

UW Medicine

NORTHWEST HOSPITAL
& MEDICAL CENTER

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Northwest Hospital Community

A Swimmer's
Quest
to Conquer
Hip Pain

A Swimmer's Quest to Conquer Hip Pain

When **HEATHER BURGER** first felt pain in her hip 10 years ago, she didn't know what to make of it.

"It was quite a surprise to me. I had always lived a very active life: hiking, biking, aerobics. Around my 40th birthday, I had a pain in my right hip. I thought I just over-exerted it. But it got worse and worse. I tried physical therapy, but it didn't help," she recalls.

The Bainbridge Island resident didn't want to miss out on her outdoor activities, so she made an appointment with her primary care doctor.

"She did an x-ray and told me I had massive arthritis in my right hip. Her advice was 'take ibuprofen,'" Burger says.

Burger did, but the pain just increased.

"Within a year it was so bad that I wasn't sleeping. I could barely walk. I couldn't even get out of a car without leaning on someone."

Burger sought the advice of three different orthopedic surgeons. She was discouraged when they all gave her similar advice — take ibuprofen. Burger began to lose hope that she would ever be active again.

"When you're in so much pain that you can't sleep, you're crabby all day, you can't function at work, and eventually you start to fall apart physically," she says.

Burger was unwilling to resign herself to a life of pain and inactivity. While searching for information about hip treatments, she found UW Medicine orthopedic surgeon Seth S. Leopold, M.D. She decided to try one more time, and made an appointment with him.

"She was very young for someone with severe hip arthritis, which is a painful condition. Her pain was very limiting," Dr. Leopold recalls.

Dr. Leopold decided to find out what had caused Burger's arthritis.

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It turned out Burger's hip pain was caused by developmental acetabular dysplasia, a misalignment of the hip joint that she had either been born with or had acquired during childhood as her body grew.

"The large majority of patients who get hip arthritis at a young age — 50 or younger — tend to get it because of a childhood condition. Most don't know they have it until their hip starts hurting," explains Dr. Leopold. "The hip is a ball and socket joint and the surface of the bone is covered with cartilage. It's slippery and rubbery, provides padding, and allows the joint to glide and move freely. With arthritis, the cartilage is worn through. Bone rubs on bone."

"By the time I was 40, I had worn down the cartilage so far that I had the hip of an 80-year-old," Burger says.

Her condition was so severe that Dr. Leopold recommended hip replacement.

"To me, joint replacement surgery is a last resort. I typically recommend a brace, medication or activity modification first. But it became apparent that someone that young wouldn't tolerate the pain and limitations long-term. Her symptoms were too severe," says Dr. Leopold.

"Hip replacement is one of the best interventions available in terms of risk versus reward," adds Dr. Paul Manner, a UW Medicine orthopedic surgeon who practices with Dr. Leopold at the UW Medicine Hip & Knee Center at Northwest Hospital. "Ninety percent of patients get good to excellent results from the surgery. There are a number of approaches to hip replacement surgery, but all of them basically involve a metal shell being inserted into the bone of the pelvis. The head of the femur is removed and replaced with a metal ball that has a shaft attached. The shaft is then inserted into the femur to hold the ball in place," explains Dr. Manner.

"Prior to surgery, it's important to visit your primary care doctor to get a clean bill of health. If you smoke, you should stop, and if you are overweight, try to lose a few pounds. My number one advice is: the fitter you are going into surgery, the fitter you will be coming out. If you can get in shape, you will have a much better outcome in the weeks following your hip replacement surgery," he advises.



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Burger took that advice to heart.

“I went at the surgery the way I would approach a sports event: research, prepare, then just do it,” she says.

“When I woke up after the surgery, the first thing I noticed was the pain was gone. It was the first time in well over a year that I wasn’t in pain,” she says.

The day after surgery, she started physical therapy.

“We like to get people up on their feet the next day. We encourage them to put weight on their new joint immediately, as soon as they are able. Patients can go home in a few days,” explains Dr. Leopold.

