

# HEALTHWATCH

## IN THIS ISSUE

Swedish Neuroscience Institute brings new, needed services to Edmonds & Eastside • You can make a difference • Classes • Planning for surgery at Swedish

## 2020: The year of little sleep

*These steps may help you get the rest you need*



**D**o you often find yourself lying in the dark with your thoughts when you should be asleep? Is it happening more now than ever before?

If you answered “yes,” **Darius Zoroufy, M.D.**, sleep medicine specialist with Swedish Sleep Medicine – Issaquah, would not be surprised. Insomnia affects 60-75% of people in a regular year, according to the National Sleep Foundation. Based on what he’s been hearing from his patients in recent months, Dr. Zoroufy is fairly certain that statistics will show higher numbers for 2020. In addition, he expects that people who suffered from sleep conditions such as apnea before the pandemic are likely faring worse now, as they experience stress-

induced insomnia on top of their existing issue.

“What’s happening out in the world has had a personal impact on all of us,” Dr. Zoroufy says. “Between the news, politics, coronavirus...we’ve been worried for ourselves and our families. We’re juggling work and school and parenting in settings that aren’t designed for it. It’s no surprise that these pressures are showing up in the way we sleep.”

In his practice, Dr. Zoroufy has seen some dysfunctional behaviors creep into his patients’ daily routines as they do their best to cope and get to sleep. “It’s understandable that people tend to rely on what’s readily available, even if it’s not necessarily good for their health. The most common habits I see are using

over-the-counter sleep medications, drinking alcohol, and looking at the cell phone right before bed.”

### Some “not ideal” ways of getting to sleep

Over-the-counter meds are likely to leave you groggy the next morning. More troubling, several studies report that long-term use may contribute to cognitive decline and slowly accumulating risk of dementia.

Alcohol tends to help you get to sleep at first, but then interferes with your deep sleep cycles later, so you don’t get quality rest even if you are asleep.

Cell phone screen light stimulates you physically, even in night-time mode, while the content you’re viewing, like news or email, stimulates you cognitively. This is the opposite of sleep mode.

### Thinking ahead: What are the long-term consequences?

As the pandemic continues, do we need to worry about our long-term

health? “It’s not that we’ll have a large group of people developing horrible diseases overnight from lack of sleep,” Dr. Zoroufy says, “but chronic bad sleep is not good for our health and well-being overall.

“Poorly rested people have a diminished capacity for managing stressors the next day,” he says. “When the kids misbehave, or people are rude to us, we’re much more likely to be upset and react with frustration. There’s irritability and discord; we get on each other’s nerves. We don’t handle hard challenges well. And we may accumulate worse dysfunctional habits over time.”

Are you concerned about your sleep? Talk to your healthcare provider or contact Swedish Sleep Medicine. [www.swedish.org/services/sleep-medicine](http://www.swedish.org/services/sleep-medicine).

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**Darius Zoroufy, M.D.**, is a sleep medicine specialist who uses a cooperative and compassionate approach to improve the quality of sleep and contribute to overall health.

Dr. Zoroufy and his colleagues, Dr. Morris Chang and Dr. Iryna Sapieha see patients at the new Swedish Sleep Medicine clinic in Issaquah. For more information, call 425-394-0024.

## Finding ways to be together in different spaces

**A**t the start of 2020, who could have dreamed we’d begin 2021 trying to figure out how to spend time with our friends and family without catching or spreading coronavirus? It’s still stunning, when you think about it. These are strange times.

**Amanda Eskola, LCSW, LICSW**, is a behavioral health specialist at

Swedish. She’s working on the front lines and she says that, as the months go on, she sees the pressures of the pandemic taking a predictable toll. *(See sidebar on page 2.)*

But humans are resilient, and there are ways to make the most out of the circumstances we’re in.

### Making the best of tough times

As we start a new year with hope

of an end to the pandemic, Amanda suggests trying different things and creating new rituals to sustain a good quality of life while we navigate 2021.

“I’m not the first to say it, but this is a great time to start new hobbies,” she says. “We need to get creative and identify new outlets since individuals’ usual activities have been limited due to COVID-19.”

Also, now that most of us are getting comfortable using platforms like Zoom, Teams and FaceTime to “meet up” socially, why not take it a step further and embrace technology to connect on-screen and make meals, create art, host a virtual book club or trivia party, or play 20 questions with your friends. Do a search online for inspiration to figure out how to adapt things you or your kids enjoyed pre-COVID-19 to the screen.

