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Northwest Hospital & Medical Center

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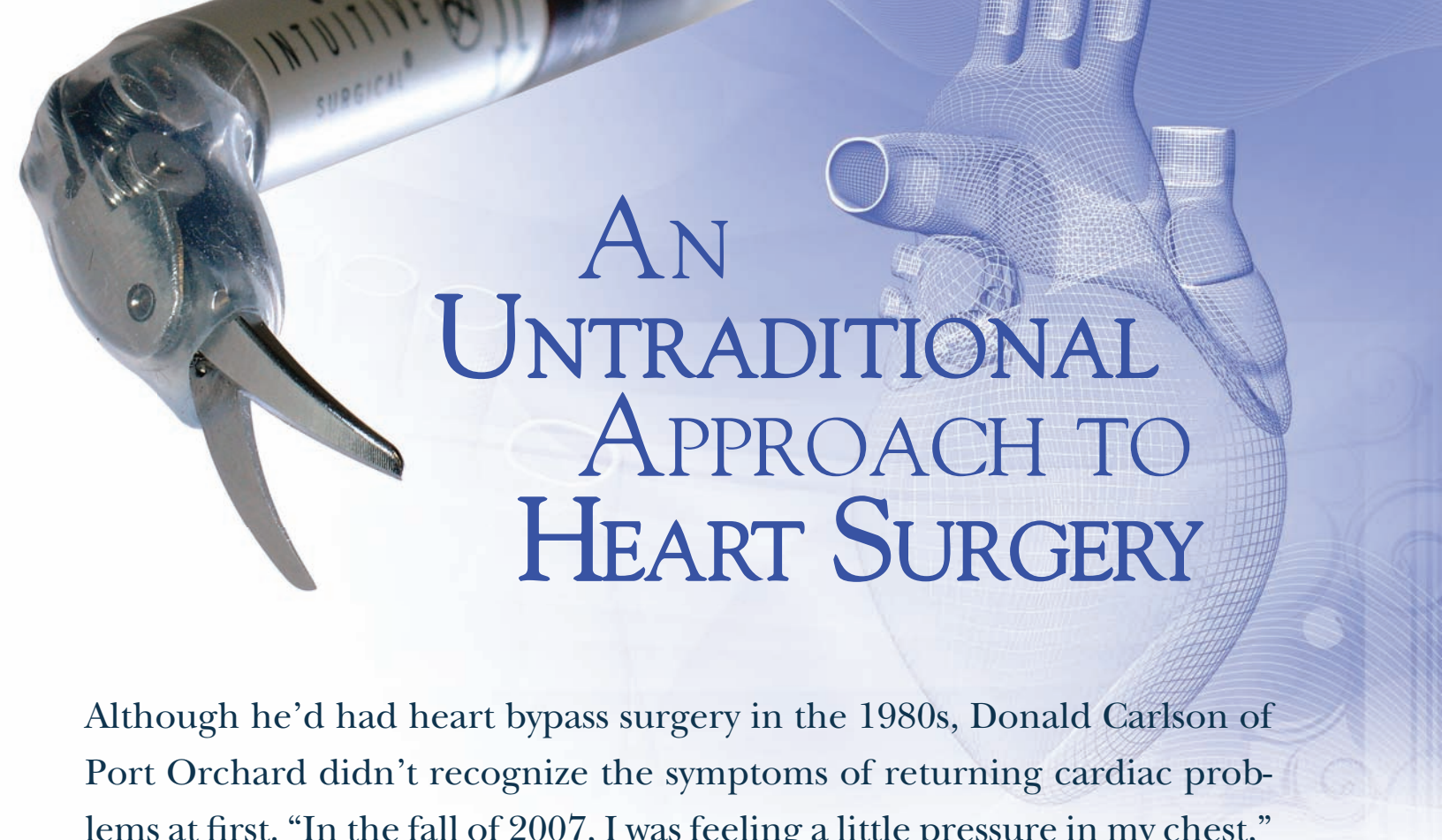
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An Untraditional Approach to Heart Surgery



**NORTHWEST HOSPITAL
& MEDICAL CENTER**





AN UNTRADITIONAL APPROACH TO HEART SURGERY

Although he'd had heart bypass surgery in the 1980s, Donald Carlson of Port Orchard didn't recognize the symptoms of returning cardiac problems at first. "In the fall of 2007, I was feeling a little pressure in my chest," Don recalls. "Then I had to cut my daily walks down from three miles a day to just a mile or I'd start getting chest pain. In January, 2008, I finally went to see the doctor."

