

HEALTHWATCH

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Why screen? Think of preventive care as a gift to your future self

Doctor visits may not be at the top of anyone's list of fun activities, but part of taking good care of yourself is keeping tabs on any red flags that could impact your health now, or down the road. Preventive care visits provide an excellent opportunity for regular screening, evaluation of health risks and needs, counseling and immunizations.

Emma L. Grabinski, M.D., FACOG, obstetrician and gynecologist, cares for female and trans male patients in their teens through their 90s. She's a huge proponent of preventive screening.

"For me, it's about being in charge of your health," Dr. Grabinski says. "Knowing your risk factors helps you make decisions about all sorts of things in life – exercise and diet, having kids, financial and estate planning, whether to have surgery. And it's always better to prevent disease than to treat it once it develops."

Dr. Grabinski says certain health issues that doctors routinely screen for, such as heart problems, cancer

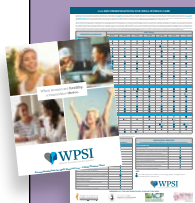
and infections, definitely have implications for a woman's future health. "For example, we screen for things like chlamydia, gonorrhea and vaginal infections because these conditions can impact fertility if they're not caught and treated," she says. "You won't necessarily find these problems if you don't look for them."

When, where and why

The screenings each woman needs vary based on age and some other factors, so Dr. Grabinski tailors her recommendations accordingly.

She offers all her patients preventive well-person care visits, during which she asks lifestyle questions about

Continued on the next page...



Do you know your screening schedule?

Download the WPSI 2021 Well-Woman Chart in English or Spanish at www.womenspreventivehealth.org/wellwomanchart/. At this site, you can also enter your age and find the preventive tests and screenings that are recommended just for you.

A glimpse into the future

Swedish becomes "early adopter" of remote technology that can bring life-saving surgery to patients everywhere

When robotic-assisted surgery was first approved by the FDA in 2000 for certain procedures, it took some prospective patients time to get used to the idea. What is

the surgeon's role? Is a robot actually doing the surgery? What if there are complications?

Fast forward to today: We accept and appreciate robotic technology as a valuable tool used by many surgeons

to assist them during various types of complex procedures. The equipment offers a level of precision and flexibility that is often not possible with conventional techniques and – thanks in part to its minimally invasive approach – offers the potential for much-better long- and short-term outcomes.

What's next, and why we need it

In most cases currently, robotic equipment is controlled by a surgeon located in close proximity to the person they're operating on – either in the same room or an adjacent space. However, something new is on the horizon.

Remote robotic surgery, also known as telesurgery, allows surgeons with specialized expertise to treat patients anywhere in the world, without the patient having to travel farther than their local hospital. The system's robotic arm can be installed at one hospital while it is controlled by a physician using a console at another location.

Swedish Neuroscience Institute recently installed the CorPath GRX system from Corindus, an advanced

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Swedish Neuroscience Institute is one of the only sites using the CorPath GRX system for neurovascular procedures, and the only one in the Pacific Northwest so far. Its purchase was entirely funded by philanthropic donations from the community.

Come see us in Renton!

New Swedish OBGYN clinic now open

Our new Swedish OBGYN clinic is now open at the Renton Landing, with a team of highly trained OBGYN specialists dedicated to providing expert care.

We offer:

- A complete range of obstetrical and gynecologic services for women from adolescence through menopause
- Obstetrical care for low and high-risk pregnancies
- Minimally invasive gynecologic procedures
- Fibroid evaluation and treatment
- Contraceptive options and family planning
- Sexually transmitted disease testing
- Menopause care
- Annual wellness visits

These physicians are accepting new patients at the clinic. Get started by making an in-person or virtual appointment with one of our OBGYN specialists:

- Dr. Lori Channell
- Dr. Hayley Hunt
- Dr. Christina Tolley

Visit swedish.org/ObGynRenton or call **425-391-5770** for more information or to schedule an appointment.



Swedish OBGYN Specialists - Renton

Renton Landing
916 N. 10th Place, Building 306
Renton, WA 98057

Vaccine, hope and summer plans



Are you feeling stressed, anxious, afraid or overwhelmed? There's help, and there's no shame in asking for it. Swedish patients can call **1-800-SWEDISH** to connect with a behavioral health provider.

