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Northwest Hospital & Medical Center

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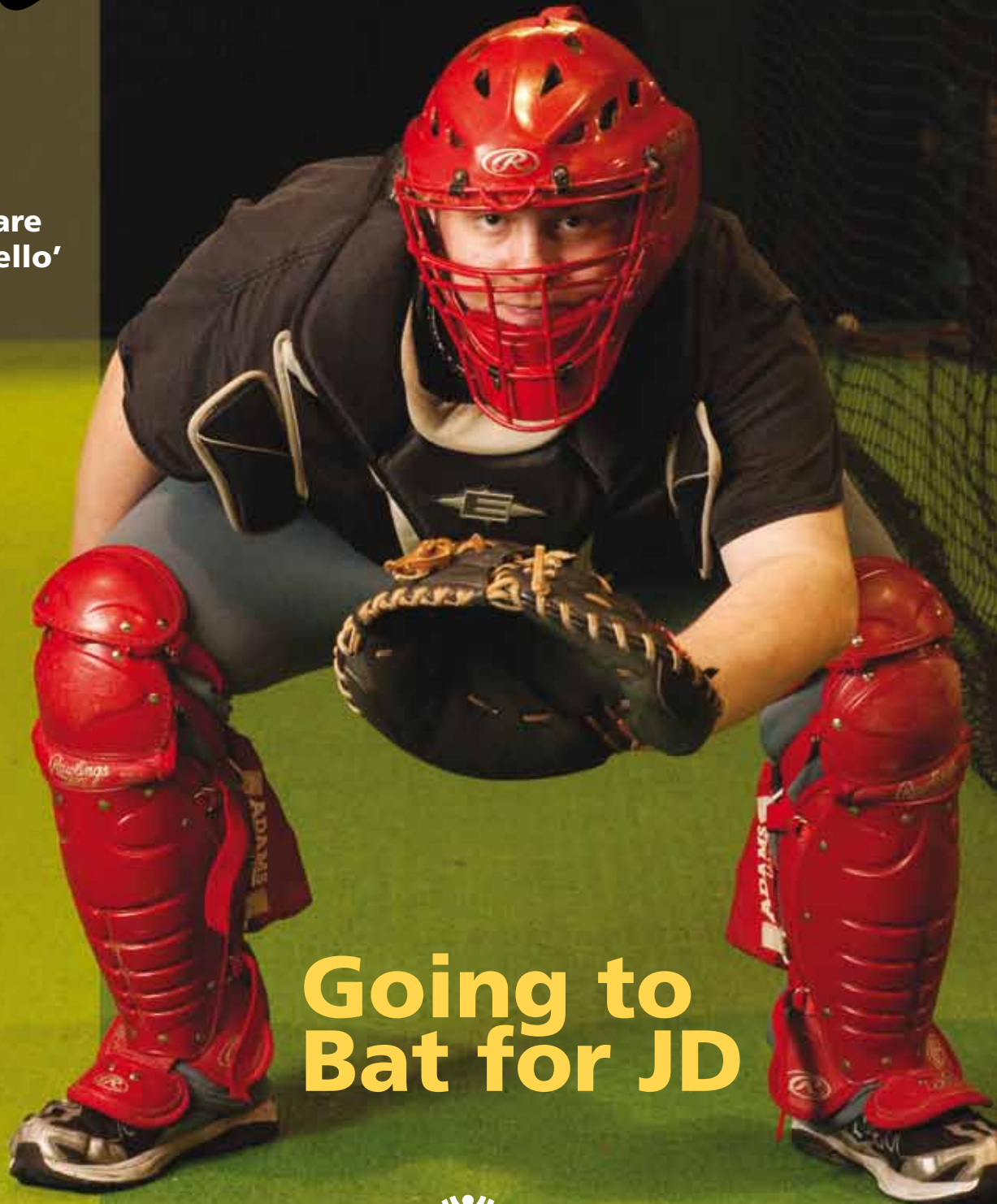
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Going to Bat for JD



NORTHWEST HOSPITAL
& MEDICAL CENTER



Going to Bat for JD

Seventeen years ago, Christine Leverenz gave birth at Northwest Hospital, but this is not her story. In 2007, John Leverenz had surgery on his back at Northwest Hospital. This is not John's story either. It is their son, JD's story.

John Dane seems a suitable name for the 17-year-old Ballard High-schooler who is as big as a Great Dane and takes up as much space in the small living room of the family's Seattle home. The avid baseball player sports a worn Ballard Beavers Baseball t-shirt.

