

A photograph of two women in roller derby gear on a rink. They are wearing blue sleeveless tops, white helmets, and black elbow pads. The woman on the left is wearing a blue and black checkered skirt and black knee pads. The woman on the right is wearing a blue skirt and colorful, patterned leggings. They are both smiling and looking towards the camera. In the background, other skaters and a rink sign are visible.

## Women on Wheels

GETTING ROLLER DERBY STARS BACK ON SKATES

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UW Medicine  
NORTHWEST HOSPITAL  
& MEDICAL CENTER



# Women On Wheel

GETTING ROLLER DERBY STARS BACK ON SKI



Rani Khan (left) and Jaime Salazar (right) get tough during a scrimmage.



**They have saucy, playful names like Anya Heels and X-Khan. They dress up in short skirts, loud knee socks and false eyelashes.**

**But don't let the kooky exterior fool you. These ladies skate fast, hit hard and mean business.**

**This is the rough-and-tumble world of Seattle's wildly popular Rat City Rollergirls roller derby league.**

During the day, Jaime Salazar (a.k.a Anya Heels) and Rani Khan (a.k.a. X-Khan) are an event planner and a marketing strategist respectively. But outside of work, their passion is roller derby. Both are 31 years old and teammates on the Sockit Wenches, one of Rat City's four home teams. They also play on the league's All-Star team, and both are fan favorites.

"I love the opportunity to be physical and aggressive," says Khan. "I don't think women have an outlet for that in their everyday lives. Roller derby is the only place where you don't have to compromise on beauty, brains or brawn. All three are equally celebrated."

"Seeing us play, people get inspired to start something in their own lives, whether roller derby or something else," says Salazar. "It's such a great experience to hear people tell me what they've had the courage to try because they've watched us."

"Of course, hearing 7000 fans cheering when we step onto the track doesn't hurt either," she adds with a smile.

Like any full contact sport, roller derby comes with a litany of injuries, from strains and tears to fractures and concussions.

This is where Drs. Jim Hsu and Justin Rothmier come in. The two physicians from The Sports Medicine Clinic, part of Northwest Hospital, are the Rat City Rollergirls' team doctors, treating players' injuries on the track and in the clinic.

A board-certified orthopedic surgeon, Dr. Hsu focuses on injuries of the shoulder, elbow and knee, including rotator cuff repair, ligament reconstruction, collar bone fracture and "Tommy John," or elbow ligament, surgery. He was introduced to the Rat City Rollergirls through several physical therapists and decided to become involved when he learned they'd never had a team orthopedic surgeon before.

Dr. Rothmier is a board-certified family physician with additional certification in sports medicine. His special interests are in throwing and running injuries, musculoskeletal ultrasound, orthopedic-related injections, concussions and general family medicine. He became involved with the Rat City Rollergirls because Dr. Hsu thought his experience with concussions might be beneficial to the team.

Today, both doctors are at almost every bout. "We see injuries as they occur and are often the first responders," says Dr. Rothmier.

"It's a good thing we have The Sports Medicine Clinic," says Khan. "It's saved me quite a few times!"

Khan, who has been with the league for six years, first saw the doctors for a torn anterior cruciate ligament (ACL) in her knee. She had been hit by another player and her knee had twisted in just the right way to snap the ACL.

Dr. Hsu performed the repair. "It's not so much a repair as an actual replacement," he explains. "The ACL is short and usually under high tension, so when it tears, the two ends cannot simply be rejoined. Instead, we reconstruct it using a length of tendon from elsewhere in the body."

Recovery takes from six to nine months, but Khan was determined to rejoin the team in five months so she could play in critical games that came later in the season. Although it was an aggressive timeline, Dr. Hsu developed a plan with Khan's physical therapist to meet the goal, and included exercises designed specifically for her sport. After hard work and not a little pain, Khan returned five months later and won game MVP in her very first game back.

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**“It’s a good thing we have The Sports Medicine Clinic, it’s saved me quite a few times!”  
- X-Khan**

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“These are the ideal sports medicine patients,” says Dr. Hsu. “They are intense and very dedicated. They really want to recover, but they want to do it the right way.”

During her roller derby career, Khan has also suffered other injuries. Dr. Rothmier has treated her for concussion, bursitis and tendonitis, rotator cuff strains in her shoulders, asthma, and costochondritis, an inflammation where the ribs join the breastbone or sternum that causes chest pain.

