



medinfo

WINTER 2015 | News for the Northwest Hospital Community

Relief After 40 Years of Knee Pain

Relief After 40 Years of Knee Pain

DOUG ENEBERG'S knee problem goes back a long time.

“In 1970, when I was 22, I was hit head-on while riding on a Yamaha motorcycle by a woman who crossed the center line in an Oldsmobile,” he related. “Not many people survive head-on collisions between a Yamaha and an Oldsmobile. I flew over the car, landed on a parking strip and was knocked unconscious. I was brought to Northwest Hospital, since the accident happened nearby. It turned out I broke my right leg and injured the knee.”

Doug recovered from his injuries, but his right knee was always prone to fatigue and pain, which caused him to limp. Forty years after the accident, his knee was bothering him every day, severely limiting his activities.

“I’m pretty active for my age. The pain was becoming a big deterrent to activity,” he said. “Staying mobile is the key to health for older adults. At minimum, I wanted to be able to go for a walk with my wife. If I’m turning her down all the time because my knee’s hurting, then that’s hurting my quality of life.”

Doug sought a diagnosis for his recurring knee pain.

“My doctor told me that where there has been trauma, arthritis can set in. I got cortisone shots, which would take care of the pain for a while, but my doctor told me that eventually I was going to need a new knee. I didn’t really want to have surgery, but finally it got to the point where the shots weren’t working anymore.”

Doug decided that since Northwest Hospital had treated him successfully after the car accident four decades ago, he would return to the hospital to find out if a knee replacement was right for him.

“I talked to Dr. Navin Fernando and he took some x-rays of my knee. He told me that the cartilage in my knee was nearly gone. That’s why it was hurting so much. So

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I decided to go for it and get a knee replacement.”

“People hear the words ‘knee replacement’ and may imagine that the surgeon cuts off the knee above and below the joint, and replaces the entire joint with metal,” said Navin Fernando M.D., F.R.C.S.C., of the UW Medicine Hip & Knee Center at Northwest Hospital, which specializes in the evaluation, management and surgical treatment of hip and knee conditions. “Actually, knee replacement is better described as a joint or cartilage replacement. When someone has arthritis in their knee, their cartilage erodes and no longer functions normally. The goal of knee replacement is to remove the damaged cartilage and replace it with thin metal caps on the end of the femur and tibia bone. Smooth plastic bearings are positioned between the pieces of metal, which allow the knee to move normally. The patient’s bones, ligaments and muscles are largely preserved, rather than replaced. It’s essentially still the same knee they’ve always had, but with a replacement of the cartilage.”

Doug had knee replacement surgery in the spring of 2014.

“After the surgery, I went through the recovery process,” he said. “A physical therapist came to my house at first, then I went to the Northwest Hospital physical therapy unit. My therapist challenged me to push through the pain, which I did. I also did all the work I could when she wasn’t there. The thing is, I hadn’t just been fighting this knee pain for a few years, I’d been fighting it for 40 years. I didn’t have full range of motion before the surgery, so there was a lot of retraining I had to do.”

“I always tell my patients that physical therapy is key to a successful recovery. The first three months after surgery are critical. Patients must be engaged in their own recovery and therapy to have the best possible outcome,” said Dr. Fernando.

Today, Doug feels like he has a whole new knee.

“I can almost do everything I want to now. I work a lot on my house. I’m down on my knees, working in the garden or painting trim. Before, I paid dearly if I tried to do things like climb a ladder to paint my house or clean out my gutters. Now, it doesn’t hurt. I can go on walks with my wife again,” he said.

Whether or not to have joint replacement surgery is a personal decision that each patient has to make on their own,

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Dr. Fernando emphasized.

“There are several indications that a person might be a good candidate for a knee replacement. If x-rays show that they have severe arthritis in their knee, or if they have intense pain, they will likely feel a lot better after surgery.”

The patient’s lifestyle is also an important factor.



Doug has returned to making many of the household repairs.

“A bad knee’s not going to kill you — except it might, if it keeps you from being mobile and staying healthy.”

Surgery can be frightening. But being immobilized, not doing all the things that you want to, that’s the real thing to fear,” he said. “I really liked Dr. Fernando and his thoroughness. I would absolutely send somebody I know to him for joint problems.”

