SWEDISH HEALTH SERVICES 747 Broadway Seattle, WA 98122



HealthVV

PROUDLY CARING FOR **GREATER SEATTLE**

IN THIS ISSUE

Winter classes: Programs in your neighborhood

A RESOURCE FOR YOUR GOOD HEALTH

SEATTLE EDITION

WINTER 2012

Let's CHAT: New Program for Heart-Failure Patients

Heart failure affects more than 5 million people in the United States - 40,000 of them live in the Seattle metro area. As Americans have aged and the obesity rate climbed, the incidence of heart failure has increased.

Heart failure occurs when the heart can't effectively pump blood. Rather than circulating freely, blood begins to pool in various places in the body. Numerous medical conditions can strain the heart and cause heart failure if left untreated, such as:

- · High blood pressure
- · Coronary artery disease
- Severe arrhythmias
- · Damage to the heart muscle (cardiomyopathy)
- · Inflammation (myocarditis)
- · Faulty heart valves

The Swedish Heart & Vascular Institute's new Collaborative Health Action Team (CHAT) offers heart-failure patients enhanced communication after they leave the hospital.

A CHAT nurse calls these patients to review the instructions and medications they received before being discharged from acute care and to ensure they are scheduled for follow-up appointments within 72 hours. CHAT nurses make home visits and phone calls to provide ongoing assessments, manage medications, and help facilitate primarycare and cardiology follow-up activities.

"In the short time since we initiated this program, we have seen our 30-day readmission rate cut in half," says Mary G. Gregg, M.D., MHA, medical director of Quality and Patient Safety at Swedish and vice president of Medical Affairs at Swedish/Cherry



Does Your Child Have

a Sleep Disorder?

Swedish sleep specialist Preetam Bandla, M.D., says 25 percent of kids will have a sleep disorder of some sort at some time in their lives.

hat parent hasn't struggled to wake up a child for school? Jennifer Wojciechowski works in Patient/Family Education and Community Health at Swedish and is a mother of three. She knows all about the health habits of kids and thought her 10-year-old son's excessive sleepiness was typical until he started having trouble in school.

"We kept making sure he was getting 9 to 11 hours of sleep every night," says Wojciechowski. "But at school he was just shutting down."

Wojciechowski suspected a sleep disorder, but her son, Robert, didn't snore and showed no other signs of a disorder. After nearly two years and visits to seven doctors, Wojciechowski was referred to sleep specialist Preetam Bandla, M.D.

"Twenty-five percent of kids have a sleep disorder of some sort at some point in their lives," says Dr. Bandla, a pediatric pulmonologist at Sleep Medicine Associates at Swedish.

Dr. Bandla ordered a sleep study for Robert, who by now was 12. A

sleep study is a noninvasive test that measures the quality of sleep. Robert's study showed he had obstructive sleep apnea (OSA), a disorder that causes a person's breathing to periodically stop during sleep.

"When you hear sleep apnea, you think 50-year-old overweight men," says Wojciechowski. "You don't think 12-year-old boy."

"With Robert's sleep apnea, it wasn't a weight issue, but a combination of factors," says Dr. Bandla. "His anatomy, muscle tone and an upper airway relaxing too much during sleep all played a role. Increasingly, for many children with sleep apnea, weight gain is the main issue."

Dr. Bandla adds that video games, social media and text messages constantly interrupting or delaying sleep are also contributing to sleep disorders.

For the last year, Robert has worn a continuous positive airway pressure (CPAP) mask over his nose and mouth to help him breathe while asleep. He's sleeping better and has more energy.

"We bought him a bicycle for his birthday and he rides it every day up hills and all the way to school and back," says Wojciechowski. "He's happier, smiling. The transformation is incredible. My son is back."

Swedish offers sleep studies for children at both its Cherry Hill and Redmond campuses. Please call 206-386-4744 or 1-866-417-1100, or visit www.swedish.org/sleep.



Hill. "Patients are extremely pleased to receive this personal contact. Discussions with patients provide an opportunity to reinforce lifestyle changes that can make an incredible difference in their quality of life and long-term outcomes."

Lifestyle changes and specialized treatments, as well as specific heart-failure medications, are the preferred methods of caring for patients with a diagnosis of heart failure. These patients can avoid hospital stays and emergency room visits if their health care includes supportive outreach services. For more information about heart disease and lifestyle changes to help you maintain a healthy heart, go to www.swedish.org/heart.

Attend a free heart-health symposium on Saturday, Feb. 25 at Swedish/Cherry Hill. For more information, please visit www.swedish.org/classes.

Shaking Could Be Essential Tremor

atharine Hepburn was best known for her acting roles in famous movies like "The African Queen." But she's activity — are useful in treating essential tremor. But for disabling cases Dr Young also uses Gamma Knife® radioalso remembered for a shaky voice and trembling hands. | disabling cases, Dr. Young also uses Gamma Knife® radio-

Hepburn had essential tremor — a movement disorder that can make it difficult to write legibly, hold a fork or even speak.

"Essential tremor is the most common movement disorder — it's six times more common than Parkinson's disease," says Ronald Young, M.D., a neurosurgeon at Swedish Radiosurgery Center. "A patient with Parkinson's will shake while completely still. Essential tremor is just the opposite. The tremor comes out when you're doing something like drinking a glass of water, putting on makeup or shaving."

