Mary Baxter was having a pretty ordinary day. She’d been on home oxygen therapy for COPD – chronic obstructive pulmonary disease – for several months, and was waiting for the oxygen tank delivery man that August morning. She got up from the couch and headed for the bathroom, but something went wrong. “I remember my husband saying, ‘I’ll help you,’ but then I collapsed on the floor,” Baxter recalls.

Her husband called 911. Minutes later, paramedics and an ambulance arrived. “I heard the driver say we were going to Northwest Hospital, because they suspected I’d had a stroke,” Baxter says.

When she arrived at the Northwest Hospital & Medical Center Emergency Department, Baxter was unable to move her left arm or leg and was unaware of their existence, a condition neurologists call neglect. The stroke had injured the right side of Baxter’s brain, which controls the left side of the body. She also was having trouble speaking. Neurologist Dr. Marc Kirschner was immediately called. It was still well under an hour since Baxter had first started showing stroke symptoms.

“After about three hours into a stroke, we’re often not able to give people the most effective treatment,” Dr. Kirschner emphasizes. “The popular saying among neurologists is, ‘time is brain.’ The faster a suspected stroke patient gets to the ER, the more likely we can choose from several beneficial treatment options. Those options diminish if too much time passes.”

Dr. Victor Erlich, neurologist and director of the Northwest Hospital Stroke Program, agrees. “Early intervention is our best tool against stroke. While we may not be able to prevent some effects of stroke, in many cases we can blunt its damage if a patient gets to us in time.”

In Baxter’s case, tests ordered within minutes of her arrival at the hospital confirmed the stroke, and the hospital’s stroke team was called in. Tests showed that Baxter did not have bleeding in the brain, but had a blood clot blocking a major vessel there. Left untreated, or if treatment was delayed, the stroke could have easily killed the 58 year-old woman.

“That’s when we determined it was essential to get an interventional radiologist involved,” Dr. Kirschner recalls.

“We quickly mobilized an intervention team, to do what’s called intra-arterial thrombolysis,” says Dr. Stephen Whipple, an interventional radiologist at Northwest Hospital and Via Radiology. Thrombolysis is the process of dissolving a thrombus, or blood clot.

Whipple and his team introduced a tiny plastic catheter into the clot in the artery and slowly infused a “clot-busting” drug called tissue plasminogen activator (tPA). If it’s given within three hours of the start of stroke symptoms, tPA can often reduce long-term disability.

“The clot slowly melted over the course of about two hours,” Dr. Whipple says. “We used an angiogram to see how it was progressing, which meant injecting contrast dye into the arteries and taking X-rays to monitor the clot.”

In younger stroke patients like Baxter, the brain ordinarily fills the skull, unlike older adults, where a
A certain amount of brain shrinkage is normal. When blockage of a major artery that nourishes a large portion of the brain occurs, the brain starts to swell as cell death begins. That swelling against the skull can be deadly without speedy intervention.

Baxter benefited from her husband’s immediate 911 call and the well-trained response of the emergency medical services team that got her to the emergency department in time for the most effective treatment. As a result, Baxter today shows virtually no signs of having suffered a life-threatening stroke. She’s even started driving her husband’s scooter. “The entire team that works to prevent stroke damage is vital to positive outcomes, from the emergency department physician and nurses to the neurologist and interventional radiologist who are just moments away,” says Dr. Kirschner.

Northwest Hospital’s award-winning stroke program doesn’t end when the emergency does. If the effects of Baxter’s stroke had been more severe, she would have been like many patients in the Northwest Hospital Center for Medical Rehabilitation. The center features a multidisciplinary team of physicians, nurses, social workers and professional staff who help patients recover from conditions ranging from stroke and brain injury to hip fractures, amputations and arthritis.

Therapists specializing in speech, language, physical, occupational and other therapies often use Easy Street, a unique, life-size replica of a city street that allows patients to re-learn everyday physical, cognitive and communication skills. The center’s safety and gait enhancement and industrial rehabilitation specialists also work with stroke patients.

“The main goal is to get stroke patients to the hospital as quickly as possible,” Dr. Erlich says. “It can make a dramatic difference in the outcome for the patient, as it did in Mary Baxter’s case. We don’t provide miracles – we do provide treatments that make the chances of good outcomes better.”

