Choosing a Midwife for Your Medical Home

Many women know that midwives, like obstetricians and family practice physicians, have special training and expertise in pregnancy and delivery. Not everyone, however, knows that midwives are able to provide a much broader scope of care.

A certified nurse midwife (CNM) is a licensed, board-certified specialist in women’s health. CNMs focus exclusively on women’s health needs in all stages of life — from adolescence to menopause and beyond. All midwives at Swedish are nurse practitioners who can prescribe and monitor medications. They offer care at three locations: Swedish Ballard, Swedish First Hill and Swedish Issaquah. Services include:

• Health promotion and disease prevention
• Health education and counseling
• Contraceptive management

Gynecological care, including Pap smears and annual exams
• Pre-conception and prenatal care
• Labor and delivery services, and care of the infant and mother immediately after birth
• Menopause/post-menopausal care and symptom relief
• Referrals to other specialists as needed

“We are pleased that our training allows us to be educators and caregivers, and be there for women’s needs throughout their entire care,” says Laura Carmichael, ARNP, CNM, MBA. “We build relationships with our patients and help them transition from adolescence to young adult, and on to motherhood and life as a fulfilled senior.”

Every woman who chooses a nurse midwife as her provider establishes a medical home for her lifetime.

To find a certified nurse midwife at Swedish, go to www.swedish.org/physicians and select “midwife” under “medical specialty.”

Is It Time to See a Heart Specialist?

About half of all Americans have at least one of the three main risk factors for heart disease: high blood pressure, high cholesterol and smoking. How is your heart health?

☐ I have high blood pressure
☐ I have high cholesterol
☐ I smoke
☐ I have diabetes
☐ I am overweight or obese
☐ I don’t eat well
☐ I don’t exercise very often or at all
☐ I drink alcohol

Members of my family have heart disease.

If you’ve checked even one of those boxes, it’s time to talk with your doctor about protecting your heart by making some lifestyle changes.

Just a few changes, such as eating a heart-healthy diet, quitting smoking or losing weight, can make a difference.

A few symptoms of heart disease, your doctor may suggest that you make by making some lifestyle changes.

• Racing or irregular heart rates
• Chest tightness or shortness of breath when you work hard or exercise
• Unusual fatigue
• Problems breathing when you lay down
• Significant leg swelling

A Swedish cardiologist can evaluate your risk, show you how to reduce that risk and help you take the first step to a healthy future.

Swedish has more than 31 board-certified cardiologists in 12 locations throughout the Greater Puget Sound area. Finding a cardiologist close to home or work will make life easier for you.

Your heart works all the time. Start protecting it today.

Find a Swedish cardiologist at www.swedish.org/heartdoctors.

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Oh, My Aching Knee

New Technology for Total Knee Replacement

It’s not uncommon for adults to develop osteoarthritis (OA). In fact, the Centers for Disease Control and Prevention estimates that 27 million Americans suffer from OA. It can occur in any joint, but it is most common in knees.

OA is an inflammation of the joint that occurs when the cushion (cartilage) between the bones begins to wear away. The cartilage loss causes pain, swelling, stiffness, loss of function and possibly bone spurs. OA of the knee can develop due to:

• Age
• Weight
• Repetitive stress injury
• Other illnesses

Treatment for OA of the knee usually includes weight loss, exercise and medicine to relieve pain or reduce inflammation. Other treatments include injections or a knee brace.

When these treatments don’t work, partial or total knee replacement surgery may be necessary.

New Technology at Swedish

Surgeons at the Swedish Orthopedic Institute have used Mako™ robotic-arm assisted technology for partial knee replacements for the past six years.

In November 2016, the manufacturer selected Swedish as one of four sites on the West Coast to also offer Mako for total knee replacements.

“We are excited that we can offer all of our knee replacement patients this innovative technology,” says Dr. James Crutcher, an orthopedic surgeon with Orthopedic Physician Associates, and medical director of the Swedish Orthopedic Institute. “Up until now we could only use robotic-assisted technology for partial knee replacements.”

Mako is robotically-assisted surgery for joint resurfacing and replacement. That’s why the surgeon develops a patient-specific treatment plan using 3-D modeling. This planning ensures the correct implant size, orientation and alignment. During the procedure, the surgeon is able to precisely balance the knee ligaments. This improves stability and range of motion, and promotes a more natural feeling knee.