If you've spent some time out and about in our community this spring, you may have noticed the same thing we have. There's a tentative sense of hope, a careful optimism, a blooming belief that maybe, just maybe, this summer will bring a return to something like normal.

Jenni O'Donnell, PsyD, clinical psychologist and medical director for Behavioral Health Integration at Swedish, is seeing the same. "With the vaccine more readily available, people do seem to feel a sense of hope and relief, like there's a weight off their shoulders," Dr. O'Donnell says.

However, uncertainty lingers. "There's still a lot going on," she

says. "We're getting ever-changing guidance and messaging from the CDC, so people wonder what to believe. What are the true risks of starting to resume our normal activities? How do we navigate gatherings where some people are vaccinated, and some aren't? There are a lot of questions still swirling around in our minds."

The still-challenging parts

Dr. O'Donnell says that her team is seeing – not surprisingly – higher rates of mental health issues among patients, thanks to isolation and all the other pandemic-related stressors.

Parents with young kids are concerned about their social and

emotional development. "Now, more than a year into the pandemic, these children have had so much less than normal social interaction. Their caretakers have been wearing masks, which means they were missing the social and emotional cues that are important for development — not to mention all the increased screen time."

She points out that many working parents are still among the most-stressed people in our community. Companies are making decisions about remote workers returning to the office, while some – but not all – schools are bringing students back to the classroom. There's no guarantee that a family's work and school status will line up, and this incongruence causes anxiety and concern as parents try to work it all out.

Childcare and remote school obligations aside, some people are being asked to return to work onsite when they would rather not. They may be afraid of the coronavirus risk, or simply may have discovered that they prefer working solo. Others eagerly anticipate getting back to the office and resuming the friendly hallway conversations and in-person collaboration. "It really depends on every individual's personal circumstances whether a return to work will be more or less stressful," Dr. O'Donnell says.

And, of course, many people have been working on-site the whole time, possibly feeling like the risk they took on the front lines wasn't really valued by the people who were counting on their service.

"There's no one-size-fits-all reaction to our re-entry into whatever normal is going to look like going forward."

Keeping the good

It's been a hard year, no doubt. But as we start to glimpse the light at the end of the tunnel, it makes sense to look for the upsides of the past year, too. Dr. O'Donnell has reflected on the positive habit changes and adaptations that she hopes will stick around.

"As a behavioral health practitioner, I'm very happy to see more people willing to seek help for depression, anxiety and other concerns, with decreased social stigma around that. We've all been through this collective trauma, and sometimes we simply need support for our emotional well-being. I really hope this new acceptance continues once we make our way out of the pandemic," she says.

Other positive pandemic trends she's observed: Increased appreciation for quality time with friends and family and people taking breaks from screens to get outside and back to nature. "Digital fatigue is real," she says, "and spending time outside is so good for us."



Jennifer O'Donnell, PsyD, is a clinical psychologist and medical director for Behavioral Health Integration at Swedish. Behavioral Health integration is an effort to serve the ever-

growing recognition that our physical health is not separate from our emotional/behavioral health. By treating behaviorally influenced conditions as a part of the medical team, LICSWs and psychologists help to reduce the stigma and barriers associated with seeking mental health support. Dr. O'Donnell hopes to see behavioral health care become a routine part of how we engage with health care, as well as ensuring that there is no wrong door to accessing the help that someone needs.

Why screen? Think of preventative care as a gift to your future self *(continued from page 1)*

depression, alcohol use and abuse, tobacco use, contraceptive methods and sexually transmitted disease history. When indicated, she'll conduct an in-office pap smear to test for cervical cancer precursors. Some patients may be referred out for a colonoscopy to check for colon cancer and a mammogram to screen for breast cancer.

Dr. Grabinski's approach to preventive screenings is guided by the recognized boards and agencies that offer practice guidelines for medical providers, including the American College of Obstetricians and Gynecologists (ACOG) and the Women's Preventive Services Initiative (WPSI).

