

MEDInfo

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NORTHWEST HOSPITAL
& MEDICAL CENTER

A Health Magazine Connecting
Northwest Hospital & Medical Center
with Our Community

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The Science of Sweet Dreams

Joann Russell used to wake up in the middle of the night, gasping for air. The attacks were scary. “It’s dark, you can’t get any air and you can’t tell what’s going on,” Joann recalls.

Once she was awake, she often did not make it back to sleep easily, because her husband, Gary, had his own breathing problems during the night. He would snore loudly and frequently stop breathing as he slept. Then he would gasp for air and awaken partially as his breathing returned to normal.

After many years of marriage, with Joann poking Gary in the side to get him to breathe, the longtime North Seattle couple had to face facts – they weren’t sleeping well. As a result, they were tired all day long, lethargic and not enjoying their busy lives. They did some research and discovered Dr. Ralph Pascualy, a nationally recognized sleep expert. “We found that he was really knowledgeable,” Gary says. “He had written a book about sleep issues, so we read that and decided to go see him.” Following that first visit with Dr. Pascualy five years ago, both Joann and Gary had sleep studies and were prescribed a continuous positive airway pressure, or CPAP, machines. A CPAP, or C-PAP, device includes a mask, tubes and a fan. It uses air pressure to push the tongue forward in the patient’s mouth and open the

throat, allowing air to pass through the throat easily.

Just recently, the couple came to the Northwest Hospital Sleep Center, where Dr. Pascualy is currently the medical director. “We both needed follow-up studies, and we came because the hospital is close to our home and has a brand new sleep center,” says Joann. The Russells’ follow-up studies required an overnight stay in the hospital’s state-of-the-art sleep lab. Linda Grandbois, a polysomnographic technician at the Northwest Hospital Sleep Center, says the purpose of the study is to identify the type of sleep disturbance affecting the patient. “It takes about 40 minutes to hook each patient up to the monitoring system and confirm that it is working properly,” she says. “Then we let them go to sleep. It takes from six



to eight hours to gather the data the doctor will need to make a diagnosis.”

Gary and Joann had no trouble going to sleep in the new sleep center. Joann gives Linda a lot of credit for that. “Linda was very personable, almost like you were coming to her home,” she says. “I know that sounds funny for a hospital, but she really made you feel that way – really comfortable.” Gary

adds, “The place where we had our original testing was sort of a bare-bones operation, and this one was like going to a luxury hotel.”

The Northwest Hospital-Sleep Center was designed with plush touches calculated to enhance sleep, from Sleep Number® beds and cozy comforters to black-out blinds and cable television. Relaxing color schemes and art create a peaceful environment.

The results of their initial sleep studies showed that, on average, Gary stopped breathing 92 times every hour he was asleep and Joann stopped breathing about 36 times an hour. Dr. Sarah Stolz, a sleep medicine specialist at the Northwest Hospital Sleep Center who now treats the Russells, says anything more than 30 breathing interruptions in an hour indicates severe sleep apnea. Sleep apnea affects 12 million people in the U.S., and is as common as adult diabetes, according to the National Institutes of Health. Most cases go undiagnosed and untreated, despite the significant consequences of sleep apnea. These can include: high blood pressure, stroke and other cardiovascular diseases, memory problems, weight gain, impotency and headaches. Additionally, the resulting daytime drowsiness can be responsible for job impairment and motor vehicle crashes.

According to the American Sleep Apnea Association, the word apnea literally means “without breath.” There are three types of apnea: obstructive, central, and mixed; of the three, obstructive is the most common. Both

Gary and Joann have obstructive sleep apnea.

Dr. Stolz explains that when a person falls asleep and the upper part of the airway relaxes, it can sometimes narrow to the point of closing entirely. “The sides of the airway can come together because of the negative air pressure caused by breathing. People can be more at risk for sleep apnea if they are overweight, have a jaw that is too small or an oversized tongue, or have medical problems such as low thyroid function.”

The most common treatment for sleep apnea is CPAP. “Most people choose it because it works better than the alternatives,” Dr. Stolz says. “For almost every patient who needs it, we can find a pressure setting on the CPAP that works. In the lab, we work with the patient to find the right air pressure for each individual. Then the patient works with a home care company to find the right device to deliver the pressurized air.”

