

# SWEDISH HealthWATCH

Fall 2006

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SWEDISH MEDICAL CENTER

**H** *HealthWatch is published quarterly as a community service of Swedish Medical Center, the largest, most comprehensive non-profit health-care provider in the Pacific Northwest.*

# HealthWATCH

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 Web site at [www.swedish.org](http://www.swedish.org).

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Welcome to

## Ask Dr. Auer



Nancy Auer, M.D., is the chief medical officer at Swedish. To ask a question, visit [www.swedish.org](http://www.swedish.org).

### Radiation Therapy

**I'm going to get radiation treatments for a lesion on my ribs. What side effects might I experience?**

*From Seattle*

Radiation treatments directed at rib lesions are generally very well tolerated. Some patients develop temporary redness or irritation of the overlying skin, but this is usually mild. These treatments are often directed at painful metastatic lesions and have a very high success rate.

### Mental Health

**My sister-in-law suffers from schizophrenia. Is there a group located in Seattle for relatives of those who suffer from this disease?**

*From Seattle*

Yes, National Alliance for the Mentally Ill (NAMI) Greater Seattle, also referred to as Washington Advocates for the Mentally Ill (WAMI), is a group

you can contact. It's made up of families and people concerned about major psychiatric disorders such as schizophrenia, bipolar disorders and clinical depression. The group is a great resource, and its advocates can also provide you with other resources. According to the group's Web site, [www.nami-greaterseattle.org](http://www.nami-greaterseattle.org), its mission is to "address the unmet needs of individuals with mental illness and their families through advocacy, public education, information and referral, and self-help support groups." NAMI Greater Seattle's phone number is (206) 783-9264 or 1-800-782-9264.

### Sleep Apnea

**My primary-care physician referred me to a sleep study at Swedish because he thinks I suffer from sleep apnea. Can you explain this condition?**

*From Seattle*

Sleep apnea is a breathing disorder that affects people while they sleep, usually without their knowing it. In sleep apnea, an individual's breathing repeatedly stops or nearly stops dozens — even hundreds — of times during sleep. This causes sleep fragmentation and a feeling of inadequate rest. Left untreated, it can lead to high blood pressure, heart and lung disease, heart attack, stroke and even death. Symptoms may include

excessive daytime sleepiness, morning headaches, personality changes and heavy snoring. In children, there can be learning or behavioral problems. For more information, visit the Sleep Medicine section of [www.swedish.org](http://www.swedish.org). You can also visit the National Sleep Foundation Web site at [www.sleepfoundation.org](http://www.sleepfoundation.org).

### Belly Buttons

**My son has been complaining for a while about a red, itchy belly button (he has an innie). Sometimes I have my son rub cortisone in his belly button. But the redness is not going away. Should I be doing something else?**

*From Bellevue, Wash.*

Belly buttons, especially "innies," get a buildup of dead skin and do require gentle cleaning every so often. Dead skin often creates irritation and a rash. A stronger strength topical steroid such as hydrocortisone 1 percent ointment (not cream) two times a day is helpful, as well as keeping the belly button dry. If this fails, a trip to your doctor for a stronger topical steroid, an antiyeast treatment or an antibiotic may be needed in case the belly button is infected.

## “The Groz” and Others Benefit from High-Tech Heart Institute

A moment of vigilance was all it took to extend Dave Grosby’s life and improve it in immeasurable ways — well, a moment of vigilance plus the expertise and state-of-the-art resources of Swedish’s cardiovascular program.

“I would not be alive today and expecting another 40 years or so,” says Grosby, “if not for the Swedish Heart and Vascular Institute [SHVI].”

The SHVI, which completed a move to Swedish’s Providence campus in May, features the latest in cardiovascular facilities, technologies and equipment. Three years were spent planning, consolidating and building the new facilities, in order to bring together the best possible team of cardiovascular specialists. The cutting-edge setting offers integrated care and the newest treatments and technologies, all under one roof.



Grosby, known as “The Groz” on his afternoon KJR 950 AM sports show, admits that until 2005 he paid little attention to his health. A few drinks here, a pack of cigarettes there — along with not much exercise and a diet of fast food — led to the day that he felt a “twinge” under one arm.

Though only 44 at the time, Grosby was a little more vigilant than he otherwise might have been — his father had had a heart attack at 71. That twinge, as it turns out, was caused by six heart blockages, which led The Groz to the Swedish Heart and Vascular

Institute and a sextuple bypass in June 2005.

### National leader in cardiovascular care

The SHVI is one of the nation’s leading cardiovascular programs and the most advanced in the Northwest. “We have a unique environment in which to provide clinical services,” says SHVI medical director Howard Lewis, M.D. This special environment stems from SHVI’s design, which promotes collaboration among a wide range of cardiac specialists and programs.

The SHVI offers:

- Physicians who are pioneering the latest noninvasive heart and vascular treatments
- Leading-edge diagnostic technologies, such as the 64-slice CT angiography, for heart problems

- State-of-the-art cath labs, cardiovascular operating rooms, interventional radiology labs and critical care units
- A new cardiac surgery partnership with the Ohio-based Cleveland Clinic, known worldwide for its expertise in heart care
- An innovative Center for CardioVascular Wellness, which focuses on both heart disease prevention and rehabilitation
- Collaboration with the Neuroscience Institute at Swedish
- Long-standing partnerships with community hospitals (Highline, Stevens and Valley Medical) to provide access to cardiovascular care close to home
- Science Innovation Synergy, an annual professional medical conference with a national and international presence

In its new location at Providence, the Institute offers the full spectrum of cardiovascular services: prevention, diagnostics, treatment, rehabilitation and research.

## A patient's perspective on quality care

“My whole experience with [the SHVT] was positive,” says Grosby, who was home four days after his sextuple bypass. He has since recovered and — with the help of the SHVT’s Center for CardioVascular Wellness — has lost 30 pounds and made a number of heart-healthy lifestyle changes, such as walking three miles to and from work each day.

“What I liked most about the doctors and the caregivers,” says Grosby, “was their knowledge and honesty. They did an amazing job of making the unknown known.”

