

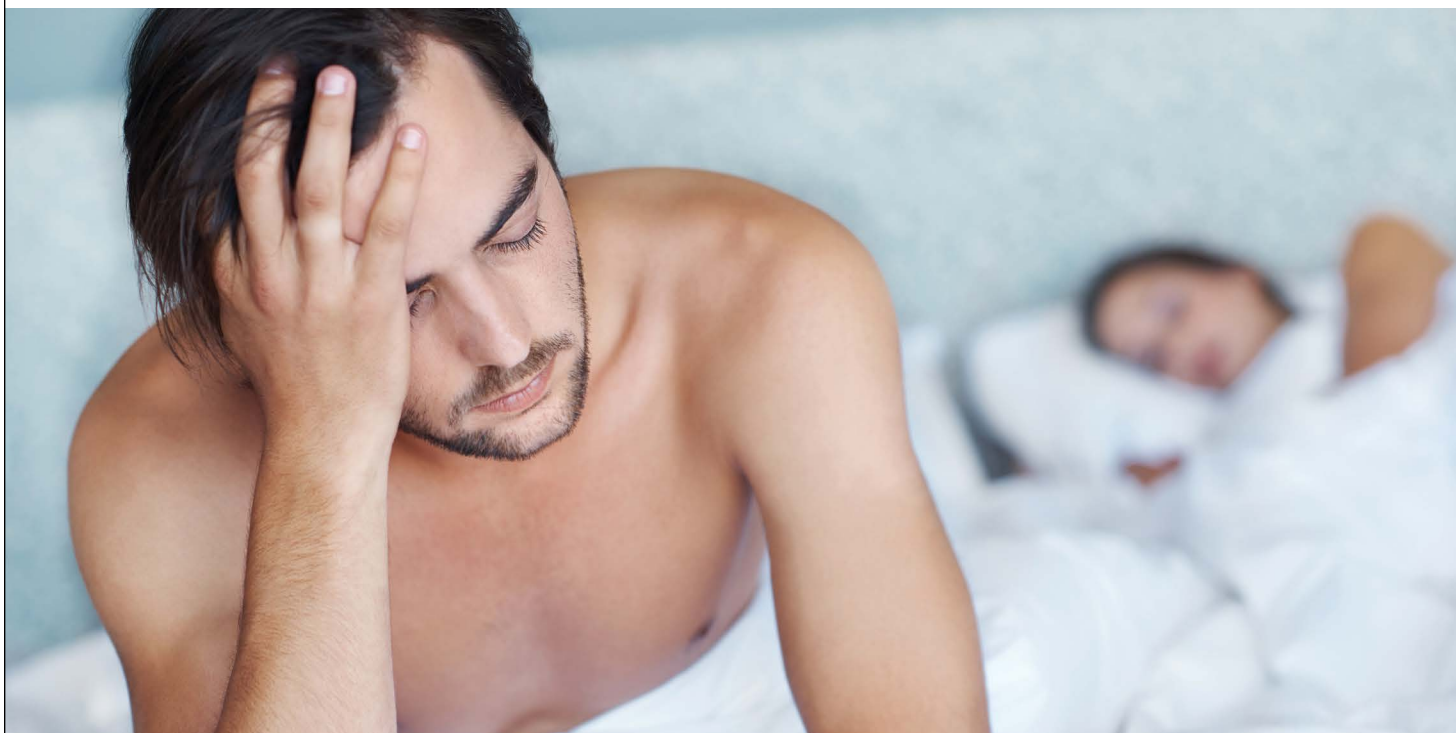
HealthWATCH

IN THIS ISSUE

- Community Events
- Losing weight to achieve better health
- New treatment options for treating essential tremor
- Community Education
- Enjoy a fit and safe summer
- Optimizing pregnancy care

A RESOURCE FOR YOUR GOOD HEALTH SPRING 2019

Men's Health Spotlight: Erectile dysfunction and prosthetic urology solutions



For more information or to find a provider: Visit www.swedish.org/learnmoreaboutED

Erectile dysfunction (ED)—trouble getting and keeping an erection—abnormal ejaculation, and low sexual drive can affect your sex life, no matter your age, your profession or your zip code. More than 30 million

men—and up to 50 percent of all men ages 40-70 in the United States experience ED. There are many causes, which include aging, stress, certain medications, and other medical or psychological conditions. Examples

include heart disease, history of prostate cancer, high blood pressure, diabetes, obesity, substance abuse, smoking, depression, anxiety and problems in your relationship.

