

HealthWATCH

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A RESOURCE FOR YOUR GOOD HEALTH

SEATTLE EDITION

SUMMER 2011

**SWEDISH DEDICATED TO
HEALTHIER
HEALTH CARE**

Health-care delivery is a major and expanding sector of our economy, with a history of significant contributions to environmental pollution. But I'd like to share some exciting work that Swedish is doing to use our planet's limited resources wisely and preserve a healthy way-of-life for future generations.

Over the past two years, Swedish has been developing a comprehensive approach to promote efficient use of limited natural resources. I'm proud to report we've made great strides in improving our environmental stewardship. A few examples include:

- Through intensified efforts at recycling, reprocessing of medical equipment, composting and other strategies, Swedish's annual recycling/waste reduction rate has gone from 11 percent in 1999 to 46 percent in 2010.
- Our new Issaquah campus has been designed and constructed as one of the most energy-efficient medical centers in the region (and possibly the country).
- Our cafés offer more local and organic food choices and are using healthier food-preparation methods.

Swedish has also recently joined the Washington Coalition for Healthcare Environmental Sustainability (WaCHES), a coalition of Washington hospitals interested in improving environmental performance.

This group works together to share best practices and identify ways to collaborate on a range of environmentally sound strategies.

As we continue to build on what we've done, I look forward to seeing the impact we all can have in creating a healthier environment for our patients, our employees and our community.

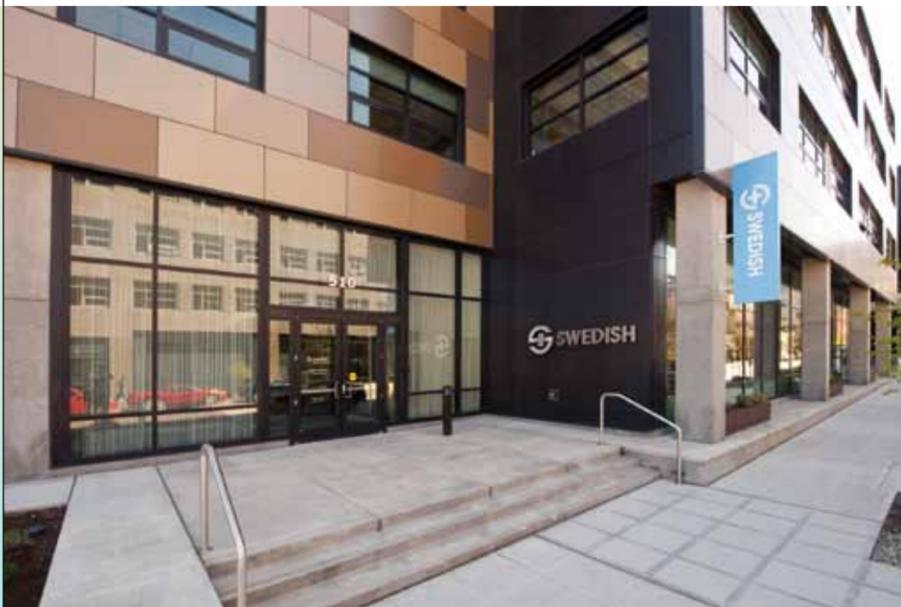
Please join us in this planet-friendly work. If you have an idea or thought to share, contact healthierhealthcare@swedish.org.

Warmest regards,



 Rod Hochman, M.D.
 President and CEO, Swedish


New Primary Care and Walk-In Clinic Now Open in South Lake Union



Swedish Medical Group's newest primary-care clinic is now open in South Lake Union. The full-service clinic offers extended hours and walk-in care at 510 Boren Avenue North (the corner of Mercer and Boren).

Swedish is pleased to announce that our new primary-care clinic in South Lake Union has opened its doors.

Located on the corner of Mercer Street and Boren Avenue North, in the same building as Amazon.com's global headquarters, this full-service clinic is the first primary-care clinic

in the neighborhood. It is also the first clinic at Swedish designed to meet the needs of a fast-paced urban area by providing a walk-in clinic option.

Swedish South Lake Union Primary Care incorporates many health-care innovations that help deliver an incredible patient experience.

Patients are welcome to make an

appointment with any of our four board-certified physicians or take advantage of our walk-in option which is staffed by our advanced registered nurse practitioners. The walk-in feature of the clinic provides same-day services for common ailments such as sore throat, flu/cold, mild asthma, immunizations, cuts/sprains and rapid testing (i.e., lipids, blood sugar and pregnancy).

Other services South Lake Union patients can expect include:

- Extended hours to accommodate workday schedules
- Online access to their doctor and medical files through Epic and MyChart (Swedish's electronic medical record platform)
- A unique care model where doctors work with their own dedicated team of health professionals to provide one-on-one, patient-focused care

To make an appointment, call 206-320-5200. If you need to be seen right away for a common ailment, just walk right in. For more information, please visit www.swedish.org/southlakeunionclinic.

Playing it Safe: What you need to know about toy safety

Toys. They come in every size, shape and variety from stuffed animals and die-cast cars to dolls and art sets and everything in between. If you have a child in your life, you've likely spent a small fortune purchasing toys. "Children learn by playing and toys are great tools as long as they are safe and developmentally appropriate for the child," says Hema Nirmal, M.D., Swedish pediatrician at Snoqualmie Primary Care Clinic.

What's Age Appropriate?

"One of the most important things to do is to read the labels on toys for information about the age the toy is suitable for," advises Dr. Nirmal. "If there is no age range on the label you might want to avoid that toy. For younger children, make sure that the toy and all its parts are larger than your child's mouth."

