

medinfo

March • April 2011

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Coming
Full Circle

UW Medicine
NORTHWEST HOSPITAL
& MEDICAL CENTER



Coming Full Circle

Cathy Eaton can't stop buying bras.

In six short months, the 52-year-old has bought 13. They come in all colors. Some are more utilitarian, designed to support her during the long hours she spends on her feet working as a manager at Wendy's. Others come in vibrant hues, jazzed up with lace and patterns. If you are a woman, you put on this inconsequential piece of clothing every day and probably, you think very little of it. But if you are a woman like Cathy, you know that latching those clasps each morning represents a small, very important piece of who you are.

"I feel like a girl again," Cathy says.

In 2005, after a partial mastectomy, chemotherapy and radiation, Cathy won her fight against breast cancer. For six years, Cathy lived a survivor's life. Her breasts were asymmetric, frumpy clothes hid her figure and Cathy felt somehow "incomplete." She had kicked cancer, but wasn't sure of the woman she had become along the way. It was only after losing 65 pounds, getting her blood pressure under control and meeting Northwest Hospital & Medical Center plastic surgeon Dr. Joshua Cooper that Cathy decided to stop surviving and start living. To go with a new body and a new attitude, Cathy decided she wanted to undergo breast reconstruction.

According to the National Cancer Institute, one in eight women will be diagnosed with breast cancer during her lifetime.

That means more than 175,000 U.S. breast cancer diagnoses each year. Of this number, many will have surgery to remove the tumor, part or all of a breast, or both breasts entirely. But losing a breast to cancer doesn't have to be permanent. In 2008, more than 79,000 women underwent some form of breast reconstruction, according to the American Society of Plastic Surgeons (ASPS). That number represents a 39 percent increase since 2007.

“Breast reconstruction can truly benefit patients’ psychological, social and emotional well-being,” Dr. Cooper says. “For the right patient, breast reconstruction can help to minimize the sense of loss felt after having a partial or total mastectomy.”

Cathy’s first consultation with Dr. Cooper was “instantly comforting.” He wasn’t the first plastic surgeon she had met with about reconstructive surgery. In fact, in the years following her partial mastectomy, she met with three other doctors. This time, however, Cathy says she was feeling more empowered and in a better state of mind. Breast reconstruction meant being ready to repair the physical and emotional scars left behind after cancer. For six years, Cathy had lived with discomfort where the scar stretched from her right breast, around her side to her back. Bras and a prosthesis were too painful to wear. Clothes hung off her and her self-esteem plummeted.

“I don’t ever want to forget the cancer, but reconstruction meant coming full circle with my life,” she says.

In April 2010, Dr. Cooper reconstructed Cathy’s breast. A few days after the surgery while Cathy was still recuperating in the hospital, Dr. Cooper gave her a new bra – the first she would be able to wear comfortably in more than six years. Cathy says he gave her much more. He gave her a new life.

“He made me feel whole again,” she explains.

Health insurance covered Cathy’s surgery. In 1998, The Women’s Health and Cancer Rights Act mandated that group insurance plans

cover reconstruction of a breast that was removed by mastectomy, or surgery to make breasts symmetrical or balanced after a partial or full mastectomy.

Despite federal protection for women fighting breast cancer, Dr. Cooper says many studies suggest breast reconstructive surgery is underutilized, in part because some women are not aware of the options available to them. If you are considering breast reconstructive surgery, you have two main options: breast implants using a shell filled with silicone gel or saline, or “autologous” reconstruction using tissue from the abdomen, back or buttocks. Dr. Cooper performed an autologous latissimus myocutaneous flap reconstruction for Cathy, which uses muscle, fat and skin from the back to shape the new breast.

“Everyone was fabulous through the entire process,” Cathy says of her surgical experience. “Everyone at Northwest Hospital takes their time with you. That is reassuring when you are going into a surgery after fighting cancer. The last place you want to be is in a hospital again. But it was like I was the only patient.”

For Dr. Cooper, helping patients like Cathy makes his job worthwhile.

“It means a lot for me to be able to help women complete their journey in dealing with breast cancer,” he says. “I’m fortunate to have the opportunity to help these patients improve their body image and self-esteem and see them close a difficult chapter in their lives.”