“Everyone at The Sports Medicine Clinic knows their stuff. They’re incredibly nice, but they also love sports,” says Khan. “As an athlete, they know I don’t need the same treatment regimen as someone who’s more sedentary. They recognize that I have more endurance than someone who’s not used to having pain all the time.”

Salazar, who has been with the Rat City Rollergirls for four years, has gone through her share of pain and injury as well. Like Khan, she has had a torn ACL, along with a torn meniscus, from getting hit and then falling after tangling skates with another player. Dr. Rothmier evaluated the injury and referred her to Dr. Hsu for surgery. Following months of physical therapy, she returned to the team, stronger and more agile than before.

Salazar also developed exertional compartment syndrome. During intense exercise, the leg muscles swell as they demand more blood and oxygen to meet the greater exertion. Each muscle group in the legs is contained in its own “compartment” of tissue. “In some people, these compartments are too small or inflexible to accommodate the swelling of muscles during exercise,” explains Dr. Rothmier. “That constricts the muscles and veins and prevents them from getting needed blood flow and oxygen.” The result is intense cramps and pain.

After confirming the diagnosis by measuring the pressure in Salazar’s legs, Dr. Rothmier recommended physical therapy to try to loosen the compartments. When the pain continued, Dr. Hsu performed a “release” procedure. During the procedure, a small incision is made in the sheath of tissue right underneath the skin of the leg to open the compartment further. “For most people, this provides almost immediate relief,” says Dr. Hsu.

In Salazar’s case, she was able to return to her sport seven weeks after surgery. “I play hard,” she says, “but even with all the injuries and pain, it’s still 100% worth it!”

She’s also seen the doctors for rotator cuff and superior labral tears in each shoulder and a twice-torn medial collateral ligament in her knee. In addition, Dr. Rothmier helps Salazar manage her diabetes and general health.

“I love the team at The Sports Medicine Clinic,” says Salazar. “The environment is warm and welcoming and I always get in-depth answers to my questions. They’re open and honest about treatment options, which is so important to me as a patient and an athlete.”

Both women say it’s also important that they are able to get into the clinic the same day, or the day after an illness or injury. “Our team depends on us to be in the game, so we need to be able to address things right away,” says Khan.

The Sports Medicine Clinic, founded in 1963, was one of the first multidisciplinary sports medicine clinics in the country. It brings together a variety of medical specialties to provide treatment for muscle and joint problems, including sports-related or workplace injuries. The team includes primary care physicians, sports medicine physicians, orthopedic and podiatric surgeons and physical therapists.

For Khan and Salazar, The Sports Medicine Clinic allows them to continue what has become a way of life – tough, take-no-prisoners competition, but also sisterhood, friendship and an amazing sense of heart and family.

For more information on The Sports Medicine Clinic and its services, call the North Seattle location at (206) 368-6100, the Ballard location at (206) 782-3383, or visit them at [www.thesportsmedicineclinic.com](http://www.thesportsmedicineclinic.com). For more information on roller derby and the Rat City Rollergirls, visit them at [www.ratcityrollergirls.com](http://www.ratcityrollergirls.com).



Left to right: Dr. Justin Rothmier, Rani Khan, Jaime Salazar, and Dr. Jim Hsu.



In addition to their involvement with the Rat City Rollergirls, the physicians and staff at **The Sports Medicine Clinic** volunteer their time as medical advisers for many school districts and professional athletic teams. They also provide medical services for events throughout the Puget Sound area, such as the Seafair Unlimited Lights Hydroplane Races, the Race for the Cure, the Kirkland Half Marathon and many others.

*Above, The Sports Medicine Clinic's mobile clinic offers medical support at Seattle's 2011 St. Paddy's Day Dash. (Chris Huber Photography)*

## SAVE THE DATE!

**UW Medicine**  
NORTHWEST HOSPITAL  
& MEDICAL CENTER



### Healthy Holiday Cooking

Thursday, December 8 | 7:00 – 8:30 p.m.  
Easy Street Demonstration Kitchen, Center for Medical Rehabilitation  
Northwest Hospital & Medical Center

Try new holiday recipes and modify traditional ones to make them healthier! Cost \$20.00.  
Call (206) 368-1564 to register.



