

medinfo

September • October 2011

Back from the Brink

UW Medicine
NORTHWEST HOSPITAL
& MEDICAL CENTER

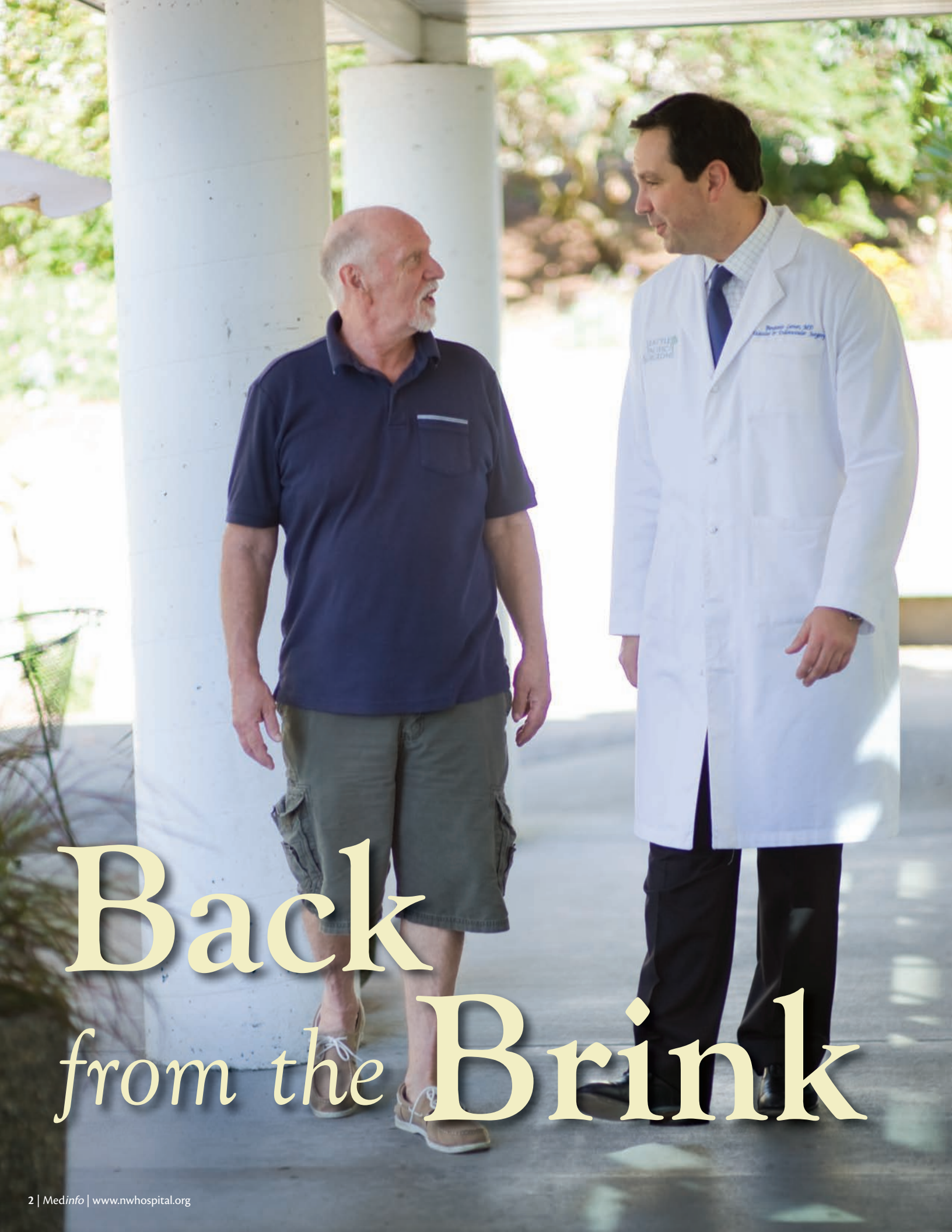
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Back *from the* Brink



When stabbing pain caused him to collapse while on the phone with a friend, Fred Salo says he somehow knew he was dying.

The 62-year-old retiree and lifelong musician was pale, couldn't breathe and could hardly speak. The frenzied barking of his dogs alerted his wife Bobbie, who called 911. The paramedics struggled to find his blood pressure and pulse.