It turned out that the retired airline customer service agent was experiencing symptoms of coronary artery disease. At that point, he had two arteries that were partially blocked, and one that was completely blocked.

By the end of summer, Don couldn't walk at all without chest pain. Even getting up from a chair was challenging. "At that point, I thought I probably needed more open heart surgery," Don says. That prospect was complicated by two things, though. Don has a form of hemophilia, an inherited blood disorder that can cause uncontrollable bleeding. Don's blood would require special preparation for surgery. Don's

previous heart surgery had also left his heart bound to his breast bone by scar tissue, which made implantation of new stents to open his coronary arteries impossible.

Don's complicated case was transferred to Northwest Hospital & Medical Center as his physicians and surgeons looked for solutions.

Nahush Mokadam, MD, a cardiac surgeon with UW Cardiothoracic Surgery, provides cardiac surgery services to Northwest Hospital patients through a partnership with the University of Washington. He says a traditional surgical incision through the sternum would have been likely to injure Don's heart further. After care-

ful study of Don's condition, Dr. Mokadam decided on a different approach to the surgery.

"Don's heart was most lacking blood and oxygen where one of his previous bypasses had failed," he says. "Since I was using the da Vinci S surgical robot at Northwest Hospital on a lot of more conventional cardiac surgeries, I thought it might work to use the robot to approach the left side of Don's heart through the left ribcage."

The da Vinci S robot creates a "virtual" extension of the surgeon's eyes and hands, using 3-D, high-definition vision and four robotic "hands" as extensions of the surgeon's own to go where human

hands typically cannot. Northwest Hospital is also the only local health facility where cardiac surgeons can use the da Vinci system.

To benefit from robotic surgery, though, Don had some work to do. His wife Raelene was enlisted by the surgical team to inject clotting factor into Don's arm for several days before the surgery. The clotting factor would help prevent excess bleeding during and after the surgery. In fact, the tactic was so successful that Don needed no blood transfusions during surgery or recovery, which Dr. Mokadam says is highly unusual for a hemophiliac. This is consistent with Northwest Hospital's superior record for controlling the need for blood transfusions during cardiac surgery. While the Washington State average for transfusions during cardiac surgery in 2008 was about 29%, Northwest Hospital administered transfusions during cardiac surgery only 21% of the time.

Dr. Mokadam, assisted by Dr. Gabriel Aldea, another member of the UW Cardiothoracic Surgery team, used the robot to complete much of the initial part of the single bypass procedure, before converting to traditional, open surgery to place the bypass onto the heart muscle. "We used the robot to prepare

the artery we used for the bypass. Being able to do this with only a small incision by the surgical robot was a big benefit to the patient."

The entire procedure went smoothly, and while Don's convalescence was challenging, his quality of life improved significantly following his recovery. He is now able to do a lot more walking and deal with the routines of daily life with ease. "It was gratifying to be able to overcome a lot of challenges and do this second heart bypass for Don with minimal risk. He was able to regain his quality of life, which was our goal," Dr. Mokadam says. He adds that Don also benefited from superior nursing care in the hospital's intensive care unit during his recovery.

Northwest Hospital's partnership with UW Cardiothoracic Surgery enables the hospital to provide a full range of cardiac services, from routine diagnostic procedures to sophisticated interventional cardiac procedures and open heart surgery. ●



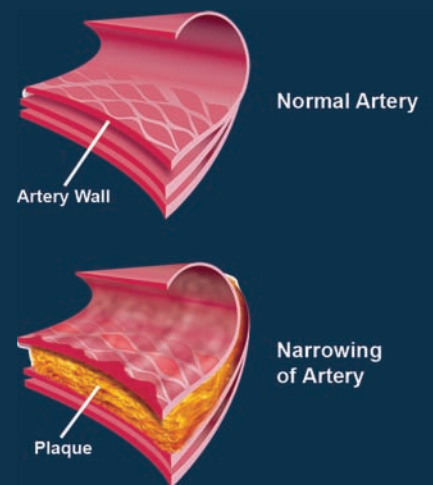
"He was able to regain his quality of life, which was our goal."
- Dr. Mokadam.

