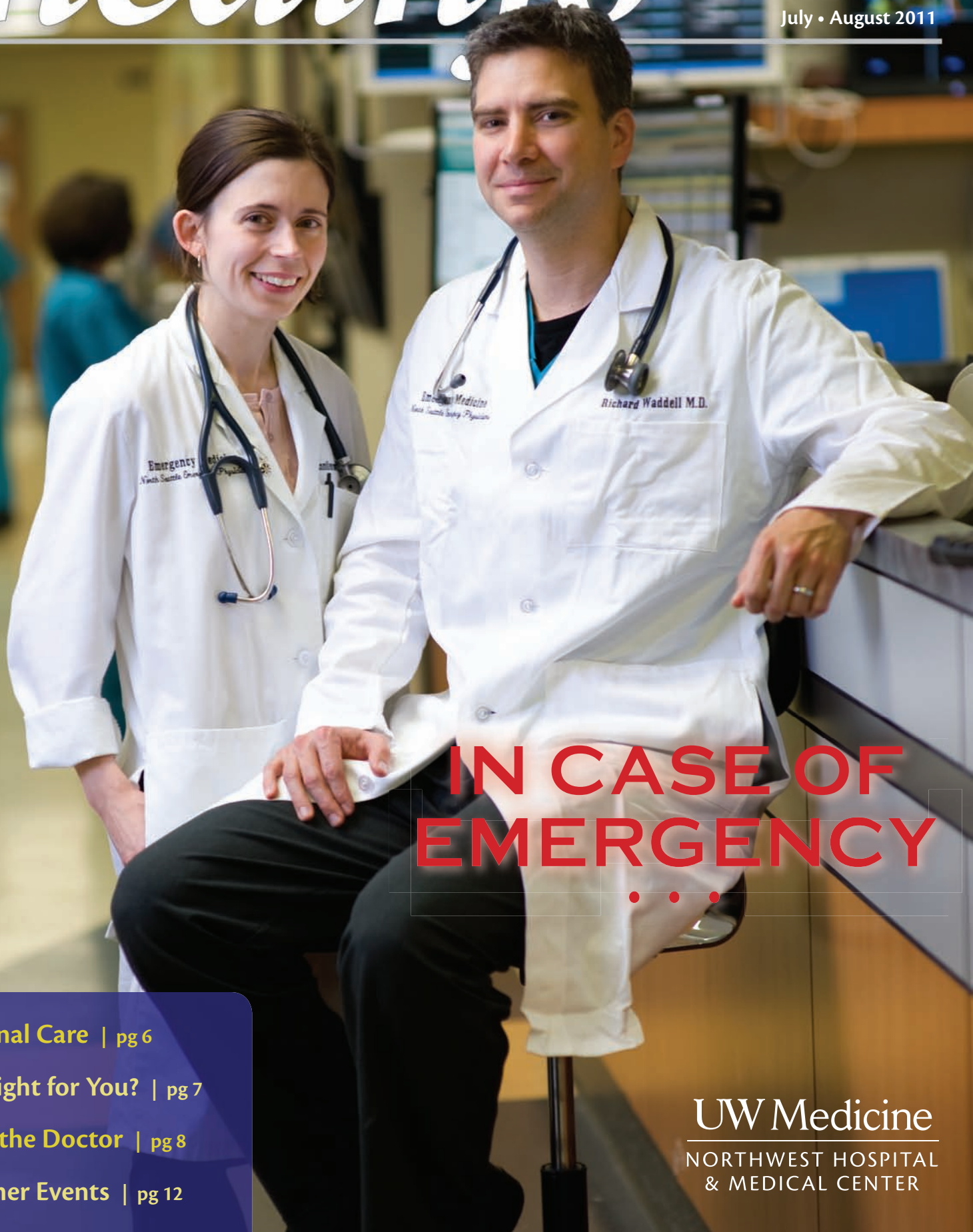


# medinfo

July • August 2011



## IN CASE OF EMERGENCY

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**UW Medicine**  
NORTHWEST HOSPITAL  
& MEDICAL CENTER