An estimated 10 million Americans, a glass of water. mostly over the age of 60, are affected by essential tremor. Two-thirds of these patients have a family history. The exact cause isn't known, but the disease occurs deep within a part of the brain called the thalamus.

Medications and deep brain stimulation — surgically

atharine Hepburn was best known for her acting roles | implanting a device in the brain to electrically disrupt brain

surgery. It sounds like surgery, but isn't.

"The Gamma Knife procedure brings together narrow beams of gamma radiation to deliver a precise dose to the cluster of cells within the brain causing the tremor," says Dr. Young. "The treatment lasts about 50 minutes, and gradually, over a period of a few months, the brain cells that were causing the tremor die and the tremor goes away." No general anesthesia is required and patients are able to go home the same day of treatment.

"Eighty percent of patients have a very significant reduction or complete elimina-

tion of the tremor following treatment," Dr. Young says.

For additional information about Gamma Knife radiosurgery and our essential tremor support group, please visit www.swedish.org/gammaknife or call 206-320-7130.



Essential tremor can make it difficult to do everyday tasks such as drinking

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.

Swedish/Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)

Swedish/Cherry Hill Campus: 500-17th Ave., 98122 (Central Seattle)

Swedish/First Hill Campus: 747 Broadway, 98122 (Seattle)

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

Heart-Healthy Recipes to Manage Diabetes, Boost Your Mood

Explore the power of food to boost your mood and make you feel your best while managing



diabetes. Bastyr University dietetic interns will teach you to prepare healthy foods while keeping diabetes under control. Fee: \$10.

Cherry Hill:

Swedish Center for Health and Fitness, Demonstration Kitchen Tuesday, Feb. 7, 6-7:30 p.m.

Stroke Prevention

The Stroke Care Program at Swedish offers ongoing community education seminars and events. For a current listing of stroke events or for more information about the program, please call **206-320-3484**.

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, go to Childbirth Services at 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 hip- and knee-replacement surgery. There will also be a question-and-answer session with the surgeon.



Ballard:

Conference Room ABC Wednesday, Jan. 25, 6-8 p.m.

First Hill:

Orthopedic Institute Conference Room Thursday, Jan. 12, Feb. 16 or March 15, 6-8 p.m.

Relief for Your Foot and Ankle Pain

The foot and ankle are two of the most undertreated parts of the body. An orthopedic surgeon specializing in the care of feet and ankles will discuss anatomy, common injuries and disorders, as well as treatment options. Class includes a question-and-answer session.

First Hill:

Orthopedic Institute Conference Room Thursday, Jan. 19, 6-7:30 p.m.

Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder, how to prevent injury and surgical/nonsurgical solutions to common injuries. The discussion will also include information on new advancements in shoulder replacement.

First Hill:

Orthopedic Institute Conference Room Thursday, March 1, 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 also includes a question-and-answer session.

First Hill:

Orthopedic Institute Conference Room Thursday, Feb. 23, 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 same family).

Growing Up Female

Ballard:

5-North Conference Room Thursday, Feb. 9, 6:30-9 p.m.

First Hill:

1-East Conference Room Tuesday, Jan. 10, 6:30-9 p.m.

Growing Up Male

Ballard: 5-North Conference Room

Thursday, Jan. 19, 6:30-9 p.m.

First Hill:

1-East Conference Room Tuesday, Feb. 28, 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.

Ballard:

Conference Room A Mondays, Feb. 6 – 27, 10:30-11:30 a.m. - or -

Tuesdays, March 6 – 27, 6:30-7:30 p.m.

First Hill:

1-East Conference Room Wednesdays, Feb. 1 – 22, 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 Monday and Wednesday, Jan. 23 and 25, 9 a.m.-1:30 p.m.

First Hill:

TI-East Conference Room
Tuesday and Thursday, Feb. 21 and 23,
9 a.m.-1:30 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. 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).

Ballard:

Conference Room B/C Saturday, Feb. 18, 9 a.m.-4 p.m.

Cherry Hill:

Layton Conference Room Saturday, March 17, 9 a.m.-4 p.m.

First Hill:

1-East Conference Room Saturday, Jan. 28, 9 a.m.-4 p.m.

WELLNESS

Hearing Loss, Hearing Aids and Ringing in the Ears

This interactive discussion will address frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members. The benefits and limitations of amplification will be discussed, as well as coping



Ballard:

Conference Room ABC Tuesday, Feb. 28, 10:30-11:30 a.m.

First Hill:

1-East Conference Room Tuesday, Jan. 24, 6:30-7:30 p.m.

Mindfulness-Based Wellness

Swedish physical therapist Diane Hetrick teaches meditation, yoga and stressmanagement 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 for qualified participants).

First Hill:

1101 Madison

Thursdays, Jan. 19 – March 8, 12:30-1:30 p.m.

Weight Loss: The Diet Dilemma

All diets are not created equal. Our bodies respond differently to food. Join us for a look at how current eating trends have led to an overweight population and an obesity epidemic. Richard Lindquist, M.D., medical director of Swedish Weight-Loss Services, will explain how your diet can be adjusted for a healthier, better you.

First Hill:

Glaser Auditorium Monday, Feb. 20, 6-8 p.m.

SWEDISH Health/VATCH

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 425-313-4000 Swedish/Issaguah 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 425-640-4950 Birth & Family Clinic (Edmonds) 206-320-4888 Central Seattle Clinic 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 Issaguah 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

206-386-6797

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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