Drug abuse, heavy alcohol use, cigarette smoking, diabetes, high cholesterol, and high blood pressure are some of the risk factors for stroke that you can control. However, there are others you can’t control, such as aging. While aging increases your risk of having another stroke, especially in the first year, there is a greater increase of stroke risk after one year. If you have had a stroke-prevention medication for more than one to two years, you will not stop taking your medicine after a stroke, stopping your medicine within a year? If you have had a stroke that was treated at another hospital, patients who were treated at other hospitals may also request appointments for their patients. Swedish’s First Hill and Cherry Hill hospitals are nationally certified Primary Stroke Centers. For more information about stroke, acute stroke care at Swedish, and follow-up care at the Swedish Stroke Clinic, go to www.swedish.org/stroke.

Diagnosing a Pain in the Neck

A pain in the neck can be difficult to diagnose. Symptoms can be very common, so figuring out the cause can be time-consuming. Therefore, an early referral to a spine specialist may be beneficial. Cervical spondyloitic myelopathy (CSM) is one of the more serious causes of “simple” neck pain. With CSM, the spinal cord, which contains complex bundles of nerves, is squeezed. This pressure can lead to nerve death and inflammation — and even paralysis if not treated. Symptoms may include:

- Activity-related neck pain (sometimes with headache)
- Clumsiness in the hands and legs
- Stumbling gait
- Burning sensation in hands/forearm
- Electrical sensation radiating into the arm
- Shocking sensation running down the neck into the back

Age, genetics, anatomy, inflammatory arthritis and untreated neck fractures can contribute to CSM. Impact sports, activities that put unreasonable stress on your neck, and sleeping with a forward bent neck are also associated with CSM. If CSM is diagnosed early, treatment may include activity modification, and occupational and physical therapy. Your doctor will also monitor your progress. CSM frequently gets worse over time, though, and you may eventually require surgery.

Is it Head and Neck Cancer?

Early symptoms of head and neck cancer can be subtle and may not trigger your suspicion. Many patients don’t notice the early warning signs until they receive their diagnosis of head and neck cancer. Symptoms may include:

1. Neck lump/mass.
2. Pain in one ear. Deep nagging discomfort in just one ear.
3. Persistent sore throat. Lasting more than one to two weeks.
4. Subtle voice change.
5. Face or neck numbness. A sign cancer may be affecting certain nerves in the head and neck.
6. Tongue unintentionally slides to one side or the other when you stick it out.
7. Subtle face irregularities (asymmetry). The left and right sides respond differently when you smile or frown, a symptom often blamed on fatigue or aging.
8. Unexplained weight loss or loss of appetite. Losing weight despite eating normally.
9. Foul smelling breath. “Pain in one ear is called otalgia,” says Namou Kim, M.D., a head and neck surgeon with the Swedish Cancer Institute. “Otalgia is definitely the most common and most ignored early sign of head and neck cancer.”

For More Information

Swedish Neuroscience Institute 206-320-2225
Swedish Spine Program 206-215-6681
Swedish Spine, Sports & Musculoskeletal Medicine 206-386-2677

Talk to your doctor if you have unexplained ear pain, especially if it is only on one side. Or, call 206-292-6464 to make an appointment with the Swedish Head and Neck Cancer team.

Are You an Organ Donor?

In November 2014, the Swedish Transplant Program celebrated two milestones — 40 years of providing kidney transplants and the approval by the Centers for Medicare and Medicaid of its liver transplant program. Swedish transplant surgeons also perform pancreas transplants. Swedish is a long-standing leader in organ transplantation in the Pacific Northwest. It is natural, therefore, for Swedish to also be a strong advocate for organ donation.

Go to www.donatelife.net to learn about organ donation. For more information about the Swedish Transplant Program, go to www.swedish.org/transplant.
Steps to a Healthy Pregnancy

Deciding to become pregnant and assuming the responsibilities of being a mom is a big step. Did you know that there are some things you can do before you get pregnant that will help you and your baby enjoy a healthy pregnancy?

1. Talk with your doctor before getting pregnant to ensure any chronic medical conditions are under control, your vaccinations are up to date and you have an opportunity to ask whether screening for genetic disease would be wise based on your family history.

2. Begin taking prenatal vitamins at least one month before conceiving. Folic acid in prenatal vitamins supports the development of your baby’s spinal cord.

3. Start pregnancy at a healthy weight to reduce your risk of complications, such as high blood pressure and gestational diabetes.

4. Increase your chances for pregnancy by using an over-the-counter ovulation predictor kit.

5. Don’t give up. If you aren’t pregnant after 12 months of trying (or after six months if you are 35 or older), see your doctor for a check-up and an initial infertility work-up.