## Walk for Healthier Hearts

A brisk 30-minute walk each day can do wonders for your heart. The American Heart Association promotes walking through programs, such as:

**Start!** – a new initiative in which major employers, like Swedish, encourage staff to walk 30 minutes a day

**The 13th annual Puget Sound Heart Walk** – which takes place Saturday, Oct. 7 at Qwest Field

The Swedish Heart and Vascular Institute and the Neuroscience Institute at Swedish are proud sponsors of both programs. To learn more visit [www.americanheart.org](http://www.americanheart.org).

## Spinach Pear Salad

*2 servings (1 serving = 2 cups)*

3 cups fresh spinach leaves, washed and chopped  
 2/3 cup canned light pear pieces  
 1-1/2 tablespoons low-fat feta cheese  
 1/4 avocado, sliced  
 2 tablespoons chopped walnuts  
 3 tablespoons light raspberry vinaigrette dressing

Combine all ingredients in a medium bowl. Dressing can be tossed into salad ingredients or served on the side.

**2006 SWEDISH HEART DIET RECIPE**

**Nutritional Content Per Serving**

calories 235,  
 carbohydrates 26g,  
 cholesterol 5mg,  
 dietary fiber 3g,  
 fat 12g,  
 saturated fat 2g,  
 protein 5g,  
 sodium 287mg

For a free copy of the Swedish Heart Diet call 1-800-SWEDISH (1-800-793-3474). Additional recipes can be found at [www.swedish.org](http://www.swedish.org).

# Genetic Counselors Help People with Cancer in the Family

Last February, Laurie Knott, 49, was diagnosed with breast cancer. She knew that in years past, other relatives had received the same diagnosis. But until she was referred to Swedish’s new Hereditary Cancer Clinic, she didn’t know that her family history would play a significant part in her ultimate decision about treatment.

The new clinic at the Swedish Cancer Institute was created to provide counseling and genetic testing for people who have developed cancer or may have an increased risk for certain types of cancer due to family history and genetics. These cancers include, but are not limited to, breast, ovarian and colon cancers.

Robert G. Resta is the genetic counselor who meets with patients to review medical and family histories that may help determine which, if any, genetic tests are appropriate. He works closely with medical oncologist Kristine Rinn, M.D., gynecologic oncologist Pamela Paley, M.D., and colorectal surgeon Rodney Kratz, M.D.

Some patients come in for testing when no cancer is present because they want to

know if they are at risk and what their options for prevention might be. Others, like Knott, are newly diagnosed and need to know what part genetics might be playing

were in their 40s. Knott’s risk for a recurrence of the disease was determined to be quite high, even if she underwent a lumpectomy to remove her tumor, which was one of the



so that they can make more informed choices regarding treatment.

Not only did Knott’s mother and grandmother have breast cancer, but it was also the cause of death for three of her mother’s cousins, all of whom

options she was considering. After genetic counseling, Knott decided to have a bilateral mastectomy to remove both of her breasts and thus dramatically decrease the chance of her cancer’s recurrence.

## Research family history

Resta says that although genetic testing provides important information, for most cancers with a hereditary component, family history is an “extremely good indicator of the level of risk.” He recommends that everyone learn as much as possible about their family’s medical history on both sides. “The father’s family history is as important as the mother’s for breast and other cancers associated with women,” says Resta. “Genes don’t know gender.” He recommends going back at least three generations and including as many blood relatives as possible.

For many families, it may be necessary to do some detective work to find out exactly what kind of cancer a relative had. “Cervical, uterine and ovarian cancers are sometimes called ‘stomach’ cancer,” notes Resta.

The decision whether to undergo testing or not can be “as much emotional as medical,” he says. For some families, the emotional factors may outweigh the medical ones. But patients can actively use the information they receive to lower their risk of develop-

ing cancer through lifestyle changes and, occasionally, prophylactic surgeries. If a woman is at risk for ovarian cancer, for instance, she may choose to have her ovaries removed if she is past her childbearing years.

Genetic testing can be expensive, and some insurance companies do not cover the cost. Knott’s carrier at first refused to reimburse the cost of the tests, but with Resta’s assistance, the carrier relented. Since Knott’s test came back positive for the BRCA1 gene mutation that can cause breast cancer, her sister and broth-

ers expect a positive response from their insurance companies about the cost and are themselves in various stages of being tested. Men who have the BRCA1 gene are at slightly higher risk for prostate and colon cancers.

Knott had chemotherapy following her mastectomy and is today cancer free. For more information about the Hereditary Cancer Clinic at Swedish, call **(206) 386-3200**.

**Attend a free class on genetic testing on Tuesday, Oct. 24. See page 14 for details.**

## Luncheon Raises Funds for Breast-Cancer Programs

The 2006 Women’s Wellness Luncheon will be held at The Westin Seattle on Thursday, Sept. 28. Gretchen Mathers, breast-cancer survivor and prominent local businesswoman, will be the featured speaker. Immediately preceding and following the scheduled program, guests can tour a Wellness Fair to learn more about organizations that assist cancer patients, as well as other sponsors of the luncheon.

More than 1,000 community members are expected to participate in the 2006 Wellness Luncheon, including corporate and community leaders, physicians, cancer survivors and other supporters of Swedish Medical Center.

Many of the breast-cancer technologies and services offered through the Swedish Cancer Institute, the Swedish Breast Care Centers and the Swedish Breast Care Express are available thanks to funds raised through past Women’s Wellness Luncheons.

Individual tickets are \$125. For more information or to purchase tickets, contact the Swedish Foundation at **(206) 386-2738**.



## Swedish Offers Advanced Tumor Treatment Option

©Ron Wurzer Photography

*Thanks to a new technology now available at Swedish, Larry Lautenslager says he and his family have a renewed sense of hope that “everything will be all right.”*

**D**iagnosed with prostate cancer 12 years ago, Lautenslager is now battling a tumor that has grown on his spinal cord. And after years of surgery, chemotherapy and conventional radiation therapy aimed at destroying the tumor, he says the CyberKnife® radiosurgery

system at Swedish came “in the nick of time.”