# HANCOCK EMERGENCY SERVICES PAVILION



# IN CASE OF EMERGENCY



**WHEN HE PUTS ON HIS TEAL SCRUBS, EMERGENCY ROOM PHYSICIAN DR. RICHARD WADDELL BECOMES A DIFFERENT PERSON – FOCUSED, DECISIVE AND APPROACHABLE BY PATIENTS AND STAFF ALIKE. ONCE HE CLOCKS IN, HE WASTES LITTLE TIME. SITTING DOWN AT A COMPUTER AT THE FAR END OF THE NURSES STATION, HE BEGINS GATHERING PIECES OF THE STORIES OF PATIENTS HE WILL TREAT TODAY.**

“I love the detective work,” he explains while reviewing a patient’s past lab work and prior admissions to the hospital.

“I feel like I am here to make things easier for people,” he adds. Standing, he grabs a few blank pieces of note paper and a pen. “Let’s get started.”

In today’s eight hour shift in Northwest Hospital’s emergency room, Dr. Waddell will manage the care of 21 patients. He will assist on two other cases. Two of the patients will be critically ill and intubated, one suffering from pneumonia and the other from COPD. Of those 23 people, six will be admitted to the hospital and 17 will be discharged. Dr. Waddell will conduct evaluations for headaches, sore throats, an abscess, tooth pain, extremity injuries, lacerations, pelvic pain, abdominal pain and chest pain. He will coordinate care for an elderly woman in need of psychiatric services. Two of his patients will arrive after suffering acute traumas, one from a motorcycle accident and the other after a fall from a roof. One patient will show up complaining of frequent tremors in her arms and legs. After ruling out a few immediate causes, ordering an MRI and speaking at length with

a Northwest Hospital neurologist, Dr. Waddell will discover that the patient’s tremors are being caused by a transient ischemic attack, or a “warning” stroke.

“No day and no two patients are alike. Some people come in and you’re not sure what’s wrong. I begin gathering details and ruling things out. Eventually, I get to give them an answer,” he says.

An answer, even an unexpected one, can be better than the uncertainty and confusion that accompany many emergency situations. Dr. Gregory Schroedl, an emergency medicine physician and Northwest Hospital’s vice president of medicine, says patients are reassured to find the vast array of resources available to them at the hospital campus.

“One of the major benefits to patients choosing the Emergency Department at Northwest Hospital versus a free-standing emergency department or urgent care clinic is that they are being treated in a medical center where a full range of acute care services and specialty physicians are just minutes from the bedside,” Dr. Schroedl says. “Whatever their healthcare issues and however acute,

*continued on page 4*

# IN CASE OF EMERGENCY ...

*continued from page 3*

Northwest Hospital can provide for their well-being on-site. We also have the distinct advantage of being part of the UW Medicine Health System which, if needed, can provide the most sophisticated medical, surgical and trauma care available anywhere in the world.”

As a detective, Dr. Waddell says his reward comes from solving his patients’ problems.

“I will exhaust every resource available to me to find an answer. At our hospital, we have access to incredible specialty consultants,” he says. “If we have a patient in cardiac arrest or who is having a heart attack en route to our emergency room, within 10 minutes I can have a cardiologist in the ER waiting for the patient’s arrival.”

While Dr. Waddell relies heavily on expert physician consultants, he says what most impacts quality care in the emergency room are the nurses, technologists and unit secretaries who work alongside physicians.

“We can’t do our job without them,” he says. “Every patient, no matter how ill, deserves personal, timely and efficient care. That begins the moment they come in the door and doesn’t end until they are discharged.”

## SHIFT CHANGE

Before beginning her shift in the Northwest Hospital emergency room, Dr. Jennifer Smith-Garcia goes through a series of small rituals. She puts a silver chain around her neck, from which hangs the letter “I”. The small pendant is a reminder of her 3-year-old daughter Isabella. On her white doctor’s coat is another talisman given to her by her sister on the day she graduated from medical school. The pin reads “be the change you wish to see in the world.”

And before clocking in, Dr. Smith-Garcia recites a few words from the laminated card she keeps in her jacket pocket.

“...give skill to my hand, clear vision to my mind, kindness and sympathy to my heart.”

She reads this Physician’s Prayer, not because she is particularly religious she says, but because it gives her a chance to center herself before a busy shift. One of Dr.