### We’re in it together

And remember, as the phrase goes, “We are all weathering the same storm, just in different boats.”

“We’re all experiencing the world impact in different ways, and this

*Continued on the next page...*

## Now Open on Capitol Hill

**We offer:** annual physicals and wellness exams • cancer screenings • birth control • LGBTQ+ care • blood pressure and diabetes management • virtual visits • immunizations

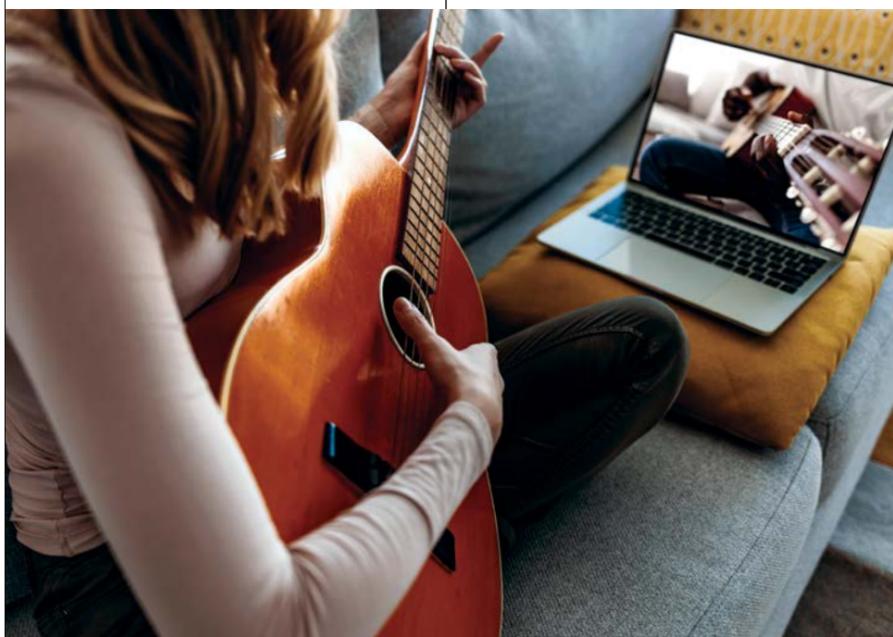


**Diana Huang, M.D., Lindsey A. Skinner, FNP, Randy Wang, D.O., and Toe Zaw, ARNP**

### Swedish Capitol Hill primary care

217 Broadway Avenue East  
Seattle, WA 98102  
206-320-3040  
[www.swedish.org/findadoc](http://www.swedish.org/findadoc)

**Accepting new patients**



# Swedish Neuroscience Institute brings new, needed services to Edmonds & Eastside

**W**e're proud to serve patients with the expansion of our neuroscience program.

From our downtown Seattle campus to our locations in Bellevue, Issaquah and Edmonds, we make it easy for you to connect with our specialists in your backyard.

The Swedish Neuroscience Institute (SNI) offers patients access to the latest research, technology and treatments, including:

- **Clinical trials.** Connect with breakthrough treatments, procedures and devices.
- **Experts in their field.** World-class neurologists and neurosurgeons lead our exceptional team.

- **Telehealth visits.** Convenient appointments that allow patients to see their provider from home, when clinically appropriate.

SNI partners patients with our specialists for the best outcomes in brain, spine and nervous system conditions.

Our programs are distinguished for their commitment to the advancement of research and state-of-the-art treatments for patients. We are a nationally recognized organization respected for innovative clinical research and superior outcomes. We care for patients with a wide range of conditions and offer multidisciplinary centers of care, including:

- The Ben and Catherine Ivy Center for Brain Tumor Treatment
- The Center for Functional Restoration, specializing in the care of Parkinson's disease, essential tremor and other movement disorders
- Swedish Epilepsy Center
- Swedish Multiple Sclerosis Clinic
- Swedish Complex Spine Specialists
- Swedish Cerebrovascular Center, offering comprehensive, coordinated care for patients with brain aneurysms and stroke

## Welcome Peter C. Nora, M.D., Movement Disorders Neurology, Neurosurgery, Spine Surgery



We're pleased to re-introduce Peter Nora, M.D., neurosurgeon. Dr. Nora has 23 years of experience in treating spine and neurologic conditions, and has a passion for treating patients with Parkinson's disease. Dr. Nora is now offering clinic visits in Bellevue, Issaquah and Seattle.