"I'm a catcher," JD says. "Actually, the catcher is one of the most challenging positions in baseball because you have to control the flow of the game, keep your pitcher cool and know what the batter is going to do."

JD is no stranger to challenge. On the Thursday before Halloween in 2009, he was sitting on the couch in front of the TV when he had a seizure. His mother Christine, 50, says his eyes went blank and he became unresponsive. She immediately knew that something was wrong.

"I asked him what we had that evening for dinner and he couldn't answer me," she says.

"I could think of what we had to eat, but I couldn't say it," JD chimes in. "I was worried, but I thought she was overreacting. I didn't want to go to the hospital."

What followed was a 36-hour stay in Northwest Hospital's emergency room. JD underwent a series of tests including blood work, a chest X-ray, an MRI, and a CT-scan. While JD maintained his cool baseball catcher-calm on the outside, he replayed a worst-case scenario in his mind.

"The first thing that pops into your head is 'what is going to happen to me'," he admits. "I thought 'I don't want to die. I want to have a full life and I have so many things I still want to do.' But deep down, I knew there was something wrong. I couldn't ignore that."

JD describes himself as a big brute of a kid. Aside from minor colds and infrequent ear infections, he has



never been sick. When Northwest Hospital neurosurgeon Dr. Daniel Lazar showed JD images of his brain, JD says his life changed. A ganglioglioma, a grapefruit-sized tumor, was invading the left temporal lobe of his brain. The tumor was slow-growing and benign, but was so large that it had begun to interfere with normal, vital brain functions, causing JD's seizure.

"Given the size and location of the tumor, there was no other option than to operate," Dr. Lazar says. "The temporal lobe may be one of the most important parts of our brain with respect to language, memory and the ability to understand."

Dr. Lazar allowed JD to spend the weekend before his surgery at home. John, 54, and Christine made plans to keep their son busy and to maintain a sense of normalcy. They went shopping, ate pizza, took JD's cousin trick-or-treating, and visited the zoo. JD required constant monitoring in the case of another seizure. Christine took up a permanent vigil sleeping at the foot of her son's bed. She didn't sleep much and on the night before his surgery, neither did JD.

As JD's care team began prepping him for surgery, reality began to set in. JD grew more tense and anxious. John noticed the change and tried to calm his son.

"What if I'm never able to hold a bat or throw a ball again?" JD asked his dad.

"Don't worry, you'll play ball again," John said.

It was November 2. The Philadelphia Phillies were squared off against the New York Yankees in

Game 5 of the World Series. JD wanted to watch the game, but instead he went through eight hours of surgery and took 33 staples in the head. The Phillies took the game eight to six.

As with any operation, brain surgery comes with certain risks. In JD's case, operating on the temporal lobe of the brain could cause problems with speech, memory, muscle weakness, balance, vision, coordination and other functions.

When JD woke up in Northwest Hospital's intensive-care unit his recovery began. Nurses managed his pain and frequently tested his neurological functions. A brain tumor and its treatment can cause changes in the way people think, act, see or feel, and a coordinated series of post-operative consults were necessary to make sure JD was recuperating properly. A physical therapist evaluated JD's muscle strength, coordination and balance. An occupational therapist assessed JD's ability to take care of his basic daily needs such as bathing, eating and getting dressed. Last, was speech therapy.

JD passed the first two assessments with flying colors and the family imagined speech would be much the same. JD was communicating clearly and had no perceptible changes in speech patterns or his ability to understand. But Northwest Hospital speech pathologist Kara Baringer noticed something out of the ordinary. JD struggled with processing information and formulating appropriate responses.

"After I would ask him a question or explain something, he had to think about it for a long time and then had trouble saying what he meant," Baringer says.

"It was a life changer for me. You never know what is going to happen to you and you just have to continue to make the best of what you have, each day that you are here."

- JD Leverenz

Acquired language disorders are common symptoms after brain surgery. Sometimes patients are able to write but not speak or vice versa. Some patients also substitute one word when they mean to use another.

"Some of JD's immediate language impairments resolved themselves quickly and on their own," Baringer explains. "We wanted to ease his transition back into school so we tailored a program to help him overcome some of the immediate hurdles to re-acclimating to classes."

