

MED *info*

Northwest Hospital & Medical Center

July • August 2010

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NORTHWEST HOSPITAL
& MEDICAL CENTER

UW Medicine

Back *in the* Saddle Again

When it comes to specialty orthopedic care, two Northwest Hospital & Medical Center surgeons say experience counts. Dr. Kevin Smith and Dr. Caroline Chebli have much in common, including specialty training in shoulder and elbow orthopedics at the University of Washington School of Medicine. As leaders in their field, and colleagues at Northwest Hospital, they treat an array of shoulder and elbow problems ranging from chronic, degenerative conditions to acute traumatic injuries. And they think highly of each other.

“We are both good docs and we care about people,” Dr. Smith says.

“As a surgeon, it’s comforting to know that I have a knowledgeable counterpart somewhere else in the hospital,” Dr. Chebli adds. “People in the community can access top-notch shoulder and elbow care here, even if one of us is unavailable.”

The expert care these two physicians provide is making a difference every day, helping people free themselves from immobility and pain and get back to doing the things they love to do. For a father and son and a mother of four, Dr. Chebli and Dr. Smith helped these patients return to riding - an activity each says makes them feel alive.

A Woman and Her Horse

People find it hard to believe Monroe resident Jennean Hallerman, 41, when she recounts the story of how a pack of Sugar Babies caused her to break her clavicle, or collar bone. In September 2009, while on a trail ride with a friend in Okanogan County, Jennean was taking in the wooded scenery on a casual walk atop her mustang Rio and munching the candies. When she quickened the horse’s pace to a trot, the box of candies began to shake and she lost control of the horse.

“Mustangs scare easily and he thought the shaking candies were a rattlesnake,” she says. “He got

going pretty fast and I had to do an emergency dismount.”

The horse was fine, but Jennean was not. She had broken her clavicle and was in shock. She rested for a while in a nearby town before returning home. When she arrived, she made an appointment with the first orthopedic surgeon available, something she says she now regrets.

“At the time, I was in so much pain. I went with the person who could get me in and do the surgery the quickest,” she recalls. “But looking back on it, I would have done things differently. I would have done more research. I would have looked around and asked for high-quality references.”



It wasn't long after her first surgery that the pain in her shoulder intensified significantly. At this point, Jennean was referred to Dr. Smith at The Bone & Joint Center of Seattle.

"She was having pain and limited function because the six screws she had put in were pulling out of the metal plate connecting the two broken ends of her clavicle," Dr. Smith says.

Jennean was concerned another surgery would mean more pain and time away from her children and horses. Dr. Smith admits that once a surgery fails, the second surgery can sometimes be more challenging. He assured Jennean that this time they would take the necessary precautions to improve her chances of success.

"Jennean always wants to go like gangbusters," Dr. Smith says. "But this time, I needed the support of her entire family to make sure she did the right things so she could eventually get back on her horse. We were all in it together."

"Having surgery again meant that I couldn't do the things I loved with my children," Jennean says. "And that I couldn't be with my horses, which is like therapy for

me. I was doing something with them every day, whether it was riding or playing. I missed it so much and it was depressing."

Dr. Smith operated on Jennean

this past February and is still making sure she doesn't overdo it today. In mid-June, Jennean was finally able to mount her mustang again, going on her first trail ride in more than ten months.

"It felt amazing," she says. "Being with my horses is a part of my life. During my injury, I would take a chair up into the pasture and just sit there with them. Eventually they would come close, stand over me and hang out. At the time, that made me feel better. Now it's nice to be able to ride again and enjoy something that I can do with my daughters."

Jennean, who has already referred people to Dr. Smith, admits she learned a tough lesson along the path to recovery.

"It's not one of those things where you can just go to any surgeon," Jennean says. "Take the time to find the best – and Dr. Smith is the best."

A Father and His Son

When he tops out at 30 mph on his bike, Zeke Hansen, 30, zones out in what he calls a "pocket of silence."

"You are riding the same speed as the wind and all

you hear is your chain click through the gears," he says.

