

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™  
St. Rose Dominican

# Reach

WINTER 2017 ISSUE

## *Going strong* in 2017



How Verna  
got her

*sleep  
groove  
back*

**7** TIPS FOR YOUR TICKER

**KEEP UP THE  
HEALTHY BEAT**



Our Sports Medicine  
program gets you going  
*faster, stronger*

## Start the new year strong

Resolutions. Expectations. Our busy lives demand a lot of time and energy—sometimes it can feel like we’re always on the go.

As we take care of ourselves and our loved ones, we need to remember to take care of our bodies. While we’re getting things done, our hearts steadily tick on. In this issue of *Reach*, we encourage you to get your heart healthy in 2017—and keep it going strong.

While exercise improves your health, it’s easy to overdo it. If you get injured, we’re here to help you heal.

Our bodies—and minds—also need regular rest. In addition to sleeping well, many of us need to relearn the art of R and R. Our free or low-cost classes can help restore balance and peace of mind.

The new year holds the promise of a bright new day—it’s time to go strong.

**Brian G. Brannman**  
Senior vice president of operations, Dignity Health Nevada



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# INSIDE & ONLINE

## Reach magazine



**4 HAPPY HEARTS**  
Your heart works hard for you—get tips to help protect it for life.



**7 HEALTHY NEW YEAR**  
Take one of our classes to get on the health and fitness track.



**12 STAY IN THE GAME**  
Tips to keep athletes healthy and safe, at any age.



**15 WHEN SLEEP ISN'T SO SWEET**  
A new option for people with sleep apnea.

## Reach online | StRoseReach.org



**NEW ONLINE:**  
**10 diabetes superfoods**  
Check out these powerful foods that are good for everyone.

**A powerful gift** Are you eligible to donate blood? Take a quick assessment at **StRoseReach.org**.



**Free breakfast—and so much more at our Heart Health Fair! See page 9.**

EVEN MORE WAYS TO CONNECT

**StRoseHospitals.org**



### YOGA FOR BETTER HEALTH

## The many upsides of downward dog

It's not a stretch to say that yoga is a healthy practice. It does a body good—increasing your overall fitness. Yoga may also:



**Improve posture and flexibility.**



**Lower blood pressure.**



**Aid digestion.**



**Improve sleep.**



**Reduce chronic pain.**



**Relieve anxiety and depression.**

**Getting started.** Yoga is generally safe for most healthy people. But before you strike your first pose, consider learning proper form from a pro.

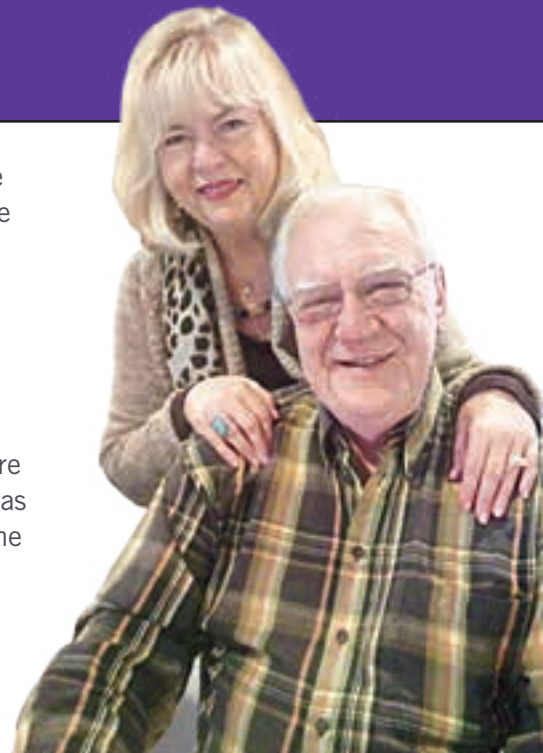
### We have you covered!

Check out our various yoga classes—whether you're a beginner or up for something a bit more challenging. For more info, see page 7 or go to [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

## Why we give

“We give because we feel fortunate to have the Siena Campus so close to home. As a former patient, Patricia knows firsthand that the exceptional, compassionate care she received emulates Dignity Health’s *Hello humankindness* focus. Our contributions help ensure that high-quality health care will be there for ourselves, as well as for our friends and neighbors, in the future. The best part about giving to St. Rose is that it feels so good, and we know our gifts are making a difference!”

—Patricia and Arthur Lindberg



The Health Foundation is a nonprofit organization as provided under section 501(c)(3) and 509(a)(3) of the Internal Revenue Code. Contributions are tax deductible in accordance with state and federal regulations.

To give to the St. Rose Dominican Health Foundation, visit [SupportStRose.org](http://SupportStRose.org) or call **702.616.5750**.



## National Wear Red Day

**EVERY 80 SECONDS**, a woman dies of heart disease or stroke. However, 80 percent of heart disease and stroke events may be preventable with lifestyle changes, according to the American Heart Association.

On National Wear Red Day—**Friday, February 3, 2017**—Dignity Health—St. Rose Dominican, the Go Red For Women cause sponsor, wants you to do something for you. Wear red and schedule a well-woman visit with your primary care provider or gynecologist to learn about your health status and risk for diseases. To join in, visit [GoRedForWomen.org](http://GoRedForWomen.org). #DignityGoRed

**Starting on page 4:** Get healthy tips, including Kate Grey’s secrets to heartfelt success.





# 7 ways to keep



**Roughly 2.5 billion times.** That's how often your heart will beat by the time you reach age 70. It's amazing, really. Nonstop, 24/7, the beat goes on and on and on.

Doctors have learned a lot about how the heart functions—and what we need to do to keep it healthy and going strong. Four cardiology experts who practice with St. Rose Dominican offer seven ways to help keep your ticker in tip-top shape.