For more information about the UW Medicine Hip & Knee Center at Northwest Hospital, call 206.520.5000 or visit nwhospital.org/hip-knee.

“Function is an important consideration when a patient is thinking about having surgery. If they are having trouble with basic, day-to-day activities, they may benefit from a knee replacement,” said Dr. Fernando. “The most important consideration when deciding to have surgery is quality of life. Once someone’s quality of life is severely impacted, then for most patients, it may be time to consider surgery,” he said.

Despite some occasional “clunking” sounds and odd sensations in his knee, Doug is pleased with the impact his knee replacement has had on his life.

“A bad knee’s not going to kill you — except it might, if it keeps you from being mobile and staying healthy.

NEW UW MEDICINE BALLARD LOCATION TO OPEN IN FEBRUARY

UW Medicine will open a new 30,000 square-foot multi-specialty location in February 2015. Situated next to the Ballard Bridge at 1455 N.W. Leary Way, UW Medicine in Ballard will offer sports medicine, physical therapy, primary care and, later in 2015, urgent care.

Northwest Hospital's The Sports Medicine Clinic and its physical



**The Sports
Medicine Clinic**

therapy division, Advanced Manual Therapy, have served the Ballard community for more than 50 years. Both will relocate to the new clinic from their current location several blocks away. The Sports Medicine Clinic will occupy the building's third floor, with Advanced Manual Therapy in its own space on the first floor. Phone numbers, referrals and appointment scheduling for both practices will remain the same following the move.

The second floor of the building will house a new UW Neighborhood Clinics location, which will provide comprehensive primary care for the whole family. The clinic offers extended hours (including evenings) and same-day appointments. A UW Medicine Urgent Care clinic is expected to open on the building's first floor in mid-2015.

For more information, visit uwmedicine.org/ballard.

COMMUNITY OPEN HOUSE

Saturday, Feb. 7, 1:00–3:00 p.m.

1455 N.W. Leary Way

Join UW Medicine as we welcome the community to our new UW Medicine Ballard location.

Enjoy free activities, food and fun. Explore Northwest Hospital's The Sports Medicine Clinic's new state-of-the-art facilities, tour the new UW Neighborhood Ballard clinic, meet the practitioners, and learn more about our services.

For more information, visit uwmedicine.org/ballard.



PREVENT A FALL WITH THESE WINTER SAFETY TIPS

Winter can be a hazardous time of year. Ice and snow, increased darkness, and reduced physical activity due to bad weather are among the many hazards that can cause you to slip, trip and fall. Your chances of sustaining an injury due to a fall increase as you get older, but many falls can be prevented. Take these simple steps today to prevent a fall this winter.



- Take it slow if snow or ice is present.
- Report or repair broken or uneven pavement on walkways and driveways.
- Increase the lighting inside and outside of your home.
- Secure or move objects you can trip over inside your home, including throw rugs and electrical cords.
- Install handrails on all staircases, in the shower and next to the toilet.
- Exercise regularly to increase your strength and balance.
- Avoid loose-fitting shoes and clothing that can snag on furniture.
- If you need to reach a high shelf, do not stand on a chair or box.
- Limit your alcohol consumption.
- If you take medications that cause dizziness or drowsiness, ask your doctor or pharmacist if there are safer alternatives.
- Use a walker or cane if you have problems with balance or stability.

MEET THE DOCTORS

JAMES E. PAUTZ, M.D.

Dr. Pautz is a cardiologist who has been practicing in Edmonds since 1998. He is board certified in cardiovascular disease and internal medicine. He earned his medical degree from the University of Missouri at Columbia. He completed his internal medicine internship, residency training and cardiology fellowship at Washington University, St. Louis.



Dr. Pautz's specialties include general cardiology, coronary artery disease, heart

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MEET THE DOCTORS (continued)

valve dysfunction and heart arrhythmia. He has expertise in cardiac catheterization, echocardiography, pacemaker placement and interrogation.

“I enjoy treating a wide variety of patients and medical problems. It is my passion to correctly diagnose and treat patients with unusual symptoms and rare diseases. Listening to the patient’s symptoms and concerns are paramount to that process.”

Dr. Pautz practices at the UW Medicine Regional Heart Center Cardiology Clinic at Edmonds. For more information or to make an appointment, call 206.520.5000 or visit uwmedicine.org.

