Teens and Marijuana: What Parents Should Know

Marijuana is now legal in Washington state for individuals 21 and older. Many doctors, however, are concerned that legalization will also affect teens and younger children.

There are many options for marijuana consumption, such as smoking, vaporization, oils and edibles. They all can pose a health threat to children.

More research needs to be done, but here are some facts parents should know:

- According to several studies, today’s marijuana is two to seven times more potent than in the 1970s.
- Marijuana can aggravate asthma and other chronic lung diseases.
- Marijuana can seriously affect adolescent brains, including memory and concentration; irreversibly reduce IQ scores; and worsen depression, anxiety and hallucinations.
- Teens are more likely to become addicted than adults. Studies suggest that one in eight adolescents will become dependent if he or she begins using marijuana before age 14.

“Parents need to initiate an open, ongoing dialogue with their children as early as age 10,” says Elizabeth Meade, M.D., a pediatrician at Swedish. “Most parents are nervous about these types of conversations, but it is important to talk with children about what is out there and how to stand up to peer pressure.”

Dr. Meade also suggests that parents:

- Make sure their children know that marijuana is still illegal for anyone under 21 and understand they could be fined and jailed for possessing it
- Set a good example by not using marijuana in front of their children
- Keep marijuana-containing edibles in a locked cabinet and out of sight of children

As parents, we guide and nurture our children so they will grow and mature into healthy adults. Regardless of your personal views about marijuana, it is important to recognize that marijuana use can pose a significant risk for children. For more information, go to www.swedish.org/teensandmarijuana.

What Is Integrated Cancer Care?

The word “integrated” means to combine into one harmonious whole. Integrated Care at the SCI puts that definition into practice every day — looking at the whole person in order to create a harmonious care plan.

Swedish Cancer Institute Integrated Cancer Care

- Art Therapy
- Genetic Counseling
- Knit for Life ™
- Massage Therapy
- Meditation
- Music Therapy
- Naturopathic Services
- Nutrition Care
- Oncology Social Work
- Patient and Family Education
- Pediatric Care
- Rehabilitation/Oncology

For more information, go to www.swedish.org/integratedcare.

Tummy Ache or Something Else?

It’s morning. Your child comes downstairs complaining of a tummy ache. What could it be? Is it simply hunger? Could it be the beginning of the flu or another, more serious medical concern? Is it a food allergy or constipation? Or maybe your child just has a test at school and would really like to stay home. For parents, the questions and possibilities seem endless and almost overwhelming.

When should parents step up their concern?

At Swedish Pediatric Gastroenterology, we know how challenging it can be for parents to decide whether a tummy ache is something serious that deserves a visit to the doctor’s office. You don’t want to wait, especially if your child has been suffering from ongoing abdominal pain.

Call our clinic at 206-215-6005 and our staff will help you decide what your next step should be. If you need to see a doctor, we can also determine which type of specialist would be able to provide the best care for your child.

And, if necessary, we will schedule an appointment for the best time — usually within a week or, in some cases, the same day.

We care for children — from infants to adolescents. Our team of doctors, nurses, dietitians and feeding therapists focuses exclusively on diagnosing and treating diseases of the digestive system, liver and pancreas, as well as nutrition and growth challenges in children.

Swedish Pediatric Gastroenterology

Call 206-215-6005 to talk with a clinic staff member and make an appointment at Swedish/First Hill or Swedish/Issaquah.

To learn more, go to www.swedish.org/pediatric GI.
Get Connected to Your Health With MyChart

If you are a patient at Swedish or being seen by a doctor who is affiliated with Swedish, it is easy to stay up to date with your medical information — thanks to MyChart. MyChart is the online front door to your electronic health record. With MyChart you can:

- Review test results, medications and allergies.
- Request prescription refills or appointments at participating clinics.
- Email your clinic medical team about nonurgent concerns.

Your medical record and MyChart account are private. Swedish uses the latest technology to keep them secure. Your personal login and password and coded MyChart information ensure that only authorized individuals are able to read it.

There are even Apple and Android apps that allow you to access MyChart from your mobile device. Connecting to your medical information couldn’t be easier.

To sign up for MyChart, you must be 18 years or older, have a valid Social Security number, and be a patient at Swedish or one of the clinics connected to the Swedish electronic health record.