Treatment options

At Swedish, experienced urologists provide customized and compassionate care. Your provider will evaluate any underlying conditions, and possibly discuss medications such as pills like Viagra, Cialis or Levitra, injections or testosterone replacement. Recommendations to modify your lifestyle and/or reduce your risk factors can be important elements of your treatment.

The option of penile implants

Beyond prescription medications, there is an ED surgery treatment option. **Penile implants** [penis pumps] offer a permanent solution to ED when other treatments have been unsuccessful. This small device allows a man with ED to experience an erection where and when he wants to. Your urologist can explain the different kinds of penile implants, all of which involve surgery. Other urology prosthetics are available to address other men's health issues including urinary incontinence and loss of a testicle. Choosing an implant can have a major impact on quality of life, self-esteem and confidence for a man.

What you can do about GERD

Hearthburn is a common result of things like eating too much pizza, that extra cup of coffee, a spicy dinner, or a bag of chips before bed. When it is serious, the problem is called GERD, shorthand for gastroesophageal reflux disease. According to the International Foundation for Gastrointestinal Disorders, an estimated 18–28 percent of people in North America have GERD.

Nuisance or disease?

Many people complain of symptoms we commonly call acid indigestion, heartburn or reflux. These symptoms are a nuisance if they go away on their own or with over-the-counter antacids. "You may have a disease called GERD if you need to take medications more than two times a week and you continue to experience severe, frequent, and/or chronic discomfort. Another red flag is a sudden onset of GERD, especially

after age 45," says Lulu Iles-Shih, M.D., Medical Director of Operations at the GERD and Swallowing Center at Swedish. "These symptoms are generally felt in the chest, making some people worry they are having a heart attack. It is all related to the function of the esophageal sphincter," a muscle that keeps stomach contents from backing up into the esophagus.

"Long-term GERD can lead to very serious complications," says Dr. Iles-Shih. For example, an esophageal ulcer; difficulty swallowing because of scar tissue; Barrett's Disease, a precursor to cancer; and cancer itself. Your primary care doctor can refer you to a gastroenterologist if your ongoing symptoms persist or are severe, despite lifestyle changes. Your gastroenterologist may perform an endoscopy, using an endoscope, a flexible tube with a light and camera attached to it, to assess the health of your digestive tract. With that

information, you and your doctor can discuss diagnosis and treatment.

"There is great benefit from talking with a trained medical advisor for guidance," says Dr. Iles-Shih. "The goal is to limit GERD from becoming a chronic condition."

Signs that it's time to see a gastroenterologist as soon as possible:

- Chest pain that is not heart related
- Gastrointestinal bleeding
- Unexplained weight loss
- Iron-deficiency anemia
- Trouble swallowing
- Family history of GERD or stomach cancer

For more information, please call the Digestive Health Institute nurse navigator at **1-855-411-MyGI** (6944) or visit www.swedish.org/understandingGERD.

Lifestyle changes to avoid or lessen GERD symptoms:

- Raise the head of your bed 8–11 inches.
- Lose weight if you are overweight.
- Don't eat two-three hours before going to bed. And avoid common triggers:
 - Alcohol and coffee
 - Smoking
 - Fatty-fried and spicy foods
 - NSAIDS pain medication like ibuprofen and aspirin
 - Garlic, onions and tomatoes
 - Some medications for bone loss



Now you can make a same-day Express Care appointment on Amazon Alexa

Scheduling a same-day appointment at a Swedish Express Care Clinic is as easy as saying "Alexa, open Swedish Health Connect." Alexa will suggest appointment times at a clinic closest to your home. Some set up is required.

COMMUNITY EVENTS

Swedish is proud to participate in these community events. We hope you'll join us!

2019 MS Art Show

June 1 – June 29, 11 a.m. – 6 p.m.
A/NT Gallery at Seattle Center
305 Harrison St., Seattle, WA 98109
www.swedish.org/MSArtShow

NAMI Walks Washington

June 8, 9:00 a.m.
Marina Park
25 Lakeshore Plaza, Kirkland
www.namiwalks.org/washington

Crohn's & Colitis Take Steps Walk

June 8, 2:30 p.m.
Lincoln Park
8011 Fauntleroy Way SW, Seattle
www.crohnscolitisfoundation.org/get-involved/events/

Korean American National Sports Festival

June 21 – June 23, 9 a.m. – 5 p.m.
Federal Way High School
30611 16th Ave. S., Federal Way
visitfw.org/schedule/events-calendar/korean-american-national-sports-festival-/2019-06-21