## 1 Put it to the test

Your “heart numbers” can tell you a lot about what’s going on with your heart and if you have risk factors that may affect its health. Moniz Dawood, MD, board-certified in cardiovascular disease and interventional cardiology, shares some key information:



**Moniz Dawood, MD**

**High blood pressure and excess cholesterol** can cause plaque to build up inside arteries in the heart. Lifestyle changes can improve your blood pressure and cholesterol numbers. Medication may also be needed in some cases.

**Body mass index (BMI)**—a measurement of your weight in relation to your height—is a good indicator of body fat. Excess weight forces your heart to work harder. It

may also raise your blood pressure and have negative effects on your cholesterol levels. To find out your BMI, look for “BMI Calculator” under “Health Tools” at [StRoseReach.org](http://StRoseReach.org).

## 2 Pump it up

Like any muscle, your heart gets stronger with exercise. That helps it pump blood more efficiently. But David Navratil, MD, FACC, a physician board-certified in cardiovascular diseases and cardiac electrophysiology, indicates that the benefits don't stop there. Regular exercise can help you manage your weight, lower your blood pressure, and improve your cholesterol.



**David Navratil, MD, FACC**

Most people should aim for at least 150 minutes of moderate-intensity exercise weekly. That's any activity that causes a slight increase in breathing and heart rate, like brisk walking. Choose activities you enjoy so you'll be more apt to stick with them. And start slowly, especially if it's been a while since you were active.

## 3 Eat heart-smart

Your entire body, including your heart, is fueled by food. So quality matters. A heart-healthy diet contains lots of delicious options, such as:

- Fruits, vegetables, and whole grains.
- Fat-free or low-fat dairy products.
- Skinless poultry, lean meat, and fish—especially those containing omega-3 fatty acids, like salmon and trout.

- Nuts and legumes.

Also aim to eat fewer foods with sodium, added sugar, and refined grains. It's best to limit saturated fat and trans fat, too.

#### **4** Clear the air

Smoking is a major risk factor for heart disease. And simply being around others' smoke puts your heart at risk.

Fareed Sheikh, DO, a cardiologist board-certified in cardiovascular disease, says, "Smoking is also the biggest risk factor for peripheral arterial and cerebral vascular diseases, which can lead to amputations and strokes."



Fareed Sheikh, DO

## KICK THE HABIT FOR HEART HEALTH

For classes that can help you quit smoking, turn to page 9—or go online: [StRoseHospitals.org/Classes](http://StRoseHospitals.org/Classes).

Primary care doctors and specialists can help you quit.

Keep this in mind: Just a year after quitting, your excess risk of future heart disease is cut in half. Fifteen years after your last cigarette, it's as if you never smoked at all.

#### **5** Seek sound sleep

Too little sleep has been linked to heart failure and heart attack in adults. Maintaining consistent sleep schedules, keeping your bedroom dark and quiet, and avoiding large meals and caffeine

near bedtime may help you sleep better.

If you have ongoing sleep problems, speak with your doctor.

See page 15 for more on healthy sleep.

#### **6** Ease stress

When you're tense or anxious, your breathing, heart rate, and blood pressure increase. If stress becomes chronic, it can take a toll on your heart.

—Continued on page 6



## Kate's success story: Here's how she stays cool under pressure

About 20 percent of U.S. adults have high blood pressure and don't know it. Kate Grey, a St. Rose Dominican employee, was one of them.

"I was really surprised to learn I had borderline high blood pressure," says Kate, "because I've had a history of low blood pressure my whole life. The first time I was told I had higher numbers, I thought I misheard."

After checking her blood pressure a few more times over several months, Kate realized she should follow up with her doctor, Celeste Atkinson, MD, an internal medicine physician with Dignity Health Medical Group.

Dr. Atkinson made several recommendations and agreed that Kate should try to lower her blood pressure without medication by making the following lifestyle changes:

- Reducing sodium.
- Lowering stress levels.
- Cutting caffeine.
- Losing weight.

#### Kate's top tips

Kate made the changes her doctor recommended—and more—and has these pointers for others trying to lower their blood pressure:

- Follow the DASH—Dietary Approaches to Stop Hypertension—

—Continued on page 6

—Continued from page 5

Find healthy ways to manage stress. Even taking a few minutes to sit quietly and breathe deeply may help you feel calmer.

## Know the danger signs

If you think you're having a heart attack, call 911. Quick treatment may save your life. According to Sanjay Malhotra, MD, FACC, board-certified in cardiology and interventional cardiology, signs and symptoms of a heart attack include:



**Sanjay Malhotra, MD, FACC**

- Chest pain, pressure, or discomfort.

- Pain, tingling, or discomfort in the arms, shoulder, back, neck, jaw, or stomach.
- Shortness of breath, nausea, sweating, or cold and clammy skin.
- Dizziness or lightheadedness.

Other possible signs and symptoms of heart problems you shouldn't ignore are chest pain that worsens with physical activity and goes away with rest, swelling in your feet, legs, stomach, and veins in your neck, or a heartbeat that is too fast, too slow, or irregular.

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### If your primary care physician

feels you should see a cardiologist, the St. Rose Dominican physician referral service can help. Call **702.616.4900**.

## 12TH ANNUAL Go Red Luncheon

**Thursday, March 2, 2017**  
Aria Resort and Casino

**10:30 a.m.**—Silent auction and start of Health Expo

**Noon**—Luncheon program begins

This event helps raise awareness about the country's No. 1 killer of women. Cardiovascular disease and stroke claim more women's lives every year than the next 14 causes of death combined.

**Save your spot!** Registration closes Monday, February 27. Find a link to register at [StRoseReach.org](http://StRoseReach.org).



—Continued from page 5

diet. Sherry Poinier, a St. Rose Dominican registered dietitian who met with Kate, says, "This plan is great because it emphasizes fruit, vegetables, low- or non-fat dairy, whole grains, and lean meats."