“I’m so glad I found Dr. Leopold. He inspires confidence, he listens, he shares information so you’re part of the decision-making process. I can’t say enough good things about him,” says Burger.

Six weeks after surgery, Burger was able to walk without assistance. Just 12 weeks after surgery, she went hiking with her husband for the first time in months without pain.

Simply being pain-free and mobile again wasn’t enough for Burger, however. She wanted to be as physically active as she once was.

“I had never been a swimmer before the surgery, but I figured it would cause less wear-and-tear on my hip than running,” she explains.

Burger started doing short swims and gradually worked her way up to several miles. By July 2013, she was ready to participate in the annual Portland Bridge Swim, an 11-mile swim down the Willamette River.

“I thought that it was a great goal. I figured that I didn’t have to win it, I just had to try. I loved every minute of it,” she says.

Burger has some advice for people struggling with debilitating pain.

“Don’t put things off. You shouldn’t have to live in pain. Talk to as many doctors as you need to. Take charge of your own body and life. Your injury doesn’t get to define you for the rest of your life. You get to decide how you are going to live.”

For more information about the UW Medicine Hip & Knee Center at Northwest Hospital, call 206.520.5000.

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TIPS TO PREVENT YOU FROM FALLING

Falls are a leading cause of injury among adults age 65 and older. Each year, one in three older adults suffers a fall and approximately 2 million of them require treatment in an emergency department, according to the Centers for Disease Control and Prevention.

Falls are not an inevitable part of aging, however, and many falls can be prevented. There are several simple ways you can protect yourself and your loved ones from falling.

- Build strength and improve your coordination by exercising regularly.
- Wear shoes or slippers that fit properly and have nonskid soles.
- Avoid loose-fitting clothing that can snag or catch on furniture.
- Always clean up any liquid or food that is spilled.
- Avoid drinking alcohol to excess.
- Never stand on chairs or boxes to reach a high shelf.
- Check with your doctor or pharmacist to find out if any of your medications have side-effects like dizziness or drowsiness.
- Remove objects from the floor and stairs that you can trip over, including unsecured throw rugs and electrical cords.
- Increase the lighting in your home and make sure all porch and outside lights function properly.
- Install handrails on all staircases, in the shower and next to the toilet.
- Get your vision checked regularly.
- Consider using a walker or cane if you have problems with balance or stability.



Sources: Centers for Disease Control and Prevention, National Council on Aging and the National Safety Council

NORTHWEST HOSPITAL LAUNCHES FRAGILITY FRACTURE PROGRAM

In November, Northwest Hospital launched a Fragility Fracture Program. The program brings together providers from a broad scope of disciplines including emergency medicine, hospital medicine, orthopedics, therapies and others, and creates a consistent process for intake, treatment and discharge of patients with hip fractures due to age, osteoporosis and falls.

The goals of the program are to reduce mortality and post-operative complications, shorten the length of stay in the hospital and increase a patient's ability to function well after surgery.

A team at Northwest Hospital developed the treatment process starting even before hip fracture patients reach the hospital, and continuing through surgery, post-operative care, discharge from the hospital, rehabilitation therapy and recovery. Studies have shown that mortality in the year following a geriatric hip fracture can be reduced significantly by operating and repairing the fracture within 24 hours and returning patients to physical activity as soon as possible following surgery.

“The idea is to improve our quality of care by partnering to treat patients with a hip fractures, with orthopedists managing the fractures and hospitalists managing the patient's other medical conditions,” said orthopedist Robert Clawson, M.D., medical director of the Fragility Fracture Program. According to Dr. Clawson, the goal is to expand the program to also create new processes to treat other types of fragility fractures as well.



SCCA MEDICAL ONCOLOGY CLINIC OPENS AT NORTHWEST HOSPITAL

Seattle Cancer Care Alliance (SCCA) now provides medical oncology care at Northwest Hospital. Seattle Cancer Care Alliance is made up of UW Medicine, Fred Hutchinson Cancer Research Center, and Seattle Children's.

