Healthy Living

cancer lower your risk

The ABCs of heart disease and stroke

multicare.org

FALL 2008

A MultiCare publication

Allenmore Hospital ~ Good Samaritan Hospital ~ Mary Bridge Children’s Hospital & Health Center ~ Tacoma General Hospital ~ Good Samaritan Clinics ~ MultiCare Clinics
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A message from the CEO

There’s a reason old adages endure—because so often they’re true. Like this perennial favorite from Benjamin Franklin: “An ounce of prevention is worth a pound of cure.”

At MultiCare, we want to help you stay healthy, not just take care of you when you’re ill. In this issue of Healthy Living, you’ll find helpful information about how to take better care of yourself and your family to prevent illness and injuries. Learn about child car seat safety, annual check-ups, preventing heart disease and more.

As a reminder, we are heading into flu season. You can lower your risk of contracting the flu by washing your hands often and by getting adequate rest, nutrition and exercise. The single most effective action you can take is to get your flu shot. The best time to be vaccinated for flu is October or November. Call your doctor to schedule a flu shot, or visit any of our seven MultiCare Urgent Care clinics for convenient, walk-in flu shots. Walk-in flu shots are also available at our new MultiCare Express clinics located in two local Rite Aid stores.

And while we’re on the subject of prevention, October is Breast Cancer Awareness Month—time to remember to schedule your annual mammogram. As always, early detection is the key to surviving breast cancer.

Year-round, MultiCare’s Center For Healthy Living offers a variety of programs to help you achieve your personal health goals. Visit multicare.org for more information. Our website also includes a free, easy-to-use health library that covers a wide range of health topics. We are pleased to offer you these resources as a partner in your health care.

Have a safe and healthy autumn.

Diane Cecchettini, RN
President and CEO
MultiCare Health System
MultiCare Regional Cancer Center’s oncology clinic in Gig Harbor was the first to offer medical oncology in Gig Harbor. Now we are pleased to announce that we will open the Peninsula’s first radiation oncology clinic in January 2009 at the MultiCare Gig Harbor Medical Park.

Expanding services to include radiation oncology provides Gig Harbor-area patients with comprehensive, easily accessible cancer treatment options on this side of the bridge.

For more information, call the oncology clinic at MultiCare Gig Harbor Medical Park at 253-530-8060.

MultiCare Urology of Tacoma expands to Gig Harbor

MultiCare Urology of Tacoma has expanded its practice area to the MultiCare Gig Harbor Medical Clinic, where urologists David Weeks, MD, and Douglas Sutherland, MD, will be seeing patients two days a week.

MultiCare Urology of Tacoma offers full-service adult urology care using the latest techniques and technologies. Drs. Weeks and Sutherland specialize in robotic and laparoscopic surgery, comprehensive genitourinary oncology, female urology, and stone surgery. This expansion to Gig Harbor means that Peninsula residents can now receive expert urological services closer to where they live.

To make an appointment with Dr. Weeks or Dr. Sutherland, please call MultiCare Urology of Tacoma at 253-301-5100.

Cancer care, closer to you

MultiCare Regional Cancer Center’s oncology clinic in Gig Harbor was the first to offer medical oncology in Gig Harbor. Now we are pleased to announce that we will open the Peninsula’s first radiation oncology clinic in January 2009 at the MultiCare Gig Harbor Medical Park.

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Save the date: Girls Night Out

Healthy Reflections Medical and Day Spa at the MultiCare Gig Harbor Medical Park invites you and your friends to come to their free Girls Night Out event on Thursday, Nov. 20, from 5 to 9 pm. Enjoy delicious hors d’oeuvres, try some of the latest products, receive sample treatments and more.

A new event at this year’s Girls Night Out will be a fashion show, featuring trendy products from our Healthy Reflections Boutique.

For more information about the event or to RSVP, call the spa at 253-530-8005.
Have a happy surgery

Get prepared for a good surgery experience

IS THERE A surgery in your future? Or in your child’s future?

If so, it’s normal to feel a little anxious, even if it’s minor surgery.

