

# MED *info*

Northwest Hospital & Medical Center

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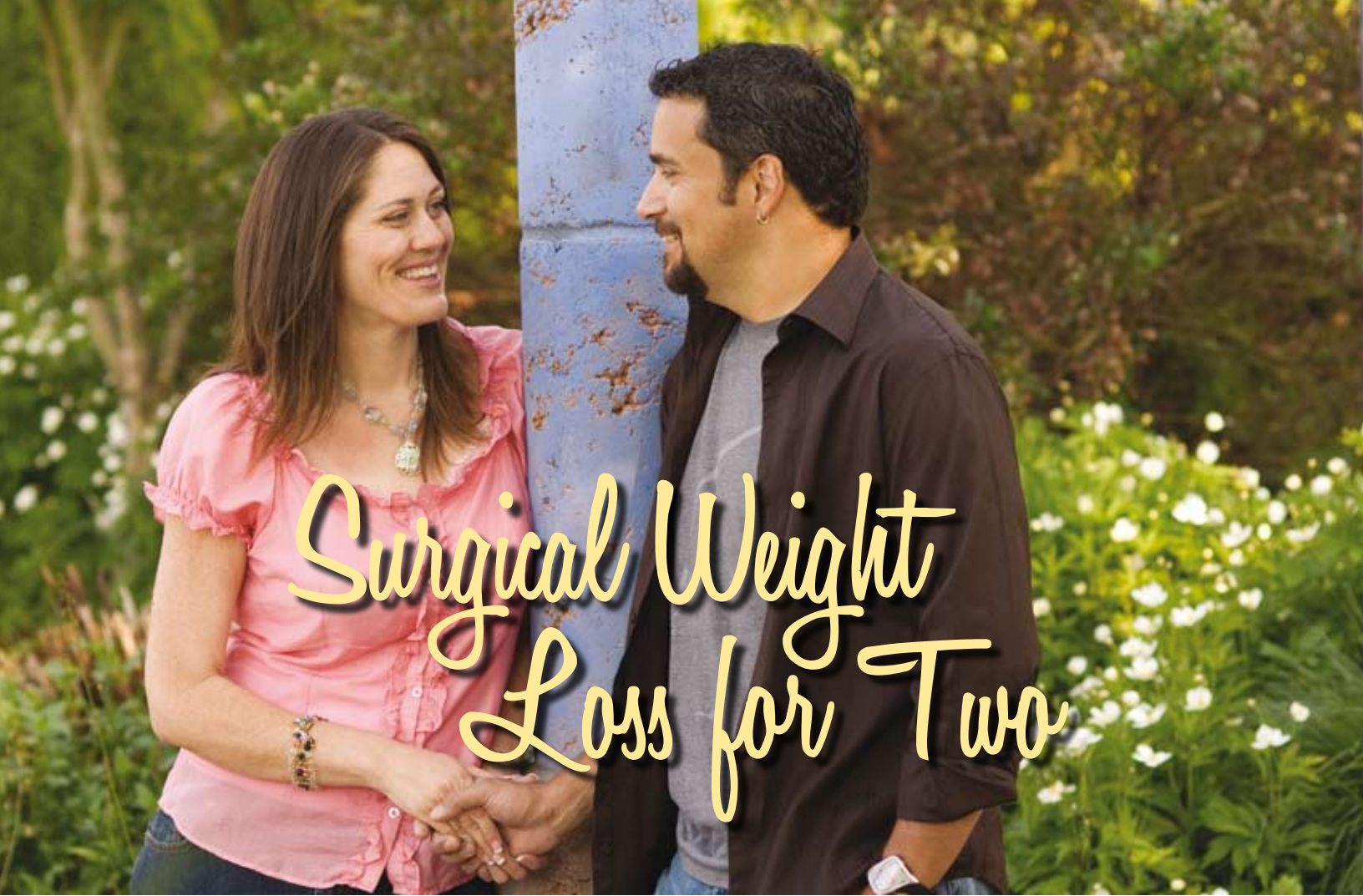
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# **Surgical Weight Loss for Two**



**NORTHWEST HOSPITAL  
& MEDICAL CENTER**



# Surgical Weight Loss for Two

For Traci Bradford, the worst part of being morbidly obese was falling. At more than 300 pounds, she was scared to walk down stairs for fear that she would fall. Traci also suffered from serious health problems related to her obesity, including asthma, sleep apnea, acid reflux and chronic knee pain.