His dad Peter Hansen, 62, admits they are both addicted to that rush.

"We like to go fast," the Ballard resident says.

The father and son duo have been cycling since 1991, when Peter first rode in the Seattle to Portland Bicycle Classic (STP), a two-day, 200-mile touring competition consisting of more than 10,000 riders. Peter was hooked immediately and had Zeke clipping into the pedals a year later. During the 2009 race, Peter and Zeke were two of only 310 riders who had participated in more than 10 STPs. But this year was different. It was the first year ever, after competing in more than 15 STPs together, that both didn't finish.

The pair was only five hours into the race and 40 miles out of Seattle when they crashed while "drafting" close behind a few other riders in their 11-man group. When a rider drafts, he keeps his front wheel dangerously close to the rear wheel of the rider in front of him, allowing him to save energy and go faster. Peter says something went awry somewhere ahead of the line and the group's pace slowed abruptly. Zeke calls it a fender bender on two wheels instead of four. Someone slams on their brakes and the person behind can't stop.

Before Peter hit the ground, he saw his son go down first and two other cyclists ride over him. The third was Peter. Zeke's crumpled bike acted much like a launch pad, vaulting Peter over Zeke and onto the asphalt below. The two lay in the shoulder of the road

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Back in the Saddle Again

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as other STP riders whizzed by. Peter's helmet was crushed where he had hit his head and his right shoulder seemed displaced, his arm lying limp at his side. Meanwhile, Peter says his son was sitting in the bushes looking pale and catatonic. Zeke had injured his shoulder too.

Ironically, the father and son had sustained the same injury, Zeke separating his left shoulder and Peter, his right. Dr. Caroline Chebli, an orthopedic surgeon with The Sports Medicine Clinic, says shoulder separations occur when the ligaments holding together the collarbone and shoulder blade tear.

"It looks like the entire shoulder has fallen down," Dr. Chebli explains. "These are fairly straightforward injuries and ones we see a lot of here because people in Seattle are so active."

Both Peter and Zeke were taken by ambulance to an emergency room in Tacoma, but were later referred to Dr. Chebli, who immediately put the father and son at ease.

"We just got the impression that she had done this a lot, and that she knew exactly what she was doing," Peter says. "We were confident that she was the one to see."

Dr. Chebli, on the other hand, says Peter and Zeke made her job easy.

"They were so motivated to get back to what they wanted to do and restore their function," she says. "A surgeon plays a crucial role in the beginning, but patients have to take the reins after the surgery to get their strength and mobility back."

After two successful surgeries, Dr. Chebli expected both Peter and Zeke to be spinning their bike gears soon. But for Peter, who describes the STP as a rite of passage for the Hansen men, it was more difficult to get back on a bike than he expected. Six months passed until he overcame his fear and saddled up again.

"It was a nice Saturday," he remembers. "I went from my house in Ballard, down to Shilshole, along the waterfront, then to the switchbacks above Golden Gardens, went across 80th Street, and then back home. It felt good to be out there again."

"Man, I've only done two training rides so far," Zeke mutters, showing his competitive side.



His Dad jokes that he better start training soon because despite last year's falls, the two will again be competing in this year's race. Peter, who has been running the Hansen family business Up Time Technology since the early 1980s, and Zeke, who works as a network technician there, both believe the race teaches them something about running a small business in Seattle.

"The race teaches you tenacity and a commitment to the team," Peter says as Zeke nods in agreement. "You can't do anything in this world without honesty and tenacity."

"It's true," Zeke chimes in. "The last 30 miles of the race hurt and you question whether or not you will be able to finish, but you just keep spinning your gears. Look down at your crank and spin. That translates to our business too."

For more information on orthopedic services at Northwest Hospital, please visit www.nwhospital.org.