For Cathy, closing that chapter meant arriving at some realizations about the life she had fought for and the life she was prepared to live after that fight. She became more physically fit, got her other health problems under control and spent more time with her children. Today, she no longer deals with sickness. She isn’t reminded of her cancer every day. Cathy is still buying bras but more importantly, she is leading a life she says is worth living.

“There is a big difference between just surviving and actually living,” she says.

For more information on reconstructive surgery, visit www.seattlepacificsurgeons.com. For more information on cancer services at Northwest Hospital, visit www.nwhospital.org |

“There is a big difference between just surviving and actually living.” —
Cathy Eaton



Dr. Joshua Cooper Answers Questions on Breast Reconstruction

Why is breast reconstruction important for women after a fight with breast cancer? There are a number of different reasons. From an emotional and physical standpoint, many women feel more complete after reconstruction. Surgery can also help women fit more comfortably into a bra. Before surgery, discuss all the risks and benefits with your plastic surgeon.

Can having breast reconstruction cover up cancer or cause it to come back? No. Breast reconstruction will not cause cancer to come back. It is still very important to undergo yearly physical examinations on the reconstructed breast as part of continued surveillance.

If I have breast reconstruction, do I still have to get a mammogram? If you have had a total mastectomy, then you do not need a mammogram. If you have remaining breast tissue, annual mammograms should be part of your routine care and monitoring. Talk to your oncologist about your individual needs because exceptions do exist.

When is the best time to have breast reconstruction? The best time is determined by a couple of things, most importantly, whether or not you are still undergoing radiation

or chemotherapy. Talk to your oncologist or plastic surgeon about what is ideal for your individual circumstances because they are unique to each patient.

Is my breast going to look and feel exactly as it would before my mastectomy? No, but we are going to try to get things back to looking as close as possible to how things were before your mastectomy.

What are the surgical options for me? There are three types of reconstructive surgical options. The first involves a tissue expander followed by placement of a permanent saline or silicone implant. This type of reconstruction requires at least two operations and can take several months because the surgeon has to expand the skin gradually so permanent implants can be placed later. The second option is an autologous reconstruction. The surgeon uses the patient's own tissue, called a "flap," from her stomach or back to recreate a breast mound. The third option is a combined autologous flap and implant procedure.

For more information on Dr. Cooper's services, visit www.seattlepacifcsurgeons.com or contact his office at (206) 368-1070.

NEW CANCER SERVICES AT NORTHWEST HOSPITAL

SCCA RADIATION ONCOLOGY CLINIC OPENS ON CAMPUS

In February, Seattle Cancer Care Alliance (SCCA) opened a new radiation oncology clinic at Northwest Hospital. The clinic serves adults who need radiation therapy as part of their cancer treatment plan.

Seattle Cancer Care Alliance is a comprehensive treatment center, whose renowned specialists from Fred Hutchinson Cancer Research Center, UW Medicine and Seattle Children's work together to improve quality of life and conquer

cancer. SCCA Radiation Oncology at Northwest Hospital gives the hospital the opportunity to expand cancer services and give patients access to the world-class care and research expertise that SCCA provides.

Dr. Edward Kim is medical director of SCCA Radiation Oncology at Northwest Hospital and an assistant professor at the University of Washington School of Medicine. His practice includes general radiation oncology with a focus on gastrointestinal and breast malignancies, and Gamma Knife radiosurgery.

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“Radiation therapy typically requires daily trips over several weeks. The radiation oncology clinic at Northwest Hospital will offer patients cutting edge treatment close to home,” Dr. Kim says.

Among other advanced equipment, the center features an Elekta Synergy linear accelerator, the world’s first fully digital radiation therapy treatment system with integrated 3-D imaging. It enables clinicians to see a tumor at the very moment of treatment. This results in more accurate targeting of radiation, while sparing healthy tissue and reducing side effects.

SCCA strives to provide well-coordinated care for its patients, working closely with physicians throughout the Puget Sound area, including the medical oncologists, surgeons, specialists and primary care physicians at Northwest Hospital. “Open communication between all of a patient’s physicians is so important,” Dr. Kim says. “We are committed to keeping each patient’s whole care team informed.”

Patients at SCCA Radiation Oncology also have access to the latest, most innovative clinical trials, conducted by physician-researchers at SCCA parent organizations Fred Hutchinson Cancer Research Center and UW Medicine. For many patients, these clinical trials offer the best chance for a cure.

SCCA Radiation Oncology at Northwest Hospital is located in Suite G-16 in the hospital’s Medical Office Building. For more information, call (206) 368-5808.