The Russells found it took some adjustment to get used to their CPAPs. Joann says she had to talk herself through it the first few times she put it on. “In the

beginning, it can make you feel a little claustrophobic, but it actually made me relax and go to sleep much quicker. I could tell within a week that I was sleeping more soundly and waking up more rested. I was dreaming more, too.” Gary adds that he’s a lot less drowsy during the day than he used to be.

The CPAP machine is not the only treatment for sleep apnea. Dr. Stolz points out that for some people, an oral appliance similar to a night guard, which prevents grinding teeth during the night, can be effective. “The oral appliance attaches to the upper and lower teeth to hold them in a fixed position, with the jaw and tongue moved forward. This works for about half the people who have mild sleep apnea.” Weight loss also can help some patients with sleep apnea.

Surgically lengthening the jaw is another procedure for addressing apnea, says Dr. Stolz. “People who have small lower jaws, especially if they are young, may find having the surgery worthwhile. They may not like the idea of using a device like the CPAP for decades, so it may be worthwhile

for them to consider having the surgery.”

As for those adhesive strips that are placed on the outside of the nose, they may help people stop snoring, but they won’t have any effect on sleep apnea. “We have to make a distinction between apnea, which is a medical disease, and snoring, which may be related to apnea, or may just be annoying,” Dr. Stolz observes. “Just because you snore doesn’t mean you have sleep apnea – but it can be a symptom.”

In addition to diagnosing and treating sleep apnea, the Northwest Hospital Sleep Center helps patients with insomnia, restless leg syndrome, narcolepsy, sleep problems from shift work or jet lag, fatigue, night terrors and other sleep disturbances, such as active dreaming. For more information about the Northwest Hospital Sleep Center, visit the website at www.gosleep.com. To make an appointment, call (206) 382-3504. To learn more about sleep problems and disorders, visit the National Sleep Foundation website at www.sleepfoundation.org.

“Sleep apnea affects 12 million people in the U.S., and is as common as adult diabetes according to the National Institutes of Health.”

Right: A patient room in the Northwest Hospital Sleep Center.





November is American Diabetes Month®

This is a time to think about the importance of proper diabetes control. This year, the American Diabetes Association asks, “Why should you care about diabetes?” Throughout the month, the Association is working both nationally and locally to raise awareness about diabetes and its serious complications, including heart disease, stroke, kidney disease, blindness and amputations. For more information, go online to www.diabetes.org.

World AIDS Day - December 1

Leadership was selected as this year’s theme to encourage leaders at all levels to stop AIDS. The theme highlights the discrepancy between the commitments that have been made to halt the spread of AIDS and actions taken to follow them through. The theme empowers everyone from individuals to organizations to governments to lead in the response to AIDS. For more information, go online to www.worldaidscampaign.org.

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Visit www.nwhospital.org for information and directions.

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Use of FSC paper saved:

trees	19.7 fully grown
water	8,369 gallons
energy	13.9M BTU's
solid waste	926 pounds
greenhouse gases	1,823 pounds
aluminum	16 pounds
voc emissions	2.7 pounds

Calculations are based on research done by Stora Enso, Ink Systems and Color Graphics.

Happy, Healthy Holidays

There are lots of things you can do to increase your family’s enjoyment of the holidays this year – while helping them to be healthier at the same time.

Go for more holiday walks, look at the holiday lights in the neighborhood, and schedule an evening downtown to see the special store windows. Bundle up, put on hats and reflectors and wear comfortable shoes.

Reduce portion sizes of holiday treats, and offer some low-fat alternatives. Holiday cookies can be small and special, and fresh veggies with hummus or salsa can stand

in for chips and dips. Make sure everyone gets a multi-vitamin every day, too.

Include some active outdoor games in your holiday plans. You can find a wide variety of simple games online that will get the entire family moving. If we’re lucky enough to have snow during winter vacation, help the kids build snowmen or go sledding – with frequent breaks to warm up indoors.

Sometime over the holidays, start a family discussion about New Year’s resolutions. Encourage everyone to look for changes they can make



realistic, like eating more vegetables. If a goal is big, like running a marathon, talk about how that target can be cut down to smaller intermediate goals, like running around the block at first to build up endurance.



Northwest Hospital Tackles Emergency Room Overcrowding

Anyone reading the news lately has probably seen stories about emergency department overcrowding and the shortage of inpatient hospital beds. The problem has been steadily increasing over the past few years until it has essentially become a national crisis. The Puget Sound region is certainly not immune.

Surprisingly, the problem is not necessarily caused by a huge increase in emergency patients, although there are times such as flu season when emergency departments experience a surge of patients. Instead, the issue seems to be about patient “through-put,” or the ability to move patients efficiently from the emergency department to available and appropriate inpatient beds.

