

HealthWATCH

 PROUDLY CARING FOR
 THE NORTHEAST

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A RESOURCE FOR YOUR GOOD HEALTH

NORTHEAST EDITION

WINTER 2012

Robotic-Assisted Surgery Now at Swedish/Edmonds

Less pain, less risk of infection and less time in the hospital are all patient benefits with new, innovative technology that's revolutionizing the way urologic and gynecologic surgeries are performed at Swedish/Edmonds.

The hospital is now equipped with the da Vinci® Surgical System — advanced robotic technology that allows some types of complex surgical procedures to be performed with greater precision and less invasively.

The system consists of a console equipped with a special 3D HD monitor and hand controls to manipulate four interactive robotic arms. A camera at the end of one arm allows a surgeon to see the surgical site up to 12 times more



closely than human vision allows, while the other robotic arms maneuver surgical instruments that “virtually” put the surgeon's hands inside the patient.

The da Vinci Surgical System offers patients significant benefits over traditional surgical approaches including less pain, less blood loss, shorter hospital stay, less risk of infection, faster recovery time and quicker return to normal daily activities.

In 2005, Swedish became one of the first health systems in the region to perform robotic-assisted surgery. For more information, go to www.swedish.org/roboticsurgery.

New Cancer Center Opening 2012



Rendering courtesy Perkins+Will

Construction of a new two-story cancer center at Swedish/Edmonds is under way. The center is anticipated to open to the public in 2012.

Swedish is committed to providing seamless, personalized care that's close to home and plans to enhance the experiences of patients and their families with the opening of expanded facilities and services at Swedish/Edmonds.

Anticipated to open in 2012, the new two-story, 16,000-square-foot building will feature:

- A medical oncology suite with physician services provided by Puget Sound Cancer Centers
- Chemotherapy and infusion services
- Patient-care areas with enhanced patient privacy and comfort

In addition to the new medical oncology center, there will be exciting new changes to the hospital's existing Swedish Cancer Institute facility. Plans are under way for the first floor to accommodate a new linear accelerator (linac) — technology commonly used

for cancer radiation treatments. A linac works by delivering a uniform, high-energy X-ray dose to cancer tumors. The precision and accuracy of the X-ray dose destroy cancer cells while sparing the surrounding normal tissue.

The existing cancer facility's second floor will also undergo changes and is planned to house a new cancer patient resource center. The space will provide patient and family-centered education, social services and meeting rooms for support groups, as well as space for specialists and integrated cancer-care providers.

More than 2,600 cancer patients were cared for by the Swedish Cancer Institute, Puget Sound Cancer Centers and other local cancer-care providers affiliated with Swedish/Edmonds in 2010. The expansion and coordination of cancer services will allow Swedish/Edmonds to serve even more patients this year and for many years to come.

More Affordable Heart Medications, New LDL Recommendations

Heat disease remains the leading cause of death in the United States, but there are a number of recent national announcements that may signal good news for people with, or at risk of, heart disease.

First, the cost of some cardiac medications is coming down. “One of the biggest barriers to effective heart care has been the cost of medications and patients unable to afford the most effective medications. Now these medications are becoming more affordable,” says Neil Siecke, M.D., FACC,

cardiologist, Swedish Heart & Vascular Institute.

In November, the statin drug Lipitor® became available as a generic. The same thing will happen with the drug Plavix® this spring. These medications could be available for as little as \$10 a month.

The second announcement may not be as popular with consumers, but Dr. Siecke says it's just as important in saving lives. Currently, it's recommended that people at risk for heart disease keep their LDL, or

so-called bad cholesterol level, at less than 160. The National Cholesterol Education Program (NCEP) is considering adjusting that target

level to less than 130. And if you've had a heart attack or stroke or have diabetes, in addition to taking a statin or cholesterol-lowering medication, the NCEP may recommend a target level of less than 70.

“Lower is better is the trend,” says

Dr. Siecke. “If we can keep a patient's bad cholesterol number lower for longer periods, the risk of a heart attack or stroke goes down dramatically.”