JD's hospital stay was peppered with visits from the Ballard High

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Going to Bat For JD

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School baseball team, cheerleaders, friends and family members. John and Christine were touched by the outpouring of support for their son. After his four-day recovery, JD went home.

Shortly after, he began outpatient speech therapy through Northwest Hospital's Center for Medical Rehabilitation. In a few short visits with Baringer, JD was already improving. She also worked with John and Christine and JD's high school teachers, helping JD create strategies to compensate for his processing delays. One of these was arranging for the school to allow JD to return part-time.

"The biggest battle was that JD's mind would get so tired," Baringer recalls. "So we gradually worked him back up to a full day of class. He missed nearly two months of school and he was still able to pass that semester of his junior year. That's amazing."

Today, school is easier for JD. He went from getting low Cs and Ds, to high Bs and As. Most of his post-

operative challenges have subsided and he continues to use the skills Baringer taught him. Christine and John are visibly proud.

"He had to grow up pretty fast, and now he has a lot to look forward to," Christine says.

JD's parents appear as grateful to the hospital as they were on the day their son was born. It's difficult for Christine to talk about watching her only child have a seizure, spend a night in the ER, and undergo an emergency craniotomy.

"It's unbelievable. He's my only child. So hard. When I think of..." she manages before starting to cry.

"We knew we did the right thing in choosing Northwest Hospital. I think its part of having had several surgeries there," John fills in for Christine. "And then partly Dr. Lazar. He has a way of talking to you that makes you feel so calm and confident."

With a 'whatever doesn't kill you makes you stronger' mental-

ity, JD seems to live by the philosophy that life is best if you can find the humor in it all.

"I may have only half a brain but I am still smarter than most people," he jokes.

All joking aside, JD has changed. He works harder and smarter. He does his homework as soon as he arrives home, exercises to build back his muscle strength, trains for spring baseball and plans for the future. While he knows he is not as prepared physically to tackle the demands of a varsity baseball season, he is confident that by next year he will be back in top form.

In the end, through one of their most challenging experiences, this family discovered their most defining one. A brain tumor brought them closer and changed JD's outlook on life.

"You never know what's going to happen to you," he says. "You just have to continue to make the best of what you have, each day that you can." ●

*"He had to grow up pretty fast,
and now he has a lot to look forward to."*

- Christine Leverenz

New Medical Staff

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.



MATTHEW BRESSIE, MD
Family Medicine



MICHAEL LEE, MD
Internal Medicine



AMY BLAND, MD
Gynecology Oncology



KURT HARMON, MD
General Surgery



MAGID KERAMATI, MD
Hand Surgery



DIANA KRAEMER, MD
Gamma Knife Neurosurgery

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(800) NWH-HOSP (697-4677)

For a free physician referral, call (206) 633-4636 or toll-free at
(800) 633-4636.

Services

- 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
- Physical Therapy
- Plastic & Reconstructive Surgery
- Preventative Health & Wellness
- 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.

2010 Golf Tournament to Benefit Northwest Hospital Patients In Need of Care

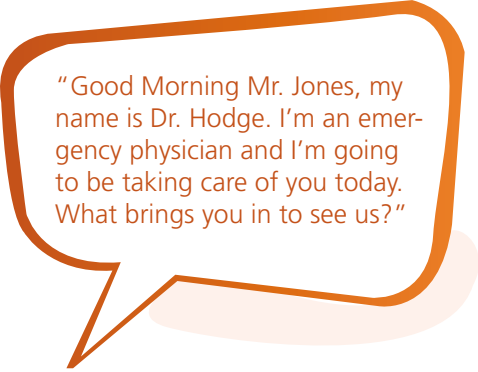
It's spring, and that means it's time again to tee off and help raise funds to support Northwest Hospital & Medical Center's patients in need of life-saving medical treatments.

The 26th annual Northwest Hospital Foundation "Swing Fore Your Life" charity golf tournament will take place May 17 at the Seattle Golf Club, one of the finest courses in the area. To register and for sponsorship information, please visit www.nwhfoundation.org or call (206) 368-1647.



High-Quality Care Begins With ‘Hello’

No one wants to visit an emergency room. Visits can be confusing and sometimes frustrating experiences. Northwest Hospital’s Emergency Department staff understands this and tries to make a visit to the ER smooth and positive from the moment patient’s are greeted at the desk. Here, care begins with “hello”.



“Good Morning Mr. Jones, my name is Dr. Hodge. I’m an emergency physician and I’m going to be taking care of you today. What brings you in to see us?”

