Dramatic symptoms can include low blood pressure, very low or rising fever, dehydration, increased heart rate, increased breathing, confusion, severe pain or discomfort, and feeling extremely ill. The most susceptible people are those with compromised immune systems; children under 2 years old; and people over 65. Greg Cunningham, Critical Care Manager at Swedish Cherry Hill says, “While some conditions make people more likely to get sepsis, no one is safe from having an infection develop into sepsis if not treated properly and timely.”

Hospital vs. community cases
According to the CDC, one in three patients that die in the hospital have sepsis, but you are not more likely to develop it in the hospital than already being septic upon admission. Hospital areas are routinely cleaned with disinfectant products, but virulent germs can survive. “We also create new highways for germs to enter the body,” explains Michelle Walters, Supervisor and Program Manager at Swedish’s Gossman Advanced Healthcare Simulation, “such as surgery sites, ventilators, and catheters.” And some patients are already sick with an infection.

Fights to protect patients
Our Culture of Safety relies on everyone—from clinical to maintenance staff—to speak up when they observe a patient looking sicker. Standardized early recognition and treatment protocols ensure that all patients get high quality care no matter what time it is or who is working. A computer-based screening tool alerts nurses and doctors to screen for sepsis if a patient’s vital signs change (e.g., blood pressure or temperature). Code Sepsis ensures quick evaluation and treatment of patients suspected of sepsis. Our simulations help nurses and doctors practice identifying and treating sepsis earlier and better.

Regenerative Medicine - using your body’s own resources to heal itself
Regenerative medicine
Sports medicine doctors and physiatrists often integrate “regenerative medicine” in their patient care. Non-surgical and minimally invasive treatment—it harnesses the body’s own healing powers to stimulate and enhance a natural healing process. Swedish uses three types of regenerative medicine.

• Platelet-rich plasma (PRP). With PRP, a centrifuge sorts out an above-normal platelet count. The physician uses ultrasound to accurately guide a PRP injection into the injured or damaged area. The platelets signal the brain to send the right stem cells to the area to stimulate and enhance healing.

• Stem cell therapy. A physician concentrates stem cells out of bone marrow harvested from a patient’s pelvis. After activating them with PRP, ultrasound is used to guide the treatment to the intended target tissue.

• Ultrasonic tenotomy (“Tenex procedure”). Using a tube within a tube system, the physician uses sound waves to clean up and withdraw bad tendon tissue through a small incision, without damaging normal tissue, and usually without the need for stitches.

Doses that burn knee still bother you? Has tennis elbow kept you off the courts? Some of us struggle with pain for weeks, months, and sometimes years—held captive by extreme discomfort. Even after physical therapy, acupuncture, meditation, and medication, some people continue to suffer.

Help for athletes and the rest of us
“Patients come to me because they can’t do what they want to do in their lives,” says Adam Pourcho, D.O., a Mayo Clinic fellowship-trained sports medicine doctor and physiatrist at Swedish. Physiatrists concentrate on physical medicine and rehabilitation to help patients get their full level of function back. As the head team doctor for the Seattle Storm, Dr. Pourcho treats these amazing athletes for hand and shoulder injuries, ankle and foot sprains and strains, and knee and back injuries. At Swedish’s Regenerative Medicine Clinic, he sees patients, often in chronic pain, with some of those same problems, as well as osteoarthritis, tendinitis, and plantar fasciitis.

Sepsis is not contagious, but can be hard to diagnose. It can develop by extreme discomfort. Even after physical therapy, acupuncture, meditation, and medication, some people continue to suffer.

Extending treatment goals for the future
Ultrasound will enhance less invasive and more specific diagnosis and treatment. Already able to regrow tendons, we hope to someday target regrowth of cartilage. As we collect better data, more insurance companies will cover these procedures.

Swedish Takes Sepsis Head On
Sepsis is a life-threatening condition in both hospitals and communities. According to the Centers for Disease Control (CDC), 1.7 million people develop sepsis in the United States each year, causing approximately 270,000 deaths. If caught early, it is possible to treat sepsis with good outcomes. But time matters, and sepsis gets worse as those minutes tick by. Our goals are to lower the risk of developing sepsis, responding to it rapidly, and sharing prevention information with the community.

Developing sepsis
Sepsis is not contagious, but can be hard to diagnose. It can develop when a localized infection spreads throughout the body. Bacterial infections, such as pneumonia, urinary tract infection, and skin wounds are the most common. Our immune system fights infection when it gets past our gatekeeping antibodies. But if it fights an infection too hard, the effort unleashes a cascade of unregulated responses throughout the body that cause inflammation—leading to tissue damage, organ failure, and even death.