WILLIAM J. STANLEY M.D., F.A.C.C.

Dr. Stanley has practiced in Edmonds for more than 16 years. He is board certified in cardiovascular medicine and nuclear cardiology. He received his medical degree from the University of Pittsburgh. He completed his residency training in internal medicine and a fellowship in cardiovascular medicine in the U.S. Navy.



Dr. Stanley provides expert care in general cardiology, echocardiography, cardiac rhythm problems, heart valve disease, heart failure, heart attacks, coronary artery disease, cardiac catheterization and cardiac nuclear medicine studies.

“Cardiology is always advancing and developing new treatments that can have such a positive impact on people’s lives. I feel it is as important to help people prevent heart problems as it is to treat them. So many cardiac problems can be prevented with the right approach. Once heart problems occur, we can do so much to improve people’s health and allow them to remain active.”

Dr. Stanley practices at the UW Medicine Regional Heart Center Cardiology Clinic at Edmonds. For more information or to make an appointment, call 206.520.5000 or visit uwmedicine.org.

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OPEN ENROLLMENT FOR HEALTH INSURANCE

Patients who do not have health insurance may be eligible for free or low-cost insurance plans through the Washington Health Benefit Exchange. The Health Benefit Exchange provides patients who are not insured by their employers and who do not qualify for Medicaid with the opportunity to review different insurance options, compare prices and select a plan. The online marketplace is open to individuals, families and small businesses in Washington.

All qualified insurance plans offered through the Health Benefit Exchange provide:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health and substance use disorder services, including behavioral health treatment
- Prescription drugs
- Rehabilitative services and devices
- Laboratory services
- Preventive and wellness services
- Chronic disease management
- Pediatric services (including pediatric dental and vision care)

You can compare plans and purchase insurance online at wahealthplanfinder.org. A cost-estimate calculator is available to help you find out how much health insurance might cost and if you are eligible for financial assistance.

Open enrollment for 2015 insurance coverage will end on Feb. 15.

Visit wahealthplanfinder.org today to find a plan that fits your needs, or to locate resources near you that can help you evaluate your choices and enroll.



CLASSES

Northwest Hospital & Medical Center offers a variety of classes, support groups and other programs for members of our community. For more information about our programs, or to register for a class, please see the contact information and phone number under each program or e-mail us at nwhclasses@nwhsea.org. For more classes and events, visit us at nwhospital.org/classes.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesdays, 7–9 p.m. Call 206.368.1564.

WELLNESS CLASSES

Smart Driver

For drivers 50 years and older (formerly known as AARP Driver Safety Program). Offered 9 a.m.–1 p.m. on consecutive Saturdays, Jan. 31 and Feb. 7. Participants must attend both sessions. Cost: \$20 for general public, \$15 for AARP members. To register, call 206.368.1564.

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, will explain why everyone experiences “senior moments” and what to do about them. Learn easy ways to improve your memory and keep your mind active to reduce the risk of Alzheimer’s disease. Much of the workshop will involve participation in brain-strengthening activities. Jan. 29, 1–2:30 p.m. Cost: \$20. Call 206.368.1564 to reserve your seat.

YMCA’s Diabetes Prevention Program

The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. The program, led by a trained lifestyle coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions and followed by monthly maintenance. Call 206.223.1637 or visit ymca.net/diabetes-prevention.

Living Well with Diabetes

This program has been recognized for excellence by the American Diabetes Association. In this monthly, four-session series, participants will gain information and skills to manage their diabetes. A physician’s referral is required to attend the class. For more information, contact

your doctor or call 206.368.1564 to receive a brochure.

Nutrition Clinic

Registered dietitians will help you design a meal plan to meet your individual requirements. Call 206.368.1919.

Yoga For People With Parkinson’s

Mondays and Fridays, 9:30–11:00 a.m., Medical Arts Building, Room 112. This yoga class can help people with Parkinson’s disease maintain strength, flexibility

and balance. Cost: \$5 per class. Call 206.719.8007.