Although he didn't know it at the time, Salo was suffering from one of the most life-threatening medical conditions there is – a ruptured abdominal aortic aneurysm, or AAA. As he lay in the ambulance, all he could think was “hurry....hurry...”

An aneurysm is an abnormal bulge in the wall of an artery, usually where a weak area has developed. Although aneurysms can form in any blood vessel, they occur most commonly in the aorta. The aorta is the largest artery in the body, and carries blood from the heart to the rest of the body. Aortic aneurysms can occur where the aorta passes through the abdomen or, less commonly, where it passes through the chest cavity.

The most common causes of aortic aneurysms are smoking or family history, or a combination of both.

The larger the aneurysm, the greater the danger it will rupture and cause internal bleeding. The vast majority of those who undergo a rupture like Salo's die – nearly 15,000 people per year in the U.S.

Northwest Hospital & Medical Center emergency physician and chief medical officer Dr. Gregory Schroedl was in the ER and got the call from the paramedics. He instructed them to bring Salo to Northwest Hospi-

tal. While many AAA patients go to a trauma center, Dr. Schroedl knew Salo needed immediate help and wouldn't survive the longer trip to another hospital. It would take Northwest Hospital's expert emergency and cardiovascular care to save his life.

Before Salo even got to the hospital, Dr. Schroedl had called in vascular surgeon, Dr. Benjamin Lerner. A vascular surgeon is a specialist who deals with both chronic and acute blood vessel conditions, ranging from simpler things like clots, varicose veins and chronic wound care, to complex conditions like carotid artery disease and aneurysms.

“Mr. Salo had the classic symptoms of a ruptured AAA, including low blood pressure and acute back pain,” says Dr. Lerner, who saw Salo when he arrived in the emergency room.

“Dr. Lerner was so calm and he gave me so much peace,” says Salo. He explained what would happen. I wanted it straight from the hip, and I appreciated his professionalism and frankness. But the way he said things was gentle and positive. He has a gentle spirit.”

Time was of the essence. Salo was immediately taken for a CT scan to confirm the diagnosis and then taken for surgery. As he was wheeled into the operating room, he held his son's hand and told him that if he didn't make it, he was confident his son could be the man of the family.

Traditional surgery for repairing ruptured aneurysms is invasive, requires a large incision and is traumatic to an already shocked system. Dr. Lerner, who completed a full endovascular fellowship, is highly skilled in using newer, minimally-invasive techniques to work within blood vessels to repair problems that would have once required traditional surgery.

In Salo's case, he used a procedure called endovascular aneurysm repair (EVAR). Through a tiny incision in the groin, Dr. Lerner guided a catheter wire up the aorta, securing a stent, or tube, that replaced the vessel walls and acted as a new conduit for blood flow.

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Left: Salo talks to Dr. Benjamin Lerner during a visit to the hospital.

*“But deep inside a voice is singing
In perfect harmony -
Reaching out to rescue me . . .
A voice I ignored all those -
Lonely, lonely years . . .*

- Lyrics to “Perfect Harmony” by Fred Salo



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EVAR is most often used to repair aneurysms before they rupture, but Dr. Lerner is experienced in using them to repair ruptures as well. “EVAR has not been used in ruptures for very long, but we’re getting much better at it as we use it more often. If you can do it, it’s so much better for the patient’s outcome,” he says. “Patients perform better and the risk of death post-surgery is much lower compared to traditional procedures.”

“There are so many exciting new technologies and techniques in vascular surgery that we have in our toolbox now,” says Dr. Lerner. “Even 10 years ago, Mr. Salo would have gotten a very different surgery and his risk of death would have been much higher.”

Dr. Lerner says repairing a ruptured aneurysm takes a highly skilled surgical team, working smoothly together. “We had at least 15 people on the team, and it was extremely delicate,” he says. “I was very proud of everyone because this is as critical as it gets and they were all at the top of their game. Everything just came together like it was supposed to.”

Salo believes it was all divine intervention. “I heard they almost lost me during surgery, and I actually had a near-death experience,” he says. Salo remembers seeing his parents, who were young and walking hand in hand. Just before embracing him, they turned and walked away instead. “When I woke up,” Salo says, “I told my wife, ‘the light didn’t want me yet.’”

Salo’s recovery was more rapid than anyone could imagine. He went home after only five days in the hospital. “Everyone said it was a miracle,” he says. “I could have lost the use of my legs, I could have been on dialysis, I could have died. But none of those things happened.”

