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UW Medicine
NORTHWEST HOSPITAL
& MEDICAL CENTER

SINK OR SWIM

David Carrithers is ready to go. Standing where the water meets the sand of Lake Washington beach, the 58-year-old looks out to Mercer Island and the Cascade Mountains beyond. The afternoon sky is clear and the lake is quiet. “It is transcendent,” David says of open water swimming. “There is no other way to describe it.”

Diving into the water, he does a few butterfly kicks before settling into a freestyle crawl and pointing himself toward a buoy a half mile out. David is an athlete. While growing up in Iowa during the late 1960s, he was an all-American swimmer with a scholarship to Iowa State University.

“The osteoarthritis began about five years ago,” David says. An avid handball player, he remembers the first time he felt the excruciating hip pain on the handball court. “Playing handball became less fun and I became less competitive. After a lifetime of playing at least three or four times a week, I had to give up the game entirely.”

Osteoarthritis, the most common form of arthritis, causes pain, swelling and reduced motion in the joints. It can occur in any joint, but usually affects the hands, knees, hips or spine. Osteoarthritis pain limits motion, reduces physical capability, and can restrict social activities and compromise work capacity. The disease led to so much wear and tear on David’s hip joint that he was feeling daily, bone-on-bone pain. Dr. Justin Klimisch, an orthopedic surgeon at The Bone & Joint Center of Seattle at Northwest Hospital, says osteoarthritis is a common reason for a total hip replacement.

“It’s painful to stand or sit for a long period of time. People have problems getting up or down stairs, even putting their shoes and socks on,” he says. “Typically,

what I see in very active patients like David is a ‘grin and bear it’ mentality. They work through the pain, but eventually it catches up with them.”

Throughout his competitive swimming career and during the majority of his adulthood, David dealt with the day-to-day aches, pains and injuries common to competitive athletes and active adults.

“Sports-related pain was the sort of pain you had to endure,” David explains. “In a way, it gave me a higher tolerance, which is why I waited so long to address the problem.”

Now, he admits he ignored the hip pain for too long. Osteoarthritis didn’t just affect David’s athletic life. He is also a professor of finance at Seattle University, and the daily pain and lack of mobility began to affect his work life, too.

“The concentration, the focus I needed to be present in my classroom was gone,” David says. “The pain was a distraction and it diminished my teaching.”

Walking the tiered levels of the lecture hall for hours while he taught became increasingly difficult and he was forced to spend more time supported by the podium. On occasion, the pain was so severe, he actually cried out during class.



David initially sought treatment for osteoarthritis at The Seattle Arthritis Clinic at Northwest Hospital. The Seattle Arthritis Clinic offers a variety of effective medical treatments for degenerative bone disease, but Dr. Klimisch says osteoarthritis can often reach a point where medical treatments no longer work. At that point, joint replacement is necessary to improve quality of life and eliminate pain. In December 2010, David had a total hip replacement. He says he was confident the procedure would go well.

“Dr. Klimisch walked me through the process from beginning to end and described all the different options that were available to me,” David says.

Patient education is an important part of Dr. Klimisch’s care philosophy. In fact, he is so committed to making sure patients know what to expect, he can easily spend 45 minutes explaining how to prepare for surgery, surgical options, the advanced equipment he uses, managing pain after surgery and the rehabilitation process. His approach is exhaustive, but he believes patients like David benefit from the knowledge.

“Every step of the process is important,” Dr. Klimisch says. “It’s not only about the state-of-the-art technology we use. It’s also about the relationships we create and the patient experience we provide.”

As a fellowship-trained specialist, Dr. Klimisch is able to use some of the newest technologies in the field. Before surgery, for example, he uses special “templating” software that helps him identify the implant that best fits each patient’s unique anatomy.

“We can find an almost perfect fit for a new hip,” Dr. Klimisch says. “That means the implant will be less likely to loosen over time and more likely to restore normal leg length and mechanics. It allows the hip to feel as close to normal as possible.”

During surgery, Dr. Klimisch uses the templating software to ensure greater accuracy in the incisions and placement of the new hip implant while minimizing tissue damage. Because of these techniques, many patients are recovering faster and with excellent outcomes. Two days after his surgery, David was resting comfortably at home and already thinking about when he would be in the water again. Dr. Klimisch gave him six weeks for his surgical site to heal properly. But just because the surgery was over, didn’t mean the work was done. David began an individualized rehabilitation plan through Northwest Hospital’s physical therapy department.

“In the past, I haven’t been very good about committing to physical therapy,” he says. “But at Northwest Hospital, it was easy, fun and personable.”

