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 health and appreciates 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 robotic-assisted surgery system. The system’s capabilities were recently demonstrated in a new Swedish OBGYN clinic.

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.

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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 425-381-8770 for more information or to schedule an appointment.

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.

Non-Profit Org. U.S. Postage PAID Seattle, WA Permit No. 1564

swedish.org
Vaccine, hope and summer plans

I'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 Intensive 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 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 the 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 upides 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 as a result. 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, LECs 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 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)

Dr. Grabinski agrees. "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 risk screening, or that there's one strategy that's going to be right for everyone. You need to understand your own personal values, so we can give you options and help you make decisions that work for you," Dr. Grabinski says.

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

To read more on women's health and resuming the friendly hallway conversations and in-person collaboration, visit: www.swedish.org/screeningforwomen.

A glimpse into the future (continued from page 1)

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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 forward reaching those 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.

Stephen James Montei, MD, is a neurosurgeon who strives to give his patients the best and most possible outcome by combining the latest technology with personalized clinical care. When possible, he uses endovascular or minimally invasive surgical approaches so that his patients can receive the necessary care and get back to their normal lives as soon as possible.

David you know?

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

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"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."

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**CHILDBIRTH EDUCATION**

Newborn Preparation

This class introduces principles of the basics of newborn growth, development and all of 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/pair per two participants.

Conscious Fathering

This class is for expectant and new dads or father-figures. The course empowers new fathers to practice, hand-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: $95/on person.

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 to nine-minute sessions. Led by an experienced facilitator, new moms can share questions, concerns and experiences with other new moms. Fee: $50/on 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 newborn. 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**

What to expect in labor and what your birth experience will be like, learning about the process can help you feel prepared, comfortable and in control of your birth. 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 honor individuals who are battling cancer now and by new Team Survivor Northwest. To register, visit teamsurvivornw.org/programs

- **Newbie Group**: Wednesdays, 1:00-2:00 p.m. | Virtual
- **Survivor Group**: Tuesdays, 10:15 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 206-215-0179. To register, Tuesdays, 10:15 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 or call 206-215-0179. To register, Saturdays, 10:30 a.m. | Virtual

**Gentle Yoga for Navigating the Cancer Journey**

Bi-weekly yoga class for cancer patients. Use 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.

**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 Path Beck, facilitator for Tools for Healing at 206-315-6558. To register, Wednesdays, 1:00-2:00 p.m. | Virtual

**Stress Reduction & Relaxation**

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 206-297-5250 to register. Music or silent meditation group. To register, Fridays, 1:00-3:00 p.m. | Virtual

**Mindfulness to Support Mind, Body & Spirit**

Saturday, July 10, 10-11 a.m. | Virtual

**Cancer Journey Yoga**

Gentle Yoga for Navigating the Cancer Journey is here! #TakeCover, the Storm

Please check the current schedule for programs and events in your neighborhood. Programs will vary by location.
Big news in brain cancer research: Vaccine trials underway

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/ivcy-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.

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 4800 SW Alaska St, Suite B Questions? Call 206-320-3399

How it works

Cancer vaccines are part of the modality of care known as immunotherapy, which uses living organisms 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.

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 to talk today so 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 98112 Phone: 206-215-4545

Prescription drugs, so 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.

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Immediately after the surgery, chemotherapy and radiation. Following treatment with vaccine and trial results for a vaccine that treats disease.

There is a bright spot in the world of brain cancer research though, as growing 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.

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.

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