Traci's husband, Aaron Baca, also obese, had a list of health issues as well, ranging from high blood pressure and a fatty liver to sleep apnea and constant back pain. "I was tired a lot, depressed and embarrassed to be in my own skin," Aaron recalls. "I didn't feel like part of society, and I didn't feel I was getting everything I could out of life."

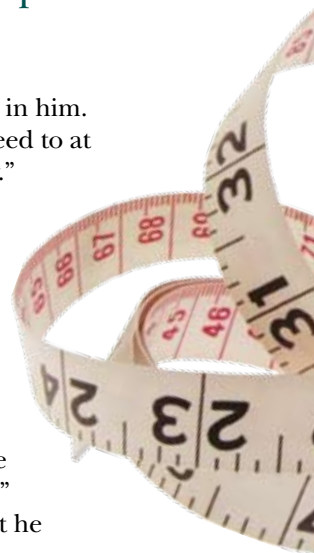
The young Everett, WA couple met online ten years ago, and started dating four years later. Aaron says,

"I call her my prom queen, because everyone always has such good things to say about her." When they married, Traci and Aaron felt like best friends, so when it became clear that they shared the serious problem of obesity, they approached finding a solution together.

"Both of us had lost weight through diets and exercise at least twice, but gained it all back and then some," Traci says. "In 2003, my dad had gastric bypass surgery. I

was amazed at the change in him. That sort of planted the seed to at least look into the surgery."

Traci says she and Aaron both had issues with food that were negatively affecting every aspect of their lives. "I would push food away all day, and when I was able to retreat at the end of the day, I'd have a huge meal," she says. Aaron recalls that he



was using food as support – a way to help him deal with stress, happiness or any other strong emotion.

The pair decided to start researching bariatric, or weight loss, surgery. Some of their first calls were to their health insurers, to make sure the surgery was covered. Then, they found Dr. Joseph Chebli online. “We knew about Northwest Hospital, and we were impressed by Dr. Chebli’s outstanding reputation. We went to one of the informational meetings he offers every month and we made an appointment for a consultation.”

When the couple met with Dr. Chebli, who serves as medical director of the Northwest Hospital Bariatric Surgery Program, he explained the strict qualifications that morbidly obese patients must meet to become surgical weight loss candidates.

First, the patient’s body mass index (BMI) – or the relationship between weight and height – must be greater than 40. A qualifying BMI may also be greater than 35 if it’s accompanied by at least one high-risk medical problem associated with morbid obesity. These medical problems can include Type 2 diabetes, high blood pressure, obstructive sleep apnea, infertility, high cholesterol or a host of other conditions.

Second, the patient must be emotionally stable, highly motivated, and must have failed at weight control through diet and exercise alone.

Even with the surgery, says Dr. Chebli, being thin and fit forever

is not a guarantee. “We provide a sort of level playing field for the patient after surgery, along with strong nutritional and emotional support. Ultimately, though, I think the patient has everything to do with success or failure,” he says. “Surgery gives our patients a strong metabolic advantage, probably for the first time. But success really depends on their ability to make dietary and behavior changes, and a long-term promise to themselves to exercise. It’s a lifetime follow-up and it’s a lifetime commitment.”

Traci and Aaron made that commitment, to themselves and to each other. Aaron says, “Once we started traveling down that road, I’d go online every night before bed and research different aspects of the surgery, from its effect on organs to the importance of diet and exercise both before



had beds specifically for bariatric patients,” Traci says. “Our care was totally integrated, and everyone on the nursing staff was really nice, like they were taking care of members of their own family.”

Traci’s bubbly personality shone through to Northwest Hospital staff as well. Carmela Pontillo RN, coordinator of the Bariatric Surgery Program, recalls that once Traci was up and walking, she spread lots of smiles. “She was out walking the hall wearing huge pink-and-white bunny slippers, large gold-sequined Minnie Mouse ears and sunglasses. Other patients couldn’t help but grin.”

Despite all the research, Traci and Aaron still remember feeling overwhelmed once they left the hospital. They turned to Dr. Chebli and the bariatric surgery team for information, support and friendship as they worked toward their long-term goals. “Fortunately, we could call Dr. Chebli any time,” Traci says,

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# Surgical Weight Loss Options . . . continued from page 3.

“and they gave us a big binder of information on what to eat, what to expect and so on.” The pair also relied on dietitian Tricia Clement, RD, who was only an email away with solutions to nutrition questions.