There are a variety of factors that contribute to the problem, but when patients back up in emergency departments because there are no inpatient beds for them, hospitals are often

forced to shut their doors temporarily to new emergency patients arriving by ambulance and redirect them to other facilities.

“This isn’t just an emergency department issue,” says Dr. Hunter Hodge, director of emergency services at Northwest Hospital. “It’s a hospital-wide issue that involves nearly every patient care function.”

Although Northwest Hospital has one of the region’s lowest instances of having to redirect ambulances, it considers having to divert patients at all unacceptable and has been tackling the issue for quite some time.

Dr. Hodge sits on the hospital’s Patient Through-Put Committee, which is made up of clinical and administrative staff from all over the organization. The group’s focus is to streamline patient through-put and solve the overcrowding issue. “We look at how we can change things starting from the emergency department doors, to admitting, to telemetry and ICU, all the way to physicians and staff who admit and discharge patients,” he says.

Over the past year, the hospital has implemented a variety of measures to increase the availability of inpatient beds. They include:

- Better processes for bringing patients from ambulances into the emergency room so the ambulances can get back on the road and help other people.
- Significant recruiting efforts to bring on more nurses and other care providers to staff inpatient beds.
- Opening and staffing 2 North, an inpatient unit that added 15 new beds.
- Adding 20 telemetry, or monitored, beds and training additional nursing staff to care for emergency patients who require specialized electronic monitoring.
- Working with discharge planners and physicians to make sure patients are discharged expediently rather than having to wait several hours.
- Ensuring that patient rooms are cleaned and prepared for new patients quickly and efficiently.

“These efforts are vital to our mission to provide safe, quality clinical care and excellent customer service to every member of our community,” says Dr. Hodge.

To underscore the hospital’s commitment to solving the redirect issue, members of

the hospital’s senior leadership and medical staff administration recently attended a meeting of the Central Region EMS and Trauma Care Council. Following the meeting, Northwest Hospital CEO, Bill Schneider, signed a voluntary pledge to entirely eliminate the need to redirect patients arriving at the emergency department by ambulance. Northwest Hospital was one of many hospitals in the area that chose to sign the pledge.

“During really busy times, if multiple hospitals are redirecting patients, I’d say it’s close to a disaster,” says Dr. Hodge. “That’s why it’s imperative that all the hospitals in our region commit to this effort and work together to find a solution.”

So far, Northwest Hospital’s efforts to address patient redirect and through-put have been working. Since June, the hospital’s emergency department has only had to redirect patients to other facilities for a total of six hours.

“We’re proud to be a leader in taking on this issue,” says Dr. Hodge, “and now we’ll be collaborating with other local healthcare centers to help solve the problem for our community and for the region as a whole.”



The entrance to Northwest Hospital & Medical Center's Emergency Department

Building a Healthy Community

We all want to live in a healthy community – a place where we feel safe, where we can thrive, where we feel connected to our neighbors. Although there are many elements of a healthy community, one that is not negotiable is access to healthcare.

In good times and bad, members of our community have healthcare needs. While it is most obvious for those who have severe injuries or acute illnesses, it also concerns those who suffer chronic diseases that require constant monitoring and frequent treatments, and those who want to maintain good health through recommended regular checkups. North-

west Hospital & Medical Center ensures that our community has access to the healthcare services it needs. When you support Northwest Hospital – whether through gifts or volunteer time – you are accomplishing at least two important things. First, you are helping ensure every member of our community has access to healthcare. Second, you are serving as a leader by taking action to preserve the health of our community.

When you make a gift to the Northwest Hospital Foundation, we promise to honor your intentions as a donor. By making your gift unrestricted, you are telling us to apply your

gift to the area of greatest need, and giving the hospital leaders the flexibility to make use of your gifts where they will do the most good for the organization and its patients.

If you are interested in a specific service or unit of Northwest Hospital, there are a wide variety of funds from which to choose that will reflect your interest. We often receive generous gifts to funds such as our cancer care or cardiac services funds from donors that want to show appreciation for the compassionate care that they or a loved one received from the Northwest Hospital staff. We would be pleased to speak with you directly if



you are interested in supporting a specific fund.

No matter how you decide to make a gift to Northwest Hospital, you can be sure that your leadership and generosity are appreciated and that your intentions will be honored. If you have any questions about giving opportunities, please do not hesitate to call us at (206) 368-1647, or visit www.nwhfoundation.org.