The Sports
Medicine Clinic

(206) 368-6100

www.thesportsmedicineclinic.com

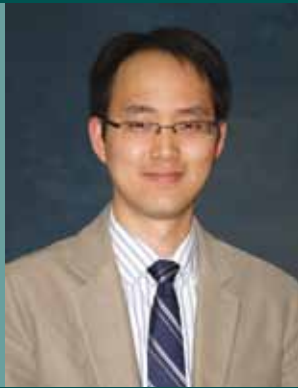


THE BONE & JOINT CENTER
OF SEATTLE

(206) 368-6360

www.theboneandjointcenterofseattle.com

Meet the Doctor



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On treating cancer

Patients put a lot of trust in me when they begin treatment under my care. They know that they are going to experience some side effects and that treatment may interrupt their lives. They need to know and trust that I am taking that very seriously, and that if I recommend a treatment it's because I have carefully considered all of their options.

Goals for a new program

I am really excited to set up a brand new program with cutting-edge technology in a community setting. One of my main goals is to make this a very patient-centered clinic. Creating an environment where patients feel welcomed and comforted is an important part of the healing process. Many small details can make a big difference over the duration of a patient's treatment. My patients may have obligations, whether it is work or family, and we want to make whatever accommodations for them that we can so they can continue their lives while undergoing treatment.

What keeps him going

I decided I wanted to go into medicine in high school and the reasons then had nothing to do with why I like practicing medicine today. I envisioned myself as the physician-scientist type, but then I began to spend time with patients in my third and fourth year of medical school. There, I began to see that it was my interactions with patients that made me love medicine. My patients keep me going.

What he tells new patients

The most important thing you can do is ask the questions that are concerning you. I have the time to spend an hour or 90 minutes with my patients in their first appointments. I am here to guide you through this process and I'll work closely with every member of your care team to make sure you have a cohesive plan of care.

On Northwest Hospital & Medical Center

There is a real sense of collegiality among the physicians and staff here. Before I started, I had a chance to meet several doctors from other departments who had trained and worked in other hospitals all over the country. They chose to come to this hospital because it is a great place to practice medicine and they really enjoy working here. That speaks volumes.



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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.

New High-Tech Operating Rooms Ready for Use

On July 10, Northwest Hospital & Medical Center marked another phase in its two-year, \$28 million surgical facilities expansion by giving the public a behind-the-scenes look at the facility's new pre- and post-operative areas and new high-tech operating rooms.

The almost-finished facility, expected to be complete by January 2011, was constructed to address a rapidly growing community need for surgical services, which Northwest Hospital expects will nearly double within the next 15 years.

As the number of surgical cases at Northwest Hospital has increased in recent years, and as new surgical specialists have joined the medical staff, the hospital's surgical facilities have reached capacity. The new facility will incorporate the addition of 15,220 square feet of new space and 15,000 square feet of renovated existing space – more than enough to accommodate new medical staff, new procedures and new surgical technologies now and into the future.

In addition to larger pre-operative and post-operative areas and five new multi-purpose operating rooms, the hospital also added large new spaces for instrument and equipment sterilization and more efficient, organized equipment storage. A new, larger family and visitor waiting area, patient check-in, and private family consultation rooms opened for use earlier this

