

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

FALL 2017 ISSUE

“Hope is like the sun, which as we journey toward it, casts the shadow of our burden behind us.”
—Samuel Smiles



**TOGETHER
IN GOOD HEALTH**

You and your doctor can make a great team!

FACING DIABETES

Read stories of hope and health

Hope floats!

Join us for the Rose Regatta.
See page 7 for details.

INSIDE & ONLINE

Hope for the best

Hope is a small but powerful word. We all need it and can share it with others. In this issue of *Reach*, we encourage you to take charge of your health, stay optimistic and spread a little hope in your world.

You'll meet two people who bounced back from a diabetes diagnosis with help from experts at Dignity Health—St. Rose Dominican. Read their stories, starting on page 4. We also share why learning you have prediabetes can actually be a good thing. And don't miss our diabetes-specific classes to empower you to live well.

Taking an active role in your health care is empowering. Get tips for communicating with your primary care provider on page 12. And you may not always be able to stay out of the hospital, but you can take steps to avoid a repeat visit. For expert advice, turn to page 13.

Knowing your treatment options for a common women's health problem can help you take charge of your health, too. Learn the "Facts About Fibroids" on page 14.

Finally, check out "True Neighbors" on page 15. And see why we're so excited to offer full-service neighborhood hospitals in convenient locales!

REACH is published as a community service for the friends and patrons of DIGNITY HEALTH—ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health—St. Rose Dominican unless specifically noted.

Holly Lyman
WomensCare/Outreach Center
Director

Kimber Haley
Marketing Manager,
REACH Editor

Greg Preston
Sampsel Preston Photography: Cover and pages 2, 4, 5, 6

2017 © Coffey Communications, Inc. All rights reserved.

Reach magazine



ON THE COVER

Shipshape: UPS team practices for the 2017 Rose Regatta.



12 A BOND FOR BETTER HEALTH

Tips for working well with your primary care provider.



Confused about sleep aids? Rest easier with our fun, informative quiz.



4 TAKING ACTION, STAYING WELL

Two success stories on facing diabetes with expert help.



15 NEW HOSPITALS

More medical care and emergency services are now in your neighborhood.

Reach online | StRoseReach.org

NEW ONLINE!



Ease arthritis pain. Three drug-free ways to feel better, plus six foods that reduce inflammation. Check them out at **StRoseReach.org**.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org

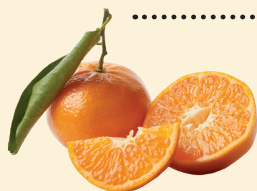


Have heartburn?

FIVE FOODS TO AVOID

After a meal you feel it—that familiar burn rising in your chest and throat. If you're prone to heartburn, sidestepping certain foods may help turn down the heat. Here are five common offenders you might want to avoid.

Chocolate or mints. Chocolate, peppermint, or spearmint may induce indigestion.



Citrus. Oranges and other citrus fruits and juices can trigger trouble.

Fatty or spicy foods.

Pass on pizza, chili, and foods that are fried, greasy, or made with spices such as curry.



Onions. While they flavor foods, onions may also fan heartburn flames.

Tomato products.

Think tomatoes, tomato sauces, and products such as ketchup.



Beyond diet. Your doctor can tell you about other ways to avoid heartburn episodes.

Find a St. Rose doctor at StRoseHospitals.org or by calling **702.616.4900**.

Why I give

My first experience with hospitals and health care was as a young boy in the first grade.

I was having a lot of unusual pain in my legs in the evenings and at night—so bad that it would keep me awake all night. My parents initially thought the pain was normal; just growing pains. As they massaged my legs at night, they would tell me I was playing very hard and the pain would go away as I grew.

Eventually, the pain, loss of sleep, and disruption to my younger brother caused my parents to seek medical help. Their efforts were financially and emotionally draining. My father was self-employed as a home-delivery milkman. They had no insurance.

We were finally referred to Primary Children's Hospital in Salt Lake City, Utah. This hospital cared for all children in need, no matter their families' ability to pay. I was admitted on my first visit and lived in the hospital for almost two years.