- Drink some water every morning when you wake up, and eat an apple every day.
- Cook your own meals—avoid packaged and processed foods.
- Explore ways to reduce stress.
- Get a blood pressure monitor, and keep track of your readings.
- Use technology to track your food, fitness, blood pressure,

and more. Two of Kate's favorites: MyFitnessPal and Insight Timer, a free meditation app.

- Make a BHAG (Big Hairy Audacious Goal) and tell someone about it.
- Be "mostly good." Lifestyle changes can be difficult, so be realistic. Indulge when it's something you really want, and don't beat yourself up if you get off track for a few days.

What has been the most difficult about making these lifestyle changes? Kate says consistency has been hard in terms of when and how much food she eats, as she tends to

skip lunch. "Sherry actually recommended I eat more often...smaller amounts throughout the day," says Kate. "I plan my meals now and bring healthy snacks to work."

Kate's blood pressure is now back to a normal range, but she keeps it top of mind. She once read in an article on this topic, "It's a marathon, not a sprint"—that really says it all.

**Learn more about the DASH diet at [StRoseReach.org](http://StRoseReach.org).**

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**Stay inspired.** Get loads of heart-healthy info at [StRoseReach.org](http://StRoseReach.org), where you can also search St. Rose Dominican's wide variety of nutrition, wellness, and fitness programs.

# For your HEALTH

CALENDAR OF CLASSES  
AND EVENTS • WINTER 2017

\* For classes that require registration, you can now register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes). Payment can also be made online for most classes (drop-in classes require payment on arrival). Or you can call **702.616.4900** to register 24/7.



Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



## Fitness

All fitness classes are drop-in only, unless otherwise noted. Fees paid on arrival.

### Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to all paddlers. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

Lake Las Vegas: \$10 per person

### Walking Clubs

For all ages and fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting locations.

**Mondays and Wednesdays, 8:30 to 9:30 a.m.**

### Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

**Tuesdays and Thursdays, 10 to 11 a.m.**

**Fridays, 8 to 9 a.m.**

**GV** \$5 per session or five sessions for \$20

**Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**

**WEST** \$5 per session or five sessions for \$20

### Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your practice.

**Mondays, 5:30 to 6:30 p.m.**

**GV** \$5 per session or five sessions for \$20

### Mixed-Level Yoga

Requires solid experience beyond beginner. Bring a block and strap, if possible.

**Tuesdays, 3 to 4 p.m.**

**GV** \$5 per session or five sessions for \$20

### Vinyasa Flow Yoga: Beyond the Basics

Follow your breath and move through postures to build strength, balance, and flexibility.

**Tuesdays, 6 to 7 p.m.**

**Fridays, 10:20 to 11:20 a.m.**

**Saturdays, 9 to 10 a.m.**

**WEST** \$5 per session or five sessions for \$20

### Zumba Fitness

**Mondays and Thursdays, 6 to 7 p.m. and 7:15 to 8:15 p.m.**

**WEST** \$5 per session, five sessions for \$20, or 10 sessions for \$30

### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

**Thursdays, 3 to 4 p.m.**

**WEST** FREE

### Belly Dancing

**Saturdays, Jan. 14, Feb. 11, March 11, 10:30 a.m. to noon**

**WEST** FREE

## LOCATION KEY

(See full key and map on page 8.)



## Nutrition

### Got SNAP?

Three square will help you complete and submit your Supplemental Nutrition Assistance Program application. Call **702.616.4905** for an appointment.

**Tuesdays, 8 a.m. to noon**

**GV** WIC: FREE

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Jan. 25, 6 to 8 p.m.**

**WEST** \$25 (includes CD)

**Thursday, Feb. 9, 6 to 8 p.m.**

**GV** \$25 (includes CD)

### Nutrition Consultations

Meet with a registered dietitian. All insurances welcome and cash discounts available.

Call **702.616.4975**.



## Wellness

### Healthier Living

This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation. Also get exercise strategies, healthy eating tips, and more!

**Tuesdays, Jan. 17 to Feb. 21, 9 to 11:30 a.m.**

**GV** FREE

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Wednesdays, Jan. 4, Feb. 1, March 1, 7 to 8 p.m.**

**WEST** FREE

### Labyrinth Walk

Join us for a quiet, relaxing journey navigating the labyrinth.

**Friday, March 17, 2 to 3 p.m.**

**GV** FREE

More

## Healthy Henderson Health Fair

Explore the Healthy Henderson Health Fair. This event features over 40 vendors, children's activities, bounce houses, classes, demonstrations, a farmers market, and food trucks. The Lighten Up Henderson 90-Day Weight-Loss Challenge will also be kicking off.

**Saturday, Jan. 14, 10 a.m. to 2 p.m.**

Henderson Multigenerational Center  
250 S. Green Valley Parkway: **FREE** (for all ages)





# For your HEALTH

CALENDAR OF CLASSES AND EVENTS • WINTER 2017



Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call 702.616.4900, unless otherwise noted.



## Relax and Paint

Join us for an evening of calming creativity as we paint.

**Thursday, Feb. 23, 6 to 9 p.m.**

**GV** \$5. Registration required; prepay materials fee.

## Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation.

**Wednesdays, Jan. 11, Feb. 8, March 8, 6 to 8 p.m.**

**WEST** \$5

## Relaxation Meditations

Practice techniques that promote peace and health.

**Wednesdays, Jan. 4, Feb. 1, March 1, 5:45 to 6:45 p.m.**

**WEST** FREE

**Tuesdays, Jan. 10, Feb. 14, March 14, 5:30 to 6:30 p.m.**

**GV** FREE

## The Mind Spa: Creative Journaling

Be a happier, healthier, calmer you with creative journaling and guided meditation.

**Tuesdays, 1:30 to 2:30 p.m.**

**GV** FREE

## Safe Sitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

**Monday, Feb. 20, 9 a.m. to 4:30 p.m.**

**GV** \$20 (includes lunch)

## Self-Hypnosis for Positive Thinking

Wear comfortable clothes and bring your pillow.