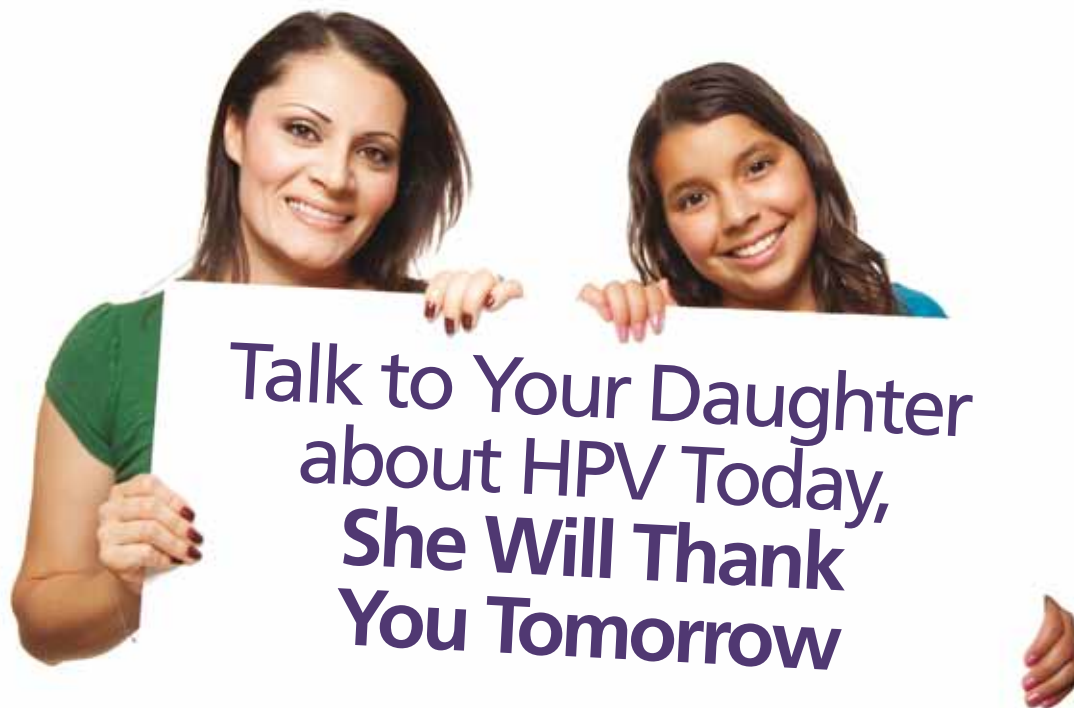
year. The new operating rooms are now open for use as well.

The operating rooms were designed to accommodate some of the most specialized surgical procedures the hospital provides. At 1,100 square feet, they are the biggest in the region, built to hold the large, complex equipment, technologies and extra staff that many specialized surgeries require. Specially-designed surgical tables, surgical microscopes, robotic surgery systems and high-tech imaging technologies help the surgical staff enhance their accuracy and effectiveness, better communicate in the operating room, create a safe and sterile environment and achieve more positive outcomes for patients.

“Northwest Hospital's new surgical facility is one of the largest construction projects we've undertaken in the past decade, and it's the latest investment we're making in ensuring our patients have access to the most up-to-date advances in specialized care,” said Bill Schneider, Northwest Hospital's president and CEO. “Regardless of the type of surgery you have at Northwest Hospital, our entire staff is committed to making the surgical experience a positive one – before, during and after.”

For more information on surgical services, board-certified surgical specialists and the new surgical facility at Northwest Hospital, visit www.nwhospital.org. ●





Talk to Your Daughter about HPV Today, She Will Thank You Tomorrow

We all remember the special things our mothers taught us. Energy efficiency – “Close the door. You’re heating the outside.” And sound financial advice – “A penny saved is a penny earned.” But our moms didn’t necessarily teach us how to talk to our daughters about sexually transmitted diseases.

Dr. Pat Rodrigues, a gynecologist at Meridian Women’s Health in Seattle, says you don’t necessarily have to talk about sex to have a conversation with your daughter about Human Papilloma Virus or HPV. While the virus is transmitted through sexual intercourse, Dr. Rodrigues recommends opening the conversation with your daughter by talking about cancer prevention and not about sex.

“Doctors give people a hepatitis vaccine to help prevent liver problems and we give people

an HPV vaccine to help prevent cervical cancer. Starting that way can ease you into the conversation,” she recommends.

The sooner you have the conversation the better, because the vaccine is most effective when the three-shot course is taken before a young woman becomes sexually active. The Food and Drug Administration currently recommends the vaccine for women ages 9 to 26. Dr. Rodrigues says there are literally hundreds of subtypes of the virus. Thirteen of the subtypes can adversely affect a woman’s gynecological health and cause everything from genital warts to cervical cancer.

HPV is so common today that it’s estimated somewhere between 60 and 70 percent of women have had the virus. HPV frequently goes undetected because women may not have symp-

toms, or the symptoms present themselves only periodically.

“Even perfect monogamy can’t necessarily protect you from it,” Dr. Rodrigues says. “But it’s not something to be afraid of. Most women will get a strain, commonly one that doesn’t cause cancer or any symptoms, and won’t even know they had it.”