On one of my birthdays, my grandparents gave me a gumball machine that dispensed gum for a penny. I sold the gumballs to the children in the hospital and gave the pennies to the hospital administrator. I thought I was paying for my care.

I have spent almost my entire career in health care trying to pay forward that *humankindness*—as an orderly while in nursing school, as a nurse, and in support services management.

Dignity Health—St. Rose Dominican has blessed me with the opportunity to fulfill my personal mission of giving back to our patients, employees, and community.

—Lee Timothy, director, environmental services/maintenance



 **Pennies from heaven.** Lee

Timothy as a child, giving the pennies he raised to the hospital administrator



 **St. Rose Dominican Health Foundation.**
A Dignity Health Member

To give to the St. Rose Dominican Health Foundation, visit SupportStRose.org or call **702.616.5758**.

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

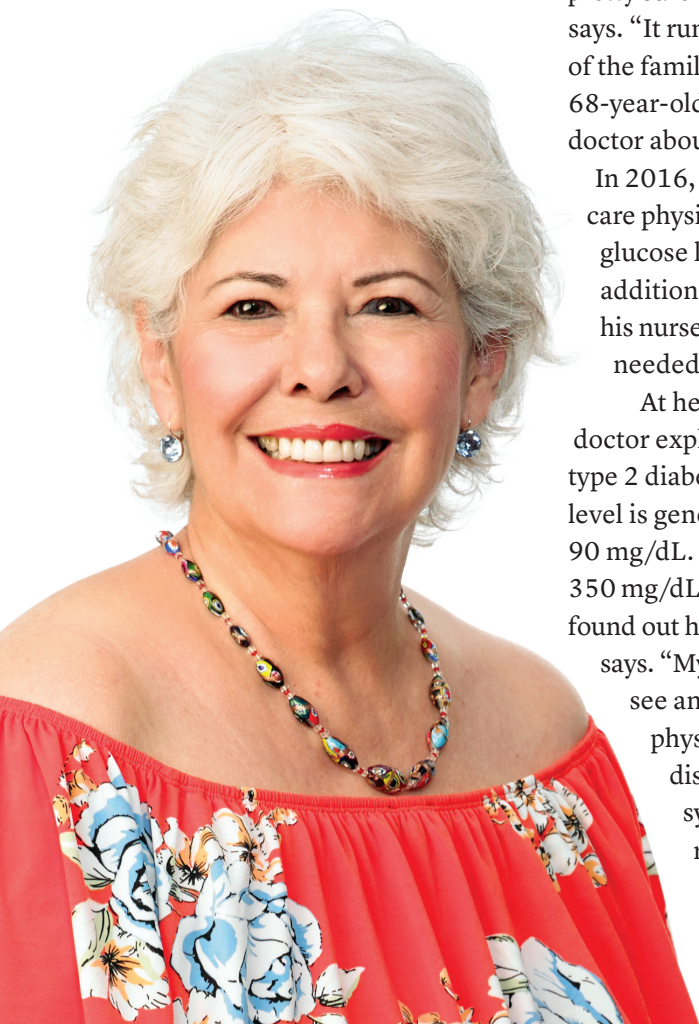
The **WomensCare/Outreach Centers** have supported Dignity Health—St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our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

Facing DIABETES

Two stories of **HOPE** for a **HEALTHIER FUTURE**

Linda

Takes control with medication
and education



Linda Bustamante knew something wasn't right. She was always thirsty, had unexplained bad breath, and was tired all of the time. "I was pretty sure it was diabetes," she says. "It runs on my mother's side of the family." Still, it took the 68-year-old a while to talk to her doctor about her symptoms.

In 2016, Linda saw her primary care physician. He checked her glucose levels while also doing additional testing. Soon after, his nurse called to say the doctor needed to see Linda again.

At her follow-up visit, her doctor explained that she had type 2 diabetes. A healthy glucose level is generally around 70 to 90 mg/dL. Linda's was over 350 mg/dL. "I panicked when I found out how bad it was," Linda says. "My doctor wanted me to see an endocrinologist (a physician who treats disorders of the endocrine system, such as diabetes) right away. My husband and I had two trips

planned, so it was a few weeks before I saw him. In the meantime, I was so stressed out that my hair started falling out in clumps."