If you have not yet signed up for MyChart, talk with Patient Registration during your next clinic visit. They will gather your information and issue you a MyChart access code. That code will allow you to log in and create a unique password. Patient Registration can also help you sign up for MyChart if you visit a Swedish Emergency Department or are a patient at one of Swedish’s five hospitals (Ballard, Cherry Hill, Edmonds, First Hill or Issaquah).

For more information about MyChart and the clinics that offer this service, go to www.swedish.org/mychart.

Screening for Abdominal Aortic Aneurysm

Abdominal aortic aneurysm (AAA) occurs when a weak area in the aorta (the major blood vessel that sends blood through the body) dilates and quickly expands. The dilated area can rupture or leak. Often AAA is only discovered when it appears on an X-ray taken for some other reason — or when it ruptures. AAA is the third leading cause of death in men ages 60 and older. Nearly 90 percent of the time, a ruptured AAA causes death, so it is important to discover and treat it early.

Risk factors include:
- Gender (males more than females)
- Caucasian
- Smoker
- Family history of AAA
- High blood pressure
- High cholesterol
- Atherosclerosis (hardening of the arteries)
- Genetic disorders (such as Marfan syndrome)

“An abdominal aortic aneurysm grows, the risk of rupture increases,” says Rocco Ciocca, M.D., chief of vascular surgery at Swedish Vascular Surgery. “It is best to detect an abdominal aortic aneurysm early. If it is small, we may decide to watch and monitor it for a while, or we might suggest minimally invasive surgery to repair it. Such a procedure can be done with minimal discomfort and a short hospital stay and recovery.”

Medicare covers the cost of ultrasound screening for AAA in high-risk individuals. However, they must request a referral during their “Welcome to Medicare” physical and arrange for the screening within a year of enrolling in Medicare Part B.

The low-cost AAA screening saves lives. Talk to your family doctor about your risk factors and whether you should have an AAA screening. For more information, go to www.swedish.org/aaa or call 206-215-5921.

Swedish Vascular Surgery

For more information about abdominal aortic aneurysms, go to www.swedish.org/aaa.

To schedule an appointment, please call 206-215-5921.

Don’t Settle for Sinusitis

Breathing through your nose is underappreciated — until you can’t do it. Clogged sinuses affect our sleep and physical activities, and reduce our senses of smell and taste. Inflammation is most often the cause. It causes the lining of the nose to swell, which blocks air movement, and creates thick mucus.

Inflammation that lasts for more than 10 to 12 days is called sinusitis. If you have had sinusitus, you know that the symptoms are more intense than those of a common cold. Typically patients experience pressure and pain around the nose and eyes, severe stuffiness and purulent (thick yellow or green) nasal drainage. Some people have other symptoms, such as earaches, a cough or sore throat, bad breath and fever.

If you have two to three bouts of sinusitis each year, it is called recurrent acute sinusitis. If it lasts three or more months, it is chronic sinusitis. Doctors at Swedish Otolaryngology have special training in conditions of the ear, nose and throat. They diagnose and treat chronic sinusitis. A CT scan is often the first step to confirm the diagnosis. Initial treatment might include antibiotics and/or oral steroids. If medicine does not work, your doctor may suggest sinus surgery.

“Patients who have had sinus surgery are able to breathe and blow their noses right away,” says Vincent Chan, M.D., a specialist at Swedish Vascular Surgery. “Because we perform sinus surgery through the nostril, there is no external bruising or scarring. Patients are able to go home the same day, and about half of my patients do not require any pain medicine.”

To begin learning about which option is right for you, call 206-215-1770 or visit www.swedish.org/otolaryngology.

Swedish Otolaryngology

For more information, go to www.swedish.org/otolaryngology.

To schedule an appointment, please call 206-215-1770.

COMMUNITY EVENTS

Please join us at the following Swedish-sponsored community events!

American Cancer Society Relay for Life Events
Cal Anderson Park, Seattle: Saturday, Aug. 23
Edmonds-Woodway High School: Saturday, May 31-Sunday, June 1
Issaquah High School: Saturday, May 31-Sunday, June 1
Seattle University: Saturday, May 24
www.relayforlife.org

American Diabetes Association Tour de Cure
Chateau Ste. Michelle, Woodinville Saturday, May 10
www.diabetes.org

American Lung Association LUNG FORCE Walk
Denny Park, Seattle Saturday, June 7
www.lung.org

Asian Counseling and Referral Service Walk for Rice
Seward Park, Seattle Saturday, June 28
www.acrc.org

Celebration of Food Festival
Lyndwood Convention Center Sunday, May 18
www.eclc.edu/foodfest