Toxic Toys

Two of the most toxic materials found in toys are lead and phthalates (plastic softeners). They are both found in Polyvinyl Chloride (PVC, or vinyl), and are known poisons that appear to affect children more seriously than adults. Specifically, lead poisoning has been linked

to brain and kidney damage, and phthalates, though more controversial, may cause reproductive problems and early puberty. These toxins can be ingested when children bite or suck on toys that contain them. Despite stricter regulations put in place by the Consumer Product Safety Commission in 2008, more than a million toys were recalled for toxicity in 2009. "As parents, we need to pay special attention to what our children are playing with. Make sure art supplies and painted toys are labeled as 'nontoxic,' and avoid older hand-me-down or garage-sale toys as these might not meet current toxicity standards," says Dr. Nirmal.

Inspecting toys for safety is critical; however, the most important safety feature is YOU. "There are no substitutes for adult supervision," says Dr. Nirmal. "Know which toys your child is playing with not only in your home, but in other homes and child-care settings. And don't forget that although toys are a great way to facilitate play and learning, they are no comparison to fun and loving interaction with parents."



Guide to Swedish's Community Education Programs in your neighborhood

Swedish Community Health Education Programs are free unless otherwise indicated, but registration is required. To register, visit 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.

Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)
Cherry Hill Campus: 500 17th Ave., 98122 (Central Seattle)
First Hill Campus: 747 Broadway, 98122

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.

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, call **425-640-4330**.



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.

First Hill:
 Orthopedic Institute Conference Room
 601 Broadway
 Thursday, July 21, Aug. 11, Sept. 8, 6-8 p.m.

Ballard:
 Conference Room ABC
 Wednesday, Sept. 21, 6-8 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.

First Hill:
 Orthopedic Institute Conference Room
 Thursday, Aug. 18, 6-8 p.m.

Relief for Your Hand and Wrist Pain

Learn about treatments needed for different types of fractures; ways to treat arthritis in the wrist, thumbs and fingers; and prevention and treatment of carpal tunnel syndrome and other overuse conditions.

First Hill:
 Orthopedic Institute Conference Room
 Thursday, Aug. 25, 6-7:30 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. 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

Cherry Hill:
 Swedish Education & Conference Center, Room A
 Tuesday, July 19, 6:30-9 p.m.

Ballard:
 Conference Room A
 Thursday, Sept. 15, 6:30-9 p.m.

Growing up Male

Cherry Hill:
 Swedish Education & Conference Center, Room A
 Monday, Aug. 1, 6:30-9 p.m.

Ballard:
 Conference Room A
 Monday, Sept. 12, 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.

First Hill:
 B-floor Conference Room 2
 Wednesdays, June 29 – July 20, 6:30-7:30 p.m.

Ballard:
 Conference Room A
 Mondays, July 11 – Aug. 1, 10:30-11:30 a.m. –or–
 5-North Classroom
 Thursdays, July 28 – Aug. 18, 6:30-7:30 p.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.

Ballard:
 5-North Conference Room
 Tuesday, July 26 and Thursday, July 28
 9 a.m.-1:30 p.m.

First Hill:
 5-North Classroom
 Tuesday, Sept. 6 and Thursday, Sept. 8
 9 a.m.-1:30 p.m.



CPR: Every Second Counts

This basic life-support training class teaches adult heart-saver and airway-obstruction procedures according to Seattle/King County Fire Department standards. Participant cards issued upon completion. Noncertifying class. Donations appreciated.

Ballard:
 Conference Room ABC
 Thursday, July 28, 7-10 p.m.

CPR for Babysitters

Do you want to take your babysitting skills to the next level? Getting trained in CPR is a great way to do just that. This class teaches youth and adolescents how to perform CPR on infants, children and adults. If you have taken the Safe Sitter class at Swedish, you can receive \$5 off your registration fee. Participants receive American Heart Association CPR certification cards. Fee: \$35/\$30 for Safe Sitters.

Cherry Hill:
 Layton Room
 Saturday, July 16, 1-4 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. www.safesitter.org. Fee: \$40 (scholarships are available on a limited basis).

First Hill:
 B-floor Conference Room 1
 Saturday, July 23, 9 a.m.-4 p.m.

Ballard:
 Cafeteria Conference Room
 Saturday, Sept. 17, 9 a.m.-4 p.m.

WELLNESS

Mindfulness-Based Wellness

Swedish physical therapist Diane Hetrick teaches meditation, yoga and stress-management strategies for people with chronic pain, illness and stress-related disease. To register, call **206-215-3176**. Eight sessions. Fee: \$375 per person (financial assistance is available).

First Hill:
 1101 Madison
 Thursdays, Sept. 29 – Nov. 17, 10 a.m.-12:30 p.m.

Weight Loss: The Diet Dilemma

All diets are not created equal. The truth is, our bodies are different and respond differently to food, so what works for one person doesn't work for another. How can you eat and maintain a healthy weight? Join us for an entertaining look at how our bodies function, and how our current eating trends have led to an overweight population and an obesity epidemic. Richard Lindquist, M.D., of Swedish Weight-Loss Services, will help you resolve the diet dilemma and explain how your diet can create a healthier, better you.

First Hill:
 Glaser Auditorium
 Thursday, Aug. 18, 6-8 p.m.

The Path to Easier Breathing

General nasal obstruction has multiple causes (environmental, anatomic, medical, etc.) which impair airflow. This impairment can represent a very complex process with several factors working in concert to compromise air passage. There are a variety of symptoms ranging from a "constantly runny nose" to the gross inability to breathe. This class will discuss a variety of treatments available to restore the nasal passages to a functional airway.

First Hill:
 Location to be determined
 Wednesday, Aug. 3, 6-7:30 p.m.

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

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

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	206-386-6767
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

If you wish to be taken off the mailing list, please fill out the form at www.swedish.org/remove or call **206-386-6797**.

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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.



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