Men’s Health Spotlight: Erectile dysfunction and prosthetic urology solutions

Erectile dysfunction (ED)—trouble getting and keeping an erection—abnormal ejaculation, and low sexual drive can affect your sex life, no matter your age, your profession or your zip code. More than 30 million men—and up to 50 percent of all men ages 40-70 in the United States experience ED. There are many causes, which include aging, stress, certain medications, and other medical or psychological conditions. Examples include heart disease, history of prostate cancer, high blood pressure, diabetes, obesity, substance abuse, smoking, depression, anxiety and problems in your relationship.

Treatment options
At Swedish, experienced urologists provide customized and compassionate care. Your provider will evaluate any underlying conditions, and possibly discuss medications such as pills like Viagra, Cialis or Levitra, injections or testosterone replacement. Recommendations to modify your lifestyle and/or reduce your risk factors can be important elements of your treatment.

The option of penile implants
Beyond prescription medications, there is an ED surgery treatment option. Penile implants (penis pumps) offer a permanent solution to ED when other treatments have been unsuccessful. This small device allows a man with ED to experience an erection where and when he wants to. Your urologist can explain the different kinds of penile implants, all of which involve surgery. Other urology prosthetics are available to address other men’s health issues including urinary incontinence and loss of a testicle. Choosing an implant can have a major impact on quality of life, self-esteem and confidence for a man.

What you can do about GERD

Heartburn is a common result of things like eating too much pizza, that extra cup of coffee, a spicy dinner, or a bag of chips before bed. When it is serious, the problem is called GERD, shorthand for gastro-esophageal reflux disease. According to the International Foundation for Gastrointestinal Disorders, an estimated 18–28 percent of people in North America have GERD.

Nuisance or disease?
Many people complain of symptoms we commonly call acid indigestion, heartburn or reflux. These symptoms are a nuisance if they go away on their own or with over-the-counter antacids. “You may have a disease called GERD if you need to take medications more than two times a week and you continue to experience severe, frequent, and/or chronic discomfort. Another red flag is a sudden onset of GERD, especially after age 45,” says Lulu Iles-Shih, M.D., Medical Director of Operations at the GERD and Swallowing Center at Swedish. “These symptoms are generally felt in the chest, making some people worry they are having a heart attack. It is all related to the function of the esophageal sphincter,” a muscle that keeps stomach contents from backing up into the esophagus.

“Long-term GERD can lead to very serious complications,” says Dr. Iles-Shih. For example, an esophageal ulcer; difficulty swallowing because of scar tissue; Barrett’s Disease, a precursor to cancer; and cancer itself. Your primary care doctor can refer you to a gastroenterologist if your ongoing symptoms persist or are severe, despite lifestyle changes. Your gastroenterologist may perform an endoscopy, using an endoscope, a flexible tube with a light and camera attached to it, to assess the health of your digestive tract. With that information, you and your doctor can discuss diagnosis and treatment.

“There is great benefit from talking with a trained medical advisor for guidance,” says Dr. Iles-Shih. “The goal is to limit GERD from becoming a chronic condition.”

Signs that it’s time to see a gastroenterologist as soon as possible:
• Chest pain that is not heart related
• Gastrointestinal bleeding
• Unexplained weight loss
• Iron-deficiency anemia
• Trouble swallowing
• Family history of GERD or stomach cancer

For more information, please call the Digestive Health Institute nurse navigator at 1-866-411-MyGI (6944) or visit www.swedish.org/understandingGERD.

Lifestyle changes to avoid or lessen GERD symptoms:
• Raise the head of your bed 8 –11 inches.
• Lose weight if you are overweight.
• Don’t eat two-three hours before going to bed. And avoid common triggers:
  • Alcohol and coffee
  • Smoking
  • Fatty-fried and spicy foods
  • NSAIDS pain medication like ibuprofen and aspirin
  • Garlic, onions and tomatoes
  • Some medications for bone loss

For more information or to find a provider: Visit www.swedish.org/learnmoreaboutED


**Community Events**

Swedish is proud to participate in these community events. We hope you’ll join us!