Learning the ropes with a supportive team

"I was scared," says Linda. "I didn't know what to do or what to avoid, and it's been a really emotional process." Her doctor helped her understand how to monitor and treat her condition, and she now gives herself injections every 24 hours.

Linda's endocrinologist also told her about the variety of diabetes-related programs offered by St. Rose Dominican. And she met with

—Continued on page 6



Living with diabetes?

Find out what checkups
and tests you need with our
interactive tool. See it at
StRoseReach.org.

You've probably seen news reports about rising rates of diabetes. But what exactly is diabetes? It's actually a group of diseases characterized by high levels of glucose in the blood, often called blood sugar.

Diabetes means your body has trouble making or using the hormone insulin. Your body needs insulin to help turn the food you eat into energy. If that doesn't happen, sugar (glucose) builds up in your blood. Excessive amounts of blood sugar can harm nerves, blood vessels, and organs and lead to serious problems. Diabetes typically strikes in one of three ways.

Type 1 diabetes

Type 1 usually begins in childhood or young adulthood. It occurs when the body's immune system attacks the cells that make insulin. People with type 1 can't make enough insulin—or any at all. That's why they need to take insulin regularly.

Only about 5 percent of adults diagnosed with diabetes have type 1.

Type 2 diabetes

This is the most common type of diabetes. It was once called adult-onset diabetes, but it's increasingly being found in children.

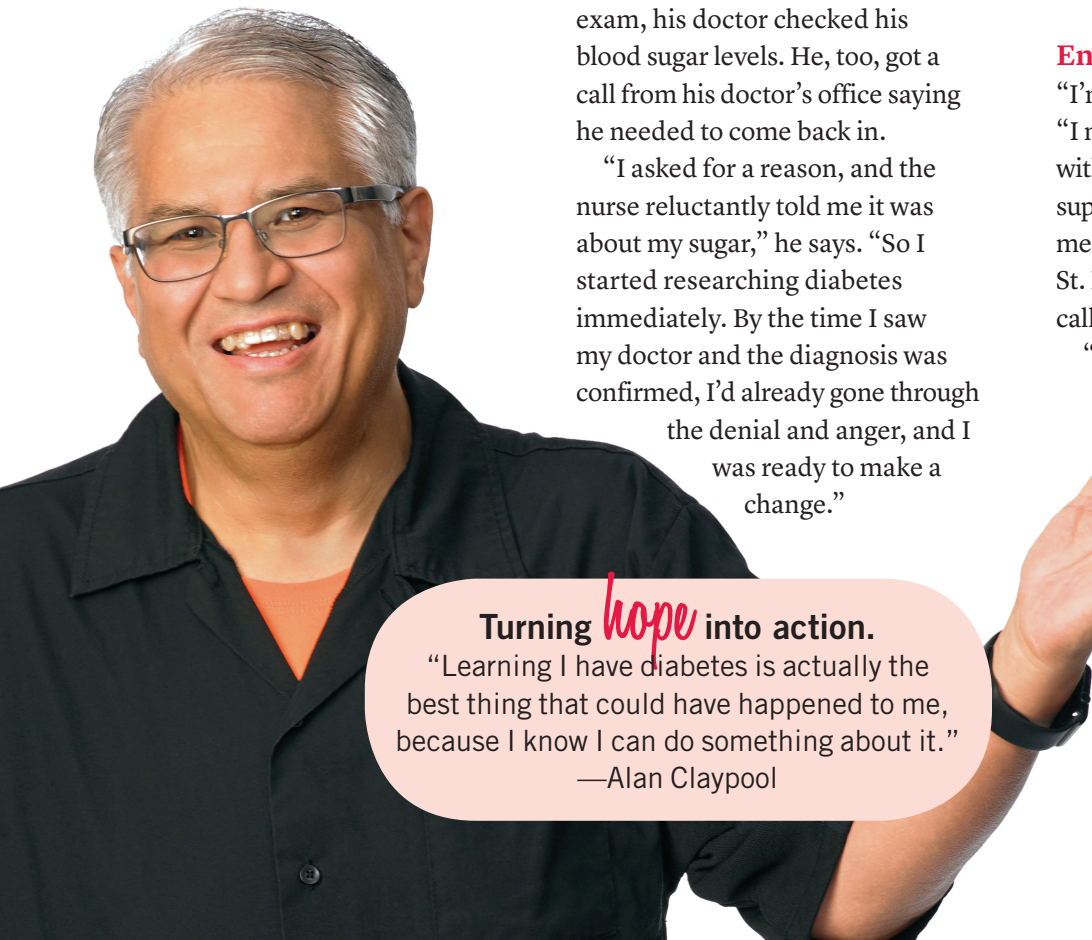
Type 2 occurs when the pancreas doesn't make enough insulin or doesn't use it properly. Genetics, diet, and inactivity are all probable causes. Medicines and sometimes insulin are needed to treat it.