ACRS Walk for Rice

June 22, 9 a.m. – 1 p.m.
Seward Park
5900 Lake Washington Blvd. S., Seattle
www.acrs.org/events/walk-for-rice

Greenbridge Health Fair

June 27, 4 – 7 p.m.
Greenbridge Plaza
8th Ave. SW & SW 99th St., Seattle

Rainier Vista Health Fair

June 28, 4:30 – 6:30 p.m.
Rainier Vista Boys and Girls Club
4520 MLK, Jr. Way S., Seattle

American Lung Association – LUNG FORCE Walk

June 29, 9:00 a.m.
Jefferson Park
3801 Beacon Ave. S., Seattle
action.lung.org/site/TR?fr_id=18021&pg=entry

Ballard SeafoodFest

July 12 – July 14, 11 a.m. – 10 p.m.
N.W. Market Street, Seattle
www.seafoodfest.org

Issaquah Sports Medicine Combine

July 13, 8 a.m. – 5 p.m.
Lake Sammamish State Park
2000 NW Sammamish Rd, Issaquah
www.issaquahsportsmed.com

Swedish SummerRun & Walk for Ovarian Cancer

July 14, 6:30 a.m.
Swedish First Hill (corner of Madison and Minor in Seattle First Hill neighborhood)
www.summerun.org

High Point Health Fair

August 14, 5 – 7 p.m.
High Point Center
6400 Sylvan Way SW, Seattle

New Holly Family Fun Fest & Health Fair

August 24, 11 a.m. – 3 p.m.
New Holly Gathering Hall
7054 32nd Ave. S., Seattle

CISC Annual Senior Resource Fair

September 4
North Bellevue Community Center
4063 148th Ave. NE, Bellevue

Losing weight to achieve better health

Society can be unkind and judgmental toward people who are overweight: Just try harder. Have better self-control. Get off the couch. These comments can lead to feelings of shame. Many people try diet after diet without success or lasting results. To explore another approach, check out the Bariatric Metabolic Endocrine Center at Swedish (BMEC). It is powered by a dedicated team of specialists who deliver non-judgmental, exceptional care and ongoing support to help you improve your health and quality of life through

weight loss. The team includes endocrine and diabetes specialists, dietitians, counselors, bariatric surgeons, nurse practitioners and physician assistants.

BMEC providers understand that obesity is not a character flaw—it is a disease, and the leading cause of preventable conditions—diabetes, high blood pressure, heart disease, stroke, sleep apnea, kidney disease and more. BMEC offers medically supervised weight loss and bariatric surgery to help patients avoid, reduce or resolve these life-threatening conditions.

Learn more with our new online seminar

In addition to Swedish's in-person seminars about weight loss pathways, you can view an online seminar on your own computer or mobile phone. Seminars explain realistic weight loss expectations and potential surgery complications. Watch video testimonials from patients like Ken Lobe (featured below) whose lives have become healthier, more energetic and much more positive. To register for an in-person or online seminar, go to www.swedish.org/takecharge.



Ken Lobe's journey toward health

Ken Lobe is a registered nurse working at the Swedish Ballard emergency room and a patient at BMEC. A year ago, Ken was depressed by his 367-pound weight and his limited physical abilities on outings with his family. He had life threatening problems—high blood pressure, an arrhythmia and was at the tipping point of developing diabetes. He asked himself: "What do I want to do [about this] and how do I want to live my life?" He realized he needed an organized approach to his health and lifestyle. With the support of BMEC clinic staff, family, friends and co-workers, Ken was able to make life-saving changes. Through medically supervised weight loss and bariatric surgery, Ken lost more than 130 pounds. He's off one medication and taking reduced doses of two others, and diabetes is no longer a threat. He is much more content and confident. "I am experiencing the new joy and happiness in my life that I haven't had in a long time." About outdoor activities with his family, he says, "I am leading the pack."

New treatment options for treating essential tremor



We have all experienced a shaky feeling in our arms, legs and hands—an unsettling response from anxiety, nervousness, illness, too much caffeine, fatigue or weakness. Our teeth chatter from the cold, or our legs might quiver when we're scared or stressed. These incidents don't usually require a trip to the doctor or indicate neurological disease. They can come and go and do not interfere with day-to-day activities.