Smith-Garcia’s patients today is Seattle resident Carol Maurer. She fell on the school playground where she works, fracturing her wrist.

When patients like Carol arrive in the Northwest Hospital emergency room, they can expect to travel through various stages of care. First they will be registered as a patient and then triaged by a nurse to determine how quickly they need to be seen by a physician. Next is the physician’s exam and discussion. The doctor will then order any necessary diagnostic tests which could be simple lab work, an x-ray, CT scan or an MRI. Last is the patient diagnosis and treatment. The patient may be discharged with a prescription and recommendations for follow-up care, or the patient will be admitted to the hospital for further evaluation and treatment.

Carol and her husband Dan, who sits watchfully at her bedside, say Northwest Hospital is “their” hospital. It is the hospital where they delivered their three children. It is their community emergency room and the place they rely on when urgent health issues occur.

“Dr. Smith-Garcia is kind and compassionate. She asked how she could make me feel better and she was quick to provide care,” Carol explains of her experience.

*“Every patient, no matter how ill, deserves personal, timely and efficient care. That begins the moment they come in the door and doesn’t end until they are discharged.”*

*- Dr. Richard Waddell*

## EASE YOUR EMERGENCY ROOM EXPERIENCE

- Keep a complete medication list with you at all times. Include names of prescriptions drugs and over-the-counter medications, too. Remember to note dosages and frequency.
- Complete your advance directives. These legally-binding documents describe your treatment preferences in end-of-life situations. Unexpected end-of-life situations can happen at any age, so all adults need them. Patients can request these documents from the reception area in the ER or from the hospital admitting desk.
- Bring someone with you. If a patient is confused or not in a position to speak for themselves, a caregiver or someone familiar with their medical history should come with them.



“Being checked on periodically makes a big difference,” Dan adds.

Dr. Smith-Garcia never expected to specialize in emergency medicine. She planned to become a family practitioner or a pediatrician, but when she did her first rotation in a community hospital emergency room, she found she loved it.

“Every day, I come to work and do something good for someone who I don’t know and who doesn’t know me,” she explains. “What an opportunity!”

A visit to the emergency room isn’t typically an enjoyable experience. It is often filled with worry and anxiety. Coming in can feel like being thrust into a foreign country. People dress, talk and act differently. Everything feels strange and unfamiliar. Dr. Smith understands that

her patients didn’t choose to come to the ER and she works to put them at ease the moment she walks into the exam room. The most effective tool in her toolkit, she says, is being able to relate to people.

“I am a mother. I am a daughter. I am a wife. And I happen to be a physician,” she says. “Becoming a mother has given me more patience. Now, I remember that the people I treat are also mothers and daughters and brothers and husbands.”

## OFF THE CLOCK

When thinking of an emergency room, it’s easy to picture a scene from a movie – an ambulance, a team of doctors yelling and nurses running around trying to coordinate care in a frantic effort to save a patient’s life. That does happen, but the majority of emergency room visits aren’t nearly as dramatic.

Dr. Waddell is finalizing some patient paperwork and says goodbye to his last patient before clocking off. He is looking forward to heading home to see the people he calls his cheerleaders – his wife and two children.

“Even when they were very young, my kids would tell me to ‘have a good shift’ before I left for work,” he says. “Without their support, I wouldn’t have the energy or stamina to do what I do every day.”

Like Dr. Waddell, Dr. Smith-Garcia is fueled by family.

“Being a mother has helped me become a better doctor,” she says.

And they’ll need the energy on the next shift, when they begin again.

# PERSONAL CARE: WHY EVERYONE NEEDS A PRIMARY CARE DOCTOR

Imagine living life in perfect health, with no chronic conditions or even a seasonal cold to slow you down. As nice as that would be, Dr. Donna Richman of Sand Point Internists says that is probably unrealistic.

“No one is in perfect health at all times,” she admits. “Everyone is tripped up by the occasional cold or sports injury. Everyone should have a doctor who knows them. Even if they are typically in excellent health, they should check in for screening every few years.”