“My doctors couldn’t operate on my spine anymore because of the way my tumor had grown, and the chemotherapy also wasn’t working,” says Lautenslager, 67. “But my doctor told me about a new promising technology that was being installed on Swedish’s Providence campus. That was great news because my family had something to look forward to in the way of a treatment for my tumor.”

As soon as the CyberKnife system was available at Swedish earlier this year, Lautenslager started receiving treatment.

And so far, that treatment has been successful.

### **An alternative to conventional treatments**

The CyberKnife system is the latest in a series of technological innovations Swedish offers to provide advanced radiation therapy.

CyberKnife is a form of radiation therapy that employs stereotactic radiosurgery (SRS) to precisely target radiation at the tumor while minimizing damage to surrounding healthy tissue. CyberKnife combines two leading-edge technologies — robotics and advanced image guidance — to attack tumors with hundreds of

beams of high-dose radiation from almost any angle.

The real advantage of the CyberKnife system is its flexibility in treating tumors and lesions anywhere in the body, thanks to its unique design and high degree of accuracy.

“What’s also so great about CyberKnife is fractionation, meaning we divide the dose into three separate treatments,” says Marc Mayberg, M.D., executive director of the Neuroscience Institute at Swedish and co-director of the Seattle CyberKnife Center at Swedish. “With some other treatments, you have to do the entire treatment at once. But if you can fractionate, or divide the dose into three, you can give an effective dose that has the same killing effect on the tumor without damaging the structure that it’s touching.”

### **Other radiation therapy options**

CyberKnife is part of a suite of advanced radiation therapy technologies now available through Swedish that also include:

“With some other treatments, you have to do the entire treatment at once. But if you can fractionate, or divide the dose into three, you can give an effective dose that has the same killing effect on the tumor without damaging the structure that it’s touching.”

Marc Mayberg, M.D., executive director,  
Neuroscience Institute at Swedish

**Gamma Knife** — Also a type of SRS, Gamma Knife® is considered the gold standard for treating intracranial tumors and lesions. While it is limited to intracranial conditions, it offers extreme accuracy and precision, thereby dramatically minimizing potential damage to surrounding healthy tissue. Swedish provides this treatment through a partnership with Northwest Hospital.

**Image-Guided Radiation Therapy (IGRT)** — IGRT uses a new form of advanced scanning technology that enables the physician to adjust the radiation beam during treatment based on the position of the target tumor and critical organs. Tumors can constantly move within the

body, such as when a patient breathes during treatment. Swedish is the first medical center in the Pacific Northwest to offer IGRT. Like Gamma Knife and CyberKnife, IGRT allows radiation to be delivered more precisely while avoiding damage to surrounding healthy tissue.

For more information, call Swedish Medical Center’s Seattle CyberKnife Center at (206) 320-7130.

# Iraqi Boy Finds Help, Hope at Swedish



© Thomas James Hurst/The Seattle Times.

Young Muhammed clings to foster mother Julie's leg while shopping.

In an instant, Muhammed Hussein's young life changed forever. He and his family were driving home to Baghdad when they were ambushed by terrorists. His uncle was killed, his mother was critically injured and he was shot in the face.

The wound was so severe that his face had no recognizable features, and his right eye had to be removed. His left eye was injured but could possibly be saved by surgery.

However, doctors in Iraq told the family to look elsewhere for help, so another uncle contacted Healing the Children, an organization that connects injured children from around the world with U.S. doctors and hospitals willing to donate services and care. The program connected the family with Swedish, which has had a longtime partnership with Healing the Children.

Since arriving in Seattle in May, Muhammed has been evaluated by a number of Swedish-affiliated specialists, including eye surgeon Tom

Gillette, M.D.; plastic surgeons Wayne Larrabee, M.D., and Jenifer Henderson, M.D.; pediatric anesthesiologist Max Lucero, M.D.; pediatric neurosurgeon Tim Steege, M.D.; pediatric otolaryngology specialist Anifat Balogun, M.D.; and pediatric sleep-medicine specialist Preetam Bandla, M.D. He will soon undergo various treatments, including bone-graft reconstruction and plastic surgery.

The cost of his hospital stay and medical care is being donated by Swedish and the physicians who are treating him.

Muhammed is currently living with a foster family in Snohomish that includes his foster mother, Julie Robinett Smith; his foster father, Randy Smith; and foster sisters Erika and Alexa.

# Medication Safety: What You Should Know



John Vassall, M.D.

We're pleased to introduce you to John Vassall, M.D., chief of staff at Swedish. Dr. Vassall is a board-certified internist and focuses on the care of adults, including the diagnosis, treatment and management of diseases and disorders. For this *HealthWatch*, we asked him about medication safety. Find out what he has to say in the Q&A below.

### ***What should a patient tell a physician before he or she is prescribed a medication?***

Patients should report if they have any allergies to medications and if they are taking any other medications and supplements. You should also report if you have taken the medication — or one like it — in the past, and if so, whether it was effective or if there were side effects or problems. If you're pregnant, might be pregnant, are considering becoming pregnant or are breast-feeding, let your doctor know.

### ***What should patients ask a physician upon receiving a prescription for medication?***

When your doctor prescribes a medication, it's important to ask the following questions:

- What are the names (brand and generic) of the medication?

- What's the medication's purpose?
- What are the potential side effects and are any of them serious?
- What should I expect the medication to do, and how should I expect to feel when taking it?
- What should I do if I experience a side effect?
- How, when and for how long should I take the medication?
- What should I do if I forget a dose?
- Are there foods, other medications or supplements that will interact with the medication?

### ***Does it make a difference where medications are stored in a house?***

The bathroom medicine cabinet is the worst place to store medication because moisture, and in some cases bright light,

may cause medication to deteriorate. Morning medications may be best kept in the bedroom, and evening medications may be best kept near the dining area. If you have young children, keep medications in childproof bottles and out of reach. If you have adolescents and teenagers, you may want to keep narcotics and sedatives inaccessible.