Medicare and most private health insurers usually cover Mako as a knee replacement procedure.

Call 1-800-SWEDISH for more information or to schedule an appointment. Go to www.swedish.org/classes and click on “Health and Wellness Classes” for more information about the free “Joint Replacement: The Right Choice for You?” seminar.

Before surgery, the surgeon develops a patient-specific treatment plan using 3-D modeling. This planning ensures the correct implant size, orientation and alignment. During the procedure, the surgeon is able to precisely balance the knee ligaments. This improves stability and range of motion, and promotes a more natural feeling knee.

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Got Polyps?

Are you avoiding a colorectal screening? Many people are embarrassed about this life-saving cancer screening.

Colorectal cancer may not produce symptoms right away. In fact, by the time symptoms appear, the cancer may already be advanced. That’s why it is important to schedule your colorectal screening according to the guidelines.

The U.S. Preventive Services Task Force recommends men and women begin having colorectal screenings at age of 50 (age 45 for African Americans and Hispanics). Ask your doctor if you should get screened if you are younger than 50 and have a family history of colorectal cancer, or you are older than 75. Screening is for people with no symptoms who want to prevent cancer or identify it at an early and more easily treatable point. If you have symptoms, it does not mean you have colon cancer. However, it does mean testing needs to be more focused.

How often you need to be screened depends on the type of screening:

- Fecal immunohistochemical test (every year)
- Colonoscopy (every 10 years if you are not high risk)
- Cologuard® stool test (every three years)
- Sigmoidoscopy (every 5 years — rarely used anymore)

All four tests have been shown to save lives. Rating effectiveness of the tests has been the topic of many studies. Colonoscopy by an experienced gastroenterologist or colorectal surgeon has been shown to be the most effective screening tool because it detects cancer before symptoms develop and also prevents cancer from starting. During a colonoscopy, precancerous polyps are removed before they turn into cancer. Up to 80 percent of colorectal cancers can be prevented with the appropriate use of colonoscopy screening.

Patients whose doctors prescribe Cologuard collect a stool sample and send it to a lab for testing. The results show whether there is abnormal DNA in the stool that may be associated with cancer, but it does not detect or remove polyps. A positive Cologuard test must be followed by a colonoscopy.

When colorectal cancer is found and treated early, patients have more than a 90 percent chance of survival. That statistic alone should be enough to overcome your embarrassment. Remember — the best cancer is the one that never forms. Call 1-855-411-MYGI (1-855-411-6944) today to schedule your colorectal screening.

Symptoms of Colorectal Cancer

- Pain in abdomen
- Narrow stools
- Blood in stool
- Excessive gas
- Change in bowel habits
- Anemia
- Constipation
- Fatigue

Contact your doctor if you experience any of these symptoms.
CANCER EDUCATION

The Swedish Cancer Institute offers a variety of ongoing classes for those diagnosed with cancer. Visit www.swedish.org/classes or call 206-386-2502 (unless otherwise noted) to register for the following classes, see a list of all classes at Swedish cancer campus or search for classes by region. Class information is subject to change.

Active Women, Healthy Women

A fitness class specially designed to provide support and assistance for women who are cancer survivors. To register, please call 206-732-8350. Fee: Free

Isaquah: Tuesdays, 7:40 a.m.
Swedish Issaquah: Thursdays, 12-1 p.m.

Safely and Injury Prevention

This class is designed to help you and your family plan for any emergency. You will learn basic first aid skills, information about the use of which may be performed from a seated position. Exercise class based on Pilates principles for individuals with MS, Parkinson’s disease or stroke. Exercisers are chosen and modified for your needs and done from seated, standing and supine positions. Cherry Hill: Tuesdays, 1-2:15 p.m. and Thursdays, 1:30-3:15 p.m.

Nutrition Group for Weight Loss

Get Back Your Music

Music therapy to recondition your brain. Join this music group and learn to overcome difficulty playing/singing due to neurologic conditions. Cherry Hill: Thursdays, 10-11:30 a.m.