To safeguard your daughter’s future, it is still important to talk with her primary care provider about the vaccination, and if she is sexually active, begin scheduling her for annual pelvic exams.

For more information on HPV, cervical cancer and the HPV vaccine, visit Meridian Women’s Health at www.meridianwomenhealth.com or the National Cervical Cancer Coalition website at www.nccc.org. ●

“Doctors give people a hepatitis vaccine to help prevent liver problems and we give people an HPV vaccine to help prevent cervical cancer. Starting that way can ease you into the conversation.” - Dr. Pat Rodrigues

New Radiation Oncology Program Takes Shape at Northwest Hospital



Northwest Hospital & Medical Center's comprehensive cancer care program has long been a resource for patients with a wide variety of cancer diagnoses. The program provides medical oncology, radiation therapy, nutritional counseling, education and emotional support, among many other services.

For many patients, radiation therapy in particular marks a critical point in beginning or continuing their fight against cancer. For the past several years, the hospital's radiation oncology services have been provided by the Swedish Cancer Institute. That relationship ended in June, following the hospital's recent affiliation with the University of Washington.

In July, Northwest Hospital embarked on an exciting project to launch its own radiation oncology program. This transition allows the hospital to upgrade technology and equipment and to create an advanced radiation therapy treatment facility that will serve the entire region.

From July 2010 to February 2011, Northwest Hospital will be developing the new radiation oncology clinic, expanding existing treatment space and installing state-of-the-art equipment such as a new Elekta Synergy® linear accelerator, which offers the most current imaging, positioning and treatment delivery options. Leading the new clinic is board-certified radiation oncologist Dr. Edward Kim.

During the upgrade period, patients requiring radiation therapy can continue to see a radiation oncologist on the Northwest Hospital campus, but they will receive radiation treatment at the Cancer Center at the University of Washington Medical Center. The Cancer Center at UW is an outstanding facility, where a team of dedicated and caring professionals will partner with the patient's Northwest Hospital care team to look after every need.

To help make the process as smooth as possible, Northwest Hospital created a thoughtful and thorough treatment plan to ensure continued quality of care for patients and to minimize interruption or inconvenience in their treatment. A dedicated patient care coordinator will work with each patient, his or her radiation oncologist, and the staff at both facilities to schedule services at Northwest Hospital and treatments at the UW Medical Center.

The coordinator will provide patients with information and directions to help them navigate the UW's facilities. The coordinator also can arrange tours of UW Medical Center's Cancer Center if patients want to familiarize themselves and their families with the center's services, features and layout before they start treatment.

Radiation patients may choose to drive themselves to radiation sessions at UW or utilize transportation arranged by Northwest Hospital. Parking at UW Medical

Center for radiation treatments is free, and valet parking is available at the front entrance. Volunteer escorts are also available upon request to meet and escort patients to the Cancer Center and back to their car or pick-up point.

If Northwest Hospital inpatients require continuation of daily radiation treatments after they are admitted to the hospital, the hospital will make arrangements to transport them via ambulance for treatment. The coordinator will work closely with nursing and staff at both facilities to schedule treatment and arrange travel and support during transfer.

"We understand that fighting cancer can be a challenging and emotional process. Our staff is committed to making treatment as comfortable and convenient as possible, both during this upgrade period and after we open the doors of the new clinic in February," said Laura Jones, MD, director of clinical services at Northwest Hospital. "From the moment patients are referred, to the time their treatment plan is complete, our mission is to work with patients and their families to ensure they receive all the guidance, support and services they need."

For more information on the radiation oncology program and other cancer care services at Northwest Hospital, please visit www.nwhospital.org or call (206) 368-5808. ●

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 schedule. 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 and 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! **This class can be taken before baby's birth, or anytime in the first 2 months.* Effective for babies in "4th trimester", the first 3 months of life. It's OK to bring your baby to class! And it's OK if they cry during class – it gives us a chance to see the techniques in action.