## Learn more

**Attend a free class on medication safety on Tuesday, Oct. 17. See spotlight on page 17 for details.**

**Visit the National Patient Safety Foundation Web site at [www.npsf.org](http://www.npsf.org). Click "Resources/Library" and select "Patient Safety Resources and Links."**



## Infants and Families Return to Swedish to Celebrate

*Guests delight in the fun-filled bubble show at the NICU and ISCU reunion.*

**I**n June, Swedish welcomed more than 1,500 children and families to its biennial Neonatal Intensive Care Unit (NICU) and Infant Special Care Unit (ISCU) reunion. This popular event is held to honor and celebrate the life of every infant who has been cared for in Swedish's Level III NICU and ISCU.

The reunion is a great opportunity for physicians, nurses and volunteers from the NICU and ISCU to see how far graduates of the units have come since they were born and for parents to say thank you one more time.

Of the more than 7,000 infants delivered each year at

Swedish, more than 900 are born sick or premature and require intensive care in the NICU or ISCU. When admitted to the NICU, some weigh no more than a few ounces, some require major surgery and some are fighting life-threatening illnesses.

Stacia Gloman's son, Samuel, spent three days in the NICU last October. Today, he is a happy, healthy 11-month old. "As scary as it was when he was a patient here, the staff in the NICU was amazing," says Gloman. "It's so much fun to show his progress to the nurses and doctors who haven't seen him since he was a few days old."

Swedish has been hosting the reunion event since 1988. This year's fun-filled reunion had an "under the sea" theme. Attendees were treated to nonstop entertainment, refreshments, games and activities such as baby crawl races and family photos.

But the highlight of the event for Swedish staff was getting to see the kids. "The reunion is always eagerly anticipated," says Terrence Sweeney, M.D., medical director of the NICU. "It's so nice to have the chance to catch up with our patients and to see how well they're doing, whether it's been 10 months or 10 years since we saw them last."

# Learn to Manage or Prevent Diabetes at Swedish



**M**ore than 5 percent of Washington residents manage diabetes in their lives each day. Many other residents, about 126,000, have diabetes and don't know it, while nearly a million are on their way to developing diabetes with a condition called prediabetes.

“The good news is that people can delay or prevent the disease and its complications through proper lifestyle modifications such as exercise and nutrition. That’s why diabetes education is so important,” says Mary Frances Kennedy, R.N., certified diabetes educator at the Joslin Diabetes Center at Swedish.

For almost 10 years, the Joslin Diabetes Center at Swedish has helped people successfully prevent or manage their diabetes. This center is an education affiliate of the Boston-based Joslin Diabetes Center, which is associated with Harvard Medical School and has long been an international leader in diabetes treatment, research and education. Swedish established the first Joslin-affiliated center in the United States west of the Mississippi. With this affilia-

tion, Swedish is able to combine its own expertise with renowned national resources to provide the very latest in diabetes educational services.

The center is staffed by a team of experienced certified diabetes educators, both dietitians and nurses. The team works with patients individually or in groups to teach diabetes self-management skills. Topics can include blood glucose monitoring, meal planning, exercise, dealing with stress, insulin administration by injection or pump, medication management and foot care.

In addition, the Joslin Center offers a variety of classes for adults with prediabetes and diabetes, and pregnant women with gestational diabetes. Classes are taught at the First Hill, Ballard, Providence and Issaquah campuses.

“Whether you have just recently been diagnosed or have lived with diabetes for many years, ongoing education is essential to maintaining good health,” says Kennedy.

For more information or to access a complete class schedule, go to [www.swedish.org](http://www.swedish.org) or call (206) 215-2440. (A physician referral is required prior to class registration.)

**Learn how to make healthy treats for the holidays. See class listing under “Diabetes Management” on page 16.**

# GUIDE to Community Education Programs

Registration is required for all classes. To register, call (206) 386-2502 (unless otherwise listed).

Swedish Community Health Education Programs take place either at Swedish Medical Center's First Hill campus (747 Broadway), Ballard campus (5300 Tallman Ave. N.W.), Providence campus (500-17th Ave.) or Issaquah campus (2005 N.W. Sammamish Road, Issaquah), unless otherwise noted.

Classes are **free** unless otherwise indicated, but registration is required for all classes and screenings. To register, call (206) 386-2502 (unless otherwise listed). You can also go to [swedish.org/](http://swedish.org/) resource and click on "Health Education Classes" or mail/fax in the registration form on page 19.

Classes, locations and times are subject to change. Please call (206) 386-2502 to confirm the information listed here.

## CANCER

Classes marked with an asterisk (\*) will be video-taped and available in the Cancer Education Center's Loan Library (Swedish Cancer Institute, Arnold Building, 1221 Madison, A-floor West) three weeks after the date of the class.

**Unless otherwise noted, all First Hill cancer education classes are held at the Swedish Cancer Institute on A-floor West in Conference Room AB.**

### Art Therapy Group

Explore your personal journey through cancer by creating art in a confidential group setting. No experience required. Supervised by a registered, board-certified art therapist. *Six sessions.*

**First Hill:**

Swedish Cancer Institute  
Thurs., Oct. 12-Nov. 16  
9:30-11:30 a.m.

### Authentic Movement: Exploring Body and Mind Through Movement

Discover the wisdom of your body through this gentle mind-body practice and also expand your sense of aliveness.

**First Hill:**

Swedish Cancer Institute

One-time workshop: Tues.,  
Sept. 19, 10 a.m.-noon or  
Wed., Oct. 11, 6-8 p.m.

Four-week series: Wed., Nov.  
22-Dec. 13, 6-8 p.m.

### \*Cancer, Genetic Testing and Your Family: Myths, Urban Legends and Misunderstandings

Genetic testing for hereditary breast and ovarian cancers can provide you, your family and your doctor with important medical information.

Learn about what genetic tests are available and when they should be used, as well as the advantages and disadvantages of testing.

**First Hill:**

Swedish Cancer Institute  
Tues., Oct. 24, 1-2:30 p.m.

### \*Complementary Medicine: How Vitamins, Nutrition and Herbs Can Benefit You

Learn about complementary medicine and how it interacts with conventional cancer treatment. Also learn how to determine if the information and advice you receive from the media and Internet is valid or just advertising hype. Boxed meal provided.

**First Hill:**

Swedish Cancer Institute  
Mon., Oct. 9, 6-7:30 p.m.