Gestational diabetes

Some women who've never had diabetes before develop it during pregnancy. Gestational diabetes usually resolves once the baby is born. However, it increases the mother's risk for future type 2 diabetes—as well as the baby's risk, if the mother isn't treated.

Alan

Embraces the challenge and a healthier lifestyle



Alan Claypool was diagnosed with type 2 diabetes just over a year ago. Unlike Linda, he did not experience symptoms and had no family history of the disease. As part of a routine exam, his doctor checked his blood sugar levels. He, too, got a call from his doctor's office saying he needed to come back in.

"I asked for a reason, and the nurse reluctantly told me it was about my sugar," he says. "So I started researching diabetes immediately. By the time I saw my doctor and the diagnosis was confirmed, I'd already gone through the denial and anger, and I was ready to make a change."

Turning *hope* into action.

"Learning I have diabetes is actually the best thing that could have happened to me, because I know I can do something about it."

—Alan Claypool

Alan's levels were not nearly as high as Linda's had been, so he and his doctor talked about making lifestyle changes first, rather than starting medication.

Engineering a path forward

"I'm a network engineer," says Alan. "I needed a framework to work within—where I was and where I was supposed to be. My doctor referred me to the diabetes support team at St. Rose Dominican...they actually called me before I could call them."

"Sherry is an excellent reference and sounding board," he continues. "She gave me the information and resources I needed to control my diabetes without medication."

The diabetes team tailored a program specifically for Alan,

—Continued on page 6

We're here to help!

Check out our diabetes management classes

Gestational Diabetes

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

Comprehensive Diabetes Training and Education

For those newly diagnosed with diabetes or needing a refresher course, this three-hour class in three weekly sessions provides nine hours of comprehensive education. Pre-visit with educator required.

Tuesdays, Oct. 3, 17, 24, and Dec. 5, 12, 19, 9 a.m. to noon

Physician referral and individual visit required prior to class dates.

GV FREE

NEW! Diabetes Survival Skills

Learn how to manage your newly diagnosed diabetes.

Thursday, Oct. 19, 3:30 to 5 p.m.

WEST FREE

Wednesday, Nov. 15, 9 to 10:30 a.m.

GV FREE

Kidney Smart

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

Thursday, Oct. 26, 10 to 11:30 a.m.

WEST FREE

Tuesday, Nov. 14, 10 to 11:30 a.m.

HEND FREE

Thursday, Dec. 14, 6 to 7:30 p.m.

GV FREE

National Diabetes Prevention Program

Do you have prediabetes or know if you are at risk? Lifestyle changes are a proven way to prevent or delay type 2 diabetes. This evidence-based, life-style change program focuses on nutrition, weight control, activity, and stress management. To enroll in this 12-month program, call **702.616.4975**.

Thursdays, starting Jan. 11, 1 to 2 p.m.

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

Stanford Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment.

Tuesdays, Oct. 10 to Nov. 14, 3 to 5:30 p.m.

GV FREE

Mondays, Oct. 16 to Nov. 20, 1 to 3:30 p.m.

UMC Healthy Living Institute: FREE

901 Rancho Lane, #180
Call **702.383.7353**.

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Thursday, Oct. 26, 3 to 5 p.m.

Thursday, Dec. 7, 10 a.m. to noon

GV FREE

Monday, Nov. 6, 3 to 5 p.m.

