

MEDInfo

September / October 2008



NORTHWEST HOSPITAL
& MEDICAL CENTER

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

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A Cancer Patient Thanks Her Luck and Her Physicians

Michelle Meeker considers herself one of the lucky ones. The 40-year-old mother of two boys started having symptoms of what turned out to be colon cancer in March of 2008. She noticed some intestinal congestion, as well as some blood in her bowel movements. Her physician arranged for her to have a colonoscopy and Michelle's mother drove her to the appointment. "At that point, I didn't feel like I had cancer," Michelle says. "I thought it was maybe hemorrhoids or possibly an ulcer. I wasn't in any pain, just a little tired, like any mother of two kids."

"When I was coming out of the anesthesia after the colonoscopy, the doctor told me I had a malignant tumor, and my mother started coming unglued," Michelle remembers. "She worked with cancer patients for 16 years, along with Dr. David Dong, an oncologist with the Puget Sound Cancer Centers at Northwest Hospital. When she heard the word cancer, she just didn't want it associated with her daughter. The next thing she said was that we had to go see Dr. Dong immediately."

Dr. Dong confirmed that Michelle had a tumor in her colon. He arranged for a CT/PET scan to establish the stage of her cancer, as well as an MRI of her head, to make sure that the cancer was localized to just one site. "It's important in every case that we confirm the tumor is suited to surgical treatment," Dr. Dong says. "These tests help us determine whether the cancer is

localized and can be treated with surgery." According to Dr. Dong, the decision for further treatment, such as chemotherapy, depends on the pathology results from the tumor. Fortunately, Michelle had a very low-grade, less aggressive tumor, and the results of the tests showed the tumor was localized to the colon alone. Dr. Dong's hope was that surgery would be sufficient and would prevent the need for chemotherapy or radiation.

Following the diagnosis, Michelle went to Dr. Patrick Moore, a general and colorectal surgeon with Northwest Surgical Specialists at Northwest Hospital. He put Michelle at ease, and after an examination, told her that a laparoscopic-assisted colectomy was a good option for treatment. "Published research has shown us that as far as cancer recurrence is concerned, there is no difference between laparoscopic and traditional open

surgery, which requires a larger incision," Dr. Moore says. "Since we have confidence that we're not compromising the recurrence rate by using this technique, we can bring the advantages of laparoscopic surgery to patients like Michelle. Variables like less time in the hospital, smaller incisions, better cosmetic results and faster recovery are important for someone like Michelle, who is a very busy mom."

Dr. Moore also recalls that Michelle was a good candidate for a laparoscopic procedure because of her age, general good health and the location of the cancer in her colon.

In a laparoscopic-assisted colectomy, several small incisions are made in the wall of the abdomen and part of the colon is removed using a laparoscope and other surgical tools inserted into the abdominal cavity. The laparoscope

is a viewing tool – much like a camera. It is a thin, tube-like instrument that contains a light and a lens for viewing the surgical site.

Dr. Moore told Michelle that she probably would not need a colostomy bag after the procedure. "He seemed very confident in the process," Michelle recalls. Dr. Moore advises, though, that laparoscopic colorectal surgery is something patients should discuss with their physicians. "Not every patient is suited to the technique and not every surgeon is qualified to perform laparoscopic surgery. It takes additional, specialized training."

Almost immediately, Dr. Moore was dubbed "Dr. Yum" in the online blog Michelle was writing about her experience. The blog helped her keep her family and friends informed, without the need to write a large number of individual e-mails.

Michelle at home, playing Clue with her two sons.



“I had the surgery on June fourth. It lasted about three hours, and Dr. Moore removed my appendix at the same time,” Michelle recalls. “He made sure my incision was below my bikini line, too.”

The big news, though, was that Michelle’s cancer turned out to be early Stage I, meaning that the tumor showed no signs of spreading from the layer of cells in which it began and no lymph nodes were involved. “Stage I also means that the cancer is less likely to recur than cancers that are determined to be Stage II or III,” Dr. Dong explains. “Again, Michelle was very lucky. Most colon cancer patients we see have much more advanced disease.”

Michelle was out of the hospital three days after her surgery and was able to enjoy her son’s 13th birthday the next day. If she had had traditional open surgery for colon cancer, she likely

would have been hospitalized for about five to six days. She says for the first two weeks after surgery, she didn’t do a great deal, and didn’t need her prescribed pain pills except for the first two days after the procedure. “I was driving after two weeks and definitely back to normal by mid-July.”

