SWEDISH
MEDICAL GROUP

Swedish Bone Health and Osteoporosis

Almost 34 million Americans are considered to be at risk for osteoporosis, a progressive disease in which bone mass deteriorates — usually in the hip, spine or wrist — making these bones dangerously weak, brittle and susceptible to fracture.

Swedish Bone Health and Osteoporosis Program is Swedish's first comprehensive practice dedicated to the assessment, treatment and monitoring of bone health and disorders, including osteoporosis and related disorders predisposing to fracture.

Comprehensive Care

Osteoporosis is a chronic but preventable condition. Early detection and education are central to effective treatment and prevention. We have a strong commitment to educating our patients and their physicians in matters of bone health and are dedicated to working together with them to create a comprehensive treatment plan.

What We Do

At the Bone Health Center, we work with patients and referring doctors to improve your bone health and lower your chances of breaking bones. We see patients with bone-health concerns of all kinds: patients on bone-active medications, those thinking about treatment for osteopenia or osteoporosis, those contemplating stopping medications, those who may not see improvement in bone density on treatment, and those with medical problems or on certain medications which predispose to worsened bone health.

About the Medical Director

Christopher Shuhart, M.D., MHA, CCD, is a certified clinical densitometrist who specializes in bone health and osteoporotic disorders. He has been practicing in primary care since 1991 and spent 18 years with Swedish Magnolia Primary Care in Seattle where he developed and launched osteoporosis education and management tools for the Swedish Medical Group. He has served on the teaching faculty of the International Society for Clinical Densitometry (ISCD) and is a member of the Executive Board of the Washington Osteoporosis Coalition.

Dr. Shuhart received his medical degree from Dartmouth Medical School in Hanover, N.H., and completed his residency training in Family Medicine at Brown University in Providence, R.I. He also holds a Master's degree in Health Administration from the University of Washington in Seattle.

*To make an appointment, referral, or to schedule a bone density test, call **206-215-5950** (Seattle location) or **425-313-2320** (Issaquah location).*

(see reverse side for locations)

Directions to
Swedish Bone Health and Osteoporosis

BALLARD CAMPUS
Ballard Medical Plaza
1801 NW Market St., Suite 107
Seattle, WA 98107
T 206-215-5950
F 206-215-5953

From the North, traveling south on I-5: Take I-5 southbound to the 85th Street Exit (No. 172). Turn right onto 85th. Travel for 30 blocks. Turn left onto 15th Ave. N.W. Turn right onto Market Street. Take the first left onto 17th Ave. N.W. Turn right at N.W. Lone Place. Turn right onto Tallman Avenue. Turn left into the entrance of the parking garage.

From the South, traveling north on I-5: Take I-5 northbound to the 45th Street Exit (No. 169). Turn left onto 45th Street (45th becomes 46th Street and then becomes Market Street). Travel west on Market Street for 18 blocks. Turn left onto 17th Ave. N.W. Turn right at N.W. Lone Place. Turn right onto Tallman Ave. N.W. Turn left into the entrance of the parking garage.

ISSAQUAH CAMPUS
751 NE Blakely Dr., Suite 5010
Issaquah, WA 98029
T -425-313-2320
F 206-215-5953

Traveling East on I-90: Take the E. Sunset Way-Highlands Drive exit (No. 18). Go left at the "Y" and continue onto Highlands Drive. Turn left (west) at the first traffic light onto N.E. Discovery Drive. Turn left (south) at the next light onto 8th Ave. N.E. Travel down 8th Ave., until it turns into the Swedish/Issaquah main entrance. Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

Traveling West on I-90: Take the E. Sunset Way-Highlands Drive exit (No. 18). Turn right (north) onto Highlands Drive. Turn left (west) at the first traffic light onto N.E. Discovery Drive. Turn left (south) at the next light onto 8th Ave. N.E. Travel down 8th Ave., until it turns into the Swedish/Issaquah main entrance. Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

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www.swedish.org

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