WEST FREE

LOCATION KEY

(See full key and map on page 8.)

Linda



—Continued from page 4

Sherry Poinier, a St. Rose Dominican registered dietitian. “I spent hours with Sherry,” she says. “She showed me what I could eat and how to read labels to help control my diabetes.”

Linda sees her endocrinologist every six to eight weeks and checks in regularly with the diabetes team at St. Rose. Her physician is very pleased with her progress, and tests show her glucose levels are trending closer to normal.

What advice does she have for others? “Pay attention to your body,” says Linda. “If something seems off, get checked. And if you’re serious about getting your numbers down, take classes—learn as much as you can.”

Alan



—Continued from page 5

who has lost more than 90 pounds since learning he had diabetes.

“Living with diabetes is all about attitude,” says Alan. “You can look at it as I’m doomed, and there’s nothing I can do about it—or you can be optimistic and embrace it.”

Alan participates in diabetes support groups at St. Rose and gets his bloodwork done there.

“It’s very convenient, inexpensive, and gives me the tools I need to stay on track,” he says. “I eat more salads than I ever imagined I would and fewer burgers, but I actually feel more freedom than I did before the diagnosis.”



Diagnosis, prediabetes

3 REASONS WHY THAT’S GOOD NEWS

- 1. You just found out you don’t have type 2 diabetes.** That’s good. Diabetes is a potentially dangerous disease. Still, your blood sugar is higher than normal—the definition of prediabetes. If your blood sugar continues to rise, you’ll eventually be diagnosed with type 2 diabetes.
- 2. You know you have prediabetes.** Most people with prediabetes don’t have any symptoms, so they don’t know they’re at increased risk for type 2 diabetes. But now you’re aware of your risk.
- 3. You can turn things around.** There’s a lot you can do to bring your blood sugar down and help prevent full-blown diabetes. For example, if you’re overweight, dropping 5 to 10 percent of your weight can prevent or even reverse prediabetes.

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • FALL 2017

✦ For classes that require registration, you can now register online at 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 or call **702.616.4900**, unless otherwise noted.



Fitness

Drop-in only unless otherwise noted. Fees paid on arrival.

Dragon Boat Paddling

Paddle for fun and fitness. Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub. Lake Las Vegas: \$10 per person

LOCATION KEY

(See full key and map on page 8.)

Walking Clubs

All ages, fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting location.

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

Take It Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved. Appropriate for prenatal students.

Mondays, 11:30 a.m. to 12:30 p.m.

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

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

Tuesdays, Thursdays, and Fridays, 10 to 11 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



A boatload of fun!

Rose Regatta Dragon Boat Race & Festival

Join us for a great day at the lake. Cheer on racers, enjoy the festivities, and support a wonderful cause!

Saturday, Oct. 14

Lake Las Vegas

Races start at 8 a.m.

See the full schedule at StRoseReach.org.

Paddling for a purpose

This annual event raises funds for St. Rose Dominican's R.E.D. Rose program, which provides free clinical breast exams, mammograms, ultrasounds, surgical consultations, and biopsies to women and men age 49 and younger who lack adequate health care coverage or the financial means to obtain them.

PINK sponsors



MONTELAGO VILLAGE
ASSOCIATION



JADE sponsors

Bank of America
Comprehensive Cancer
Centers of Nevada
Dignity Health Medical
Group
Levi Strauss & Co.
NV Energy

Pueblo Medical Imaging
Quest Diagnostics
Radiology Associates of
Nevada
Steinberg Diagnostic
Medical Imaging
Sound Physicians

TeamHealth
UnitedHealthcare
U.S. Bank
Volunteers in Medicine
of Southern Nevada
Wells Fargo

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • FALL 2017



Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.

Vinyasa Flow Yoga: Beyond the Basics

Follow your breathing and move through yoga 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.**

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

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

NEW DAY! Tuesdays, 10 to 11 a.m.

WEST FREE

Belly Dancing

**Saturdays, Oct. 14,
Nov. 11, Dec. 9; 10:30 a.m.
to noon**

WEST FREE



Nutrition

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application. Call **702.616.4905** for an appointment.

