A New Year's Resolution: Don't Diet — Eat Healthy

Rather than making the typical “lose weight” resolution this year, try making a pledge to eat healthy. Healthy eating can trigger realistic weight loss.

- Weight loss goes beyond smaller portions, calorie counting and pushing away from the table,” says Richard Lindquist, M.D., a nationally recognized weight-loss physician at Swedish’s First Hill. “Weight loss is about eating the right foods to produce the right amount of fuel for your body and control hunger.”

Four rules for eating

1. Minimize carbohydrates: Any extra calories from carbs are stored as fat — especially carb calories from sugar and refined grains. The carbs you eat should come from whole grains, beans, whole fruits and vegetables.
2. Eat protein: Your body needs protein to grow cells and create enzymes that help it work properly. Low-fat dairy foods; seafood; nuts; lean beef, pork and chicken; beans
3. Eat often enough: In a 3-D and Swedish/Edmonds. “Although a surgical weight-loss procedure may be necessary for some people, our nonsurgical weight-loss programs can provide the proper assessment, an individualized plan and support for all patients. A medical weight-loss program is not a diet; it is a lifestyle make-over.”

Taking the Mystery Out of Robotic Surgery

Robots? Surgery? The da Vinci® Surgical System is not an RS-232™ or C-SPCR™ robot. It is technology that helps surgeons perform delicate operations. Robotic surgery got its name because the surgeon does not directly hold the surgical instruments. Robotic surgery is minimally invasive. It allows a surgeon to operate through several tiny incisions, rather than one large incision.

Robotic surgery instruments are flexible. They mimic the surgeon’s hands and wrists,” says Julie LaCorbe, M.D., a surgeon with Athena Urology and Urogynecology who performs robotic surgery at Swedish/Issaquah. “After we place the instruments in the body, we control their movements from the console. We can be very precise because we have a 3-D view inside the body.”

With any minimally invasive surgery (traditional or robotic) there is:

- Less blood loss
- Lower risk of infection
- Less pain after surgery
- Faster recovery

Swedish surgeons were among the first in the Northwest to perform robotic surgery. Because of their experience, they now teach surgeons from across the country. They also participate in research to expand its use.

Robotic surgery is available at Swedish/Edmonds, Swedish/First Hill and Swedish/Issaquah.

For More Information

The robotic surgical system can be used by surgeons who specialize in:

- Gynecology
- Urology
- Colon/cancer surgery
- Thoracic surgery (lungs and organs in the chest)
- Heart surgery
- General surgery

For more information, go to www.swedish.org/robotics.

Digestive Health Problems? Call the Swedish Digestive Health Network

When you call the Digestive Health Network at 1-855-411-MyGI (1-855-411-6944), you will talk with a nurse navigator who will ask you questions and decide which specialist is best for your situation. The nurse navigator also corrects primary-care providers to the right specialist.

The Digestive Health Network nurse navigator is available to talk with you Monday through Friday from 8 a.m. to 4:30 p.m.

Learn more or make an appointment: Swedish Digestive Health Network www.swedish.org/digestive or call 1-855-411-MyGI (1-855-411-6944)
Does Your Bladder Have a Mind of Its Own?

D o you urinate frequently? Leak urine before you get to the bathroom? Wake up several times at night to urinate? Although overactive bladder is more common in older adults, it can affect men and women of all ages. Overactive bladder can be embarrassing. It may affect day-to-day activities. But you do not need to suffer in silence. There are treatments.

“[T]here are many conditions that can lead to irritable bladder,” says Steven Han, M.D., a urologist with Minor & James Medical, a Swedish health partner. “Advancing age, weak pelvic muscles, certain medicines, alcohol and caffeine, weight, nerve damage, bladder cancer and infection may all be contributing factors.”

If your doctor has ruled out cancer and infection, avoiding things that irritate your bladder may help control symptoms. For example:

• Limit caffeine (tea, coffee, chocolate, soft drinks) and alcohol
• Limit spicy foods, and citrus juices and fruit
• Maintain bowel regularity (increase fiber intake and exercise)
• Maintain a healthy weight
• Stop smoking
• Drink water during the day. Limit your intake as you approach bedtime.

Other treatment options include special medications, electrical stimulation, Botulinum toxin injections to the bladder muscle, and implanted neurostimulation to reduce bladder spasms and contractions. Visit www.swedish.org/urology to find a Swedish-affiliated urologist.

Join us for “Female Urinary Incontinence: A Discussion of Current Treatments,” on Wednesday, March 12 from 6-8 p.m. at Swedish/Issaquah. Check the class listing in this issue for more details and registration information.