### Kayaking, Climbing and Shoulder Injuries

Wednesday, December 14 | 6:00 p.m.  
Dale Turner YMCA  
19290 Aurora Ave N, Shoreline, WA

Kayaking and climbing are two of the Northwest's special pleasures and they both place many demands on the shoulder. Join Northwest Hospital orthopedic surgeon Dr. Kevin Smith to learn more about how to train and reduce the risk of shoulder injuries in many sports and other forms of exercise. **FREE!** For more information, call (206) 363-0446.



### Eating Healthy on a Budget

Thursday, January 12, 2012 | 7:00 - 8:30 p.m.  
Easy Street Demonstration Kitchen, Center for Medical Rehabilitation  
Northwest Hospital & Medical Center

Get the best value for the food you buy while eating healthy! Put together everyday items to create delicious, cost effective, nutritious meals. Tips and cooking demonstrations included. Cost \$20.00. Call (206) 368-1564 to register.

# EXERCISING YOUR WAY TO BETTER BONES

Our bodies change in many ways as we age, but thanks to healthcare advances, we can prevent many conditions that would have been crippling in the past. For example, we know that calcium and Vitamin D can help prevent osteoporosis. But did you know that proper exercise is just as important?

Osteoporosis is a thinning of bone mass. Osteoporosis and osteopenia, or low bone density, affect 55% of people over age 50 in the U.S. 80% of them are women. The disease can significantly increase the risk of fractures, especially hip, wrist and compression fractures of the spine. 50% of women over 50 years old in this country will have an osteoporosis-related fracture in their lifetime.

Signs of osteoporosis include loss of height, bent-forward, or “kyphotic”, posture and back pain. It is usually diagnosed by a bone mineral density (BMD) test, often done with a DXA scan, a type of X-ray. The test measures bone density at the hip, spine or wrist. Unless you are at high risk, DXA scans are recommended when you reach age 60 – 65.

“The body is constantly building and destroying bone mass,” says Northwest Hospital physical therapist, Marti McGinley. “Up to 10% of your bone is undergoing this kind of ‘remodeling’ at any given time. When the body receives enough calcium, hormones and exercise, bone building stays ahead of bone loss.”

Exercise stimulates the building of bone mass. It is believed that bones respond to muscle stress during exercise and become stronger to support the muscular activity.

McGinley says that although the actual increase in bone density from exercise is small, even this small change can mean the difference in whether or not a bone fractures during a fall.

Health professionals recommend starting exercise young, since bone mass is built during the teens and peaks in the 20s. Bone loss begins in the mid-30s and women in particular experience rapid bone loss after menopause because of the sudden drop in hormone levels.

Types of exercises beneficial for preventing or treating osteoporosis include:

1. Aerobic (walking, hiking, dancing, aerobics)
2. Resistive (weights, resistive bands)
3. Postural (stretches, back strengthening)
4. Balance (to reduce risk of falling)

McGinley cautions that exercising to prevent or treat osteoporosis is different from just exercising for good health. An osteoporosis program must be appropriate for each person and his or her degree of bone loss and health conditions.

“If you’ve been diagnosed with osteoporosis or osteopenia, it can be helpful to work with a physical therapist, who can develop an individual program of exercise and make sure you’re exercising safely,” she says.

McGinley and Northwest Hospital’s other outpatient physical therapists offer a special Osteoporosis Program. Over several sessions, they evaluate your posture, musculoskeletal system, body mechanics (the way you move) and balance, and design an exercise program specifically for you.

The program also offers guidance on minimizing your risk of injuries and fractures during everyday activities, at the gym, or in community exercise programs. If you have difficulty with balance, they will also suggest exercises and safe practices to reduce your risk of falling.

Physician referral is required for participation in the program, and it is typically covered by insurance.

For more information about the Osteoporosis Program at Northwest Hospital, please call 206-368-6032. For more information about DXA scans, or to make an appointment, call the Seattle Breast Center at 206-368-5950.

## Risk Factors that CANNOT be changed:

- Advanced Age
- Female Gender
- Race
- Thin and/or Small Frame
- Family History of Osteoporosis/Fractures
- Personal History of Low-Impact Fractures

## Risk Factors that CAN be changed:

- Smoking
- Alcohol Abuse
- Long Term Use of Certain Medications (steroids)
- Estrogen Deficiency
- Poor Nutrition
- Physical Inactivity



# HOW TO FIX HEARTBURN



What really causes heartburn, or acid reflux disease? Is it caused by stress, obesity, age, or just eating too close to bedtime? And if you suffer from chronic heartburn, how do you fix it?