**Stroke Signs & Symptoms: Time is the Enemy**

If you think you’re having a stroke, every second counts. These symptoms mean it’s time to call 911:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Abrupt trouble seeing in one or both eyes
- Sudden difficulty walking, dizziness, loss of balance or coordination
- Sudden, severe headache

If you can, check the time so you can tell paramedics when symptoms began. The sooner you arrive at an emergency room, the sooner diagnosis and treatment can begin. TIA, or transient ischemic attacks, are “mini-strokes,” which cause some of the same symptoms as a major stroke, but go away in a short time. These little strokes need immediate medical attention as well, because they can be a warning sign of an impending major stroke.
Northwest Hospital & Medical Center is proud to welcome the following physicians to the medical staff. To learn more about our medical staff, visit the “Physician Search” section at www.nwhospital.org.

MARION FOLKEMER, MD
Pediatrics

CHRISTINA ISACSON, MD
Pathology

BRIAN McINNES, MD
Podiatry

JANIS MERCKER, MD
Diagnostic Radiology

MYUR SRIKANTH, MD
General Surgery

ERLAN TOULEGENOV, MD
Anesthesiology

JASON WONG, MD
Radiation Oncology

GUOLI JOHNSTON, MD
Gynecology

LYNN KEENAN, MD
Pulmonology

FRANK LI, MD
Pain Medicine

PRAVEEN MAMBALAM, MD
Anesthesiology

JANE MATHIS, DO
Osteopathy

KIM WHEELING, MD
Internal Medicine
How do you choose the right hospital to meet your needs? The Centers for Medicare and Medicaid Services (CMS) have developed a website called Hospital Compare (www.hospitalcompare.hhs.gov) that allows consumers to compare hospitals and make informed decisions about the care they receive.

For example, CMS tracks and scores several key procedures for treating heart attacks. These scores show that Northwest Hospital & Medical Center is among the top 10% of hospitals providing care for heart attack, or acute myocardial infarction (AMI).

“CMS determines the quality of care by looking at how well the hospital uses best practices in heart attack treatment,” says Adam Parcher, director of performance improvement for Northwest Hospital. “There are seven best practices in heart attack care that CMS measures, and Northwest Hospital is in the top 10% of all the hospitals in the nation on all seven best practices.”

Among others, these best practices are:

- Giving aspirin when patients arrive at the emergency room
- Giving aspirin when patients leave the hospital
- Giving other appropriate medications depending upon the type of heart attack
- Counseling on quitting smoking
- Meeting a 90-minute timeframe between the time heart attack patients come into the emergency room and the time they receive angioplasty or a stent

Maureen Scherger, performance improvement manager at Northwest Hospital, points out that the 90-minute standard is strict. “When patients arrive in the emergency room with certain types of heart attacks, the team has only a total of 90 minutes to assess the patient and perform a procedure designed to restore blood flow to the heart. If we reach 91 minutes, we haven’t met the standard.”

Meeting all seven heart attack treatment standards isn’t easy, Scherger says, but Northwest Hospital is proving it can be done. “We created small working groups focused on each best practice. We’ve taken apart each one and developed a stronger process,” she says. Scherger points out that, as a result, CMS has now given Northwest Hospital a score of 100% in every measure. “That means every single person who came into our emergency room with heart attack symptoms received care that met every single standard, every single time.”

This collaborative work is leading to better long term health for Northwest Hospital patients, according to Dr. Margaret Hall, the hospital’s chief of cardiology. “When we see these patients in the office a week or two after the event, it is sometimes not possible to tell that there has even been a heart attack,” she says. Dr. Hall says that rapid care at the hospital is only part of the equation, though. Getting to the hospital quickly is critical. “It is very clear that those who take symptoms seriously and call 911 promptly are in a great position to make a full recovery, with little or no detectable heart damage.”

For more information on CMS hospital rankings, go online to Hospital Compare at: www.hospitalcompare.hhs.gov.

For more information on cardiac care at Northwest Hospital, visit www.nwhospital.org.
In Memoriam

It is with sadness that we mark the passing of registered nurse Marjorie J. Monrad, and with gratitude that we accept her gift of $10,000 for Northwest Hospital & Medical Center’s oncology program.

