus on Saturday, July 9.

Save Saturday, July 9 for a day to celebrate with Swedish. From 10 a.m.-5 p.m., Swedish will be hosting a celebration that promises fun for the whole family. Along with tours of the new medical center, health-education classes and giveaways, the annual Highlands Day festival will be taking place right next door. Visit [www.swedishissaquah.org](http://www.swedishissaquah.org) to learn more about the event.

## 3. It's all about the patients — and their families.

The staff at Swedish/Issaquah will always place the needs of the patient first to create a warm, welcoming and healing environment. Our focus on safety, quality and service will permeate all aspects of the care we will provide at the new medical center.

"Our patients are always the focus," says John Milne, M.D., vice president of medical affairs and an emergency physician at Swedish. "We will continue to provide safe, high-quality care that proactively anticipates the needs of patients and families, providing them with an experience that far exceeds their expectations."

Building upon the success of the current Issaquah ER, the new Swedish/Issaquah will be dedicated to a "no-wait" philosophy, respecting the patient's time and minimizing patient waiting.

In addition to providing an array of medical services, Swedish is enhancing the patient experience by incorporating health- and wellness-focused retail shops into the facility. Located in the heart of the new Swedish/Issaquah Campus, *The Shops at Swedish* open July 14.

To learn more, join us in-person or visit [www.swedish.org/issaquah](http://www.swedish.org/issaquah).

## Redmond Area Residents Can Now Sleep Easy

Swedish's sleep experts are now seeing patients at the new Swedish/Redmond Campus. Using the latest technology, Sleep Medicine Associates at Swedish can diagnose and treat the entire spectrum of adult and child sleep disorders including snoring, insomnia, restless legs syndrome, unexplained fatigue, sleep apnea, daytime sleepiness, shift-work/jet lag, and children's sleep disorders. Swedish's team of leading sleep specialists are board

certified in sleep medicine, as well as subspecialties in neurology, psychiatry, internal medicine, pediatrics and pediatric pulmonology. Sleep Medicine Associates at Swedish is the largest sleep disorders center in the region, with clinics and sleep laboratories at six convenient locations.

For more information or to schedule an appointment call 206-386-4744, or visit us online at [www.gosleep.com](http://www.gosleep.com).

# Guide to Swedish's Community Education Programs in your neighborhood

Swedish Community Health Education Programs are free unless otherwise indicated, but registration is required for all classes and screenings.

**All classes will be held at the new Swedish/Issaquah Campus in the Education and Conference Center, second floor:** 751 N.E. Blakely Dr., Issaquah.

To register, visit [www.swedish.org/classes](http://www.swedish.org/classes) or call **206-386-2502**. Classes, locations and times are subject to change. Please call to confirm the information listed here.

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).

Rod Hochman, M.D.  
President and Chief Executive Officer

John Vassall, M.D.  
Chief Medical Officer

## 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.

## CHILDBIRTH EDUCATION

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. We recommend registering by your fifth month of pregnancy. Classes are offered at all campuses. For more information, visit the Childbirth Services section at [www.swedish.org](http://www.swedish.org).



## ORTHOPEDICS

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

If you have arthritic joint pain and are considering joint replacement, you'll want to attend this important class. An orthopedic surgeon will discuss shoulder-, hip- and knee-replacement surgery. There will also be a question-and-answer session with the surgeon.

Wednesday, Sept. 21, 6-7:30 p.m.



### Spine Problems: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped disks and other common spine problems can affect your ability to move well. Learn about a variety of treatment options, including surgery and methods for nonsurgical relief. The class includes a question-and-answer session.

Wednesday, Aug. 3, 6-8 p.m.

### Relief From Your Foot and Ankle Pain

The foot and ankle are two of the most often under-treated structures of the body. If you are having foot or ankle problems you will want to attend this class. An orthopedic surgeon specializing in the care of the foot and ankle will discuss the anatomy and common injuries and disorders of the foot and ankle, and treatment options for these conditions. The class also

includes a question-and-answer session with the surgeon.