According to Salo, Northwest Hospital is his favorite place to go when he’s sick. “There’s a bedside manner there that you don’t see anywhere else, and I’ve been a lot of places,” he says. “Laughter is a great part of healing, and whenever anyone came into my room, there was always laughter. My treatment was superlative.”

Dr. Lerner says the important thing to learn from Salo’s case is to be aware of the causes of aneurysm and get screened if you’re at risk. About 90 percent of aneurysms are currently discovered by accident, when a physician is testing for other conditions. “Northwest Hospital has worked hard to develop a program to screen and monitor aneurysms,” he says. “If you’ve been a long-term smoker or have a family history, the simplest first test is an ultrasound.”

Screening for patients who are identified as high-risk begins in their mid-sixties. “Aneurysms can be monitored and fixed before they rupture. These are preventable deaths,” says Dr. Lerner.

Today, Salo is writing, walking and losing weight. A professional songwriter, he has even written songs about his experience. He and his wife volunteer at a local skilled nursing facility and often come to Northwest Hospital to comfort residents when they are hospitalized. “It just feels like something I’m supposed to do,” he says. “I feel the need to share my story to give others hope. After you almost die, you become a believer.”

For more information on aneurysm screening and vascular services at Northwest Hospital & Medical Center, contact Dr. Lerner’s office at (206) 368-1070 or visit www.seattlepacificsurgeons.com.

MIDWIVES CLINIC OPENS AT NORTHWEST HOSPITAL

Northwest Hospital is giving mothers-to-be a new birthing option. On October 1, the Northwest Hospital Midwives Clinic will open its doors at the Northwest Outpatient Medical Center, near the hospital's main campus.

Midwives are healthcare professionals who specialize in assisting births. They typically assist in normal, uncomplicated deliveries, and are present during the entire pregnancy and birth process, from prenatal care and education, through labor, to post-partum care, including breastfeeding. According to the CDC, between 8 – 9% of all births in the U.S. each year are attended by a midwife.

Northwest Hospital's midwives are all certified nurse-midwives (CNM), with bachelor's degrees in nursing and master's degrees in nurse-midwifery.

Michelle Grandy, CNM, says many women choose midwives because of their special philosophy toward pregnancy and birth. "Birth is a holistic journey," she says. "As clinicians, we definitely focus on the physical aspects. But we also take into account the whole woman, including the emotional, spiritual and family-related aspects of the birth."

Mary Bolles, CNM, agrees. "The value of a midwife is supporting and being present with women as they transition to being mothers. That encompasses far more than just the physical act of birth. It's a huge part of a woman's life process, and her family's too."

According to Bonnie Bernstein, CNM, there are many myths about midwives. "Many people think midwives only deliver babies at home, or that if you work with a midwife, you can only have a natural birth without pain medication, or that insurance doesn't cover a midwife-attended birth. None of those things is true."

Bernstein says that midwives collaborate with each woman and her family to create a personalized birth plan and

help them make the choices that work best for them. "We really value the ability of each woman to make her own decisions," she says.

Also, while some midwives do attend home births, Northwest Hospital's midwives deliver babies only at the hospital's Childbirth Center.

Pregnant mothers typically work with either a midwife or an obstetrician, but not both. Midwives will refer women with health problems or higher-risk pregnancies to obstetricians, and will often work in partnership with them in the event that a caesarian birth is needed.

Prior to moving their practice to Northwest Hospital, the midwives had been practicing for more than 16 years at UW Medical Center. Together, they have delivered more than 4000 babies. Cindy Rogers, CNM says she and her colleagues look forward to working at Northwest Hospital and to expanding their services to a new community.

"Northwest Hospital has such a warm, nurturing environment, and an amazing staff of childbirth nurses and clinicians," she says. "It's a great place to welcome a baby."

Robyn Holloman, CNM, says, "Midwives see themselves as your guide through the life-changing experience of becoming a mother and growing a family. Women who work with us are looking for a rich experience during their pregnancy and birth, and they find the process deeply satisfying."

The new Northwest Hospital Midwives Clinic is located in Suite 190 of the Northwest Outpatient Medical Center at 10330 Meridian Ave. N. For more information, or to make an appointment, call (206) 368-6670.

The expert staff at Northwest Hospital's Childbirth Center helps families celebrate the birth of hundreds of babies each year in a warm, welcoming environment.