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| Korean American National Sports Festival                             | June 1 – June 29, 11 a.m. – 6 p.m. | A/N/T Gallery at Seattle Center | 305 Harrison St., Seattle, WA 98109 | www.swedish.org/MAKtShow
| **Swedish First Hill (corner of Madison and New Holly Family Fun Fest & Health Fair** | June 8, 9:00 a.m. | Marina Park | 25 Lakeshore Plaza, Kirkland | www.namimovens.org
| **NAMI Walks Washington**                                            | June 8, 9:00 a.m. | Marina Park | 25 Lakeshore Plaza, Kirkland | www.namimovens.org
| **Crosen's & Colitis Take Steps Walk**                               | June 8, 2:30 p.m. | Lincoln Park | 1011 Fairview Way SW, Seattle | www.crohnmovetothefoundation.org/get-involved/events/choose/essential-tremor
| **ARS Walk for Rice**                                                | June 22, 9 a.m. – 1 p.m. | Seward Park | 5920 Lake Washington Blvd., Seattle | www.acrs.org/events/walk-for-rice
| **Greenbridge Health Fair**                                           | June 27, 4 – 7 p.m. | Greenbridge Plaza | 8th Ave. SW & SW 99th St., Seattle |
| **Rainier Vista Health Fair**                                         | June 28, 4:30 – 6:30 p.m. | Rainier Vista Boys and Girls Club | 4520 MLK Jr. Way S., Seattle |
| **American Lung Association – LUNG FORCE Walk**                      | June 29, 9:00 a.m. | Jefferson Park | 3801 Beacon Ave. S., Seattle | action.lung.org/site/TR?id=1802166&pg=entry
| **Ballard Seafest**                                                   | July 12 – July 14, 11 a.m. – 10 p.m. | N.W. Market Street, Seattle | www.seafest.org
| **Issaquah Sports Medicine Combine**                                 | July 13, 8 a.m. – 5 p.m. | Lake Sammamish, State Park | 20000 NW Sammamish Way, Issaquah | www.issaquahsportsmed.com
| **Swedish Summer Run & Walk for Ovarian Cancer**                     | July 14, 6:30 a.m. | Swedish First Hill (corner of Madison and Minor Streets, Seattle First Hill neighborhood) | www.summerun.org
| **High Point Health Fair**                                           | August 24, 11 a.m. – 3 p.m. | High Point Center | 6400 Sylvan Way SW, Seattle |
| **New Holly Family Fun Fest & Health Fair**                          | August 24, 11 a.m. – 3 p.m. | New Holly Gathering Hall | 7054 32nd Ave. S., Seattle |
| **CISC Annual Senior Resource Fair**                                 | September 4 | North Bellevue Community Center | 4063 148th Ave. NE, Bellevue |

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**Losing weight to achieve better health**

**S**ociety can be unkind and judgmental toward people who are overweight. Just try harder. Have better self-control. Get off the couch. These comments can lead to feelings of shame. Many people try diet after diet without success or lasting results. To explore another approach, check out the Baranister Metabolic Endocrine Center at Swedish (BMEC). It is powered by a dedicated team of specialists who deliver non-judgmental, exceptional care and ongoing support to help you improve your health and quality of life through weight loss. The team includes endocrinologists, dietitians, counselors, bariatric surgeons, nurse practitioners and physician assistants.

BMEC providers understand that obesity is not a character flaw—it is a disease, and the leading cause of preventable conditions—diabetes, high blood pressure, heart disease, stroke, sleep apnea, kidney disease and more. BMEC offers medically supervised weight loss and bariatric surgery to help patients avoid, reduce or resolve these life-threatening conditions.

**Learn more with our new online seminar**

In addition to Swedish’s in-person seminars about weight loss pathways, you can also participate in our seminars on your own computer or mobile phone. Seminars explain realistic weight loss expectations and potential surgery complications. Watch video testimonials from patients like Ken Lobe (featured below) whose lives have become healthier, more energetic and much more positive. To register for an in-person or online seminar, go to www.swedish.org/takecharge.

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**New treatment options for treating essential tremor**

**W**e have all experienced a shaky feeling in our arms, legs and hands—an unsettling response from anxiety, nervousness, illness, too much caffeine, fatigue or weakness. Our teeth chatter from the cold, or our legs might quiver when we’re scared or stressed. These incidents don’t usually require a trip to the doctor or indicate neurological disease. They can come and go and do not interfere with day-to-day activities.

**When to seek a doctor’s advice**

A persistent or progressive tremor on any part of the body warrants seeing your doctor for an evaluation, diagnosis and treatment plan. Why suffer with shaky hands at the computer, teacups jiggling midair, or hands too unstable to handle everyday tasks? Essential tremor (ET) can also cause rhythmic to-and-fro movement of the limbs, head or torso, and a quivering voice. ET increases with movement of the limbs, head or torso, and a quivering voice. ET increases with movement of the limbs, head or torso, and a quivering voice. ET increases with movement of the limbs, head or torso, and a quivering voice. ET increases with movement of the limbs, head or torso, and a quivering voice.