Traci and Aaron joined Northwest Hospital’s bariatric support group, which meets once a month. Aaron says it gives him a chance to connect with others who’ve had the same experience. The couple put their enthusiasm to work in the group, making themselves available to people who were considering the surgery. They also joined a hiking club set up by another support group member. “We go twice a month,” Traci says. “The hikes are from three to four hours long, and alternate between easy and challenging.” Traci and Aaron also set up a Facebook support group that includes information about the surgery, the hiking club and Aaron’s band, Spin Cycle. Members of the online support group often come out to dance at Aaron’s gigs. “It’s more exercise!” says Traci.

In the year since their bariatric surgery, Aaron’s and Traci’s lives

have changed in many ways. They walk a lot more and train with free weights. Aaron has lost 135 pounds, or 86.7% of his excess weight, and Traci has lost 161 pounds, or 95% of her excess weight. The biggest changes, though, aren’t on the outside. Traci’s health issues have disappeared. She has no acid reflux, doesn’t need asthma medicine and stairs don’t scare her anymore. Aaron’s health issues have disappeared, too, and he says he has a lot more energy. “At some point, you have to learn how to deal with life instead of hiding behind food or something else that makes you feel better for a little while, but ultimately gives you nothing,” he says. Traci adds, “The surgery gives you this tool and you have to train your body to use it. The surgery isn’t a miracle cure. You have to exercise and teach yourself healthy eating habits.”

Now with healthier lives and bodies, the couple feels like nothing is holding them back, either at work or personally. Traci is finishing her bachelor’s degree, and hopes to attend law school. Aaron says he’s looking for more physical challenges, and is looking at returning to school too.



Traci and Aaron also look forward to return appointments with Dr. Chebli, who provides important long-term follow-up. They talk with him about how their lives are changing, what to expect next and what new challenges they plan to take on. “Dr. Chebli has become a reliable friend, someone we can really count on,” says Aaron. ●

For more information on the Northwest Hospital Bariatric Surgery Program, call (206) 368-1350. Or visit [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric), to calculate your BMI, and to learn about informational seminars and support groups, the bariatric surgery team, and the program’s integrated, personalized approach to care.

## Looking for Extra Weight Loss Help?

**Informational Seminars:** Making the decision to have bariatric surgery is a big step. Northwest Hospital offers free informational seminars, led by surgeons Joseph Chebli, MD and Nicole White, MD, to explain weight loss surgery options. The seminars also include information on surgery risks and benefits, patient selection criteria, nutritional requirements and insurance coverage. For dates, and to register for a seminar, visit [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric) or call (206) 368-1350 or (877) 839-8916.

**Support Groups:** Our monthly weight loss surgery support group provides an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. The group is open to patients from any physician practice, individuals researching bariatric surgery, friends and family. For dates and more information, call (206) 368-1350 or (877) 839-8916, or visit [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric). No registration is necessary.

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



DEWAYNE BRADLEY, MD  
*Otolaryngology*



ALEX COOPER, MD  
*Neurology*



MEENU GOEL, MD  
*Gynecology*



SUSANNAH MCNEILL, MD  
*Neonatology*



JAN SUNDE, MD  
*Gynecology*



TERESA WAGNER, MD  
*Pulmonology*



SCOTT WARDEN, MD  
*Ophthalmology*



ANNA WELCOME, MD  
*Gynecology*

## 2009 Hospital National Patient Safety Goals

1. Identify patients correctly
2. Improve staff communication
3. Use medicines safely
4. Prevent infection
5. Check patient medicines
6. Prevent patients from falling
7. Help patients to be involved in their care
8. Identify patient safety risks
9. Watch patients closely for changes in their health and respond quickly if they need help
10. Prevent errors in surgery

This version of the standards set by the Joint Commission is in an easy-to-read format. For exact language of the goals, visit [www.jointcommission.org](http://www.jointcommission.org).

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1550 N 115<sup>th</sup> St | Seattle, WA

(206) 364-0500, or toll-free at  
(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](http://www.nwhospital.org).



# New Bill Payment Options

To make it more convenient for our patients and their families, Northwest Hospital & Medical Center has added two new options for settling your account – online payment and the opportunity to drop off your payment in person. Payment methods now include:

→ **Online Payment:** We offer secure, 24 x 7, online bill payment with a credit card. To pay your bill online, visit [www.nwhospital.org/paymybill](http://www.nwhospital.org/paymybill).

→ **Main Campus Drop-Off:** Two new, secure drop boxes have been installed in the main hospital building for patients who choose to save postage and drop off payments in person. They are located next to the security desk in the main lobby, and on the second floor in a mail slot to the right of the Lab/Diag-

nostic Imaging check-in desk. Payments may be made in cash or by check. Please enclose payment in an envelope before placing it in the drop box.