For more information on cardiac surgery services at Northwest Hospital, please call (206) 368-1582 or visit www.nwhospital.org.

What Causes Coronary Artery Disease?

Research reported by the National Heart Lung and Blood Institute of the National Institutes of Health, suggests that coronary artery disease starts with damage to the inner layers of the coronary arteries by things like smoking, high amounts of saturated fats and cholesterol in the blood, high blood pressure and high amounts of sugar in the blood because of insulin resistance or diabetes. Your chance of developing coronary artery disease increases with the number of risk factors you have. You can take action to prevent coronary artery disease by following your physician's recommendations for exercise, a healthy diet and stopping smoking. It's also valuable to know your family health history related to coronary artery disease, because it is often hereditary. If you or someone in your family has coronary artery disease, be sure to tell your doctor.

(Based on information provided by the National Heart Lung and Blood Institute of the National Institutes of Health, online at www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD_WhatIs.html.)



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For a free physician referral, call
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(800) 633-4636.

Services

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Emergency Department
Geropsychiatric Center
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Surgical Services
Neurosciences
Northwest Clinical Lab
Northwest Gamma Knife Center
Physical Therapy
Plastic & Reconstructive Surgery
Preventative Health & Wellness
Rheumatology & Arthritis Care
Seattle Breast Center
Sleep Center
Sports Medicine
Stroke Program
Wound Care Center

For a complete list of services, visit us online at www.nwhospital.org.

new medical staff

Northwest Hospital & Medical Center is proud to welcome the following physicians to the medical staff. To learn more about our medical staff, visit the "Physician Search" section at www.nwhospital.org.



BETHANIE BUROW, MD
Anesthesiology



RAHUL DESAI, MD
Urology



JANE MATHIS, DO
*Internal Medicine,
Inpatient Team*



HYUNG PARK, MD
Sleep Medicine



SANJAY RAJ, MD
Pediatrics



TIMOTHY RODDY, MD
Urology



KEVIN SMITH, MD
Orthopedic Surgery



KIM WHEELING, MD
Internal Medicine



JACQUELINE WONG, MD
Ophthalmology

Cardiac Rehabilitation: Returning to a Healthy Heart

Having a heart attack or heart surgery can be a frightening experience, but it doesn't have to mean the end of living a full, healthy life. While surgery can fix the immediate problem, cardiac rehabilitation is just as important in helping patients make positive lifestyle changes and regain their quality of life.

Dr. Margaret Hall, cardiologist and medical director of Northwest Hospital's Cardiac Rehabilitation Center, says that in the past, heart patients would sometimes fail to recover completely because of two factors: they were afraid to exert

themselves, and they received overly-cautious medical advice.

"This caused even young patients recovering from heart attacks or heart surgery to become disabled," Dr. Hall recalls. "They lost all the benefits of having productive careers, which was a big loss to the community as well. Older patients sometimes did not return to independent living or the normally active lifestyles they can now enjoy with careful supervision and education in cardiac rehab."

The goal of the Northwest Hospital Cardiac Rehabilitation Program is to help patients lower their risk for cardiovascular disease and recurrence of cardiac problems by teaching them to recognize positive health choices. The Cardiac Rehabilitation staff is a medically trained, multidisciplinary team consisting of nurses and exercise physiologists. Patients in the program are individually partnered with staff members who help identify their risk factors and tailor a program designed to reduce their risk of further heart problems.

Risk factors for heart disease include diabetes, high blood pressure, high cholesterol, family history and high stress levels. Lack of cardiovascular exercise

is another risk factor. Cardiovascular exercise, sometimes called aerobic exercise, uses large muscle groups, is rhythmic and is done over a longer period of time. Examples of this type of activity are vigorous walking, riding a bicycle or swimming laps.

As part of the Cardiac Rehabilitation Program, patients attend exercise classes three times a week in the state-of-the-art Cardiac Fitness Center located in the McMurray Building on the Northwest Hospital campus. Mary Pat Hoffman, RN, MS, and clinical coordinator for cardiac rehabilitation, says these sessions are closely supervised. "We work with our patients to choose the right exercise intensity and duration, and monitor their heart rate, rhythm and blood pressure. The exercise sessions involve cardiovascular exercise, strength training, stretching and relaxation techniques."