It can help to consider this: According to Erica Scott, MD, a general surgeon for MultiCare who operates out of Allenmore Hospital and Tacoma General Hospital and practices through Cedar Surgical Associates, modern surgery has lower risks and higher success rates than ever before.

And MultiCare—with its highly trained surgeons and state-of-the-art technology—is at the forefront of that progress.

The following steps can help you partner with the professionals on your or your child’s surgical team to help ensure the best outcome—and put your mind at ease.

Get the facts

You begin to lay the groundwork when you first meet with the surgeon, Dr. Scott says.

“It’s your opportunity to learn all you can about what to expect,” she says.

These questions can get you started:

• What are the risks and benefits of this surgery?
• Are there any alternatives?
• What kind of anesthesia will be used?
• How long will it take to recover?

Take care before surgery

According to Nancy Lunn, RN, a nurse at the Good Samaritan pre-op clinic, it’s also important to get your or your child’s body ready for the stresses of surgery.

“A well-balanced diet can build up reserves and help with tissue healing,” she says.

These measures are also important for adults and children:

• If you are a smoker, try to quit. Smoking delays healing.
• Tell the doctor about any medicines or supplements, including over-the-counter medicines such as aspirin.
• Ask the doctor about transfusions. You may want to consider storing some blood.
• Tell the doctor about any infections, including dental problems.

Work out the details

These steps can make your surgery experience go smoothly:

• Arrange for a ride to and from surgery.
• Wear comfortable, loose-fitting clothes.
• Leave jewelry and valuables at home.
• Talk to the doctor about diet before surgery. He or she will give you guidelines.

After the procedure

To help prevent blood clots, flex legs while in bed and walk as soon as the surgeon advises after surgery.

At home, don’t hesitate to call the doctor if you have questions. MultiCare wants this surgery to be a healthy—and happy—experience.
Prevention is the best medicine

YOUR BIRTHDAY CAN mean many different things. It’s a way to mark the passage of time. It’s a time to celebrate with family and friends. And it should also serve as a reminder that it’s time to schedule a visit with your doctor.

You should probably see a doctor at least once a year—though this can vary based on your age, health or doctor’s recommendations.

Having a birthday? Schedule a checkup!
Call 866-MD-MULTI (866-636-8584).

“Regular visits are the best means of managing chronic illnesses and identifying new problems in a timely manner,” says Mark Murphy, MD, FAAP, a family medicine physician at MultiCare’s Tacoma Family Medicine. “I like to compare regular checkups to preventive maintenance for your automobile. Regular oil and filter changes and multipoint checkups keep your car running in the most reliable and efficient manner. So it is with regular health checkups."

What happens at a checkup?
Checkups with your doctor will vary depending on your age.

A checkup can include:
- An assessment of health and family history
- A review of medications and allergies
- A discussion about substance use

- Vaccination updates
- A physical exam
  - Women in their reproductive years should have:
    - A Pap test and pelvic exam every one to three years
    - A breast exam every year
  - Men should get screened for prostate problems beginning at age 50 or earlier if they are at high risk.
  - Men and women should have:
    - Colorectal exams beginning at age 50 or earlier if there is a family history of colorectal cancer
    - Heart disease screening. The age you may need to be screened for heart disease varies, depending on risk factors such as family history, smoking, cholesterol and diabetes.

A regular checkup is also a good time to ask your doctor any questions you may have about your health and what you can do to stay healthy.

Make the most of your visit
Good medical care begins with trust. In order to make the most of your visit to the doctor, it’s important that you are open and honest.

“A doctor’s care depends on accurate and complete information,” Dr. Murphy says. “It’s not in the patient’s best interest to withhold or spin information.”

The first step toward making the most of your visit is to find a doctor you feel you can be open and honest with.

To find a doctor in your area, call the referral line or visit multicare.org.

Care close by

For more than 17 years, MultiCare has provided primary and urgent care services to the Gig Harbor–Peninsula community. The first-rate medical facilities offer a wide variety of innovative services and programs as well as leading-edge technology.

MultiCare Gig Harbor Medical Park is located at 4545 Pt. Fosdick Drive N.W. Call 253-530-8000.
Cancer: Eat smart to help reduce your risk

YOU CAN’T TAKE a pill to prevent cancer. But eating a lot of colorful fruits and vegetables may help reduce your risk.

