

medinfo

WINTER 2013 | News for the Northwest Hospital community

Rebuilding:
A Life *with* MS

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ANDREW WOLFE, age 43, has been a carpenter for 20 years. He's worked on roofs, foundations and everything in between. "With my construction skills, I could build anything," he says.

Given his profession, Wolfe is no stranger to aches and pains. For years, he had a persistent pain in his lower right abdomen. He assumed it was caused by the heavy lifting he did every day at work. Sometimes he worried that it might be an ulcer. Then in 2011, he felt a brand new pain that he couldn't ignore.

"Right before Christmas, I woke up and my left eye had a stabbing pain whenever I looked anywhere but straight ahead," he recalls.

He went to his primary care doctor, who sent him to an ophthalmologist. At first, Wolfe's ophthalmologist thought he might have an optic nerve tumor, but suspected the combination of eye pain and recurring abdominal pain might point to another condition. He scheduled Wolfe for an MRI.

"The doctor called me and said, 'Well, good news: You don't have a tumor. But when they read the MRI of your head, it looks like you might have MS.'"

MS, or multiple sclerosis, is a chronic disease that affects the brain and spinal cord. It interferes with the signals the central nervous system sends along the nerve fibers to the rest of the body. Eye problems, poor coordination, weakness, fatigue, numbness, odd sensations and unexplained pain can all be symptoms.

"MS is an autoimmune disease, which means the person's immune system goes into overdrive. Instead of just attacking invading bacteria and viruses, it attacks the person's own body. In the case of MS, it attacks the brain and spinal cord," explains Annette Wundes, M.D., co-director of the UW Medicine Multiple Sclerosis Center at Northwest Hospital & Medical Center.

Established as one of the country's first dedicated MS centers in 1977, it relocated from UW Medical Center to a new comprehensive, state-of-the-art facility on the Northwest Hospital campus in July 2012. The center has been engaged in numerous research projects over the years, including management of depression, exercise, function, pain and disease progression in patients, as well as employment options for MS patients.

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Wolfe was diagnosed with MS in February 2012. “In July, I heard about the official opening of the MS Center. So I went there and talked to Dr. Wundes. Immediately I said, ‘OK, I want to be seen here,’” he says.

”With a multi-disciplinary team of neurologists, rehabilitation medicine physicians, psychologists and MS-trained nurses, we can address every MS patient’s individual needs,” says Dr. Wundes.

In addition to physicians and nurses who specialize in treating MS, the UW Medicine Multiple Sclerosis Center gives patients access to advanced imaging technology to help in diagnosis and monitoring the disease; intravenous infusion of the latest MS medications; physical, occupational and speech therapy; and providers with expertise in helping patients cope with issues such as pain, and who offer screening and treatment for cognitive or emotional problems. The center even offers vocational counseling and driver re-training.

Before coming to the UW Medicine Multiple Sclerosis Center, Wolfe had been prescribed a drug that he administered via self-injection every Friday. “An hour and a half, two hours after the injection, it was like I had the ultimate, worst flu,” he says.

“One of the first things Dr. Wundes asked me during my first appointment was about my current treatment. I said, ‘I’m miserable once a week. Friday is not fun anymore.’ Dr. Wundes said, ‘This is not OK, there are other options,’” Wolfe recalls.

“I consider the activity of each patient’s disease and any persistent side effects,” says Dr. Wundes. “I strive to find treatments that make the least possible impact on someone’s well-being and that give us optimal control of the disease. I aim for the least disease progression and the greatest control of symptoms.”

Dr. Wundes discussed alternate treatment options with Wolfe and ultimately switched him to a different drug that is administered once a month in the center’s infusion unit. To date, Wolfe has experienced no unpleasant side-effects and no new damage to his brain or spinal cord. Though he’s noticed some MS-related changes in his memory and often feels tired, his symptoms are becoming well controlled.



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Today, Wolfe still does carpentry work part-time and is taking advantage of just about every service the UW Medicine Multiple Sclerosis Center has to offer. “From neurology to rehabilitation to physical therapy to job therapy – everything. I’ve run the gamut,” he says. He maintains a positive attitude and is hopeful about the future.

“People have this negative view of the disease as incurable. But MS is something that, when well controlled, doesn’t have to interfere with your work or personal life,” says Dr. Wundes.

For more information about the UW Medicine Multiple Sclerosis Center at Northwest Hospital, call 206.598.3344 or visit nwhospital.org/ms.

CAMPUS CONSTRUCTION ADDS NEW SERVICES, AMENITIES

Northwest Hospital’s newest construction project, expected to last through July 2013, will add a new, state-of-the-art electrophysiology lab, other cardiac services, and many amenities to the main hospital tower.



