Cancer Is Personal — Cancer Care Should Be Too

Today, sequencing genes allows doctors at the Swedish Cancer Institute (SCI) to personalize cancer treatment based on abnormalities in a specific cell, no matter where the cell or tumor is located. Why is genomic sequencing important? Think about Superman and his biggest threat: kryptonite. Kryptonite is right for you.

Not all cancers are alike. Just as your "genetic fingerprint" determines the color of your hair and eyes, a tumor’s “fingerprint” defines the cancer. Identifying that fingerprint is the newest tool in fighting cancer. called genomic sequencing, and it’s the fingerprint of a tumor. Identifying that fingerprint is the newest tool in fighting cancer. Genomic sequencing identifies abnormal genes and matches them to their kryptonite-like drug.

"Doctors at SCI have access to a tremendous number of cancer-treatment options — many drug therapies, sophisticated surgical procedures and an extensive array of radiation technologies," says Thomas Brown, M.D., SCI’s executive director. "Genomic sequencing gives us the ability to more effectively create a treatment plan that will work best for our patients."

The goal is to find the most effective treatment that will help minimize side effects and improve a patient’s quality of life during treatment.

How does personalized medicine work? There are five steps to creating a personalized treatment plan.

Step 1. Discuss options. Patients are informed about how genomic sequencing of their cancer cells may impact care.

Step 2. Collect a tissue sample. A small tissue sample is collected through a biopsy or surgery.

Step 3. Sequence the genes. Doctors at CellNetix, a local laboratory and partner of SCI, use sophisticated equipment to identify the tumor cell’s fingerprint and collect additional information about the tumor.

Step 4. Analyze the data. In about 10 days, the oncologist receives a report listing treatments that have been used for other people with similar tumor cell fingerprints. In addition, potential clinical trials that may be available are identified.

Step 5. Personalize treatment. The oncologist evaluates the report — along with the patient’s medical history, drug tolerance and surgical limitations — and creates a personalized treatment plan.

This is the foundation of personalized medicine. But it doesn’t stop here. Read the next issue of HealthWatch to learn how SCI takes personalized medicine even further by providing life-improving services that support patients and those who love them.

Personalized Medicine

Clinical Trials Open the Door to New Treatments

Every day new drugs and medical procedures make the news, which suggests that discovering new treatments is a relatively quick process. But that’s not really the case. It takes years of laboratory research and a lengthy period of evaluation in a clinical setting before a new treatment can be made available to the public.

Doctors at Swedish focus on caring for patients and our clinical trials focus on research that relates to today’s care. That’s why more than 325 doctors choose to participate in clinical trials — the trials may offer alternative treatments for their patients.

Swedish is one of the largest sites on the West Coast for clinical trials. Patients come from all over to be part of these studies. Patients with conditions that have few treatment options are especially eager to participate in a clinical study at Swedish.

About 700 studies are conducted at Swedish each year. They involve many different conditions, such as chronic pain, asthma and chronic obstructive pulmonary disease (COPD), as well as cancer, heart, liver, rheumatologic and neurological diseases. Doctors at Swedish study how diseases affect certain groups of people and a patient’s quality of life. They also study how to provide care in a better way.

Many therapies and treatments being developed or studied at Swedish are not available to the public, except through a clinical trial. For example, doctors at the Swedish Cancer Institute are investigating new drugs and drug combinations, radiation therapies, early-detection screenings and new surgical techniques. The Swedish Neuroscience Institute is looking at ways to treat essential tremor, multiple sclerosis and other diseases of the central nervous system. And the Swedish Heart & Vascular Institute is evaluating new procedures to improve care for heart patients.

Learn More
Go to www.swedish.org/research for more information about clinical research at Swedish, and talk with your doctor to see if there might be a clinical trial that is right for you.
COMMUNITY EVENTS

Swedish is proud to sponsor and participate in these community events. Please join us!