A resident of Seattle since 1943, Marjorie enjoyed a long career at Ballard Community Hospital. In 2006, Marjorie began treatment with Dr. George Birchfield at Puget Sound Cancer Center at Northwest Hospital. She quickly made friends with the whole staff. Marjorie fought cancer with dignity and the loving support of her care team. Her son, Scott, recalls that to our staff, his mother was much more than just a patient. He especially appreciated how well the staff communicated with the family and managed expectations. Eventually, Marjorie entered hospice care and died peacefully in November, 2008.

An Easy Street Extreme Makeover

Neighborhood retailers in North Seattle and Shoreline pitched in to modernize the 20-year-old house and laundromat on Easy Street at Northwest Hospital. Easy Street Environments, located in the Center for Medical Rehabilitation, is a unique replica of a city street – complete with a supermarket, bank, movie theater, restaurant and more. It is used by patients recovering from stroke and other brain and physical injuries to regain everyday physical, cognitive and communication skills. The house, in particular, helps patients conquer ordinary chores – activities that can be discouraging for people who are recovering physical abilities.

Since the last update to the house was in 1988, it needed a near-total makeover. Home Depot experts re-designed the home’s kitchen and the adjacent laundromat. Carpet and vinyl were provided and installed by West Coast Flooring, and Bob’s Fresh Coat did the painting. Alchemy Collections provided new dining room furniture, while Costco donated a bed. Precision Countertops created the custom kitchen and laundromat counters. The value of the donations totaled over $20,000. The project was managed by the Northwest Hospital Foundation.

On February 6, about 20 volunteers from Home Depot’s Team Depot installed the custom-designed kitchen and laundromat, including new appliances, cabinets, lighting and accessories, all donated by Home Depot. The crew was fueled with donated breakfast and lunch from Romano’s Macaroni Grill at Northgate Mall, Krispy Kreme on Aurora Avenue and Target.

Bill Schneider, Northwest Hospital’s president and CEO, says the execution of the project by Team Depot is a great example of how individuals and organizations support their community. “Home Depot has truly provided a gift to the patients we serve through our Center for Rehabilitation, giving them the real-life tools they need to successfully return to daily life.”

Romy Bernhard, manager of Home Depot’s West Seattle store and district captain of Team Depot, says the project reflects the company’s core values, which include taking care of the neighborhood. “We want to give back to the community,” she says, “the way the community has given to us.”

Plans are being made to remodel other parts of Easy Street later this year, again with donated goods and labor.

For more information on Easy Street, including a virtual tour, visit www.nwhospital.org.
Preparing for death is part of life, but it’s something few of us actually do. At Northwest Hospital & Medical Center, we are able to send most of our patients home healthy, but as caregivers, we also know there will be some who won’t leave the hospital, or will only have a short time left after they are discharged. We believe it’s important to work with patients and their families to prepare for this transition in ways that meet the needs of each individual. Our approach involves the combined time and skill of spiritual and grief counselors, social workers, nurses, hospice caregivers and physicians.

Northwest Hospital’s spiritual and grief counselors, Kathy Heffernan and Kerry Halligan, help patients and families deal with the spiritual and emotional aspects of dying by creating a safe place to talk about their fears and concerns. “Some patients may have anxieties about things they feel are unfinished,” Heffernan says. “We are there as companions on their journey, to listen to whatever they would like to discuss. Some patients may be estranged from family members, for example, so our work together might be about healing and reconciling these relationships.”

Depending upon the wishes of each patient, Heffernan and Halligan help families and patients discuss end-of-life issues, deal with emotional and spiritual distress, contact local religious leaders and build support systems. According to Brad Caldart, MSW, the role of the social worker is also important in this process. Social workers help patients, family and friends make connections in the community and among each other, as they face the challenges of how to spend the rest of their lives. “Often we provide information about services that can support patients once they are medically stable,” Caldart says. “We work with them to find help paying for expensive medications or find a new living situation, transportation alternatives or household help, in addition to providing an empathic ear as they work through their emotions.”

In the final days of a patient’s life, family and friends are especially important, says Dr. James Gordon, neurologist and chair of the Northwest Hospital Ethics Committee. “Loved ones should be included in medical decision-making at all stages of life,” he says. The patient’s illness impacts loved ones, and their concerns, feelings and reactions also affect the patient’s well-being.” Dr. Gordon points out that people often confuse the terms “palliative” care and “hospice” care, although they differ primarily in the patient’s life expectancy. Palliative care applies to all patients with severe or life-threatening illnesses, while hospice care applies to patients expected to die within six months. Both provide active, personalized care to support the patient’s end-of-life wishes and to control pain and symptoms. Hospice care at Northwest Hospital is provided when curative treatment is no longer desired or effective.