During construction, patients and visitors may still enter the main tower through the two existing lobby entrances. Courtesy wheelchairs will continue to be available in the main lobby, just inside the main entrance. If patients require an escort, they may inquire at the admitting desk.

Some staff and services may temporarily or permanently relocate during construction. Registration for Endoscopy has moved permanently to the second floor outpatient registration area, joining Diagnostic Imaging and Lab registration. Registration for catheterization lab patients will temporarily move to the surgical admitting desk, located just inside the hospital’s north entrance near the totem pole.

The hospital gift shop has closed during construction. A new gift shop is scheduled to open in the main lobby in April. The main lobby coffee shop has also closed, and will be replaced by a full-service Starbucks in mid- to late May. The main hospital cafeteria, Checkers Café, and the Jumping Bean coffee stand in the Medical Office Building lobby will continue to provide a full selection of food and beverages.

Questions? Please call 206.368.1609 or email neighbor2nwh@nwhea.org.

WHAT DOES NORMAL AGING LOOK LIKE?

ADULT CHILDREN of elderly parents often have a hard time distinguishing between normal aging and a serious disorder like Alzheimer's disease. Dr. Hisam Goueli, of Northwest Hospital's Geropsychiatric Center, is a specialist in psychiatric treatment of the elderly. He has found there are a number of common misconceptions about how the brain changes as people get older.

"In normal aging, it's expected that people will have slower reaction times and take longer to learn something new," he says. "However, they should still be able follow a conversation, ask reasonable questions, process information, make plans, and learn new skills and facts. They should also be able to engage in hobbies or pastimes that they enjoy and have regular social contact with others."

"Contrary to popular belief," he explains, "normal aging is not marked by forgetfulness or feelings of isolation.

Instead, these may be the hallmarks of a cognitive disorder, such as Alzheimer's disease and dementia, or a mood disorder, such as depression."

According to Dr. Goueli, warning signs of a cognitive disorder include

difficulty remembering common words, forgetting the steps in an everyday activity, and a reduction in recent memory. "If you find yourself having to repeat things to your elderly parent several times, it might not be due to hearing loss but a cognitive disorder," he says.

Symptoms of a mood disorder such as depression include fatigue, a decrease in socializing and loss of interest in favorite activities. Depression is often triggered in the elderly by increased dependence on others, loss of the ability to drive, chronic medical issues or the death of a friend or spouse.

"Adult children often suspect that their aging parent may have a disorder long before a doctor makes a diagnosis," Dr. Goueli observes. "The earlier a problem is identified, the better the chance it can be treated."



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By the time a doctor makes a diagnosis of dementia, for example, the patient has typically progressed beyond mild impairment to moderate. If caught early enough, however, only half of elderly adults with mild cognitive impairment will develop dementia within five years. The ones who get worse often have a history of depression. In fact, elderly adults who have untreated depression are 20 times more likely to develop dementia than those with no mood disorder.

“It is extremely important for older adults to remain socially engaged,” says Dr. Goueli. “Retirement may not turn out the way they hoped, due to medical issues, a loss of independence or financial problems. But simply spending time with others who are aging normally is beneficial. When seniors feel like they are the only one suffering with the burden of getting older, it may be hard for them to feel a sense of hope about the future.”

At the same time, adults who are part of the “sandwich generation” responsible for taking care of both their parents and their own children typically feel as if they are being pulled in two different directions. Caregivers of parents with cognitive disorders are four times more likely to develop depression, compared with the general population. Joining a support group and sharing coping strategies can provide a much-needed emotional outlet, and may ultimately improve the aging process for elderly parents.

Northwest Hospital’s Geropsychiatric Center has been providing the most comprehensive psychiatric care for seniors in Washington since 1993. Treatment includes both inpatient and intensive outpatient programs.

For more information, about the Northwest Hospital Geropsychiatric Center’s services, call 206.368.1747 or visit nwhospital.org/gero.

NORTHWEST HOSPITAL EARNS AN “A” IN PATIENT SAFETY

Northwest Hospital received an “A” in hospital safety from the Leapfrog Group, an independent national nonprofit that grades hospitals on their overall ability to keep patients safe. The Leapfrog Group’s Hospital Safety Score recognizes hospitals with an “A” rating as the safest in the United States.

More than 2,600 U.S. hospitals were rated based on their number of preventable medical errors, injuries, accidents and infections and were given a Hospital Safety Score of A, B, C, D or F.



To see how Northwest Hospital & Medical Center’s score compares to other hospitals, both nationally and locally, visit hospitalsafetyscore.org.