Dr. Richman says patients find themselves in their primary care doctors’ offices for one of three reasons: they need an annual physical, require follow-up care for a chronic condition like hypertension or diabetes, or they need treatment for an acute problem such as chest pain or dizziness.

## Annual Physicals

Annual physicals are typically longer appointments so your doctor can check in with you. He or she will want to know about new symptoms you may have, specialist appointments or emergency room visits you have had since your last visit, screenings such as mammograms or colonoscopies, even new problems your parents, siblings or children have developed. Of course the doctor will also do a complete physical exam, and possibly order blood work or other screening tests, as well as booster immunizations. These appointments usually range in length from 30-60 minutes. Dr. Richman says practices often use age as a guideline in determining the length of this type of appointment.

“If the doctor thinks a patient needs more time, they get more,” Dr. Richman says.

Patients who are young and in relatively good health may only see their doctors once a year. When that time comes around, those patients want to get everything done in one visit.

“You took the time off work. You came all the way to your doctor’s office and paid for parking. You should get all the attention you deserve and expect,” Dr. Richman says.

During the annual physical exam, the doctor checks you from head to toe, usually including height, weight, blood pressure, heart rate, heart exam, lung exam, abdominal exam, etc. A woman’s physical may include breast and

pelvic exams, and a man’s may include a prostate check-up.

## Follow-up Care

Patients with chronic health problems like hypertension and diabetes require routine follow-up care. These visits typically range from 15 to 20 minutes. A doctor will monitor the disease and take note of the effectiveness of medications in controlling it.

“Depending on the disease, we look for signs of improvement or progression as well as medication toxicities,” Dr. Richman says. “We use evidence-based guidelines for goal blood pressure, sugar levels and cholesterol levels.”

## Urgent Visits

Your doctor reserves time in his or her schedule each day for “sick calls”. Dr. Richman says “urgent” may mean something different to everyone, but these problems typically manifest as new, often worrisome symptoms, or they could be a recurrence or exacerbation of chronic symptoms such as hives, migraine, seasonal allergies or vertigo.

“Patients often express embarrassment for coming in to see me, fearing they are ‘bothering’ me with what may not be a serious problem,” Dr. Richman says.

No health concern is trivial, she says. Call your doctor if you notice something different about your health.

Dr. Donna Richman is a board-certified internist at Sand Point Internists, located in the Northwest Outpatient Medical Center. She is accepting new patients. For appointments, call Sand Point Internists at (206) 524-4737.

### TOP REASONS WHY PATIENTS VISIT THEIR DOCTORS

- Fatigue
- Anxiety
- Depression
- Headache
- Pain in limb or joint
- Concerns of possible STD
- Sexual dysfunction
- Rash
- Abdominal pain
- Dizziness



# BREAST SURGERY: IS A REDUCTION RIGHT FOR YOU?

Experts link large breasts to a number of physical problems including neck, shoulder and upper back pain. Over time, this pain can become debilitating and can greatly impact a woman's life, limiting her ability to exercise or causing discomfort when wearing a bra or even when putting on a seat belt in the car. Large breasts have also been linked to migraine headaches, rashes under the breasts and even numbness in the hands. Experts estimate approximately one million women nationwide struggle with this problem.

In addition to physical symptoms, excessively large breasts can lead to self-esteem issues for some women. Northwest Hospital plastic surgeon Dr. Joshua Cooper says many of his patients tell him how large breasts have deterred them from pursuing the activities they love.

"One patient who was nearing retirement age told me that she had always wanted to run track in high school and college. She was never able to because of large breasts," Dr. Cooper says.

At first, Dr. Cooper says many women try to treat pain with physical therapy, pain medication or an aggressive weight-loss plan, but few treatment measures work as effectively as a surgical breast reduction. According to the American Society of Plastic Surgeons (ASPS), breast reduction falls into the top five reconstructive procedures in the U.S. today and the number of surgeries performed increased by eight percent in 2010 alone.

## The Procedure

There are a few different approaches to breast reduction surgery; each is largely dependent on a woman's breast size and shape. The procedure removes extra breast tissue, fat and skin. It usually lasts around three hours and patients may stay a night in the hospital or go home the same day.