Dr. Hunter Hodge, Northwest Hospital’s Director of Emergency Services, admits that no one can predict when an accident or medical emergency will occur and that they can often be traumatizing and worrisome for patients. He says that good communication and excellent customer service are just as important as quality medical care in helping patients, and that they have impacted outcomes for every patient he has seen in the ER.

“We want our patients to have a positive experience and to feel that they are being listened to. It is important that we understand patients and that they understand us,” Dr. Hodge says. “Communication is vital to providing safe care, and it begins by saying hello and properly introducing myself to a patient.”

Studies find that patients’ overall health outcomes are strongly related to their satisfaction with the care they receive.

“Patients who feel like they have been able to explain their concerns and then receive detailed instructions about their care plan are more likely to follow the directions and recommendations of their healthcare provider,” Dr. Hodge says.

To help ensure that emergency patients have a positive experience at Northwest Hospital, the staff uses “AIDET,” a tool that helps them improve communication with patients and their families.

Acknowledge

Each interaction a patient has with a Northwest Hospital employee begins with a warm smile and a “hello.” Acknowledgement includes greeting each family member or friend who may be with the patient.

Introduce

Each member of Northwest Hospital’s Emergency Department staff slowly and clearly identifies who they are and what their role will be during the patient’s ER visit. A variety of ER staff including physicians, nurses, phlebotomists, and radiology techs, are involved in a patient’s care. It is important for patients to know who they are speaking with and what to expect from each person.

Duration

Depending on the severity of the patient’s condition, visiting the ER can involve many steps. Sometimes patients may have to wait to be taken back to the

treatment area. After getting to a room, labs, radiology or other tests may be ordered to help diagnose the patient’s medical condition. ER staff members accompany patients every step of the way, letting them know how long each step in the process will take.

Explanation

“Have you ever had a test like this before? Let me explain what is involved and what the test does.” Most patients aren’t healthcare providers and may not understand the many tests and procedures that go on in a hospital. ER staff clearly explain each test or procedure, from the most basic – starting an IV – to the more complicated – MRIs and CT scans.

Thank You

“Is there anything else I can do for you today?” “Do you have any questions I can answer?” After every interaction, patients receive a “thank you” to let them know everyone on staff appreciates their choice of Northwest Hospital to care for them.

Each of these steps is designed to improve a patient’s experience in the ER and to help them access a higher caliber of care.

“Our staff is focused on helping people. In the end that’s why we became doctors and nurses in the first place,” Dr. Hodge says. ○

For more information on Northwest Hospital’s emergency services, visit www.nwhospital.org.

AIDET courtesy of The Studor Group

Men's Health

Be Your Best At Any Age

Whether approaching your 20s or entering your 50s every man needs an annual check-up. But beyond a yearly meet-and-greet with your primary care practitioner, what do men need to know about their health as they age?

Several members of Northwest Hospital's medical staff weighed in on what men should do to age gracefully. They agreed on two things – establish care with a physician you trust and gather a comprehensive family medical history.

Know if you are at risk for heart disease, diabetes, prostate or colon cancer, or high cholesterol. If these conditions run in your family, discuss them with your doctor. Knowing if you are at greater risk of certain diseases will allow you to address them earlier in life by adopting a healthier diet or a more rigorous exercise plan and getting the necessary screenings in a timely manner.

Your 20s

As men enter their 20s, graduate from college and become financially independent, they may experience some significant lifestyle changes. Dr. Mark Lacambra, a family practitioner at Olympic Medical Center, says if you adopt healthy lifestyle practices during these years, you can look forward to a healthy life later on down the road.

“This is the age many men will get a sedentary job and have families,” he explains. “It’s important for men to shoot for 20 minutes of exercise

five times a week, to avoid weight gain, to not drink too much and to either quit or not start smoking.”

Establishing a relationship with a physician is also important.

“Think of physical exams like tune-ups for your car,” Dr. Lacambra says. “If you get them regularly, you will be able to catch something before it becomes a big problem later on.”

Your 30s

If you are in your 30s, chances are you may be living life as though you are still in your 20s. Dr. James Bowers, an internist with Primary Care Partners NW, says that similar to men in their 20s, most men in their 30s may not be willing to see a physician regularly unless prompted by a loved one.

“It’s very important during this time to establish a relationship with a physician if you haven’t already,” he advises. “Men in their 30s don’t typically need routine screenings aside from an annual physical, but it is important to understand how to avoid the excesses of alcohol, drugs and food.”