More than 20 percent of Americans suffer from gastrointestinal reflux disease (GERD), also commonly known as acid reflux disease or chronic heartburn. GERD is characterized by a weak valve connecting the esophagus and the stomach. The valve can open spontaneously, for varying periods of time, or not close properly. When this happens, stomach contents leak up through the valve into the esophagus causing pain. In some patients, the valve is underdeveloped or absent entirely.

“In addition to daily pain and discomfort, GERD can damage the esophagus and the lungs, and, more uncommonly, even lead to cancer over the long term,” says surgeon Dr. Nicole White of Seattle Pacific Surgeons, which is affiliated with Northwest Hospital.

There are a variety of causes for GERD, but it is often closely linked to age and obesity. “Weight gain deposits fats in the ligaments and stretches out the valve between the esophagus and the stomach,” explains Dr. White. “Over time, that stretching can jeopardize the valve’s ability to open and close effectively.”

Dr. White says that lifestyle changes are the first approach to treating GERD patients. Her list of recommended changes includes:

- If you smoke, quit
- Cut down on trigger foods including spices, liquor, citrus and caffeine

- If needed, lose weight
- Eat small, frequent meals
- Avoid lying down after a meal

When medical treatments and lifestyle changes do not help, surgery is an option. Traditionally, surgical treatment for GERD and other reflux conditions would require either open or laparoscopic surgery – and five incisions – to repair or rebuild the faulty valve. Surgeons are now able to repair the valve using a non-invasive, incisionless procedure called EsophyX®. Dr. White was a member of a two-surgeon team that performed the first EsophyX® procedure in Washington State.

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

Dr. White notes that recent studies of this surgical option have shown that it can reduce a patient’s dependency on heartburn medications. In fact, 80 percent of patients have remained symptom-free and off medication three years after the surgery.



Dr. White will lead a free informational seminar on GERD on Wednesday, February 1, 2012 at 6:30 p.m. in the Lindsay Gould Auditorium on the Northwest Hospital campus. Call (206) 368-1070 for more information.

Dr. White is a board-certified general surgeon with specialties in advanced laparoscopy, thoracic, esophageal and weight-loss surgery. She also has a special interest in surgical advancements for acid reflux and hiatal hernias. She is currently accepting new patients. For more information, or to schedule an appointment, visit [www.seattlepacificsurgeons.com](http://www.seattlepacificsurgeons.com) or call (206) 368-1070.

*\*A version of this article originally appeared in the September 2011 issue of the Journal Newspapers.*



# DO YOU HAVE A PRIMARY CARE PROVIDER?

Are you one of the many people who haven't chosen a primary care provider? People who are younger and relatively healthy often feel they don't need a primary care provider until they become ill or develop a chronic condition.

Here's why that may not be the healthiest choice for you or your family.

A primary care provider, such as a family medicine physician or internist, gets to know you, your health goals, history, habits and personality, and can recognize even subtle changes in your

health that may indicate a problem. Because early detection is key in catching serious illnesses when they are most treatable, your relationship with a provider who knows you well can be of critical importance.

Northwest Hospital's network of world-class physicians and clinicians includes a wide variety of primary care providers, conveniently located in your neighborhood. For more information on the providers listed below, visit their individual websites or [www.nwhospital.org/physicians](http://www.nwhospital.org/physicians).

## CLINICS

### LAKE FOREST PARK CLINIC

17191 Bothell Way NE, Ste 205 | Lake Forest Park, WA 98155  
(206) 364-8272 | [www.lakeforestparkmedical.com](http://www.lakeforestparkmedical.com)

*Specialty Areas:* Internal medicine, family medicine, preventive care, newborn care, women's health, diabetes management, osteopathic manipulation medicine

Laurie Kreiter, MD                      Karen Miller, MD  
Leslie Newton, MD                      Amoy Ng, MD  
Robert Woodbury, DO                      Rebecca Olson, ARNP