American Lung Association
Ride Around the Sound
Sat., Sept. 13
90-, 70- and 36-mile routes
www.lung.org/washington

Asian Counseling and Referral Service
Walk for Rice
Sat., June 28
Seward Park, Seattle
www.walkforrice.org

Ballard Seafood Fest
Sat., July 12 and Sun., July 13
N.W. Market Street, Ballard
www.seafoodfest.org

Bellevue Strawberry Festival
Sat., June 28 and Sun., June 29
Crossroads Park, Bellevue
www.bellevuestrawberryfestival.org

Swedish is proud to sponsor and participate in these community events. Please join us!

Swedish/Edmonds café patio

Snoqualmie Railroad Days
Fri., Aug. 8–Sun., Aug. 10
Si View Park, North Bend
www.redmondderbydays.com

Snoqualmie Depot, S.E. King Street,
City Hall at Sammamish Commons

Snoqualmie Railroad Days
Fri., Aug. 8–Sun., Aug. 10
Si View Park, North Bend
www.redmondderbydays.com

City Hall at Sammamish Commons
www.ci.sammamish.wa.us/events

City Hall at Sammamish Commons
www.ci.sammamish.wa.us/events

Fourth on the Plateau
Fri., July 4
City Hall at Sammamish Commons
www.ci.sammamish.wa.us/events

Marymoor Park Concerts
Marymoor Park, Redmond
Summertime concert schedule at:
www.marymoorconcerts.com

Mill Creek Festival
Sat., July 13 and Sun., July 20
Mill Creek Boulevard, Mill Creek
www.millcreekfestival.com

Movies Under the Stars
Fri., July 16, Aug. 6, Aug. 15 and Sept. 5
Swedish/First Hill and Swedish/First Hill
www.swedish.org/movies

Mukilteo Lighthouse Festival
Fri., Sept. 5–Sun., Sept. 7
Mukilteo Lighthouse Park
www.mukilteolighthousefestival.com

Redmond Derby Days
Fri., July 11 and Sat., July 12
Redmond City Hall Campus
www.redmondderbydays.com

Sammamish Days and Nights
Sat., Aug. 9
City Hall at Sammamish Commons
www.ci.sammamish.wa.us/events

Sammamish Farmers Market
Wednesdays through Oct. 1, 4-8 p.m.
City Hall Plaza, Issaquah
www.sammamishfarmersmarket.org

Snookumshine Railroad Days
Fri., Aug. 15–Sun., Aug. 17
Snookumshine Depot, S.E. King Street, Snoqualmie
www.railroaddays.com

Swedish Multiple Sclerosis Center Annual Art Show
Sat., Aug. 9 and Sun., Aug. 10
Jefferson Healthcare
www.swedish.org/mssartshow

Swedish Summertime and Walk
Sun., July 27
Madison Street and Minor Avenue, Seattle
www.summerun.org

Taste of Edmonds
Fri., Aug. 8–Sun., Aug. 10
6th and Bell Streets, Edmonds
www.tasteofedmonds.org

Have a Happy Birth Day

You have just learned you are pregnant. You are quickly approaching your delivery date. Or you are new parents experiencing your first days at home. No matter where you are in the cycle of pregnancy, childbirth and parenting, Swedish has the resources — beyond exceptional medical care — to support you and your baby.

“We want to give expectant and new parents good, solid information about labor, birth and the early months of parenting,” says Melissa Shaffer, CCE, family educator with Swedish Birth & Family Education. “We are like their parenting launch team. We help them move forward with confidence, knowing what to expect and how to prepare for the unexpected.”

Classes address a wide variety of topics, from childbirth to newborn care, prenatal and postnatal exercise, infant CPR, car-seat safety, and breastfeeding. Refresher classes are available for parents who have been through childbirth previously. There are even classes designed specifically for fathers, siblings and grandparents. A special program, Bringing Baby Home, teaches important relationship skills for transitioning into being a family and a parent. It is an international program that originated at Swedish.