CONSTRUCTION BEGINS ON PROTON THERAPY CENTER

Also in February, Seattle Cancer Care Alliance broke ground on a new proton therapy center on the Northwest Hospital campus. Slated to open in 2013, SCCA Proton

Therapy, a ProCure Center, will serve adult and pediatric cancer patients.

Proton therapy is one of the most important breakthroughs in cancer treatment in recent years, particularly for treating tumors without damaging surrounding healthy tissue and organs. The state-of-the-art facility will be the only one of its kind in the Pacific Northwest, and will draw patients from across the region. Its location at Northwest Hospital will significantly enhance the quality cancer care resources available to area residents.

As the project progresses, there will be many changes to the Northwest Hospital campus. Most recent was the demolition of the Professional Building, built in 1966 and located near the main entrance. The new construction site has been fenced, and excavation has begun. In the coming months, the main entrance drive to the hospital will be reconfigured to accommodate the new building. There may be periodic re-routing of traffic, but little or no interruption of access for patients and staff.

The first year of construction is expected to be the most intensive, with excavation, concrete pouring, installation of stationary and mobile cranes, construction of the building, and delivery of equipment.

As these activities progress, Northwest Hospital will work closely with SCCA and ProCure Treatment Centers Inc. to minimize any disruption or inconvenience for patients and staff.

For construction updates and images, or to view ongoing construction progress through our live construction Webcam, visit the Northwest Hospital website at www.nwhospital.org/construction. |





DIAGNOSTIC TESTING: UNDERSTANDING THE BASICS

The search for a diagnosis when we are ill can sometimes be a confusing and frightening experience. Many times, doctors will order blood work and other types of diagnostic image testing such as a CT, MRI or nuclear scan. What's the difference? How much do you know about the tests your doctor ordered and what can you expect? Most diagnostic image testing requires little preparation on your part and can be done on an outpatient basis, meaning your visit to the hospital or clinic is limited to only a few hours.

X-RAY: You have likely had an X-ray before, so you know that it is non-invasive and pain free. X-rays are one of the most common diagnostic tests. Small doses of radiation provide images of your organs or other body parts which are later used to locate tumors, detect fluid in the lungs, identify bone breaks, study blood vessels and explore other medical conditions.

MRI: Magnetic resonance imaging (MRI) does not expose patients to radiation. Instead, it uses magnetic waves and a computer to produce two- and three-dimensional images of your body parts. Your doctor may order this test to diagnose internal injuries or evaluate how certain prescribed treatments are working.

CT SCAN: Sometimes called a “CAT scan” or “computed tomography,” these machine-generated images combine a series of X-rays taken from different angles. A sophisticated computer program processes the images, producing detailed, cross-sectional views of all types of tissues inside your body and can be used to identify internal bleeding or tumors, or to further analyze other abnormalities inside the body. During this test, you will lie down in a large donut-shaped “bore,” which will rotate around you, creating the image as it goes.

ULTRASOUND: You don't have to be pregnant to need an ultrasound, which uses sound waves – similar to navy sonar waves – to generate real-time images of a part of your body. The test may be prescribed to monitor a baby's development, review your heart function or assess plaque buildup in the arteries, among other conditions.

MAMMOGRAPHY: Mammograms use low doses of radiation to screen for breast cancer. All women age 40 and older are advised to get annual mammograms, but they are also used for younger patients who are showing symptoms or are at high risk for breast cancer. At the Seattle Breast Center at Northwest Hospital, a variety of diagnostic services are offered, including all-digital mammography and board-certified breast radiologists, who specialize in diagnosing breast cancer.

NUCLEAR MEDICINE: Nuclear medicine tests use small amounts of radioactive material to diagnose cancer, heart disease and other abnormalities within the body. This test is special, because the images it produces allow your physician to evaluate both the structure and function of the part of the body in question, leading to a more precise and accurate diagnosis.

Radiologists at Northwest Hospital take precautions to ensure patients do not receive duplicate or unnecessary testing while limiting their radiation exposure during the tests they do require. Northwest Hospital provides diagnostic imaging services both at the hospital campus and at Via Radiology Meridian Pavilion in Northgate. For more information, call (206) 368-2778 or visit us online at www.nwhospital.org. |

PUTTING YOUR BEST FOOT FORWARD: THE DO'S AND DON'TS OF DIABETIC FOOT CARE

More than 23 million Americans have diabetes, accounting for 7.8 percent of the U.S. population and making the disease one of the most prevalent health concerns in the country. Chances are you or someone you love has been affected by diabetes in some way. The condition places a person at increased risk of life-threatening complications like heart disease, stroke and kidney disease. Diabetes is also one of the leading causes of leg and foot amputations.