That’s because eating right is one of the best things you can do to protect yourself from cancer. Fruits and vegetables, in particular, have been shown to have protective effects, says Kelay Trentham, RD, CD, a clinical dietitian at MultiCare who teaches classes about nutrition and cancer.

“These foods contain phytonutrients, which seem to have a protective effect on the body’s cells,” she says. “Colorful fruits and vegetables are especially good. These include dark, leafy green vegetables like spinach and kale and red- or orange-colored items like tomatoes, red peppers, strawberries, carrots and mangoes.”

Looking at recipes in vegetarian cookbooks can help you find ways to add more of these foods to your diet, Trentham says. “Experiment with fruits and vegetables you haven’t tried before. Pick out something new when you go to the grocery store.”

Along with eating more good foods, you’ll also want to eat fewer bad ones. The American Institute for Cancer Research (AICR) advises people to limit:

• Red and processed meats, which have been linked to colorectal cancer.
• Foods and drinks that promote weight gain, including fast food and sugary drinks. Obesity has been linked to colorectal, breast, kidney and pancreatic cancers.
• Alcohol, which may increase the risk for cancers of the breast, mouth, larynx and esophagus.

You’ll also want to be sure to exercise regularly. The AICR recommends at least 30 minutes of moderate activity daily. Research suggests that exercise protects against obesity and colon cancer, and may protect against endometrial and postmenopausal breast cancers.

Learn more about MultiCare’s oncology and nutrition-related services by calling 253-530-8060.

Replacing fatty and highly processed foods with fruits, vegetables, and whole or unprocessed grains may not only help you lose weight, but may also help protect against diseases such as cancer.
Get your fruits and veggies

Most of us know we should eat more fruits and vegetables. But for many people, the real question is how to get more of these healthy foods into your diet.

One quick way is to add more fruits and vegetables to the foods you already eat.

At breakfast
• Add bell peppers, broccoli or spinach to your omelet.
• Add strawberries or blueberries to cereal or oatmeal.

At lunch and dinner
• Ask for more vegetable toppings on your pizza.
• Order stir-fried vegetables or salads when eating out.
• Add broccoli or green beans to a casserole or pasta.

For snacks
• Try bell pepper strips and broccoli with a low-fat or fat-free ranch dip.
• Make a smoothie with whole fruit, ice cubes and low-fat or fat-free yogurt.

To find new recipes that include your favorite healthy and cancer-fighting fruits and veggies, go to www.FruitsandVeggiesMatter.gov and click on “Recipes.” There you can search by fruit or vegetable and even specify what kind of dish you’d like, such as an entrée, appetizer or side dish.

New radiation technology at MultiCare

Speed and precision: These are the advantages of an innovative new radiation therapy system now in use at the MultiCare Regional Cancer Center at Tacoma General.

Called RapidArc, the system delivers intensity-modulated treatments much faster than previous forms of radiotherapy, says John Rieke, MD, Medical Director of the cancer center.

“That speed means that patients don’t have to sit still for as long during their treatment sessions, which means there’s less chance of body and organ movement so radiation stays clear of healthy tissue surrounding the tumor,” he says.

“The target area receives a full dose and there’s less danger to the patient.”

Using the new system, treatments that once took 30 to 40 minutes now take only three or four minutes, Dr. Rieke says. This also leaves more time for patients to enjoy the day, work or get on with other treatment activities.

MultiCare is one of the first facilities worldwide to install RapidArc, reflecting the cancer center’s commitment to providing patients with the newest, most effective treatment possible.

For more information, call 253-403-4994.

Autumn vegetable succotash

This savory succotash packs a wide variety of vegetables into one side dish, and only takes 20 minutes to prepare.

Recipe summary
Preparation time ...................... 20 minutes
Number of servings ................. 8
Cups of vegetables per person ...... 1

Ingredients
½ cup olive oil
1 cup diced onion
2 cloves garlic, finely chopped
2 cups diced red bell peppers
2 cups diced zucchini
2 cups diced yellow summer squash
3 cups frozen lima beans
3 cups fresh or frozen corn kernels
2 tablespoons fresh sage, coarsely chopped

Directions
In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans and corn. Season as desired; cook, stirring until vegetables are tender (10 minutes). Stir in sage, and serve.