“It’s important that all of us communicate with our loved ones in advance, so they know how to make decisions for us, if necessary – decisions that would make sense in terms of who we are as individuals, rather than what doctors can do to keep our bodies alive a little longer,” says Dr. Gordon.

Northwest Hospital patients can make their wishes known by requesting a free brochure called Making Decisions About Your Health Care. It contains information and sample legal documents, and is available at Northwest Hospital Admitting in the main lobby, or by calling (206) 368-1716. A similar brochure, called Five Wishes is available for a small cost online at www.agingwithdignity.org/5wishes.html. Both documents meet Washington State legal requirements.

For more information on end-of-life care or spiritual and grief counseling at Northwest Hospital, call (206) 368-1805.
March is National Colorectal Cancer Awareness month. Colorectal cancer is preventable, treatable and beatable. For more information on what you can do and to learn about colorectal cancer screening, go online to: www.crcawareness.com.

March 27–29: 21st Annual Northwest Women’s Show presented by Northwest Hospital & Medical Center. Qwest Field Events Center, Seattle, 10am – 6pm Friday and Saturday; 10am – 5pm Sunday. Northwest Hospital is the title sponsor of this popular event, dedicated to women’s health, beauty, fashion, finances and lifestyle. Stop by the Northwest Hospital booth for valuable seminars, health information and much more! Admission: $15.

April 3–4: Sacred Art of Living and Dying: Understanding Spiritual Pain, Lindsay Gould Auditorium, Northwest Hospital & Medical Center, 9am - 6pm Friday and Saturday. This is the first in a series of four workshops and retreats dealing with the universal patterns of spiritual suffering and time-tested ways to relieve them. Taught by pastoral counselor, historian and professor Robert Groves. Tuition: $350, including manuals and box lunch. Register online at www.sacredartofliving.org, or call toll free (888) 383-4171.

May 17-18: Northwest Hospital Foundation’s 25th Annual “Swing Fore Your Life” Golf Tournament, Seattle Golf Club. In honor of this special anniversary, a celebratory dinner will be held on Sunday, May 17, beginning at 5pm. This special event will be an evening of reflection, entertainment and fun. The Golf Tournament on May 18 will begin with a brunch starting at 9:30am and a shotgun start at 11am, followed by cocktails and an awards presentation at the end of the afternoon. Net proceeds will continue to support uncompensated care at Northwest Hospital. For more information on attending or sponsoring this event, call (206) 368-1647.

NOTE: The KING 5 Healthy Living Expo, scheduled for this April, has been cancelled.
CHILD BIRTH, PARENTING, AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered on the Northwest Hospital campus by Great Starts. Pre-registration is required. Full payment is due at registration. Medicaid coupons can be used for the 7-week series and labor & birth only classes. To register online, visit www.nwhospital.org/classes, or call Great Starts at (206) 789-0883.

Childbirth Prep Classes
The 7-week series includes:
- Preparing for labor and birth, including stages of labor, emotional and physical challenges during labor, how a support person can comfort the laboring mother, hospital routines, possible interventions and postpartum recovery
- Newborn care class
- Breastfeeding
- Reunion after all the babies are born
Cost: $170 per pair (mother and a support person), or Medicaid coupon.

Labor & Birth Only - Saturday Series
For parents who need a class to fit their busy schedule. The same labor and birth material that is covered in the full series, consolidated into two Saturday mornings. Does not include newborn care or breastfeeding. Cost: $120 per pair (mother and a support person), or Medicaid coupon.

Newborn Care Class
An important class for first-time parents, this class focuses on caring for the baby during the first few months of life. Topics include newborn characteristics, daily care, infant cues, sleep, health and illness, diapering, cord care, sleep and feeding habits, colic relief and changes that occur in newborn babies. This is a part of the Seven Week Series OR it can be purchased à la carte. Cost: $30 per family.

Breastfeeding Basics
This class is designed to educate parents on proper feeding techniques and positioning, how often to feed, preventing and coping with common challenges and how partners can support breastfeeding mothers. Cost: $30 per family.