Dr. Benjamin Lerner, a vascular surgeon at Seattle Pacific Surgeons, says people with diabetes experience a condition called neuropathy - nerve damage that leads to numbness and limited feeling in the extremities. Someone with the disease has difficulty feeling injuries when they occur. Diabetes also reduces blood flow to the feet, making it more difficult for injuries to heal. In 2004, approximately 71,000 people with diabetes had lower limb amputations.

“Proper foot care is crucial for all people with the disease,” Dr. Lerner says. “Minor foot problems can become significantly worse without proper attention.”

People with diabetes can develop thick calluses on pressure points of the foot which can break down over time,

resulting in open sores and wounds. Calluses need to be carefully trimmed and monitored by a doctor. Cracks in the skin resulting from dryness and other irritations can lead to infections. Petroleum jelly or a non-drying lotion will keep feet moisturized. Ulcers, which can appear on top of an existing callus, require immediate evaluation by a medical professional and possible treatment by a wound care specialist. If the circulation to the foot is poor, consultation with a vascular surgeon may also be necessary.

For more information on diabetes care at Northwest Hospital, email us at diabeteseducation@nwhea.org or call (206) 368-1564. For more information on Dr. Lerner and his practice, visit www.seattlepacificsurgeons.com. |



FOLLOW THESE DO'S AND DON'TS TO PUT YOUR BEST FOOT FORWARD

DO

- **Monitor and manage your diabetes.** Following a healthy diet and keeping your blood sugar under control can lower the risk of nerve damage.
- **Check your feet every day.** Look for red spots, cuts, swelling and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help. Have your doctor inspect your feet, too.
- **Moisturize.** This will help keep dry skin from itching and cracking. Don't moisturize between the toes.

DON'T

- **Smoke.** Smoking restricts blood flow to the lower extremities. Poor circulation can seriously impact your risk of infection and your ability to heal.
- **Walk around barefoot.** Wear shoes and socks at all times, even when you are at home. Before putting them on, check your shoes and make sure the lining is smooth and there are no objects inside that may cause blistering.
- **Self-treat.** If you need help removing corns or calluses, visit your doctor for appropriate treatment.

MEET THE DOCTOR

Emily Cooper, MD Internal Medicine

Board-certified internist Dr. Emily Cooper says one of the most significant challenges impacting a woman's health is knowing how and when to put her needs ahead of others.

On how women put their health at risk:

Women today are incredibly successful, adept at multitasking and willing to put their needs second to the demands they face at work and at home. In the midst of mounting family and professional commitments, taking care of yourself can be difficult. Don't disregard your own health. The better you feel, the more energy you will have to care for your families and loved ones.

The number one thing women need to incorporate into their routine:

Women of all ages should have a proper diet, an exercise plan and a healthy lifestyle. Each is equally important. If you struggle with your weight, lean on your primary care doctor as a coach. We can help counsel and encourage you.

On the 20s and 30s:

During these years, your doctor will conduct routine screenings, checking your blood pressure, cholesterol, calcium and vitamin D levels. During their 20s, women are still building bones, so take calcium and vitamin D supplements. This will help you build strong bones.

On what happens when you hit 40:

Breast cancer screening becomes a very important topic, especially if you have first-degree family relatives like a mother or sister who has been diagnosed. Open the conversation with your doctor about your screening options and risk factors.

What to do when approaching retirement age:

I often joke with my female patients that hitting 50 means they need a 50,000 mile checkup. We have to look at everything. By this age, many women are entering perimenopause, and our conversations will center around coping with the changes in your body.

Dr. Cooper is accepting new patients. Schedule an appointment with her or another physician at Sand Point Internists today.

To reach Dr. Cooper, contact:
10330 Meridian Ave. N., Ste. 230 | Seattle, WA 98133
(206) 524-4737 | www.sandpointinternists.com



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, 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 "4th 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.*

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 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. For more classes and events, visit us at 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 the facilitator at (206) 920-5462 for a brief interview prior to joining.