→ **Patient Financial Services Drop-Off:** You may also visit the Patient Financial Services office to make in-person payments, discuss your bill or make payment arrangements. Patient Financial Services is located in the Northwest Outpatient Medical Center at 10330 Meridian Avenue North, Suite 260, Seattle. Hours

of operation are 8 am - 4:30 pm, Monday through Friday.

→ **Mail:** Please send payments to: Patient Financial Services, Northwest Hospital & Medical Center, PO Box 34433, Seattle, WA 98124.

→ **Phone:** Payments may be made with a credit card over the phone. Please call Patient Financial Services at (206) 368-6440 or toll-free, (877) 364-6440.

○ quality of care

## CARE Award Honors Great Service

Northwest Hospital & Medical Center has introduced a new award that celebrates top-notch service. The CARE Award recognizes employees who exemplify the highest level of quality customer service and compassionate care for patients, co-workers and visitors to the Northwest Hospital campus.

“CARE” stands for customer service, attitude, respect and empathy.

“Nominees for this award embody the Northwest Hospital mission and vision by consistently going the extra mile,” says Lorna Andrews, director of Patient Services. “These are staff members who always put the needs of others first and who make a positive impact on the lives of those around them.”

The CARE Award is given twice a year and is open to any Northwest Hospital employee. Nominations can be submitted by patients, visitors, physicians or coworkers.

Nomination forms are available in hospital units and departments, in the main hospital lobby, or online at [www.nwhospital.org/CARE](http://www.nwhospital.org/CARE).



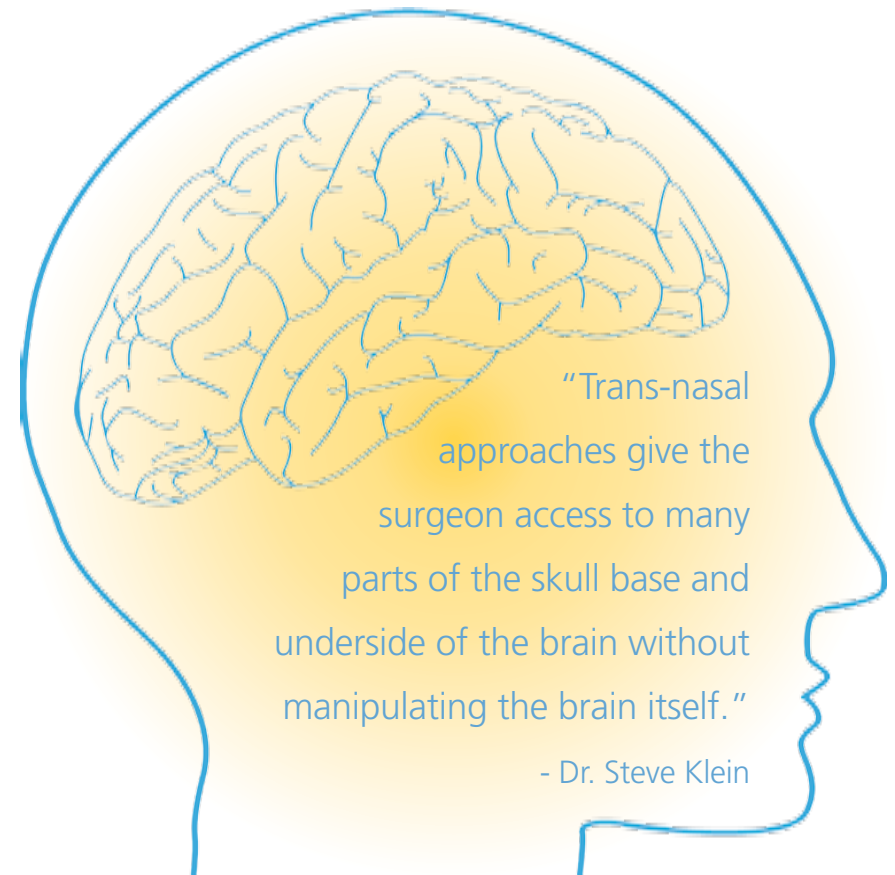
# A Revolution in Brain Surgery

Imagine brain surgery that doesn't involve cutting through skin and bone, without scarring, and with minimal bleeding and pain. That futuristic vision is coming to life at Northwest Hospital, as two neurosurgeons use advanced instrumentation to perform "trans-nasal" neurosurgery – in other words, brain surgery through the nose.