Take a Stand Against Cancer

C ancer is mostly a hidden disease in its earliest stages. However, detecting cancer early gives us the best chance for successful treatment. Men and women of all ages benefit from screening for cancer. Take a stand for your health and against cancer. The Swedish Cancer Institute developed this cancer screening chart for easy reference. Clip this chart or print the online version at www.swedish.org/cancerscreenings. Talk with your family doctor about cancer screenings, and then call 1-855-XCANCER (1-855-922-6237) to make your screening appointments for the entire year.

**Clinical Breast Exam (with a provider)**

**Age 20-40**

Once every 1-3 years

See note #4 about screening for breast cancer

**Age 40+**

Once every year

See note #4 about screening for breast cancer

**Mammogram**

**Age 40+**

Once a year for as long as you are in good health

Women at high risk

Talk with your doctor about more-intensive screening recommendations.

**Important Notes About Screening for Breast Cancer:**

1. Women should be familiar with their breasts and use their primary-care provider if they notice any changes.
2. Women should know their personal and family history related to breast cancer. If you think you may be at high risk, call the Swedish Cancer Institute’s High-Risk Surveillance Clinic about a risk assessment and plan.
3. This screening schedule is consistent with guidelines from the American Cancer Society, the National Cancer Institute, the National Comprehensive Cancer Network, and the American College of Radiology. Some physicians follow the U.S. Preventive Services Task Force guidelines, which recommends mammograms every two years for women who are in good health. Talk with your primary-care provider if you have questions about how frequently you should have a mammogram.
4. Men who notice breast lumps should have a prompt evaluation by their primary-care provider.

**Head and Neck Cancer (PAP SMEAR • HUMAN PAPILLOMAVIRUS [HPV] TESTING)**

**Pap Smear**

Age 21-30

Once every 3 years

Age 30-65

Once every 3-5 years

**HPV Testing**

Women age 30-65 at high risk

Once every 3-5 years

**Important Note About HPV Prevention:**

1. The Centers for Disease Control and Prevention recommends women and men ages 9-26 be vaccinated for HPV. The vaccination is series of three shots given only once. For more information, go to www.cdc.gov

**Colon Cancer (Colonoscopy)**

**Adults at high risk (family history of colon cancer): Age 40 or 10 years before the age at which the youngest family member was diagnosed with colon cancer**

Once every 5 years

Once every 5 years

**Adults at high risk (any reason): Age 50-80 (regardless of risk)**

Once every 10 years

Once every 10 years

**Age 81+ (regardless of risk)**

Talk with your doctor about repeat screenings

Talk with your doctor about repeat screenings

**Important Notes About Screening for Colon Cancer:**

1. Stool blood, DNA test and flexible sigmoidoscopy are also used to screen for colon cancer; but are not as thorough or effective as colonoscopy.
2. This screening schedule is consistent with guidelines from the American Cancer Society, the American College of Gastroenterology, the American Society of Colon and Rectal Surgeons, the American College of Radiology and the American College of Physicians.

**Lung Cancer (Low-Dose CT Screening)**

**Adults with no prior history:**

Once every 5 years

Once every 5 years

**Adults at high risk:**

Once every year for 3 years, and then as recommended by your doctor

**Important Notes About Screening for Lung Cancer:**

1. The U.S. Preventive Services Task Force recently approved low-dose CT screening for individuals at high risk for lung cancer. The screening must be performed at designated facilities that have this type of expertise, such as the Swedish Cancer Institute.
2. The Swedish Cancer Institute’s Lung Cancer Screening Program offers a comprehensive approach to screening for tobacco-related diseases and lung cancer, and also offers tobacco-cessation counseling and treatment for participants. The program complies with best practices as identified by the International Early Lung Cancer Action Program and the Lung Cancer Alliance.

**Oral and Pharyngeal Cancer (Visual, Tactile, X-ray Screening)**

All ages

Each year during dental exam

Each year during dental exam

**Important Notes About Screening for Oral Cancers:**

1. Dentists routinely conduct visual, tactile and X-ray screenings of the oral cavity, face, neck and throat during dental exams.
2. This screening information is consistent with guidance from the American Dental Association, the Oral Cancer Foundation and the American Cancer Society.
3. If you use tobacco or alcohol — especially if you use both — you are at increased risk for cancer of the oral cavity and pharynx.