Nutrition facts
Autumn vegetable succotash
Serving Size ¼ recipe
Amount Per Serving
Calories 220  Calories from fat 70
% Daily Value (DV)*
Total fat 8g  12%
Saturated fat 1g  5%
Trans fat 0g  0%
Cholesterol 0mg  0%
Sodium 40mg  2%
Total carbohydrate 35g  12%
Dietary fiber 7g  28%
Sugars 6g
Protein 8g
Vitamin A  30%
Vitamin C  150%
Calcium  4%
Iron  10%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic exchange**
Fruit: 0  Fat: 1
Vegetables: 1  Carbs: 2
Meat: 0  Other: 0
Milk: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: www.FruitsandVeggiesMatter.gov
SOUNDS SIMPLE DOESN’T it? So why is coronary heart disease the single major cause of death and stroke the No. 3 killer in the U.S.? One reason is undeniably a lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it’s also your responsibility. By following the ABCs, you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

**Stop smoking**

If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it’s tough. But it’s tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We’re here to help if you need it.

**Choose good nutrition**

A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and obesity. Choose nutrient-rich foods—which have vitamins, minerals, fiber and other nutrients but are lower in calories—over nutrient-poor foods. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein, and fat-free or low-fat dairy products is the key. And to maintain a healthy weight, coordinate your diet with your physical activity level so you’re using up as many calories as you take in.

**Reduce blood cholesterol**

Fat lodged in your arteries is a disaster...
waiting to happen. Sooner or later it could trigger a heart attack or stroke. You’ve got to reduce your intake of saturated fat, trans fat and cholesterol and get moving. If diet and physical activity alone don’t get those numbers down, then medication may be the key. Take it just like the doctor orders.

Here’s the lowdown on where those numbers need to be:

- Total cholesterol: Less than 200 mg/dL
- LDL (bad) cholesterol:
  - If you’re at low risk for heart disease, aim for less than 160 mg/dL
  - If you’re at intermediate risk, aim for less than 130 mg/dL
  - If you’re at high risk, including those with heart disease or diabetes, aim for less than 100 mg/dL
- HDL (good) cholesterol: 40 mg/dL or higher for men and 50 mg/dL or higher for women
- Triglycerides: Less than 150 mg/dL

**Lower high blood pressure**
It’s the single largest risk factor for stroke. Stroke is the No. 3 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best and you could be disabled for life. Shake that salt habit, take your medications as recommended by your doctor and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.

**Be physically active every day**
Research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something is better than nothing. If you’re doing nothing now, start out slow. Even 10 minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

**Aim for a healthy weight**
Obesity is an epidemic in America, not only for adults but also for children. An epidemic is when a health problem is out of control and many people are affected by it. Fad diets and supplements are not the answer. Good nutrition, controlling calorie intake and physical activity are the only ways to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor to type 2 diabetes—the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) can help tell you if your weight is healthy.

**Manage diabetes**
Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.

**Reduce stress**
Some scientists have noted a relationship between coronary heart disease risk and stress in a person’s life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

**Limit alcohol**
Drinking too much alcohol can raise blood pressure and lead to heart failure or stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents. The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers. However, it’s not recommended that nondrinkers start using alcohol or that drinkers increase the amount they drink.
STEPHANIE WRIGHT, mom of two, remembers feeling calmly certain that her 3-year-old son, Eaton, was safe after her minivan spun through three lanes of traffic on the highway in 2006. The accident itself was traumatic, leaving Wright stunned, but Eaton was unharmed. Thanks to all Wright had learned during a car safety seat inspection at Mary Bridge Children’s Hospital, Eaton was anchored safely in his properly installed car seat.

On Tuesdays from 9 to 10:30am, the Mary Bridge Center for Childhood Safety provides free car safety seat inspections at MultiCare’s “Safe and Sound” building at 1112 S. 5th St. in Tacoma. Certified child passenger safety technicians check car safety seats for recalls, determine if a child’s seat is age and size appropriate, and teach parents and caregivers how to adjust and install the seats correctly. Parents are asked to bring their kids, along with instruction manuals for both their vehicle and their car seats.