Canes or Walkers: The long and short of it

Let's give credit where credit is due: *MedInfo* readers spotted something unusual about the cane Northwest Hospital patient Roy Busch was carrying in our cover photo a couple of months ago. Some of you noticed that his cane was a few inches too tall. Physical therapist Stan Fishman explains that to be effective, a cane must be fitted to the individual using it. "When you're standing up tall and

relaxed, the top of the cane should line up with your wrist bone, which will allow a small bend in your elbow when you grasp the cane," he says. "You want to be able to put pressure on the cane, which you can't do if your elbow is sharply bent."

The main purpose of a cane is to help relieve pain on one side of the body while walking, or to assist with balance. Often, says

Northwest Hospital physical therapist Lisa Mosley-Johnson, users have to make a decision between using a walker and a cane, which in turn may affect how much mobility they may have. "Does the patient have pain on one side, or both sides? If the pain is on both sides, then the patient probably needs a walker. Any walker will take up more space than a

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cane, and it may be harder to maneuver on uneven surfaces like grass or gravel.” She adds that a standard front-wheeled walker won’t work well on those surfaces, but a four-wheeled model with hand-brakes and a seat will work for most situations.

Both physical therapists agree that canes or walkers

need to be tailored to each person to prevent them from using equipment that is too big or too small. They especially advise consulting a physical therapist to find the correct equipment for overcoming pain or balance issues. In other words, following a friend’s advice on how tall a cane or walker should be, or how to carry a cane, can cause needless discomfort. Mosley-John-

son says, “A lot of people think that if you set a cane higher, it makes you walk taller. The fact is, a device will never make you stand taller – only the muscles in your back will do that. Having a cane or walker that is too high actually adds more stress and pain your shoulder and elbow.”

Mosley-Johnson also notes that if you’re using

a cane because of pain in a knee or hip, carry it on the side opposite the sore joint, to give you better support and relief.

As for Roy Busch’s cane, he explains that he and a friend hand-carved it, and now he plans to size it more appropriately to his height.

The Mind-Body Connection

Serious illnesses take a toll on minds as well as bodies. People suffering from cancer, heart disease, Parkinson’s disease, hormonal disorders or stroke may also develop depression. Feeling down for a while when you are ill or have been hospitalized is usually normal, but if these feelings of sadness persist for several weeks, you may be experiencing what’s called co-occurring depression, a serious but treatable illness that frequently accompanies another medical condition. In fact, 25% - 50% of all individuals who have chronic or major medical problems are at risk for depression.

“Co-occurring depression is often not recognized and treated properly because some people mistakenly think that depression is a normal reaction to illness,” says Dr. William Solan, medical director of the Geropsychiatric Center at Northwest Hospital. “Also, symptoms of some medical



conditions can mask or imitate the symptoms of depression. Certain medications can do the same thing.”

A thorough medical evaluation is essential if you think it’s possible that you or someone in your family is suffering from depression associated with a medical illness. Your doctor will want to make sure that the symptoms are not caused by medication. If that is found to be the case, he or she may want to adjust or change some prescriptions. Make sure the doctor knows everything you are taking, including over-the-coun-

ter drugs and nutritional supplements. Your physician will also need to make sure that any medication prescribed to treat depression will not react unfavorably with medication for other medical conditions.

The Geropsychiatric Center at Northwest Hospital has both inpatient and outpatient resources to assist people with co-occurring depression and other emotional and psychiatric needs. Call the Center at (206) 368-1747 for more information on services provided at the Center or in the community.

According to the National Mental Health Association, many illnesses and some medications can produce the same symptoms as depression:

- Weight loss, sleep disturbances and low energy, which also can occur in diabetes, heart disease, cancer, stroke, thyroid disorders, vitamin/mineral imbalances and some neurological disorders
- Apathy, poor concentration and memory loss, which are often symptoms of Parkinson’s disease
- Vague aches and fatigue, which are present in many other conditions
- Some medications for high blood pressure, Parkinson’s disease and other ailments can also produce side effects similar to the symptoms of depression



As part of Northwest Hospital's observance of Breast Cancer Awareness Month, it held its seventh Casting Call for breast cancer survivors. Ten women spent a day on the Northwest Hospital campus in early October, learning how to fly fish. The next weekend, the women went on a day-long guided fishing trip on the upper reach of the Yakima River, where they caught several fish and enjoyed the support of their fellow survivors. Fly casting is effective therapy in promoting flexibility and strength in the arms, as well as helping treat and prevent lymphedema, a disorder that frequently affects breast cancer survivors.