Michelle’s recovery got a serious test at the end of June, when the family headed to South Dakota for a long-planned reunion. Despite the rigors of traveling, including a change of planes, Michelle didn’t even need a wheelchair. She was able to return to her part-time job right after the Fourth of July.

After comparing her experience to that of others with digestive cancers, Michelle is grateful that she was able to have a laparoscopic procedure. “Otherwise, I’d have this large surgical wound to heal, and that might take forever.”

She urges people to pay attention to family health history. During that reunion in South Dakota, she learned that her family has a history of digestive cancers – a pattern that Michelle knew nothing about until that point. “I’ve had some genetic testing, but it showed nothing conclusive,” she says. “It’s amazing to think that the tumor may have been there for a number of years without symptoms. A lot of people with bowel cancer don’t have symptoms until it is full-blown and has spread to other organs, and then it is harder to treat. I was really lucky to have symptoms so early.”

If you and your doctor determine that you need surgery for colorectal or other conditions, discuss with your surgeon whether a minimally invasive procedure is the right approach in your particular case. In addition to colorectal surgery, surgical procedures at Northwest Hospital that

offer minimally invasive options include: bariatric (weight-loss), cardiothoracic, gynecologic, urologic and orthopedic surgeries, as well as neurosurgery and general surgery. Also, surgeons at Northwest Hospital are using the da Vinci S surgical robot, a further refinement of laparoscopic surgery, for many surgical procedures - further reducing time in the hospital and post-operative pain.

Northwest Hospital offers surgical services at two locations – on the main hospital campus and at the North Seattle Surgery Center located at the Northwest Outpatient Medical Center. For information on any of the surgical specialties or cancer treatments available at Northwest Hospital, call (206) 633-4636 or visit the hospital’s website at www.nwhospital.org.

2008 National Patient Safety GOALS



These goals are set by The Joint Commission, which evaluates and accredits healthcare organizations in the United States. The independent commission is the nation's leading standards-setting and accrediting body in healthcare.

1. Improve the accuracy of patient identification.
2. Improve the effectiveness of communication among caregivers.
3. Improve the safety of using medications.
4. Reduce the risk of healthcare-associated infections.
5. Accurately and completely reconcile medications across the continuum of care.
6. Reduce the risk of patient harm resulting from falls.
7. Encourage patients' active involvement in their own care as a patient safety strategy.
8. Identify safety risks inherent in the patient population.
9. Improve recognition and response to changes in a patient's condition.

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Visit www.nwhospital.org for
information and directions.

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Environment Report to the Community



Northwest Hospital & Medical Center continues to work toward becoming a "greener" facility. For the first six months of 2008, the hospital recycled approximately 2,343 cubic yards of mixed paper, glass, cans, milk cartons, plant material, food waste and plastics and over 172 cubic yards of shredded paper. Overall, Northwest Hospital removed more than 2,515 cubic yards of this type of material from the waste stream. Northwest Hospital also continued to work with an outside company to recycle or dispose of

fluorescent lamps, batteries, hazardous waste and kitchen fat, with totals of 1,702 lamps, 863 pounds of batteries, 21,390 pounds of computer monitors, electronics and televisions, 3,025 pounds of kitchen fat, 426 assorted printer cartridges, and 4,333 pounds of hazardous chemical waste. Also, 256 tons of garbage were sent to the landfill.

In the first six months of 2008, the hospital generated 25 tons of combined medical waste.

The hospital continues to use an outside company for the disposal of this waste.

The hospital last reported its 2007 waste management statistics to the community in the March/April 2008 issue of *MedInfo*.

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.



Northwest Hospital's Cancer Care Program Earns Sixth Accreditation

Every three years, the Commission on Cancer (CoC), a branch of the American College of Surgeons, conducts a rigorous performance evaluation of cancer programs in hospitals that voluntarily request the survey. Following the Commission's most recent evaluation of Northwest Hospital & Medical Center's cancer programs this past May, the hospital not only earned its sixth consecutive accreditation, but was awarded additional commendations for its demonstrated commitment to quality care, ongoing improvement and public accountability for cancer care and services.

Founded in 1922, the CoC is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standard-setting, prevention, research, education and the monitoring of comprehensive quality care. Its membership includes Fellows of the American College of Surgeons and 42 national organizations that reflect the full spectrum of cancer care.