Using an endoscope, a narrow tube-like instrument that allows them to see and operate on abnormalities within the brain, Dr. Steve Klein and Dr. Daniel Lazar, both of Neurological Consultants of Washington, are able to approach skull-based tumors through the nose. Dr. Klein explains, "Trans-nasal approaches give the surgeon access to many parts of the skull base and underside of the brain without manipulating the brain itself. While this technique isn't appropriate for all situations, it offers us safer access to problematic areas in many cases."

Dr. Lazar adds, "We can see the tumor better, we're able to go right to it and we can remove it more easily too. There is also a much lower risk of complications compared to traditional open brain surgery, or craniotomy, since so much less tissue is exposed or temporarily displaced."


Trans-nasal surgery patients also suffer fewer after-effects than patients having open craniotomy. Trans-nasal patients have less disruption of their normal lives, and many even report a pain-free recovery. In most cases, trans-nasal neurosurgery patients are able to leave the hospital within 24 to 36 hours after surgery, while recovery from a traditional craniotomy may require several days in the hospital.



"The surgical wounds are minimal, so there is very little healing after surgery," Dr. Lazar reports. "The surgical site is protected by the bony structure of the nose and skull, so it's also relatively undisturbed by most daily activities."

"This type of surgery makes patient comfort and a quicker recovery possible, but it is also technically quite difficult," Dr. Klein points out. Both doctors underwent significant additional training to develop proficiency with the instruments and technique.

Trans-nasal neurosurgery is part of Northwest Hospital's ongoing development of state-of-the-art, minimally-invasive surgical

services. Other innovative technologies include the da Vinci S Robotic Surgery System, which creates a "virtual" extension of the surgeon's eyes and hands, using 3-D, high-definition vision and four robotic hands to go where human hands typically cannot. 

Patient referrals for neurosurgery are required. Primary care physicians can contact Neurological Consultants of Washington at Northwest Hospital by calling (206) 368-1701. For more information about surgical services at Northwest Hospital, visit [www.nwhospital.org](http://www.nwhospital.org).

**Community Health Education & Simulation Center Dedication.** In a May 11 ceremony on the Northwest Hospital & Medical Center campus, U.S. Senator Patty Murray dedicated the hospital's new Community Health Education & Simulation Center (CHESC). The facility provides a centralized, hands-on education and training venue for patients, community members and healthcare professionals. It is the first center of its kind in the nation available to both health practitioners and the general public. Funded in part by nearly one million dollars in government grants secured by Senator Murray, as well as grants from The Norcliffe Foundation and the Norman Archibald Charitable Foundation, the CHESC will offer a wide variety of community classes and seminars.

**Rat City Roller Girls.** Several weekends each month, you may find Dr. Jim Hsu and Dr. Justin Rothmier of The Sports Medicine Clinic on the track mending injuries as the team physicians for the Rat City Roller Girls, one of Seattle's rough-and-tumble, flat track, all-female roller derby teams.

**Lance Armstrong LiveStrong Challenge.** Northwest Hospital Emergency Department physician, Dr. Richard Kwun, served as the local medical director of Seattle's first Lance Armstrong Foundation LiveStrong Challenge, a cancer research fundraiser. Dr. Kwun, along with several volunteers from Northwest Hospital's clinical staff, provided medical care to many of the 2500 cyclists, runners and walkers participating in the June 21 event.



## save the date

**August 3 – 7: Enjoy the Northwest Hospital Music Festival**, from noon to 1:30 pm, Monday through Friday on the patio outside the Checkers Café solarium. The festival will feature a variety of talented musical groups, ranging from jazz and blues to classical. Friday will feature Scrubs, the hospital's own blues band. Bring a snack or buy lunch in the Café. Stop by, pull up a chair and savor the music and the sunshine!

**August 5: Free Seminar for Reflux Sufferers**, at 6:30 pm in the Lindsay Gould Auditorium. Dr. Nicole B. White will lead a free informational seminar on surgical treatment options for GERD, also known as acid reflux or heartburn. Dr. White specializes in thoracic, esophageal and obesity surgery. She was one of two surgeons on the Northwest Hospital medical staff to complete the first EsophyX™ procedure in Washington State. EsophyX

is a non-invasive, incision-less procedure used to cure GERD. The seminar is for anyone who suffers from reflux and would like to learn more about treatment options, including EsophyX. Please register at [www.nwhospital.org/refluxseminar](http://www.nwhospital.org/refluxseminar).