In particular, the WPSI publishes comprehensive, annual recommendations for well-woman care. *(See the sidebar to find out where to get the 2021 guidelines chart or use an interactive tool to see what's recommended for women by age.)*

Whole-person care

Dr. Grabinski says her approach to caring for her patients aligns with that of the other providers she practices alongside in the clinic. "Our group's whole philosophy of care is that we want to be your partner in

health care. We want to understand your own personal values, so we can then help you understand your health risks and decide on a health screening strategy that's going to be right for you," she says.

"I don't believe in 'mandating' any particular type of care for a patient," she adds. "I want each patient to be empowered to take care of their own health and know what's going on with their body."

To schedule an in-person or virtual appointment with Dr. Grabinski or one of the other providers at Swedish OBGYN Specialists - First Hill & Ballard, please call **206-215-6300**.

To read more on women's health screening guidelines for every age group, visit: www.swedish.org/screeningsforwomen.



Emma L. Grabinski, M.D., FACOG, is an obstetrician and gynecologist at Swedish OBGYN Specialists - First Hill & Ballard. She appreciates the opportunity to experience new relationships with her

patients every day, learning about their lives and helping them achieve their health care goals. She enjoys working with patients and their families to counsel them fully on their treatment options to enable them to make an informed choice that works for them. Dr. Grabinski's pronouns are She/Her/Hers.

A glimpse into the future

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robotic surgery platform used for treatment of complex brain and spinal cord vascular diseases. The Corindus system is not yet authorized for remote procedures in the U.S., but the approval process is underway. In the meantime, the Institute's surgeons are becoming proficient in the techniques.

Dr. Stephen Monteith, Swedish neurosurgeon, says the need for remote surgery becomes clear when you consider the critical nature of certain conditions and the scarcity of specialized neurosurgeons in some parts of the country. With about 15 physicians trained to do these types of procedures in Washington state, and more than half of them located in Seattle, this system could help patients get urgent treatment quicker, without needing to be transported to another city.

"The most critical neurovascular emergencies – including stroke – leave us very little time to begin treatment," Dr. Monteith says. "Transport time is one of the most difficult hurdles we face in terms of achieving the best possible outcome. By the time patients can be transported to a center of excellence stroke center, the window for optimal care may have closed."

Did you know?

Swedish Cherry Hill is designated as a Certified Comprehensive Stroke Center by DNV-GL Accreditation.

Leading the way

Dr. Monteith says he's excited to be on the Swedish team that is leading the way in medical innovation and he looks forward to being able to meet patients where they are.

"We see robotics as an important step toward reaching patients who might not otherwise have access to potentially life-saving care," he says. "When the FDA does approve remote surgery, we'll be well positioned to start."

For more information about robotic surgery and stroke treatment at Swedish Neuroscience Institute, visit: www.swedish.org/newtech

Swedish Cerebrovascular Center
550 17th Avenue, Suite 110
Seattle, WA 98122
206-320-3470



Stephen James Monteith, M.D., is a neurosurgeon who strives to give his patients the best possible outcome by combining the latest technological advances with

personalized clinical care. When possible, he uses endovascular or minimally invasive surgical approaches so that his patients can recover quickly from their procedure and get back to their normal lives as soon as possible.

Community Education

Programs in Your Neighborhood

Registration is required for all classes. Visit www.swedish.org/classes or call **206-386-2502** (unless otherwise noted) to register, check capacity and confirm if class is online or in-person. Class information is subject to change.

CHILDBIRTH EDUCATION

Newborn Preparation

This class teaches new parents the basics of newborn growth, development and all the basics of breastfeeding. **Fee:** \$65/pair.

Grandparents: Birth to Three Months

There have been many changes in the role of grandparents over the last several generations. This 2-hour class describes ways grandparents can offer support and assistance to a new family, while discussing current trends in birth practices and infant care. Grandparents will appreciate information provided on newborn capabilities and providing a safe environment for infants. **Fee:** \$45/two participants.

Conscious Fathering

This class is for expectant and new dads or father-figures. The course empowers new fathers with practical, hands-on skills that they can immediately use to help bond and care for their new baby. Some topics include: meeting baby's five basic needs, supporting your partner and defining what kind of father you want to be. Class can be taken at any time, but we recommend one to four months before baby arrives. **Fee:** \$50/one participant.