### RICHMOND INTERNAL MEDICINE

355 NW Richmond Beach Rd | Shoreline, WA 98177  
(206) 546-5181 | [www.richmondclinic.com](http://www.richmondclinic.com)

*Specialty Areas:* Internal medicine, women's health, work-related injuries, DXA and radiology on-site

Joel Haggdorn, MD                      Thomas Merritt, MD  
Lynn Reilly, MD                      Kim Wheeling, MD  
Kathryn Zufall, MD                      Susan Bladdek, ARNP

### SAND POINT INTERNISTS @ UNIVERSITY

4915 25th Ave NE, Ste 301 | Seattle, WA 98105  
(206) 524-4737 | [www.sandpointinternists.com](http://www.sandpointinternists.com)

*Specialty Areas:* internal medicine, chronic disease/complex condition management

Vara Kraft, MD                      Frank Mitchell, MD  
Joan Olson, MD                      Sarah Pohlmann, MD  
Anita Uppal, MD

### SAND POINT INTERNISTS @ NORTHGATE

10330 Meridian Ave N, Ste 230 | Seattle, WA 98133  
(206) 524-4737 | [www.sandpointinternists.com](http://www.sandpointinternists.com)

*Specialty Areas:* internal medicine, family medicine, chronic disease/complex condition management

Emily Cooper, MD                      Mark Lacambra, MD  
Donna Richman, MD

## SOLO PRACTITIONERS

### JAMES COGHLAN, MD

1530 N 115th St, Ste 303 | Seattle, WA 98133  
(206) 368-1933

*Specialty Areas:* Family Medicine, preventive care, women's health, diabetes management, chronic disease management, work-related injuries and dermatological conditions.

### GEOFFREY HARRIS, MD

1560 N 115th St, Ste 207 | Seattle, WA 98133  
(206) 362-8337

*Specialty Areas:* internal medicine, disease prevention, cancer screening, hypertension control

### KATHRYN HARRIS, MD

1560 N 115th St, Ste 207 | Seattle, WA 98133  
(206) 362-8337

*Specialty Areas:* internal medicine, women's health, preventive care

### ALEXANDER KRAJINA, MD

1560 N 115th St, Ste 207 | Seattle, WA 98133  
(206) 368-1188

*Specialty Areas:* internal medicine, disease prevention, high blood pressure and diabetes treatment, high cholesterol management

### MICHAEL LEE, MD

1530 N 115th St, Ste 104 | Seattle, WA 98133  
(206) 368-1311 | [www.drmikelee.com](http://www.drmikelee.com)

*Specialty Areas:* internal medicine, diabetes management, chronic disease management

*Tip >*

It's flu season. Why not start your relationship with a primary care provider by getting your flu shot?

## CHILDBIRTH, PARENTING, AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered on the Northwest Hospital campus by the Great Starts program of Parent Trust for Washington Children. Pre-registration is required. Medicaid coupons can be used for the full series (7 and 4 week options) and the labor & birth miniseries classes. To register online, visit, [www.nwhospital.org/classes](http://www.nwhospital.org/classes), or call Great Starts at (206) 789-0883.

### CHILDBIRTH PREP CLASSES

#### Seven-Weeknight Series:

- Preparing for birth, including stages of labor, emotional and physical challenges during labor, how a support person can comfort the laboring mother, hospital routines, possible interventions and postpartum recovery
- Reunion after all the babies are born
- Breastfeeding and caring for your newborn

*Cost: \$180 per pair (mother and a support person), or Provider One card.*

#### 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 - 2 Saturdays

For parents who need a class to fit their busy schedules. Covers the same material as the full series, consolidated into two Saturday mornings; be aware that the condensed format allows less time for skills practice and questions. *Cost: \$125 per pair, or Provider One card.*

#### Newborn Care Class

An important class for first-time parents, this class focuses on caring for the baby during the first few months of life. Topics include newborn characteristics, daily care, infant cues, health and illness, diapering, cord care, sleep and feeding habits, colic relief and changes that occur in newborn babies. Included in the full series, or can be taken as a stand-alone class. *Cost: \$30 per pair.*

#### 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 a stand-alone class. *Cost: \$30 per pair.*

#### Life with Baby\*

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: \$30 per pair.*

#### Becoming Parents Program\*

This class equips expecting and new-parent couples with skills, information, and support for having the best parenthood experience possible. Learn how to parent effectively as a team and keep your couple relationship thriving after the arrival of a new baby. Class meets weekly for 6 weeks. *Cost: \$380 per couple (\$285 if also registered for a full childbirth prep series).*

