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'Fair winds & following seas'

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'Fair winds and following seas'

ONE MAN'S JOURNEY WITH PROSTATE CANCER

'Fair winds and following seas' is a traditional mariner's blessing, which describes piloting a boat at sea. It's an age-old nautical wish of good fortune and safe travel. For boating enthusiast and Lake City resident Marvin Peterson, 64, a new voyage was treated for prostate cancer by a team of specialists at the Seattle Cancer Care Oncology Clinic at Northwest Hospital.

And what was the simple pleasure he anticipated on the first day after his last radiation treatment?

"I'm going down to my boat and just take a nap," Peterson said. "The waves lapping against the sides...well, it's just so relaxing. I've missed that."

Peterson, who retired from the heavy commercial construction industry, made a promise to himself many years ago that saved his life: annual health check-ups and keeping a positive attitude while helping others in a 12-step program. He faithfully visited Northwest Hospital internist Dr. Alexander Krajina for annual exams. These included a test recommended for men over age 60 to track prostate-specific antigen levels (PSA), a protein produced by cells inside the prostate gland, a part of the male reproductive system.

The second leading cause of cancer death among American men, behind lung cancer, prostate cancer accounts for approximately 241,000 new cases each year. About one in 36 men will die from it and often there are no symptoms in its early stages. In almost a year, Peterson's PSA score increased from four to seven. The higher the level, the more likely it is that cancer is present. A PSA of four and lower is considered normal, but anything higher than four indicates cancer may be present.

"Because my PSA level was elevated, Dr. Krajina kept an eye on it," Peterson said. "Then he referred me to Dr. Ireton for further testing."

"Serial PSA screening is useful because I could see a disturbing trend in Marvin's case," said Dr. Robert Ireton, a urologist

practicing with Pacific Urologic Consultants. "His PSA levels were increasing, so that alerted me to look closer. He received excellent care because his primary physician was on top of it and sent him over to me."

Based on the increase in his PSA levels, Dr. Ireton decided to perform a biopsy of Peterson's prostate and within a week, the results came in positive for cancer.

"We were just blown away," Peterson said. "My wife and I were in disbelief. How could this be?"

Peterson's particular cancer was graded as a seven on the Gleason Scale, a system that rates the cancer based on the prostate cell pattern from the biopsied tissue seen under a microscope. The highest score is a 10.

"Gleason scores help physicians not only predict a patient's prognosis and stage of cancer, but it helps guide treatment and shows us how aggressive to be," Dr. Ireton said. "I firmly believe in matching a patient's cancer to treatment. Some need aggressive treatment and some don't. A majority of prostate cancers are slow growing, so my goal becomes helping a patient live the rest of his life without the complications of prostate cancer or its treatment."

Prostate cancer treatment is a collaborative approach, using the skills of surgeons, urologists and radiation oncologists. There are many options for prostate cancer treatment, including a few Peterson considered with Dr. Ireton's guidance: surgical removal of the prostate, brachytherapy (small radioactive seeds implanted in the prostate) or radiation therapy.

ER TREATMENT

cribes the ideal conditions for a captain
levels for those departing on a journey.
yage began last May when he
re Alliance (SCCA) Radiation

The prostate gland is about the size of a walnut and surrounds the neck of a man's bladder and urethra, the tube that carries urine from the bladder.

"Treatment for prostate cancer largely depends on how well the bladder functions," said Dr. Ireton. "Marvin's function was great, so he had more treatment options."

Based upon his relatively young age, good health and active lifestyle, Peterson chose brachytherapy, which was pioneered by physicians at Northwest Hospital 25 years ago. Dr. Ireton also used medication to slow the cancer while Peterson awaited treatment. Just two months after being diagnosed, Peterson had approximately 80 radioactive seeds, the size of rice grains, implanted into his prostate during a 90-minute outpatient procedure.

Brachytherapy is commonly used as an effective treatment for prostate cancer, and in Peterson's case, was used with additional radiation therapy. The therapy affects only the tissue immediately surrounding the seeds, reducing damage to healthy surrounding tissues.