Diabetes Support Group

Learn about and discuss topics such as: meal planning, blood glucose monitoring devices, weight loss, treatment for high and low blood sugars, medication management, dietary supplements, diabetes myth busters, monitoring for complications 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 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. Our support groups are open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. For dates, please visit www.nwhospital.org/bariatric. Groups are held in the TCU auditorium from 6:30-8 p.m.

Young Adult Stroke Survivors

This group is for stroke survivors, their families and caregivers, and 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.

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 discounts on their auto insurance. The class is offered on two consecutive Saturdays, June 18 & 25; 9 a.m. – 1 p.m. The classes will be held 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. Mar. 21, 1-2:30 p.m.; Mar. 28, 6-8 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.

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

Have you been told to “watch your sugar?” Diabetes affects 23 million people nationwide and another 57 million Americans have pre-diabetes. Minimize your risk of developing Type 2 diabetes through the YMCA's Diabetes Prevention Program. To register or find out if you are eligible, contact Lindsey Gregerson at (206) 344-3181 or via email at diabetesprevention@seattleyymca.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

COMMUNITY CLASSES AND WELLNESS PROGRAMS

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.

Yoga For People With Parkinson's

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

CancerLifeline

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

CLASSES

Gentle Yoga

Learn easy stretches, guided meditation and breathing exercises to increase ease of movement and relaxation. Please bring your own mat. Tuesdays; March 1-April 5; 7-8:15 p.m.

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

Gentle and fun exercises for people with or concerned about lymphedema. Mondays; March 7-April 18; 5:30-6:30 p.m.

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. 3rd Wednesdays March 16, April 20; 6-7:30 p.m.

Gynecologic Cancer Support Group

For patients and survivors with gynecologic cancer. 4th Wednesdays; March 23, April 27; 6-7:30 p.m.

Lung Cancer Support Group

For patients, survivors and their family and friends. 2nd & 4th Thursdays; March 10 & 24, April 14 & 28; 7-8:30 p.m.

PRESENTATIONS

Gluten-Free Foods

Explore the differences between wheat intolerance, sensitivities, celiac disease and gluten intolerance. Learn ways to tell if you have one of these conditions from Susan Gins, Certified Nutritionist. April 13; 6:30-8 p.m.

Mindfulness: Good Medicine for Stress Reduction for Lung Patients

Discover ways to manage stress and increase relaxation. April 14; 7-8:30 p.m.

Naturopathic Approaches To Breast Cancer

Learn natural ways to support your healing process with Dr. Chad Aschtgen, naturopathic physician. April 20; 7-8:30 p.m.

SPECIAL EVENTS

Weight Loss Surgery Education

Join us on May 10 or June 21 for a free informational seminar to learn more about weight loss surgery options and risks; patient selection criteria; nutritional requirements; and insurance coverage. Question and answer session follows each talk. Register at www.nwhospital.org/bariatric or call (206) 368-1350. Seminars are held in the TCU auditorium from 6 – 7:30 p.m.

Joint Camp

Suffering from arthritis and thinking about joint replacement? Or are you scheduled to have a joint replacement at Northwest Hospital? Join orthopedic surgeons Dr. Thomas Tanous and Dr. Justin Klimisch in a FREE seminar on joint replacement. They will discuss state-of-the-art advances in joint care including computer navigation, partial and customized knee replacements and hip resurfacing. Register via email at jointcamp@nwhsea.org or call (206) 368-6360. Seminars are held the 2nd Wednesday of the month in the Community Health Education & Simulation Center, 7-9 p.m.

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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.

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Northwest Hospital Casting Call 3rd Annual Breakfast Celebration: April 2, 9 a.m. Price: \$35 (advance), \$50 (at door). Join us in celebrating survivorship with the annual Casting Call breakfast at the Seattle Golf Club. Funds raised go to support breast cancer survivors through expanded services and support groups. Call (206) 368-1647 today to RSVP. For more information, see events online at www.nwhospital.org.

Norman L. Brown Swing Fore Your Life Golf Tournament: May 2. Join the Northwest Hospital Foundation and tee off for a good cause. Contributions will help Northwest Hospital continue its life-saving mission of delivering hope and healing to the community through the delivery of high-quality, personalized medicine. For more information or to register for the tournament, please contact the Northwest Hospital Foundation at (206) 368-1647.



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.

Northwest Hospital & Medical Center has earned the 2010 HealthGrades Distinguished Hospital Award for Patient Safety.



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