#### Babysafe\*

Three-hour Saturday course is taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention, carseat safety and care of common injuries. Infant choking rescue and infant CPR are demonstrated and practiced. This class does not include a certification card. *Cost: \$40 per pair.*

#### Conscious Fathering\*

This class provides information to help fathers feel more involved and confident in birth and child-rearing. Topics

include how to connect from day one, keeping the baby as comfortable as possible, how to cope when "everything goes wrong," how to meet baby's basic needs, plus developing your own definition of the kind of father you want to be and how you want to interact with your child. *Cost: \$30 per expectant father.*

#### Sibling Preparation

This class prepares children for the birth of a new family member. It is appropriate for children ages 2½ 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 child/parent pair.*

#### Happiest Baby on the Block\*

For expectant parents and parents of young infants who would like to learn effective techniques for calming and soothing a baby. Learn step by step how to help your baby sleep better and how to soothe even the fussiest baby in minutes . . .

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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](mailto:nwhclasses@nwhsea.org). For more classes and events, visit us at [www.nwhospital.org/classes](http://www.nwhospital.org/classes).

# COMMUNITY CLASSES AND WELLNESS PROGRAMS

even seconds! Most useful for babies in the “4th trimester”, or first 3 months of life. It’s OK to bring your baby to class, and it’s OK if they cry during class – it gives us a chance to see the techniques in action! *Cost: \$50 per couple, includes DVD.*

## **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 person.*

*\*These classes can be taken before baby’s birth, or anytime in the first 3 months.*

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## **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](http://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.

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## **SUPPORT GROUPS**

### **Better Breathers Club**

Join the club to learn tips and techniques to better manage lung disease. 2<sup>nd</sup> 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 (206) 920-5462 for a brief interview prior to joining.

### **Diabetes Support Group**

Discuss topics such as 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](http://www.nwhospital.org) or call (206) 368-1564.

### **Weight-Loss Surgery Support Groups**

Our monthly support groups provide an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. Open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. Visit [www.nwhospital.org/](http://www.nwhospital.org/) bariatric for dates. Groups

are held in the E-Wing auditorium from 6:30-8 p.m.

### **Young Adult Stroke Survivors**

For stroke survivors, their families and caregivers. Meets on the 3rd Sat. of the month in the Northwest Hospital Easy Street section of the Center for Medical Rehabilitation, from 1-3 p.m. For more information, call (206) 361-2696 or visit [www.seattleYASS.weebly.com](http://www.seattleYASS.weebly.com).

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## **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, Nov. 19 and 26, 2011 and Jan. 21 and 28, 2012, from 9 a.m.-1 p.m. on the hospital campus. A \$14 fee is payable to AARP on the first day of class. Participants must attend both days of class to complete the course. To register, call (206) 368-1564 or call AARP at (888) 227-7669.

### **Brain Health: Simple Tools for Clear Thinking**

These 90 and 120-min. workshops led by Dr. Jane Tornatore, a nationally known speaker on brain health and memory problems, will explain why everyone experiences “senior moments,” and what to do about them. Learn

easy ways to improve the memory and keep the mind active to reduce the risk of Alzheimer’s. Thursdays, Dec. 8, 1 - 2:30 p.m.; Jan. 12, 2012, 6 - 8 p.m.; Feb. 2, 2012 1 - 2:30 p.m.. \$20 for 90 min. session and \$25 for 120-min. session. Call (206) 368-1564 to reserve your seat.

### **Journaling for Recovery from Mild Brain Injury**

The process of journaling can help you discover the hope and gifts within to support your optimum wellness. Focus on embracing your new life by sharing your story with others who are also recovering. Facilitated by a licensed speech language pathologist and licensed medical social worker and counselor. 8 weeks, 90 min. sessions. Call (206) 368-1094 for dates and more information.

### **Let the Games Begin!**

This group gives people with acquired brain injury the opportunity to participate in a supportive 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 a.m. -12 p.m. Call (206) 368-1848 for more information.

### **YMCA Diabetes Prevention Program. Take Control Today!**

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@seattlemca.org](mailto:diabetesprevention@seattlemca.org).