The next step in Peterson's treatment included five weeks of radiation treatment, five days a week. Directing treatments was radiation oncologist Dr. Edward Kim, medical director of SCCA Radiation Oncology at Northwest Hospital.

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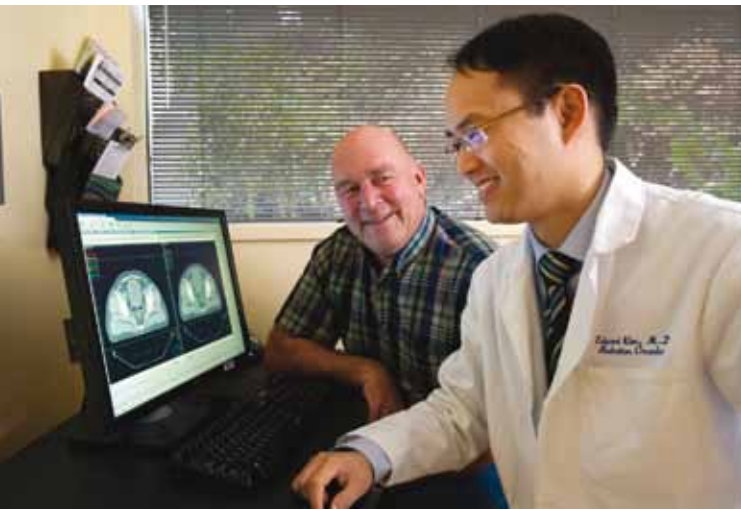


"I liked their enthusiasm right away and they're all just very caring and comforting people. From the start, Dr. Kim was a partner in my care..."

- Marvin Peterson

TOP: Prostate cancer patient Marvin Peterson with a few of the SCCA radiation therapists. (from left) Jeff Womeldorf, Peterson, Rudy Estioco and Janette Engelbrecht.

BOTTOM: Peterson with Dr. Edward Kim (right).



"The entire team at SCCA made a huge difference in my treatment. They were always checking, always doing. Dr. Kim's nurse, Wendy, was always on top of everything. I also appreciated easy access to Dr. Kim when I needed it."

Peterson is also thankful his wife of 41 years, Anne, attended appointments with him.

"That really helped me," he said. "It's another set of ears to help decipher everything, because sometimes a patient can't focus."

Fortunately, Peterson didn't have many side effects from his treatment and believes this stands as testament to the SCCA Radiation Oncology team's expertise.

"There can be a lot of side effects to prostate treatment, but I only had some pain in the third week and used pain medication for a few days. I breezed right through it," Peterson said. "As I lay there during my last treatment, covered up with a warm blanket and holding on to a 4-by-6-inch "donut" to keep me from moving, I thought about how blessed I was to get this caught early and to be so close to home for my treatment."

Dr. Kim said prostate cancer treatment requires follow up, and Peterson may not know for several months if the treatment has stopped the tumor growth. His PSA levels will also be monitored.

Close to home for Peterson includes keeping a watchful eye on his boat, Cimarron, a 34-foot trawler standing sentinel in a Seattle slip waiting for fishing cruises to resume with family and friends along the Gulf and San Juan Islands. His son and six grandchildren, ranging in age from 2 to 10 years old, love the expeditions.

"It's exciting," Peterson laughs. "It's a high energy deal and we're always counting heads! I am so thankful I get to continue to be in my grandkids' lives."

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The new center opened almost a year ago. Peterson's radiation therapy sessions were closely supervised by Dr. Kim, using a new Elekta Synergy linear accelerator to deliver high doses of precisely targeted radiation to the prostate. The machine is the world's first fully-digital radiation therapy treatment system with integrated three dimensional imaging. This enables clinicians to see a tumor at the time of treatment. Because Peterson's cancer had not spread outside of the prostate gland, great care was taken to treat just the cancer and avoid nearby normal tissues.