Recently, a physical education teacher came to Swedish with severe heel pain he’d been suffering with for 18 months. Standing was painful and he couldn’t do his job adequately. After a Tenex procedure and a platelet-rich plasma injection, the subsequent pain progressively ebbed, and within four months the teacher was back to his job, hiking 40 miles in two weeks and jogging.

Accessing Regenerative Medicine at Swedish
Services are available at Swedish’s Cherry Hill, Issaquah, and Bellevue facilities. Tenex treatments are done in the Pain Center at the Cherry Hill location. Read more or contact Regenerative Medicine at www.swedish.org/restore, or call (206) 320-2600 or (425) 498-2272.

Prevent Infection to avoid sepsis
• Wash hands with warm water and soap before preparing or eating food or when visibly dirty.
• Continue taking all prescribed medications for infections, even if you feel better.
• Get immunized to protect yourself and others from infections.
• Take care of all wounds.
• Get medical help NOW if you suspect sepsis.

If you suspect sepsis, act quickly. For every hour treatment is delayed, the risk of death increases by as much as 8%.

Know the Signs, Save a Life
Sepsis is the body’s life-threatening response to an infection. Sepsis doesn’t discriminate. It affects infants, children, adults, and seniors.

If you suspect sepsis, act quickly. For every hour treatment is delayed, the risk of death increases by as much as 8%.

Knowledge is power. Know the signs of sepsis and act quickly. The sooner treatment begins, the better the outcome.

• Temperature: Higher or lower than normal
• Infection: May have signs and symptoms of an infection
• Mental decline: Confused, sleepy, difficult to rouse
• Extremely ill: “I feel like I might die,” severe pain or discomfort

About Pelvic Pain
Take a look at some of the more common conditions affecting pelvic health.

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Snatch the signs, save a life!
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If you suspect sepsis, act quickly. For every hour treatment is delayed, the risk of death increases by as much as 8%.
Surgery is rarely needed when you avoided wearing dresses, shorts, and bathing suits because you are self-conscious about the varicose or spider veins visible in your legs? You are in luck. Swedish offers some of the area’s finest, most experienced vascular professionals at the Swedish Vein Clinic, which is part of our Vascular Surgery Department. The highly trained and skilled vascular surgeons at Swedish provide life-saving, surgeries for problems such as abdominal aortic aneurysms, carotid disease, and limb preservation. They are a good choice for cosmetic and elective vein procedures because they focus exclusively on vascular surgery, so they thoroughly understand disease affecting arteries and veins.

Veins that have faulty valves that are preventing your blood from circulating efficiently can be closed down or removed. When you have pain, itching, and leg fatigue: We offer both laser and radiofrequency “thermal ablation.” A surgeon uses ultrasound guidance to insert a small fiber or catheter into the faulty vein. The thermal energy heats the vein wall, causing it to shrink and close off. An alternative is chemical adhesive injections. In larger veins, we use “sclerotherapy,” often with ultrasound guidance for accurate and thorough treatment. Your surgeon uses a tiny needle to inject a foam that irritates the varicose vein, and scar tissue forms to close it off.

Surgery: Surgery is rarely needed to treat varicose and spider veins, though our surgeons’ training prepares them to diagnose underlying causes of the problem and provide you with the best medical care. Your physician will take a brief medical history, listen to your concerns, and examine your veins. State-of-the-art ultrasound equipment helps thoroughly evaluate your condition.

For more information Visit www.swedish.org/veinclinic.

to make an appointment, please call 206-215-5921.

COMMUNITY EVENTS

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

Be Well Resource Fair
October 20, 10 a.m. – 1 p.m.
Swedish Issaquah Campus,
751 NE Blakely Drive, Issaquah
www.swedish.org/Issaquah-events

Northwest Metastatic Breast Cancer Conference
October 27
Amazon Meeting Center,
2031 7th Avenue, Seattle
https://komenpugetsound.org/mbcc

The Leukemia & Lymphoma Society - Light the Night Walk
October 27, 6:30 p.m. – 8 p.m.
Seattle Center, Seattle
www.lightthenight.org/washington-alaska

2018 Purple Stride Puget Sound
October 28, 9 a.m.
Magnuson Park, Hangar 30,
7400 Sandpoint Way NE, Seattle
www.pancan.org