At SCCA Medical Oncology at Northwest Hospital, expert medical oncologists from UW Physicians specialize in treating cancer with methods such as chemotherapy and

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immunotherapy. They lead each patient's cancer care team and coordinate his or her treatment.

SCCA Medical Oncology at Northwest Hospital joins SCCA Radiation Oncology at Northwest Hospital and SCCA Proton Therapy, A ProCure Center to form a powerful combination of cancer treatment services available to the Northwest Hospital community.

In addition to these important services, cancer patients at Northwest Hospital have access to other clinical and supportive care services, including:

- An on-site pharmacy
- Laboratory services
- Diagnostic services
- Surgical oncology
- Lymphedema therapy
- Nutrition counseling
- Pain management
- Patient Navigator assistance
- Physical therapy
- On-site cancer classes and support groups
- Free hat and wig bank

SCCA Medical Oncology at Northwest Hospital is located in the Medical Office Building on the main campus. For more information, call 206.368.5800.

MEET THE DOCTORS

ALLEGRA SAVING, M.D.

Specialty: General Surgery

Dr. Saving is a board-certified general surgeon. She specializes in breast surgery, endocrine surgery, advanced laparoscopy, hernia repair, gallbladder removal and surgical treatment for colorectal conditions.



"I think there's a real need for the general surgeon in this era of subspecialties. I've found there are a number of conditions that don't necessarily fall within a single subspecialty, so there's a real need for surgeons who can figure out what the problem is and take care of it. I'm drawn to being able to identify a specific issue and then find a solution.

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MEET THE DOCTORS (continued)

I like the variety of general surgery. I see a wide breadth of the population – young and old, male and female. I enjoy making connections with my patients. When I meet a patient initially, we have a discussion about treatment options and then we figure out together what will work best. Surgery is very patient-centered in my practice. Patients deserve the right to decide which treatment is best for them. The great thing about Northwest Hospital is that it's a community hospital with a private practice setting, which allows me to be the one-on-one caregiver for my patients. This parallels very well with my philosophy of patient care."

For more information about Dr. Saving, visit seattlepacificsurgeons.com.
To make an appointment, call 206.368.1070.

DANIEL SCHWARTZ, M.D.

Specialty: Sports Medicine

DANIEL SCHWARTZ, M.D.

The Sports Medicine Clinic

Specialty: Sports Medicine



Dr. Schwartz is board certified in orthopedic surgery, specializing in shoulder and elbow surgery.

"I care for the entire shoulder and elbow. I treat a wide range of conditions including shoulder instability, rotator cuff tears, arthritis of the shoulder and elbow, and trauma. When people have a problem with their arm, their quality of life is impacted and they aren't able to do activities they enjoy. Even their activities of daily living can become difficult because of pain. My philosophy is to try to find a strategy of treatment that is agreeable to the patient, and to let them dictate a lot of the treatment decisions. If we've exhausted all forms of non-surgical treatment, I will put the surgery option on the table, but I always do so very conservatively. It's the last resort.

I like to think that patients will be getting absolute expertise when they come see me. I completed two years of fellowship training in shoulder and elbow care. Since some of the most famous shoulder surgeons in the world are in France, I decided to move there for a year to train with two of the best in the world, before returning to the U.S. to complete my training."

For more information about Dr. Schwartz, visit thesportsmedicineclinic.com. To make an appointment, call 206.368.6100.

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

AARP Driver Safety Program

For drivers 50 years and older. Jan. 18 and 25, 9 a.m.–1 p.m. Cost: \$14. To register, call 206.368.1564.

Brain Health: Simple Tools for Clear Thinking

Learn easy ways to improve your memory and reduce your risk of Alzheimer's. March 13, 6–8 p.m., and Feb. 27, 1–2:30 p.m. Cost: \$20 for 90-minute session, \$25 for 120-minute session. Call 206.368.1564.

YMCA's Diabetes Prevention Program

The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. Call 206.223.1637 or email kpheureaux@seattlemca.org.

Living Well with Diabetes

Gain information and skills to manage your diabetes. A physician referral is required. For more information, contact your doctor or call 206.368.1564.