Edmonds Arts Festival
Frances Anderson Cultural Center Friday-Sunday, June 13-15
www.edmondsartsfestival.com

Evergreen Mountain Bike Festival
Saturday, June 7
Duthie Hill Park, Issaquah www.evergreenmtbfestival.com

Health & Fitness Expo
Edmonds-Woodway High School Saturday, May 17
www.htepx.edmondswa.gov

Healthy Living Fair
Friday, April 25, 10 a.m.-2 p.m.
Edmonds Bank Center
www.edmondsddsc.org

March of Dimes
March for Babies
Edmonds City Park, Saturday, April 26
Seattle Center: Saturday, May 3
www.marchofdimes.org

Mercer Island Preschool Association Circus
Saturday, April 26, 10 a.m.-2 p.m.
Mercer Island High School
http://mpreschoolassociation.org

National Multiple Sclerosis Society Greater Northwest Chapter
Walk MS 2014 University of Washington Sunday, April 13
www.nationalmsociety.org

Sammamish Farmers Market
Issaquah City Hall Plaza
Wednesdays, May 21-Oct. 1, 4-8 p.m.
www.sammamishfarmersmarket.org

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Swedish Otolaryngology

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To schedule an appointment, please call 206-215-1770.
Community Education

To register for the following classes, see a full list of classes at all Swedish campuses, and search for classes by region, visit www.swedish.org/classes or call 206-386-2502 unless otherwise noted. Registration is required for all classes. Class information is subject to change.

HEALTH AND WELL-BEING

Compassion Cultivation Training
This eight-week course helps you develop compassion, empathy and kindness for yourself and others. Learn to reduce stress, increase well-being and enhance your relationships through compassion education, discussion and listening/communication exercises. Fee: $235 per person. For more information or to register, call Diane Hetrick at 206-386-6888 or email diane.hetrick@swedish.org.

First Hill: Mon., April 21-June 6 (no class May 25), 4:30-6 p.m.

Exercise for a Healthy Heart
This is a medically supervised exercise and education program at Swedish/Edmonds 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.

Exercise: Wed., May 7 or Thurs., May 8, 6-8 p.m.

Mindfulness-Based Stress Reduction
This series offers instruction in mindfulness meditation, gentle yoga and strategies to manage stress and physical symptoms. The program is modeled on the book Full Catastrophe Living by Jon Kabat-Zinn. Eight sessions. Fee: $235 per person. For more information, call 206-215-6996. To register, call 206-386-2035.

First Hill: Thurs., April 17-June 5, 10 a.m.-12:30 p.m.

Pain and Beyond
People with painful conditions will learn coping techniques. Call 425-640-4140 for more information.

Edmonds: Every Friday, 3-5 p.m.

A Path to Wellness Without Psychiatric Medications
At least one-third of patients who undergo treatment for depression do not achieve remission with traditional psychiatric medications and therapy. More still find that they are unable to tolerate therapeutic doses of these medications. Learn about innovations in the field of brain stimulation and hear evidence about the efficacy of treatments such as transcranial magnetic stimulation. See the article on the back page for more information.

Redmond: Wed., May 14, 6-7 p.m.

Personal Health Record: Your Personal Health Toolbox
Learn how you can use a personal health record to organize and manage your own or a loved one’s health; track immunizations, allergies and lab results; and empower yourself to be an engaged member of your health-care team.

Ballard: Fri., April 25, 6-7:30 p.m.

First Hill: Fri., May 16, 6-7:30 p.m.

Issaquah: Wed., June 4, 6-7:30 p.m.

Prediabetes
Learn how to monitor your blood sugar and make changes to your daily activity and diet to help lower blood sugar. Participants will receive a free blood-sugar monitor. Fee: $85 (includes one support person).

Edmonds: Tues., April 15, 9:30 a.m.-noon or Wed., May 27, 6-8:30 p.m.

What You Need to Know About Sunscreen and Skin Cancer
Did you know sunscreen can do more than just prevent sunburn? Join us to learn how sunscreen can help prevent skin cancer and diminish the photosaging process.

Redmond: Wed., May 7, 6-7 p.m.

DIABETES EDUCATION

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.

Breast Cancer Resources
Have you, or has someone you know, just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit www.swedish.org/now-what/breastcancer.