**Wednesday, Feb. 22, 6 to 8 p.m.**

**WEST** \$25 (includes CD)

**Thursday, March 9, 6 to 8 p.m.**

**GV** \$25 (includes CD)



## Diabetes Management

### What Is Prediabetes?

How to avoid or delay diabetes.

**Wednesday, Jan. 25, 10 a.m. to noon**

**Thursday, Feb. 16, 3 to 5 p.m.**

**Friday, March 24, 1 to 3 p.m.**

**GV** FREE

## National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4975** to enroll in this 12-month program.

**Thursdays, starting Jan. 12, 1 to 2 p.m.**

**GV** \$40 to enroll; \$10 per session

## DATE (Diabetes Awareness Treatment and Education)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in scheduling. Group classes are three-day classes:

**Thursdays, Feb. 2, 16, 23, 9 a.m. to noon**

**Tuesdays, March 7, 14, 21, 9 a.m. to noon**

**GV**

\* Take a deeper look! We have more classes at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).



**Uninsured?** Make an appointment with one of our exchange enrollment facilitators. Call **702.616.4904**.



## LOCATION KEY

**COND** Siena Campus—Conference Room D, Henderson  
3001 St. Rose Parkway



### Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with a certified diabetes educator. Call **702.616.4975** for an appointment.

### Stanford Diabetes Self-Management Program

Regain control of your life with this six-week program, which offers support, healthy eating tips, medication management, and communication know-how. Complements your current medical treatment.

**Wednesdays, Feb. 8 to March 15, 9 to 11:30 a.m.**

**GV** FREE

### Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and how to manage your diet and health.

**Thursday, Jan. 26, 10 to 11:30 a.m.**

**WEST** FREE

**Tuesday, Jan. 17, 2 to 3:30 p.m.**

**Tuesday, Feb. 28, 10 to 11:30 a.m.**

**HEND** FREE

**Thursday, March 16, 6 to 7:30 p.m.**

**GV** FREE



### Heart and Stroke Programs

#### Heart Healthy Eating

Learn to eat for heart health.

**Thursday, Feb. 2, 10 to 11:30 a.m.**

**GV** FREE

**Thursday, March 16, 10 to 11:30 a.m.**

**WEST** FREE

### DASH (Dietary Approaches to Stop Hypertension)

Join us to learn heart-healthy nutrition tips.

**Thursday, Feb. 9, 3 to 4:30 p.m.**

**GV** FREE

### Heartsaver CPR/AED

Learn adult, child, and infant CPR, AED, and choking first aid. Two-year American Heart Association certification for non-health care providers.

**Wednesday, Jan. 25, Feb. 22, or March 22 5 to 9 p.m.**

**GV** \$30 (includes AHA certification card)



### Smoke-Free

#### Freedom from Smoking

Kick the habit with this six- or seven-week American Lung Association program.

**Thursdays, Jan. 19 to March 2, 5:30 to 7:30 p.m.**

**HEND** FREE

#### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Thursday, Jan. 12, 6 to 8 p.m.**

**GV** \$25 (includes CD)



### Cancer Screenings and Survivorship

#### Cancer Thriving and Surviving

This six-week Stanford program enhances regular treatment.

**Wednesdays, Feb. 8 to March 15, 3 to 5:30 p.m.**

**GV** FREE



## The Heart Doctor is IN: Heart Health Fair

**Saturday, Feb. 18, 8 to 10:30 a.m.**

Screenings and free, heart-healthy breakfast: 8 to 9:30 a.m.

- **Lab screenings** (fast for 12 hours): total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, Hb A1C (diabetes) \$10, thyroid panel (TSH, T3, T4) \$10.
- **Tips on healthy eating** from Samantha Louie, RD.
- **No-cost screenings and more:** blood pressure, body fat and BMI, carbon monoxide, 3-lead heart rhythm strip, stroke risk, medication checks (bring medications to review), hands-only CPR demonstrations, exercise demonstrations, educational resources, and raffle drawings.

**Join Herbert Cordero-Yordan, MD, cardiologist 9:30 to 10:30 a.m.**

**MAC** Seating is limited. Call **702.616.4900** to register and schedule your lab appointment.



### Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose program at **702.492.8557** if you are 49 or younger. Funded by Susan G. Komen for the Cure.

### Prosthesis and Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis. Call **702.568.9595**.



**The Barbara Greenspun WomensCare Centers of Excellence** have supported Dignity Health–St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our three convenient locations. For information, visit **StRoseHospitals.org**.

**GV** WomensCare/Outreach Center  
Green Valley  
2651 Paseo Verde Parkway, Suite 180

**HEND** WomensCare/Outreach/FTF Center  
Rose de Lima Campus, Henderson  
98 E. Lake Mead Parkway, Suite 301

**MAC** Siena Campus–MacDonald Room  
Henderson  
3001 St. Rose Parkway

**RAN** Rose de Lima Campus–Annex  
Henderson  
102 E. Lake Mead Parkway

**RDL** Rose de Lima Campus, Henderson  
102 E. Lake Mead Parkway

**SAN** San Martín Campus, Las Vegas  
8280 W. Warm Springs Road

**WEST** WomensCare/Outreach Center, Las Vegas  
7220 S. Cimarron Road, Suite 195

# For your HEALTH

CALENDAR OF CLASSES  
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Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



## Screenings

### Health Screenings/Lab Screenings for Diabetes

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C (diabetes) \$10, thyroid panel (TSH and FT4) \$10. A 12-hour fast is required.

**Saturday, Feb. 18, 8 to 10:30 a.m.**

**MAC** See prices above. Appointment needed.

**Thursday, March 9, 7 to 10 a.m.**

**WEST** See prices above. Appointment needed.

### Metabolic Testing

Call **702.616.4975** for an appointment.

