Swedish Bone Health and Osteoporosis

Almost 34 million Americans are considered to be at risk for osteoporosis, a progressive disease in which bone mass deteriorates — usually in the hip, spine or wrist — making these bones dangerously weak, brittle and susceptible to fracture. Swedish Bone Health and Osteoporosis Program is Swedish’s first comprehensive practice dedicated to the assessment, treatment and monitoring of bone health and disorders, including osteoporosis and related disorders predisposing to fracture.

Comprehensive care
Osteoporosis is a chronic but preventable condition. Early detection and education are central to effective treatment and prevention. We have a strong commitment to educating our patients and their physicians in matters of bone health and are dedicated to working together with them to create a comprehensive treatment plan.

What we do
At the Bone Health Center, we work with patients and referring doctors to improve your bone health and lower your chances of breaking bones. We see patients with bone-health concerns of all kinds: patients on bone-active medications, those thinking about treatment for osteopenia or osteoporosis, those contemplating stopping medications, those who may not see improvement in bone density on treatment, and those with medical problems or on certain medications which predispose to worsened bone health.

About the medical director
Christopher Shuhart, M.D., MHA, CCD, is a certified clinical densitometrist who specializes in bone health and osteoporotic disorders. He has been practicing in primary care since 1991 and spent 18 years with Swedish Magnolia Primary Care in Seattle where he developed and launched osteoporosis education and management tools for the Swedish Medical Group. He has served on the teaching faculty of the International Society for Clinical Densitometry (ISCD) and is a member of the Executive Board of the Washington Osteoporosis Coalition.

Dr. Shuhart received his medical degree from Dartmouth Medical School in Hanover, N.H., and completed his residency training in Family Medicine at Brown University in Providence, R.I. He also holds a Master’s degree in health administration from the University of Washington in Seattle.

To make an appointment, referral, or to schedule a bone density test, call 206-215-5950 (both Seattle and Issaquah locations).

(see reverse side for locations)
Directions to
Swedish Bone Health and Osteoporosis

FIRST HILL CAMPUS
Swedish Center for Comprehensive Care
515 Minor Ave., Suite 170
(Please note: The DXA procedure is performed in Suite 110)
Seattle, WA 98104
T 206-215-5950
F 206-215-5953

From southbound on I-5 from Everett: Take exit 165A towards James Street. Merge onto 6th Avenue. Turn left onto James Street. Turn right onto Boren Avenue. Turn left on Jefferson Street; the garage entrance will be on your left. Note: For surface-lot parking (pre-pay credit/debit only) turn right on Minor Avenue instead of Boren Avenue.

From northbound on I-5 from Tacoma: Take exit 164A for Dearborn Street towards James Street/Madison Street. Follow the signs for James Street. Turn right onto James Street. Turn right onto Boren Avenue. Turn left on Jefferson Street; the garage entrance will be on your left. Note: for surface-lot parking (pre-pay credit/debit only) turn right on Minor Avenue instead of Boren Avenue.

ISSAQUAH CAMPUS
751 NE Blakely Drive, Suite 3020
Issaquah, WA 98029
T 206-215-5950
F 206-215-5953

Traveling east on I-90: Take the E. Sunset Way-Highlands Drive exit (No. 18). Go left at the “Y” and continue onto Highlands Drive. Turn left (west) at the first traffic light onto NE Discovery Drive. Turn left (south) at the next light onto 8th Avenue NE. Travel down 8th Avenue, until it turns into the Swedish Issaquah main entrance. Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

Traveling west on I-90: Take the E. Sunset Way-Highlands Drive exit (No. 18). Turn right (north) onto Highlands Drive. Turn left (west) at the first traffic light onto NE Discovery Drive. Turn left (south) at the next light onto 8th Avenue NE. Travel down 8th Avenue, until it turns into the Swedish Issaquah main entrance. Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.