Thursday, Aug. 18, 6-8 p.m.

### Sports Medicine

If you're a high-performance athlete or a weekend warrior, you'll want to attend this informative class. An orthopedic surgeon specializing in the care of physically active individuals will provide an overview in the areas of prevention, treatment and rehabilitation of common sports-related injuries. The class also includes a question-and-answer session with the surgeon.

Thursday, Aug. 4, 6-8 p.m.

## PARENTING

### Growing up Female/Growing up Male

This class provides a perfect opportunity to build a bridge between you and your 9- to 12-year-old to demystify puberty and the changes that occur during this somewhat-awkward time. The focus of this class is to enhance communication between parents and preteens, as well as facilitate learning about the physical and emotional changes of puberty. Taught in partnership with Planned Parenthood of Western Wash. Fee: \$25 per family (fee includes two adults and one child; there is a \$5 fee for each additional child or adult in the same family.)

### Growing up Female

Tuesday, Aug. 16, 6:30-9 p.m.

### Growing up Male

Monday, Aug. 22, 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, promotes faster language development, stimulates intellectual growth and brain development, enhances motor skills, and strengthens your parent-child bond. Learn effective techniques with Nancy Hanauer, a credentialed teacher with 20+ years of teaching and signing experience. Class materials include a *Safety and Comfort Roo-minder Ring™* set of reminder cards and a comprehensive class packet with resources, photos, descriptions and memory aids for 80 additional signs taught in class. Four sessions. Fee: \$128 plus required \$19 materials fee (scholarships available; enrollment is for one or both parents of the same baby, or one parent and



a grandparent). More information at [www.hoptosignaroo.com](http://www.hoptosignaroo.com).

Tuesdays, Aug. 2-23, 10:30-11:30 a.m.

## SAFETY AND INJURY PREVENTION

### AARP Driver Safety Program

This eight-hour class is an innovative classroom driver-retraining program designed to help older persons improve their driving skills.



A certificate of completion is given that qualifies drivers over age 55 for insurance discounts. Participants must attend both sessions to receive certification. Fee: \$12 for AARP members, \$14 for nonmembers; payable in class by check to AARP.

Friday, Aug. 12, 10 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, how and when to summon help, tips on basic child care



and child development, and responsibilities of safe babysitting. Also taught are age-appropriate entertainment ideas and the basics of starting a babysitting business. This class is recommended for ages 11-13. The Safe Sitter program is recognized by the American Academy of Pediatrics. Visit [www.safesitter.org](http://www.safesitter.org) for more information. Fee: \$40 (scholarships are available on a limited basis).

Wednesday, Aug. 10, 9 a.m.-4 p.m.

## 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	425-394-0600
Swedish/Mill Creek	425-357-3900
Swedish/Redmond	425-320-3410
Swedish Visiting Nurse Services	425-778-2400
	800-449-2221

For addresses, visit [www.swedish.org](http://www.swedish.org)

### Swedish Primary Care

Ballard Clinic	206-320-3335
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
HealthCare For Women Clinic (Seattle)	206-215-6300
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
Class Registration	206-386-2502
James B. Douglas Health Education Center (Swedish/First Hill)	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/remove](http://www.swedish.org/remove) or call **206-386-6797**.

Swedish — a private, non-profit organization — is an equal-opportunity employer and service provider.

It is the policy of Swedish Health Services that no individual shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity at Swedish on the grounds of race, color, age, sex, marital status, sexual orientation, religious belief, ancestry, national origin, political affiliation, ability to speak English or disability.



[www.twitter.com/swedish](http://www.twitter.com/swedish)  
[www.twitter.com/swedishedmonds](http://www.twitter.com/swedishedmonds)



[www.facebook.com/swedishmedicalcenter](http://www.facebook.com/swedishmedicalcenter)  
[www.facebook.com/swedishbabies](http://www.facebook.com/swedishbabies)



[www.youtube.com/swedishseattle](http://www.youtube.com/swedishseattle)