Newborn and Me: Birth to Three Months Group

Having a baby is amazing – and at times, amazingly difficult. It helps to have people to share the highs and lows, especially those who can identify with what you're going through. The Newborn and Me Group is an informal group that meets online weekly for six 90-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns and experiences with other new moms. **Fee:** \$70/one participant.

Baby and Me: 3-6 Months Group

Having a baby is amazing – and at times, amazingly difficult. It helps to have people to share the highs and lows, especially those who can identify with what you're going through. The Baby and Me Group is an informal group that meets online weekly for six 90-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns and experiences with other new moms. **Fee:** \$70/one participant.

Infant Safety & CPR

In this interactive online class, a CPR certified instructor will teach you infant lifesaving skills. You will learn and practice the essential steps of infant CPR and how to manage infant choking. Participants will be taught ways to baby-proof to increase household safety and methods for decreasing the risk of Sudden Unexpected Infant Death (SUIDS) for your new baby. This class is recommended for parents, grandparents, and anyone caring for a newborn or infant up to 1 year of age. **Fee:** \$65/pair.

Childbirth Preparation Classes

While no one can tell you what your birth experience will be like, learning about the process can help you feel prepared, confident, and ready for the birth of your baby. This online 1-day or 2-week series will provide you with information on the labor process and possible variations,

coping skills, and postpartum adjustment. Partners will learn ways to support mom during labor. **Fee:** \$65-\$95/pair.

CANCER EDUCATION

The Swedish Cancer Institute (SCI) offers free programs to assist patients, family, friends, caregivers and the community to help the mind, body and spirit heal. For questions or feedback, please contact the Cancer Education Center at **206-386-3200** or SCI.Education@Swedish.org.

Patients in active cancer treatment have a weakened immune system. If you have any cold or flu-like symptoms, please do not attend the program until all symptoms are gone. For more programs and information, visit: www.swedish.org/classes

Active Women, Healthy Women

Women of all fitness levels are encouraged to join these certified instructor-led classes exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. To register, visit:

teamsurvivornw.org/programs

*Mondays, 6:30-7:30 p.m. | Virtual
Tuesdays, 10-11 a.m. | Virtual*

Art and Wellness Group

Join our Art Therapists and experience the healing benefits of making art in a supportive and non-judgmental setting. No experience or skill is necessary to join. Contact Bonnie.Walchuk@Swedish.org or call **206-215-6178** to register.

Tuesdays, 10-11:30 a.m. | Virtual

Music Therapy

Amidst the ever changing rhythms of life, experience how music can offer support and healing in our weekly music therapy groups. Experience or confidence in music is not required. For more information, contact Betsy.Hartman@Swedish.org.

Ukulele Group: *Wednesdays, 2-3 p.m. | Virtual*

Music and Wellness Group:

Thursdays, 12:30 -1:30 p.m. | Virtual

Get Fit! Staying Active During & After Treatment

Exercise class and fitness consults for women who have finished cancer treatment. Co-sponsored by Team Survivor Northwest. To register, visit:

teamsurvivornw.org/programs

Saturdays, 10-11 a.m. | Virtual

Gentle Yoga for Navigating the Cancer Journey

Bi-weekly yoga class for cancer patients. Utilize the mind-body tools of yoga to reduce stress, ease side effects, and increase physical and mental resilience with gentle movement, breath, meditation, and relaxation. All are welcome, from diagnosis through recovery. No experience is necessary. Chair options are offered throughout the practice. Email SCI.Education@Swedish.org to register.

Wednesdays, bi-weekly 1-2:15 p.m. | Virtual

Hawaiian Hula

Learn the basics of hula dancing and storytelling (standing or seated) while working your core, arms and legs. No experience required. To register, email SCI.Education@Swedish.org.

Thursdays, Noon to 1 p.m. | Virtual

Knit for Life

This online drop-in group uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for

beginners and experienced knitters. Email SCI.Education@Swedish.org to register.