### \*Complementary Medicine: How Vitamins, Nutrition and Herbs Can Benefit You — Advanced Concepts

Learn how advanced concepts of diet, nutrition, lifestyle and mind-body therapies can be incorporated into cancer treatment. This interactive class includes discussion of spe-

cific therapies, indications, contraindications and current research. Boxed meal provided.

**First Hill:**

Swedish Cancer Institute  
Tues., Oct. 10, 6-7:30 p.m.

### Cooking 101

This class, designed for those with little or no cooking experience, covers the basics of healthy meals for anyone undergoing cancer treatment. Appropriate for patients and caregivers. Recipe sampling is included.

**First Hill:**

Swedish Cancer Institute  
Thurs., Sept. 28, noon-1 p.m.

### Detox Diets: What Makes Sense for Cancer Patients

Learn how cancer survivors can maximize the benefits and avoid the risks associated with popular detoxification diets. Boxed meal provided.

**First Hill:**

Swedish Cancer Institute  
Tues., Nov. 7, 6-7:30 p.m.

### \*General Principles and Treatment Options for Lung Cancer in 2006

This informative lecture focuses on the causes of lung cancer and the role of screenings, plus introduces new and emerging treatment options for lung cancer. Boxed meal provided.

**First Hill:**

Swedish Cancer Institute  
Wed., Nov. 8, 6-7:30 p.m.

Registration is required for all classes. To register, call (206) 386-2502 (unless otherwise listed).

### **Group Drumming for Health**

Join our drumming group and enjoy reduced stress, immunity enhancement, self-expression and more. Instruments provided or bring your own. No experience required.

#### **Seattle:**

Gilda's Club Seattle  
(1400 Broadway)  
Thurs., Oct. 12, 7-8:30 p.m.

### **Hair Alternatives for Cancer Patients**

Join us as we create different hair alternatives with scarves, hats and accessories. Even learn how to make bangs!

#### **First Hill:**

Swedish Cancer Institute  
Tues., Oct. 10, 1-2:30 p.m., or  
Tues., Nov. 14, 1-2:30 p.m., or  
Wed., Dec. 6, 1-2:30 p.m.

#### **Providence:**

Casey Room  
Mon., Sept. 18, 1-2:30 p.m.

### **\*Hormone Therapy for Breast Cancer Patients**

Join Erin Ellis, M.D., for a talk about the varied uses of hormone therapy for breast-cancer treatment and prevention, including types of hormone therapy, new information and research results. Boxed meal provided.

#### **First Hill:**

Swedish Cancer Institute  
Mon., Oct. 2, noon-1 p.m.

### **\*Learning About Lymphedema**

Join us for an informative discussion on lymphedema prevention, treatment and management.

#### **First Hill:**

Swedish Cancer Institute  
Thurs., Nov. 30, 10-11:30 a.m.

### **Life After Treatment: Opportunities and Challenges**

Completion of cancer treatment is a major milestone that provides opportunities for personal growth but also new challenges. Explore growth possibilities and issues arising when treatment is completed. *Two sessions.*

#### **First Hill:**

Swedish Cancer Institute  
Wed., Oct. 4 and 11  
1:30-3 p.m.

### **Lifestyle Changes for Successful Healing**

Diet, exercise, sleep quality, stress and many other factors affect quality of life and healing. Learn how to make these factors work for you. Boxed meal provided.

#### **First Hill:**

Swedish Cancer Institute  
Wed., Oct. 25, 6-7:30 p.m.

### **Look Good, Feel Better**

This American Cancer Society class designed for women undergoing cancer treatment focuses on skin and hair care, cosmetics, hair loss and nutrition. Includes complimentary cosmetic products.

#### **First Hill:**

Swedish Cancer Institute  
Tues., Oct. 17, 1-3 p.m., or  
Tues., Dec. 12, 1-3 p.m.

### **Managing Weight Gain**

Some patients are concerned about weight gained while undergoing cancer treatment, but this is not the time to start losing weight.

Come gather suggestions on healthy eating and managing weight gain. Recipe sampling is included.

#### **First Hill:**

Swedish Cancer Institute  
Mon., Oct. 9, noon-1 p.m.

### **Managing Weight Loss**

Cancer treatment can cause a loss of appetite; however, it is important to stay at a healthy weight during this time. Learn how to pack some extra calories into your diet. Recipe sampling is included.

#### **First Hill:**

Swedish Cancer Institute  
Wed., Nov. 8, noon-1 p.m.

### **\*Meditation for People With Cancer**

Physical therapist Carolyn McManus teaches the principles and practice of mindfulness meditation. *Two sessions.*

#### **First Hill:**

Swedish Cancer Institute  
Tues., Oct. 3 and 10  
10:30 a.m.-noon

### **Music and Spirituality**

Throughout time, music has been central to spiritual practice. Learn from a board-certified music therapist how music and sound can enhance one's sense of sacredness.

#### **First Hill:**

Swedish Cancer Institute  
Wed., Nov. 15, 10-11:30 a.m.

### **Music for Stress Reduction**

Learn about the field of music therapy and explore how live and recorded music can reduce stress and improve health.

#### **First Hill:**

Swedish Cancer Institute  
Wed., Oct. 25, 2:30-4 p.m.

### **Music Therapy in Cancer Care**

Explore the use of music and sound in cancer care with a board-certified music therapist. Includes research, history of music in healing and some class participation.

#### **First Hill:**

Swedish Cancer Institute  
Wed., Oct. 4  
10:30 a.m.-noon

### **New Treatments in Kidney Cancer: How to Manage Side Effects**

Laura Wood, R.N., from the Cleveland Clinic, discusses recently approved treatments for kidney cancer as well as ones currently being studied. She will also talk about how to manage the side effects of these new treatments.

#### **First Hill:**

Swedish Cancer Institute  
Tues., Sept. 19, 2-3:30 p.m.

### **Nutrition Issues for Breast Cancer**

Learn the facts surrounding dietary issues and breast cancer. Discover the benefits of vitamins, minerals, herbs and other nutritional strategies when dealing with breast cancer. This class will include discussion and clarification of controversies recently covered in the media. Boxed meal provided.