Tuesdays, 8 a.m. to noon

GV WIC: FREE

All creatures great and small

12th Annual Pet Blessing and Animal Fair Saturday, Nov. 4, 1 to 3 p.m.

SAN FREE

Treat your pets to a fun day at St. Rose's 12th annual Pet Blessing and Animal Fair. The event will feature:

- A group pet blessing at 2:30 p.m.
- A variety of pet-related booths with information, demonstrations, and drawings
- Light refreshments

For more information, call **702.492.8555**.

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Nov. 1,
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

Better Breathers Club

Join us for this educational and social support group for people living with lung health problems.

**1st Thursday of each month,
1 to 2 p.m.**

GV FREE

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!

**Thursdays, Oct. 12 to
Nov. 16, 2:30 to 5 p.m.**

GV FREE

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



* Take a deeper look! We have more classes at StRoseHospitals.org/classes.



LOCATION KEY

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

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, Oct. 4, Nov. 1, Dec. 6, 7 to 8 p.m.

WEST FREE

Balancing Energy Fields

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

Wednesdays, Oct. 11, Nov. 8, Dec. 13, 6 to 8 p.m.

WEST \$5

Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Dec. 7, 6 to 9 p.m.

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

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, Oct. 10, Nov. 14, Dec. 12, 5:30 to 6:30 p.m.

GV FREE

Wednesdays, Oct. 4, Nov. 1, Dec. 6, 5:45 to 6:45 p.m.

WEST 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

Wednesdays, 1 to 2 p.m.

HEND FREE

Safe Sitter

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

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

GV \$20 (includes lunch)

Self-Hypnosis for Positive Thinking

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.

Wednesday, Oct. 25, 6 to 8 p.m.

WEST \$25 (includes CD)



Diabetes Management

(Find classes on page 6.)



Heart and Stroke Programs

Eating for a Healthy Heart

Manage hypertension, high cholesterol, and high triglycerides through nutrition. A dietitian-led and hands-on approach makes this an interactive class with personalized strategies.

Wednesday, Oct. 18, 9 to 10:30 a.m.

GV FREE

Monday, Nov. 13, 3 to 4:30 p.m.

WEST FREE

Thursday, Dec. 7, 11:30 a.m. to 1 p.m.

WEST 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, Oct. 25 or Nov. 22, 5 to 9 p.m.

GV \$30 (includes AHA certification card)

Understanding Healthcare Billing

A presentation on patient insurance billing presented by the Governor's Consumer Health Advocate with the Office for Consumer Health Assistance at the Nevada Department of Health and Human Services.

Thursday, Oct. 26, 1 to 2 p.m.

GV FREE



Smoke-Free

Freedom from Smoking

Kick the habit with this supportive, seven-week American Lung Association program.

Mondays, Oct. 2 to Nov. 13, plus Wednesday, Oct. 25, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Thursday, Oct. 26, 6 to 8 p.m.

GV \$25 (includes CD)



Cancer Screenings and Survivorship

Mammograms

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



Screenings

Health Screenings and 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.

Thursday, Nov. 9, 7 to 10 a.m.

GV See prices above. Appointment needed.

Thursday, Dec. 7, 7 to 9 a.m.

WEST See prices above. Appointment needed.

Metabolic Testing

Call **702.616.4975** for an appointment.

GV \$45



Support Groups

"There was never a night or a problem that could defeat sunrise or

hope."

—Bernard Williams

- 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
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD

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 AND EVENTS • FALL 2017



Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.



My Baby App

Dignity Health's new My Baby App provides valuable advice during your pregnancy journey. Download the My Baby App from the App Store or Google Play to track your pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.

- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Divorce Support
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- **NEW!** Postpartum Depression and Anxiety Hotline, **800.944.4773**
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Us Too: Prostate 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.

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 or by calling **702.882.1795**.

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

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.

LOCATION KEY

(See full key and map on page 8.)

Car Seat Safety Checks

Call **702.616.4902** for an appointment.