## Living Well with Diabetes

This program has been formally recognized for excellence by the ADA. In this monthly, 4-session series, participants will gain information and skills to manage their diabetes. Physician referral is required. 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](http://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. Nov. 14, 2011 and March 1, 2012, 7-8:30 p.m. \$20. Call (206) 368-1564 to reserve your seat.

## Yoga For People With Parkinson's

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

## UPCOMING EVENTS

### FREE Weight-Loss Surgery Seminars

- December 6, 2011 with Dr. Nicole White

Are you interested in surgical options for weight-loss? Join Northwest Hospital 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](http://www.nwhospital.org/bariatric).

### FREE Joint Camp

Are you suffering from arthritis and thinking about a joint replacement? Or are you scheduled to have a joint replacement at Northwest Hospital? Explore the latest, state-of-the-art surgical options in joint care and joint replacement. 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](mailto:jointcamp@nwhsea.org).

## CancerLifeline

All programs are free. They are held in the Medical Arts Building, Rm 112, on the NWH campus. Call (800) 255-5505 for more information or to register, visit [www.cancerlifeline.org](http://www.cancerlifeline.org).

## SUPPORT GROUPS

If you are interested in attending a group, please call (206) 832-1297.

### Breast Cancer Networking Group

For patients, survivors and their family members and friends. Meg Sweeney, MSW. Third Wednesdays; Nov. 16, Dec. 21; 7-8:30 p.m.

### Gynecologic Cancer Support Group

For patients and survivors of gynecologic cancer. Fourth Wednesdays; Tracy Kalloway, MA. Nov. 23, Dec. 28; 6-7:30 p.m.

### Living With Cancer Support Group

For patients and survivors with all types of cancer, their family members and friends. Meg Sweeney, MSW. Fourth Thursdays; Dec. 22; 7-8:30 p.m. (No group Nov. 24)

## CLASSES

### Gentle Yoga

Learn easy stretches, guided meditation and breathing exercises. Please bring your own mat. Christy Fisher, CYI. Tuesdays; Nov. 1 – Dec. 13; 7-8:15 p.m.

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

Gentle and fun exercises for people concerned about lymphedema. Sherry Lebed Davis, Founder. Mondays: Nov. 7 – Dec. 12; 5:30-6:30 p.m.

## PRESENTATIONS

### It's OK to Be Angry

Learn how to transform your anger and use its energy in your own healing. Melissa West, MA. Wed., Nov. 30, 6:30-8 p.m.

### Understanding CA-125: A Tumor Marker for Gynecologic Cancer

Dr. Howard Muntz will explain how oncologists use CA-125 as a tumor marker for gynecologic cancer; the pitfalls of this test; and if there is a better tumor marker for women with cancer. Thur., Nov. 17, 5:30-7 p.m.

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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.

# GIVE THE GIFT OF HEALTH

This time of year, mailboxes are filled with appeals from many deserving organizations, all seeking support. In this time of economic challenge and limited resources, how do we decide where to donate?

Making quality healthcare accessible to everyone who needs it has never been more important than it is today. For more than 50 years, the generosity of donors has helped Northwest Hospital & Medical Center meet its mission of service to the community, ensuring that families, friends and neighbors receive the most comprehensive, advanced healthcare services available, regardless of their ability to pay.

When you give to Northwest Hospital, you help us ensure that the facilities, treatments and clinical excellence that can save your life or the life of a loved one will be there when you need them most.

You can make a gift to an existing fund that supports a specific program, facility or technol-



ogy, or donate to a general fund that allows us to put your contribution toward the area of greatest need. Every donation, large or small, makes a difference. No gift is insignificant.

We know giving is a personal choice. Whether you wish to express appreciation for a good experience, to honor someone who has profoundly impacted your life, or to invest in an organization that offers critical support to your community, we hope you will reflect on your relationship with Northwest Hospital and make a contribution.

To find out about different options for giving, visit our website at [www.nwhospital.org/foundation](http://www.nwhospital.org/foundation) or call (206) 368-1647.


Be a hero to your family, friends and community. Contribute to Northwest Hospital today.


*Thank you for your support.*

- 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](http://www.nwhospital.org).

Northwest Hospital & Medical Center has earned the 2011 HealthGrades Distinguished Hospital Award for Patient Safety.



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