SCI Issaquah: *Mondays, 1-3 p.m. | Virtual*
SCI First Hill: *Wednesdays, 10 am - noon | Virtual*
SCI Edmonds - Medical Oncology: *Thursdays, 1-3 p.m. | Virtual*
SCI Edmonds - Medical Oncology: *Tuesdays, 10 a.m. to noon | Virtual*

Stress Reduction & Relaxation

Being diagnosed with and managing a cancer diagnosis is a stress-filled experience for patients and their friends and families. These classes can give you tools needed to quiet your mind and increase coping mechanisms. Co-sponsored by Cancer Lifeline. Visit www.cancerlifeline.org or call **206-297-2500** to register.

Mindfulness to Support Mind, Body & Spirit
Saturday, July 10, 10-11 a.m.

Meditation & Sleep Resilience
Saturday, August 14, 10-11 a.m.

Gentle Yoga & Wellness Skills - Multiple Sclerosis Center

Introductory class appropriate for all mobility levels and those who are new to yoga. Held by the Swedish Multiple Sclerosis Center, but open for SCI patients as well. Transitioning to the floor is optional; wheelchairs are welcome. Email Erin.Carper@Swedish.org to register.

Tuesdays, 1-2:15 p.m. and 3:15-4:30 p.m. | Virtual

SUPPORT GROUPS

After Breast Cancer, What's Next?

Make peace with impacts of breast cancer treatment, reduce the stress cancer places on relationships, overcome fear of recurrence, renew hope and increase resilience. This series is for women who have completed treatment or are in active treatment. To register, email SCI.Education@Swedish.org.

Webinar Series: *Mondays, July 12, 19, 26, August 2 | 6-8 p.m.*

Webinar Series: *Mondays, September 6, 13, 20, 27 | 6-8 p.m.*

Tools for Healing

This class offers a holistic perspective on healing that includes body, mind and spirit regardless of the treatment phase or stage of cancer. We offer methods and tools to help reduce fear and anxiety for better well-being and over a lifetime. To register, email SCI.Education@Swedish.org. For more information about the class, contact Patti Kwok, facilitator for Tools for Healing, at **206-215-6558**.

Webinar Series: *Thursdays, July 8 and 15, 6-8 p.m.*

Webinar Series: *Thursdays, August 10, 6-8 p.m.*

Webinar Series: *Thursdays, September 2 and 9, 6-8 p.m.*

Living with Cancer Support Group

Virtual support group for those living with cancer.

Swedish First Hill: *Thursdays, 1:30-3:00 p.m.*

Contact Sandra.S.Johnson@Swedish.org or Sharon.Mast@Swedish.org to register.

Swedish Edmonds: *1st and 3rd Wednesday of the month, 1:00-2:30 p.m.*

Contact the Edmonds Social Work referral line at **425-673-8328** to register.

Caregiver Support Group

Virtual support group for those caring for someone with cancer.

Swedish First Hill Group: *Thursdays, 1:30-3:00 p.m.*

Contact Sylvia.Farias@Swedish.org to register.

Brain Tumor Support Group

Virtual support group for patients with brain tumors and their caregivers.

*1st Tuesday of the month, 11 a.m. to 12:30 p.m.
3rd or 4th Wednesday of the month, 1-2:30 p.m.*

Contact group facilitator, Brenda Autabee Bigalk at Brenda.Autabee-Bigalk@Swedish.org to register.

Gynecological Cancers Group

Virtual support group for women with gynecological cancers.

Last Wednesday of the month, 10:30 a.m.-noon

Contact group facilitator, Carolyn Maret at Carolyn.Maret@Swedish.org or **425-673-8329** to register.

Head & Neck Cancers Group

Virtual support group for those living with head and neck cancers.

Fourth Wednesday of the month, 11:30 a.m.-1 p.m.

Contact group facilitator, Mark Filler at Mark.Filler@Swedish.org or **206-215-2287** to register.

Prostate Cancer Educational Group

Virtual group meetings for those with prostate cancer. Partners are welcome.

Third Thursday of the month, 8:30-9:30 a.m.

Email Dr. Ed Weber at webered56@gmail.com or call **206-232-7297**.