**GV** \$45

- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Divorce Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support **(New!)**
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Tobacco Quit Line: **800.QUIT.NOW**



## Support Groups

- AA Co-Ed  
**MAC** Thursdays, 7 p.m.  
**SAN** Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women  
**GV** Mondays, 7:30 p.m., and Wednesdays, noon  
**SAN** Mondays, noon
- ALS Support
- Alzheimer's Support
- Arthritis Support **(New!)**
- Bereavement Support
- Better Breathers COPD
- Breast Cancer Support



## Pregnancy and Childbirth

### Text4baby

Text **BABY** to **511411** to get FREE cellphone tips and reminders throughout your pregnancy and your baby's first year.

## FREE Birth Center Tours

### San Martín Campus:

Third Saturday mornings and every Tuesday evening

**Siena Campus:** Third Saturday afternoons and fourth Monday evenings

**Registration required.**

### Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com) or by calling **702.882.1795**.

**Saturdays, 10 to 11 a.m.**  
**GV** 10 classes for \$110

### Car Seat Safety Checks

Call **702.616.4902** for an appointment.

**Tuesdays, Jan. 3, Feb. 7, March 7, 10 a.m. to noon**  
**WEST** \$10

**Fridays, Jan. 13, Feb. 10, March 10, 1 to 5 p.m.**  
**GV** \$10

**Fridays, Jan. 20, Feb. 17, March 17, 1 to 5 p.m.**  
**GV** \$10



## Prenatal Classes

### Baby Basics

**GV** \$30

### Breastfeeding

**GV** \$30

### Childbirth Express

**GV** \$35

### Daddy Boot Camp

**GV** \$20

### Gestational Diabetes Consultations

Call **702.616.4975**.

### Infant CPR

**GV WEST** \$20

### Prepared Childbirth

**GV** \$50

### Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: **702.784.8669**.



## Breastfeeding

### Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.

### St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

**GV WEST HEND** FREE



## Baby Weigh Stations

Baby weight checks. No appointment necessary.

**GV WEST HEND** FREE

## Breast Pump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.

**GV WEST**

## New Mommy Mixer

**Mondays, 11 a.m. to noon**

**HEND** FREE

**Wednesdays, 11 a.m. to noon**

**WEST** FREE

**Fridays, 11 a.m. to noon**

**GV** FREE

## La Leche League

Join other nursing mothers for information and support.

**Thursdays, Jan. 26, Feb. 23, March 23, 10 to 11 a.m.**

**HEND** FREE



## Infants, Children, and Parenting

### Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

**Fridays, 12:30 to 1:30 p.m.**

**GV** 10 classes for \$110

### Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. For children ages 18 months to 5 years.

**Mondays or Tuesdays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.**

**WEST** FREE

**Wednesdays, 9:15 to 9:45 a.m.**

**HEND** FREE

**Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.**

**GV** FREE

## LOCATION KEY

(See full key and map on page 8.)



### Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

**Fridays, 11:30 a.m. to 12:30 p.m.**

**WEST** \$3 per class or eight sessions for \$20

### Toddler Play Group

Toddlers ages 3 and under join Family to Family for music and movement.

**Tuesdays, 12:30 to 1:15 p.m.**

**GV** FREE

**Tuesdays, 3 to 4 p.m.**

**WEST** FREE

### Infant Development

A development playgroup for babies up to age 1.

**Mondays, 2 to 3 p.m.**

**GV** FREE

### Sing and Sign: Food Time

Learn ASL signs for healthy foods using songs, books, and toys. For parents with children ages birth to 2 years.

**Tuesdays, 2 to 2:30 p.m.**

**GV** FREE

**Thursdays, Jan. 5 and 19, Feb. 2 and 16, March 2 and 16, 1 to 1:30 p.m.**

**WEST** FREE

**Tuesdays, Jan. 17, Feb. 21, March 21, 11 to 11:30 a.m.**

**HEND** FREE

### Infant Nutrition

A registered dietitian leads a weekly mommy-baby group focused on homemade baby food, weaning, starting solids, and more.

**Wednesdays, 2 to 3 p.m.**

**GV** FREE

### Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies from birth to 1 year old. Visit [weecansign.com](http://weecansign.com).

**Thursdays, Feb. 2, 9, 16, 10 to 11 a.m.**

**Saturdays, Jan. 21, 28, Feb. 4, 10:30 to 11:30 a.m.**

**Saturdays, Feb. 18, 25, March 4, 10:30 to 11:30 a.m.**

**WEST** \$69 (includes *Sign with Your Baby* DVD)

**Tuesdays, Jan. 24, 31, Feb 7, 10 to 11 a.m.**

**GV** \$69 (includes *Sign with Your Baby* DVD)

### Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit [weecansign.com](http://weecansign.com).

**Saturdays, March 18, 25, April 1, 10:30 to 11:15 a.m.**

**Thursdays, Jan. 5, 12, 19, 10 to 10:45 a.m.**

**Thursdays, Feb. 23, March 2, 9, 10 to 10:45 a.m.**

**WEST** \$69 (includes Pick Me Up kit)

**Tuesdays, Feb. 28, March 7, 14, 3 to 3:45 p.m.**

**GV** \$69 (includes Pick Me Up kit)

### Love and Logic: Parenting Made Fun!

Learn practical skills to handle common parenting concerns from birth to 5 years of age! Five-week series. (Scholarships available; call **702.616.4377**.)

**Wednesdays, Jan. 11, 18, 25, Feb. 1, 8, 10 a.m. to noon**

**HEND** \$50

**Fridays, Jan. 20, 27, Feb. 3, 10, 17, 2:30 to 4 p.m.**

**WEST** \$50



\* For a complete listing of classes and events, visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

### Fresh Start: Pre-K Ready!

Biweekly activities led by The Children's Cabinet.