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Dr. Klimisch says physical therapy is critical to a patient's overall recovery.

"Today, the care we provide is completely integrated and designed to cause as little disruption to a patient's life as possible," he says. "My relationship with physical therapists is crucial because I can ensure patients like David are recovering properly and I can intervene early on if there is a need."

Six short weeks after his surgery, David zipped himself into his wetsuit again. Today, more than five months since the surgery, David is diving into Lake Washington for a training swim. His energy is palpable. This summer marks the third consecutive year he will compete in the YMCA Masters Championships with a group of college swimming friends. David laughs at the group's name.

"We just decided to call ourselves 'OTHG' – the Over the Hill Gang. We've been swimming together for 40 years."

With a new hip and no more pain, it looks like David could be swimming for another 40 years to come. And maybe he'll take up handball again, too.

For more information about Dr. Klimisch or joint replacement at Northwest Hospital, visit www.theboneandjointcenterofseattle.com or www.nwhospital.org. |



JOINT CAMP!

WEDNESDAY,
JUNE 8, 2011

PREPARING FOR JOINT REPLACEMENT SURGERY

Joint replacement surgery doesn't have to be scary. If you are suffering from arthritis and considering a joint replacement of your hip, knee, shoulder or elbow, attend a free Joint Camp seminar. Learn about surgical options, the latest technological advancements that help ensure the best possible outcomes, and how to prepare for and recover from joint replacement surgery.

Seminars are free to any member of the community and are hosted by orthopedic surgeons Dr. Thomas Tanous and Dr. Justin Klimisch. The next seminar is Wednesday, June 8, 2011 at the Northwest Hospital Community Health Education & Simulation Center.

Please register via email at jointcamp@nwseha.org or call 206.368.6360.

NEW NORTH END CARDIAC CARE CENTER OPENS

Now, patients in North King and Snohomish County can take advantage of a new, comprehensive cardiology resource in their area.

Western Washington Cardiology is a group of eight board-certified cardiologists who have been providing quality cardiac care to the north end community for more than 25 years. The physicians specialize in clinical cardiology, electrophysiology, interventional cardiology, vascular and endovascular medicine, cardiac and vascular imaging and congestive heart failure.

Located at 12728 Bothell-Everett Highway, Suite 200, in the Mill Creek/South Everett/Silver Lake area, Western Washington Cardiology shares space with a new Northwest Hospital Cardiac Imaging Center, which offers a full range of cardiac diagnostic services including echocardiography, nuclear medicine testing and vascular studies.

Western Washington cardiologists also see patients for consultations at satellite locations in North Everett, Arlington, Bothell and Monroe.



The new cardiology group and cardiac imaging center are part of Northwest Hospital's award-winning network of cardiac services, built on a shared vision with UW Medicine and the UW Medicine Regional Heart Center to provide patients with more options for quality care, new treatment possibilities and the opportunity for positive outcomes for even the most complex cases and conditions.

For more information or to make an appointment, call (425) 225-2700.



American Cancer Society / Shoreline Relay For Life June 4, 2011 | 10 a.m.

Each year, Northwest Hospital sponsors a very important event, the American Cancer Society Shoreline Relay For Life, a 24-hour relay to raise money for cancer research. The event opens with a special Survivor's Lap, when cancer survivors lead the way around the track in honor of their courage and strength. Join us at Woolsey Stadium of King's High School at 19303 Fremont Ave., N. in Shoreline. Help fundraise or just cheer on loved-ones and family members in a show of support and unity. For more information or to register, please contact (206) 285-3469 or email dacia.roessler@cancer.org.



Community Document Shredding Event at Northwest Hospital June 11, 2011 | 10 a.m. to 2 p.m.

Consumer fraud and identity theft are becoming an epidemic in our communities. To help members of our community prevent identity theft, Northwest Hospital has partnered with Shred-It to organize a shredding event on the hospital campus. Mobile shredding trucks will be on-site, so bring your sensitive documents and protect yourself and your family. Find more information online at www.nwhospital.org. A suggested minimum donation of \$10 to benefit the Northwest Hospital Foundation is respectfully requested.





PATIENT SAFETY COUNTS

For the fifth year in a row, Northwest Hospital has won the HealthGrades® Patient Safety Excellence Award, ranking it among the top five percent of hospitals in the United States for patient safety.

Over the years, HealthGrades, the nation's leading healthcare ratings company, has consistently recognized Northwest Hospital's performance in areas like patient safety, spine surgery, stroke and cardiac surgery, among others. But what do these awards really mean for patients?