Meet the Doctor

ANITA TIWARI, M.D.

Specialty: Obstetrics and Gynecology

Dr. Tiwari is board certified in obstetrics and gynecology with fellowship training in complex gynecologic and pelvic surgery.

“I very much enjoy supporting women’s health and advocating for women’s well-being. I like the continuity of care that I have with my patients, and the fact that I get to see them at various points in their lives. I believe in education. I think that medicine can be very complicated, but it can be broken down into steps that are reasonable and comprehensive. I think that people should feel comfortable with their physicians. When they walk in, they should feel that they can ask any question that’s on their mind, and then walk away with the sense that their question has been answered.”

For more information about Dr. Tiwari, visit meridianwomenshealth.com. For an appointment, call 206.368.6644.



CLASSES

Northwest Hospital & Medical Center offers a variety of classes, support groups and other programs for members of our community. 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. For more classes and events, visit us at nwhospital.org/classes.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesdays, 7-9 p.m. Registration required. To register, visit 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

Diabetes Support Group

Second Tuesdays, 1-2:30 p.m. To register visit nwhospital.org or call 206.368.1564.

Better Breathers Club

Second Mondays at 10:30 a.m. Rehab patient dining room. Call 206.368.1853.

Breast Cancer - A Healing Place

Second and fourth Wednesdays, 9:30-11 a.m. Call the facilitator at 206.920.5462 for a brief interview prior to joining.

Diabetes Support Group

Second Tuesdays, 1-2:30 p.m. To register visit nwhospital.org or call 206.368.1564.

Young Adult Stroke Survivors Support Group

Third Saturdays, Northwest Hospital Easy Street, Medical Rehabilitation Center, 2-4 p.m. For more information, call 206.361.2696 or visit seattleYASS.weebly.com.

Let the Games Begin!

Thursdays, 11-noon. Call 206.368.1848 for more information.

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 the two last consecutive Saturdays every other month, January 19th and 26th and March 23rd and 30th,

9 a.m.-1p.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.

Brain Health: Simple Tools for Clear Thinking

These 90 and 120-minute 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 memory and keep the mind active to reduce the risk of Alzheimer's. Much of the workshop will involve participation in brain-strengthening

activities. Thursday, February 7th, 6-8 p.m., \$20 for 90 min. session and \$25 for 120-min. session. Call 206.368.1564 to reserve your seat.

Reduce Your Diabetes Risk & Gain Tools for Healthy Living Through the YMCA's Diabetes Prevention Program

The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease by up to 58 percent. To register or find out if you are eligible, contact Mandi George at 206.344.3181 or via email at diabetesprevention@seattlemca.org.

CancerLifeline

Cancer Lifeline offers free programs and support groups for cancer patients and survivors, as well as their friends and family. All classes, groups and presentations are held at Northwest Hospital in the Medical Arts Building, Room 112. Call 206.297.2500 with questions or to register. For full descriptions of all Cancer Lifeline activities, visit cancerlifeline.org.

Breast Cancer Networking Group

Feb. 11, March 11 and April 8, 7-8:30 p.m.

Living With Cancer Networking Group

Feb. 6, March 6 and April 3, 6-8 p.m.

Gynecological Cancers Networking Group

Jan. 23, Feb. 27, March 27 and April 24, 6-7:30 p.m.

Gentle Yoga

Tuesdays, March 5-April 23, 6:30-7:30 p.m.

The Lebed Method: Healthy-Steps, Moving You to Better Health

Mondays, March 4-April 29, 5:30-6:30 p.m.

Decreasing Inflammation With Nutrition

Feb. 6, 6-7 p.m.

Snacks: Homemade for Health

March 28, 6-8 p.m.

What You Need To Know About Nutrition & Cancer

Feb. 21, 6-8 p.m.

Creative Expression and Healing

March 27, 6-7 p.m.

Exploring Body, Mind, Heart and Soul Through Collage

April 8, 7-8 p.m.

Healing Hearts: A Valentine Ornament Workshop

Feb. 11, 7-8 p.m.

Lymphedema: Learn How to be Your Own Best Advocate

Feb. 6, 3-5 p.m.

Regaining Your Stamina After Cancer Treatment: Lifestyle Choices That Work

Jan. 23, 6-7 p.m.

Small Steps to Wholehearted Living

Saturdays, Jan. 26-Feb. 16, 10 a.m.-12 p.m.

Weight Loss After Cancer Treatment: Learn How to Take the Weight Off Safely

April 3, 6-7 p.m.

Inner Yoga

March 11, 7-8 p.m.

Small Steps to Managing Stress

March 6, 6-7 p.m.