When to seek a doctor's advice

A persistent or progressive tremor of any part of the body warrants seeing your doctor for an evaluation, diagnosis and treatment plan. Why suffer with shaky hands at the computer, teacups jiggling midair, or hands too unsteady to handle carpentry tools? Essential tremor (ET) can also cause rhythmic to-and-fro movement of the limbs, head or torso, and a quivering voice. ET increases with age, and an estimated 7 million people in the United States suffer from it. These tremors can cause significant disability, and a timely visit to your doctor and appropriate treatment can dramatically improve your quality of life.

Treating essential tremor with medication

"Drugs such as propranolol or primidone are the first-line of treatment for ET, and although quite effective at suppressing tremor when administered appropriately, they are not equally or permanently effective in everyone, especially as one's tremor becomes more severe," says Pravin Khemani, M.D., a board-certified neurologist at the Swedish Neuroscience Institute (SNI).

Surgical options for essential tremor

When medications do not suppress ET enough to effectively improve function, there are surgical options. "The marriage of medicine and innovative scientific technology has the potential to significantly improve the quality of life of individuals suffering from tremor," says Dr. Khemani. Comprehensive evaluation by a knowledgeable neurologist and a neurosurgery team can be a winning combination. Surgical options include:

- **Deep brain stimulation (DBS)** involves disrupting the abnormal tremor-generating circuit in the brain by precisely implanting an

electrode in the thalamus (a small structure in the brain) connected by a wire attached to a small battery implanted in the chest.

- **MRI-Guided Focused Ultrasound (MRgFUS) technology** treats tremor on one side of the body or the other, with no surgical incision. Ultrasound waves are strategically focused on the thalamus causing a small lesion that suppresses tremor. Results are almost immediate; there is no hardware implanted in the body; and the patient can usually go home the same day.
- **The CALA ONETM electronic band** is a noninvasive, recently FDA-approved device to treat ET by delivering low-intensity electricity at the wrist to disrupt brain circuits causing tremor.
- **Gamma Knife thalamotomy** is a noninvasive procedure where many narrow beams of Gamma Rays are focused on the ventral intermediate nucleus (VIM) of the thalamus to stop the tremor on the opposite side of the body. It is an outpatient treatment, and the patient goes home the same day.

For more information, visit www.swedish.org/essential-tremortreatment.

Attend a **FREE** event to learn more about essential tremor treatment options.

Sat., June 22

Registration 2:00 p.m.

Program 2:15 p.m. – 4 p.m.

Embassy Suites

3225 158th Ave. SE, Bellevue, WA

FREE event. Refreshments provided. Registration required. Space is limited.

To register, please call 206-320-3454.

Community Education

Programs in Your Neighborhood

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

Swedish Ballard: 5300 Tallman Ave. N.W., Seattle 98107
Swedish Cherry Hill: 500 17th Ave., Seattle 98122
Swedish Edmonds: 21601 76th Ave. W., Edmonds 98026
Swedish First Hill: 747 Broadway, Seattle 98122

Swedish Issaquah: 751 N.E. Blakely Drive, Issaquah 98029
Swedish Mill Creek: 13020 Meridian Ave. S., Everett 98208
Swedish Orthopedic Institute: 601 Broadway, Seattle 98122
Swedish Redmond: 18100 N.E. Union Hill Road, Redmond 98052

CANCER EDUCATION

The Swedish Cancer Institute (SCI) offers free programs to assist patients, family, friends, caregivers and the community to help the mind, body, and spirit to heal. For questions or feedback, please contact the Cancer Education Center at **206-386-3200** or SCI.Education@Swedish.org.

Patients in active cancer treatment have a weakened immune system. If you have any cold or flu-like symptoms, please do not attend the program until all symptoms are gone.

Featured Classes:

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. For more information or to register, please call **206-732-8350**.

Edmonds: Mondays, 7:00 p.m. – 8:00 p.m.
Issaquah: Mondays, 6:30 p.m. – 7:30 p.m.

#BLOODFACTS WEBINARS

The Swedish Cancer Institute and the Leukemia & Lymphoma Society partner to provide live webinars for hematology patients, caregivers, providers, and the community. For more information or to register, please call **206-957-4585** or email erin.paschall@lls.org.

Online Webinar: Wed., May 20, Noon – 12:30 p.m. Join SCI's music therapist, Betsy Hartman, MT-BC to learn how to use music to reduce anxiety and stress while improving mindfulness and relaxation. Learn and hear how Betsy is integrating music with therapy at the hematology clinic at SCI.