**Treating essential tremor with medication**

“Drugs such as propranolol or primidone are the first-line of treatment for ET, and although quite effective at suppressing tremor when administered appropriately, they are not equally or permanently effective in everyone, especially as one’s tremor becomes more severe,” says Pravin Khemani, M.D., a board-certified neurologist at the Swedish Neuroscience Institute (SNI).

**Surgical options for essential tremor**

When medications do not supply ET enough to effectively improve function, there are surgical options. “The marriage of medicine and innovative scientific technology has the potential to significantly improve the quality of life of individuals suffering from tremor,” says Dr. Khemani. Comprehensive evaluation by a knowledgeable neurologist and a neurosurgery team can be a winning combination. Surgical options include:

- **Deep brain stimulation (DBS)** involves disrupting the abnormal tremor-generating circuit in the brain by precisely implanting an electrode in the thalamus (a small structure in the brain) connected by a wire attached to a small battery implanted in the chest.
- **MRI-Guided Ultra-sound (MRgFUS) technology** treats tremor on one side of the body or the other, with no surgical incision. Ultrasound waves are strategically focused on the thalamus causing a small lesion that suppresses tremor.
- **Results are almost immediate:** there is no hardware implanted in the body; and the patient can usually go home the same day.
- **The CALA ONETM electronic band** is a noninvasive, recently FDA-approved device to treat ET by delivering low-intensity electricity at the wrist to disrupt brain circuits causing tremor.
- **Gamma Knife thalamotomy** is a noninvasive procedure where many narrow beams of Gamma Rays are focused on the ventral intermediate nucleus (VIM) of the thalamus to stop the tremor on the opposite side of the body. It is an outpatient treatment, and the patient goes home the same day.

For more information, visit www.swedish.org/essentialtremortreatment.

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**ATTEND A FREE EVENT TO LEARN MORE ABOUT ESSENTIAL TREMOR TREATMENT OPTIONS**

**Sat., June 22**

**Registration 2:00 p.m.**

Program 2:15 p.m. – 4 p.m.

Embassy Suites

3225 158th Ave. SE, Bellevue, WA

FREE event. Refreshments provided. Registration required. Space is limited.

To register, please call 206-320-3454.
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 to 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. Information is subject to change.

Featured Classes:

Active Women, Healthy Women
Women of all fitness levels are encouraged to join this certified instructor led class exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. For more information or to register, please call 206-957-4585 or email triniazaramaki@yahoo.com.

Get It! Staying Active During & After Cancer
Exercise class and fitness consultants for patients with cancer, cancer survivors and local cancer centers. For more information or to register, please email triniazaramaki@yahoo.com.

Hawaiian Hula
Learn the basics of Hula dancing and storytelling (standing or seated) while working your core, arms, and legs. No experience required. For more information or to register, call 206-363-2672 or email SCI.Education@Swedish.org.

Sound Generations Senior Dining Program
The Swedish Cancer Institute and Sound Generations partner to provide lunchtime presentations on cancer prevention and awareness for local cancer centers. For more information or to register, please call 206-386-2895 or email SCI.Education@Swedish.org.

Registration is required for all classes. Visit www.swedish.org/classes or call 206-386-2502 (unless otherwise noted) to register for the following classes, see a full list of classes at all Swedish campuses or search for classes by region. Class information is subject to change.

International Drop-In Center: First, Aug. 9, 9:30 a.m. – 1:30 p.m.

Thoughts About Recurrence One of the biggest obstacles in transitioning from cancer patient to survivor is overwhelming fear, anxiety and uncertainty about the future. This class offers a holistic perspective on healing that includes body, mind and spirit. We offer methods and tools to help reduce fear and anxiety for better well-being over a lifetime. For more information, please call Patti Kwek at 206-215-6558. To register, please call 206-386-2895 or email SCI.Education@Swedish.org.

Online Webinar: Sat., June 3, 9:00 a.m. – 11:30 a.m.; Sat., Aug. 3, 9:30 a.m. – 11:30 a.m.; Issaquah: Sat., July 13, 9:30 a.m. – 11:00 a.m.

CHILD BIRTH EDUCATION

Swedish offers a variety of classes to support you through pregnancy, childbirth, and parenting. Classes are offered regularly at all campus locations. For more details on childbirth education classes or to register, visit www.swedish.org/childbirth or call 1-800-SWEDISH.