Thyroid Cancer Group

Virtual group meetings for those with thyroid cancer held by THYCA: Thyroid Cancer Survivors' Association.

3rd Saturday of the month, 10-11:30 a.m.

Contact the group facilitators at Seattle-WA@thyca.org to register.

#TakeCover, the Storm is here!



The 2020 WNBA Champion Seattle Storm kicked off the 2021 season on May 15 with a thrilling rematch

of the finals against the Las Vegas Aces. Opening night was filled with celebrations of the franchise's fourth title, including the presentation of the custom-made championship ring by Baron.

Living-legend Sue Bird and the squad also sported the new logo, redesigned to present both the sleek, innovative aesthetic of Seattle with the natural power in the surrounding Pacific Northwest.

Swedish celebrated the team's new look with a flag raising atop the Swedish First Hill campus in March.

The Storm's 32-game, regular season schedule features 16 home games, which will all be played at Angel of the Winds Arena in Everett, as renovations to Climate Pledge Arena continue through the fall. Seattle has had success in Everett, posting a 6-1 record in seven games during the 2019 season.

We are proud to continue serving as the Storm's official health care provider and partner. We look forward to getting back on the court with them in 2021.

Big news in brain cancer research: Vaccine trials underway



Drs. Mohsen Karimi and Charles Cobbs lead the innovative CMV research project.

A cancer diagnosis is often a gut-wrenching event for patients and their loved ones, and brain cancer is no exception. Brain cancer impacts families in our local community and around the world, and its victims are often young, healthy people in the prime of their lives.

There is a bright spot in the world of brain cancer research though, as promising brain tumor vaccine trials are now well underway. In particular, the exciting prospect of a potential vaccine for glioblastoma, one of the most aggressive types of brain cancer, could upend the way we treat this disease.

Brain tumor vaccine treatments are not yet approved, but early clinical trial results for a vaccine that treats glioblastoma has shown that nearly 97% of patients did not experience tumor progression in the six months following treatment with vaccine and surgery, chemotherapy and radiation.

Swedish is helping to move this research forward so patients around the world can get access to these kinds of treatments as soon as possible.

How it works

Cancer vaccines are part of the modality of care known as immunotherapy, which uses living organism to treat disease. It's a complex process, but essentially, immunotherapy stimulates a person's own immune system to attack and destroy tumor cells based on their individual DNA.

The team at the Ben and Catherine Ivy Center for Advanced Brain Tumor Treatment is preparing to study an experimental vaccine for patients with glioblastoma, in concert with colleagues who have developed a panel of T-cells, or immune cells, that can be made into a vaccine. The T-cells attack cytomegalovirus, or CMV, the virus found in many cases of glioblastoma.

Patients with glioblastoma often have inherently poor immune function compared to healthy people as a result of their tumor. So, their own T-cells are not able to work against CMV. This new vaccine for glioblastoma contains T-cells from donors that is matched to the glioblastoma patients' individual immune system and delivered through a series of injections.

Most people who get CMV recover fully, and their immune system is primed to fight another infection. It's only a small percentage who go on to develop brain cancer, but healthy donors can provide a trained team of T-cells in a process similar to donating blood.

Preliminary evidence shows that patients with recurrent glioblastoma live longer with the vaccine, and it seems to be that their survival is related to the number of T-cells present and how well they are functioning.

Further research at Swedish will help us better understand how to make the best possible vaccine, while offering patients a treatment that could extend their life.

Learn about brain tumor treatment at the Ben and Catherine Ivy Center: brain tumor treatment at the Ben and Catherine Ivy Center:

www.swedish.org/services/neuroscience-institute/our-services/ivy-center or call **206-320-2300**.



Did you know?

Glioblastoma, also known as GBM and glioblastoma multiforme, is a cancerous tumor that affects the brain or spine. Glioblastoma tumors create their own blood supply, so they tend to grow and spread quickly. They easily invade normal brain tissue and can cause headaches, nausea, blurred vision, drowsiness, seizures and personality changes. These tumors are somewhat rare: Doctors diagnose about 14,000 cases each year in the U.S.

The lifetime risk of developing AFib is 1 in 4 and increases with age, so it's common in older adults.