#### **First Hill:**

Swedish Cancer Institute  
Thurs., Oct. 19, 6-7:30 p.m.

Registration is required for all classes. To register, call (206) 386-2502 (unless otherwise listed).

### Optimal Health During Cancer Treatments

Learn how diet, nutrition and lifestyle changes can help you remain as strong and healthy as possible during cancer treatment while not interfering with it. Boxed meal provided.

**First Hill:**

Swedish Cancer Institute  
Tues., Nov. 14, 6-7:30 p.m.

### Wholeness Through Music and Imagery

Discover your own wisdom for healing through the use of personal imagery and classical music. This group process replenishes and supports individual empowerment and movement toward wholeness. *Four sessions.*

**First Hill:**

Swedish Cancer Institute  
Thurs., Oct. 26-Nov. 16  
6-8 p.m.

## DIABETES MANAGEMENT

### Cooking and Managing Blood Sugar During the Holidays

If you have diabetes, you know the holidays can be a challenging time. Pies, cookies and high-carbohydrate meals may make your blood sugar out of control. Watch and learn as Joslin Diabetes Center dietitian Ann Fittante and Swedish chef David Piseigna share healthy eating tips and menu ideas to help you stay in control. The program includes samples of all menu items demonstrated during the class.

**Providence:**

Center for CardioVascular Wellness  
Demonstration Kitchen  
Thurs., Nov. 9, 6-7:30 p.m.  
Fee: \$10

## DIGESTIVE HEALTH

### Burning to Learn About GERD

Brian Louie, M.D., a thoracic and esophageal surgeon, will discuss the symptoms of Gastroesophageal reflux disease (GERD); its potential complications, such as lung disease, asthma, Barrett's esophagus and esophageal cancer; and the latest treatment methods.

**First Hill:**

Glaser Auditorium  
Tues., Nov. 7, 6:30-8 p.m.

## EXERCISE

### Baby Boot Camp

This specialized exercise program is designed for moms of all fitness levels who are at least six to eight weeks' postpartum and combines strength-training exercises with power-walking drills. You may use an all-purpose or jogging-style stroller.

**First Hill:**

B-floor Conference Room 1  
Mon. and Wed., Oct. 2-Nov. 8  
9:30-10:45 a.m.  
Fee: \$125

### Baby Boot Camp: Hard-Core Abs

A shorter, more intense workout focusing on abdominal muscles. Must be at least six weeks' postpartum.

**First Hill:**

B-floor Conference Room 1  
Mon. and Wed.  
Nov. 27-Dec. 20  
9-9:45 a.m.  
Fee: \$84

### Ballard Health Improvement Project (B-HIP)

Provides education and activities to help reduce your risk for developing cardiovascular disease. Includes a monthly walk and an educational program.

**Ballard:**

Cafeteria Conference Room  
9 a.m. education program  
10 a.m. walk begins

*Cholesterol Information and Free Cholesterol Screening*  
Sat., Oct. 21

*Motivation to Move: Get Inspired to be Active*  
Sat., Nov 18

*Avoid Becoming the Holiday Grinch: Tips to Stay De-Stressed During the Holidays*  
Sat., Dec 16

*Tips That Work: Keeping Your Weight Loss and Exercise Resolutions*  
Sat., Jan. 20

## EYE HEALTH

### Understanding and Living With Glaucoma

A panel of Swedish ophthalmologists will discuss the origins and progression of glaucoma, as well as various treatment options.

**First Hill:**

Glaser Auditorium  
Thurs., Nov. 9, 1-3 p.m.

## LUNG HEALTH

### Living With a Pulmonary Illness

Learn about the common symptoms of pulmonary disease, specific symptoms you should be cautious of and strategies for maintaining the best pulmonary health possible.

**Providence:**

Center for CardioVascular Wellness, Conference Room  
Wed., Oct. 4, 11-12:30 p.m.  
Fee: \$5

## MEDICATION

### Medications: What You Absolutely Need to Know

See **SPOTLIGHT** on page 17.

## MENTAL HEALTH

### Depression Screening

Counselors will administer confidential assessments. You'll fill out an evaluation, listen to a short presentation on depression and talk with a mental health professional about your evaluation results.

**First Hill:**

Cafeteria Alcoves  
Thurs., Oct. 5  
4:30 p.m. and 5:30 p.m.

### Meditation Made Easier

Come learn simple meditation techniques and discover the peace mediation brings. No experience required. *Two sessions.*

**First Hill:**

1-East Conference Room  
Tues., Dec. 5 and 12  
6-7:30 p.m.  
Fee: \$40

Registration is required for all classes. To register, call (206) 386-2502 (unless otherwise listed).

## NUTRITION

### Improve Your Health: Manage Your Cholesterol

Looking to improve your cholesterol scores? Wondering how LDL, HDL and triglycerides relate to food consumption? Join registered dietitian Brian Higginson as he explains what these and other abbreviations mean and discusses effective strategies for managing cholesterol.

**Providence:**

Center for CardioVascular Wellness, Conference Room  
Tues., Dec. 12  
noon-1:30 p.m.

Fee: \$10

### Cooking With Whole Grains

Join registered dietitian Brian Higginson as he discusses the benefits of whole grains and suggests ideas to help incorporate them into your daily diet. Food samples and recipe ideas will be available.

**Providence:**

Center for CardioVascular Wellness  
Demonstration Kitchen  
Tues., Nov. 14, noon-1:30 p.m.

Fee: \$5

### Quick and Healthy Meals

Registered dietitian Brian Higginson will make quick and healthy recipes while discussing solid meal-planning strategies that will help you achieve your goal of sound nutrition.

**Providence:**

Center for CardioVascular Wellness  
Demonstration Kitchen  
Tues., Oct. 10, noon-1:30 p.m.  
Fee: \$5

## PARENTING

### Bringing Baby Home

This program, based on the research of Drs. John and Julie Gottman, is for pregnant couples and parents of infants and toddlers. Discover how to stay connected with your partner, interact with your baby and create a nurturing home. *Two sessions.*

**First Hill:**

Market Cafe Alcoves  
Sat., Sept. 9 and 13, or  
Sat. Dec. 2 and 9  
9 a.m.-4 p.m.