"Patients can anticipate a moderate amount of discomfort that can be well controlled with oral pain medication, and recovery takes from seven to 14 days," Dr. Cooper says.

Women who are considering a breast reduction should check with their insurance carrier to determine coverage. Many insurance companies fund this surgery because it is an important women's health issue, but there are a number of factors that will determine a patient's eligibility, including the amount of breast tissue to be removed.



1. Are your breasts too large in proportion to your body frame?
2. Is one breast much larger than the other?
3. Do tight bra straps cause indentations in your shoulders?
4. Do you experience neck, shoulder or upper back pain?
5. Do you have rashes under your breasts?
6. Do you feel pain in your breasts or have frequent headaches?
7. Do you often feel embarrassed, self-conscious or dissatisfied about the size and proportion of your breasts?

If you answered yes to any of these questions, talk to your primary care doctor or schedule a consultation with Dr. Cooper by calling (206) 368-1070.



# MEET THE DOCTOR

**Ali Lewis, MD**

Obstetrics & Gynecology

## **What drew you to specialize in women's health?**

I entered medical school wanting to do obstetrics and gynecology. My mother had cervical cancer and passed away when I was younger. It inspired me to work with women of all ages. During my undergraduate studies, I majored in human biology and feminist studies. I also had the opportunity to work as a peer educator, counseling my fellow students on sexual health, contraception and pregnancy planning.

## **During the day-to-day, what inspires you most?**

This specialty allows me to work with a wide range of ages, from young women to older women. I get to have very intimate discussions with my patients about their health. I feel privileged to provide care to people during a normal, healthy experience like a birth or to very sick patients who need someone to advocate on their behalf.

## **How is obstetric care changing for women today?**

Cesarean section rates are now higher than ever. Many women are questioning if these rates are necessary given that throughout history most women have given birth vaginally. There is a growing movement towards supporting "normal" physiologic birth without medical intervention. In general, pregnancy and childbirth are a normal, healthy process. Health-care providers have to be careful when and how we intervene. Some women are afraid to go to an obstetrician or be in a hospital for their birth because they are worried they will automatically end up with an epidural, pitocin (a labor-inducing drug) and ultimately a cesarean section. This is not always the case. As an obstetrician, my main goal is to ensure the safety and health of the mother and baby. Part of that is supporting women in having a positive, family-centered birth experience, which includes knowing when to support the natural process and when to intervene.

**Dr. Lewis is now accepting new patients. Call and schedule an appointment with her today.**



206.368.6644

10330 Meridian Ave. N Ste. 200  
Seattle, WA 98133

[www.meridianwomenshealth.com](http://www.meridianwomenshealth.com)

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## CHILDBIRTH, PARENTING, AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered on the Northwest Hospital campus by the Great Starts program of Parent Trust for Washington Children. Pre-registration is required. Medicaid coupons can be used for the 7-week series and labor & birth only classes. To register online, visit, [www.nwhospital.org/classes](http://www.nwhospital.org/classes), or call Great Starts at (206) 789-0883.

### Childbirth Prep Classes

#### Seven-Week Series:

- Preparing for birth, including stages of labor, emotional and physical challenges during labor, how a support person can comfort the laboring mother, hospital routines, possible interventions and postpartum recovery
- Reunion after all the babies are born
- Breastfeeding

Cost: \$180 per pair (mother and a support person), or Medicaid coupon.

#### Four-Week Series

This series of classes meets on four Saturdays and

includes the same material covered in the full seven-week series.

#### Labor & Birth Only - Saturday Series

For parents who need a class to fit their busy schedules. The same labor and birth material that is covered in the full series, consolidated into two Saturday mornings. Does not include newborn care or breastfeeding. Cost: \$125 per pair.

#### Newborn Care Class

An important class for first-time parents, this class focuses on caring for the baby during the first few months of life. Topics include newborn characteristics, daily care, infant cues, health and illness, diapering, cord care, sleep and feeding habits, colic relief and changes that occur in newborn babies.

#### Breastfeeding Basics

This class is designed to educate parents on proper feeding techniques and positioning, how often to feed, preventing and coping with common challenges and how partners can support breastfeeding mothers.