Swedish/Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)
Swedish/Cherry Hill Campus: 500 17th Ave., 98102 (Central Seattle)
Swedish/Edmonds Campus: 21601 76th Ave. W., 98026
Swedish/First Hill Campus: 747 Broadway, 98122 (Seattle)
Swedish/Issaquah Campus: 751 N.E. Blakely Drive, 98029
Swedish/Mill Creek Campus: 13020 Meridian Ave. S., 98028 (Everett)
Swedish Orthopedic Institute: 601 Broadway, 98122 (Seattle)
Swedish/Redmond Campus: 18100 N.E. Union Hill Road, 98052

Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. Classes are offered regularly at all campuses. For more details on childbirth classes, visit www.swedish.org/childbirthclasses or call 206-215-3338.

OB Speed Dating
If you’re expecting or thinking about having a baby, we make it a little easier to find the right provider. When you come to OB Speed Dating, you’ll meet providers who deliver at Swedish and get to know them in a fun, low-key environment in one-on-one interviews. Visit www.swedish.org/obspeeddating to learn more.

Pregnancy Resources
Are you thinking about having a baby or just finding out you’re pregnant? Let Swedish guide you in taking those next steps. Visit www.swedish.org/now-what/pregnancy.

CHILDBIRTH EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications, including a three-part introductory series on diabetes self-management. Physician referral is required. Visit www.swedish.org/ diabetes or call 206-215-2440 (Ballard), First Hill and Issaquah or 425-640-4395 (Edmonds). See the Nutrition section for the diabetes class Super Salads and Savory Soups for Those With Diabetes on Thursday, April 24.

Living With Essential Tremor
This free symposium is for those living with essential tremor and their caregivers. Learn about essential tremor, diagnoses, treatments and support options from both doctors and other patients. To register, call Michelle Bauer at 206-386-2883 or email Michelle.bauer@swedish.org.

Cherry Hill: Thurs., April 3, 6-8 p.m.

NORTHERN WASHINGTON SCHOLARSHIP SOUPS FOR THOSE IN NEED

People with painful conditions will learn coping techniques. Call 425-640-4140 for more information.

Edmonds: Every Friday, 3-5 p.m.

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ORTHOPEDICS


Sunscreen and Skin Cancer
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Redmond: Wed., May 7, 6-7 p.m.

The following classes include a question-and-answer session:

Coping with Stress: Out of the Catastrophe

Learn how to manage healthy, delicious and diabetes-friendly soup-and-salad pairings featuring seasonal produce. Transform side dishes into hearty main-meal attractions that are sure to satisfy. Fee: $15.

Cherry Hill: Thurs., April 24, 6-7:30 p.m.

HEARING LOSS

Can You Hear Me Now?
This interactive discussion led by Swedish audiologists will turn up the volume on frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

Ballard: Thurs., May 22, 5:30-6:30 p.m.

Issaquah: Wed., May 14, 6-7 p.m.

Hearing Loss Intervention Options:
From Amplification to Implants
For some people with hearing loss, hearing aids can effectively meet or exceed their needs. For others, more advanced technology is required to reconnect with their world. Join Swedish audiologists as they share options to address hearing loss, from traditional amplification to the latest in implant technology.

Cherry Hill: Tues., May 13, 10-11 a.m.

Intuitive Eating
Learn about hunger and satiety cues, developing a healthy relationship with food and the natural pleasures of eating.

Edmonds: Thurs., May 1, 6-7:30 p.m.

Super Salads and Savory Soups for Those With Diabetes
Learn how to make healthy, delicious and diabetes-friendly soup-and-salad pairings featuring seasonal produce. Transform side dishes into hearty main-meal attractions that are sure to satisfy. Fee: $15.

Cherry Hill: Thurs., April 24, 6-7:30 p.m.
Treatment of Depression Without Medicine

Are you unable to control depression with medication? You are not alone. Traditional talk therapy and medicine do not work for at least one-third of the patients who suffer from depression. In 2008 the U.S. Food and Drug Administration approved transcranial magnetic stimulation (TMS) for treating depressed patients who cannot tolerate or have not had success with medication. “TMS treats depression by applying electromagnetic pulses to the part of the brain involved in depression,” says Joshua Bess, M.D., a psychiatrist with Seattle Neuropsychiatric Treatment Center, a Swedish affiliate. “TMS treatment does not require anesthesia. Additionally, it has none of the side effects related to antidepressants or other treatments, and no memory side effects.” Learn more about TMS. Register to attend a special presentation, A Path to Wellness Without Psychiatric Medication, on Wednesday, May 14 from 9-7 p.m. at Swedish/Redmond. To register, go to www.swedish.org/classes.