"We want to treat the right spot and not harm healthy tissue," said Dr. Kim. "Cancer confined to the prostate is usually slow growing. We often treat it at this stage to reduce the risk of spreading and causing harm in the future."

During his 30 minute radiation therapy sessions, Peterson realized the full benefit of SCCA Radiation Oncology: the expertise of the staff and a true team approach to care.

"I liked their enthusiasm right away and they're all just very caring and comforting people," he said. "From the start, Dr. Kim was a partner in my care and met with me and my wife once a week. In the second week, I had some concerns and he was very thorough in showing me computer images of my radiation area. Every time I went in, he was there to supervise the treatment.

Prostate Cancer Prevention



There's a lot men can do to help reduce their risk of developing prostate cancer.

While the causes of prostate cancer are not completely understood, there are several things that can help keep a prostate healthy.

Exercise regularly. Overweight and inactive men have higher rates of more aggressive prostate cancer.

Maintain a healthy diet. Eat a variety of fruits, vegetables and foods rich in zinc and Omega 3 fatty acids. Avoid alcohol, fatty foods and caffeine. Some studies suggest men who eat a lot of red meat or high-fat dairy products have a slightly higher risk. Before taking supplements, talk with your healthcare provider.

Keep your annual appointment. Early detection is often the key to successful treatment. Age increases prostate cancer risk. An annual check-up with a physician should include a prostate exam and prostate-specific antigen (PSA) screening for men age 60 and older. Almost two out of three prostate cancers are found in men over 65. Physicians recommend screening starting at age 50 if family history includes a father or brother with prostate cancer, as this doubles the risk.

Understand your risk. The risk for African American men is dramatically higher, and lowest among Asian and Hispanic American men. Researchers are also studying inflammation of the prostate to see if this increases risk. Studies show vasectomies do not increase risk.

There are no early symptoms of prostate cancer, and it is most often found by having a PSA blood test. Prostate cancer is often slow growing, but some forms are more aggressive and can spread quickly without treatment. If you have any of the following symptoms, consult a urologist to help determine if you may have prostate cancer or a more common non-cancerous disease of the prostate:

- Painful or frequent urination with weak or slow stream
- Difficulty starting and stopping the flow of urine
- Blood in urine or semen
- Pelvic, spine or rib discomfort
- Impotence

NORTHWEST HOSPITAL OFFERS COMPREHENSIVE CANCER SERVICES

If you or someone you love is diagnosed with cancer, Northwest Hospital offers expert, compassionate, full-service cancer care. Our team of board-certified cancer specialists, surgeons, technologists, nurses and support personnel guide patients through diagnosis, treatment and beyond. Northwest Hospital's cancer program recently earned its seventh accreditation with commendation from the American College of Surgeons Commission on Cancer (CoC), which recognized the hospital for providing comprehensive care, a team approach to best-treatment options, information about ongoing clinical trials and quality care close to home. Only about 25 percent of the country's 1,500 cancer programs are presently approved by the CoC.

Northwest Hospital's cancer care services include:

- Medical oncology
- Radiation oncology
- Surgical oncology
- Interventional radiology
- Outpatient infusion
- Diagnostic imaging
- Pharmacy
- Occupational and physical therapy
- Rehabilitation services
- Pain management
- Cosmetic and reconstructive surgery
- Primary care
- Mental health services
- Cancer Lifeline support groups and classes
- Nutritional services
- Lymphedema clinic
- Pathology and lab
- Massage therapy
- Reiki therapy
- Spiritual services

For more information on these and other cancer services at Northwest Hospital, please visit www.nwhospital.org or call (206) 368-5808.

NORTHWEST HOSPITAL NAMED A LEVEL 1 STROKE CENTER



Northwest Hospital's stroke program just received a new label that identifies it as one of only a few comprehensive stroke care providers in King County.

The Level 1 Stroke Center designation was created by the Washington State Emergency Cardiac and Stroke System. The goal of the system is to reduce the time it takes for people having a heart attack or stroke to get medical care.