#### Babysafe

Three-hour weeknight course is taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention and care of common injuries. Infant choking rescue and infant CPR are demonstrated and practiced. This class does not include a certification card.

#### Conscious Fathering

For expectant or new fathers. This class provides information to help fathers feel more involved and confident in birth and child-rearing. Topics include how to connect from day one, keeping the baby as comfortable as possible, how to cope when "everything goes wrong," how to meet baby's basic needs, plus developing your own definition of the kind of father you want to be and how you want to interact with your child.

#### Sibling Preparation

This class prepares children for the birth of a new family member. It is appropriate for children, ages 2 ½ to 6 years of age, accompanied by a parent. The class is taught to the children with parents listening in. Information is presented at a young child's learning level. Topics include information

about pregnancy, birth, how newborns behave, and some of the ways that family life is affected by new babies.

#### Happiest Baby on the Block

For expectant parents and parents of young infants\* who would like to learn techniques for calming and soothing a baby. Learn step by step how to help your baby sleep better and how to soothe even the fussiest baby in minutes...even seconds! Effective for babies in the "4<sup>th</sup> trimester", or first 3 months of life. Bring your baby! And it's OK if they cry during class – it gives us a chance to see the techniques in action! *\*This class can be taken before baby's birth, or anytime in the first 3 months.*

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## EMERGENCY SERVICES EDUCATION

#### CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-9 p.m. Registration required. To register, visit [www.nwhospital.org](http://www.nwhospital.org) or call (206) 368-1564 for more information. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

Northwest Hospital & Medical Center offers a variety of classes, support groups and other programs for members of our community. Whether you are planning a pregnancy, working to maintain good health, learning to live with a chronic disease or are newly diagnosed with cancer or another serious condition, our trained experts have the most up-to-date information to share.

For more information about our programs, or to register for a class, please see the contact information and phone number under each program, or e-mail us at [nwhclasses@nwhsea.org](mailto:nwhclasses@nwhsea.org). For more classes and events, visit us at [www.nwhospital.org](http://www.nwhospital.org).

# COMMUNITY CLASSES AND WELLNESS PROGRAMS

## SUPPORT GROUPS

### Better Breathers Club

Join the club to learn tips and techniques to better manage lung disease. Second Monday of each month at 10:30 a.m. Rehab patient dining room. Call (206) 368-1853.

### Breast Cancer - A Healing Place

This support group is an opportunity for sharing and receiving support while coping with advanced breast disease. Offered second and fourth Wednesdays of each month, 9:30–11 a.m. Call (206) 920-5462 for a brief interview prior to joining.

### Diabetes Support Group

Discuss topics such as meal planning, blood glucose monitoring, activity, problem solving, medication management, dietary supplements and what's new in diabetes research and technology. Second Tuesday of each month, 1-2:30 p.m. To register visit [www.nwhospital.org](http://www.nwhospital.org) or call (206) 368-1564.

### Weight-Loss Surgery Support Groups

Our monthly support groups provide an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. Open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. Visit [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric) for dates. Groups are held in the E-Wing auditorium from 6:30-8 p.m.

### Young Adult Stroke Survivors

For stroke survivors, their families and caregivers. Meets on the third Saturday of the month in the Northwest Hospital Easy Street section of the Medical Rehabilitation Center, from 1-3 p.m. For more information, call (206) 361-2696 or visit [www.seattleYASS.weebly.com](http://www.seattleYASS.weebly.com).

## WELLNESS CLASSES

### AARP Driver Safety Program

AARP offers the popular Driver Safety Program for drivers 50 years and older. Graduates may be eligible for multi-year auto insurance discounts. The class is offered on two consecutive Saturdays Sept. 17 and 24, 9 a.m. – 1 p.m. on the hospital campus. A \$14 fee is payable to AARP on the first day of class. Participants must attend both days of class to complete the course. To register, call (206) 368-1564 or call AARP at (888) 227-7669.

### Brain Health: Simple Tools for Clear Thinking

These 90 and 120-minute workshops led by Dr. Jane Tornatore, a nationally known speaker on brain health and memory problems, will explain why everyone experiences “senior moments,” and what to do about them. Learn easy ways to improve the memory and keep the mind active to reduce the risk of Alzheimer’s. Much of the

workshop will involve participation in brain-strengthening activities. Thursdays, July 21, 6-2 p.m. & Aug. 4, 1-2:30 p.m. \$20 for 90 min. session and \$25 for 120-min. session. Call (206) 368-1564 to reserve your seat.