Dr. Hall adds, "With the assistance of careful supervision and education during cardiac rehabilitation, we can safely maintain conditioning and return these patients to their full potential as soon as possible." ●

"We work with our patients to choose the right exercise intensity and duration, and monitor their heart rate, rhythm and blood pressure. The exercise sessions involve cardiovascular exercise, strength training stretching and relaxation techniques."

- Mary Pat Hoffman, RN, MS

For more information about Northwest Hospital's Cardiac Rehabilitation Program, call (206) 368-6550, or visit www.nwhospital.org.



Making Surgery Safer

With the sophisticated high-tech tools that surround us every day, it may surprise you to learn that a simple tool that is hundreds of years old can be used to ensure patients are safe during surgery.

“Medical and surgical checklists have been in use for a long time in daily practice, since so many things must happen in order to provide optimal care to every patient,” says Terence Quigley, MD, chief of surgery at Northwest Hospital & Medical Center. “Recently, the World Health Organization (WHO) suggested that hospitals follow a specific surgical checklist in their operating rooms before every surgery to ensure that important safety steps are completed. This has actually been standard practice here at Northwest Hospital for years.”

Specific surgical checklists help staff double-check before the

surgery begins, that all preliminary pre-operative medical care, laboratory studies and allergy checks are completed, along with orders for post-operative medications. “In addition to the WHO checklist, we have SCOAP, or the Surgical Care Outcomes Assessment Program, here in Washington State,” says Maureen Scherger, performance improvement manager for Northwest Hospital. “SCOAP incorporates the WHO checklist, along with additional patient safety items.” Northwest Hospital made even further additions to the checklist based on its participation in the Surgical Care Improvement Project, or SCIP. SCIP is a national quality partnership of organizations committed to improving surgical safety by reducing post-operative complications.

“We’ve incorporated all of these guidelines into our checklist to

create a tool that that standardizes proper procedures for every surgical patient and ensures that everyone in the operating room is on the same page for each operation,” says Scherger. She adds that Northwest Hospital’s checklist was developed by a group of surgeons, anesthesiologists, surgical education nurses and performance improvement specialists.

Dr. Quigley points out that the role of the checklist is to maximize safety for the patient, an important priority at Northwest Hospital. “The items on the checklist are very basic, such as the name of the patient, the procedure to be performed, the need for special equipment or blood products during the procedure, safety checks of equipment, and so on. It’s much like the safety check an airline pilot does before take-off as standard procedure.” ○

2009 Hospital National Patient Safety Goals

The purpose of these goals is to improve the security and well-being of hospitalized patients. The objectives focus on problems in healthcare safety and how to solve them. They are designed by the Joint Commission, an organization that inspects and accredits hospitals.

This version of the standards set by the Joint Commission is in an easy-to-read format. The exact language of the goals can be found online at www.jointcommission.org.

1. Identify patients correctly
2. Improve staff communication
3. Use medicines safely
4. Prevent infection
5. Check patient medicines
6. Prevent patients from falling
7. Help patients to be involved in their care
8. Identify patient safety risks
9. Watch patients closely for changes in their health and respond quickly if they need help
10. Prevent errors in surgery

Tackling Osteoporosis: Rebuilding Bones and Lives

Osteoporosis, the disease that causes bone thinning, actually sneaks up on its victims. This silent disease robs half of all women and many men of their healthy bones, often causing fractures before it is even diagnosed. May is National Osteoporosis Month. It's a good time to think about your bone health and how to preserve and build your personal bone bank.

"Unfortunately, many people arrive at Northwest Hospital with fractures caused by undiagnosed osteoporosis," says Dr. Julie Carkin, director of osteoporosis services at Northwest Hospital & Medical Center and a rheumatologist at The Seattle Arthritis Clinic. "Nationwide, there are patients getting hospitalized for fractures who are not receiving adequate diagnosis and treatment."

Here at Northwest Hospital, rheumatologists, orthopedists, our inpatient team and primary care providers work together to ensure that every osteoporosis patient gets the evaluation, hospital treatment and rehabilitation they need. This committee of professionals also makes sure patients are reconnected to their primary care physicians for proper follow-up care to help prevent future broken bones.


Diagnosis for many outpatients starts with a DXA scan. The Seattle Breast Center is one of the clinics at Northwest Hospital that provides the scans. Radiologic technologist, Tammy Brace, supervisor at the Seattle Breast Center, says the DXA scan is a short, non-invasive test of the mineral density of the bones in the lower third of the spine and in the hip. She says, "We measure these bones because studies have shown that they are pretty good indicators of the patient's bone density throughout the body."