For more information or to schedule an appointment, visit [www.swedish.org/SNIhealthwatch](http://www.swedish.org/SNIhealthwatch).

## SNI SPOTLIGHT: EDMONDS

**T**he neurologists working in Edmonds bring an expanded breadth of specialty expertise to patients in this community, including care and treatment for those with multiple sclerosis, dementia and epilepsy. According to Kristen Morrow, SNI's director of operations, Snohomish County and north King County had an unmet need for specialized neurology services, so Swedish Neuroscience Institute added providers in Edmonds to fill those gaps.

"We have a large proportion of older folks living in these communities," she says. "We wanted to make sure they – and all of our patients living

and working here – could get the care and treatment they need without the inconvenience of traveling downtown in traffic and finding parking. We're hearing from patients that they're very glad we're here."

Meet some of our neuroscience experts practicing in Edmonds:



**Franchette Tagavilla Pascual, M.D., Epilepsy Neurology, General Neurology.** Dr. Pascual's goals for her patients include seizure freedom and a better quality of life. As a member of the American Epilepsy Society, she is up-to-date in the standards of care and latest treatment innovations available. Dr. Pascual is well-versed in the medical and surgical treatments of epilepsy across a broad age range.



**Nancy B. Isenberg, M.D., MPH, FAAN, DipABLM, Neurology.** Dr. Isenberg is the medical director of the Center for Healthy Aging at SNI and Providence Health & Services and co-leads Project ECHO Dementia. She is a subspecialty trained behavioral neurologist and neuropsychiatrist with expertise in implementation science, clinical neurodegenerative disease and functional brain imaging.



**Kathryn T. Fong, M.D., Neurology.** Dr. Kathryn Fong joined the SNI at the end of December. She received her medical degree from UT Southwestern Medical School in Dallas, and completed both adult neurology residency and multiple sclerosis/neuroimmunology fellowships at New York Presbyterian/Columbia University Irving Medical Center in New York City.

## Center for Health Aging: Lunchtime Webinar Series

As part of her lunchtime webinar series, Dr. Isenberg is hosting a Zoom event focused on caring for a loved one with dementia. Find recordings of past sessions and register for the Jan. 13 session at [www.swedish.org/lunchandlearn](http://www.swedish.org/lunchandlearn).

## 2020: The year of little sleep

(continued from page 1)

### What to do instead?

Dr. Zoroufy counsels his patients to use these techniques to help improve bad sleep patterns:

INSTEAD OF THIS:	DO THIS:
<b>Try to change everything at once.</b> "It's like losing weight. If you need to lose 25 pounds, adopting a vegan diet and exercising six hours a day will do it, but do you really have the capacity to implement that?" Be realistic.	<b>Add sleep time in small increments.</b> Add 15 minutes to your bedtime or waketime for a few weeks, then add 15 more after another few weeks. This should help you start to feel better.
<b>Pick up your phone.</b>	<b>Listen to quiet, relaxing audio stimulation,</b> such as nature sounds or calming music. Use earbuds if you're sharing a bed. Dr. Zoroufy has a set of headphones that charge during each day and never leave his bedside, along with queued up listening material. "This may not work immediately, but give it time. You're developing a healthy habit," he says. Added bonus: The soothing sounds occupy your mind and make it harder to think about what's stressing you.
<b>Rely on over-the-counter sleep medications or alcohol.</b>	<b>Try herbal alternatives</b> such as melatonin, valerian root or hops, which may be helpful.
<b>Think about (and try to solve) the world's problems at 11 p.m.</b>	<b>Let the world take care of itself until morning.</b> "And, remind yourself that even though you're not accomplishing all you want to right now, you're doing okay under the circumstances. You'll make a little more progress tomorrow."

## Finding ways to be together in different spaces

(continued from page 1)

time is harder for some than others," Amanda says. "This is not to minimize what each person is feeling – regardless of your experience, it is very true to you. Ask for help if you need it."

"And my best advice for all of my clients: Try to stay in the present, don't look too far ahead, and focus on taking care of yourself here and now."



**Amanda Eskola, MSW, LICSW, behavioral health provider, primary care.** Amanda cares deeply about providing excellent, compassionate care to her patients. She has over 10 years of experience in private practice and healthcare settings. She specializes in stress management, anxiety, depression, addiction, bereavement and healthy lifestyle.