For more information on the childbirth center, visit www.nwhospital.org.

To schedule a tour, call (206) 368-1784.

For information on childbirth classes, call (206) 368-1564.





MEET THE DOCTOR

Chetan Pungoti, MD
Cardiology

What makes a good doctor?

I believe being a good doctor starts with being a good listener. There are so many things you can learn by keeping your mouth closed and your ears open. I love being able to get to know about my patients and their lives. Spending time listening to patients helps foster a lifelong relationship based on mutual understanding. Combining that with compassion and cutting-edge knowledge allows us to help patients lead longer, healthier and happier lives.

What's the most important thing you can do to keep a healthy heart?

Exercise, exercise, and more exercise. I know it's hard to find the time with our busy lives, but maintaining an active lifestyle is the number one thing you can do to help lead a long and enjoyable life.

Do you exercise?

I try my hardest to exercise regularly. It's difficult with a demanding profession and two little ones, but I try to find 45 minutes, 3-4 times a week to get on the treadmill or bike. I find that sweating a bit definitely helps me unwind from a stressful day and gives me more energy

What are some of the most exciting advances in cardiology today?

For many years the only option patients with atrial fibrillation had to help prevent stroke was the anti-clotting medication Coumadin. Taking Coumadin requires lots of office and laboratory visits, and I imagine being a patient must sometimes feel like a full-time job. In the past year we have seen two new drugs that are just as effective as Coumadin at preventing strokes but don't require the intensive monitoring. That gives our patients more time to spend doing the things they truly enjoy in life.

Fish oil for heart health. Myth or fact?

A little bit of both. Fish oils (Omega-3), when taken in large doses, definitely improve people's cholesterol levels. But they are not nearly as effective as statins, which should be the mainstay of therapy for patients with high cholesterol or coronary artery disease. Studies have shown time and again that statins lower cholesterol levels and, most importantly, prolong life - something they have failed to show with fish oils.

Dr. Pungoti is now accepting new patients. For an appointment, call (206) 363-1004 or visit www.summitcardiology.com.



VACCINES: NOT JUST FOR KIDS

It's back-to-school season, and school physicals and vaccinations are on many families' minds. Efforts to vaccinate children have been widespread, because schools require them, but what about adults?

"Vaccines are a crucial component of proper preventive care, and as we age and retire, their importance is magnified," says internist Dr. Thomas Merritt. "Don't assume that the standard inoculations you received as a child will suffice. Immunity from childhood vaccines, if you had them at all, begins to lose its effectiveness." According to Dr. Merritt, even if you have had boosters, newer vaccines may sometimes protect against more strains than previous ones.

In order to launch the best defense against preventable diseases, adults need periodic vaccinations throughout their lives. The most important time for this is when you reach the 60-year milestone. Age makes people more vulnerable to communicable diseases and preventable illnesses like influenza and pneumonia.

"Many adults tend to ignore their own health, focusing instead on the health of their children," says Dr. Merritt.

"Keeping yourself healthy will not only benefit you, but your family, too."

Dr. Merritt recommends thinking of "well" visits with your family physician like you would routine maintenance on your car with your family mechanic. Rotating your car's tires every 5,000 miles will ensure you won't get an unexpected blow-out on the freeway, and updating your immunizations will ensure you won't end up with an illness that could have been prevented with just a quick poke of the needle.

Thomas Merritt, MD practices at Richmond Internal Medicine in Shoreline, Wa. For more information visit www.richmondclinic.com.

This article originally published in The Journal Newspapers, Sept. 2010.



SOME OF THE MOST IMPORTANT ADULT IMMUNIZATIONS INCLUDE:

- **Tetanus**, a disease characterized by a paralyzing muscle condition also known as "lock jaw", is easily prevented with a booster shot that is recommended every 10 years.
- **Influenza** can be particularly harmful to seniors living in retirement or nursing homes. Yearly revaccination is required to maintain immunity. In past years, seasonal flu shots and shots for the H1N1 strain have been separate. They should now be combined in one shot, but check with your provider to make sure before receiving the shot.
- **Pneumonia** is a common complication of influenza and can lead to hospitalization. The pneumonia vaccination is available upon request and can be administered at the same time as the influenza vaccine. It is strongly recommended for anyone 65 years or older, for persons two years or older who have diabetes, chronic liver disease or alcoholism, and for adults 19 to 65 who smoke cigarettes or have asthma.
- **Shingles** is a painful nerve infection that can cause lasting nerve damage. Because the risk of shingles increases as people age, a shingles vaccination is highly recommended for people after age 60.
- **Pertussis**, or whooping cough, is approaching epidemic proportions in several U.S. states. The disease is thought to be transmitted by adults whose immunity has worn off, and tends to infect vulnerable infants. The Centers For Disease Control and Prevention, along with the Seattle and King County Public Health Departments, are asking all adults ages 19 to 64 to have a one-time pertussis, or "Tdap", vaccination. This shot also protects against diphtheria and tetanus.