Brace says post-menopausal women can schedule a DXA scan every two years to help track their bone density and catch osteoporosis or osteopenia – the early signs of mineral loss in the bones – before they become dangerous.

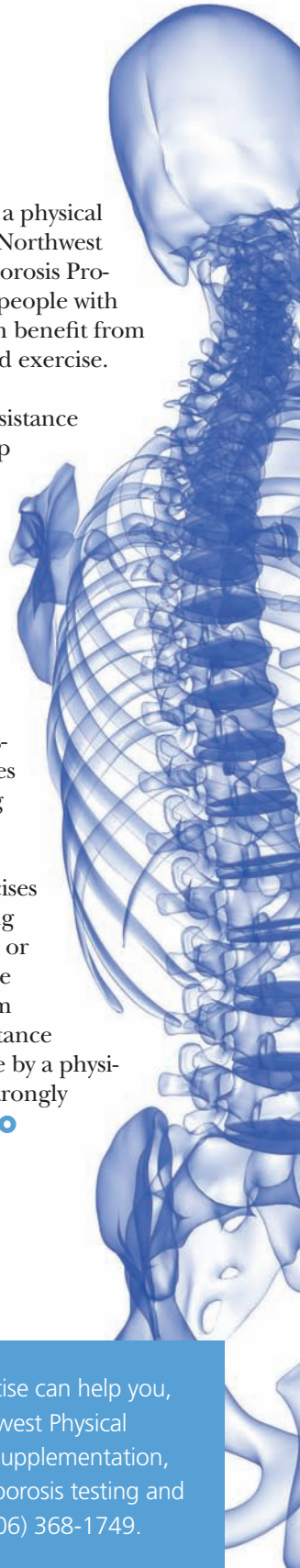
Many of the risk factors for osteoporosis are beyond our control, such as Caucasian or Asian heritage, being thin or small-boned or having a family history of fractures. However, there are many factors you can manage, such as quitting smoking, drinking alcohol only in moderate amounts, getting weight-bearing exercise such as walking every day and including calcium and Vitamin D supplements in your daily routine.

Marti McGinley, a physical therapist in the Northwest Hospital Osteoporosis Program, says even people with fragile bones can benefit from carefully planned exercise.

"Walking and resistance exercise can help with the prevention, treatment or management of bone thinning," she says. "Besides making bones stronger, exercise also strengthens muscles and improves balance, helping prevent falls."

Resistance exercises can include using weights at a gym or following a home exercise program with elastic resistance bands. Guidance by a physical therapist is strongly recommended. 

If you have been diagnosed with osteoporosis or low bone density and are interested in how exercise can help you, ask your physician for a referral to the Northwest Hospital Osteoporosis Program offered by Northwest Physical Therapy Services at (206) 368-6032. To learn about recommendations for calcium and Vitamin D supplementation, visit the National Osteoporosis Foundation website, www.nof.org. For more information on osteoporosis testing and diagnosis, contact The Seattle Arthritis Clinic at (206) 368-6123, or the Seattle Breast Center at (206) 368-1749.



EsophyX™: New Help for Acid Reflux

This March, two surgeons on the Northwest Hospital medical staff completed the first EsophyX™ procedure in Washington State. EsophyX™ is a non-invasive, incisionless procedure used to treat gastroesophageal reflux disease, or GERD.

The two surgeons, Peter Billing, MD, of Puget Sound Surgical Center and Nicole B. White, MD, of Northwest Hospital & Medical Center, performed the procedure on a 40-year-old man.

More than 20% of Americans suffer from GERD, also commonly known as acid reflux disease or chronic heartburn. GERD is caused when the valve between the esophagus and the stomach is weak or absent, allowing stomach acid to flow back into the esophagus or, in severe cases, into the lungs. In addition to daily pain and discomfort, GERD can damage the esophagus and the lungs, and even lead to cancer over the long term.

Traditionally, surgical treatment for GERD and other reflux conditions would require either open or laparoscopic surgery – along with several incisions – to repair or rebuild the faulty valve.

The EsophyX™ procedure is done by inserting a special scope equipped with built-in instruments through the mouth and down through the esophagus. The scope is then used to create a new, fully-functioning valve from existing tissue. EsophyX™ can be done as an outpatient procedure or with a brief overnight hospital stay.