According to the system, a Level 1, or Comprehensive Stroke Center (CSC) is a facility with the personnel, infrastructure and expertise to diagnose and treat stroke patients who require intensive medical and surgical care, specialized tests or interventional therapies.

Level 1 Stroke Centers also act as both treatment and educational resources for other facilities in their regions that may have more limited stroke capabilities.

Under the same system, Northwest Hospital also has been named a Level 1 Cardiac Center.

Northwest Hospital has long been a leader in stroke care. It participated in studies that resulted in the most current treatment standards, including the three-hour window immediately following a stroke, when medical intervention is most effective.

Care for stroke patients at Northwest Hospital includes:

- Initial emergency care
- Early stabilization of brain and body functions
- Continuity of care through a team approach in our intensive care unit and designated medical/stroke unit
- Specialist consultations
- Prevention of stroke complications (such as pneumonia, bladder infections, muscle changes and skin breakdown.
- Education
- Inpatient and outpatient rehabilitation through the Northwest Hospital Center for Medical Rehabilitation

“Even before the paramedics bring in a stroke patient, we’ve mobilized our team and are prepared to administer care in any possible stroke scenario, even the most acute and complex.”

- Dr. Victor Erlich, Medical Director of the Northwest Hospital Stroke Program

An experienced team of clinicians also works to improve the recovery and rehabilitation rate for the hospital's stroke patients. The team includes:

- Emergency room physicians
- Neurologists
- Interventional radiologists
- Intensivists and hospitalists (in-house physicians)
- Nurses
- Physiatrists (rehabilitation physicians)
- Physical therapists
- Speech pathologists
- Occupational therapists
- Case managers and social workers

“Early intervention and a coordinated team that can respond immediately are our best tools against stroke,” said Dr. Victor Erlich, medical director of the Northwest Hospital Stroke Program. “Even before the paramedics bring in a stroke patient, we’ve mobilized our team and are prepared to administer care in any possible stroke scenario, even the most acute and complex.”

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Erlich says that being a part of the UW Medicine health system also provides greater access to clinical research and expertise that helps in giving the best possible care to each patient.

One other hospital in the UW Medicine system – Harborview Medical Center – was also named a Level 1 Stroke Center.

In addition to being a Level 1 Stroke Center, Northwest Hospital's stroke program is a Joint Commission Primary Stroke Center. It has also won the Joint Commission gold seal of approval and a Gold Plus Award from the American Heart/Stroke Association, and has been five-star rated by HealthGrades.

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

MEET THE DOCTOR

ELENA ROBINSON, MD **NEUROLOGY**

Why did you choose neurology as your medical specialty?

I decided to become a neurologist because of my strong belief that the nervous system and the brain, in particular, is most important in determining who we are as individuals and how we perceive and experience the world around us. I wanted to dedicate my effort to understanding and preserving its functioning and health.

What are the most common diseases or injuries you treat?

I treat multiple sclerosis, Parkinson's disease, stroke, memory loss, peripheral neuropathy, headaches and other neurological conditions.

Why is Northwest Hospital & Medical Center appealing to you as a physician?

Northwest Hospital is a unique institution. While it delivers modern-day, technologically advanced medical care, it retains an old style of individualized care, tailored to every patient in its treatment approach. Every single person on campus makes this happen by being conscientious, caring, professional, competent and concerned about a patient's treatment.

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

Nanotechnological advances in science will lead to more effective, selective and safe treatment of neurological conditions. This technology has considerable potential for changing how we manipulate and control materials and devices at the molecular level, using physical or chemical methods, or both.

What do you recommend to improve memory as we age?

Stay active, pursue cognitive exercise and eat healthy. All three are important to improve memory as we age.

What's your passion?

My passion is my family.



Dr. Robinson is accepting new patients at her practice in the McMurray Building, Suite 330, 1536 N. 115th St., on the Northwest Hospital campus.

To schedule an appointment, call (206) 365-0111.

NORTHWEST HOSPITAL EARNS NATIONAL AWARDS FOR CLINICAL EXCELLENCE



Northwest Hospital & Medical Center has again been recognized for excellence with three recent awards from HealthGrades, a leading independent healthcare ratings organization. The awards recognize clinical excellence, spine surgery and stroke care.