**Prostate Cancer (PSA Screening)**

**Age 55-69**

Talk with your primary-care provider

**Age 70 and older**

Talk with your primary-care provider

**Not recommended**

**Important Notes About Screening for Prostate Cancer:**

1. For men age 55 and younger who are at high risk for prostate cancer when and how frequently to screen is personalized based on your particular situation.
2. For men age 55-69, there may be a benefit to having a PSA screening every 2 or more years, or as necessary based on the results of a baseline PSA.
3. Men age 70 and older who are in excellent health may want to talk with their primary-care provider about the value of PSA screening.
4. This information is consistent with the guidelines of the American Urological Association, which were updated in 2013.

**Cancer Screening Guidelines are Recommended by the Swedish Cancer Institute.**
**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.

**Breast Cancer Resources**

Have you or someone you know just 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/now-what/breastcancer.

**CHILDBIRTH 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/childbirthclasses or call 206-215-3308.

**OB Speed Dating**

If you’re expecting or thinking about having a baby, we make it a little easier to find the right provider. When you come to OB Speed Dating, you’ll meet providers who deliver at Swedish and get to know them in a fun, low-key environment in one-on-one interviews. Visit www.swedish.org/obspeeddating to learn more.

**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: Sibling Preparation**

This class helps children ages 3 to 10 understand the birth process and what it’s like to have a new baby in the family. A mini-tour of the birth center is included that will help prepare them for visiting Mom in the hospital.

**DIABETES EDUCATION**

The Swedish Diabetes Education Center offers resources, classes and individual programs to help you successfully manage your diabetes and reduce complications, including a three-part introductory series on diabetes self-management. Physician referral is required. Visit www.swedish.org/diabetes or call 206-215-2540 (Ballard), 206-544-4395 (Edmonds). See the Nutrition section for diabetes classes on “Balancing Breakfast” and “Foods to Boost the Immune System.”

**HEALTH AND WELL-BEING**

**Advance-Care Planning**

How to Prepare

It’s never too early to prepare for difficult decisions around end-of-life care. Learn from a panel of experts about the resources available to you and your family members, and what you need to do to be prepared and begin the conversation around advance-care planning.

**HEALTH AND WELL-BEING**

**Personal Health Record: Your Personal Health Toolbox**

Learn how you can use a personal health record to optimize and manage your own or a loved one’s health; track immunizations, allergies and lab results; and empower yourself to be an engaged member of your health-care team.

**Ballard:** Sun., Feb. 9, 1:30-3 p.m.

**First Hill:** Sat., March 22, 10-11:30 a.m.

**Prediabetes**

Learn how to monitor your blood sugar and make changes to your daily activity and diet to help lower blood sugar. Participants will receive a free blood-sugar monitor. Fee: $35 (includes one support person).

**Edmonds:** Wed., Jan. 22, 6-8:30 p.m.; Tues., Feb. 18, 9:30 a.m.-noon; or Wed., March 19, 6-8:30 p.m.

**NUTRITION**

**Balancing Breakfast for Those With Diabetes**

Get inspired with new takes on breakfast! Learn how to fuel your body while maintaining good blood sugar control for a healthy start to your day, or try our delicious recipes for a fun and easy dinner. Fee: $15.

**Cherry Hill:** Wed., Feb. 19, 6-7:30 p.m.

**Cancer Prevention in Your Kitchen**

Learn easy nutrition, cooking and lifestyle tips for reducing cancer risk.

**Edmonds:** Tues., Feb. 19, 6-7:30 p.m.

**Enjoy the Taste of Eating Right!**

Celebrate National Nutrition Month in March with food, education and recipes for tasty and healthful cooking.

**Edmonds:** Tues., March 11, 6-7:30 p.m.

**Foods to Boost the Immune System for Those With Diabetes**

Learn which nutrients strengthen your immune system to help keep winter colds and flu away. This class will focus on delicious recipes in which food is both medicine for managing your diabetes and boosting your immunity. Fee: $15.

**Cherry Hill:** Tues., Jan. 14, 6-7:30 p.m.

**Heart Health in Your Kitchen**

Give your heart and taste buds some TLC during American Heart Month in February. Come learn nutrition tips to lower cholesterol and blood pressure without sacrificing flavor.

**Edmonds:** Tues., Feb. 11, 6-7:30 p.m.

**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:**

**Caring for Your Back: Surgical and Nonsurgical Options**

Skeletal 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:** Thurs., Jan. 22, 6-8 p.m.