Online Webinar: Wed., July 17, Noon – 1:00 p.m. Join SCI's Chief Hematology Malignancies and Hematopoietic Stem Cell Transplantation, John Pagel, M.D., Ph.D. as he provides an overview of the cutting edge CAR (Chimeric Antigen Receptor) T-Cell therapy treatment.

Get Fit! Staying Active During & After Cancer

Exercise class and fitness consults for patients who have finished cancer treatment. For more information or to register, please email tosh3aramaki@yahoo.com.

Cherry Hill: Saturdays, 10:00 a.m. – 11:00 a.m.

Hawaiian Hula

Learn the basics of Hula dancing and storytelling (standing or seated) while working your core, arms, and legs. No experience required. For more information or to register, please call **206-386-2895** or email SCI.Education@Swedish.org.

Edmonds: Thursdays, Noon – 1:00 p.m.

Sound Generations Senior Dining Program

The Swedish Cancer Institute and Sound Generations partner to provide short lunch-time presentations on cancer prevention and awareness topics at local senior centers. For more information or to register, please call **206-386-2895** or email SCI.Education@Swedish.org.

Southeast Seattle Senior Center: Thur., June 27, Presentation at 11:30 a.m. with lunch to follow

Sno-Valley Senior Center: Fri., June 28, Presentation and lunch at Noon

First Tongan United Methodist Church: Wed., July 3, Presentation at 11:45 a.m. with lunch to follow

Kawabe Memorial House: Thur., July 25, Presentation at 11:30 a.m. with lunch to follow

Central Area Senior Center: Thur., Aug. 1, Presentation and lunch at Noon

International Drop-In Center: Fri., Aug. 9, Presentation and lunch at Noon

Thoughts About Recurrence

One of the biggest obstacles in transitioning from cancer patient to survivor is overwhelming fear, anxiety and uncertainty about the future. This class offers a holistic perspective on healing that includes body, mind and spirit. We offer methods and tools to help reduce fear and anxiety for better well-being over a lifetime. For more information, please call Patti Kwok at **206-215-6558**. To register, please call **206-386-2895** or email SCI.Education@Swedish.org.

Online Webinar: Sat., June 1, 9:30 a.m. – 11:30 a.m.; Sat., Aug. 3, 9:30 a.m. – 11:30 a.m.

Issaquah: Sat., July 13, 9:30 a.m. – 11:30 p.m.

CHILDBIRTH EDUCATION

Swedish offers a variety of classes to support you through pregnancy, childbirth, and parenting. Classes are offered regularly at all campuses. For more details on childbirth education classes or to register, visit www.swedish.org/childbirthclasses or call **1-800-SWEDISH**.

Childbirth Preparation Classes

While no one can tell you what your birth experience will be like, learning about the process can help you feel prepared, confident, and ready for the birth. This 1-day, 2-day, or 5-week series will provide you with information on the labor process and possible variations, coping skills, and postpartum adjustment. Partners will learn ways to support mom during labor. Childbirth Preparation classes are offered several times each month at **Ballard, First Hill, and Issaquah**.

New Mom Support Group

Having a baby is amazing – and at times, amazingly difficult. It helps to have people to share the highs and lows, especially those who can identify with what you're going through. The New Mom Support Group is an informal group that meets weekly for six 90-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns, and experiences with other new moms in a friendly and welcoming atmosphere. **Fee:** \$60/one parent and baby. Offered several times every month at **Ballard and First Hill**.

Grandparents - Birth to Three Months

The role of grandparents has changed over the last several generations. This class describes ways to offer support and assistance to a new family, while discussing current trends in birth practices and infant care. Grandparents will appreciate information provided on newborn capabilities and providing a safe environment for infants. **Fee:** \$45/two participants.

First Hill: Offered several times every month.

Infant Safety and CPR

This class is recommended for parents, grandparents, and anyone caring for an infant up to 1 year of age. Your CPR certified instructor will help you learn when and how to administer CPR to an infant. You will also learn common choking hazards and demonstrate how to manage choking. Participants will be taught ways to baby-proof in order to increase household safety and decrease the risk of SIDS for your new baby. **Fee:** \$60/ two participants. Offered several times every month at **Edmonds, First Hill, and Issaquah**.

Breastfeeding and Returning to Work

Returning to work or school while breastfeeding can be a stressful transition. This class will help you develop a plan to meet the unique needs of a breastfeeding family. Topics include: feeding schedules, maintaining milk supply, pumping tips and techniques, and developing a plan around balancing breastfeeding and other commitments. **Fee:** \$45/pair (babies in arms and partners/companions are encouraged to attend).

