Let's Talk About Stroke

I t's a fact ... • Every 40 seconds someone in the United States has a stroke • Anyone, even children, can have a stroke • You can reduce most of your stroke risks

What is a Stroke?
A stroke or brain attack occurs when blood carrying oxygen and nutrients doesn't get to a section of the brain because of a blocked or burst blood vessel. When brain cells don't get blood, they die. When brain cells die, it can affect your speech, muscle control, balance and vision.

A stroke caused by a blocked blood vessel is called an ischemic stroke. A stroke caused by a burst blood vessel is called a hemorrhagic stroke. A blood vessel that is blocked by a blood clot or a fatty deposit (plaque) is the cause of most strokes.

Reducing Your Risk
There are many things you can do to reduce your risk of stroke. There are also some things that you cannot control. Because you can't control everything, it's important to be particularly good about those things you can control.

Risk factors you can't control include: • Age: Our stroke risk increases with age. • Gender: Typically more men than women have stroke.

Race: Hispanics and African Americans are at higher risk. • Family History: If a close blood relative (parent, grandparent) has had a stroke, you're at greater risk.

The good news is that there are many more risk factors that you can control, such as: • High Blood Pressure: This is the No. 1 cause of stroke. Talk to your doctor about how to lower your blood pressure if yours is higher than 120/80. • Tobacco Use: If you smoke, quit. If you don't smoke, avoid secondhand smoke.

Diabetes: If you have diabetes, control your blood sugar. • High Cholesterol: Eat healthy. Avoid high-cholesterol foods. • Excessive Alcohol: Limit alcoholic beverages. • Activity & Weight: Be active. Maintain a healthy weight.

Other Medical Conditions: You are at increased risk for stroke if you have atrial fibrillation, peripheral artery disease, carotid artery disease or sickle cell anemia. Be sure to follow your doctor's directions. For more information about stroke and how you can reduce your risk, go to www.swedish.org/stroke.

Control the Burn
I t happens to one out of 10 Americans — a sudden sensation that your throat or chest is on fire, and you're tasting stomach acid. Gastroesophageal reflux disease (GERD) — heartburn or acid reflux — typically occurs after eating, but can happen at any time. It can even wake you from sleep.

GERD happens when the valve between your esophagus and stomach weakens. The weakened valve allows stomach contents to flow back into your esophagus. Over time, frequent heartburn can:

• Irritate the lining of the esophagus • Cause the esophagus to narrow • Lead to breathing problems • Create a pre-cancerous condition called Barrett’s esophagus

How to Control GERD
Although antacids provide quick relief if you occasionally have GERD symptoms, you should also consider lifestyle changes, such as:

• Avoiding or limiting foods that make your symptoms worse, such as caffeine, alcohol, tomatoes and citrus • Eating small meals • Eating no later than 2-3 hours before bedtime • Losing weight if you're overweight or obese • Sleeping on an angle

When to Call Your Doctor
Talk to your doctor if you have chronic or persistent symptoms — i.e., those that occur frequently or don’t go away. Your doctor will explain how lifestyle changes and the use of medicine may help control your symptoms, and may also discuss the possibility of surgery.

For More Information
Call the GERD and Swallowing Center at the Swedish Digestive Health Network at 1-855-411-MyGI (1-855-411-6944).

October 29 is National Stroke Awareness Day.
Finding the Right Answer for Varicose & Spider Veins

Are your child’s legs feel heavy, achy or tight? Do they frequently swell or throb? If your answer to either question is “yes,” spider or varicose veins may be the cause. Spider veins look like red, blue or purple spider webs on your skin. Varicose veins are enlarged, bulging and twisted. Both occur when the one-way valves in the larger trunk veins or smaller branch veins in your legs stop working right. This causes blood to pool in the veins, rather than returning to the heart.

If you’re not getting any relief from compression hose or sitting with your legs elevated, or you’re just tired of hiding your legs beneath long pants, it may be time for an evaluation at the Vein Clinic at Swedish Vascular Surgery. The Vein Clinic’s specialists have expertise and considerable experience in many office-based procedures for spider and varicose veins, using local or light anesthesia. These procedures stop blood flow through a faulty vein, so your blood can find a new pathway using a good vein. Treatment options include:

- Sclerotherapy (injection) to create scar tissue inside a branch vein to close it off
- Ablation (chemical, thermal or radiofrequency) to create scar tissue inside a trunk vein to close it off
- Microphlebectomy to completely remove a branch vein through a series of tiny incisions

For More Information
Call 206-215-5921 or to schedule an appointment at the Vein Clinic at Swedish Vascular Surgery.

The Yin and Yang of Giving Birth

The sights, sounds and smells of your new “bundle of joy” are food for greeting cards. Then, there is reality. Being a new mom is the most wondrous — and the hardest — thing you may ever experience. After delivery, women frequently feel overwhelmed, sad or irritable. They may have difficulty sleeping, or feel as if they aren’t coping well.