### Journaling for Recovery from Mild Brain Injury

The process of journaling can help you discover the hope and gifts within to support your optimum wellness. Focus on embracing your new life by sharing your story with others who are also recovering. Facilitated by a licensed speech language pathologist and licensed medical social worker and counselor. 8 weeks, 90 min. sessions. Call (206) 368-1094 for dates and more information.

### Let the Games Begin!

A conversational support group that gives people with acquired brain injury the opportunity to participate in a supportive, encouraging environment. This group is facilitated by a licensed speech language pathologist who provides suggestions and encouragement, helping people build confidence while having fun. Thursdays, 11-12 p.m. Call (206) 368-1848 for more information.

### Are You At Risk for Diabetes? Take Control, Today!

Have you been told to “watch your sugar?” Minimize your risk of developing Type 2 diabetes through the YMCA’s Diabetes Prevention Program. Register or

find out if you are eligible, contact Lindsey Gregerson at (206) 344-3181 or via email at [diabetesprevention@seattleymca.org](mailto:diabetesprevention@seattleymca.org).

### Living Well with Diabetes

This program has been formally recognized for excellence by the ADA. In this monthly, four-session series, participants will gain information and skills to manage their diabetes. Physician referral is required for class. For more information contact your physician, or call (206) 368-1564 to receive a brochure.

### Nutrition Clinic

Food & Nutrition Services offers outpatient nutrition education to help you plan healthy, nutritious meals to suit your dietary needs. Registered dietitians help you design a meal plan to meet your individualized requirements. Many insurance carriers cover nutrition consultations if ordered by a physician. Call (206) 368-1919 for more information or visit [www.nwhospital.org](http://www.nwhospital.org).

### Pathways to Stress-Free Living

Demanding and busy lives will always have some stress caused by work, family and play, and that’s okay. The right amount of stress can fuel a happy, healthy lifestyle. Workshop presented by brain health and memory expert Dr. Jane Tornatore. \$20. Call (206) 368-1564 for dates, times and to reserve your seat.

## **Yoga For People With Parkinson's**

Call (206) 368-5935 for more information and to register.

## **UPCOMING EVENTS**

### **FREE Weight-Loss Surgery Seminar August 9, 2011**

Are you interested in surgical options for weight-loss? Join bariatric surgeon Dr. Joseph Chebli for a free informational seminar held in the E-Wing Auditorium (formerly TCU auditorium) on the Northwest Hospital campus. Call (206) 368-1350 to register. Or register online at [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric).

### **FREE Joint Camp**

Are you suffering from arthritis and thinking about a joint replacement? Or are you scheduled to have a joint replacement at Northwest Hospital? Explore the latest, state-of-the-art surgical options in joint care and joint replacement. Second Wed. of every month, 7-9 p.m. in the Community Health Education & Simulation Center. Visit [www.nwhospital.org](http://www.nwhospital.org) for more information or call (206) 368-6360. Register via email at [jointcamp@nwhea.org](mailto:jointcamp@nwhea.org).



All programs are free. They are held in the Medical Arts Building, Room 112, on the Northwest Hospital campus. Call (800) 255-5505 or (206) 297-2500 for more information or to register, visit our website [www.cancerlifeline.org](http://www.cancerlifeline.org).

## **SUPPORT GROUPS**

All groups provide professional education, and the opportunity to be with and support others who are living with cancer. If you are interested in attending a group, please call (206) 832-1297.

### **Breast Cancer Networking Group**

For patients, survivors and their family members and friends. Third Wednesdays; July 20, Aug 17, Sept 21; 6-7:30 p.m.

### **Gynecologic Cancer Support Group**

For patients and survivors with gynecologic cancer. Fourth Wednesdays; July 27, Aug 24, Sept 28; 6-7:30 p.m.

### **Living With Cancer Support Group**

For patients and survivors with all types of cancer, their family members and friends. Fourth Thursdays; July 28, Aug 25, Sept 22; 7-8:30 p.m.