On October 4, the Northwest Hospital's Community Outreach staff provided health screenings at the grand opening of the Dale Turner Family YMCA in Shoreline. More than 70 people had blood pressure and blood sugar screenings at the event.



Also on October 4, Northwest Hospital sent an enthusiastic team of almost 20 walkers to the Start! Heart Walk, put on by the Puget Sound regional chapter of the American Heart Association. The walk raises money for cardiac research and supports the association's mission to encourage heart-healthy living through increased physical activity, including walking. Northwest Hospital employees, family and friends raised almost \$2,000.



Creative expression can be a powerful tool in processing illness and trauma. "The Forest of Transformation," exhibited in the Northwest Hospital lobby in October, was created by over 25 cancer survivors and their loved ones at Cancer Lifeline. The forest was part of a larger art project that took over a year from inception to completion, with the intent of honoring the life-affirming journey walked by each person faced with serious illness. For more information on Cancer Lifeline activities at Northwest Hospital, call (206) 297-2500, or go online to www.cancerlifeline.org.

Community Classes at Northwest Hospital & Medical Center

To find more classes and events, visit www.nwhospital.org.

CancerLifeline

CLASSES & SUPPORT GROUPS

Cancer Lifeline at Northwest Hospital 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, 6:00-7:30 p.m., Professional Building, Ste #3.

Breast Cancer Support Group

For breast cancer patients and survivors. No registration necessary. First and third Wednesdays, 4:30-6:00 p.m., Professional Building, Ste #3.

Colorectal Cancer Support Group

For people with a diagnosis of colorectal cancer and their family and friends. No registration necessary. First Wednesdays, 7:00-8:30 p.m., Professional Building, Ste #3.

Gynecologic Cancer Support Group

For patients diagnosed with ovarian, uterine, cervical or any other type of gynecologic cancer, their family and their friends. Fourth Wednesdays, 6:00-7:30 p.m., Professional Building, Ste. #3.

Lung Cancer Support Group

For people with a diagnosis of lung cancer, their family and friends. No registration necessary. Second and fourth Thursdays, 7:00-8:30 p.m., Professional Building, Ste #3.

Reclaiming Your Life Support Group

An 8-week group for survivors at least three months out from completion of treatment for any type of cancer. Intake interview and registration required. Call (206) 832-1288 for more information.

The Journey Through Grief: A 6-Week Support Group

This daytime group is for those who have recently lost a loved one. Tuesdays, January 20 and 27 and February 3, 10, 17 and 24. Pre-registration is required. Please call (206) 368-1891 for more information.

Gentle Yoga

Combines easy stretches, postures, guided meditation and breathing exercises. Please register. Fine to start any time during the series. Wednesdays through Dec 17, 6:30-8:00 p.m., 2nd Floor, McMurray Building, Cardiac Fitness Center.

Energize & Exercise with the Lebed Method

This gentle exercise program combines easy stretches, strengthening and aerobic movement with great music! Appropriate during or after cancer treatment and for anyone with (or at risk for) lymphedema. Please register. Saturdays through Dec 20, 10:00-11:00 a.m., Cardiac Fitness Center, 2nd floor, McMurray Building.

Belly Dancing

Stretch and tone your entire body while having fun with the ancient art of belly dance. No experience necessary. Please register. Tuesdays through Dec 9, 6:00-7:30 p.m.

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Community Classes at Northwest Hospital & Medical Center

To find more classes and events, visit www.nwhospital.org.

CHILDBIRTH EDUCATION

Northwest Hospital & Medical Center offers a wide variety of classes and support to help you through pregnancy and childbirth. For more information, call (206) 368-1564 or go online to www.nwhospital.org under "Classes, Events and Support Groups."

Comprehensive Education Package

The Northwest Hospital Comprehensive Education Package includes: Basic Childbirth Prep series (4 week or Saturday series); Newborn Care; Breast-Feeding Basics; Infant Safety/CPR; and Foundations for Fatherhood. Cost: \$245 per couple

PRENATAL SERVICES

Baby Your Back

Back pain is a frequent complaint of pregnant women and has many causes. Baby Your Back is a two-hour class for expectant mothers taught by a licensed physical therapist. It is offered the second Wednesday of every month at Northwest Hospital's Out-patient Medical Center. Cost: \$10. Call (206) 368-6032 to register. Healthcare provider referral required.