In the 1930s, the Commission established both quality standards and a program of review, approval and accreditation for hospital cancer programs.

With the latest CoC accreditation, Northwest Hospital

joins a list of nearly 1,500 facilities in the United States with approved cancer programs. Only one in four programs in the US receives this approval.

The accreditation process begins with a detailed application requesting the evaluation. Representatives of the CoC, all experienced healthcare professionals, then visit the hospital to review materials such as patient charts, interview staff members and attend tumor conferences to observe the cancer care program in action.

Mark Cortezzo, decision support manager at Northwest Hospital, explains that a tumor conference is an ongoing meeting of an interdisciplinary clinical team to plan the best course of care for individual patients. "The experts who attend a cancer or tumor conference usually include a radiologist, pathologist, surgeon, radiation oncologist, pharmacist, medical oncologist, oncology nurse and other care providers," Cortezzo says. "One of the purposes of a tumor conference is to set realistic goals for each patient's care."

Dr. David Dong, the chair of the Cancer Committee at Northwest Hospital, says that during the CoC accreditation process, the hospital



Cancer Committee members meet at the monthly Breast Conference.

was able to demonstrate a daily commitment

to the highest quality cancer care. "Northwest Hospital's cancer program offers the entire spectrum of cancer control activities, from prevention to rehabilitation and long-term follow-up," he says. "We exceeded the Commission's standards in a number of areas, including quality improvement, cancer screening for prevention and early detection, and for the cancer annual report we publish each year to report new advances in treatment and cancer data in the surrounding area. The fact that we offer this level of care while meeting so many needs is vitally important to the community we serve."

For more information about the cancer programs at Northwest Hospital & Medical Center, visit the hospital's website at www.nwhospital.org; for cancer facts and figures, visit the American Cancer Society website at www.cancer.org; and for more information on the Commission on Cancer, go to www.facs.org/cancer.

The Commission's quality standards ensure that patients and their families have access to a full scope of services, including:

- Comprehensive care including a complete range of state-of-the-art services and technology
- A multidisciplinary team approach to coordinate the best available treatment options
- Information about ongoing cancer clinical research and new treatment options
- Prevention and early detection programs, cancer education and support services
- A cancer registry that offers lifelong patient follow-up
- Ongoing monitoring and improvements in cancer care
- Quality care, close to home

A Better Billing Statement from Northwest Hospital

At Northwest Hospital & Medical Center, we know that ensuring a great patient experience involves every department in our organization, not just the clinical ones. That's why the hospital recently revised its billing statements to be clearer and more detailed about both medical services and account status for each patient. Janet Walthev, director of Patient Financial Services, says the redesigned form gives patients the information they want. "We're delighted to introduce a new billing system that delivers information to patients in a friendly manner and with the level of detail they've been wanting. It saves patients from having to call us just to interpret their statements."

Account number

MAKE CHECKS PAYABLE TO: NORTHWEST HOSPITAL & MEDICAL CENTER, PATIENT FINANCIAL SERVICES, 10300 MERRIMAN AVE N, STE 300, SEATTLE WA 98133 9968

RETURN SERVICE REQUESTED: Patient Name: DOE, JOHN

ADDRESS: JOHN DOE, 123 MAIN STREET, ANYTOWN, USA 12345-6789

SEND THIS PAYMENT STUB TO: NORTHWEST HOSPITAL & MEDICAL CENTER, PO BOX 34433, SEATTLE WA 98124-5433

STATEMENT

Thank you for choosing Northwest Hospital & Medical Center for your healthcare needs. Your insurance company has processed your claim and the balance is now your responsibility. The outstanding balance is now due. Please pay this amount in full today. If you have questions, please call our Customer Service Department at (206) 368-6440 or toll free 1-877-364-6440.

PATIENT SERVICES PROVIDED:		ACCOUNT SUMMARY:	
Pharmacy/OT Therapy	59.00	Patient Name	DOE, JOHN
Room Charges	82,445.00	Statement Date	May 22, 2018
Total Service Charges	82,504.00	Date of Service	04/09/17-12/05/17
		Account Number	8123456789
		Total Charges	\$ 82,504.00
		Insurance Payments	\$ 0.00
		Insurance Adjustments	\$ 0.00
		Patient Payments	\$ 0.00
		Patient Balance	\$ 82,504.00

PLEASE PAY THIS AMOUNT: \$2,504.00

INSURANCE INFORMATION:

INSURANCE: MC PREMIER LIFELINE HEALTH (C), Policy Holder: DOE, JOHN, Member ID Number: 643310-123

CONTACT US: For billing questions or an itemized list of charges, please call us at 206-368-6440 (local) or 1-877-364-6440 (toll free). Our office hours are 8:00 A.M. through 6:30 P.M., Monday-Friday. Please see the back side of this statement for more information.