“Car crashes are the leading cause of accidental injury and death for kids, and studies show that a properly installed car safety seat can reduce the risk of fatal injury by up to 71 percent,” says child safety educator Erin Summa. “But we consistently find that 80 to 90 percent of car seats are used incorrectly—that’s where we can help.”

Wright, a former teacher, says she always learns something new when she drops by on inspection day. "The checks seem very comprehensive," she says. "And I appreciate that it isn’t just a check, but an educational experience. The car seat tech always asks me to reinstall the seat myself so I’ll know how to teach others how to do it. They walk you through the process with encouragement throughout.”

Michelle Faussett is a mom of two and a strong advocate of MultiCare car seat inspections. Technicians taught her 7-year-old daughter to buckle up her own booster seat after climbing out of it, so that the empty seat would not become a dangerous projectile in an accident. Luckily, the booster was buckled tight and Faussett’s 16-month-old daughter’s rear-facing car seat was also properly installed and buckled.
when she, her husband, and the toddler were in a collision.

“I was so thankful that we had just gone to the car seat check,” Faussett says. “You leave knowing that your car seat is properly installed, and confident that you can do it yourself in multiple cars.”

Summa and her colleague, Dana Hutchinson, are car seat experts with 20 years of experience between them. They talk about real, predictable risks of kids in cars and the simple ways that parents can reduce these hazards by using the Center for Childhood Safety’s resources to dispel car seat myths and stay informed.

“Of course the laws of physics don’t change, and neither do the dynamics of crashes,” Summa says. “But products do improve and new data emerges, so the guidelines will continue to evolve—all in the name of keeping our kids safer.”

For example, until recently parents were advised to keep their children in a rear-facing car seat until the child turned 1 and weighed 20 pounds. But now, most convertible car seats allow children to remain in the rear-facing position until they reach 30 to 35 pounds, depending on the specific model. And new research published in March 2008 in the journal Pediatrics shows that children are five times safer when they stay in rear-facing car seats up to 2 years old.

It can be hard for families to keep up with changing best-practice recommendations. MultiCare’s Car Seat Help Line, 253-403-1417, is available to help keep busy parents informed. Staff can answer car seat questions and refer callers to car seat checkup events throughout Pierce, Kitsap, and South King counties. More information is also available online at multicare.org/childhoodsafety.

Safe and sound

Grandmother of two Teri Wood is thankful that she took advantage of MultiCare’s car seat check. A week after having her grandchildren’s car seats inspected by MultiCare’s team, Wood’s daughter, son-in-law, and two grandsons were in a serious car accident. Another driver lost control on I-5, collided with their Ford Explorer, and nearly caused their SUV to tip over.

Know the law

Washington State Law requires:

• Children must ride in an appropriate child restraint system (such as a car seat or booster seat) until they are at least age 8 or 4 feet 9 inches tall.
• Children younger than 1 must ride in the back seat, whenever practical to do so.
• Child restraint systems must be used in accordance with manufacturer’s instructions.

When the vehicle finally spun to a halt in the middle of the freeway, Wood’s 18-month-old grandson, Gabriel, was safe in his car seat, happily yelling “Weeee!” with a big smile on his face.

“The state patrolman was amazed that neither of the kids was hurt,” says Wood. “Gabriel never moved in his car seat. It could have been a devastating situation but wasn’t because we took advantage of this wonderful free service.”
### Take control

**Aquatic Therapy**
Rehabilitation classes.
MultiCare Orthopedics & Sports Medicine Center
253-459-6999

**Congestive Heart Failure (CHF)**
Support group for people with CHF and their families. Please call for class availability.
253-403-4590

**Pulmonary Rehabilitation**
Classes for adults with chronic lung conditions. Cost may be covered by insurance.
Allenmore Hospital
253-459-6623