Studies have shown that hormonal and biochemical changes that occur after having a baby can lead to increased mood or anxiety symptoms. Anxiety helps women protect their children by allowing them to anticipate and identify danger. If we were cave-women, stress hormones would help us protect our babies from sabre-tooth tigers. Unfortunately, the stressors we face in today’s world are impossible to run from. They can keep us in constant fight-or-flight mode.

About 80-90 percent of women experience “baby blues” during the first two weeks after delivery. Unexplained crying, irritability and mood swings are normal as your body adjusts to hormone shifts.

While most moms grow out of the baby blues after two weeks, some continue having trouble adjusting. They may feel depressed or anxious later in the post-partum year. If you are one of those moms, you may:

- Have trouble sleeping
- Have scary thoughts or constantly check on your baby
- Feel overwhelmed
- You may even avoid leaving the house or talking to friends, lose your patience more quickly or have trouble with day-to-day tasks.
- This doesn’t mean you’re a bad mom. It just means you need help to jumpstart a balanced life.

Through the Center for Perinatal Bonding and Support, Swedish offers new moms a comprehensive program that may include therapy, medication, or a day program with group and individual counseling. The goal is simple: give moms the support and resources they need to be caring, productive mothers.

Call 206-320-7288. There is no shame in asking for help. You are not alone.

Back-to-School Tips for Parents

Are you ready for the new school year? Swedish hopes the following tips will help you prepare.

Wellness Checks: Have you made an appointment with your child’s doctor for a wellness check? Are you looking for a medical home for your family? Find a primary-care or pediatric clinic in your neighborhood at www.swedish.org/clinics or www.swedish.org/pediatrics.

Vaccinations: Are your child’s immunizations up to date? For information about recommended vaccinations and Washington State requirements, go to www.doh.wa.gov/YouandYourFamily/Immunization.

Healthy Eating: Sometimes it’s a battle to get kids to eat a good breakfast. But the research is in — kids who skip breakfast may:

- Do worse in school (kids who are hungry can’t concentrate)
- Gain weight (hunger may lead to binge eating at lunch)

Healthy Sleep: Summer is over. It’s time to re-establish a good sleep routine. Lack of sleep can lead to poor test scores and weight gain. Visit https://sleepfoundation.org for more information.

Screen Time: Monitor and limit screen time — especially before bedtime.

Stay Fit: Help your child get 30 minutes of exercise each day.

Stay Alert: Are your child’s grades falling? Is he or she anxious? Depressed? Being bullied? Talk to your family doctor if you’re concerned.

Be Prepared: Download “Swedish Kids Symptom Checker” from the iPhone or Android app store. It will help you make decisions on what care, if any, your children need when they are sick or injured, and will explain how you can provide symptom relief for minor illnesses and injuries you can manage on your own.

For More Information
Call 206-215-5921 or to schedule an appointment at the Vein Clinic at Swedish Vascular Surgery.
Community Education
Programs in Your Neighborhood

Registration is required for all classes. Visit www.swedish.org/classlist 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 Tullman Ave. N.W., Seattle 98107
Swedish Cherry Hill: 500 17th Ave., Seattle 98112
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.E., Everett 98208
Swedish Orthopedic Institute: 601 Broadway, Seattle 98122
Swedish Redmond: 18100 N.E. Unkin Hill Road, Redmond 98052

CANCER EDUCATION
The Swedish Cancer Institute offers a variety of ongoing classes for those diagnosed with cancer. Visit www.swedish.org/classlist for a complete listing.

Coffee Break Webinar Series
Join webinars for hematologic statistics. Overview of lymphomas. To register for a free webinar and see more topics visit www.lts.washingtonalaska.org.

ChILDBIRTH EDUCATION
Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. For more details, visit www.swedish.org/childbirthclasses.

New Parent Support Group
The New Parent Support Group is an informal group that meets weekly for six to nine 90-minute sessions. Led by an experienced facilitator, new parents can share their concerns and experiences with other new parents in a friendly and welcoming atmosphere.

Pregnancy and Infant Loss Support Group/Careers
Please join our NICU supportive care team in a series of events supporting families that have experienced infant or pregnancy loss.

Swedish Center for Perinatal Bonding & Support
747 Broadway, Seattle 98122

DIABETES EDUCATION
The Swedish Diabetes Education Center offers resources, classes and individual support groups, 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).

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.

Cooking Class: Mood Boosting Nutrition
Learn about foods that can help reduce stress and ease anxiety to benefit your health, as well as elevate your mood. Fee: $15. For more information or to register, please visit www.swedish.org/classlist or call 425-640-4140. Edmonds: Every Monday Aug. through Dec., 4 - 5:15 p.m.

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. For more information or to register, please call 425-640-4140. Fee: $10/class.

DIETITIAN LED COOKING CLASSES

NUTRITION
Cooking Class: Mood Boosting Foods Eat Your Way to a Happier, Healthier You
Learn about foods that can help reduce stress and ease anxiety to benefit your health, as well as elevate your mood. Fee: $15. For more information or to register, please visit www.swedish.org/classlist or call 1-800-SWEDISH (793-3474). First Hill: Wed., Dec. 13, 6 - 7:30 p.m.