Childbirth Preparation Classes
While one can only guess what your birth experience will be like, learning about the process can help you feel prepared, confident, and ready for the birth. This 1-day, 2-day, or 5-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. Childbirth Preparation classes are offered several times each month at Ballard, First Hill, and Issaquah.

New Mom Support 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 New Mom Support Group is an informal group that meets weekly for six 90-minute sessions. This class is for new mothers, and by an experienced facilitator, new moms can share questions, concerns, and experiences with other new moms in a friendly and welcoming atmosphere. Fee: $80/one parent and baby. Offered several times every month at Ballard and First Hill.

Grandparents - Birth to Three Months
The role of grandparents has changed over the years for several generations. This class describes ways to 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: $45/2 participants.

First Hill: Fri., July 11, 9:00 a.m. – 11:00 a.m.

Infant Safety and CPR
This class is recommended for parents, grandparents, and anyone caring for an infant or small child. Your CPR certified instructor will help you learn when and how to administer CPR to an infant. You will also learn common choking hazards and demonstrate how to manage choking. Participants will be taught ways to baby-proof in order to increase household safety and decrease the risk of SIDS for your new baby. Fee: $80/2 participants. Offered several times every month at Edmonds, First Hill, and Issaquah.

Breastfeeding and Returning to Work
Returning to work or school while breastfeeding can be a stressful transition. This class will help you develop a plan to meet the unique needs of a breastfeeding family. Topics include: feeding schedules, maintaining milk supply, pumping tips and techniques, and developing a plan around balancing breastfeeding and other commitments. Fee: $35 (babies in arms and partners/companions are encouraged to attend).

First Hill: Wed. 2nd Wednesday of each month, 2:00 p.m. – 4:00 p.m.

Cancer Education Center at Swedish First Hill:

SIDS for your new baby.

Summer classes for infants.

Fee: $45/2 participants.

Cancer Education Center at Swedish Edmonds:

Join SCI’s music therapist, Betsy Hartman, MT-BC & After Cancer Get Fit! Staying Active During and After Cancer

Prediabetes
This class will explain risk factors and how to lower risk of developing type 2 diabetes by up to 60% through dietary and lifestyle changes. Participants are welcome to bring a support person for no additional charge. Prediabetes classes are offered the first Wednesday of each month. For more information or to register, please call 206-429-4777 or email SCI.Education@Swedish.org.

Health and Well-Being

Gentle Yoga
This easy alternative to regular yoga utilizes a chair for help in transitioning to and from the floor, and for certain seated exercises. For more information or to register, please call 206-425-5010. New patients please come to class 5 minutes early for first session. Fee: $15/class or $130 for a 10 class card, payable in class by cash or check only.

First Hill: Mon., May 10, 6:30 p.m. – 7:30 p.m. (including Holidays)

Therapeutic Flow Yoga
Yoga provides stress relief, exercise, stretching and strengthening, balance and peace of mind. For beginning and intermediate students. For more information or to register, please call 206-425-410. New patients please come to class 5 minutes early for first session. Fee: $15/class or $130 for a 10 class card, payable in class by check or cash only.

First Hill: Wednesdays and Thursdays, 6:30 p.m. – 7:30 p.m. (including Holidays)

Lifestyle Management
This is a medically supervised exercise and education program for individuals living with or at risk of developing, heart disease, diabetes, obesity, prediabetes and high blood pressure or cholesterol will benefit from the program, which focuses on controlling risk factors and making positive lifestyle changes. Hours are flexible – for more information and to register, please call 425-460-4330. Fee: $90 for 16 Sessions

Swedish Heart Failure Reh. Department

Fall Prevention/Steady on Your Feet
This class includes recommendations for maintaining good balance and performing daily living skills, falls and fall prevention safety tips, and community resources for staying fit.

First Hill: Thu., July 11, 1:30 p.m. – 2:45 p.m.

Living Well with Parkinson’s
This grant-funded program was designed for people living with Parkinson’s. The program consists of 3 classes: PT, Speech and Mindfulness. PT class is reserved for those patients with financial need. Participants must be referred to the program by their primary care provider or neurologist. For questions, call 206-320-2404 or email michelle.scheff@swedish.org.

First Hill: Wednesdays, June 5, 12:30 p.m. – 1:15 p.m.; PT: June 5, 12:30 p.m. – 1:15 p.m. (weekdays) and Wednesdays, June 19, 1:30 p.m. – 2:15 p.m. (weekends); Thursdays, June 20, 2:30 p.m. – 3:15 p.m. (Mindfulness for everyone)

Managing Your MS Fatigue
Fatigue affects our health, work, relationships, and everything in between. Join us for this half-day workshop to help identify causes & provide tools to manage fatigue in your daily life. For more information or to register, please email ena.carper@swedish.org or call 206-991-2099.