## Getting through the stages

The Substance Abuse and Mental Health Services Administration, a division of the U.S. Department of Health & Human Services, offers a "Phases of Disaster" framework that shows how people tend to respond physically and emotionally under stress from natural and human-caused disasters.

Amanda believes our collective, local community has reached the "disillusionment" phase. This excerpt from the SAMSHA's description may sound familiar: "As optimism turns to discouragement and stress continues to take a toll, negative reactions, such as physical exhaustion or substance use, may begin to surface. The increasing gap between need and assistance

### Phases of Disaster



Source: Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for Mental health and Human Service Workers in Major Disasters.

leads to feelings of abandonment. Especially as the larger community returns to business as usual, there may be an increased demand for services, as individuals and communities become ready to accept support."

For more information, please visit [www.samhsa.gov/dtac/recovering-disasters/phases-disaster](http://www.samhsa.gov/dtac/recovering-disasters/phases-disaster).

# Community Education

## Programs in Your Neighborhood

Currently, all classes are online and registration is required for all classes. Visit [www.swedish.org/classes](http://www.swedish.org/classes) or call 206-215-3338 (unless otherwise noted) to register and check capacity. Class information is subject to change.

### CHILDBIRTH EDUCATION

#### Grandparents: Birth to Three Months

There have been many changes in the role of grandparents over the last several generations. This class describes ways grandparents can 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:** \$30/two participants.

#### 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.

#### Newborn and Me: Birth to Three Months 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 Newborn and Me Group is an informal group that meets online weekly for six 90-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns and experiences with other new moms while practicing safe social distancing. **Fee:** \$60/one participant.

#### Baby and Me: 3-6 Months 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 Baby and Me Group is an informal group that meets online weekly for six 90-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns and experiences with other new moms while practicing safe social distancing. **Fee:** \$60/one participant.

#### Infant Safety

In this class, your CPR certified instructor will help you 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 methods for decreasing the risk of Sudden Unexpected Infant Death for your new baby. This class is recommended for parents, grandparents, and anyone caring for a newborn or infant up to 1 year of age. CPR is discussed in this online course, but due to limitations of online teaching, it is not taught. **Fee:** \$30/pair.

#### 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 of your baby. This online 1-day or 2-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. **Fee:** \$45-\$80/pair.

### 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](mailto: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. For more programs and information, visit: [www.swedish.org/classes](http://www.swedish.org/classes)

#### Active Women, Healthy Women

Women of all fitness levels are encouraged to join these certified instructor led classes exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. To register, visit [teamsurvivornw.org/programs](http://teamsurvivornw.org/programs)

**Virtual Class** (Previously held at Swedish Issaquah): Mondays, 6:30-7:30 p.m.

**Virtual Class** (Previously held at Swedish Edmonds): Mondays, 7-8 p.m.

#### Art and Wellness Group

**Online:** Tuesdays, 10-11:30 a.m.  
Email [Bonnie.Walchuk@Swedish.org](mailto:Bonnie.Walchuk@Swedish.org) for Zoom meeting invitation

#### Music Therapy

Amidst the ever changing rhythms of life, experience how music can offer support and healing in our weekly music therapy groups. Experience or confidence in music is not required. For more information or for Zoom login information, contact [Betsy.Hartman@Swedish.org](mailto:Betsy.Hartman@Swedish.org).

**Individual Sessions (Virtual):** Available Mondays, Wednesday and Thursdays by appointment only

**Ukulele Group:** Wednesdays 2-3 p.m. | Virtual  
**Music and Wellness Group:** Thursdays 12:30 -1:30 p.m. | Virtual

#### Get Fit! Staying Active During & After Treatment

Exercise class and fitness consults for women who have finished cancer treatment. Co-sponsored by Team Survivor Northwest. To register, visit [teamsurvivornw.org/programs](http://teamsurvivornw.org/programs)

**Virtual Class** (Previously held at Swedish Cherry Hill): Saturdays, 10-11 a.m.

#### Gentle Yoga for Navigating the Cancer Journey

Biweekly yoga class for cancer patients. Utilize the mind-body tools of yoga to reduce stress, ease side effects, and increase physical and mental resilience with gentle movement, breath, meditation, and relaxation. All are welcome, from diagnosis through recovery. No experience is necessary. Chair options are offered throughout the practice. Email [SCI.Education@Swedish.org](mailto:SCI.Education@Swedish.org) to register.