PATIENT OR GUARANTOR INFORMATION

ABOUT YOU: Name, Address, City, State, Zip, Phone, Email, Date of Birth, Sex, Race, Ethnicity, Marital Status, Religion, Preferred Language, Preferred Contact Method, Preferred Contact Time.

ABOUT YOUR INSURANCE: Insurer Name, Policy Number, Group Number, Insured Name, Insured Address, Insured City, State, Zip, Insured Phone, Insured Email, Insured Date of Birth, Insured Sex, Insured Race, Insured Ethnicity, Insured Religion, Insured Preferred Language, Insured Preferred Contact Method, Insured Preferred Contact Time.

Payment Options: The following payment options are available to help you pay the part of your bill not covered by insurance. Payments may be mailed to: P.O. Box 34433, Seattle, WA 98124. Payments are also accepted by phone or in person at: Patient Financial Services, 10300 Merriman Avenue N., Suite 300, Seattle, WA. Monthly payment arrangements can be made through Customer Service. (206) 368-6440 (Local) (877) 364-6440 (Toll Free)

For Billing Questions: Please call or visit us at: Northwest Hospital & Medical Center, Patient Financial Services, 10300 Merriman Avenue N., Suite 300, Seattle, WA 98133 9968. (206) 368-6440 (Local) (877) 364-6440 (Toll Free) (206) 368-6440 (Fax) Monday-Friday 8:00 A.M. to 6:30 P.M.

Financial/Charity Assistance: Northwest Hospital & Medical Center has a non-discriminatory assistance policy that may cover part or all of your hospital bill (excluding physician fees). Please call our office for information. Charity will be granted for all eligible persons regardless of race, color, religion, sex, sexual orientation or national origin.

Hospital-related Physician Billing Information: This may receive additional bills from physicians who helped with your care while you were a patient at Northwest Hospital & Medical Center. Some of these healthcare providers may be contracted with Northwest Hospital & Medical Center while others are independent healthcare providers or private practices. For example, you may receive separate bills from physicians including but not limited to the following: Pathologists, Radiation Oncologists, Hospitalists, Anesthesiologists, Consulting Surgeons/Physicians, Anesthesiologists, Radiologists, Surgeons.

For answers to questions about your Northwest Hospital & Medical Center statement, please call a Customer Service Representative at (206) 368-6440 or toll free at (877) 364-6440.

Making the Grade in Health This School Year

Making it all the way through the school year without illness depends on healthy habits for both students and their parents. By now, most kids are back in class, but they may not have gotten back into the right rhythm of sleeping, studying, playing and eating that will help them make the school year healthy and productive. Primary care physicians at Northwest Hospital say that beyond an annual physical and the updated vaccines required or recommended for your child's age level, there are other things you can do to help your entire family do well this academic year.

Develop an action plan for dealing with any chronic health problems your child may have, such as asthma, diabetes or food allergies. A written plan will help both the teacher and the school nurse be ready to meet your child's needs. "Your plan should include things like what sets off asthma or allergy attacks, relevant medications and who to contact in an emergency," explains Dr. Vara Kraft, an internist at Northwest Hospital's Olympic Medical Center. "Work with your child's doctor to make sure you include everything the school may need to know, including phone numbers for both you and

your pediatrician." Kraft says it's also important to give the school nurse any needed rescue medications, such as inhalers.

Get the kids back on a reasonable sleep schedule. Over the summer, your family may have stayed up later and slept in more – habits that don't work well with catching early buses or doing homework after school. Changing summer sleep habits can be tough, but getting the whole family up at the same time every day, weekends included, will help re-set everyone's body clock. Getting homework done early, avoiding late-night snacking and limiting physical activity right before bedtime will help too. "The busy time for children should be right after school, not right before bedtime," Dr. Kraft says.