Nutrition Education

Health and Well-Being

Multiple Sclerosis

At the Multiple Sclerosis Center at Swedish, we know that care for people with MS goes beyond medical treatment. That’s why we offer programs and classes for patients and families. All classes are FREE but you must RSVP by emailing katie.scaff@swedish.org or calling 206-991-2099.

Gentle Yoga & Wellness

A 75-minute exercise class to help develop good breathing patterns integrated with balanced, healthy posture and a peaceful state of mind. Open to individuals with MS, Parkinson’s disease or stroke. Cherry Hill: Mondays and Fridays, 10-11 a.m.

Modified Mat Pilates

Exercise class based on Pilates principles for individuals with MS, Parkinson’s disease or stroke. Exercises are chosen and modified for your needs and done from seated, standing and supine positions. Cherry Hill: Thursdays, 10-11:30 a.m.

Group Music Therapy

One-on-one music therapy with our board-certified music therapist to restore, maintain and improve your emotional, physical and psychological health and well-being. Open to individuals with MS, Parkinson’s disease or stroke. Cherry Hill: Wednesdays, 10-11 a.m. 30-minute sessions.

Growing Up: All About Puberty

A group of artists of all abilities living with and influenced by multiple sclerosis focused on discussing and executing artwork for the annual MS Center Art Show. Communicate, plan and prepare. RSVP: 206-991-2099.

Cherry Hill: 2nd Wednesday of each month, 1-2:30 p.m.

Play Reading Group

Have you ever wanted to act in a play? Are you a theater person who doesn’t act anymore? Get into character with this fun, light-hearted group. You do not need to work in the theater as a career to participate. For students and educators. RSVP: 206-991-2099.

Cherry Hill: 2nd Friday of each month, 1:30-2 p.m.

DIABETES EDUCATION

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes. Physician referral is required. Visit www.swedish.org/diabetes or call 206-215-2440 (Ballard), 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)

First Hill: Thu., Apr. 13, 10:30 a.m.-12:30 p.m., May 11, 10:30 a.m.-12:30 p.m.

MULTIPLE SCLEROSIS

At the Multiple Sclerosis Center at Swedish, we know that care for people with MS goes beyond medical treatment. That’s why we offer programs and classes for patients and families. All classes are FREE but you must RSVP by emailing katie.scaff@swedish.org or calling 206-991-2099.

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Modified Mat Pilates

Exercise class based on Pilates principles for individuals with MS, Parkinson’s disease or stroke. Exercisers are chosen and modified for your needs and done from seated, standing and supine positions. Cherry Hill: Mondays and Fridays, 10-10.30 a.m., 30-minute sessions.

Get Back Your Music

Music therapy to recondition your brain. Join this music group and learn to overcome difficulty playing/singing due to neurologic conditions. Cherry Hill: Thursdays, 10-11:30 a.m.

Adult Coloring Group

Activity group to increase relaxation, mindfulness, creativity and fine motor and visual skills while reducing stress and anxiety. Open to individuals with MS or other neurological or chronic conditions. Cherry Hill: 1st Wednesday of each month, 1-2:30 p.m.

Book Club

Monthly book club to connect with other individuals with MS, Parkinson’s disease or stroke. You can read the whole book, just a couple of chapters or listen on tape.

Cherry Hill: 3rd Wednesday of each month, 1-2:30 p.m.

Swedish Ballard: 5300 Talman Ave. N.W., Seattle 98107
Swedish Cherry Hill: 500 17th Ave., Seattle 98122
Swedish Edmonds: 21601 78th Ave. W., Edmonds 98026
Swedish First Hill: 747 Broadway, Seattle 98122

Diabetes Education Center

Offers resources, classes and individual programs to help you successfully manage your diabetes. Physician referral is required. Visit www.swedish.org/diabetes or call 206-215-2440 (Ballard), First Hill and Issaquah or 425-640-4395 (Edmonds).
Taking the Spin Out of Life

The room is spinning... and you’re not sick and you haven’t had even one sip of alcohol. What’s going on? It might be benign paroxysmal positional vertigo or BPPV. BPPV is not a serious condition, but the symptoms can be frightening. In addition to vertigo (a feeling that the room is spinning), symptoms may include dizziness, light-headedness, imbalance that may lead to falling, nausea and vomiting. It can occur without warning when you are lying down, sitting or standing.