Fee: \$150

### Growing Up Female/ Growing Up Male

These workshops are designed to encourage family communication about sexual issues and provide accurate information about the physical and emotional changes of puberty. The program includes a video, discussion and a chance to ask questions anonymously. Recommended for children ages 9-12.

*Growing Up Male*

**Ballard:**

Conference Room ABC  
Tues., Oct. 17, 6:30-9 p.m.

*Growing Up Female*

**First Hill:**

1-East Conference Room  
Thurs., Nov. 2, 6:30-9 p.m.

**Ballard:**

5-North Classroom  
Thurs., Sept. 28, 6:30-9 p.m.

**Issaquah:**

Medical Imaging Waiting Room  
Thurs., Oct. 26, 6:30-9 p.m.

Fee: \$20 per family (*Fee includes two adults and one child; there is a \$5 fee for each additional child or adult.*)

### Signing With Your Baby

Using sign language with babies stimulates intellectual growth, accelerates language and motor development, and reduces frustration. Come learn signing techniques with state-certified teacher Nancy Hanauer.

Required textbook, *Sign With Your Baby* by Joseph Garcia, is available upon registration. Babies are welcome but not necessary to bring along. *Four sessions.*

**First Hill:**

1-East Conference Room  
Tues., Nov. 7-28  
6:30-7:30 p.m.

**Ballard:**

5-North Classroom  
Thurs., Oct. 5-26  
6:30-7:30 p.m.

Class Fee: \$88 (*Includes two parents or caregivers.*)

Materials Fee: \$16.27  
(*Scholarships are available on a limited basis.*)

## SPOTLIGHT



### Medications: What You Absolutely Need to Know

Join pharmacist Traci Mitchell for a discussion on how to understand and safely use medications. The program will discuss how to communicate effectively with your physician and pharmacist, and how to find information about medication on the Internet. It will also cover the importance of knowing what medications you are taking and how they interact with other medications.

**First Hill:**

1-East Conference Room  
Tues., Oct. 17, 7-9 p.m.

## SAFETY

### 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.

#### First Hill:

1-East Conference Room  
Tues., Oct. 24 or Dec. 12  
7-10 p.m.

#### Ballard:

Conference Room ABC  
Tues., Nov. 14  
7-10 p.m.

Fee: \$3 (Make checks payable to Seattle Medic II.)

### AARP Driver Safety Course

This eight-hour program can help older persons improve their driving skills. Attendance at both sessions necessary to receive a certificate that may allow insurance discounts. Class size is limited. *Two sessions.*

#### Providence:

Casey Room  
Wed. and Thurs., Nov 8 and 9  
9 a.m.-1 p.m.

#### Ballard:

5-North Classroom  
Sat., Oct. 14 and 21  
9 a.m.-1 p.m.

Fee: \$10 (Pay in class; make checks payable to AARP.)

### State Farm Safety Day

Free car seat inspections will be part of State Farm Insurance's Safety Day. Child passenger safety technicians will check your car seat and/or booster seat

to make sure it's properly installed.

#### Providence:

Parking lot at 18th Avenue and Cherry Street  
Sat., Sept. 9, 10 a.m.-1 p.m.  
Appointments encouraged

### Car Seat Safety Inspections

A certified child passenger safety technician will check your child's car seat and/or booster seat to make sure it's properly installed.

#### Ballard:

Parking garage  
Sat., Oct. 7  
Half-hour appointments required; available  
9 a.m.-noon

#### Providence:

Parking garage  
Sat., Nov. 11  
Half-hour appointments required; available  
9 a.m.-noon

### Kids' Safety and CPR

This lifesaving class is recommended for any parent or caretaker of children ages 1-8 and is taught by Swedish pediatric clinical staff. This is a noncertifying class.

#### First Hill:

1-East Conference Room  
Wed., Sept. 13, Oct. 11  
or Nov. 8  
5:30-8 p.m.

Fee: \$20 per person

### Safe Sitter

Safe Sitter® teaches babysitters ages 11-13 how to handle crises and emergencies, keep their charges secure, and nurture and guide a young child. Recognized by the American Academy of Pediatrics.

#### First Hill:

B-floor Conference Room 1  
Sat., Oct. 28, 9 a.m.-4 p.m.

#### Ballard:

5-North Classroom  
Sat., Sept. 30, 9 a.m.-4 p.m.  
Fee: \$40 (Scholarships are available on a limited basis.)

## STRESS MANAGEMENT

### Stress Management Skills: Using Your Head to Protect Your Heart

The effects of stress on the cardiovascular system can be a significant risk factor for heart disease and stroke. This series will explore techniques to reduce stress and decrease cardiac risk factors.

#### Providence:

Center for CardioVascular  
Wellness  
Conference Room  
Wed., Sept. 27-Nov. 1  
9-10:30 a.m.

Fee: \$75

### Stress Management Series

These classes teach effective ways to alleviate the unhealthy effects of stress to optimize health and well-being. You'll learn gentle stretching, breathing practices, relaxation, imagery and meditation techniques.

#### Providence:

Center for CardioVascular  
Wellness  
Conference Room  
Mon., Oct. 2-Nov. 6  
5:30-7 p.m.

#### Ballard:

5-North Classroom  
Wed., Oct. 4-Nov. 8  
5:30-7 p.m.

Fee: \$96

### Advanced Stress Management Series

This series is for those who have already taken the class at least once and want to continue to learn additional ways to alleviate the unhealthy effects of stress.

#### Ballard:

5-North Classroom  
Wed., Oct. 4-Nov. 8  
5:30-7 p.m.

Fee: \$96

## VACCINATIONS

### Vaccine Campaign: Flu and Pneumonia Survival

Swedish provides low-cost flu vaccines at its Ballard, First Hill and Issaquah campuses. Vaccines recommended for those with heart or lung disease, diabetes, HIV or AIDS, or other chronic health problems, and people ages 65 and older. Registration is required. Please call **1-800-SWEDISH (1-800-793-3474)**.