**September 18: Healing From Within seminar for women with cancer**, from 1 to 3 pm in Lindsay Gould Auditorium. Integrative medical practitioner Astrid Pujari, MD, will address using illness as a means of transformation, and present several practical tools for staying centered in everyday life. This complimentary presentation in observance of Gynecologic Cancer Awareness Month is presented by Women's Cancer Care of Seattle, in collaboration with Gilda's Club and Cancer Lifeline. Register online by visiting [www.wccos.com](http://www.wccos.com) or by calling (206) 368-5868.



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## 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 seven week series and labor and birth only 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

This 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.

### 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 com-

mon challenges and how partners can support breastfeeding mothers.

### Babysafe

Three-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.

### 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 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.

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## 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.

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## EMERGENCY SERVICES EDUCATION

### CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-10pm. Registration required. To register, visit [www.nwhospital.org](http://www.nwhospital.org) or call (206) 368-1564. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

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

## 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: 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; and third Thursday of each month, 7-8:30pm. To register, visit [www.nwhospital.org](http://www.nwhospital.org) or call (206) 368-1564.

### Grief Support Group

Offered 10am to Noon

Saturdays, Sept 26 and October 3, 10, 17, 24, 31. Call (206) 368-1891 for information and registration.

### 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.

### Stroke Support Group

This group for stroke survivors, their families and caregivers meets on the third Saturday of the month in the Easy Street section of the Northwest Hospital Rehabilitation Center, from 12:30–2:30pm. 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. For dates, visit: [www.nwhospital.org/bariatric](http://www.nwhospital.org/bariatric). 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, Aug 22 and 29, 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, explains 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. Most of the workshop will include participation in brain-strengthening activities. August 6, 1–2:30pm, \$20; August 27, 6–8pm, \$25. 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 more information contact your physician, or call (206) 368-1564 to receive a brochure.

### Suffer from Reflux?

Presented by Dr. Nicole White, this free seminar covers surgical treatment for GERD (acid reflux or heartburn). This is for anyone who suffers from reflux and would like to learn more about treatment options, including EsophyX™, a new non-invasive, incision-less procedure. Please register at [www.nwhospital.org](http://www.nwhospital.org). August 5, 6:30pm, Lindsay Gould Auditorium, Northwest Hospital.

### **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](http://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 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](http://www.nwhospital.org).

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

A conversational support group that provides people with acquired brain injury the opportunity to par-

ticipate 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](http://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, 6-7:30pm. 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.

### **Healing From Within**

A free seminar for women with cancer. Dr. Astrid Pujari will address using illness as a means of transformation, and present several practical tools for staying centered in everyday life. This free presentation in observance of Gynecologic Cancer Awareness Month is presented by Women's Cancer Care of Seattle, in collaboration with Gilda's Club and Cancer Lifeline. September

18, 1-3pm, Lindsay Gould Auditorium, Northwest Hospital Campus. Please register at [www.wccos.com](http://www.wccos.com).

### **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.

### **Gentle Yoga**

Easy stretches, postures, and guided meditation. Fine to start any time during the series. Cardiac Fitness Center, 2nd floor, McMurray Bldg. Mondays, through August 17; 6:30-8pm, and September 14 through October 26; 6:30-7:45pm.

### **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 through Aug 17, and Sept 14 - Oct 26; 5:30-6:30pm. McMurray Building, Cardiac Fitness Center. (No classes Aug. 24, 31 and Sept 7.



## Need a physician?

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

## 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](http://www.nwhospital.org/newsletters).



# Golf Tournament Benefits Northwest Hospital Patients



The 2009 Silver Anniversary Swing “Fore” Your Life Golf Tournament and Celebration Dinner at the Seattle Golf Club was a great success, thanks to the many sponsors, partners, staff and participants. Nearly 250 dinner guests attended the festive dinner on May 17. The

event included entertainment by aerialists, dancers, musicians and other variety acts, as well as a moving testimonial from a recent patient who received life-saving neurosurgical care through the generosity of Northwest Hospital and a surgeon on the Northwest

Hospital medical staff. The dinner was attended by many of the original founders of the annual event.

The following day, more than 140 golfers took to the links for a spirited round of golf that concluded just moments before heavy rains washed the course. The day’s events ended inside, with hors d’oeuvres and awards.

Proceeds from the dinner and tournament topped \$210,000, thanks to a generous challenge pledge from an anonymous donor to match any funds raised at the event. The funds will go to support uncompensated and underinsured patient care at Northwest Hospital.