Limit TV time to about a half hour a day. "Television takes time away from reading and active play, which are both much better for developing minds and bodies," Dr. Kraft explains. "Not only will your kids be healthier, but they'll probably sleep better, too."

"Avoid people who are sick, if at all possible, to cut down on your chances of catching a cold or the flu and spreading

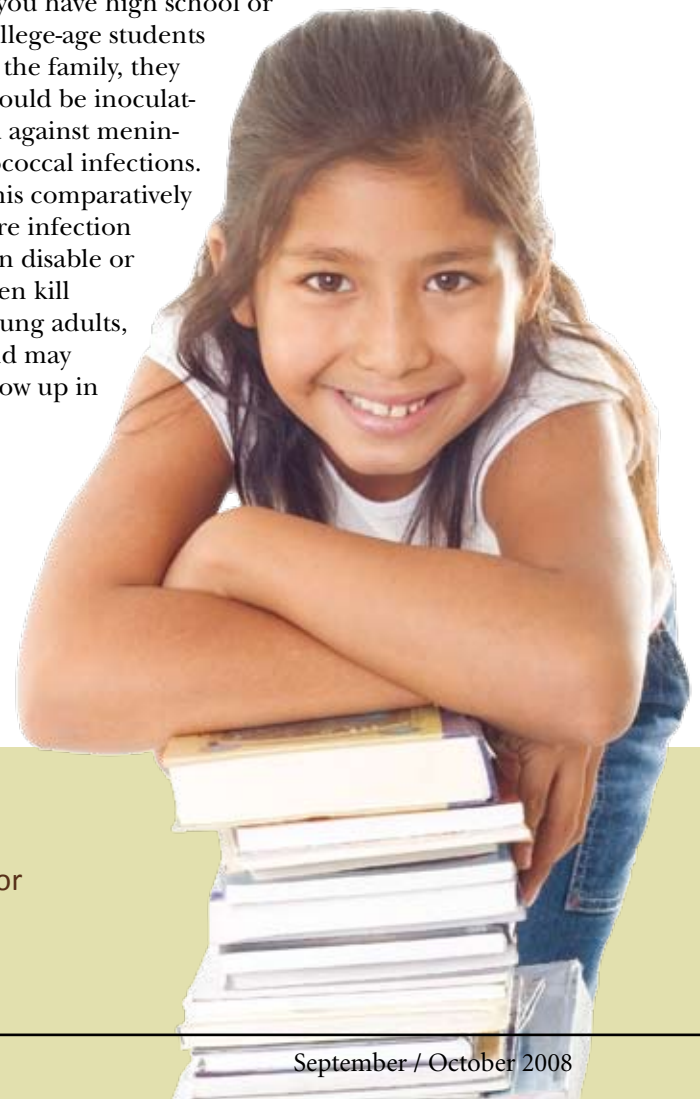
it to your family," Dr. Kraft suggests. "Also, if you or your child is sick, stay home, so you don't pass illnesses around."

Plan healthy meals, including breakfast. Clinical studies show that kids who eat breakfast do better in school. Avoid sugary cereals and go for whole grains, fresh fruit and milk or yogurt to power active learning.

Make sure your own inoculations are up to date. The beginning of the school year is a good time to schedule updates on tetanus and other vaccines, if you didn't do that at the beginning of summer. Also, if you have high school or college-age students in the family, they should be inoculated against meningococcal infections. This comparatively rare infection can disable or even kill young adults, and may show up in

dormitory or other group living situations. When flu shots become available, schedule everyone in the family to get one, particularly young children.

Whether pre-school or college, give your child the best chance of avoiding or spreading illness by teaching the importance of frequent, thorough hand washing. "Everyone should wash up often, especially before eating or when they arrive home from work or school," Dr. Kraft says. "It's also important to teach kids to avoid sharing cups, plates and eating utensils, to reduce the spread of germs."



For more information and to schedule a well-child visit with a physician, call Olympic Medical Center at (206) 782-1133 or the free Northwest Hospital Physician Referral line at (206) 633-4636.

How Are They Now?



Former Gamma Knife patient Delores Clark is still totally free of cancer more than two years after her story was featured in the July/August 2006 edition of *MedInfo*. Six years ago, she was successfully treated at Northwest Hospital for brain cancer that had developed after a previously treated lung cancer. Delores says she's grateful to be healthy now that her husband Kenneth is having health issues. "God has positioned me so I can be the designated driver for my husband, and has me so I can handle it," Delores says. She and her husband are still deeply involved in their Everett church, but they are planning to move to Vancouver, Washington, to be closer to their children. "I'm still going in to see Dr. Vermeulen every year, and having an annual physical and still spreading the word," Delores declares.