Pregnancy, Childbirth and Parenting Classes
Resources are available at multiple locations. Let Swedish help you have a happy birth day. Go to www.swedish.org/childbirthclasses for more information.

From Heels to Flip-Flops — Summer Foot Care

Some foot problems don’t change with the season. For example, narrow toe boxes on women’s stilettos and men’s cowboy boots pinch the toes, put pressure on the nerves in the ball of the foot and may cause painful pinched nerves or neuromas (nerve bundles). And, as seen in recent headlines, minimalist or five-toed running shoes do not seem to provide the shock absorptivity needed when running, especially on asphalt or concrete.

“As we transition into summer, we begin seeing some unique problems,” says Rodney Yen, DPM, M.S., a board-certified podiatrist who sees patients at Swedish/First Hill and Swedish/Redmond. “Sunburn is a common, unexpected foot problem during the summer. The tops of the feet and toes have been covered for months. They are unprepared for the exposure to the sun’s rays as we begin wearing sandals.”

According to the American Podiatric Medical Association, most Americans will log 75,000 miles on their feet by the time they reach age 55, so it is important to take care of them. This summer, select sandals with good support and traction, and footwear designed for your activities. Avoid stepping on unseen hazards by wearing swim shoes at the beach and when exploring lakes and rivers. Swim shoes also help protect your feet from two risks associated with swimming pools — plantar warts and athlete’s foot.

Find a Podiatrist
If you have foot problems, make an appointment with a podiatrist. Go to www.swedish.org/physicians and, under “Physician Specialty,” select “podiatry.”

Serving Olympic Peninsula Communities

The Olympic Peninsula is a jewel in Mother Nature’s crown. Among the amenities that make life on the peninsula so appealing to families are three well-respected hospitals: Olympic Medical Center, Jefferson Healthcare and Forks Community Hospital. These hospitals have a special relationship with Swedish — they are affiliates of the Swedish Health Network. This means they have expanded their care to the Peninsula communities by building a strong bridge to Swedish specialty services for their patients. To further improve access, coordination and continuity of care, the hospitals use the same electronic medical record that is available throughout Swedish.

Partnering to Expand Care
When you visit the Olympic Peninsula, we want you to enjoy its beauty without incident. But, should you need care, rest assured Swedish’s partner hospitals are there for you.
CANCER EDUCATION

The Swedish Cancer Education program offers a variety of ongoing classes for those diagnosed with cancer. To visit our Health & Wellness classes at www.swedish.org/for-class-phone to register for all classes. Class information is subject to change.

Breast Cancer Resources

Have you or someone you know been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit www.swedish.org/what/now/breastcancer.

SUPPORT GROUPS

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges.

Weight-Loss Education

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.

HEALTH AND WELL-BEING

Exercise for a Healthy Heart

This is a medically supervised exercise and education program at Swedish/Edmonds for individuals living with or at risk of developing heart disease. Individuals with heart disease, diabetes/prediabetes, and high blood pressure or cholesterol will benefit from this class, which focuses on controlling risk factors and making positive lifestyle changes. Call 425-640-4330 for more information.

PARENTING

All About Puberty

The focus of this fun, interactive class is to open and enhance communication between parents and preteens (9-12 years-old). The class will help you and your child learn the basics of puberty, as well as to discuss your personal values and concerns. Call 425-640-4140 for more information.

ORTHOPEDICS

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/now/what/joint.

The following classes include a question-and-answer session:

Coping for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain, as well as options for surgical and nonsurgical relief.

Edmonds: Every Friday, 3:30 p.m.

Prediabetes

Learn risk factors and dietary and lifestyle changes to help lower the risk of developing type 2 diabetes by up to 60 percent. Fee: $30 (includes one support person).

Edmonds: Tues., June 17 or Aug. 19, 9:30 a.m.-noon; Wed., July 16 or Sept. 17, 6-8:30 p.m.

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.