Journaling for Recovery from Mild Brain Injury

Facilitated by a licensed speech language pathologist and licensed medical social worker and counselor. 8 weeks, 90 minutes per session. Call 206.368.1094.

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.

Free GERD Seminar

March 11, 6:30 p.m., E-Wing Auditorium at Northwest Hospital. Call 206.368.1070.

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.

Breast Cancer - A Healing Place

Second and fourth Wednesdays, 9:30–11 a.m. Call 206.920.5462.

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.

Let the Games Begin!

Thursdays, 11 a.m.–12 p.m. Call 206.368.1848.

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.

Breast Cancer Networking Group

Jan. 8, Feb. 12 and March 12, 6–8 p.m.

Living With Cancer Support Group

Feb. 5 and March 5, 6–8 p.m.

Gynecological Cancers Networking Group

Fourth Wednesdays, Jan. 22, Feb. 26 and March 26, 6–8 p.m.

Gentle Yoga

Tuesdays, Jan. 7–Feb. 25, 6:30–7:30 p.m.
Tuesdays, March 4–April 22, 6:30–7:30 p.m.

Addressing Lymphedema with Lebed Movement/Healthy Steps

Wednesday, March 12, 6–7 p.m.
Wednesday, March 26, 6–7 p.m.

The Lebed Method

Thursdays, Jan. 9–Feb. 20, 5:30–6:30 p.m.
Thursdays, March 6–April 17, 5:30–6:30 p.m.

Small Steps to Cultivating Gratitude

Saturdays, Jan. 25–Feb. 15, 10 a.m.–12 p.m.

Yoga Nidra for Deep Relaxation

Thursdays, March 27–April 24, 7–8:15 p.m.

Mindfulness Based Stress Reduction

Wednesday, Jan. 8, 6–7 p.m.

Naturopathic Approaches to Gastrointestinal and Pelvic Health

Wednesday, Jan. 22, 6–7 p.m.

Palliative Care: An Important Component of Treatment

Wednesday, Feb. 5, 6–7 p.m.

Introduction to Movement with Awareness

Wednesday, Feb. 12, 6–7 p.m.

Making Sense of the Affordable Care Act

Thursday, Feb. 27, 6–7:30 p.m.

The Link Between Inflammation and Cancer

Wednesday, March 5, 6–7 p.m.

Proton Therapy 101

Wednesday, April 2, 6–7 p.m.

CLASSES (continued)

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.

Nutrition and MS

Wednesday, Jan. 15, 6–7:15 p.m.
Anne Linge, R.D., C.D.E., Clinical Dietitian at the UW Medicine Multiple Sclerosis Center, will present.

Partners in MS Care Reception

Wednesday, Feb. 19, 6–7:15 p.m.
Patients will discuss their successes in improving their well-being while living

with MS.

Fatigue

Wednesday, March 19, 6–7:15 p.m.
Gary Stobbe, M.D., a neurologist from the UW Medicine Multiple Sclerosis Center, will present.

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 • Prenatal Fitness • Labor & Birth Miniseries • Newborn Care Class • Breastfeeding Basics • Life with Baby • Becoming Parents Program • Babysafe and CPR • Conscious Fathering • Sibling Preparation • Baby Your Back

10 REASONS TO GET A CHECK-UP IN 2014

- 1 Get tips on how to improve your diet and lose those holiday pounds.
- 2 Find out if that weird symptom you've been having is the sign of a bigger problem.
- 3 Update your vaccinations (Did you know that you need a tetanus shot every 10 years?)
- 4 Learn your important "health numbers," including blood pressure, cholesterol and glucose levels.
- 5 Discover ways to get started on your New Year's resolution to exercise more or quit smoking.
- 6 Keep your primary care provider up-to-date on your current health, in case you have a serious illness later.
- 7 Find out if you're at risk for future health problems related to your lifestyle or family history.
- 8 Find out where and when to get crucial screenings, like a mammogram or colonoscopy.
- 9 Learn what you can do to prevent serious conditions like osteoporosis or skin cancer.
- 10 Gain peace of mind that you're doing your best to stay healthy.

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