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@nwheasea.org. For more classes and events, visit us at www.nwhospital.org.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-9pm. 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.

SUPPORT GROUPS

Better Breathers Club

Join the club to learn tips and techniques to better manage lung disease. Second Monday of each month at 10:30am. 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, 9:30-11am. 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, 1-2:30pm; 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, visit: www.nwhospital.org/bariatric. Groups are held in the TCU auditorium from 6:30-8pm.

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 1pm - 3pm. For more information, call (206) 361-2696.

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, October 23 and 30, from 9am - 1pm. 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

This 90 and 120-minute workshop 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. Thursday, July 29 6-8pm, September 16 1-2:30pm and September 30 6-8pm. Cost is \$20 for 90-minute session and

\$25 for 120-minute session. Call (206) 368-1564 for more information on dates and 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 & 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, 11-12pm. Call (206) 368-1848 for more information.

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 needs. Many insurance carriers cover nutrition consultations if ordered by a physician. Call (206) 368-1919 for more information or visit 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. Learn how the right amount of stress can fuel a happy, healthy and fulfilling lifestyle. Workshop will be presented by brain health and memory expert Dr. Jane Tornatore who will cover techniques to utilize both body and mind to reduce stress and increase calm. August 5, 7-8pm. Cost \$15. Call (206) 368-1564 to reserve your seat.

Weight Loss Surgery Education

Join us 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. Visit www.nwhospital.org/bariatric for dates. Call (206) 368-1350 to reserve space. Seminars are held in the TCU auditorium from 6:30-8pm.

Yoga For People With Parkinson's

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



CLASSES & SUPPORT GROUPS

Cancer Lifeline at Northwest Hospital & Medical Center classes and groups are free and open to the public. Call (800) 255-5505 or (206) 297-2500 for more information or to register. You can also register online at www.cancerlifeline.org. To confirm specific support group meeting dates, call (206) 832-1297.

Breast Cancer Support Group

For breast cancer patients and survivors. If you are interested in attending this group, please call (206) 832-1297. First and third Wednesdays, 4:30-6pm. July 21, August 4 & 18. Professional Building, Suite 3.

Gynecologic Cancer Support Group

For patients diagnosed with ovarian, uterine, cervical or any other type

of gynecologic cancer, their family and friends. If you are interested in attending this group, please call (206) 832-1297. Fourth Wednesdays, 6-7:30pm. July 28 & August 25. Professional Building, Suite 3.

Lung Cancer Support Group

For people with a diagnosis of lung cancer, their family and friends. If you are interested in attending this group, please call (206) 832-1297. Second and fourth Thursdays, 7-8:30pm. July 22, August 12 & 26. Professional Building, Suite 3.

Energize & Exercise with the Lebed Method

This gentle exercise program combines easy stretches, strengthening and aerobic movement with great music! Appropriate during or after cancer treatment and for anyone with, or at risk for, lymphedema. Please register. Mondays, 5:30-6:30pm. Professional Building, Suite 3.

July						
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25	26	27	28	29	30	31

August						
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29	30	31				

September						
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October						
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24	25	26	27	28	29	30
31						



Go Greener

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Foundation Report: Northwest Hospital Donors Tee Off For a Good Cause

In May, the Northwest Hospital Foundation hosted its 26th annual “Swing Fore Your Life” charity golf tournament. The tournament sold out for the fourth consecutive year and set an all-time record for sponsorship revenue.

The day of play included a few friendly side competitions for the golfing foursomes including the Longest Drive, Closest to the Pin, Hit the Green, Cowboy Golf and the Marshmallow Drive. These contests entertained groups while on the green and once off, gave boasting privileges to a few lucky winners.

This year’s event raised \$179,690 and with the Hancock Challenge Pledge, the total net proceeds came to an impressive \$359,380 a record high in the 26-year history of the event. The donations will be applied to the Northwest Hospital uncompensated care fund, which allows Northwest Hospital to care for community members in need of lifesaving therapies, regardless of their ability to pay.

Many thanks to our sponsors for supporting Northwest Hospital’s mission to raise the long-term health of our community. ●

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