Pelvic Pain Simplified
featuring Priyanka Vora
November 5, 6:30 p.m. – 7:30 p.m.
Swedish First Hill
Swedish Orthopaedic Institute
601 Broadway, 1st Floor
call 206-386-2117 or visit
www.swedish.org/classes-and-resources

Swedish Medicare Information Fair
November 15, 10 a.m. – 2 p.m.
Silver Cloud Hotel,
1100 Broadway, Seattle
www.swedish.org/medicare-info

2018 Holiday Festivities at Swedish Issaquah
November 25 – December 21
Swedish Issaquah Campus,
751 NE Blakely Drive, Issaquah
www.swedish.org/Issaquah-events

Swedish Issaquah Annual Holiday Craft Fair
December 6-7
Swedish Issaquah Campus,
751 NE Blakely Drive, Issaquah
www.swedish.org/Issaquah-events

2018 Jingle Bell Run
December 9, 7 a.m.
Silver Cloud Hotel,
1100 Broadway, Seattle
www.arthritis.org/get-involved/jingle-bell-run

MS Center Holiday Party
December 12, Noon – 3 p.m.
Swedish MS Center, 1600 E. Jefferson St. A-Level, Seattle
RSVP to erin.carper@swedish.org or call 206-991-2099

MS Roadshow – Puyallup
January 26, 2019, 10 a.m. – 3 p.m.
Pioneer Park Pavilion,
330 S. Miranda, Puyallup
www.swedish.org/msroadshow

Say goodbye to varicose and spider veins at the Swedish Vein Clinic

Have you avoided wearing dresses, shorts, and bathing suits because you are self-conscious about the varicose or spider veins visible in your legs? You are in luck. Swedish offers some of the area’s finest, most experienced vascular professionals at the Swedish Vein Clinic, which is part of our Vascular Surgery Department. The highly trained and skilled vascular surgeons at Swedish provide life-saving, surgeries for problems such as abdominal aortic aneurysms, carotid disease, and limb preservation. They are a good choice for cosmetic and elective vein procedures because they focus exclusively on vascular surgery, so they thoroughly understand disease affecting arteries and veins, and can provide the most effective and appropriate treatment. Cosmetic and elective vein procedures are often done in the doctor’s office, with little or no pain, fast recovery, and little disruption to your life. Our surgeons’ deep experience generally surpasses specialty clinics that provide varicose and spider vein procedures.

Spider veins (telangiectasia) are red, blue, or purple and appear web-like. Varicose veins are enlarged, bulging, twisted, and often darker than spider veins. They appear when the one-way valve that makes sure circulating blood flows back to your heart no longer works, the blood collects in the veins, which then widen and bulge. Women and men at any age can experience spider and varicose veins, but they are most common in women of childbearing age and older.

Treatments

Self-treatment: Elevate your legs, wear support compression stockings, and exercise to keep your blood flowing through your veins and to avoid gaining excess weight. When you don’t have pain: Veins that have faulty valves that are preventing your blood from circulating efficiently can be closed down or removed. When you have pain, itching, and leg fatigue: We offer both laser and radiofrequency “thermal ablation.” A surgeon uses ultrasound guidance to insert a small fiber or catheter into the faulty vein. The thermal energy heats the vein wall, causing it to shrink and close off. An alternative is chemical adhesive injections. In larger veins, we use “sclerotherapy,” often with ultrasound guidance for accurate and thorough treatment. Your surgeon uses a tiny needle to inject a foam that irritates the varicose vein, and scar tissue forms to close it off.

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For more information Visit www.swedish.org/veinclinic.

to make an appointment, please call 206-215-5921.

A mother’s love

Sheila Preston Comerford was devastated to learn that her 22-year-old daughter, Kayla Preston, had an extremely rare cancer. She knew that Kayla had been to the doctor recently to have fluid drained of her young, vibrant daughter being so ill. She spent her lunch breaks with Kayla at Swedish and during those visits, Sheila saw the compassion of the team that delivered exceptional health care to her daughter.

But she was concerned about the mounting cost of Kayla’s care, who only had basic health insurance, and worried it would take Kayla years to pay off her medical bills.

Then a social worker encouraged Kayla to apply for financial assistance to help with her bills. For the first time, Sheila started to believe that Kayla would get better and that life would work out. In the end, Swedish covered 100 percent of Kayla’s medical expenses.

While Kayla focused on getting well, Sheila looked for ways to give back. She began volunteering around the hospital and she now volunteers weekly with our Foundation where she is inspired by the generosity of people who give to Swedish.