**Fridays, Jan. 6, 20, Feb. 3, 17, March 3, 17, 31, 11 a.m. to noon**

**HEND**

**Tuesdays, Jan. 24, Feb. 7, 21, March 7, 21, 1 to 2 p.m.**

**WEST** FREE

### Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities—from the garden to the kitchen! Ages 1 to 4 years.

**Thursdays, 10 to 11 a.m.**

**HEND** FREE

**Wednesdays, Jan. 11, 25, Feb. 8, 22, March 8, 22, 2:15 to 3 p.m.**

**WEST** FREE

### Crawlers and Climbers

Let little ones safely explore through texture and climbing structures. Ages 9 to 24 months.

**Fridays, Jan. 6, 20, Feb. 3, 17, March 3, 17, 9:15 to 10 a.m.**

**HEND** FREE

### Teddy Bear Clinic

Toddlers are introduced to first aid to learn the process of doctor checkups. Each participant will get a FREE teddy bear to practice on! Space is limited. Ages 2 to 5 years old.

**Tuesday, March 21, 5 to 6 p.m.**

**HEND** FREE





SPORTS INJURIES

# STAY IN THE

# G A M E

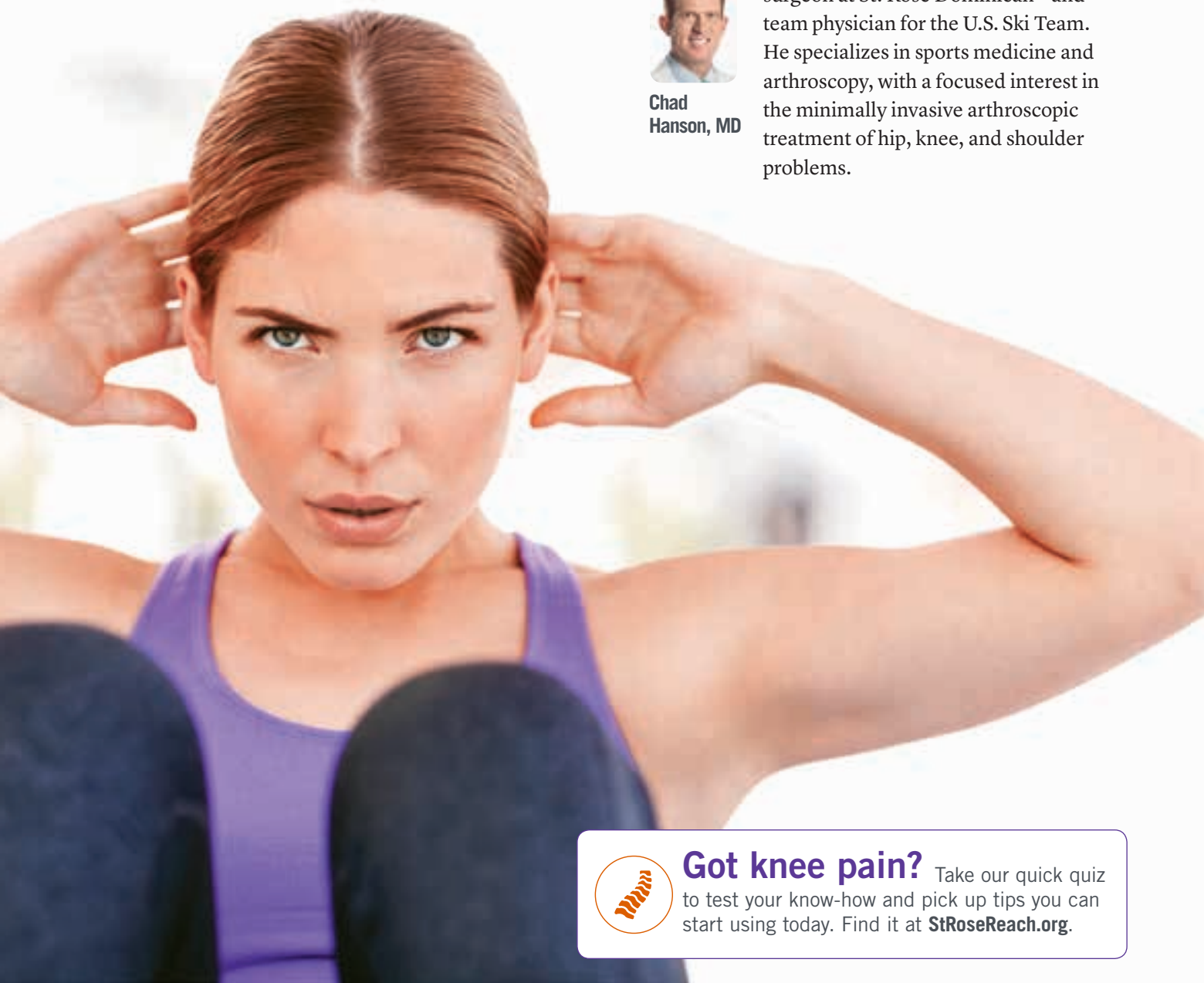
**Physical activity** comes with many benefits for the body and mind. That's why you want to take care so you can stay active and keep doing the things you enjoy, whether that's hiking Red Rock Canyon, skiing at Las Vegas Ski & Snowboard Resort/Lee Canyon, or playing baseball or basketball in a local league.

Check out the following advice from Chad Hanson,



**Chad Hanson, MD**

MD, a board-certified orthopedic surgeon at St. Rose Dominican—and team physician for the U.S. Ski Team. He specializes in sports medicine and arthroscopy, with a focused interest in the minimally invasive arthroscopic treatment of hip, knee, and shoulder problems.



**Got knee pain?** Take our quick quiz to test your know-how and pick up tips you can start using today. Find it at [StRoseReach.org](http://StRoseReach.org).