February is American Heart Month. Attend a free heart-health symposium, Saturday, Feb. 25 at Swedish/Edmonds. The symposium includes free health screenings, giveaways and

food. For the symposium time and additional details, please visit www.swedish.org/classes.

Guide to Swedish's Community Education Programs in your neighborhood

To register for the following classes, and see a full list of classes at all Swedish campuses, visit www.swedish.org/classes or call **206-386-2502** unless otherwise noted. Registration is required for all classes and screenings. Classes, locations and times are subject to change. Please call to confirm the information listed here.

Classes will be held at the Swedish/Edmonds campus unless otherwise noted: 21601 – 76th Ave. W., Edmonds

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.

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 for a complete listing.

CARDIOVASCULAR EDUCATION/ STROKE PREVENTION

Diabetes Type 2

This is a series of four classes taught by a diabetes nurse and dietitian with the goal of helping you become independent in the daily management of diabetes. Classes provide an opportunity for you to share your successes, concerns and common problems with others who have diabetes. You're encouraged to bring a family member or friend to class with you. A physician referral is required. Day and evening classes are offered. Call **425-640-4395** to register.

Exercise for a Healthy Heart

This is a medically supervised exercise and education program for individuals living with, or at risk of developing, heart disease. Individuals with heart disease, diabetes/prediabetes, and high blood pressure or cholesterol will benefit from the program, which focuses on controlling risk factors and making positive lifestyle changes. For more information, call **425-640-4330**.

Lowering High Blood Pressure

This class will focus on nutrition and lifestyle changes to improve your blood pressure. Bring your recent blood pressure readings to discuss what these numbers mean.

4th Floor Conference Room
Monday, Feb. 27, 6-7:30 p.m.

Lowering High Cholesterol

Learn how exercise, nutrition, medications and positive lifestyle changes can lower cholesterol levels. Bring your most recent test results and learn what the numbers mean. The class will focus on nutritional changes to improve your LDL cholesterol level.

4th Floor Conference Room
Monday, Jan. 23, 6-7:30 p.m.

Prediabetes/Glucose Intolerance/ Metabolic Syndrome

This class focuses on individuals with prediabetes, or those who are at risk for developing diabetes, and covers the importance of lowering blood sugar through lifestyle changes. Fee: \$30 per person (includes support person).

4th Floor Conference Room
Tuesday, Feb. 21, 9:30 a.m.-noon

- or -
4th Floor Conference Room
Wednesday, Jan. 18 or March 14, 6-8 p.m.

Stroke Prevention

This class will focus on nutrition, exercise and lifestyle changes toward stroke prevention. This class will help you understand the types and causes of stroke, as well as what you can do to reduce your risk.

3rd Floor Conference Room
Monday, March 26, 6-7:30 p.m.

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. For more information, visit Childbirth Services at www.swedish.org.

Have a Happy Birth Day Tour

Are you thinking of becoming pregnant or did you just hear the good news? At the Have a Happy Birth Day Tour, you will learn about your birthing options. Enjoy a walking tour of the Swedish/Edmonds Childbirth Center and hear real patient experiences.

ORTHOPEDICS

Preoperative Joint: Scheduled Surgery

Designed for anyone having knee- or hip-joint surgery at Swedish/Edmonds, this class

— presented by a nurse, occupational and physical therapists and a social worker — will inform you about what to expect before surgery, during your hospital stay and for the first several weeks after surgery. The class will include recommendations on how to prepare your home for a comfortable recovery. Please feel free to bring one support person with you.

4th Floor Conference Room
Friday, Jan. 13 or 27, Feb. 10 or 24, March 9 or 23,
1:30-3:30 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 also includes a question-and-answer session.

Auditoriums A and B
Thursday, Jan. 26, 6-8 p.m.

PARENTING

Growing Up Female/Growing Up Male

These classes provide 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 these classes is to enhance communication between parents and preteens, as well as facilitate learning about the physical and emotional changes of puberty. 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).

Growing Up Female

4th Floor, Auditorium B
Monday, Jan. 30, 6:30-9 p.m.