The Distinguished Hospital for Clinical Excellence Award is a first for Northwest Hospital and places it in the top five percent of the nation's 5,000 non-federal hospitals. The select group of hospitals that receive this award provide patients with a lower risk of adverse clinical outcomes and have lower patient mortality rates and procedure complications. To be considered, a hospital must earn star ratings in at least 19 of the 26 procedure and diagnosis categories that HealthGrades analyzes. These star ratings range from one-star (poor) to five stars (best).



This is the second consecutive year Northwest Hospital has achieved both the Spine Surgery Excellence Award and a ranking among the top 10 percent in the nation for spine surgery. HealthGrades also ranks the hospital's program at number four in Washington State for spine surgery and it's the second year in a row the program made the top five. The program is five-star rated for spine surgery and back/neck surgery (except spinal fusion), both two years in a row.

The Stroke Care Excellence Award places the Stroke Program at Northwest Hospital among the top 10 percent in the nation for stroke treatment. The program is also ranked number four in the state for treatment. It's achieved nine consecutive years of both five-star stroke treatment and being ranked among the top 10 in the state.



This past April, the hospital also received the Patient Safety Excellence Award for the fifth consecutive year. The award recognizes superb consistent, safe and effective medical care. Safety indicators included surgical complications, pressure ulcers and post-operative respiratory failure and sepsis (blood infection). The hospital will be up for the award again in April 2012.

HealthGrades also distinguishes the hospital among the top 10 in the state for critical care as well as the treatment of lung and gastrointestinal illness or disease. The hospital also rated five stars in total hip replacement, treatment for pneumonia (seven consecutive years), gastrointestinal bleeding and sepsis (both two consecutive years), bowel obstruction and respiratory failure.

For more information about Northwest Hospital's HealthGrades rankings, visit www.healthgrades.com.

CHILDBIRTH, PARENTING, AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered on the Northwest Hospital campus by Great Starts. Pre-registration is required. Full payment is due at registration. Medical coupons can be used for the Seven Week Series, Four Week Series and Labor & Birth miniseries classes. To register online visit www.nwhospital.org/classes or Great Starts at (206) 789-0883.

CHILDBIRTH PREP CLASSES

Seven Week Series:

This series of classes meets on seven weeknights, and 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: \$180 per pair 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 Miniseries - Two Saturdays

This class is for parents who need a class to fit their busy schedule. The same labor and birth material that is covered in the full series is consolidated into two Saturday mornings. This class does not include Newborn Care or Breastfeeding. *Cost: \$125 per pair or Provider One card*

Newborn Care Class

An important class for first-time parents, this course 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. Included in the full series or can be taken as stand-alone class. *Cost: \$30 per family*

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. Included in the full series, or can be taken as stand-alone class. *Cost: \$30 per family*

Life with Baby*

This class helps prepare parents for adjusting to the first year after baby's birth. Includes information on developing routines, get-

ting sleep, returning to work, strengthening the couple relationship, finding a supportive network, and other topics of relevance to new parents. *Cost: \$30 per pair*

Becoming Parents Program*

This class helps prepare parents for adjusting to the first year after baby's birth. Includes information on developing routines, getting sleep, returning to work, strengthening the couple relationship, finding a supportive network, and other topics of relevance to new parents. *Cost: \$380 per couple or \$285 if also taking a 4-week, 7-week or Lamaze birth series*

Babysafe*

This 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 is demonstrated and practiced. This class does not include a certification card. *Cost: \$40 per pair*

Conscious Fathering*

For expectant or new fathers, this class provides information to help fathers feel more involved and confident in birth and child-rearing. Topics include how to connect from day one, keeping the baby as comfortable as possible and how to cope when "everything goes wrong," plus how to meet

the baby's basic needs, as well as developing your own definition of the kind of father you want to be and determining how you want to interact with your child. *Cost: \$30 per pair*