Stacy Lindbom has a passion for working with patients. She started working at Northwest Hospital after her story was featured on the cover of the November/December 2006 issue of *MedInfo*, and says she loves taking meals to all the patients. Stacy first came to Northwest Hospital when she needed complex coronary bypass surgery, after believing for years that she just had chronic heartburn. She says now that her life has completely turned around. "I can just do a lot of things I never thought I'd be able to do, like run around a track, and I can sleep so much better because my breathing is improved." Stacy took all the post-surgical counseling on nutrition and exercise to heart, and says her health is excellent. Her experience as a patient at Northwest Hospital was that "everyone was just so nice; I wanted to work here, too!" Now, with a big smile, Stacy says, "I feel better than I have in 30 years!"



Since the article about her bariatric surgery in the May/June 2007 issue of *MedInfo*, Katie Whitmore has seen her life change in some amazing ways. For one thing, the first grade teacher is a newlywed, just back from her honeymoon in Jamaica. "For my wedding, I could pick out any dress that I wanted, and I was able to wear a bathing suit on the beach," the new Mrs. Nathan Hansen says. She has had surgery on her stomach, to remove 21 pounds of excess skin, bringing her total weight loss to 155 pounds. More importantly, Katie says, her health has been incredible. "I can keep up with my classes and make it through the day without being exhausted. I can do things I never dreamed of before the weight-loss surgery. If I could talk to every severely overweight person out there, I'd say do this – don't wait any longer to start your life."



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.

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, 6:00-7:00 p.m., Professional Building, Ste. #3.

Lung Cancer Support Group

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

NEW! - Reclaiming Your Life Support Group

An 8-week group for survivors at least three months out from com-

pletion of treatment for any type of cancer. Intake interview and registration required. Call (206) 832-1288 for more information.

Power Up Your Immune System

A strong immune system is key to recovering from and surviving cancer. Learn what nutrients help bolster your immune system, find out which five foods are powerful immune enhancers and get lifestyle tips to keep your immune system in top shape. Thursday, Sept 25, 6:30-7:30 p.m., Lindsay Gould Auditorium.

What to Eat Now if You Have Breast Cancer

Join us to learn how to choose the best foods to eat if you are living with breast cancer or concerned about preventing breast cancer. Learn how certain foods decrease the production of "bad" estrogen and the role of soy in a breast cancer diet. Get the latest updates on lifestyle changes that help reduce breast cancer recurrence and first time breast cancer. Thursday, Oct 23, 6:30-7:30 p.m., Lindsay Gould Auditorium.

Talk with a Lymphedema Specialist

Join one of Northwest Hospital's lymphedema therapy staff members and learn about resources for lymphedema treatment and management. This presentation is held prior to the Breast Cancer Support Group. Wednesdays, Sept 17 & Oct 15, 3:30-4:00 p.m., Professional Building, Ste. #3.

Gentle Yoga

Combines easy stretches, postures, guided meditation and breathing exercises. Please register. Fine to start any time during the series. Wednesdays through Oct 29, 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 Oct 25, 10:00-11:00 a.m., Cardiac Fitness Center, 2nd floor of the 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 Oct 28, 6:00-7:30 p.m.

CHILDBIRTH EDUCATION

Childbirth, parenting and new baby classes are offered in conjunction with Gracewinds Perinatal Services. All classes are held on the Northwest Hospital campus. Please call Gracewinds Perinatal Services at (206) 781-9871 or visit www.gracewindspenatal.com/nwclasses for scheduling and registration.

Childbirth Prep Classes

The Basic Childbirth Prep class is a four-week intensive series that prepares expectant parents for labor and birth. Our curriculum blends elements of Lamaze and Bradley and Kitzinger methods. The extended six-week series includes the Basic Childbirth Prep as well as the popular Newborn Care class and the essentials of Breastfeeding Basics. Pre-registration is required. Full payment is due at registration. Cost: 4-week, \$115 per couple; 6-week, \$195 per couple.