"We're proud to set a standard for excellence here in our community," says Northwest Hospital CEO Bill Schneider. "This year's award and those in years past reflect the day-to-day dedication of our staff in delivering the highest quality, patient-centered care."

Patient safety is a central element in Northwest Hospital's environment of patient care. Over the past sev-

eral years, Northwest Hospital has launched a variety of patient safety initiatives that have had a significant positive impact. They include:

- **Surgical Checklist** - A specific surgical checklist helps staff double-check, before the surgery begins, that all pre-operative medical care, laboratory studies and allergy checks have been completed, along with orders for post-operative medications. Northwest Hospital continues to improve the checklist based on its ongoing participation in the Surgical Care Improvement Project (SCIP) – a national quality partnership of organizations committed to improving surgical safety by reducing post-operative complications.
- **Electronic Medical Records (EMR)** – Electronic medical records and patient bedside computing have changed the way Northwest Hospital takes care of patients, records treatment and coordinates the patient's care. The EMR improves the team's ability to efficiently share critical patient information among physicians, clinical staff, pharmacies and other providers while also enhancing accuracy and preventing errors.
- **Electronic Medication Reconciliation** – Is an electronic tracking system that provides everyone on a patient's care team with the most complete and accurate list of medications a patient is taking. The team will use that online list to provide the patient with the correct medications as he or she moves through our system, whether inpatient or outpatient. This technology prevents medication errors and helps reduce adverse drug events.
- **Rapid Response Team** – The Rapid Response Team (RRT) is a team of physicians, nurses, nursing supervisors, respiratory therapists and pharmacists that immediately respond to patients whose physical conditions show signs of deterioration. The RRT assists with assessing a patient's condition, organizing patient information to communicate to the responding physician and taking action to help stabilize the patient. At Northwest Hospital, family members can also call a Rapid Response Team Alert if they notice changes in their loved one's appearance or behavior that may indicate larger health issues that need to be addressed immediately.

Read more about Northwest Hospital's services and what makes them some of the safest and best in the nation at www.nwhospital.org. |

STROKE HAPPENS - KNOW THE WARNING SIGNS

In the time it takes you to read this article, four people in the U.S. will experience a stroke. Stroke is the number one cause of serious, long-term adult disability in the United States and is the third leading cause of death after heart disease and cancer. Over the course of a lifetime, four out of every five American families will be touched in some way by stroke.

These statistics seem scary, but they don't have to be. The best defense against stroke is knowing what stroke is and the risk factors and warning signs associated with it.

WHAT IS STROKE?

According to the American Stroke Association, stroke affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so it begins to die.

The most common type of stroke is an "ischemic" stroke, which occurs as a result of an obstruction a blood vessel that supplies blood to the brain. Your risk of having this stroke increases significantly as fatty material called plaque builds up within the inner lining of your arteries. This buildup causes arteries to narrow, reducing the amount of blood and oxygen delivered to vital organs throughout the body.

Ischemic strokes account for approximately 87 percent of all cases; "hemorrhagic" strokes account for the remaining 13 percent. Hemorrhagic strokes occur when a weakened vessel ruptures and bleeds into the surrounding brain, causing blood to accumulate and press on the brain tissue.

"Transient ischemic" attacks (TIA) are often referred to as "warning strokes". These attacks are caused by clots and are different from ischemic attacks because the blockage is temporary. TIA symptoms and warning signs

are identical to those of a stroke. The symptoms come quickly but last only a short time.

QUICK RESPONSE, IMPROVED OUTCOMES

The minutes and hours immediately following the onset of stroke symptoms are critical. Getting to a hospital as soon as possible is essential, especially within the first three hours. According to the American Stroke Association, only five percent of stroke patients arrive at a hospital in time to receive optimum treatment because most people don't know or don't realize they are having a stroke.

Increase the chance of survival and recovery by educating yourself and your family about stroke warning signs. Even if there is doubt, get help immediately.

Recognize the symptoms. Remember the word "FAST".

- F Facial droop
- A Arm (or leg) weakness
- S Speech slurred
- T Time to call 911

Stroke can be a life-altering occurrence. Northwest Hospital's Stroke Program offers a comprehensive approach to treating the disease, mobilizing a highly-specialized, multi-disciplinary team that follows the patient from the first intervention in the emergency room through to rehabilitation. For the past eight years, the program has earned a five-star rating from HealthGrades®, the nation's leading healthcare ratings organization. Northwest Hospital is also certified as a Primary Stroke Center by the Joint Commission, and has received its gold seal. In 2010, the program was awarded the Silver Award for specialty stroke care from the American Heart Association and the American Stroke Association.

For more information on Northwest Hospital's Stroke Program, visit www.nwhospital.org/stroke.