Construction continues on the new Seattle Cancer Care Alliance/ProCure proton therapy center on the Northwest Hospital campus.

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. The center will open in early 2013.

SAVE THE DATE

IS BREAST REDUCTION SURGERY RIGHT FOR YOU?

Wednesday, October 19 | 6:30 – 7:30 p.m.
Lindsay Gould Auditorium, Northwest Hospital & Medical Center

Tired of not being able to exercise without discomfort or participate in activities you love? Large breasts have been linked to migraines, neck, shoulder and upper back pain, and even nerve problems. If this sounds familiar, you may be one of more than a million women nationwide who struggle with this problem.

While many try pain medication or weight loss, surgical breast reduction is the most effective solution. In fact, it is one of the top five reconstructive procedures in the U.S. today. Join plastic and reconstructive surgeon Dr. Josh Cooper for a free seminar to learn about symptoms, different surgical approaches, recovery and insurance coverage. RSVP to Diane Salvesen at diane.salvesen@nwhea.org or (206) 368-5927.

NORTHWEST HOSPITAL MIDWIVES CLINIC OPEN HOUSE

Tuesday, November 8 | 5 p.m. – 8 p.m.
Northwest Outpatient Medical Center, 10330 Meridian Ave. N., Suite 190

Come meet our team of midwives, as they celebrate the opening of their new clinic and introduce themselves to the community. Learn more about working with a midwife to create a unique and personal birth experience. Special guest Penny Simpkin, author, doula and childbirth educator, will also make an appearance.

For more information, call (206) 368-6670.

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. 2nd 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 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 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 3rd Sat. of the month in the Northwest Hospital Easy Street section of the Center for Medical Rehabilitation, 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 auto insurance discounts. The class is offered on two consecutive Saturdays, Nov. 19 and 26, 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-min. 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. Thursdays, Oct.

13, 1-2:30 p.m.; Nov. 10, 6-8 p.m.; Dec. 8, 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!

This group gives people with acquired brain injury the opportunity to participate in a supportive 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 a.m.-12 p.m. Call (206) 368-1848 for more information.

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

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@seattlemca.org.

Living Well with Diabetes

This program has been formally recognized for excellence by the ADA. In this monthly, 4-session series, participants will gain information and skills to manage their diabetes. Physician referral is required. 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.

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. Nov 14, 7-8:30 p.m. \$20. Call (206) 368-1564 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 Seminars

- September 13, 2011 with Dr. Nicole White
- November 8, 2011 with Dr. Joseph Chebli

Are you interested in surgical options for weight-loss? Join NWH bariatric surgeons for a free informational seminar held in the E-Wing Auditorium on the NWH campus. Call (206) 368-1350 to register. Or register online at 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 NWH? Explore the latest, state-of-the-art surgical options in joint care and joint replacement. 2nd Wednesday of every month, 7-9 p.m. in the Community Health Education & Simulation Center. Call (206) 368-6360 for more information. Register at jointcamp@nwhea.org.



All programs are free. They are held in the Medical Arts Building, Rm 112, on the NWH campus. Call (800) 255-5505 for more information or to register, visit www.cancerlifeline.org.

SUPPORT GROUPS

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. Meg Sweeney, MSW. Third Wednesdays; Sept. 21, Oct. 19, Nov. 16, Dec 21; 7-8:30 p.m.

Gynecologic Cancer Support Group

For patients and survivors of gynecologic cancer. Fourth Wednesdays; Tracy Kalloway, MA. Sept. 28, Oct. 26, Nov. 23, Dec. 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. Meg Sweeney, MSW. Fourth Thursdays; Sept. 22, Oct. 27, Dec. 22; 7-8:30 p.m. (No group Nov. 24)

CLASSES

Gentle Yoga

Learn easy stretches, guided meditation and breathing exercises. Please bring your own mat. Christy Fisher, CYI. Tuesdays; Sept. 6 - Oct. 25 & Nov. 1 - Dec. 13; 7-8:15 p.m.