First Hill: 2nd Wednesday of each month, 2:00 p.m. – 4:00 p.m.

Conscious Fathering

This class is for expectant and new dads or father-figures. The course empowers new fathers with practical, hands-on skills that they can immediately use to help bond and care for their new baby. Some topics include: meeting baby's five basic needs, supporting your partner and defining what kind of father you want to be. Class can be taken at any time, but we recommend one to four months before baby arrives. **Fee:** \$45/one participant. Offered several times every month at **Ballard, Edmonds, First Hill, and Issaquah**.

DIABETES

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications. Physician referral is required. Visit www.swedish.org/diabetes or call **206-215-2440** (First Hill and Issaquah) or **425-640-4395** (Edmonds).

Prediabetes

This class will explain risk factors and how to lower risk of developing type 2 diabetes by up to 60% through dietary and lifestyle changes. Participants are welcome to bring a support person for no additional charge. **Fee:** \$40 (Includes one support person)

Edmonds: Thur., Sept. 5, 6:00 p.m. – 8:30 p.m.
First Hill: Thur., June 6, 10:30 a.m. – 12:30 p.m.

HEALTH AND WELL-BEING

Gentle Yoga

This easy alternative to regular yoga utilizes a chair for help in transitioning to and from the floor, and for certain seated exercises. For more information or to register, please call **425-640-4140**. New patients please come to class 5 minutes early for first session. **Fee:** \$15/class or \$130 for a 10 class card, payable in class by check or cash only.

Edmonds: Mondays, 5:15 p.m. – 6:30 p.m. (excluding holidays)

Therapeutic Flow Yoga

Yoga provides stress relief, exercise, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. For more information or to register, please call **425-640-4140**. New patients please come to class 5 minutes early for first session. **Fee:** \$15/class or \$130 for a 10 class card, payable in class by check or cash only.

Edmonds: Mondays and Wednesdays, 3:45 p.m. – 5 p.m. (excluding holidays)

Lifestyle Management

This is a medically supervised exercise and education program 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. Hours are flexible - for more information and to register, please call **425-640-4330**.

Fee: \$90 for 16 Sessions

Edmonds-Cardiopulmonary Rehab Department

Pain and Beyond

This class teaches coping techniques for people with pain-limiting conditions. Topics include an overview of the anatomy and physiology of pain, stress management, pacing, goal setting and logging, home therapies, nutrition and supplements, and hope, happiness and healing. Guided imagery, relaxation and gentle exercise are also covered. For more information or to register, please call **425-640-4140**. **Fee:** \$10/per class

Edmonds: By appointment – Fridays, 3:00 p.m. – 4:00 p.m. and 4:00 p.m. – 5:00 p.m.

Fall Prevention/Steady on Your Feet

This class includes recommendations for maintaining good balance and performing daily activities safely, home and community safety tips, and community resources for staying fit.

Edmonds: Thur., July 11, 1:30 p.m. – 2:45 p.m.

Living Well with Parkinson's

This grant-funded program was designed for people living with Parkinson's. The program consists of 3 classes: PT, Speech and Mindfulness. PT class is reserved for those patients with financial need. Participants must be referred to the program by their primary care provider or neurologist. For questions, call **206-320-2404** or email michelle.scheff@swedish.org.

Cherry Hill: Wednesday, June 5th (weekly); 12:30 p.m. – 1:15 p.m., PT (for patients with a financial need); 1:30 p.m. – 2:15 p.m., Speech (for everyone); 2:30 p.m. – 3:15 p.m., Mindfulness (for everyone)

Managing Your MS Fatigue

Fatigue affects our health, work, relationships, and everything in between. Join us for this half-day workshop to help identify causes & provide tools to manage fatigue in your daily life. For more information or to register, please email erin.carper@swedish.org or call **206-991-2099**.

Cherry Hill: Monday, June 3, 10:00 a.m. – 2:30 p.m. (Excludes Holidays)

NUTRITION

The TQI Diet: To Quiet Inflammation

The TQI Diet focuses on our personal relationships with food and the important role it plays in health and weight loss. One of the key features of the diet is the lack of calorie restrictions and portion control. For more information or to register, please visit www.toquietinflammation.com. **Fee:** \$180 for the 5-class series

ORTHOPEDICS

Need hip or knee-replacement surgery? Swedish offers many treatment options. Visit www.swedish.org/now-what/joint.

Continued on the next page...

Total Joint Replacement: Is this the Right Choice For Me?

If you have arthritic joint pain and are considering joint replacement, you'll want to attend this important class. Q&A session included.