Sibling Preparation

This class prepares children for the birth of a new family member. It is appropriate for children, ages 2 1/2 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. *Cost: \$20 per pair*

Happiest Baby on the Block*

This class is for expectant parents, and parents of young infants*, who would like to learn techniques for calming and soothing a baby. You will learn step-by-step how to help your baby sleep better and how to soothe even the fussiest baby in minutes... even seconds! This class can be taken before baby's birth, or anytime in the first three months of life. It's OK to bring your baby to class and it's OK if they cry during class - gives us a chance to see the techniques in action! *Cost: \$50 per family, includes DVD*

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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/classes.

Cloth Diapering*

These are not your Grandma's diapers! This class is for expectant and new parents who want to learn about healthier, eco-conscious and cost-saving ways to diaper your baby. In this class, you will learn all you need to begin using modern cloth or hybrid diapering systems. You will have the chance to see, feel and practice with dozens of kinds of cloth diapers, learn to differentiate between styles, and figure out which diaper is best for your lifestyle.
Cost: \$20 per pair

**These classes 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.

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 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. Groups are held in the TCU auditorium from 6:30-8 p.m. For dates, visit www.nwhospital.org/bariatric.

Young Adult Stroke Survivors

For stroke survivors, their families and caregivers. Meets on the 3rd Saturday of the month in the NWH 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. The class is offered on two consecutive Saturdays, Jan 21 and 28; Mar 24 and 31, 9 a.m.-1 p.m. The classes will be held on the hospital campus. A \$14 fee is payable to AARP on the first day of class. Participants must attend both days of class to complete the course. To register, call (206) 368-1564.

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 memory and keep the mind active to reduce the risk of Alzheimer's. Much of the workshop will involve participation in brain-strengthening activities. Thursdays, Jan 12, 6-8 p.m.; Feb 2, 1-2 p.m.; Mar 15, 6-8 p.m.; Apr 19, 1-2:30 p.m., \$20 for 90 minute session and \$25 for 120-minute 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 patholo-

gist 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. For more info, call (206) 368-1848.

YMCA Diabetes Prevention Program. Take Control Today!

Have you been told to "watch your sugar" or are you concerned about risk factors? 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 Mandi George at (206) 344-3181 or via email at diabetesprevention@seattleymca.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. Thursday, Mar 1. Cost: \$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

- February 7, 2012 with Dr. Nicole White
- March 20, 2012 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@nwhsea.org.



All programs are free. They are held in the Medical Arts Building, Room 112, on the NWH campus. For more information or to register call (800) 255-5505 / (206) 297-2500 or visit www.cancerlifeline.org.

SUPPORT GROUPS

Breast Cancer Networking Group

Meg Sweeney, MSW. For all women touched by breast cancer, whether newly diagnosed, in or post treatment. Third Wednesdays; Jan 18, Feb 15, Mar 21, Apr 18; 7-8:30 p.m.

Gynecologic Cancer Support Group

Tracy Kalloway, MA. For patients and survivors of gynecological cancer, their family and friends. Fourth Wednesdays; Jan 25, Feb 22, Mar 28, Apr 25; 6-7:30 p.m.

Living With Cancer Support Group

Meg Sweeney, MSW. For

patients and survivors with all types of cancer, their family and friends. Fourth Thursdays; Jan 26, Feb 23, Mar 22, Apr 26; 7-8:30 p.m.

CLASSES

Gentle Yoga

Christy Fisher, CYI. Learn easy stretches, guided meditation and breathing exercises. Please bring your own mat. Tuesdays; Jan 10, Feb 28; 7-8:15 p.m.

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

Sherry Lebed Davis, founder. Gentle and fun exercises for people concerned about lymphedema and interested in increasing physical stability, strength and range of motion. Mondays: Jan 9, Feb 27; 5:30-6:30 p.m.

PRESENTATIONS

Chronic Inflammation: The Cancer Link

Kimberly Mathai, MS, RD, CDE. We'll explore ways to reduce chronic inflammation with anti-inflammatory foods and inflammation-reducing lifestyle tips. Thurs, Jan 19; 6-8 p.m.