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

Gentle and fun exercises for people concerned about lymphedema. Sherry Lebed Davis, Founder. Mondays; Sept. 19 - Oct. 31 & Nov. 7 - Dec. 12; 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. Susan Gins, MS, CN. Thurs., Sept. 8; 6:30-8 p.m.

PRESENTATIONS

Clinical Trials & Future Treatment Options for Gynecologic Cancers

Dr. Kathryn McGonigle. Wed., Sept. 28, 6-7 p.m.

Introduction to Inner Yoga

Devi Tide, MHP, will present an introduction to simple mental yoga practices that can have a significant effect on your mind, emotions and attitude. Thurs., Sept. 22, 7-8 p.m.

It's OK to Be Angry

Learn how to transform your anger and use its energy in your own healing. Melissa West, MA. Wed., Nov. 30, 6:30-8 p.m.

Latest Advancements in Radiation Treatment

Presentation of current standards of treatment, including an introduction to the most recent advancements in radiation treatment. For people with all types of cancers. Dr. Edward Kim. Thurs., Oct. 27, 7-8 p.m.

Osteoporosis & Exercise: What You Need to Know

Marti McGinley, developer of Northwest Hospital's Osteoporosis program will discuss information to avoid injury when starting an exercise program. Tues., Oct. 11, 6-6:30 p.m.

Osteoporosis & Plastic Surgery Options: Considerations for Breast Cancer Patients

Dr. Joshua Cooper. Wed., Sept. 21, 7-8 p.m.

Tips For A Healthy Recovery

A discussion of techniques and exercises to promote optimal ways to care for your skin, lymphatic system, muscles and bones following cancer treatment. Mary Anne Tretenerro, PT. Monday, Sept. 12; 5:30-7 p.m.

Understanding Breast Imaging

Dr. Katherine Dee will explain the different imaging modalities, what they indicate and how your physician decides which one to use. Wed., Oct. 19, 7-8 p.m.

Understanding CA-125: A Tumor Marker for Gynecologic Cancer

Dr. Howard Muntz will explain how oncologists use CA-125 as a tumor marker for gynecologic cancer; the pitfalls of this test; and if there is a better tumor marker for women with cancer. Thur., Nov. 17, 5:30-7 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.

GREEN REPORT

Northwest Hospital continues to find new ways to be a good environmental citizen. Employees have formed a Green Committee that meets regularly to evaluate eco-friendly materials and processes and to make positive changes all across the hospital campus.

In the first six months of 2011, the hospital recycled approximately 2882 cubic yards of mixed paper, glass, cans, milk cartons, plant material, plastics and food waste (including biodegradable trash bags and food containers). Over 353 cubic yards of shredded paper and 572 assorted printer cartridges were also recycled.

The hospital continues to use an outside company for environmentally responsible recycling/disposal of fluorescent lamps, batteries, hazardous waste and kitchen fat. In the first half of

2011, 501 pounds fluorescent lamps, 778 pounds of copper wire, 476 pounds of batteries, 2550 pounds of kitchen fat, and 1.2 pounds of R-123 refrigerant were recovered and reclaimed from existing equipment. Also, 234.8 tons of garbage were recycled or disposed of. The hospital generated and disposed of 22.1 tons of combined infectious waste and sharps and 3.91 tons of hazardous waste/chemicals.

Northwest Hospital also donated operating or recycled non-operating computers, monitors, televisions and other electronic equipment for a total of 13.38 tons. Additionally, 7.45 tons of plastics were diverted from the landfill by reuse.

Environmental services employees participated in 20 hours of sustainability training that focused on green chemicals, waste reduction, recycling and water and energy conservation. Additionally, the hospital has converted to "greener" chemicals that are as effective as previous chemicals, but safer for the environment, employees and patients.

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 20101 HealthGrades Distinguished Hospital Award for Patient Safety.



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For giving opportunities and to support Northwest Hospital's lifesaving mission of hope and healing, please contact the Northwest Hospital Foundation at (206) 368-1647 or visit us online at www.nwhospital.org/foundation.