Issaquah: Thur., July 18, 6:30 p.m. – 8:00 p.m.;
Thur., Sept. 5, 6:30 p.m. – 8:00 p.m.

First Hill: Sept. 10, 6:00 p.m. – 8:00 p.m.

Edmonds - 3rd floor conf. room: Thurs.,
Sept. 19, 6:00 p.m. – 8:00 p.m.

Ballard: Wed., Sept. 25, 6:00 p.m. – 7:30 p.m.

SAFETY AND INJURY PREVENTION

Heartsaver First Aid, CPR and AED

Learn how to save a life using proper first aid, automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. **Fee:** \$85.

Ballard: Sun., June 9, 9:00 a.m. – 2:30 p.m.

First Hill: Sun., July 14, 9:00 a.m. – 2:30 p.m.
Issaquah: Sun., Aug. 11, 9:00 a.m. – 2:30 p.m.

CPR/BLS for Healthcare Providers

This course is designed to provide healthcare providers working in and out of a wide variety of hospital settings the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Participant certifications are valid for two years. **Fee:** \$60.

Issaquah: Sat., June 8, 9:00 a.m. – Noon;
Sat., Aug. 17, 9:00 a.m. – Noon

First Hill: Sat., July 20, 9:00 a.m. – Noon

SWEDISH SUPPORT GROUPS

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular,

diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups. Swedish also hosts other support groups that meet at our facilities. Please contact your healthcare provider for help in locating a support group for your specific needs.

WEIGHT-LOSS EDUCATION

Are you having difficulty losing weight and keeping it off? Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or non-surgical weight loss seminar. Visit www.swedishweightloss.com/seminars or call 206-215-2090.



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.

Contact Information

Swedish Medical Center Locations

| | |
|-------------------------------|--------------|
| Swedish Ballard | 206-782-2700 |
| Swedish Cherry Hill (Seattle) | 206-320-2000 |
| Swedish Edmonds | 425-640-4000 |
| Swedish First Hill (Seattle) | 206-386-6000 |
| Swedish Issaquah | 425-313-4000 |
| Swedish Mill Creek | 425-357-3900 |
| Swedish Redmond | 206-320-5190 |

For addresses, visit www.swedish.org/locations

Swedish Primary Care

| | |
|---|--------------|
| Ballard Clinic | 206-320-3335 |
| Bainbridge Clinic | 206-991-2121 |
| Bellevue Clinic | 425-462-1132 |
| Central Seattle Clinic | 206-320-4888 |
| Downtown Seattle Clinic | 206-320-3351 |
| Edmonds Birth & Family Clinic | 425-640-4950 |
| Edmonds Clinic | 425-640-4900 |
| Factoria Clinic | 425-641-4000 |
| Family Medicine – Ballard | 206-297-5100 |
| Family Medicine – Cherry Hill | 206-320-2484 |
| Family Medicine – First Hill | 206-386-6111 |
| Greenlake Clinic | 206-320-3400 |
| Internal Medicine at Edmonds | 425-640-4900 |
| Issaquah Clinic | 425-394-0700 |
| Klahanie Clinic | 425-394-0620 |
| Magnolia Clinic | 206-320-3364 |
| Mill Creek Clinic | 425-357-3700 |
| Pediatrics Clinic - Edmonds | 425-673-3456 |
| Pediatrics Clinic - Meadow Creek (Issaquah) | 425-394-1680 |
| Pediatrics Clinic - West Seattle | 206-320-5780 |
| Pediatrics Clinic - Redmond | 425-881-5437 |
| Pine Lake Clinic | 425-455-2845 |
| Redmond Clinic | 206-320-5190 |
| Renton Clinic | 425-391-5700 |
| Sand Point | 206-320-8050 |
| Shoreline/Richmond Beach | 206-533-2900 |
| South Lake Union Clinic | 206-320-5200 |
| Snoqualmie Clinic | 425-888-2016 |
| Queen Anne Clinic | 206-861-8500 |
| West Seattle Clinic | 206-320-3399 |

For addresses, visit www.swedish.org/primarycare

General Information

| | |
|---|--------------|
| Marketing Communications | 206-386-6797 |
| HealthWatch Editor | 206-386-6797 |
| Class Registration and Community Health Education | 206-386-2502 |
| Cancer Education Center (Swedish Cancer Institute) | 206-386-3200 |

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



Follow us on Twitter:
twitter.com/swedish



facebook.com/swedishmedicalcenter
facebook.com/swedishpediatrics



youtube.com/swedishseattle

swedish.org/blog

© 2019 Swedish Health Services

Create a Healthier Tomorrow

Your gift supports patient care, research and education throughout Swedish.