Babysafe
A 3-hour weeknight course taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention and care of common injuries. Infant choking rescue and infant CPR is demonstrated and practiced. This class does not include a certification card. Cost: $40 per couple.

Conscious Fathering
For expectant or new fathers. It provides information to help fathers feel more involved and confident in birth and child-rearing. Includes how to connect from day one, keeping the baby comfortable and how to cope when “everything goes wrong,” how to meet baby’s basic needs, how to develop your own definition of the kind of father you want to be and how you want to interact with your child. Cost: $30 per student.

PRENATAL SERVICES

Baby Your Back
Back pain is a frequent complaint of pregnant women and has many causes. Baby Your Back is a 2-hour class for expectant mothers taught by a licensed physical therapist. Second Wednesday of every month. Cost: $10. Call (206) 368-6032 to register. Healthcare provider referral required.

Newborn Care Class
An important class for first-time parents, this class focuses on caring for the baby during the first few months of life. Topics include newborn characteristics, daily care, infant cues, sleep, health and illness, diapering, cord care, sleep and feeding habits, colic relief and changes that occur in newborn babies. This is a part of the Seven Week Series OR it can be purchased à la carte. Cost: $30 per family.

Breastfeeding Basics
This class is designed to educate parents on proper feeding techniques and positioning, how often to feed, preventing and coping with common challenges and how partners can support breastfeeding mothers. Cost: $30 per family.

Babysafe
A 3-hour weeknight course taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention and care of common injuries. Infant choking rescue and infant CPR is demonstrated and practiced. This class does not include a certification card. Cost: $40 per couple.

Conscious Fathering
For expectant or new fathers. It provides information to help fathers feel more involved and confident in birth and child-rearing. Includes how to connect from day one, keeping the baby comfortable and how to cope when “everything goes wrong,” how to meet baby’s basic needs, how to develop your own definition of the kind of father you want to be and how you want to interact with your child. Cost: $30 per student.

(continued on page 10)
SUPPORT GROUPS

**Better Breathers Club**
Join the club to learn tips and techniques to better manage lung disease. Second Monday of each month at 10:30am. Re-hab Patient Dining Room. Call (206) 368-1853.

**Breast Cancer - A Healing Place**
This support group is an opportunity for sharing and receiving support while coping with advanced breast disease. Offered second and fourth Wednesdays of each month, 9:30 - 11am. Call the facilitator at (206) 920-5462 for a brief interview prior to joining.

**Grief Support Group**
Offered as a 6-week series 7 – 9 pm Thursdays, May 14, 21, 28, and June 4, 11, and 18. Pre-registration is required; call (206) 368-1891.

**Diabetes Support Group**
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 myths busters, monitoring for complications and what’s new in diabetes research and technology. Second Tuesday of each month, 1 - 2:30pm; and third Thursday of each month, 7 - 8:30pm. To register visit [www.nwhospital.org](http://www.nwhospital.org) or call (206) 368-1564.

**Mended Hearts**
For cardiac patients, family members and health professionals. This group provides help in coping with the emotional aspects of recovering from heart disease and an opportunity to offer personal insights to help others in the coping process. Third Thursday of each month, 7–9pm. Call (206) 368-1564.

**Adult Stroke Support Group**
This group for stroke survivors, their families and caregivers meets on the third Saturday of the month in the Northwest Hospital Easy Street section of the Rehabilitation Center, from 1 -- 3 pm. For more information, call (206) 361-2696.

**Weight Loss Surgery Support Groups**
Our monthly support groups provide an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. Our support groups are open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. No registration necessary. For dates, visit: [www.nwhospital.org](http://www.nwhospital.org). Groups are held in the TCU auditorium from 6:30-8pm.

**WELLNESS CLASSES**

**AARP Driver Safety Program**
AARP offers the popular Driver Safety Program for drivers 50 years old and older. Graduates may be eligible for multi-year discounts on their auto insurance. The class is offered on two consecutive Saturdays, May 23 and 30, from 9am - 1pm. The classes will be held on the 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.

**Brain Health: Simple Tools for Clear Thinking**
This 90-min workshop 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 minds active to reduce the risk of Alzheimer’s. Much of the workshop will involve participation in brain-strengthening activities. March 31, 6:30–8pm or April 16 & 30, 1-2-30pm. Cost: $20. Call (206) 368-1564 to reserve your seat.