What causes BPPV?

Tiny crystals of calcium carbonate in the utricle of your inner ear help you balance. Small bits of their outer covering occasionally come loose. Those bits — no bigger than a blood cell — usually remain in the utricle and eventually dissolve. Sometimes, however, the bits find their way into one of the fluid-filled semicircular canals in your inner ear. Tiny hairs in the canals send signals to your brain about the position of your head and body (upright, tilted, etc.). If the crystals push on the hairs, the hairs send false signals to your brain. Your brain thinks your head and body are tilted when they really aren’t. The false signals cause vertigo — the sensation that the room is spinning.

Treating BPPV

Talk with your primary-care provider if you experience vertigo. He or she can evaluate, diagnose and treat BPPV. In 80-90 percent of cases, BPPV is treated successfully with a short, simple office procedure called a particle repositioning maneuver to help move the crystals out of the canal. Without treatment, symptoms of BPPV may get worse. Patients with severe cases of BPPV may need a referral to the Balance Center at the Swedish Neuroscience Institute (SNI).

The Balance Center at SNI

The Balance Center brings together many different specialists to evaluate patients for conditions that may affect the patient’s walking, balance and strength. This team of specialists diagnoses and treats dizziness, vertigo, inflammation and other balance-related conditions.

For more information about the Balance Center at the Swedish Neuroscience Institute, go to www.swedish.org/balance.

Weight Loss: It’s More than a Fashion Statement

When you see someone who has lost 300 pounds, the typical response is, “doesn’t she look great!” The truth is, it is not a matter of looks. Rather, it is a life-saving achievement that probably wasn’t accomplished just through diet and exercise.

The difference between being overweight and being obese is a matter of degrees. Both are hazardous to your health.

Overweight: 20% over ideal weight or 25-29.9 BMI

Obese: 30% over ideal weight or 30+ BMI

Morbid Obese: 50-100% over ideal weight or 40+ BMI

Obesity is one of the most common chronic medical conditions in the United States. It can cause metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high cholesterol, cancer and sleep disorders.

Swedish offers both surgical and non-surgical solutions for individuals who are overweight or obese. Good candidates for bariatric surgery include individuals with a 40+ BMI and those with a lower BMI who are experiencing serious health conditions associated with their weight.

“A minimally invasive bariatric procedure is the most effective way for seriously obese patients to lose weight,” says Samer Mattar, M.D., a board-certified bariatric surgeon at Swedish. “This isn’t about being vain. It’s about avoiding or reversing serious medical conditions. Our multidisciplinary team supports our bariatric surgery patients before and forever after the procedure, so they can lose weight and keep it off for good.”

The Swedish Weight Loss Program also offers an effective non-surgical program for people who don’t want bariatric surgery, but haven’t been able to lose weight on their own. Working with each patient individually, the team customizes a program to fit the patient’s specific goals and lifestyle.

It is never too late to lose weight and take control of your health. It may be challenging and may take a while, but Swedish is here to support you. To find a location near you or to sign up to attend a free weight-loss seminar, visit www.swedishweightloss.com/ seminars or call 206-215-2090.

Special Services for Kids with Special Needs

Children with special needs are VIPs at Swedish. The Pediatric Therapy Services team includes highly skilled pediatric physical and occupational therapists and speech-language pathologists. These specialists have dedicated their careers to helping kids and their families. They work together to address the children’s needs and help them maximize their potential to play, learn and engage at home, school and in the community.

No two children are alike, so each child receives a very personalized care plan based on his or her needs. Because parents and guardians are integral members of their child’s therapy team, all sessions include direct treatment and parent/patient education.

“It is a joy to work with these children, and to work with parents to develop the best therapy plan for their child’s particular needs,” says Shana Nielsen, OTR/L, department manager. Call 206-386-3592 for more information about Pediatric Therapy Services at Swedish, or to schedule an appointment.

Pediatric Therapy Services at Swedish

Specializing in children who need therapy for:

• Autism
• Communication and language delays
• Developmental delays
• Feeding difficulties
• Conditions related to premature birth
• Oral-motor deficits
• Orthopedic conditions
• Sensory processing disorders
• Gross motor delays
• Sports injuries

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 website at www.swedish.org.