“I love volunteering,” says Sheila. “Everyone makes me feel like I am making a difference and that they appreciate my contribution.” Sheila also gives what she can, knowing what it means to be the recipient of someone else’s generosity. She understands that contributions from the community support research, education, and our innovative health care. She also knows that donations help ensure patients aren’t forced to choose between paying for lifesaving cancer treatment and paying for life’s essentials, like groceries.

Sheila proudly reports that Kayla recently celebrated her 31st birthday; is happily living in Seattle with her dog, Riley; and is embarking on a new phase in her flourishing real estate career. Without the philanthropic support of our community, Kayla’s life might be different today.

Read stories of hope and healing at www.swedishfoundation.org/stories. Contact the Foundation at 206-386-2728 or Foundation@swedish.org to learn how your gift can bring healthy tomorrows to more patients like Kayla.
CANCER EDUCATION

Swedish Ballard: 5200 Talmann Ave. N.W., Seattle 98107
Swedish Cherry Hill: 600 17th Ave., Seattle 98122
Swedish Edmonds: 21651 76th Ave. W., Edmonds 98026
Swedish First Hill: 747 Broadway, Seattle 98122

CANCER EDUCATION

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

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class. Co-sponsored by Team Survivor Northwest. To register, please call 206-372-8350.

Swedish Edmonds: Mondays, 7-8 a.m.
Isaquah: Thursdays, 6:30-7:30 p.m.

Art and Wellness

Experience the healing benefits of making art in a supportive and non-judgmental setting. These drop-in groups are open to all oncology patients, family members, and caregivers. No art experience or skill are necessary to join. All materials provided. Registration is not required. For more information, please call 206-216-6176.

First Hill: Fridays, 10-11:30 a.m.
First Hill: Thursdays, 11:30 a.m.-1 p.m.

Art, Music, and Mindfulness

Join us for an evening of art, music, and mindfulness where we explore a variety of topics, with a focus on relaxation and stress reduction. No art experience in art, music, or mindfulness required; supplies and encouragement provided. Facilitated by Art Therapist, Bonnie Wahutck. Available September – December 2018. For more information, please call 206-216-6176.

Swedish Ballard: 1st Tuesday of each month, 5-7 p.m.
First Hill: 3rd Tuesday of each month, 5-7 p.m.

Get Fit Staying Active During and After Cancer

Exercise class and fitness consults for patients who have finished their cancer treatment and is for patients, family members, and caregivers. No prior music, art, or mindfulness experience or confidence required. Drop-ins welcome. For more information, please call 206-386-6711.

First Hill: Thursdays, 12:30-1:30 p.m.

Prostate Cancer Educational Group

This group will provide education for men with prostate cancer and for their family members. There are no fees. Call 206-386-3200 or e-mail SCLEducation@swedish.org for more information.

Swedish Ballard: Tuesdays, 11:30 a.m.-12:30 p.m.

Sound Generations Community Dining Program

Join us for a nutritious meal prepared by a Sound Generations chef. This monthly lunch and educational series focuses on cancer prevention. Please RSVP: call 206-386-3200 or email SCLEducation@swedish.org.

South Park Community Center: Tuesdays, 6-11:30 a.m.
Renton Senior Activity Center: Fridays, 11:30 a.m.-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 will offer 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 Pati at 206-216-6588.

Online Webinar: Saturday, Nov. 10, 9:30-11:30 a.m.; Sunday, Feb. 3, 9:30-11:30 a.m.

Swedish Ballard: Tuesdays, 15, 19, 30-330 a.m.

Thyroid Cancer Support Group

This group is offered by ThyCa: Thyroid Cancer Survivor’s Association, Inc. Drop-ins welcome. For more information, please call 206-708-7198.

Ballard: 3rd Saturday of each month, 10:11:30 a.m. (No meeting in October)

Thyroid Cancer

Experience the therapeutic benefits of playing an instrument. This drop-in group is designed for all levels and open to patients, family members, and caregivers. No prior ukulele experience required. Drop-ins welcome. For more information, please call 206-386-0711.

First Hill: Wednesdays, 2:30-3 p.m.

CHILD/BIRTH EDUCATION

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

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, after concerns, and experiences with other new moms in a friendly and welcoming atmosphere. To learn more about pricing and to register please call 206-215-3338.

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 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. To learn more about pricing and to register please call 206-215-3338.