Tuesdays, Oct. 3, Nov. 7, Dec. 5, 10 a.m. to noon
WEST \$10

Fridays, Oct. 13, 20, Nov. 10, 17, Dec. 8, 15, 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 \$20

Prepared Childbirth

GV \$50

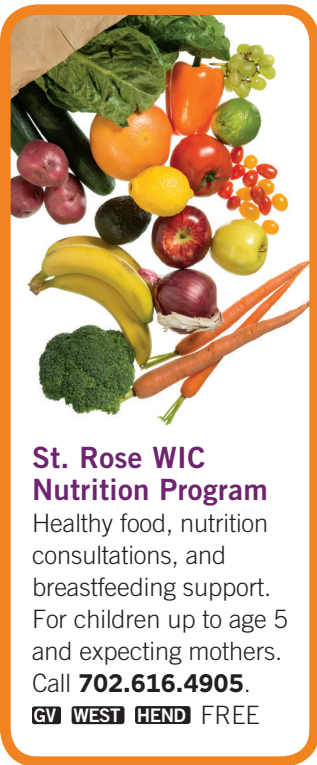
Smoking Cessation for Pregnancy

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



Not feeling like yourself?

Did you know that up to 20 percent of pregnant and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable! Visit nvmch.org for information, support, and resources.



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



Breastfeeding

Breastfeeding Helpline and Consultations

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

GV WEST \$40

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

New moms and babies get support, lactation help, and education.

Mondays, 11 a.m. to noon

HEND FREE

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE



Infants, Children, and Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

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

GV 10 classes for \$110

Dancing with Miss Jenny®

Enhance your child's motor and cognitive skills and developmental milestones through dancing exercises, fun props and parent participation. For children 18 months to 5 years old.

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

WEST FREE

Thursdays, 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

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. For parents with children ages birth to 2 years.

Tuesdays, 2 to 2:30 p.m.

GV FREE

Thursdays, Oct. 5 and 19, Nov. 2 and 16, Dec. 7 and 21; 1 to 1:30 p.m.

WEST FREE

Tuesdays, Oct. 17, Nov. 21, Dec. 19, 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.

Thursdays, Oct. 5, 12 and 19, 10:30 to 11:30 a.m.

Saturdays, Oct. 21, 28 and Nov. 4, 10:30 to 11:30 a.m.

Thursdays, Nov. 2, 9 and 16, 10:30 to 11:30 a.m.

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

Parenting with a Purpose and Pancakes!

Learn Love and Logic techniques over healthy treats! Ages birth to 5 years old.

Friday, Oct. 13, 9:30 to 10:30 a.m.

HEND 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 5 years.

Thursdays, 2 to 3 p.m.

HEND FREE

Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Thursdays, Dec. 7, 14 and 21, 10:30 a.m. to 11:30 a.m.

WEST \$69 (includes Pick Me Up kit)

Crawlers and Climbers

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

Fridays, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15, 9:15 to 10 a.m.

HEND FREE

Ages & Stages

A questionnaire that takes a look at your child's developmental milestones. Ages birth to 5 years.

Thursdays, 10 to 11:20 a.m.

HEND FREE

Snaps & Snacks with Santa

Come celebrate with Santa and his helper as we create yummy, healthy treats with him. Photo with Santa and crafts to be had! Ages birth to 5 years.

Thursday, Dec. 14; 5 to 7 p.m.

HEND FREE

Children's Miracle Network Extra Life 24-hour Gaming Marathon

Saturday, Nov. 4

Extra Life unites thousands of players around the world in a 24-hour gaming marathon to support Children's Miracle Network (CMN) Hospitals. Since its inception in 2008, Extra Life has raised more than \$30 million for local CMN Hospitals. Visit extra-life.org to sign up.



**Children's
Miracle Network
Hospitals**

A partnership for GOOD HEALTH

Working well with
your primary care doctor
can matter so much



Your doctor is an expert on human health. But even with all that expertise, your doctor needs to know the details of your unique medical health and history to give you the best possible care.

“It’s so important to have a strong working relationship with your primary care doctor that is based on open communication,” says Joseph Johnson, MD, a family medicine physician at Dignity Health Medical Group Nevada’s new Pavilion clinic.