“Whether you are pregnant for the first time or the sixth, it is one of the most important times in your life,” says Jennifer Droz, M.D., a specialist in obstetrics and gynecology at Swedish. “We want you to have a healthy, joyful experience that begins before you become pregnant and continues through the birth of your baby.”

Go to www.swedish.org/pregnancy to learn about about pregnancy and the medical care available for you at Swedish.

Stop the Leak — Urinary Leakage is Not a Normal Part of Aging

Loss of bladder control is not a normal part of aging. It is a medical problem with a solution. More than half of American women age 50 or older have some type of urinary incontinence. Too often, women—and men, too—are hesitant to talk to anyone, even their doctors, about this problem. Instead they buy adult diapers, adjust their lifestyle and hope the problem will go away. This is a mistake. What begins as a minor inconvenience may develop into a more serious medical condition.

“Research has shown that urinary leakage has been linked to long-term health problems, such as obesity, diabetes, heart disease, bone fractures and depression,” says Lora Plaskon, M.D., a specialist in urogynecology. “It can have a corrosive effect on a person’s quality of life, both physically and emotionally.”

Urogynecologists and urologists specialize in treating bladder control problems. There are many treatment options. Treatment may include simple lifestyle changes, behavioral modification, area-specific exercises and/or medications. There are also devices and surgical procedures that have been used to successfully treat more serious bladder-control issues.

Don’t be shy. Talk with your primary-care provider about a referral to a specialist who can help stop the leak. Or call 1-800-SWEDISH (1-800-793-3474) to find a specialist near you.

Current Guidelines for Pap and HPV Testing

For years, cervical cancer was the leading cause of cancer death in women. During the last 40 years, however, there has been a steady decline in the number of deaths from cervical cancer. This is due in large part to women accepting the importance of including the Pap test as part of their wellness routine.

The Pap test identifies changes to the cervix and the presence of the human papilloma virus (HPV). High-risk types of HPV may cause cervical cancer. At least 80 percent of sexually active women have been exposed to HPV.

Talk with your doctor about whether a Pap test should be part of your next well-woman exam. Currently, the National Cancer Institute recommends:

1. Women ages 21 to 29: Pap test every three years.

2. Women ages 30 to 65: HPV and Pap testing every five years (even if a woman has had the HPV vaccine) or just a Pap test every three years.

3. Women older than 65: No Pap test if the woman has had at least two or three normal Pap tests during the previous 10 years, with the most recent normal test within the last five years.

4. Women at high risk: More frequent screening or screening beyond age 65 for those at high risk, including women who are infected with HIV or have compromised immune systems, and women being treated for precancerous changes or cancer of the cervix.

5. Women who have had a total hysterectomy (surgery to remove both the uterus and cervix): No Pap test unless the surgery was treatment for precancerous changes or cancer of the cervix.
Registration is required for all classes. Visit www.swedish.org/classes 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 Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)  
Swedish Cherry Hill Campus: 500 17th Ave., 98122 (Central Seattle)  
Swedish Edmonds Campus: 21601 76th Ave. W., 98026  
Swedish First Hill Campus: 747 Broadway, 98122 (Seattle)  
Swedish Issaquah Campus: 751 N.E. Blakely Drive, 98029  
Swedish Mill Creek Campus: 13020 Meridian AVE. S., 98028 (Everett)  
Swedish Orthopedic Institute: 601 Broadway, 98112 (Seattle)  
Swedish Redmond Campus: 18100 N.E. Union Hill Road, 98052

CANCER EDUCATION  
The Swedish Cancer Institute offers a variety of ongoing classes for those surviving a cancer diagnosis. Visit our Health & Wellness classes at 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.

Features class  
Anti-Cancer Lifestyle
Explore ways to increase your resistance to cancer and learn how to adopt an anti-cancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional well-being. Visit our Health & Wellness classes at www.swedish.org/classes for upcoming dates and times.

Voices of Cancer Podcat  
This podcast is for anyone diagnosed with cancer and their loved ones. Each week, we focus on common questions and concerns — from dating and careers to parenting and the most important research and cancer treatments. Listen and/or download the regular podcasts at www.swedish.org/voices.

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, visit www.swedish.org/childbirthclasses or call 206-215-3338.

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 (Ballard), First Hill and Issaquah) or 425-640-4395 (Edmonds).

HEALTH AND WELL-BEING  
Advance Care Planning Workshop
Do you know what medical decisions you would want someone to make if you were unable to speak for yourself? Join us for a free advance care planning workshop. Call 425-640-4460 to register.