Breastfeeding and Returning to Work

Returning to work or school while breast-feeding 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/couple

Ballard: Wednesday, Nov. 14, 10:30 a.m. (class held weekly)

Pregnancy Resources

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

DIABETES EDUCATION

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) or Issaquah and 425-640-4395 (Edmonds)

Prediabetes

This class will explain risk factors and how to lower your risk of developing prediabetes. It is designed for any age group by up to 60 years and lifestyle changes. Participants are welcome to bring a support person for additional change.

Fee: $40 (includes one support partner)

Edmonds: Tues., Nov. 6, 9:30-11 a.m.

First Hill: Thurs., Nov. 1, 10:30 a.m.-12:30 p.m.

First Hill: Thurs., Dec. 6, 10:30 a.m.-12:30 p.m.

Issaquah: Wed., Dec. 12, 10 a.m.-11 a.m.

Edmonds: Mon., Dec. 3, 6:30-8 p.m.

Diabetes Support Group

A topic of avenues and speakers are scheduled throughout the year. For more information, please call 425-640-4395.

Swedish Ballard: Tuesdays, 2nd Wednesday of each month, 3-4 p.m.

HEALTH AND WELL-BEING

Therapeutic Flow Yoga

Yoga provides stress relief, exercise, stretching and strengthening, balance, and relaxation. Focus is on building self-confidence for those who are intermediate students. For more information and to register, please call 425-640-4110. New patients please come to class 5 minutes early for first session. Fee: $15/ class or $130 for a 10 class card, payable in cash or check only.

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

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 and to register, please call 425-640-4110. New patients please come to class 5 minutes early for first session. Fee: $15/class or $130 for a 10 class card, payable in check or cash only.

Swedish Ballard: Fridays, 9:30-10:30 a.m.

Lifestyle Management

This is a medically supervised exercise and education program for individuals living with, or at risk of developing heart disease. It is ideal for individuals with heart disease, diabetes/prediabetes, and high blood pressure or cholesterol would benefit from the program, which focuses on controlling risk factors and making positive lifestyle changes. For more information and to register please call 425-640-4330.

Fee: $90 for 16 Sessions

Swedish Ballard: Mondays, 4-5:30 p.m., and 11:30 a.m.-12:30 p.m.
Swedish Edmonds: Thursdays, 1:30-2:30 p.m.
Swedish Mill Creek: Thursdays, 11:30 a.m.-12:30 p.m.

Pain and Beyond

This class teaches coping techniques for people living 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, hope, happiness, and healing. Guided imagery, relaxation, and gentle exercise are also covered. For more information and to register, please call 425-640-4110.

Fee: $10 per class

Swedish Ballard: Mondays, 3-4 p.m., and 4-5 p.m. by appointment after class

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.

Fee: Free

Swedish Ballard: Tues., Dec. 11, 1:30-2:45 p.m.
NUTRITION
Sip Away the Chilt Bone Broths and Soup Stocks to Make Soups!
Learn to prepare bone broths and vegetable stocks from a variety of simple ingredients and transform them into hearty soups. Fee: $15 (includes food demonstration and sampling)
Issaquah: Wed, Nov 28, 6-7:30 p.m.
The Wonderful World of Beans
Legumes are economical, nourishing, and delicious. Learn tips to prepare, enhance their digestion, and incorporate into appetizers, sweets, and snacks.
Fee: $15
Issaquah: Wed, Dec 12, 6-7:30 p.m.
No Recipe? No Problem! Prep Your Pantry in Taking the First Foods Found in Your Kitchen
With a basic recipe template, learn to prepare healthy meals using what is available in your pantry and fridge.
Fee: $15
Issaquah: Thu, Jan 24, 6-7:30 p.m.
The Magic of Batch Cooking
Cook once to save time, money, and reduce food waste. Learn how to get healthy and delicious meals on the table faster with batch cooking. Fee: $15
First Hill: Thu, Feb 21, 6-7:30 p.m.
ORTHEPDIACS
Need hip- or knee replacement surgery? Swedish offers a one-stop resource to guide you in taking the next steps and learning about your treatment options. Visit www.swedish.org/joint-seminars.
Caring for Your Back: Surgical and Nonsurgical Options
Spinal stenosis, spondylolisthesis, slipped discs, and other common spine problems can affect your ability to move well. Learn the basics and why of back pain, as well as options for surgical and nonsurgical relief.
Edmonds: Thursday, Nov 29, 6-8 p.m.