MAY IS NATIONAL STROKE AWARENESS MONTH. KNOW YOUR RISK FACTORS

- High blood pressure
- High cholesterol
- Diabetes
- Heavy alcohol use
- Atrial fibrillation (irregular heart beat)
- Physical inactivity and obesity
- Smoking
- Family history of stroke
- Previous stroke or heart attack

MEET THE DOCTORS

May is both Arthritis and Osteoporosis Awareness Month. Degenerative bone and joint diseases like these affect millions of Americans each year. Rheumatologist Dr. Heather Kramm and orthopedic surgeon Dr. Robert Clawson, two of Northwest Hospital's bone and joint disease specialists, discuss bone health and the impacts of age.

What is the best bone and joint prevention plan for patients as they age?

HK: Age is not just a number. It's also a state of mind. The actual number can be irrelevant when you look at bone health. I see 80-year-old patients who are in better shape than 50-year-olds. Their health is often based on lifestyle, not just genetics and luck. I want to empower my patients to focus on optimal diet and exercise regimens that can preserve bone health.

RC: Dr. Kramm is right. Bone is a living tissue that responds to physical exercise by getting healthier and stronger. A person's commitment to diet and exercise can affect the overall strength and longevity of bones and joints.

What is the best approach when treating degenerative bone and joint problems?

HK: A team approach is always best. The vast majority of bone and joint conditions are chronic, meaning we can try to control them, but we can't cure them. As a rheumatologist, I am able to help prevent joint damage from conditions like rheumatoid arthritis and gout. For degenerative joint diseases like arthritis, I also rely on the expertise of orthopedic surgeons like Dr. Clawson who can offer surgical options when medical treatments no longer work.

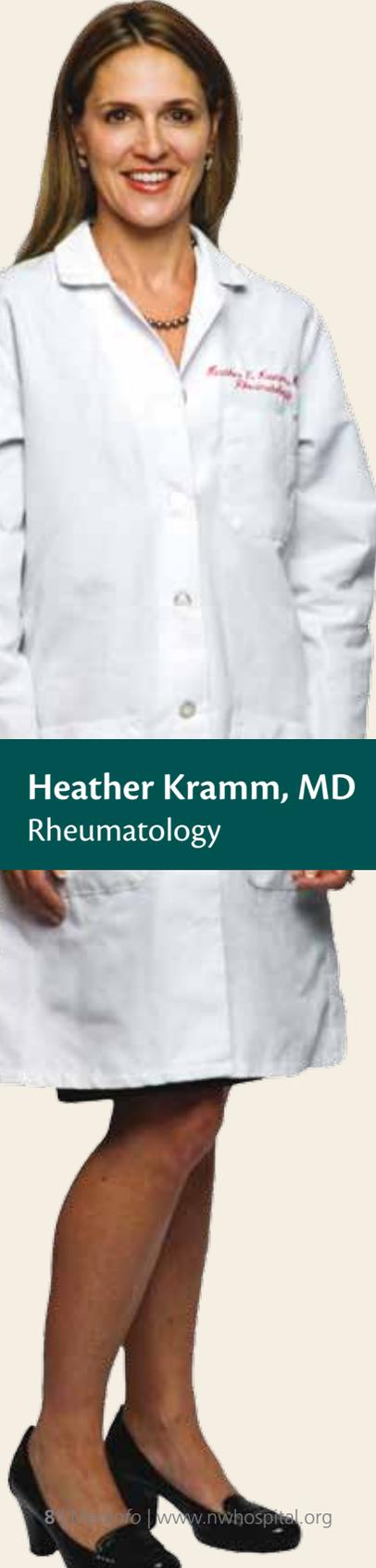
RC: Diseases like arthritis can progress to a point where surgery is necessary to fix an acute fracture or replace a joint. Sometimes, our patients may not even know they have a bone or joint condition until they have a fracture, so I depend on rheumatologists to manage ongoing prevention of future fractures or joint problems.

To contact Dr. Kramm:
The Seattle Arthritis Clinic
(206) 368-6123

To contact Dr. Clawson:
The Bone & Joint Center of Seattle
(206) 368-6360


The Seattle Arthritis Clinic

 THE BONE & JOINT CENTER
OF SEATTLE



Heather Kramm, MD
Rheumatology



Robert Clawson, MD
Orthopedic Surgery

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

Discuss topics such as meal planning, blood glucose monitoring devices, weight loss, treatment for high and low blood sugars, medication management, dietary supplements, 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. 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 TCU auditorium from 6:30-8 p.m.