Latest Cancer Research on Nutrition, Activity & Survivorship (New Class)

Kimberly Mathai, MS, RD, CDE. Join us to explore the cutting edge research on important topics in cancer survivorship, including soy foods and breast cancer, physical activity and cancer risk, and vitamin D and cancer. Thurs, Jan 12; 6:30-8:30 p.m.

A Picture is Worth a Thousand Words

Basha Brownstein, MSW. Sometimes it's hard to get in touch with your feelings with words. Come learn how pictures can help you express what's really going on. Thurs, Feb 23; 7-8 p.m., at the Living with Cancer Support Group.

Dietary Supplements During & After Treatment

Chad Aschtgen, ND. Join us for an update and lively discussion about the benefits and contraindications of many popular herbal and dietary supplements often used during and after cancer treatment. Wed, Jan 18; 7-8 p.m., at the Breast Cancer Networking Group.

Exercise for a Healthy Inner Body

Sherry Lebed Davis, founder & co-developer, Lebed Method. Learn how to help reduce the likelihood of lymphedema, a potential side-effect of cancer treatment. We will discuss gentle, easy and fun exercises to help support a healthy lymphatic system during and after cancer treatment. Wed, Feb 15; 7-8 p.m., at the Breast Cancer Networking Group.

Supporting Your Cancer Treatment with Naturopathic Nutrition Strategies

Lisa Price, ND & Kathleen Pratt, ND. Learn how food and nutrition can influence your health during and after cancer treatment and ways to better support your immune system through nutrition. Thurs, Jan 26; 7-8 p.m., at the Living with Cancer Support Group.

UW Medicine

NORTHWEST HOSPITAL
& MEDICAL CENTER

UNIVERSITY of WASHINGTON

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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.

SAVE-THE-DATE!

All events are held in the Lindsay Gould Auditorium on the Northwest Hospital & Medical Center campus.

Suffering from Heartburn?

6:30 p.m., Wednesday, February 1, 2012

What really causes heartburn, or acid reflux disease? Is it caused by stress, obesity, age, or just eating too closely to bedtime? And if you suffer from chronic heartburn, how do you fix it? If this sounds familiar, you may be one of more than 20 percent of Americans suffering with gastrointestinal reflux disease (GERD).

Join Dr. Nicole White of Seattle Pacific Surgeons for a free seminar to learn about GERD symptoms, lifestyle modifications, medications and a non-invasive, incision-less procedure called EsophyX®. Recent studies of this surgical option have shown that it can reduce a patient's dependency on heartburn medications, with 80 percent of patients remaining symptom-free and off medication three years after the surgery. For more information, call (206) 368-1070.

Choosing a Midwife: Create a Satisfying Birth Experience

6:30 p.m., Tuesday, February 7, 2012

Learn how a certified nurse-midwife may enrich your pregnancy and birth experience. The Northwest Hospital Midwives Clinic is a new choice for mothers-to-be and features the expertise of certified nurse-midwives (CNMs) who specialize in guiding normal, uncomplicated pregnancies and births with collaboration and sensitivity. Our team has delivered thousands of babies! Join us for this free seminar led by Michelle Grandy, CNM, of The Northwest Hospital Midwives Clinic. For more information, call (206) 368-6670.

Informational Seminar on PAD (Peripheral Artery Disease)

6:30 p.m., Tuesday, April 3, 2012

Ever wonder why your feet are cold? Are you having trouble walking as far as you used to? This may be Peripheral Artery Disease (PAD), a narrowing or blockage of peripheral arteries in various critical regions of the body, most commonly in the pelvis and legs. Join us for this free seminar with Northwest Hospital vascular surgeons Dr. Benjamin Lerner and Dr. Terence Quigley, both of Seattle Pacific Surgeons. For more information, call (206) 368-1070.

- 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 2012 HealthGrades Distinguished Hospital Award for Clinical Excellence.



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