Wednesdays, biweekly 1-2:15 p.m.

#### Hawaiian Hula

Learn the basics of hula dancing and storytelling (standing or seated) while working your core, arms and legs. No experience required. To register, email [SCI.Education@Swedish.org](mailto:SCI.Education@Swedish.org).

**SCI Edmonds:** Thursdays, noon to 1 p.m.

#### Knit for Life

This online drop-in group uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for beginners and experienced knitters. Email [SCI.Education@Swedish.org](mailto:SCI.Education@Swedish.org) to register.

**SCI Issaquah:** Mondays, 1-3 p.m.

**SCI First Hill:** Wednesdays, 10 am - noon; Thursdays, 1-3 p.m.

**SCI Edmonds – Medical Oncology:** Tuesdays, 10 a.m. to noon

### SUPPORT GROUPS

#### After Breast Cancer, What's Next?

Make peace with impacts of breast cancer treatment, reduce the stress cancer places on relationships, overcome fear of recurrence, renew hope and increase resilience. This series is for women who have already both completed treatment or are in active treatment. To register, email [SCI.Education@Swedish.org](mailto:SCI.Education@Swedish.org).

**Webinar Series:** January 4, 11, 25 and February 1  
**Webinar Series:** February 22, March 1, 8, 15

#### Tools for Healing

This class offers a holistic perspective on healing that includes body, mind and spirit regardless of the treatment phase or stage of cancer. We offer methods and tools to help reduce fear and anxiety for better well-being and over a lifetime. To register, email [SCI.Education@Swedish.org](mailto:SCI.Education@Swedish.org). For more information about the class, contact Patti Kwok, facilitator for Tools for Healing, at 206-215-6558.

**Webinar Series:** Thursdays, January 7 & 14

**Webinar Series:** Thursdays, February 4 & 11

**Webinar Series:** Thursdays, March 4 & 11

#### Living with Cancer Support Group

Virtual support group for those living with cancer.

**Swedish First Hill:** Thursdays 1:30-3:00 p.m.

Contact [SandraS.Johnson@Swedish.org](mailto:SandraS.Johnson@Swedish.org) or [Sharon.Mast@Swedish.org](mailto:Sharon.Mast@Swedish.org) to register.

**Swedish Edmonds:** 1st and 3rd Wednesday of the month, 1:00-2:30 p.m.

Contact the Edmonds Social Work referral line at 425-673-8328 to register.

**Swedish Issaquah:** 2nd and 4th Tuesday of the month, 10:00-11:30 a.m.

This group is open for patients and caregivers. Contact [Danielle.McLaughlin@Swedish.org](mailto:Danielle.McLaughlin@Swedish.org) to register.

#### Caregiver Support Group

Virtual support group for those caring for someone with cancer.

**Swedish First Hill Group:** Thursdays, 1:30-3:00 p.m.

Contact [Sylvia.Farias@Swedish.org](mailto:Sylvia.Farias@Swedish.org) to register.

**Swedish Edmonds:** 1st and 3rd Wednesday of the month, 1:00-2:30 p.m.

Contact [Tyne.Tennyson-Ray@Swedish.org](mailto:Tyne.Tennyson-Ray@Swedish.org) to register.

#### Brain Tumor Support Group

Virtual support group held via Zoom for patients with brain tumors and their caregivers.

1st Tuesday of the month, 11 a.m. to 12:30 p.m.

3rd or 4th Wednesday of the month, 1-2:30 p.m.

Contact group facilitator, Brenda Autabee Bigalk at [Brenda.Autabee-Bigalk@Swedish.org](mailto:Brenda.Autabee-Bigalk@Swedish.org) to register.

#### Gynecological Cancers Group

Virtual support group for women with gynecological cancers.

Last Wednesday of the month, 10:30 a.m.-noon

Contact group facilitator, Carolyn Maret at [Carolyn.Maret@Swedish.org](mailto:Carolyn.Maret@Swedish.org) or 206-215-6195 to register.

#### Head & Neck Cancers Group

Virtual support group for those living with head and neck cancers.

Fourth Wednesday of the month, 11:30 a.m.-1 p.m.

Contact group facilitator, Mark Filler at [Mark.Filler@Swedish.org](mailto:Mark.Filler@Swedish.org) or 206-215-2287 to register.