**Cardiac Health & Rehabilitation Program**
Medically monitored exercise therapy and lifestyle education on risk-factor reduction, medications, nutrition and stress reduction for patients who have had a heart attack, cardiac bypass surgery, angioplasty/stents, heart valve surgery or angina. Requires a physician referral.
Tacoma General Hospital
253-403-1058

**Diabetes Education**
A 12-hour group course for adults with diabetes. Individual appointments available. Cost covered by most insurance plans.
253-403-1726

**Insulin Pump Instruction**
Individual education. Cost covered by most insurance plans.
253-403-1726

**Living With Heart Failure Series**
For patients and families. A comprehensive approach to treatment, medications, nutrition and exercise.
253-403-4590

**Yoga for Cancer Survivors**
Designed for those who have faced cancer. Appropriate for beginning participants.
253-403-1073

**QuitSmart™**
Designed to take you through the first year of quitting tobacco. Join our free support groups too! (See below left.)
Fee: $25 (reduced fee, includes workbook)
Good Samaritan Hospital: Saturday, Oct. 25, 9:30am to 3:30pm
800-485-0205

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### Transfusion-free medical and surgical seminar

MultiCare's Transfusion-Free Program is now in place at Tacoma General and Allenmore hospitals.

Want to learn more about our transfusion-free program? Attend our free, public forum. Current advances in bloodless surgery and medical procedures that reduce or eliminate the hazards associated with a blood transfusion for adults and children will be discussed and technology demonstrations provided.

**Saturday, Dec. 6, 1pm, Jackson Hall Auditorium, Tacoma**
RSVPs requested. Call 253-697-2722 or e-mail cynthia.moorman@goodsamhealth.org. Or call 253-697-2721 or e-mail paul.brimhall@goodsamhealth.org.

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### Free Want to quit tobacco?

Free weekly support groups with great success rates! No matter where you are in the quit process, this group is for you. Topics include tobacco addiction, successful cessation practices, individualized quit plans, nicotine replacement therapies, cessation medications, withdrawal symptoms, coping skills, relapse, recovery, stress management, nutrition and exercise. Drop-ins and support people are welcome; low-cost nicotine patches are available.

For best results, we recommend weekly group attendance while preparing to quit and for one year following your final quit date.

**Mondays**
- Allenmore Hospital: noon to 1pm, Conference Room B
- Allenmore C Building: 5 to 6pm, 2nd Floor Conference Room

**Tuesdays**
- Tacoma General Hospital: 11:45am to 12:45pm, 6M Conference Room
- Good Samaritan Hospital: 5:30 to 6:30pm, Olympic Room

Call 253-223-7538 for more information. Ask about our QuitSmart classes!
We’ve put our whole heart into this grand opening

We’ve brought all of our cardiovascular services together under one roof and created something truly unique for our region—and we’re ready to share it with you. Enjoy light refreshments, receive free health screenings and be among the first to tour the new, expanded Cardiovascular Intensive Care Unit and Critical Cardiovascular Intensive Care Unit at Tacoma General.

**Saturday, Nov. 15, noon to 3pm**
Free and open to the public. No reservations required.

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**Check your health**

**Screenings to help you stay healthy**

- **Body Composition Testing**
  - Check your body fat percentage and lean mass percentage, and set a goal for your weight.
  - Fee: $15
  - 253-530-8974

- **Bone Density Screening**
  - Comprehensive DEXA screening for osteoporosis.
  - MultiCare Gig Harbor Medical Park
  - 253-530-8083

- **Men’s and Women’s Heart Advantage Screening**
  - A personalized consultation, risk assessment and basic lab tests.
  - Fee: Starts at $55
  - Tacoma General Hospital
  - 800-342-9919

- **Personal Wellness Profile**
  - Find out where your health stands with a wellness profile to analyze your nutrition, fitness, stress and heart health. Includes cholesterol and glucose screenings. (Not a replacement for physician exams.)
  - Fee: $45
  - 253-403-6340

- **Resting Metabolic Rate Screening**
  - Get the exact measurements you need to successfully lose weight. The comprehensive target calorie report will show you how to eat the maximum amount of food and still lose weight.
  - Fee: $40
  - 253-530-8974