Edmonds: Sat., May 2 or June 13, 9-11 a.m.
Exercise for a Healthy Heart
This medically supervised exercise and education program at Swedish Edmonds is for individuals living with or at risk of developing heart disease. The class focuses on controlling risk factors and making positive lifestyle changes. Those with heart disease, diabetes, prediabetes, and high blood pressure or cholesterol will benefit. To learn more and register, call 425-640-4330.

GERD: When Pills No Longer Work
Is your gastroesophageal reflux disease (GERD) not well controlled? Swedish esophageal physicians will discuss the causes of heartburn and GERD, as well as cutting-edge treatment options.

Issaquah: Mon., April 20, 6-7:30 p.m.
First Hill: Thurs., May 7, 6:30-7:30 p.m.
Healthy Weight Series  
Whether you want to lose weight, or learn how to maintain your weight or your family’s weight, this three-class series is for you. Learn the tools for everyday life, including shopping lists and recipes, reading food labels, and proper portion control. Learn about carbohydrates, proteins, fats, vitamins and minerals. Gain an understanding of your relationship with food. Fee: $65 includes you and one guest. Regularly offered at Swedish locations. For dates and to register, visit www.swedish.org/classes.

Living with Essential Tremor
This free symposium is for those living with essential tremor and their caregivers.

Learn about essential tremor, diagnoses, treatments and support options from doctors and patients. Call 206-320-2883 to learn more.

Cherry Hill: Thurs., May 28, 10 a.m.-2 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, setting and logging goals, home therapies, nutrition and supplements, as well as hope, happiness and healing. Guided imagery, relaxation and gentle exercises are also covered. Fee: $10 per class. Call 425-640-4140 to learn more and register.

Edmonds: Every Friday, 3-5 p.m.

Prediabetes
Learn risk factors and dietary and lifestyle changes that can help lower your risk of developing type 2 diabetes by up to 60 percent. Fee: $35 (includes one support person).

Edmonds: Wed., May 20, 6:30-9 p.m. or
Tues., June 16, 9:30 a.m.-noon.

The TQI Diet: To Quiet Inflammation
Interested in improving your health? Hoping for pain relief, weight loss or improved sleep? This five-week class may be for you. Learn how to use food to quiet chronic inflammation and improve your diet on many planes, providing an integrated experience that leads to significant lifestyle changes. Fee: $180 for the series. Regularly offered at Swedish locations. For class dates and to register, visit www.toquietinflammation.com.

ORTHEPDEICIS  
Caring for Your Back: Surgical and Nonsurgical Options
Spinal stenosis, scoliosis, slipped disks and other common spine problems can affect your ability to move well. Learn about a variety of treatment options, including surgery and methods for nonsurgical relief.

First Hill: Thurs., April 23 or May 21, 6-8 p.m.
Redmond: Thurs., May 7, 6-8 p.m.
Edmonds: Thurs., May 14, 6-8 p.m.

Joint Replacement: The Right Choice for You?
If you have arthritic joint pain and are considering joint replacement, you’ll want to attend this class. An orthopedic surgeon will discuss hip- and knee-replacement surgery.

Issaquah: Wed., April 29, 6-8 p.m. or
Thurs., May 14, 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/nonsurgical solutions to common injuries.

Issaquah: Tues., June 2, 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 one child and up to two adults; $5 for each additional child or adult in the same family).

Parents and Boys Together
Ballard: Mon., April 6, 6:30-9 p.m.
Edmonds: Mon., May 4, 6:30-9 p.m.
Cherry Hill: Mon., June 1, 6:30-9 p.m.
Parents and Girls Together
Ballard: Mon., April 13, 6:30-9 p.m.
Edmonds: Mon., May 11, 6:30-9 p.m.
Cherry Hill: Mon., June 8, 6:30-9 p.m.

Tiger Mountain Music Together® Babies Class
Specifically designed for infants eight months and younger, this semester of classes at Swedish Issaquah shows babies to embrace, enjoy and express their innate musicality. Spend 45 minutes singing, dancing and playing with your child, all in the company of other new parents and guided by an experienced music specialist. Classes are Tuesdays at 1 p.m., April 14-June 16. For more information and to register, call 425-640-4477 or go to www.tigermountainmusictogether.com.

Top 5 Things To Know About Your Child’s IBD
A pediatric gastroenterologist will address the most important issues every parent needs to know to help their child with Crohn’s and ulcerative colitis.

Issaquah: Tues., May 8, 6:30-7:30 p.m.
First Hill: Tues., May 12, 6:30-7:30 p.m.

SAFETY AND INJURY PREVENTION  
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.