According to Dr. Hanson, here's how to help prevent sports injuries:

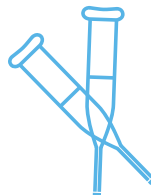
- ✓ **WARM UP, STRETCH OUT.** Cold muscles are more prone to injury. So first spend about five minutes doing jumping jacks or walking in place. Follow up with some gentle stretches.
- ✓ **STAY HYDRATED.** Drink about a pint of water before and after exercising. Take a drink about every 20 minutes during play, too.
- ✓ **COOL DOWN.** Gentle stretching after a workout helps your body recover from today's activity and prepare for tomorrow's.
- ✓ **EXERCISE REGULARLY.** Avoid weekend bursts. Instead, try to get at least 30 minutes of moderate activity on most days of the week.
- ✓ **GET YOUR REST, TOO.** Your body needs days off now and then to recover and recharge.
- ✓ **LEARN THE ROPES.** Be knowledgeable about your sport. Avoid problems by taking lessons in proper form and technique and by having the right equipment. What are the best shoes for your sport, for example?
- ✓ **FOLLOW THE 10 PERCENT RULE.** Whatever your goal, increase your activity gradually in increments of 10 percent. For instance, if you've been comfortably jogging 5 miles, don't head out for 10. Instead, add 0.5 miles at a time to gradually build up your distance.

## TREATING SPORTS INJURIES

Using the R.I.C.E. method right away is a good first treatment for mild sprains or strains.

### Rest

Rest and reduce your activity. Use crutches as needed.



### Ice

Ice right away to keep swelling down. Use ice for no more than 20 minutes at a time, four to eight times a day.



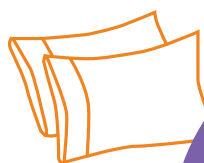
### Compression

Compress the injured area to keep swelling down and to provide support.



### Elevation

Elevate the injured area on a pillow above the level of your heart, if possible. This will help reduce swelling.



Sources: American Academy of Orthopaedic Surgeons; National Institute of Arthritis and Musculoskeletal and Skin Diseases



### GET HELP IF

- The injury causes severe pain, swelling, or numbness.
- You can't put any weight on the injured area.
- The pain or ache of an old injury is accompanied by increased swelling, or joint abnormality or instability.
- Pain or other symptoms worsen after using R.I.C.E.

### GET READY TO GO AGAIN!

Our sports medicine experts can help you recover from an injury. Learn more at [StRoseHospitals.org/Ortho](http://StRoseHospitals.org/Ortho) or call 702.616.4900 for a physician referral.

- ✓ **AIM FOR BALANCED FITNESS.** Try to work the three main types of exercise into your routine: aerobic activity, strength training, and flexibility. But, again, add activities gradually.
- ✓ **LISTEN TO YOUR BODY.** Does your knee say it's hurting? Is your back crying out in pain? Pay attention to signs that you're pushing too hard, and stop your workout or activity if you're having any pain.

# Young athletes: Cheer them on *to safety*

**Every kid** is a winner when it comes to playing sports. Game time can boost a youngster's social skills and self-confidence, while providing plenty of healthy exercise that's also a lot of fun.



Emily Peterson, DO, FAAP

But every sport poses at least some risks. As a parent, you can work with coaches and your young athlete to help reduce these risks.

Stay off the injured list. To help your child score in safety, Emily Peterson, DO, FAAP, a pediatrician at Dignity Health Medical Group's Henderson location, suggests the following:

✓ **ASK QUESTIONS.** Learn what your child's sports program is doing to prevent and respond to injuries, such as ensuring conditioning for players and safety training for coaches.

✓ **SCHEDULE A PHYSICAL.** A preseason exam from a doctor will help confirm that your youngster is healthy enough to play.

✓ **GET EQUIPPED.** Depending on the sport, a helmet, body padding, mouthguards or shinguards, eye protection, and proper shoes may be needed.

✓ **PLAY BY THE RULES.** From football to soccer, many sports have rules designed to prevent injuries. Make sure your child knows—and follows—them.

✓ **BEAT THE HEAT.** Give your child a water bottle—and encourage frequent drinking.

✓ **WARM UP.** Encourage warm-up exercises before and cooldown exercises after both practices and games.

✓ **TAKE CONCUSSIONS SERIOUSLY.** In general, players shouldn't get back in the game until medically evaluated and cleared to play.

✓ **ENCOURAGE REST.** Athletes need breaks in between seasons and during practices and games.

✓ **SPEAK UP.** Teach your child to speak up if he or she is sick or hurt. And remember to check with your child's doctor if you suspect an injury.



## Get In Quicker

When your child needs emergency care, the time spent waiting in the hospital can make you more anxious. Now you can select an estimated arrival time and wait at home: Go to [StRoseHospitals.org/ER](http://StRoseHospitals.org/ER) and choose a time on the Pediatric Emergency selector.

Sources: American Academy of Pediatrics; National Institutes of Health; Safe Kids Worldwide



# Enjoying sweet slumber again

Verna trusts Inspire Upper Airway Stimulation therapy with a good night's rest

**Verna Akina** lived with obstructive sleep apnea for more than 20 years. She had tried everything, including the use of a continuous positive airway pressure (CPAP) machine—a mask you wear while you sleep that forces air through the nose or mouth.

“I used to dread going to bed,” says Verna. “I got so sick of trying to make the CPAP work for me that I finally decided to stop using it and let ‘whatever happens happen.’”

So why does Verna now look forward to going to bed? She was one of the first recipients in southern Nevada to receive the Inspire Upper Airway Stimulation implant.

## Like night and day

“Inspire therapy is designed specifically for those who can't

tolerate CPAPs,” says Frederick Goll, III, MD, board-certified otolaryngologist, who implanted Verna's device. “It addresses the root of the problem by delivering mild stimulation to the muscles and soft tissues that relax and block the airway.”