Screenings for sexually-transmitted diseases should also be a

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Men's Health Be Your Best At Any Age . . . continued from page 7

standard if you think you are at risk. Dr. Bowers also urges men to adopt a healthy diet and fitness regimen.

"If you are overweight, commit to losing the weight in your 30s before you are older when it is much more difficult to control."

Your 40s

Forty is a milestone year, a milestone decade to be exact. Metabolisms slow. Hair may thin. Vision may begin to blur slightly. A few tests are very important to begin at this age, including a baseline lipid profile that measures cholesterol, a vision screening and, depending on one's own risk, continued screening tests for STDs.

"Many times, men in their 40s begin to have more questions about their weight, cholesterol and risk of cancer and heart disease," Dr. Anita Uppal of Sand Point Internists

says. "These are very common concerns to have as you age."

She says maintaining an open dialogue with your primary care physician is crucial. Discuss problems even though you may feel embarrassed. Some problems, such as erectile dysfunction and inability to urinate, can be an indicator that something needs to be explored further.

"If you have questions, ask them," Dr. Uppal urges. "If you have a concern, talk to your physician so they can help you address it."

Your 50s & Beyond

"Don't just accept that you are getting older," Dr. Vara Kraft says. "Fifty isn't old. Fifty is young."

Dr. Kraft, a board-certified internist at Olympic Medical Center, says it

isn't uncommon for men to begin to worry about the effects of aging in their 50s and think about screening tests. Although most screening tests are dependent on an individual's risk factors and family history, Dr. Kraft says one thing is certain.

"By this age, men should have routine colon cancer screenings, know their cholesterol levels, and be screened for diabetes."

Other screening tests, such as ones involving the prostate, are dependent on individual risk factors and a family history of the disease, and should be discussed with your doctor. ●

For more information, or to find a physician, please visit us at www.nwhospital.org or call Northwest Hospital's free physician referral line at (206) 633-4636 (206-MED-INFO) or (800) 633-4636.

2010: A YEAR OF GOLDEN OPPORTUNITIES



Northwest Hospital & Medical Center has planned a year-long celebration of our 50th anniversary, and we want you to join us in the festivities! In upcoming issues, we'll be telling you about many opportunities to participate, including a black-tie gala, a community festival and other on-campus activities. A few ways to get involved now:

► Were you born at Northwest Hospital?

We've helped families welcome tens of thousands of babies since we opened our doors. Are you one of them? If so, visit www.nwhospital.org/50years and let us know.

► Tell us your story!

We invite you to share your stories of hope, healing and health, and how Northwest Hospital has impacted you or your family throughout the years. You can submit stories by visiting www.nwhospital.org/50years or by calling the marketing department at (206) 368-1553.

► Give \$50 for 50

If we've been an important part of your life over the years, a \$50 donation is an easy way to help honor our 50-year history of service to our community, and to help ensure that we're able to provide world-class care for the next 50 years and beyond. Donations can be made conveniently online at www.nwhospital.org/foundation or by calling (206) 368-1647. Ask about the variety of other 50th anniversary donation and sponsorship opportunities too!

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 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

Seven-Week 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

Cost: \$180 per pair (mother and a support person), or Medicaid coupon.

Four-Week Series

This series of classes meets on four Saturdays and includes the same material covered in the full seven-week series.

Labor & Birth 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: \$125 per pair.

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.

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.

Babysafe

Three-hour weeknight course is taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention and care of common injuries. Infant choking rescue and infant CPR are demonstrated and practiced. This class does not include a certification card.

Conscious Fathering

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

Sibling Preparation

This class prepares children for the birth of a new family member. It is appropriate for children, ages 2 ½ 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.

Happiest Baby on the Block

For expectant parents and parents of young infants* who would like to learn 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... even seconds! **This class can be taken before baby's birth, or anytime in the first 2 months.* Effective for babies in "4th trimester", the 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.

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@nwheasea.org. For more classes and events, visit us at www.nwhospital.org.

PRENATAL SERVICES

Baby Your Back

Back pain is a frequent problem for pregnant women with many causes. Baby Your Back is a two-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.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-9pm. Registration required. To register, visit www.nwhospital.org or call (206) 368-1564 for more information. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

SUPPORT GROUPS

Better Breathers Club

Join the club to learn tips and techniques to better manage lung disease. Second Monday of each month at 10:30am. 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, 9:30-11am. Call the facilitator at (206) 920-5462 for a brief interview prior to joining.