Young Adult Stroke Survivors

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 auto insurance discounts. Call AARP at (888) 227-7669 for more information.

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. Thursday's, June 23, 1-2:30 p.m. & July 21, 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.

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

Have you been told to

"watch your sugar?" Minimize your risk of developing Type 2 diabetes through the YMCA's Diabetes Prevention Program. Register or find out if you are eligible, contact Lindsey Gregerson at (206) 344-3181 or via email at diabetesprevention@seattlemca.org.

Living Well with Diabetes

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

Nutrition Clinic

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

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. June 27, 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.

SPECIAL EVENTS

FREE Weight Loss Surgery Seminar

Are you interested in surgical options for weight-loss? Join bariatric surgeon Dr. Nicole White for a free informational seminar. May 24. E-Wing Auditorium (formerly TCU auditorium) on the Northwest Hospital campus. Call (206) 368-1350 to register. Or register online at www.nwhospital.org/bariatric.

FREE Joint Camp

Are you suffering from arthritis and thinking about a joint replacement? Or are you scheduled to have a joint replacement at Northwest Hospital? Explore the latest, state-of-the-art surgical options in joint care and joint replacement. 1st Wed. of every month, 7-9 p.m. in the Community Health Education & Simulation Center. Visit www.nwhospital.org for more information or call (206) 368-6360. Register via email at jointcamp@nwhea.org.

CancerLifeline

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

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; May 18, June 15, July 20; 6-7:30 p.m.

Gynecologic Cancer Support Group

For patients and survivors with gynecologic cancer. 4th Wednesdays; May 25, June 22; 6-7:30 p.m.

Living With Cancer Support Group

For patients and survivors with all types of cancer, their family members and friends. 4th Thursdays; May 26; June 23; 7-8:30 p.m.

Lung Cancer Support Group

For patients, survivors and their family and friends. 2nd & 4th Thursdays; May 12, June 9, July 14; 7-8:30 p.m.

CLASSES

Gentle Yoga

Easy stretches, guided meditation and breathing exercises. Tuesdays; May 10 - June 21; 7-8:15 p.m.

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

Gentle and fun exercises for people concerned about lymphedema. Mondays; May 9 - June 20; 5:30-6:30 p.m. (No Class May 30).

PRESENTATIONS

Imagery: Wellspring of Healing & Wholeness for Breast Cancer Patients & Survivors

Tap into your natural reservoir of wellbeing. Wednesday, May 18; 7-8 p.m.

Taking Small Steps for Big Change: The Kaizen Method

Make positive changes and develop beneficial habits in an easy, lasting way. Thursday, May 19; 6:30-8:30 p.m.

Small Steps to Making Friends with Your Body-For Patients of Gynecologic Cancers

Explore small ways to get reacquainted and make friends with your body. Wednesday, May 25; 6-7 p.m.

Tips for a Healthy Recovery

Evidence based information, techniques and exercises for caring for your skin, lymphatic system, muscles and bones. Wednesday, June 1; 6:30-8 p.m.

Latest Advances in Radiation Treatment for Lung Cancer Patients

Dr. Edward Kim will cover the current standards for treatment of lung cancer. Thursday, June 9; 7-8 p.m.

Small Steps to Managing Stress for Breast Cancer Patients & Survivors

Easy ways to feel less anxious, stressed and overwhelmed. Wednesday, June 15; 7-8 p.m.

Healthy Meal Planning for a Week

Whip up several meals with much less effort. Thursday, July 7; 6:30-8:30 p.m.

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If you would like to receive your next copy of Medinfo by email, please fill out the online form at www.nwhospital.org/newsletters.

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 TO OUR COMMUNITY

In 2010, the hospital recycled approximately 550 cubic yards of mixed paper, glass, cans, milk cartons, plant material, food waste and plastics. More than 931.4 cubic yards of shredded paper and 884 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 2010, 2558 lamps, just over one ton of batteries, 401 pounds of computer monitors, televisions and other electronic equipment, 2.65 tons of kitchen fat, 16.5 tons of hazardous waste/chemicals, and 476.7 tons of land filled garbage were either recycled or environmentally disposed of. Last year, Northwest Hospital generated and disposed of 42.2 tons of combined infectious waste and sharps. Additionally, 8.9 tons of plastic were diverted from landfills through reuse programs.

In 2010, the majority of waste produced by construction was recycled. This included 665 tons of commingled construction debris that was sorted and recycled. This also accounted for 1.88 tons of carpet, 15.4 tons of copper wire, 7.5 pounds of r-123 refrigerant which were recovered and reclaimed from existing equipment.

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.



twitter.com/NWHospSeattle



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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.