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EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Offered on the third Tuesday of each month, 7:00-10:00 p.m. Registration required. To register, visit www.nwhospital.org and click on "Classes, Events & Support Groups" or call (206) 368-1564 for more information. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

ADDITIONAL SUPPORT GROUPS

Better Breathers Club

The first step in living with lung disease is learning about it. Join the club to learn tips and techniques to better lung disease management. Second Monday of each month, 10:30 a.m. in the Rehab Patient Dining Room on the main campus. Call (206) 368-1853.

Diabetes Support Group

Join the diabetes instruction team to learn about and discuss topics such as: meal planning, blood glucose

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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, 1:00-2:30 p.m.; and third Thursday of each month, 7:00-8:30 p.m. To register visit www.nwhospital.org and click on "Classes, Events & Support Groups," 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 diseases and an opportunity to offer personal insights to help others in the coping process. Third Thursday of each month, 7:00-9:00 p.m. Call (206) 368-1564.

Young Adult Stroke Support Group

This group for young adults, their families and caregivers meets from 1:30-3:30 p.m. the third Saturday of every month, in the NWH Rehabilitation Center. Call (206) 361-2696 for more information.

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Community Classes at Northwest Hospital & Medical Center

To find more classes and events, visit www.nwhospital.org.

Weight Loss Surgery Support Groups

Our ongoing, 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. Meetings are professionally guided. In addition, exercise support groups are offered monthly by our physical therapist. Our support groups are open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. No registration necessary. For dates, visit: www.nwhospital.org/services/bariatric_surg_support.asp. All bariatric surgery support groups are held in TCU Auditorium from 6:30-8:00 p.m.

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, Jan 24 and 31, from 9:00 a.m. - 1:00 p.m. The classes will be held on the Northwest Hospital campus. A \$10 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.

AARP We Need To Talk . . .

For older adults, limiting or ending driving represents a loss of independence; adult children worry about their parents' safety as abilities decline. This free seminar provides guidance for families and physicians on how to approach this difficult conversation,

using information from the MIT Age Lab and other sources. Saturday, Feb 7, 10:00 a.m. - Noon, TCU classroom. Call (206) 368-1564 to reserve your seat.

Living Well with Diabetes

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

Weight Loss Surgery Education

Is weight loss surgery right for you? 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. Call (206) 368-1350 to reserve your space for seminars. All seminars are held in the TCU Auditorium from 6:30-8:30 p.m.

Yoga For People With Parkinson's

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



At Northwest Hospital & Medical Center, we believe that information is a vital element in every person's healthcare. That belief is the primary reason Northwest Hospital offers a variety of classes, support groups, and other programs for the 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, our trained experts have up-to-date information to share.

Health Tips



You've probably heard that most people gain weight over the holidays, thanks to all the good food and drink. Sometimes it can feel like there's no point in fighting the urge to eat a lot, since you don't have time to go to the gym anyway. Remember that even though they're busy, the holidays don't have to mean giving up on workouts, then gaining weight and having to make New Year's resolutions. Before you just surrender and dive into the cookie jar, take a look at your schedule and make your workout a priority. If you'd love to go for a walk, but the kids are home, take them along – or get them to teach you how to dance to their favorite music. Follow their moves for a while, and you've got a workout that's both aerobic and fun!

Do you ever wonder why your feet sometimes hurt when you walk or run?

Your feet are full of tiny moving and supporting parts, including 26 bones, 33 joints and more than 100 tendons, ligaments and muscles, any of which could be bothered by your shoes. That's why it's important for runners and walkers to go the extra distance to make sure their shoes are not only the right size, but give their feet the right kind of support. Many people can wear a generic sports shoe and get along fine, but if you have bunions, hammer toes, a wide or narrow foot or a narrow heel, you need to have your feet measured and analyzed. In many cases, it's a good idea to schedule a workup by a foot and ankle specialist to help prevent problems before they get the chance to start.



Health Tips are featured on Seattle's Star 101.5 every Monday, Tuesday and Thursday at about 7:35 a.m. Tune in and start living a healthier lifestyle!



Northwest Hospital & Medical Center has been awarded the 2008 HealthGrades Distinguished Hospital Award for Patient Safety and 2008 Awards for Excellence in Stroke Care and Back and Neck Care.



**NORTHWEST HOSPITAL
& MEDICAL CENTER**

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