“This is a truly groundbreaking procedure, because it restores the original anatomy and creates a natural barrier against stomach acid, all without needing to make a single incision,” Dr. White says. “Also, non-invasive or minimally-invasive surgical options like EsophyX™ often mean a shorter, less painful recovery.”

“Medication for GERD can relieve some of the symptoms, but they don’t fix the underlying problem or stop the progression of the disease,” says Dr. Billing. “The EsophyX™ procedure will greatly improve quality of life for our patients who suffer from severe heartburn, and will help many of them remain off medications.”

According to Dr. Billing, recent studies of EsophyX™ have shown that the procedure can reduce patients’ dependency on heartburn medications, with 80% of patients remaining symptom-free and off medication two years after the surgery. ●

For more information on EsophyX™ and GERD, visit www.endogastricsolutions.com. For more information on Northwest Hospital’s comprehensive surgical services, visit www.nwhospital.org.

○ in the community

Past participants in the Northwest Hospital Casting Call program celebrated life without breast cancer at a reunion breakfast April 18 at the Seattle Golf Club.

Northwest Casting Call is a unique program that gives breast cancer survivors expert instruction in fly fishing and the chance to try their skills on a guided fishing trip down the Yakima River. Northwest Hospital physicians have used fly casting as an innovative approach to helping women prevent lymphedema and recover muscle tone

and range of motion following breast cancer surgery. The Casting Call reunion attendees, including physicians and staff, shared fishing stories and raised funds to ensure the future of this life-affirming program. For more information or to make a gift to the Casting Call program, contact the Northwest Hospital Foundation at (206) 368-1647. ●



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 seven week series and labor and birth only classes. To register online, visit www.nwhospital.org/classes, or call Great Starts at (206) 789-0883.

Childbirth Prep Classes

This 7-week series includes:

- Preparing for labor and 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
- Newborn care class
- Breastfeeding
- Reunion after all the babies are born

Cost: \$170 per pair (mother

and a support person), or Medicaid coupon.

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.

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, sleep, 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 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 is demonstrated and practiced. This class does not include a certification card.

Conscious Fathering

For expectant or new fathers. It provides information to help fathers feel more involved and confident in birth and child-rearing. Includes 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.

PRENATAL SERVICES

Baby Your Back

Back pain is a frequent problem for pregnant women with many causes. Baby Your Back is a two-hour class for expectant mothers taught by a licensed physical therapist. Second Wednesday of every month. Cost: \$10. Call (206) 368-6032 to register. Healthcare provider referral required.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-10pm. Registration required. To register, visit www.nwhospital.org or call (206) 368-1564. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

(continued on page 10)

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.

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: 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; and third Thursday of each month, 7-8:30pm. To register, visit www.nwhospital.org or call (206) 368-1564.

Mended Hearts

For cardiac patients, family members and health professionals. This group provides help in coping with the emotional aspects

of recovering from heart disease and an opportunity to offer personal insights to help others in the coping process. Third Thursday of each month, 7–9pm. Call (206) 368-1564.

Stroke Support Group

This group for stroke survivors, their families and caregivers meets on the third Saturday of the month in the Northwest Hospital Easy Street section of the Rehabilitation Center, from 12:30–2:30pm. For more information, call (206) 361-2696.

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/services/bariatric_surg_support.asp. Groups are held in the TCU auditorium from 6:30-8pm.

WELLNESS CLASSES

AARP Driver Safety Program

AARP offers the popular Driver Safety Program for drivers 50 years old and older. Graduates may be eligible for multi-year discounts on their auto insurance. The class is offered on two consecutive Saturdays, Aug 22 and 29, 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-minute workshop led by Dr. Jane Torna-tore, a nationally known speaker on brain health and memory problems, explains 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. Most of the workshop will include participation in brain-strengthening activities. June 11 from 1-2:30pm and June 25, 6-7:30pm. Cost: \$20. Call (206) 368-1564 to reserve your seat.

Living Well with Diabetes

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

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. All seminars are held 6:30-8:30 p.m. Visit www.nwhospital.org for dates. Call (206) 368-1350 to reserve your space for seminars. 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.

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 it is ordered by a physician. Call (206) 368-1919 for more information or visit www.nwhospital.org.

Let the Games Begin!