Featured Class:

Prenatal Genetic Testing: Which Tests Are Right for You?

Have you thought about testing to detect genetic conditions in your baby? The number of options makes an already complex, personal decision more confusing. Learn about available tests, review pros and cons, and leave prepared for more detailed conversations with your care provider.

This class is ideal for anyone considering pregnancy and those in their first trimester (less than 14 weeks' gestation). Fee: $25 (includes you and a guest). Offered at Swedish/First Hill on the first, third and fourth Tuesday of each month.

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 206-215-3339 (Ballard, First Hill and Issaquah) or 425-640-4385 (Edmonds).

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Stay Cool With Fluids

Summer sunshine triggers an intense desire to spend more time outside. One simple reminder will help you and your family enjoy the longer, warmer days without risking your health. Don’t wait until you are thirsty. Consume fluids regularly.

“The risk of dehydration due to sweating is a byproduct of warmer temperatures and increased activity,” says Brian Hoginson, R.D., C.D., a clinical nutrition specialist at Swedish. “Six to eight cups of water per day is generally a good goal for adults. Children, as well as seniors who take medications that increase urination, need to replenish lost fluids and may need to be reminded.”

There is good news, though. You don’t have to rely on water for all of your fluid. Juices, unsweetened tea and a variety of fruits and vegetables also contribute to hydration.

Fluids to Limit

- Sodas, coconut water and sports drinks (they contain more calories than most weekend or after-work athletes use up)
- Energy drinks (can cause hyperactivity and interrupt your sleep)
- Drinks with caffeine (a natural diuretic)
- Drinks with alcohol (cause dehydration)
- Drinks with high sugar content (can cause dehydration)
- Drinks with artificial sweeteners (can cause dehydration)

Are You Hydrated?

The most realistic way to tell if you are hydrated is by checking the color of your urine. Clear urine with minimal odor is your goal. However, if you are taking multivitamins or those supplements can turn urine bright yellow, even when you are well hydrated.

Enjoy the sunshine, stay cool with fluids and check out healthy summer recipes at www.swedish.org/healthrecipes

Kids Symptom Checker App

What should you do if your child develops a fever, cough, rash or sore throat? What about vomiting or a head injury? Health problems with children can come up any time – evenings or weekends, when you’re traveling or when your doctor’s office is closed. The Swedish Kids Symptom Checker for iPhone and Android is designed especially for these times. Download the free app at www.swedish.org/app.

Four Swedish Hospitals Score Top Grade for Patient Safety

Getting an “A” is the ultimate goal in school. It’s also a prized recognition for hospitals. This spring, the Leapfrog Group awarded “A” grades for patient safety to four Swedish hospitals — Ballard, Edmonds, First Hill and Issaquah. This is the fifth “A” in a row for Swedish/First Hill — making it one of only 251 hospitals in the nation to achieve that recognition.

“This recognition by Leapfrog is greatly appreciated and humbling,” said Swedish Chief Executive Anthony Armada. “But safety is more than just a goal; it is a never-ending process that is at the heart of the care we provide.”

Waiting for Urgent Care — Not at Redmond

When you need emergency or urgent care and go to Swedish/Redmond, you won’t sit around for long in a waiting room. Instead, when you visit Redmond’s emergency department or urgent care clinic, we’ll get you into an exam room almost immediately. In just 30 minutes — usually much less — you’ll see a doctor or nurse. So the next time you need nearly instant care, get the kind of medical attention you’ve been waiting for at Swedish/Redmond. And while you’re thinking about Redmond, keep in mind we also offer primary and specialty care, plus imaging services. It’s expert care, close to home.

Other Locations

Swedish also has emergency locations at Ballard (Northwest Seattle), Cherry Hill (Central Seattle), First Hill (Seattle), Edmonds, Issaquah and Mill Creek (South Everett), and another urgent care clinic at South Lake Union in Seattle. Learn more at www.swedish.org/emergency and www.swedish.org/urgentcare.