*Note: This clinic is geared for adults. Most children require two flu shots administered on different days. If you are interested in flu shots for children, please see your pediatrician. For a free referral to a Swedish-affiliated pediatrician, call 1-800-SWEDISH (1-800-793-3474) or visit [www.swedish.org](http://www.swedish.org).*

#### Ballard:

Conference Room ABC  
Fri., Oct. 27 and Nov. 3  
9 a.m.-noon and 1-3 p.m.

**First Hill:**  
Glaser Foyer  
Thurs., Nov. 2  
9 a.m.-noon and 1-3 p.m.

**Issaquah:**  
Main Entrance  
Thurs., Oct. 19  
9 a.m.-noon and 1-3 p.m.

Fee: \$25 for flu vaccine,  
\$40 for pneumococcal  
(pneumonia) vaccine  
*(Medicare Part-B beneficiaries  
must bring their card the day  
of their shots to receive the  
vaccinations at no charge.)*

## WELLNESS

### Mindfulness-Based Wellness

Swedish physical therapist  
Carolyn McManus teaches  
meditation, yoga and stress  
management strategies for  
people with chronic pain,  
illness and stress-related dis-  
ease. *Space is limited. To regis-  
ter, call (206) 215-6966.*

**First Hill:**  
Wed., Sept. 27-Nov. 15  
6:30-8 p.m., or  
Thurs., Sept. 28-Nov. 16  
9:30 a.m.-noon  
Fee: \$325 per person

## BEREAVEMENT SERVICES

Class size is limited. Each  
class builds on informa-  
tion from previous classes,  
so attendance at all classes is  
important. To register, con-  
tact our bereavement coord-  
inator at (206) 386-6602.

### Learning Through Loss

Join others to discuss your  
emotions and explore ways  
of coping with the death  
of a loved one. *Registration  
required.*

**Ballard:**  
3-North Conference Room  
Sat., Sept. 30-Nov. 4  
9:30-11:30 a.m.

### Moving Through Grief With T'ai Chi Chih

Process the death of a  
loved one through move-  
ment. T'ai Chi Chih can be  
done by anyone regardless  
of age or physical ability.  
*Registration required.*

**Ballard:**  
Conference Room BC  
Mon. and Thurs., Oct. 9-Nov.  
9, 10-11:30 a.m.

### Healing Grief Through Music and Imagery

This series offers those who  
grieve an opportunity for  
healing and insight through

the use of classical music  
and individual imagery.  
*Registration is required.*

**Ballard:**  
Conference Room BC  
Fri., Oct. 27-Dec. 1, 6-8 p.m.

### Journey Through Grief to Hope

Groups facilitated by staff  
chaplains. Topics cov-  
ered include the grief pro-  
cess and coping with life  
changes. To register, call  
Spiritual Care at (206) 386-  
**2082.**

**First Hill:**  
Tues., Sept. 12-Oct. 31  
7-8:30 p.m.

**Issaquah:**  
Thurs., Nov. 9-Dec. 28  
7-8:30 p.m.

### Hope for the Holidays

Join us as we discuss ways  
to reduce holiday stress,  
remember our loved ones  
and celebrate the holidays.

**First Hill:**  
Sat., Nov. 4, 10-11:30 a.m.

### Lights of Remembrance Annual Memorial Service

Please join us at our service  
of remembrance and hope.

**First Hill:**  
Glaser Auditorium  
Sun., Dec. 3, 2 p.m.

# REGISTRATION

Use this form to register for programs  
other than those listed under Bereave-  
ment Support. You will receive a confir-  
mation within the week prior to the class.  
(Forms received after a class begins will  
be returned.)

Make checks payable to:  
**Swedish Medical Center** (unless other-  
wise noted).

Mail to:  
**Swedish Medical Center  
Community Health Education  
747 Broadway  
Seattle, WA 98122-4307**  
or fax to (206) 215-2110.

You may also register at  
[www.swedish.org/resource](http://www.swedish.org/resource).

Programs are free, except where indi-  
cated. In most cases, arrangements can  
be made to accommodate anyone unable  
to afford the fee. Classes with fees require  
prepayment. Complete refunds are avail-  
able for cancellations made five business  
days before the class starts.

#### Interpreters

Swedish is committed to providing inter-  
preters for the deaf and hard-of-hearing  
at these classes. To schedule an inter-  
preter, call (206) 386-2502 (voice number)  
Mon.-Fri., 9 a.m.-4:30 p.m. at least seven  
days prior to the program.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Daytime phone (\_\_\_\_\_) \_\_\_\_\_

E-mail address \_\_\_\_\_

Program Title	Date	Fee
---------------	------	-----

1. \_\_\_\_\_

2. \_\_\_\_\_

Total \_\_\_\_\_

#### Payment type:

Check

Credit Card:

VISA  MasterCard  Discover  AmEx

Credit-card account number \_\_\_\_\_

Expiration date \_\_\_\_\_

Signature \_\_\_\_\_

**FOR INFORMATION, CALL (206) 386-2502**

## Serving Ballard Today and in the Future

The Ballard campus of Swedish Medical Center has served the community for more than 50 years, and will continue doing so for many more. Swedish is — and will continue to be — Ballard's community hospital, with:

- A full-service Emergency Department



- Select inpatient services
- Various outpatient services

The vision is to enhance services that residents want close to home, including emergency care, obstetrics, outpatient care and general medical and surgical inpatient care.

To learn more about our plans for the hospital, visit [www.swedish.org/ballard](http://www.swedish.org/ballard).

## Catch Us at Salmon Days on Oct. 7 and 8

Swedish/Issaquah is pleased to be a community partner of the Greater Issaquah Chamber of Commerce and a proud sponsor of the 2006 Issaquah Salmon Days Festival on Saturday, Oct. 7 and Sunday, Oct. 8, from 10 a.m.-6 p.m.

Salmon Days is a yearly event that celebrates the return of salmon to Issaquah's lakes, streams and downtown hatchery. This two-day festival is fun for the entire family and features artists, children's activities, food, live entertainment, salmon viewing and much more. Stop by our booth for some great giveaways and flying Swedish fish!



## SWEDISH MEDICAL CENTER

Swedish Health Services  
Corporate Communications  
747 Broadway  
Seattle, WA 98122-4307

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