A conversational support group that provides people with acquired brain injury the opportunity to participate in group card and board games 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, 11am - Noon. Call (206) 368-1848 for more information.

CancerLifeline

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.

Brain Cancer Support Group

For people with a diagnosis of brain cancer or brain metastases and their family and friends. No registration necessary. Second Tuesdays, 6-7:30pm. Professional Building, Suite 3.

Breast Cancer Support Group

For breast cancer patients and survivors. No registration necessary. First and third Wednesdays, 4:30-6pm. Professional Building, Suite 3.

Colorectal Cancer Support Group

For people with a diagnosis of colorectal cancer and their family and friends. No registration necessary. First Wednesdays, 7-8:30pm. 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. Fourth Wednesdays, 6-7:30pm. Professional Building, Suite 3.

Lung Cancer Support Group

For people with a diagnosis of lung cancer, their family and friends. No registration necessary. Second and fourth Thursdays, 7-8:30pm. Professional Building, Suite 3.

Talk with a Lymphedema Therapist

Tips to beat fatigue during the summer heat: Wednesday, May 20, 3:30-4pm. Learn the benefits of exercise and self massage for lymphedema, Wednesday, June 17, 3:30-4pm; both events, Professional Building, Suite 3.

Enhance Wellness with Food, Exercise and Lifestyle Habits

Presented by Kimberly Mathai, MS, RD, CDE. Learn how to select foods that help fight cancer recurrence, and how an activity program plus healthy eating can boost wellness. June 2, 6:30-8:30pm. Registration necessary. Held in Northwest Hospital & Medical Center's Lindsay Gould Auditorium.

Introduction to Stress Management & Relaxation

Friday, June 12, 10am - Noon, Professional Building, Suite 3.

Gentle Yoga

Easy stretches, postures, and guided meditation. Fine to start any time during the series. Cardiac Fitness Center, 2nd floor, McMurray Bldg. Session I: Mondays through June 29, 6:30-8pm, no class May 25; Session II: Mondays, July 6-August 17, 6:30-8pm.

Lebed Method: Healthy Steps

**New day, time and location!* Gentle, fun, easy stretches, strengthening and light aerobics, especially for anyone with, or at risk for, lymphedema. Session 1: Mondays through June 29, 5:30-6:30pm; Session II: Mondays, July 6-August 17, 5:30-6:30pm, Professional Bldg, Suite 3.

Belly Dancing

Strengthen and tone your entire body while having fun with the ancient art of belly dance. No experience necessary. Please register. Session I: Fridays through June 26, 5-6:30pm; Session II: Tuesdays July 7-Aug 11, 6-7:30pm. McMurray Building, Cardiac Fitness Center.



Need a physician?

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

Go Greener

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



HEALTH TIPS

You work hard at your computer every single day, and for some reason, it's becoming a real pain in the neck.

Office ergonomic experts will tell you they can guess who goes home with a sore neck just by looking at where keyboards sit in relation to computer monitors. Keeping your monitor so you have to turn your head to see the screen as you type is a very common cause of muscle soreness in the neck and shoulders. To work comfortably at your desk, position the monitor and keyboard so you can face straight ahead as you type. Then check your monitor for height. You should be able to look right at the screen without having to look up or down to see it clearly. To get all this right, think about keeping your spine so it's not twisted or extended too far in any direction for hours on end. Then remember to get up and stretch every once in a while, so you can keep working comfortably.

If you've been doing a lot of tanning lately, think about this:

recent research shows a rise in the rates of melanoma, a form of skin cancer, especially in young women. Dr. Jennifer Reichel, a dermatologist and skin cancer surgeon at Northwest Hospital, says increased ultraviolet, or UV, ray exposure from tanning beds may be the culprit. She adds that young women are spending more time outdoors and in tanning beds without protecting themselves from damaging UV rays. Tanning beds in particular are being associated with melanoma in some research. If you just can't give up tanning, here's how you can detect most kinds of skin cancer early: Ask your primary care doctor or dermatologist to do a baseline survey of any moles you may have on your skin. Then, every month, check your skin from top to toe, and tell your doctor about any changes in existing moles, new moles or any other unusual spots that have appeared on your skin.



Health Tips are featured on Seattle's Star 101.5 FM every Monday, Tuesday and Thursday at about 7:30 am. Tune in and start enjoying a healthier lifestyle!