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**Our healthy community**

Programs and activities to help us build a healthier community

- **Power Cook: A Month of Healthy Meals**
  - Learn how to fix and freeze 30 nutritious meals and sample the finished product. Class taught by a registered dietitian and certified diabetes educator from MultiCare Health System.
  - Fee: $30; $15 for YMCA members
  - Wednesday, Nov. 19, 6 to 9pm
  - Jackson Hall, 315 Martin Luther King Jr. Way, Tacoma
  - 800-342-9919

- **MultiCare Center For Healthy Living**
  - Education and programs for community members and corporations. We promote health and wellness with exercise, nutrition, weight loss, life balance and tobacco cessation. This community resource is made possible by generous gifts donated through the MultiCare Health Foundation.
  - 800-485-0205
  - multiCare.org

- **Healthy@Work**
  - Boost productivity and reduce absenteeism with this work-site wellness program. Program offerings include health screenings and health education programs and classes, all taught on-site for both large and small companies.
  - 253-403-7895

- **Hospice Bereavement Services**
  - Newly bereaved education groups and ongoing support groups are available to help you.
  - Call 253-459-8388 for information regarding support groups.

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**Living with Grief in the Holidays**

*Living with Grief in the Holidays* provides a place for those who have experienced loss to come and share information and experiences with others who are also grieving during one of the more challenging times of the year.

The event is organized by Pierce County Bereavement Service coordinators and hosted by BRIDGES, Good Samaritan Hospice, Group Health Cooperative and MultiCare Hospice.

**Sunday, Nov. 16, 3 to 5pm**

University Place Presbyterian Church

For more information, or to volunteer for the event, call Luella Kittredge at 253-459-8388.
Family health and safety

Classes and resources to help keep your kids safe and healthy

**BRIDGES: A Center for Grieving Children**
Grief support groups for children 4 to 18 years old who have experienced the loss of a parent or sibling. Mary Bridge Children’s Hospital 253-272-8266

**Children’s Diabetes Education and Clinic**
Individual education for children newly diagnosed with diabetes and for their families. By appointment for those who need further education or review. Classes, camps and support groups also available. Mary Bridge Children’s Hospital 253-403-3131

**Immunizations on the Go**
For children 0 to 18 years old in South-west Washington. Available at various locations. 253-403-1767 or 800-552-1419, ext. 1767

**Discoveries Support Group**
Discoveries support groups for families with children 4 to 18 who are coping with a family member’s serious illness. Concurrent groups for parents and children. Mary Bridge Children’s Hospital 253-272-8266

**Life Jacket Loans**
Free life jacket loans available year-round. Loaned for up to one week, limited quantities. Kent, Silverdale, Tacoma 253-403-1234 multicare.org/childhoodsafety

**Car Seat Inspections**
Car seat inspections and phone consultations by certified technicians. Kent, Silverdale, Tacoma multicare.org/childhoodsafety 253-403-1234

**Get moving with classes at the YMCA**

**Yoga/Pilates**
Combines stretching with strengthening movements for a low-impact, high-result workout.

**12-Week Personal Fitness Program**
Supervised exercise program for the adult fitness beginner. A great way to get started.

**ZUMBA**
The new trend in cardio fitness...Latin dance! Appropriate for all fitness levels.

**Active Older Adult Fitness**
A fun, low-impact aerobic class for people 55+.

**Water Aerobics**
Cardio workout in the water. Great for all levels.

**Parenting: Love and Logic**
Based on the parenting philosophy that allows children to live with the consequences of their choices, while giving guidance and support with love. Offered in partnership with Bates Technical College. Fee: $65/person Six-week class, 6:30 to 8:30pm Bates Technical College 253-680-7500

**Custom-Fit Helmet Sales**
Get custom-fit helmets, available in both child and adult sizes, to use with bikes, scooters, skateboards and skates. Wearer must be present. Bike helmet: $7 Skateboard helmet: $10 Ski/snowboard helmet: $15 Kent, Silverdale, Tacoma 253-403-1234 multicare.org/childhoodsafety

**Children’s Asthma Education**
Education for children with asthma and their families. Mary Bridge Children’s Hospital 253-403-3131