Early Stage Memory Loss Seminar

Memory loss is not a normal part of aging. If memory loss problems are affecting your life, you can learn more on Feb. 12 from 1:00 to 4:00 p.m. at Northwest Hospital. The Early Stage Memory Loss Seminar will feature education and supportive discussion on topics such as medical causes and treatments, future planning, and strategies for enhanced communication and

CancerLifeline

Cancer Lifeline offers free programs and support groups for cancer patients and survivors, as well as their friends and family, at Northwest Hospital in the Medical Arts Building, Room 112. Call 206.297.2500 for more information, or visit cancerlifeline.org.

Living With Cancer Networking Group
Jan. 7, Feb. 4, March 4 and April 1, 6–8 p.m.

Women’s Cancer Support Group – New Group
Women with any type of cancer diagnosis are welcome.
Jan. 13, Feb. 10, March 10 and April 14, 1–3 p.m.

Gentle Yoga
Tuesdays, March 10–April 28, 6:30–7:30 p.m.

The Lebed Method: Healthy–Steps, Moving You to Better Health
Thursdays, March 5–April 23, 5:30–6:30 p.m.

Mindfulness Stress Reduction for Everyone
Feb. 10, 1–2 p.m.

Acupuncture Support During and After Treatment
Jan. 7, 6–7 p.m.

The Power of Storytelling in the Healing Process
Jan. 24, 10 a.m.–12 p.m.

Breathing Exercises for Improving Function and Decreasing Stress
Jan. 13, 1–2 p.m.

Neuropathy: How to Address it During and After Treatment
Feb. 4, 6–7 p.m.

Five Wishes: Create a Living Will
Feb. 7, 10 a.m.–12 p.m.

Mindfulness Stress Reduction for Everyone
Feb. 10, 1–2 p.m.

“Chemobrain” — What it is and How to Live With It
March 4, 6–7 p.m.

Hot Flashes and Related Symptom Management
March 10, 1–2 p.m.

Lymphedema: What Cancer Patients and Survivors Need to Know
March 11, 6–8 p.m.

Harness the Power of Plant-Based Eating to Improve Your Health
Food demonstration and samples. Held in the Northwest Hospital cafeteria.
March 26, 4–5:30 p.m.

Decreasing Inflammation with Nutrition
April 1, 6–7 p.m.

Does Sugar Feed Cancer?
April 14, 1–2 p.m.

CLASSES (continued)

daily living. This program is for individuals with early stage dementia. Caregivers and partners are invited to accompany a person with dementia to the seminar. Pre-registration is required. Call 206.529.3868.

SUPPORT GROUPS

Diabetes Support Group

Second Tuesdays, 1–2:30 p.m.
Call 206.368.1564.

Better Breathers Club

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

Young Adult Stroke Survivors Support Group

Third Saturdays, Northwest Hospital Easy Street, Medical Rehabilitation Center, 2–4 p.m. Call 206.361.2696 or visit seattleYASS.weebly.com.

UW MEDICINE MULTIPLE SCLEROSIS CENTER EDUCATION SERIES

All events are held at the UW Medicine Multiple Sclerosis Center in the McMurray Building on the Northwest Hospital campus. RSVP to msevents@uw.edu or call 206.598.3894. If you are unable to make it to the educational events, you can participate via webinar at uofw.adobeconnect.com/neurology.

Jan. 21, 6–7:15 p.m. “Navigating Anxiety with MS,” presented by Meghan Beier, Ph.D., psychologist at the UW Medicine Multiple Sclerosis Center.

Feb. 18, 6–7:15 p.m. “What Does an MRI Tell You About Your MS,” presented by Annette Wundes, M.D., neurologist at the UW Medicine Multiple Sclerosis Center.

March 18, 6–7:15 p.m. “Best Lifestyle Choices and Supplement Options,” presented by Marie-Sarah Gagne, M.D., fellow at the UW Medicine Multiple Sclerosis Center.

CHILDBIRTH, PARENTING AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered by Great Starts. Pre-registration is required. For information on the following list of classes, details about class fees, or to register, visit nwhospital.org/classes or call Great Starts at 206.789.0883.

Childbirth Prep Classes • Hypno Birthing • Labor & Birth Miniseries • Lamaze • Newborn Care Class • Breastfeeding Basics • Life with Baby • Becoming Parents Program • Babysafe and CPR • Conscious Fathering • Sibling Preparation • Sibling Preparation for Parents

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Katherine Evans

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