Issaquah: Wed., May 13, 6-9 p.m.

www.swedish.org
**Meet the New Swedish Sand Point Primary Care**

Swedish has made accessing health care easier for those who live or work in Northeast Seattle. Swedish Sand Point Primary Care Clinic has appointments available with primary-care providers (PCPs) who specialize in caring for adults, adolescents and children. It is a modern clinic with a staff that is neighbor friendly and respectful of their patients’ busy schedules.

Swedish is the largest local non-profit health system. Therefore, patients at Sand Point are conveniently linked to a vast network of clinics that provide specialty expertise, the latest technology and the most advanced treatments. There are also five Swedish hospitals and two free-standing emergency rooms in the Greater Seattle area. Having a PCP who knows you and your medical needs is important, whether you are living with a chronic medical condition or just require annual screenings and preventive care. It is your first step in managing your health.

Check out the new Swedish Sand Point and meet the PCPs at an open house on Thursday, April 30 from 3 to 7 p.m. There will be free refreshments and BMI checks.

For more information, visit www.swedish.org/sandpointclinic or call 206-320-8050.

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**Breast Cancer: Knowledge is Empowering**

Fall 2015 is the anticipated completion date of the emergency department and imaging center. “This is an exciting time to be at Edmonds,” says Jennifer Graves, R.N., Swedish Edmond’s interim chief executive officer. “The entire Swedish system is committed to the success of this project and the campus. I firmly believe that this transformed building will be a place where our staff will shine in their place where our staff will shine in their care delivery, and our patients will have an exceptional experience.”

Learn more at www.swedish.org/edmonds-expansion.

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**Weight Loss**

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.

Edmonds: Weight Loss Seminar at Swedish Edmonds offers surgical and nonsurgical seminars. For dates, times and to register, visit www.swedish.org/edmondsweightloss or call 425-939-1940.

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**Women’s Health**

Meet us on Thursday, May 7, from 5:30 to 8 p.m., at Swedish Issaquah. A panel of experts will discuss current developments in breast-cancer care, personalizing treatment and survivorship.

To reserve your space, call the Cancer Education Center at 206-386-3200.

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**Contact Information**

**Swedish Medical Center Locations**

- **Swedish Ballard**: 206-782-2700
- **Swedish Cherry Hill**: 206-320-2000
- **Swedish Edmonds**: 425-640-4200
- **Swedish First Hill**: 206-386-6200
- **Swedish Issaquah**: 425-313-4200
- **Swedish Kirkland**: 425-357-3802
- **Swedish Redmond**: 425-332-5100

For addresses, visit www.swedish.org/locations

**Swedish Primary Care**

- **Ballard Clinic**: 206-320-3335
- **Ballinger Clinic (Birnieke Terrace)**: 206-646-4950
- **Central Seattle Clinic**: 206-320-4088
- **Children’s Clinic – Edmonds**: 425-673-3468
- **Children’s Clinic – Meadow Creek Issaquah**: 425-394-1969
- **Children’s Clinic – West Seattle**: 206-332-5790
- **Dia Clinic**: 509-674-6779
- **Downtown Seattle Clinic**: 206-320-3953
- **Edmonds Birth & Family Clinic**: 425-640-4950
- **Factoria Clinic**: 425-641-4000
- **Family Medicine – Ballard**: 206-297-5100
- **Family Medicine – Cherry Hill**: 206-332-2684
- **Family Medicine – First Hill**: 206-386-8111
- **Greenlake Clinic**: 206-332-3400
- **Inland Medical at Edmonds**: 206-640-4950
- **Issaquah Health Center**: 425-384-0720
- **Klahanie Clinic**: 425-384-6203
- **Magnolia Clinic**: 206-332-3984
- **MR Creek Clinic**: 425-367-3700
- **Pine Lake Clinic**: 425-455-2840
- **Redmond Clinic**: 206-332-5100
- **Sand Point Clinic**: 206-332-8050
- **Sonoran Clinic**: 425-888-2016
- **South Lake Union Clinic**: 206-332-5200
- **Queen Anne Clinic**: 206-386-8550
- **West Seattle Clinic**: 206-332-1090

For addresses, visit www.swedish.org/primarycare

**General Information**

- **Marketing Communications**: 206-386-6797
- **Healthsystem Editor**: 206-386-6797
- **Class Registration and Community Health Education**: 206-386-2502
- **Cancer Education Center (Swedish Cancer Institute)**: 206-386-3200

**Free Physician Referrals**

- **T.800.SWEDISH (1.800.793.3474)**
- www.swedish.org/physicians

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www.swedish.org

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**HealthWatch**

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 clinic and want a free referral, call T.800.SWEDISH (1.800.793.3474) or visit our website at www.swedish.org.