**Get moving with classes at the YMCA**

**Immunizations on the Go**
For children 0 to 18 years old in South-west Washington. Available at various locations. 253-403-1767 or 800-552-1419, ext. 1767

**Discoveries Support Group**
Discoveries support groups for families with children 4 to 18 who are coping with a family member’s serious illness. Concurrent groups for parents and children. Mary Bridge Children’s Hospital 253-272-8266

**Life Jacket Loans**
Free life jacket loans available year-round. Loaned for up to one week, limited quantities. Kent, Silverdale, Tacoma 253-403-1234 multicare.org/childhoodsafety

**Car Seat Inspections**
Car seat inspections and phone consultations by certified technicians. Kent, Silverdale, Tacoma multicare.org/childhoodsafety 253-403-1234

**Get moving with classes at the YMCA**

**Yoga/Pilates**
Combines stretching with strengthening movements for a low-impact, high-result workout.

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Your healthy pregnancy

Bates Technical College, in cooperation with Tacoma General Hospital’s Family Birth Center, offers a variety of childbirth and related classes at Tacoma General. To register, visit [www.bates.ctc.edu/registration](http://www.bates.ctc.edu/registration) or call 253-680-7500.

Stay healthy

Resources to help adults stay active

**EverActive®**

If you’re at least 55, enroll now and enjoy benefits in health, finance, travel and entertainment!

Fee: $25/single or $39/couple
800-485-0205

**Home Health Resources**

Comprehensive in-home services provide nursing, therapy, social work and aide care to help people manage their illness and recovery at home.

- King County
  253-876-8175 or 800-762-7766
- Pierce County
  253-459-8355 or 800-762-7766

**Breastfeeding Classes**

Choose the best feeding option for mom and baby with current information.

Fee: $15/couple; free with childbirth class

**Childbirth Preparation**

Five-week weeknight series or intensive weekend classes. Includes a tour of the Family Birth Center.

Fee: $78-93/couple

**Massage for Pregnancy and Labor Class**

Massage techniques for labor support partner and mom.
Fee: $33/couple

Get Fit for kids

Pierce County Gets Fit & Healthy offers healthy meals for kids through our newest program Kids Get Fit & Healthy Dining! More than 25 restaurants in Pierce County have signed up to offer one or more healthy kids meals on their menu. For a list of participating restaurants, visit [www.piercecountygetsfit.org](http://www.piercecountygetsfit.org). This program is brought to you by MultiCare Center For Healthy Living, the YMCA of Tacoma–Pierce County, Tacoma–Pierce County Health Department, Washington State Restaurant Association and Pierce County Council, and is endorsed by council member Shawn Bunney. Pierce County Gets Fit & Healthy has the power to make healthy eating and daily physical activity fun and to help children learn good habits to last a lifetime. The kids’ dining program advertises healthy kids’ meals on fun place mats featuring kid-friendly games that promote healthy eating habits and active lifestyles for the entire family. Each place mat offers a free three-day guest pass to any Pierce County YMCA.

Eating out? Grab your Passport to Healthy Dining!

The Get Fit Passport to Healthy Dining lists more than 60 restaurants that offer Get Fit menu options that meet our healthy criteria. Earn fun prizes for every 10 Get Fit options you purchase.

This exciting program is presented by MultiCare Center For Healthy Living, the Washington State Restaurant Association, Tacoma–Pierce County Health Department and the YMCA of Tacoma–Pierce County.

For more information, visit [www.piercecountygetsfit.org](http://www.piercecountygetsfit.org).
If your anterior cruciate ligament (or any other ligament for that matter) becomes disconnected, you want to be connected to the South Sound’s largest health care system. From quick referrals to the region’s leading orthopedic surgeons to the latest physical therapy techniques, your experience will be seamless until the day you’re walking your old walk. With MultiCare you’re not only better connected, you’re on your way to being reconnected to your passion. Learn more at multicare.org.

Allenmore Hospital ~ Good Samaritan Hospital ~ Mary Bridge Children’s Hospital & Health Center
Tacoma General Hospital ~ Good Samaritan Clinics ~ MultiCare Clinics

MultiCare
Better Connected

Guess what?
I might still need a booster seat!
See page 11 for Washington state regulations.