#### Smart Program

This 8-week virtual program, led by Swedish Cancer Institute's SMART-Trained Oncology Social Workers, will help you

develop self-care tools to manage your stress, reduce cancer treatment symptoms and side effects, and enhance your quality of life. For more information or to register, contact the Oncology Social Work referral line at 206-386-3228.

#### Patients in Active Treatment:

Tuesdays, January 19 to March 9, 1:30-3:30 p.m.  
Tuesdays, April 6-May 25, 1:30-3:30 p.m.

#### Patients in Survivorship:

Wednesdays, January 20 – March 10, 4-6 p.m.  
Thursdays, April 8 – May 27, 4-6 p.m.

#### Thyroid Cancer Group

Virtual group meetings for those with thyroid cancer held by THYCA: Thyroid Cancer Survivors' Association.

3rd Saturday of the month, 10-11:30 a.m.

Contact the group facilitators at [Seattle-WA@thyca.org](mailto:Seattle-WA@thyca.org) to register.

### CONGRATULATIONS, SEATTLE STORM!



Congratulations to the Seattle Storm for winning their

fourth WNBA championship on Oct. 6. This was Seattle's second championship in just three seasons. The Storm swept the Las Vegas Aces in three games, leaving no doubt who was the year's most dominant team. And they did it in traditional Storm fashion: unselfishly and with class.

Since 2016, Swedish has served as the Storm's official medical care team and partner. It is an honor to provide care for the athletes and win at the highest level, particularly under extraordinary circumstances this season. We could not be prouder to have the Storm don the Swedish brand.

**Congratulations to the Seattle Storm on this momentous victory!**

### You can make a difference

COVID-19 has upended our world. At Swedish, we're fighting it with everything we've got. But we need your help. As a not-for-profit health care provider, we rely on your generosity to advance research and keep our community safe. Give hope and health today at [www.swedishfoundation.org/fightcovid](http://www.swedishfoundation.org/fightcovid).



Filipina Mapanao, Emergency Department Tech, Swedish First Hill

# Planning for surgery at Swedish?

## Here's what to expect

**Editor's note:** This article was printed in December 2020. To find the latest information about surgeries at Swedish, visit [swedish.org/covid-19](http://swedish.org/covid-19).

**Arooj Simmonds, M.D.**, anesthesiologist and Swedish executive medical director of Surgical Services, Anesthesia, says she and a team of clinicians set to work designing safety protocols to minimize the potential for COVID-19 exposures. These protocols are still in effect today.

### The pillars of safety

"Since restarting elective procedures in May, not a lot has changed," Dr. Simmonds says. She points to the "pillars of safety" that protect patients and caregivers at Swedish facilities (see sidebar below).

As a physician whose practice takes place mostly in the operating room, she has special insight into the surgical side of healthcare. "To be honest, we didn't have to change much inside the OR. We do sterile procedures and always have, so we are maintaining the same level of sanitizing during this pandemic as we have for years."

### From a patient's perspective

Dr. Simmonds says the first step in surgery preparation for patients is a phone call to set up an appointment for a COVID-19 test two or three days prior to surgery at any of five testing locations spread among Swedish campuses.

### The pillars of safety

- Patient testing and screening
- Isolation for patients with symptoms
- Personal protective equipment
- Facility sanitizer and cleaning
- Limitation of non-essential personnel
- Teams of clinical experts overseeing safety: Infection Prevention Task Force and Perioperative Clinic Focus Group



"At the testing sites, we are taking strict safety precautions. Only patients who have no symptoms are allowed to be tested at these clinics. All who arrive are screened for fever and other symptoms and required to mask before entering. The nurse taking your sample will be wearing a mask and eye protection, and everyone in the area will observe physical distance." Patients receive test results in 24 hours, and surgery is postponed for any patients who test positive.

On the day of surgery, you'll stop at a hospital entry-control point for another temperature check and symptom screening, ensure your mask is on properly, and proceed to check-in. "All doors except for our established entry-control points are locked; no one enters the hospital without passing screening," Dr. Simmonds says. "That includes nurses, doctors, technicians, front-desk staff – every person in the hospital. We

also have a strict visitor policy to limit the number of people in the building and accommodate proper distancing."