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Community Classes at Northwest Hospital & Medical Center

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

Childbirth Prep - Saturday Series

Perfect for parents who need a class to fit their busy schedule. The same material that is covered in the four-week Basic course, consolidated into one Saturday. This class meets once each month from 9:00 a.m. - 5:00 p.m. Cost: \$125 per couple

Newborn Care

An important class for first-time parents, this class focuses on newborn behavior. Topics range from diapering, cord care, sleep and feeding habits, to colic relief and changes that occur in newborn babies. This is a part of the six-week Childbirth Prep series, or it can be purchased à la carte. Cost: \$40 per couple

Infant Safety/CPR

This is a two hour course taught by a certified CPR instructor. Parents leave with the basic knowledge of infant CPR. This class does not include a certification card. Cost: \$40 per couple

Breast-Feeding Basics

This class is designed to educate parents on proper feeding techniques and positioning. Cost: \$40 per couple

Foundations for Fatherhood

This is a class for expectant dads. Taught by an experienced father, this popular course is formatted to address the issues of fathering. It provides the information and support to help fathers feel more involved and confident in the arena of birth and child-rearing. Cost: \$30 per student

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 & Medical Center's Outpatient Medical Center. 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. 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. 2nd Monday of each month, 10:30 a.m. in the Rehab Patient Dining Room on the main campus. Call (206) 368-1853.

Grief Support Group

This group is sponsored by the Spiritual Care and Bereavement Office. Tuesdays, Sept 30, Oct 7, 14, 21 and 28, 6:30-8:30 p.m. Pre-registration is required at (206) 368-1891.

Diabetes Support Group

Join the diabetes instruction team to learn about and discuss topics such as: 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, 1:00-2:30 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 3rd Saturday of every month, in the NWH Rehabilitation Center. Call (206) 361-2696 for more information.

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

Community Classes at Northwest Hospital & Medical Center

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

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, Oct 18 & 25, 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, Nov 1, 10:00 a.m. - Noon, TCU classroom. Call (206) 368-1564 to reserve your seat.

Brain Health: Simple Tools for Clear Thinking

This two-hour workshop is designed to give you easy tools you can use in your everyday life to keep your brain active. 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. Participants learn easy ways to improve their memories and keep

their minds active to reduce the risk of Alzheimer's. Much of the workshop will involve participation in brain-strengthening activities. Cost: \$30. Call (206) 368-1564 to reserve your seat.

Eating Healthy and Managing Blood Sugars During the Holidays

Managing diabetes can present challenges during the holidays. In recognition of National Diabetes Awareness Month, please join two certified diabetes educators for a cooking demonstration and to share meal planning and eating tips to stay in control over the holidays. Thursday, November 13, 6:00-7:30 p.m. Call (206) 368-1564 to reserve your place. A \$20 fee includes menu samples and recipes.

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.

Pay Attention to the Numbers

Learn how to interpret laboratory values as they pertain to heart disease, diabetes and overall health. This free presentation will include free screenings. Call (206) 368-1564 to reserve a seat. 7:00-8:30 p.m., Thursday, Sept 18, in Lindsay Gould Auditorium. Presented by Northwest Hospital Diabetes Services.

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.

SEPTEMBER 2008

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OCTOBER 2008

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Fifth Annual Northwest Hospital Music Festival, August 18-22



Although rain and wind drove the festival into the cafeteria's solarium for most of the week, lunch-time crowds enjoyed the music just the same. A sunny Friday sent the music back outdoors for its finale. Each day, the festival welcomed listeners with a different style of music, ranging from classical to blues to West African drums. Many performances featured physicians, nurses, staff members and their families.

Asian Senior Concerns Foundation's Adult Health Awareness & Senior Day, August 23



Northwest Hospital's Community Outreach and Diabetes Education teams were on hand to provide blood sugar, osteoporosis, foot health and other screenings for this annual event held at Eckstein Middle School in Seattle. The Foundation was created by Northwest Hospital medical staff member Dr. I-Jen Chen and his friends to help older adults prepare for all phases of retirement. The fifth annual festival featured informative presentations, yoga, Tai Chi, Yuan Chi, folk dancing and line dancing demonstrations, and other activities.

Northgate Family Festival, September 6



As the title sponsor of this annual neighborhood event, Northwest Hospital again hosted an on-site health and fitness fair. In addition to health information and displays, the hospital provided a wide range of free health screenings, including blood glucose, blood pressure, cholesterol, bone density, foot screenings and body mass index (BMI) and fitness screenings.



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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