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 myth busters, monitoring for complications and what's new in diabetes research and technology. Second Tuesday of each month, 1-2:30pm; To register visit www.nwhospital.org or call (206) 368-1564.

Weight Loss Surgery Support Groups

Our monthly support groups provide an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. Our support groups are open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. For dates, visit: www.nwhospital.org/bariatric. Groups are held in the TCU auditorium from 6:30-8pm.

Young Adult Stroke Survivors

This group is for stroke survivors, their families and caregivers and meets on the third Saturday of the month in the Northwest Hospital Easy Street section of the Rehabilitation Center, from 1:00 - 3:00 pm. For more information, call (206) 361-2696.

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 15 & 22, July 24 & 31, from 9am - 1pm. The classes will be held on the hospital campus. A \$14 fee is payable to AARP on the first day of class. Participants must attend both days of class to complete the course. To register, call (206) 368-1564 or call AARP at (888) 227-7669.

Brain Health: Simple Tools for Clear Thinking

This 90-minute 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 the mind active - to reduce the risk of Alzheimer's. Much of the workshop will involve participation in brain-strengthening activities. Cost is \$20 for 90-minute session and \$25 for 120-minute session. Call (206) 368-1564 for more information on dates and to reserve your seat.

Let the Games Begin!

A conversational support group that provides people with acquired brain injury the opportunity to participate in a supportive, encouraging environment. This group is facilitated by a licensed speech language pathologist who provides suggestions and encouragement, helping people build confidence while having fun. Thursdays, 11-12pm. Call (206) 368-1848 for more information.

Living Well with Diabetes

This program has been formally recognized for excellence by the ADA. In this monthly, four-session series, participants will gain information and skills to manage their diabetes 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.

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.

Pathways to Stress-Free Living

Demanding and busy lives will always have some stress caused by work, family and play, and that's okay. Learn about the right amount of stress that fuels a happy, healthy and fulfilling lifestyle. Workshop will be presented by brain health and memory expert Dr. Jane Tornatore who will cover techniques to utilize both body and mind to reduce

stress and increase calm. Cost \$20. Call (206) 368-1564 for dates and times and to reserve your seat.

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. Visit www.nwhospital.org/bariatric for dates. Call (206) 368-1350 to reserve space. Seminars are held in the TCU auditorium from 6:30-8pm.

Yoga For People With Parkinson's

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



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. If you are interested in attending this group, please call (206) 832-1297. Second Tuesdays, 6-7:30pm. Professional Building, Suite 3.

Breast Cancer Support Group

For breast cancer patients and survivors. If you are interested in attending this group, please call (206) 832-1297. 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. If you are inter-

ested in attending this group, please call (206) 832-1297. 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. If you are interested in attending this group, please call (206) 832-1297. 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. If you are interested in attending this group, please call (206) 832-1297. Second and fourth Thursdays, 7-8:30pm. Professional Building, Suite 3.

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. Mondays, 5:30-6:30pm. Professional Building, Suite 3.

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| | | 1 | 2 | 3 | 4 | 5 |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

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○ report to the community

For the last six months of 2009, the hospital recycled approximately 2,178 cubic yards of mixed paper, glass, cans, milk cartons, plant material, food waste (including biodegradable trash bags and food containers) and plastics. More than 512 cubic yards of shredded paper and 493 assorted printer cartridges were recycled.

The hospital continued to use an outside company for the recycling and disposal of fluorescent lamps, batteries, hazardous waste and kitchen fat. In the last six months of 2009, the hospital recycled 1,673 pounds light bulbs, 1,139 pounds batteries, 8,223 pounds of computer monitors, televisions and other electronic equipment, 2,900 pounds of kitchen fat, and

5,625 pounds of hazardous waste/chemicals. The hospital sent 342 tons of garbage to the landfill.

An internal review of a major electrical utilities upgrade project in 2009 showed the hospital was recycling 98 percent of construction waste. In early 2009, 66 tons of construction debris were sorted and recycled. Four tons of this debris was reused, 650 pounds of steel and 11,500 pounds of copper were recycled, and 244 pounds of R-123 refrigerant were recovered and reclaimed from the existing equipment. Where possible, building elements such as mezzanine grating and handrails are being salvaged for modification and installation in lieu of fabricating new components. ○



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