As the pandemic stretches on, Dr. Simmonds recommends that patients schedule surgeries when their physician advises it. "We have surgery for a reason, and waiting too long for a necessary surgery can cause additional health problems," she says. "Let your provider help you decide when is the appropriate time."

For more information about patient safety and getting care, visit [www.swedish.org/covid-19](http://www.swedish.org/covid-19).



**Arooj Simmonds, M.D.**, anesthesiologist executive medical director of Surgical Services, Anesthesia. Dr. Simmonds' goal as a physician is to make

a strong connection with patients; she is committed to meeting patients before their surgery. She is trained as a cardiothoracic anesthesiologist, but now focuses on the collaboration of OR teams to safely care for patients.

## One patient's experience



**R**achel Hofer, a 46-year-old mom of two young kids, learned in August that she had breast cancer for the second time. Her surgeon, Christine Anne Lee, M.D., practices at Swedish Issaquah, so that's where Rachel

chose to have her surgery. It would be a double mastectomy.

"It's a big surgery, and I had quite a bit of anxiety," Rachel says. "I'd had surgery to treat my first bout of breast cancer, but that was before COVID-19. This time, my husband wouldn't be with me; he couldn't even stay in the hospital during my surgery because of safety precautions. I was very worried about being there on my own."

Rachel says her surgery day started out well. "Starting at the beginning, the person who checked me in talked to me at length and answered all of my questions, even getting up to find answers about things when she wasn't sure. I really appreciated that."

"My pre-op nurse, Romela Wong – she was, hands down, the best. She took her time; I never felt like the process was rushed. Every protocol was checked and double checked." Rachel also praises her post-op nurse,

Allison Archbold, and Drs. Lee, Crooks and Miranda, for their exceptional care and compassion.

"There was such a personal touch, from check-in to the time I could leave, 10 hours later. Sometimes surgery can feel like an assembly line, but it's not like that here. Every person went out of their way, asking if I was ok or if I needed anything. And I saw them treating other patients just as well as they were treating me."

Now a month post-surgery, Rachel is back to work and says she's getting her energy and mobility back. In hindsight, she says her surgical experience at Swedish was "textbook smooth."

"In fact, my experience with Swedish in general – surgery, oncology, all the care – has been really great. It was a positive experience for a horrible reason."

Swedish Surgical Specialists - Issaquah  
751 NE Blakely Drive,  
Issaquah, WA 98029  
[www.swedish.org/issaquah](http://www.swedish.org/issaquah)



SWEDISH

HEALTHWATCH

HealthWatch is meant to provide useful healthcare 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](http://www.swedish.org).

## Contact Information

### Swedish Campus 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](http://www.swedish.org/locations)

### Swedish Primary Care

Bainbridge Clinic	206-991-2121
Ballard Clinic	206-320-3335
Ballard Family Medicine	206-297-5100
Bellevue Clinic	425-462-1132
Capitol Hill Clinic	206-320-3040
Central Seattle Clinic	206-320-4888
Cherry Hill Family Medicine	206-320-2484
Downtown Seattle Clinic	206-320-3351
Edmonds Birth & Family Clinic	425-640-4950
Edmonds Clinic	425-640-4900
Edmonds Internal Medicine	425-640-4900
Edmonds Pediatrics	425-673-3456
Factoria Clinic	425-641-4000
First Hill Clinic	206-386-9505
Issaquah Clinic	425-394-0700
Klahanie Clinic	425-394-0620
Magnolia Clinic	206-320-3364
Meadow Creek (Issaquah) Pediatrics	425-394-1680
Mercer Island Clinic	206-275-5060
Mill Creek Clinic	425-357-3700
Pine Lake Clinic	425-455-2845
Queen Anne Clinic	206-861-8500
Ravenna Clinic	206-320-8050
Redmond Clinic	206-320-5190
Redmond Pediatrics	425-881-5437
Renton Clinic	425-391-5700
Richmond Beach Clinic	206-533-2900
Sand Point Clinic	206-320-8050
Snoqualmie Clinic	425-888-2016
South Lake Union Clinic	206-320-5200
West Seattle Clinic	206-320-3399
West Seattle Pediatrics	206-320-5780

For addresses, visit [www.swedish.org/primarycare](http://www.swedish.org/primarycare)

### General Information

Class Registration and	
Community Health Education	206-215-3338
Cancer Education Center	
(Swedish Cancer Institute)	206-386-3200
Media Inquiries	206-998-5028

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