Growing Up Male

4th Floor, Auditorium B
Thursday, Feb. 23, 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; enrollment is for one or both parents of the same baby, or one parent and a grandparent). For more information, visit www.hoptosignaroo.com.

4th Floor, Auditorium A
Saturdays, March 10-31, 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.

4th Floor Conference Room
Monday and Tuesday, Jan. 30 and 31, or Feb. 27 and 28 or March 26 and 27, 9 a.m.-1:30 p.m.

Fall Prevention/Steady on Your Feet

Learn to maintain good balance and perform daily activities safely.

3rd Floor Conference Room
Thursday, Feb. 16, 1:30-2:30 p.m.

Adult First Aid

Learn how to apply first aid to adults in basic medical and environmental emergencies. This class is taught by American Heart Association-certified instructors. Participant certifications are valid for two years. Fee: \$40.

3rd Floor Conference Room
Wednesday, Feb. 8, 6-9 p.m.

Pediatric First Aid

Learn how to apply first aid to children and infants in basic medical and environmental emergencies. This class is taught by American Heart Association-certified instructors. Participant certifications are valid for two years. Fee: \$40.

4th Floor, Auditorium A
Wednesday, Jan. 11 or March 14, 6-9 p.m.

Heartsaver CPR and AED

Learn how to save a life using proper AED and CPR techniques for adults, children and infants. This class is taught by American Heart Association-certified instructors and includes training with an automated external defibrillator (AED). Participant certifications are valid for 2 years. Fee: \$40.

4th Floor, Auditorium A
Monday, Jan. 9, or Feb. 6, or March 12, 6-9 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. The Safe Sitter program is recognized by the American Academy of Pediatrics. Visit www.safesitter.org for more information. Fee: \$40 (scholarships available on a limited basis).

3rd Floor Conference Room
Saturday, March 3, 9 a.m.-4 p.m.

WELLNESS

Chair Yoga

An easy alternative to regular yoga, this class utilizes a chair for help in transitioning to and from the floor and for certain seated exercises. This class is ideal for those who struggle with balance, arthritis, or weight challenges or who just need a little extra assistance. Fee \$12 per session; payment accepted at time of class — cash or check only. First class is free.

4th Floor, Auditorium B
Every Monday, 5:30-6:30 p.m.

Yoga for a Healthy Mind and Body

Yoga provides stress relief, exercise, time for yourself, breathing, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. Fee \$12 per session; payments accepted at time of class — cash or check only. First class is free.

4th Floor, Auditorium B
Every Monday and Wednesday, 4-5 p.m.

Mall Walking

Be healthy and start the day off right with a brisk walk around the Alderwood Mall. Use the food court entrance. Keep track of your laps and become a mall-walking superstar.

Alderwood Mall
3000 - 184th St. S.W., Lynnwood
Daily, 7:30-10 a.m.

Pain and Beyond

This class teaches coping techniques for people with pain-limiting conditions. Call **425-640-4140** for more information.

4th Floor, Auditorium B
Every Friday, 4-5 p.m.

Weight Loss Series

Start the year off right with science-based information on how to best lose and keep off weight. Learn how nutrition, exercise and other factors can influence your weight and health. This is a series of three classes.

4th Floor Conference Room
Tuesdays, Jan. 17-31, 6-7:30 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 | 425-313-4000 |
| Swedish/Mill Creek | 425-357-3900 |
| Swedish/Redmond | 425-498-2220 |
| Swedish Visiting Nurse Services | 425-778-2400 |
| | 800-449-2221 |

For addresses, visit 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

General Information

| | |
|---|--------------|
| Corporate Communications | 206-386-6797 |
| HealthWatch Editor | 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

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swedish.org/blog

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Need to fill a prescription?

Or just looking for a bottle of aspirin? Stop by Pavilion Pharmacy conveniently located on the campus of Swedish/Edmonds. Hours are 9:30 a.m.-6 p.m., Monday through Friday. 10 a.m.-3 p.m. on Saturdays.