Cooking Class: Phytonutrients: What are they and where are they found in food?
Learn what phytonutrients are, discover what foods contain these beneficial nutrients and experience them in a whole foods rainbow. Fee: $5 per class or to register, please visit www.swedish.org/classlist or call 1-800-SWEDISH (793-3474). First Hill: Wed., Dec. 13, 6 - 7:30 p.m.

HEALTH AND WELL-BEING
Relief for Your Foot and Ankle Pain
If you are having foot or ankle problems, you’ll want to attend this important class. Dr. Mark Reed will discuss the top five foot and ankle conditions, including ankle replacement and how to treat with non-surgical and surgical options.

PARENTING
Growing Up: All About Puberty
Build a bridge with your 9- to 12-year-old child to demystify the challenges of puberty. This will be a fun, interactive class to open and enhance communication between parents and preteens and explain the physical and emotional changes ahead. Fee: $35 per family (includes two adults and one child; $5 fee for each additional child or adult in the same family).

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. For more information or to register, please visit www.swedish.org/classlist. Fee: $70.

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. First Hill: Sat., Sept. 16, 9 a.m. - 2:30 p.m.

MEDICARE INFORMATIONAL FAIR
Will your 2018 healthcare coverage meet your needs? Get answers to your Medicare questions at the Swedish Medicare informational fair. Please RSVP or send your questions to: medicare101@swedish.org. For more information visit www.swedish.org/medicare101.

Seattle: Thu., Nov. 9, 9 a.m. - 3 p.m.

WEIGHT-LOSS EDUCATION
Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Register today for a free surgical or nonsurgical weight loss seminar. Visit www.swedishweightloss.com or seminars at 206-215-2090.

www.swedish.org
Meet Dennis Meinhardt
Husband and father, Triathlete and Ironman competitor, Mitral valve disease survivor

November 2016, 50-year-old Dennis Meinhardt completed the Ironman Arizona competition in 13½ hours — a personal best. Four months later Dennis was in an operating room at Swedish Medical Center having open-heart surgery to correct a heart condition.

No one would think that Dennis had a heart problem. He made a commitment to staying fit years ago. He’s been cycling for 12 years and has participated in the Seattle-to-Portland and Seattle-to-Vancouver bike rides. He’s been a runner for 8 years, and has run multiple half and two full marathons. And, he’s participated in two Ironman competitions.

A Temporary Detour
For at least 25 years, Dennis had known that he had a heart murmur. It never seemed like a big deal and his doctors never suggested he limit his activities. In December 2016, however, his doctor heard the murmur at multiple pulse points. It was time for Dennis to see a cardiologist.

The cardiologist scheduled Dennis for an echocardiogram — a type of ultrasound that produces images of the heart while it’s beating. The echo showed one leaflet of Dennis’ mitral valve wasn’t closing properly, causing the murmur.

The mitral valve ensures blood carrying oxygen only moves forward from the left atrium into the left ventricle. From there, the blood leaves the heart to take oxygen to the body. Dennis’ condition — called mitral valve prolapse — was allowing blood to flow backwards, so his body wasn’t getting all of the oxygenated blood the heart was trying to pump out. Most people with mitral valve prolapse feel tired and out of breath. They also might feel faint, have swollen legs or feet, and have chest pain.

The cardiologist was speechless when Dennis told him about his activities outside Microsoft, where he is a general manager in the Surface devices group, and said that he couldn’t remember ever having any symptoms. Knowing how serious mitral valve prolapse is, especially for long-distance endurance athletes, the cardiologist referred Dennis to Glenn Barnhart, M.D., co-executive director, Swedish Heart and Vascular Institute and chief and executive director, Cardiac Surgical Services.

Body Rejuvenation after Child Birth

You’ve had your children. You wouldn’t trade the experience for anything. But now you’re beginning to wonder if you will ever look like you did before you were first pregnant. No matter what you do, you can’t get rid of your protruding belly and excess skin, or the extra weight on your hips. To top it off, breast feeding has deflated your breasts. They look more like sandbags or pancakes than breasts.

Body changes are normal during pregnancy. Some women bounce back after child birth and look like they were never pregnant. Most women, however, aren’t that lucky. Their bodies are physically different after pregnancy, and no amount of exercise and dieting seems to help. They want their bodies to feel rejuvenated — but they can’t do it alone.

“As a mom, I know what it’s like to give birth and to look in the mirror wondering whether my body will ever look the same,” says Suzette Miranda, M.D., a plastic and reconstructive surgeon who has advanced training in cosmetic (aesthetic) surgery. “It can be emotionally debilitating, so it’s a privilege for me to connect with women and to offer them a ‘Mummy Makeover’ to help them look as good as they feel.” A Mummy Makeover usually includes breast and abdominal surgery, as well as a tummy tuck — all performed during one outpatient surgery at Swedish First HI and the First HI Surgery Center. During the procedure, the breasts can be lifted and/or augmented.

Call 206-215-6221 to learn more or to schedule an appointment.