For more donation information visit:
swedishfoundation.org

Enjoy a fit and safe summer



Summer is coming—when we enjoy more daylight hours and outdoor activities. However, before you go on that hike, get out the canoe or join a baseball team, it's important to be in shape. Can you easily engage in activities without feeling out of breath or physically exhausted? Do you have sore muscles the next day from exercise?

Take it slow

"You can't go from 0–60 to get in shape," says Chandra Maloney, M.D., a family medicine and sports medicine physician at Swedish. She suggests

making a plan that includes realistic fitness goals and aim to gradually increase your endurance and ability each week. To lower your risk of injury, no matter the activity, "cross train"—mix it up by, for example, alternating brisk walking on some days with cycling or swimming on other days. At least 30 minutes of moderate intensity cardio exercise five times a week is a great goal to work towards. And remember, it's always a good idea to check with your doctor before starting any new exercise program.

Be prepared

Avoid sunburn by use of protective clothing and hats. "Avoid outdoor activity between 10 a.m. and 2 p.m. when the sun is strongest, and the potential for sunburn and overheating are high," suggests Dr. Maloney. Consider keeping a basket near the door with important items:

- 30+ SPF sunscreen; apply every two hours

- Sunglasses
- Bug spray
- Water bottle
- Eye protection for sports
- Epi pens if necessary
- First aid supplies
- Helmets if needed
- Life jackets
(if you will be around water)

Enjoy summer's bounty

Dr. Maloney loves the Pacific Northwest's beautiful, healthy and fresh local fruits and vegetables found at farmers' markets and neighborhood grocers. Berries are a great example of a healthy and versatile snack. Staying properly hydrated is always important—but especially during warm weather. Keep water-rich fruits like watermelon in the fridge. And make your own flavored water drinks at home by combining cut-up cucumber, lemon and herbs with cold water. They will all help you stay hydrated in the summer heat. If you are looking for a primary care provider, visit www.swedish.org/summerfit.

Optimizing pre-conception and pregnancy care for women 35 and older

Amber Wood, M.D., is part of the Obstetrix Medical Group, which provides services in the Swedish Maternal & Fetal Medicine Center. Her major goal, and that of her colleagues, is to optimize maternal health and fetal health in pregnancy. They provide pre-pregnancy services as well as care during a woman's journey toward delivery. Women considering pregnancy are referred to the Center if they have a family history of genetic disorders; had complications in a previous pregnancy; or have a chronic medical condition, such as diabetes or cardiovascular problems.

Dr. Wood recommends that women 35 and older, who meet the above criteria visit the Center before getting pregnant, and that all women 40 and older regardless of previous history do as well. Here, patients have a team of highly experienced doctors, counselors, nurses, nurse practitioners, social workers, genetic specialists and diabetes educators to assist with their care.

Risks to moms 35 and older

"Women 35 and older can have very good pregnancy outcomes,"

says Dr. Wood. However, there are risks that rise as a woman ages: chromosomal abnormalities—such as Down syndrome—infertility, miscarriage, and medical complications, such as diabetes and high blood pressure. During delivery, there is also an increased risk of cesarean delivery in women over 35.

When you come to the Maternal & Fetal Medicine Center

Our compassionate staff will go over your medical, surgical and family health history, and your medications. If needed, genetic testing can establish or rule out potential problems. We explain any pregnancy risks and plan for any necessary monitoring and treatment. You will also learn what symptoms to look for regarding your established risk factors, and what to be aware of in future pregnancies. And as with any pregnancy, we encourage patients to protect their and their baby's health: work toward a healthy weight, take pre-natal vitamins, and avoid alcohol, smoking and recreational drugs.

Your relationship with your doctor is very important

Center staff respect that women often have close relationships with their

obstetrician or family practice doctor. Their doctor may have cared for them during previous pregnancies, and they share a bond of trust. Whenever possible, we make informed recommendations to a woman's doctor who will care for her through delivery, and can consult with Center staff at any time. In some cases, we recommend that a woman receive her prenatal care at the Center for careful monitoring, treatment and the best possible outcome.

For more information

Swedish provides maternal and fetal medicine services at Swedish First Hill and Swedish Issaquah. For more information, talk to your OB or primary care provider or visit www.swedish.org/highriskpregnancy.