## **CLASSES**

### **Gentle Yoga**

Learn easy stretches, guided meditation and breathing exercises to increase ease of movement and relaxation. Please bring your own mat. Tuesdays; July 12 – Aug 16 & Sept 6 – Oct 25; 7-8:15 p.m.

### **The Lebed Method: Health Steps, Moving You to Better Health**

Gentle and fun exercises for people concerned about lymphedema. Mondays; July 11 – Aug 15 & Sept 19 – Oct. 31; 5:30-6:30 p.m.

## **NUTRITION**

### **Balancing Your Blood Sugar**

Learn the causes of fluctuating blood sugar levels, how to calculate your protein needs, and how to have more stable energy by incorporating healthy snacks into your diet. Thursday, September 8; 6:30-8 p.m.

## **PRESENTATIONS**

### **Benefits of Exercise While Living With Cancer**

Learn how exercise can reduce side effects of treatment and improve survivorship. Open to those with any type of cancer and their caregivers. Thursday, July 28; 7-8 p.m.

### **Imagery: A Wellspring of Healing & Wholeness for Lung Cancer Patients**

Learn to tap into your natural reservoir of wellbeing by exploring the process of imagery. You will learn several guided practices and come away with resources to support you along the path to wholeness. Thursday, July 14, 7-8 p.m.

### **Strengthening Your Connections While Living With Gynecologic Cancers**

We'll discuss options for opening dialogue about cancer in a way that works for you. Wednesday, Aug 24, 6-7 p.m.

### **Tips For A Healthy Recovery**

Learn evidence-based information, techniques and exercises to promote optimal ways to care for your skin, lymphatic system, muscles and bones following cancer treatment. Monday, Sept 12; 5:30-7 p.m.

**Managing Editor**  
Lindsay Hamsik

**Graphic Designer**  
Erin Dekker

**Photography**  
©Scott Areman Photography

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## Need a physician?

Call our free physician referral line at (206) 633-4636 or toll free at (800) 633-4636, 24-hours a day.

## Summer Brings Annual Music Festival & Craft Fair

Please join us for a week of free lunch-time concerts that celebrate the healing power of music. Northwest Hospital's 8<sup>th</sup> Annual Music Festival will take place Aug. 15 through 19, from 11:30 a.m. to 1 p.m. on the lawn by the cafeteria. This year's musical guests include:

**MONDAY:** Explore traditional Jewish music in a non-traditional way with Midnight Jewblee

**TUESDAY:** Listen to the gentle, melody-weaving guitar music of Ronnda Cadle

**WEDNESDAY:** Jam out to the bluegrass and American roots styling of 7 Chord Pile-Up

**THURSDAY:** Relax to the classical chamber music of Northwest Hospital's very own String Ensemble

**FRIDAY:** Enjoy the hospital's 2<sup>nd</sup> Annual Northwest Hospital Idol Contest and the music of the Northwest Hospital Scrubs band.

The 22<sup>nd</sup> Annual Employee Craft Fair will take place on August 16 and 17. The craft fair, featuring art, jewelry and other handmade treasures created by Northwest Hospital employees, will run from 9 a.m. to 4 p.m. on the grass lawn west of the cafeteria.



Bariatric Surgery  
Cancer Care  
Cardiac Care  
Center for Medical Rehabilitation  
Childbirth Center  
Diagnostic Imaging  
Emergency Department  
Geropsychiatric Center  
Inpatient & Outpatient Surgical Services  
Neurosciences  
Northwest Clinical Lab  
Northwest Gamma Knife Center  
Orthopedics  
Physical Therapy  
Plastic & Reconstructive Surgery  
Preventative Health & Wellness  
Primary Care  
Pulmonology  
Rheumatology & Arthritis Care  
Seattle Breast Center  
Sleep Center  
Sports Medicine  
Stroke Program  
Wound Care & Hyperbaric Center

For a complete list of services, visit us online at [www.nwhospital.org](http://www.nwhospital.org).

Northwest Hospital & Medical Center has earned the 20101 HealthGrades Distinguished Hospital Award for Patient Safety.



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