Yoga Nidra: An Introduction

March 6, 3-5 p.m.

CLASSES *(continued)*

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. Physician referral is required for class. For more information, contact your physician, or call 206.368.1564 to receive a brochure.

Journaling for Recovery from Mild Brain Injury

The process of journaling can help you discover the hope and gifts within to support our 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. session. Call 206.368.1094 for dates and more information.

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 nwhospital.org.

Yoga For People With Parkinson's

Call 206.719.8007 for more information and to register.

Joint Replacement Seminar

Second Wednesdays, 7-9 p.m. in the Community Health Education & Simulation Center. Call 206.368.6360 for more information. Register at jointcamp@nwsea.org.

CHILDBIRTH, 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. Medical coupons can be used for the Seven Week Series, Four Week Series and Labor & Birth miniseries classes. For information on the following list of classes or to register online, visit nwhospital.org/classes, or Great Starts at 206.789.0883.

Childbirth Prep Classes • Prenatal Fitness • Labor & Birth Miniseries • Newborn Care Class • Breastfeeding Basics • Life with Baby • Becoming Parents Program • Babysafe • Conscious Fathering • Sibling Preparation • Happiest Baby on the Block • Cloth Diapering • Baby Your Back

SAVE THE DATE

FEBRUARY 19 HEALTHY BODY, HEALTHY PREGNANCY | 11:30 a.m. to 1 p.m., Dale Turner YMCA (Shoreline), 19290 Aurora Avenue North *Come learn about how to incorporate exercise, good nutrition and proper self-care into your pregnancy to ensure that you and your baby are healthy and happy. Presented by Cindy Rogers, CNM and Mary Bolles, CNM, two of Northwest Hospital's certified nurse midwives. For more information call 206.368.6670.*

MARCH 9 PROTON THERAPY CENTER OPEN HOUSE 11 a.m. to 2 p.m. | Northwest Hospital & Medical Center campus *The public is invited to tour the new SCCA Proton Therapy, A ProCure Center. The facility is the only one of its kind in the Pacific Northwest that offers groundbreaking proton therapy, an advanced form of radiation treatment for cancer. For more information, call 206.306.2800 or email info@sea.procare.com.*

APRIL 14 WALK MS 2013 9 a.m. to 1 p.m. | University of Washington, UW Alaska Airlines Pavilion, 3870 Montlake Blvd. N.E., Seattle *Join us for the National Multiple Sclerosis Society's Walk MS, a four-mile walk to raise funds for support programs and research benefitting people with multiple sclerosis (MS). Walkers can register as individuals or as part of a team. For more information, call 800.344.4867 or email walkMSnorthwest@nmss.org.*

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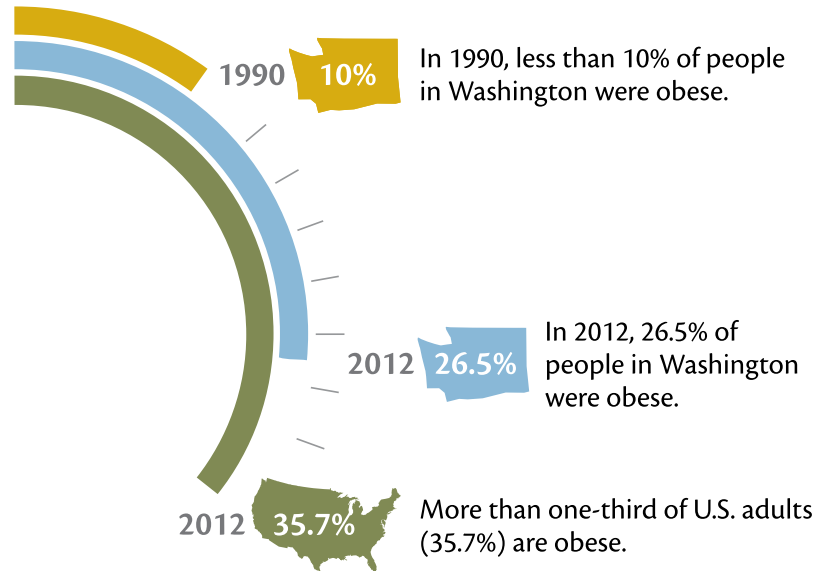
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OBESITY IN AMERICA



DID YOU KNOW?

U.S. adults consume an average of almost **100 calories** per day in the form of alcohol.

One pound of body fat represents **3,500** calories.

Reducing your caloric intake by **500 calories** per day can cause you to lose 1 to 2 pounds per week.

Data courtesy of the Centers for Disease Control and Prevention