In July, Swedish is opening a new clinic to provide complete care for patients with AFib. The treatment approach will emphasize patient participation, education, and a comprehensive look at reducing and treating risk factors associated with AFib.

Led by a cardiologist and an electrophysiologist, the team will offer individualized patient care plans with management options like lifestyle modifications, medications, minimally invasive procedures and surgical interventions, if needed.

If you've been diagnosed with AFib – either recently or long ago – call today to see if this program can help manage your AFib to maximize your health.

The Swedish AFib Clinic

Cherry Hill – Jefferson Tower
1600 E. Jefferson St., Suite 600
Seattle, WA 98122
Phone: **206-215-4545**

Coming soon: New clinic will provide comprehensive care for patients with AFib

AFib (atrial fibrillation) is a common irregular heart rhythm (arrhythmia) that can be difficult to diagnose and treat. If left untreated, AFib can lead to more serious medical issues like congestive heart failure and stroke.



We're moving! West Seattle primary care clinic is moving to new spaces in June

This summer, Swedish West Seattle Primary Care Clinic will relocate to their new West Seattle locations. These moves support our commitment to providing safe, high-quality care in the places that are most convenient for our patients.

Primary care and internal medicine services, which are currently located in the same building, will move to new, separate spaces in the Alaska Junction, less than a block apart.

Our new locations

Swedish West Seattle
Internal Medicine
4744 41st Ave SW, Suite 102

Questions? Call 206-320-8120

Swedish West Seattle Primary Care
4100 SW Alaska St, Suite B

Questions? Call 206-320-3399

HealthWatch is meant to provide useful health care information and is not intended to replace the advice of your doctor. If you have a question concerning your health, contact your physician. If you do not have one and want a free referral, call **1-800-SWEDISH (1-800-793-3474)** or visit our website at www.swedish.org.

Contact Information

Swedish Campus Locations

Swedish Ballard	206-782-2700
Swedish Cherry Hill (Seattle)	206-320-2000
Swedish Edmonds	425-640-4000
Swedish First Hill (Seattle)	206-386-6000
Swedish Issaquah	425-313-4000
Swedish Mill Creek	425-357-3900
Swedish Redmond	206-320-5190

For addresses, visit www.swedish.org/locations

Swedish Primary Care

Ballard Clinic	206-320-3335
Ballard Family Medicine	206-297-5100
Bellevue Clinic	425-462-1132
Capitol Hill Clinic	206-320-3040
Central Seattle Clinic	206-320-4888
Cherry Hill Family Medicine	206-320-2484
Downtown Seattle Clinic	206-320-3351
Edmonds Birth & Family Clinic	425-640-4950
Edmonds Clinic	425-640-4900
Edmonds Internal Medicine	425-640-4900
Edmonds Pediatrics	425-673-3456
Factoria Clinic	425-641-4000
First Hill Clinic	206-386-9505
Issaquah Clinic	425-394-0700
Klahanie Clinic	425-394-0620
Magnolia Clinic	206-320-3364
Meadow Creek (Issaquah) Pediatrics	425-394-1680
Mercer Island Clinic	206-275-5060
Mill Creek Clinic	425-357-3700
Pine Lake Clinic	425-455-2845
Queen Anne Clinic	206-861-8500
Ravenna Clinic	206-320-8050
Redmond Clinic	206-320-5190
Redmond Pediatrics	425-881-5437
Renton Clinic	425-391-5700
Richmond Beach Clinic	206-533-2900
Sand Point Clinic	206-320-8050
Snoqualmie Clinic	425-888-2016
South Lake Union Clinic	206-320-5200
West Seattle Internal Medicine Clinic	206-320-8120
West Seattle Pediatrics	206-320-5780
West Seattle Primary Care Clinic	206-320-3399

For addresses, visit www.swedish.org/primarycare

General Information

Class Registration and	
Community Health Education	206-386-2502
Cancer Education Center	
(Swedish Cancer Institute)	206-386-3200
Media Inquiries	206-998-5028

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swedish.org/blog

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Your gift supports patient care, research and education throughout Swedish. For more donation information, visit: www.swedishfoundation.org