SAFETY AND INJURY PREVENTION
Heartsave First Aid, CPR and AED
Learn how to save a life using proper first aid and Basic Cardiac Life Support (BCLS, CPR) and CPR techniques for adults, children, and infants. Participant certifications are valid for two years.
Fee: $85
First Hill: Fri, Dec 7, 9 a.m.-2:30 p.m.; Sun, Jan 13, 9 a.m.-2:30 p.m.
Issaquah: Sat, Nov 10, 10 a.m.-12:30 p.m.; Sat, Jan 12, 10 a.m.-12:30 p.m.
Cherry Hill: Sat, Feb 9, 10 a.m.-12:30 p.m.

PARENTING
Growing Up: All About Puberty
This class provides a perfect opportunity to build a bridge with your 9- to 12-year-old to demystify the challenges of puberty. The focus of the class is on effective communication between parents and preteens and explaining 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)
Ballard: Sat, Oct 13, 10 a.m.-12:30 p.m.; Sat, Dec 8, 10 a.m.-12:30 p.m.
Issaquah: Sat, Nov 10, 10 a.m.-12:30 p.m.; Sat, Jan 12, 10 a.m.-12:30 p.m.
Cherry Hill: Sat, Feb 9, 10 a.m.-12:30 p.m.

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 nonsurgical weight loss seminar.
Visit www.swedishweightloss.com/ seminars or call 206-215-2090

SWEDISH SUPPORT GROUPS
Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar health 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 health-care provider for help in locating a support group for your specific needs.

OUTLOOK

Millions of men and women suffer with pelvic pain. As common as back pain and asthma, pelvic pain is something people are very embarrassed to talk about. Let’s start now! Important first steps in handling pelvic pain are becoming aware of possible clenching (tightening) of your pelvic floor; knowing you aren’t alone; and being more willing to talk about it.

Where and how is pelvic pain experienced?
Your “core” includes your abdominal muscles, diaphragm, back, and pelvic floor. Peg Maas, PT, DPT, WCS, CTL, a board certified Pelvic Health/ Women’s Health Specialist at Swedish describes the pelvic floor as muscles, nerves, fascia, and other connective tissue. It works hard holding in numerous body parts and is being activated by every movement we make, even our breathing.

Pelvic pain is usually experienced in or near your pelvic floor, or when you sit, by radiating to the vagina, pubic bone, tailbone, and scrotum. Patients describe their pain as burning, tingling, dull, achy, or cramping. Maas describes a sudden burst of pain in the night as “a charley horse of the anal muscle.” Pelvic discomfort isolates people and can strain sexual relationships. Possible causes
Pelvic pain typically occurs when your pelvic floor is “overactive.” Neck pain, TMJ pain (in the jaw that connects lower jaw to skull) and headaches—stress, poor posture, and poor breathing habits can be a source of pelvic pain. Other causes include post childbirth weakness; constipation and straining; falling on your tailbone; endometriosis; sexual trauma and/or fear of having sex; a sports injury to a hip, hip replacement surgery; or continuing to clench your pelvic floor muscles after hemorrhoid treatment or once giving affirmative surgery pain subsides.

Navigating your care
Talk with a trained medical professional, such as your primary care physician. A thorough exam and health history can help rule out or identify a health condition causing your pain. A treatment plan may include pelvic health physical therapy, possible evaluation and follow-up with a specialist, alternative therapies or a combination of treatments. Karla Bushmacher, MN, BS, RN-BC, the Nurse Navigator for the Swedish Pelvic Health Program, is available to answer questions and guide you through your care options. Your primary care provider can refer you to Karla or directly to a Swedish specialist.
Go to www.swedish.org/services/pelvic-health to read more and get in touch.

Pelvic health physical therapy at Swedish
Swedish has highly skilled physical therapists, like Maas, who specialize in pelvic pain. Your therapist will listen to your pelvic pain story and ask about your daily activities. Together you can identify your triggers and decide what behavior training and home exercises could prove helpful and if necessary, refer you to a specialist for further evaluation and treatment.

Upcoming Lecture – free and open to the public
“Pelvic Pain Simplified” with Priyanka Vora, DPT, WCS, Pelvic Health Physical Therapist
Where: Monday, November 5, 2018, 6:30-7:30 p.m.
Where: Swedish Orthopedic Institute 601 Broadway, 1st Floor Conference Room, Seattle
For more information or to reserve your space: call the Pelvic Health Program at 206-386-2117 or visit www.swedish.org/classes-and-resources

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 a physician, call 1-800-SWEDISH (1-800-793-3474) or visit our website at www.swedish.org

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