**Issaquah:** Wed., March 5, 6-8 p.m.

**Mill Creek:** Wed., Feb. 5, 6-8 p.m.

**Redmond:** Thurs., March 6 or March 20, 6-8 p.m.

**Joint Replacement: The Right Choice for You?**

In this class, an orthopedic surgeon will discuss hip- and knee-replacement surgery along with robotically-assisted surgical methods.

**Edmonds:** Thurs., Feb. 20, 6-8 p.m.

**Issaquah:** M.O.D., Thurs., Jan. 16; Fri., Feb. 20, or March 20, 6-8 p.m.

**Mill Creek:** Thurs., Feb. 7, 6-8 p.m.

**Redmond:** Thurs., Feb. 6, 6-8 p.m.

**Swedish Orthopedic Institute (Seattle):** Thurs., Jan. 29, Feb. 20, March 20, or April 10, 6-8 p.m.

**Relief for Your Shoulder Pain**

This class will present an overview of shoulder anatomy, common injuries to the shoulder (including sports injuries), how to prevent injury, and surgical and nonsurgical solutions to common injuries.

**Edmonds:** Thurs., March 20, 6-8 p.m.

**Issaquah:** Wed., Feb. 12, 6-8 p.m.

**Redmond:** Thurs., Jan. 30, 6-8 p.m.

**Swedish Orthopedic Institute (Seattle):** Thurs., Feb. 27, 6-8 p.m.

**PARENTING**

**All About Puberty**

The focus of this fun, interactive class is to open and enhance communication between parents and preteens (9- to 12-year-olds) and explain the physical and emotional changes ahead. Fee: $35 per family (includes two additional children or one child, $65 fee for each additional child or adult in the same family).

**Parents and Boys Together**

**Ballard:** Mon., Feb. 3, 6:30-9 p.m.

**Issaquah:** Mon., Jan. 6 or March 9, 6:30-9 p.m.

**Parents and Girls Together**

**Ballard:** Mon., Feb. 10, 6:30-9 p.m.

**Issaquah:** Mon., Jan. 13 or March 10, 6:30-9 p.m.
Fall Prevention/Stay on Your Feet
Learn to maintain good balance and perform daily activities safely.
Edmonds: Thurs., Feb. 13, 1:30-2:30 p.m.
Ballard: Wed., Feb. 12, 6-9 p.m.
Edmonds: Wed., April 9, 9-6 p.m.

Heartsaver CPR and AED
Learn how to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. Fee: $40.
Ballard: Wed., Feb. 12, 6-9 p.m.

First Aid CPR and AED
Learn how to save a life using proper adult first aid, and pediatric and adult automated external defibrillator (AED) and CPR techniques. Participant certifications are valid for two years. Fee: $70.
First Aid: Sun., Jan. 12, 9 a.m.-2:30 p.m.

Safe Sitter®
Safe Sitter is a medically accurate program that teaches boys and girls how to be good babysitters. The classes cover basic babysitting techniques, safety precautions and responsibilities of safe babysitting, and is recommended for ages 11-13. Fee: $80 (scholarships available on a limited basis).
Ballard: Sat., Jan. 11, 9 a.m.-4 p.m.
Cherry Hill: Sat., April 12, 9 a.m.-4 p.m.
Edmonds: Sat., March 8, 9 a.m.-4 p.m.

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

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.

www.swedishweightloss.org/seminars or call 206-215-2300.

When Is a Cough and Runny Nose More Than a Cold?
“S”ymptoms can tell you a lot about how seriously ill your child is,” says Agnes Wong, M.D., a pediatrician with the Swedish Children’s Clinic in Edmonds. Is your child playing, sleeping well and eating normally? If so, a cough and runny nose probably just signal a cold. A humidifier to loosen mucous, drinking warm fluids to help control the cough, and propping up at night (or raising the head-end of an infant’s mattress) can provide some relief. No improvement in a few days? Call your doctor. Does your child have a high fever, chills, body aches, diarrhea? Your child may have the flu, which can turn into pneumonia with dehydration. Vaccinate children six months and older against the flu. Because children younger than six months cannot be vaccinated, an infant’s family circle should be vaccinated. A family circle includes anyone who regularly comes in contact with the infant. Talk with your doctor if you have concerns. Does your child have a deep, barking cough and coughing spasms? Could be whooping cough. A doctor should evaluate coughs that last longer than two weeks — especially if your child has coughing spasms, turns red in the face and vomits as a result of coughing. Whooping cough is very contagious and dangerous in infants. Parents are at the forefront of childhood illnesses. Swedish is here to help.

Download our free Kids Symptom Checker app for the iPhone and Android at www.kidsymptomchecker.com.