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

**Weight Loss Surgery Education**
Join us for a free informational seminar to learn more about: weight loss surgery options and risks; patient selection criteria; nutritional requirements; and insurance coverage. Question and answer session follows each talk. All seminars are held 6:30-8:30 pm in the TCU Auditorium. Visit [www.nwhospital.org](http://www.nwhospital.org) for dates. Call (206) 368-1350 to reserve your space for seminars.
For more classes and events, visit us online at www.nwhospital.org.

Yoga For People With Parkinson’s
Call (206) 368-5935 for more information and to register.

Nutrition Clinic
Food & Nutrition Services offers outpatient nutrition education to help you plan healthy, nutritious meals to suit your dietary needs. Registered dietitians help you design a meal plan to meet your individualized needs. Many insurance carriers cover nutrition consultations if ordered by a physician. Call (206) 368-1919 for more information or visit www.nwhospital.org.

Let the Games Begin!
A conversational support group that provides people with acquired brain injury the opportunity to participate in group card and board games in a supportive, encouraging environment. This group is facilitated by a licensed speech language pathologist who provides suggestions and encouragement, helping people build confidence while having fun. Thursdays, 11am - Noon. Call (206) 368-1848 for more information.

CLASSES & SUPPORT GROUPS

Cancer Lifeline at Northwest Hospital & Medical Center classes and groups are free and open to the public. Call (800) 255-5505 or (206) 297-2500 for more information or to register. You can also register online at www.cancerlifeline.org. To confirm specific support group meeting dates, call (206) 832-1297.

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

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

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

Gynecologic Cancer Support Group
For patients diagnosed with ovarian, uterine, cervical or any other type of gynecologic cancer, their family and friends. Fourth Wednesdays, 6-7:30pm. Professional Building, Suite 3.

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

Talk with a Lymphedema Therapist
Learn about resources for lymphedema treatment and management. This presentation is held prior to the Breast Cancer Support Group, Wednesday, April 1, 3:30-4pm. Professional Building, Suite 3.

Gentle Yoga
Combines easy stretches, postures, guided meditation and breathing exercises. Please register. Fine to start any time during the series. Mondays, through April 20, 6:30-8 pm. 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. Wednesdays through April 22, 6:30-7:30pm. McMurray Building, Cardiac Fitness Center.

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 March 31, 6-7:30pm. McMurray Building, Cardiac Fitness Center.

Look Good, Feel Better
This hands-on workshop includes a skin care lesson, makeup application, nail care and a demonstration of options for dealing with hair loss and thinning. Participants in various stages of cancer treatment receive personal attention from a professional with special training to meet their needs. Register by calling 1-800-ACS-2345. Monday, April 27, 6-8pm, The Seattle Breast Center.
Northwest Hospital & Medical Center has been awarded the 2009 HealthGrades Distinguished Hospital Award for Patient Safety and 2008 Awards for Excellence in Stroke Care and Back and Neck Care.

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

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

Northwest Hospital & Medical Center
1550 N 115th Street
Seattle, WA 98133

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

HEALTH TIPS

When you look in a full-length mirror, do you see an apple or a pear?
Nurse practitioner Pat Giurgevich, at Summit Cardiology at Northwest Hospital, says where excess fat accumulates on your body can affect how healthy your heart is.

She says research shows that extra fat around the waist means more fat around the heart and other organs. That increases the risk of heart disease. The tendency to be either apple- or pear-shaped is determined by our genes. That’s why it’s important for people who tend to be apple-shaped to try to maintain a healthy body weight for their height. Also, it’s essential for both apples and pears to get regular exercise. It promotes healthy blood cholesterol – and that’s good, no matter what shape you’re in.

Could your next pedicure possibly lead to a serious infection?
Dr. Richard Bouché, podiatrist at The Sports Medicine Clinic at Northwest Hospital, says there are a couple of things you can do to make sure you’re not a victim. For example, if you have a medical problem like diabetes that affects blood circulation in your feet or hands, or causes your feet to feel numb, tell the technician at the start of your appointment. Make sure your doctor okays a professional pedicure before you make an appointment at the nail salon. To cut down on your risk of catching a skin infection, don’t shave your legs before your spa pedicure. Any little nicks or scratches can give bacteria a place to enter the skin, and result in eruptions and sometimes even severe scarring. Also, make sure the technician is using sterilized instruments while working on your feet.