First Hill: June 24, 10:00 a.m. – 2:30 p.m. (Excluded Holidays)

NUTRITION

The TOI Diet: To Quiet Inflammation
The TOI Diet focuses on your personal relationships with food and the important role it plays in health and weight loss. One of the key features of the diet is the lack of calorie restrictions and portion control. For more information or to register, please visit www.toquietinflammation.com. Fee: $180 for the 5-class series

ORTHOPEDICS


Continued on the next page...
Enjoy a fit and safe summer

Summer is coming—when we enjoy more daylight hours and outdoor activities. However, before you go on that hike, get out the canoe or join a baseball team, it’s important to be in shape. Can you easily engage in activities without feeling out of breath or physically exhausted? Do you have aches or pains the next day from exercise?

Take it slow

“You can’t go from 0–60 to get in shape,” says Chandra Maloney, M.D., “You can’t go from 0–60 to get in the next day from exercise? Are you exhausted? Do you have sore muscles before you go on that hike, get out outdoor activities. However, if you are looking for a support group for your specific needs. For more information visit: www.swedish.org/supportgroups.

SWEDISH SUPPORT GROUPS

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cardiorespiratory, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups.

WEIGHT-LOSS EDUCATION

Are you having difficulty losing weight and keeping it off? Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or non-surgical weight loss seminar. Visit www.swedishweightloss.com/seminars or call 206-215-2090.

Enjoy summer’s bounty

Dr. Maloney loves the Pacific Northwest’s beautiful, healthy and fresh local fruits and vegetables found at farmers’ markets and neighborhood groceries. Berries are a great example of a healthy and versatile snack. Staying properly hydrated is always important—but especially during warm weather. Keep water-rich fruits like watermelon in the fridge. And make your own flavored water drinks at home by combining cut-up cucumber, lemon and herbs with cold water. They will all help you stay hydrated in the summer heat. If you are looking for a primary care provider, visit www.swedish.org/summerfit.

Optimizing pre-conception and pregnancy care for women 35 and older

A member of the Obstetric Medical Group, which provides services in the Swedish Maternal & Fetal Medicine Center. Her major goal, and that of her colleagues, is to optimize maternal health and fetal health in pregnancy. They provide pre-pregnancy services as well as care during a woman’s journey toward delivery. Women considering pregnancy are referred to the Center if they have a family history of genetic disorders, had complications in a previous pregnancy; or have a chronic medical condition, such as diabetes or cardiovascular problems. Dr. Wood recommends that women 35 and older, who meet the above criteria visit the Center before getting pregnant, and that all women 40 and older regardless of previous history do as well. Here, patients have a team of highly experienced doctors, counselors, nurses, nurse practitioners, social workers, genetic specialists and diabetes educators to assist with their care.

Risks to moms 35 and older

“Women 35 and older can have very good pregnancy outcomes,” says Dr. Wood. However, there are risks that rise as a woman ages: chromosomal abnormalities—such as Down syndrome; infertility; miscarriage, and medical complications, such as diabetes and high blood pressure. During delivery, there is also an increased risk of cesarean delivery in women over 35.

When you come to the Maternal & Fetal Medicine Center

Our compassionate staff will go over your medical, surgical and family history, and your medications. If needed, genetic testing can establish or rule out potential problems. We explain any pregnancy risks and plan for any necessary monitoring and treatment. You will also learn what symptoms to look for regarding your established risk factors, and what to be aware of in future pregnancies. And as with any pregnancy, we encourage patients to protect their and their baby’s health: work toward a healthy weight, take pre-natal vitamins, and avoid alcohol, smoking and recreational drugs.

Your relationship with your doctor is very important

Center staff respect that women often have close relationships with their obstetrician or family practice doctor. Their doctor may have cared for them during previous pregnancies, and they share a bond of trust. Whenever possible, we make informed recommendations to a woman’s doctor who will care for her through delivery, and can consult with Center staff at any time. In some cases, we recommend that a woman receive her prenatal care at the Center for careful monitoring, treatment and the best possible outcome.

For more information

Swedish provides maternal and fetal medicine services at Swedish First Hill and Swedish Issaquah. For more information, talk to your OB or primary care provider or visit www.swedish.org/highriskpregnancy.