The system is placed under the skin of the neck and chest through three small incisions during an outpatient procedure. It then syncs with breathing patterns. If needed, it delivers mild stimulation throughout the night to keep breathing passages open.

Verna's thrilled with the results, saying that since her implant was activated in early October 2016, it's been like night and day. “I use a remote control to turn the implant on when I go to bed, then turn it off when I wake up.” Now, she doesn't nod off while reading, and she can drive without fear of falling asleep.



## A danger zone

Obstructive sleep apnea causes breathing to repeatedly stop and start while you sleep. Left untreated, obstructive sleep apnea can result in:

- Poor memory and concentration.
- Higher risk for work or traffic accidents.
- Higher risk for stroke or heart attack.

**Is the Inspire Upper Airway Stimulation implant right for you?** Talk with your doctor.

Search for a physician online at [StRoseHospitals.org](http://StRoseHospitals.org) or call **702.616.4900**.

## Know the signs—and find relief

### Symptoms of sleep apnea:

- Dry mouth or sore throat when you wake up.
- Headaches in the morning.
- Sleepiness or fatigue during the day.
- Snoring and restlessness during sleep.
- Waking up suddenly and feeling like you're gasping or choking.

- Trouble concentrating, forgetfulness, depression, or irritability.

### Benefits of Inspire Stimulation Therapy:

- Significant reduction in snoring and apnea episodes.
- Improvement in quality of life.

**Rest well.** For “7 Steps to a Better Night's Sleep,” go to [StRoseReach.org](http://StRoseReach.org).



**Verna holds her remote control while Dr. Goll shows the Inspire implant.**

From your friends at  
Dignity Health—St. Rose Dominican

St. Rose Dominican Hospitals  
102 E. Lake Mead Drive  
Henderson, NV 89015-5524

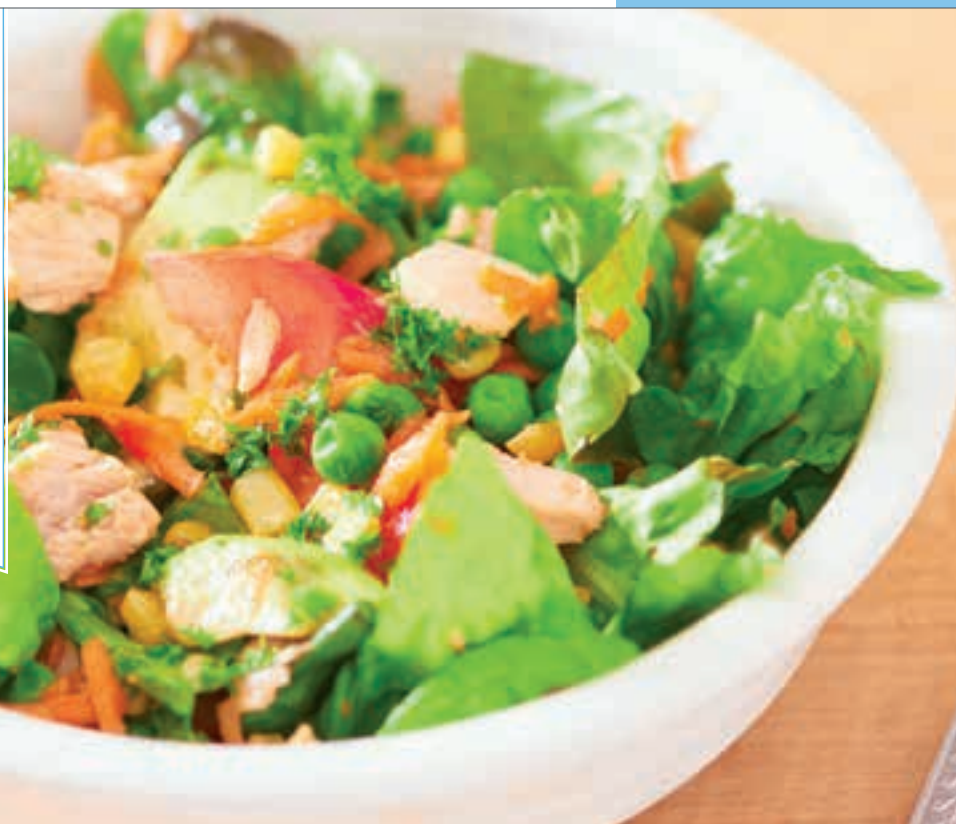
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## It's soup and salad night!

Try this quick eight-vegetable soup.  
Go to [StRoseReach.org](http://StRoseReach.org) to find the recipe.

## Tuna & avocado Cobb salad



Makes 4 servings.

### Ingredients

#### For salad:

- 4 cups red leaf lettuce, rinsed and chopped (about 8 leaves)
- 1 cup frozen whole kernel corn, roasted (on a pan in the oven at 400 degrees for 7 to 10 minutes)
- 1 cup carrots, shredded
- 1 tomato, rinsed, halved, and sliced
- ½ ripe avocado, peeled and sliced
- 1 cup frozen green peas, thawed
- 1 6-ounce can white albacore tuna in water

#### For dressing:

- 2 tablespoons lemon juice (or about 1 fresh lemon)
- 1 tablespoon lime juice (or about 1 fresh lime)
- 1 tablespoon honey
- 1 tablespoon fresh parsley, rinsed, dried, and minced (or 1 teaspoon dried)
- 1 tablespoon water
- 1 tablespoon olive oil

#### Directions

- Divide and arrange 2 cups of salad ingredients in each of 4 serving bowls.

- For dressing, combine all ingredients and mix well. Spoon 2 tablespoons over each salad, and serve.

#### Nutrition information

Serving size: 2 cups salad, 2 tablespoons dressing. Amount per serving: 224 calories, 9g total fat (1g saturated fat), 24g carbohydrates, 15g protein, 6g total fiber, 264mg sodium.

Source: National Heart, Lung, and Blood Institute

Quick  
and tasty!