Joseph Johnson,
MD

There for you in sickness and health

For most people, the main doctor-patient relationship is with a primary care physician. Among other things, these doctors:

- Diagnose medical problems
- Treat a variety of illnesses and conditions
- Coordinate your care with other specialists, if needed
- Help patients learn how to care for their own health
- Help prevent health problems from occurring

Types of primary care doctors include:

- Family physicians, who are trained to care for people of all ages—from babies to older adults
- Internal medicine physicians, who focus on medical conditions faced by adult patients
- Pediatricians, who care for newborns, infants, children, teens, and even young adults

Take an active role in your care

Inna Zdorovyak, MD, another family medicine doctor at the Dignity Health Medical Group’s Pavilion clinic, offers these tips for communicating well with your doctor for better care:

Be prepared. Before your next doctor’s visit, take a little time to get ready. Gather your medications—including any over-the-counter drugs or herbal or alternative remedies that you take—and bring them with you to the doctor’s office.

Speak up. During your visit, tell your doctor about your symptoms and anything else you think he or she



Inna Zdorovyak,
MD

Heading home—and staying there

Back so soon? These probably aren't the words most people want to hear when checking into a hospital. Yet some patients do return for another hospital stay weeks or months after being discharged for the same or a related health condition.

"We're working hard to reduce readmissions," says Maggie Ozan Rafferty, DHA, RN, chief experience officer for Dignity Health—St. Rose Dominican.

"We want to ensure people have the information they need, so they can recover well and stay healthy once they go home."



Maggie Ozan Rafferty, DHA, RN

3 steps to avoid a return trip to the hospital

1. Understand your discharge instructions.

If any aspect of your care isn't clear, ask the staff to clarify. Be sure to get written instructions as well.

2. Fill your prescriptions—and keep any follow-up appointments. Do the same with any lab work or other tests you need.

3. Know who to call. Ask what symptoms you might need to watch for—and who to call if you start to have new or worsening symptoms.

Find the support you need. If you're living with a new or chronic health condition, check out the various classes and programs we have to help—starting on page 7.

needs to know. For instance, be sure to mention when your symptoms started, how often they occur, and how long they last.

Listen carefully—and ask questions. It can be a good idea to repeat what's said in your own words so you're sure you understand. If you're confused, don't hesitate to ask questions.

If your doctor recommends medication, ask how to take it and about possible side effects. If he or she suggests surgery or a treatment, be sure you understand why you need it and the risks and benefits.

If you have a condition that has a number of treatment options, ask about the pros and cons of each one.

Use the checklist form at right. It can help you prepare for doctor visits and calls to your doctor's office.

Looking for Doctor Right? Find a primary care doctor who puts humanity in health care. Search online at StRoseHospitals.org or call **702.616.4900**.

My doctor visit checklist

This checklist can help you communicate better with your doctor. Fill it out and take it with you to your appointment. You might also use it to prepare for calls to your doctor's office about your care.

The reason for my visit:

I am most concerned about _____.

What the doctor needs to know

I have these new or worsening symptoms:

My health has changed recently (taking new medications, recovering from surgery, etc.):

I have these limitations (poor vision, difficulty walking, memory problems, etc.):

Your health or treatment Questions to ask

- Do you have any follow-up instructions for me? Can I get those in writing?
- When will I get the test results from my visit?
- When should I schedule my next appointment?
- When should I expect to see improvement?
- If there is no improvement, what should I do?
- How should I contact you if I have questions after this visit?

Staying well Questions to ask

- Does my family history raise my risk for any health problems?
- What vaccines, screenings, or medical tests do I need?
- What are some steps you think I should take to stay healthy?

I feel



stable



unstable



getting worse



seriously ill

Need emergency care? Call 911.

Available online!

Print extra copies of this checklist or share it with friends and family. Find it at StRoseReach.org.

Facts about fibroids

Procedures can relieve pain and help you feel your best

They can be as small as an apple seed or as large as a grapefruit. And by some estimates, as many as 80 percent of women will develop them by age 50. They're fibroids—muscular tumors that are nearly always benign and that grow in the wall of the uterus.

The role of hormones

Even though fibroids are common, doctors don't know precisely why

they develop. They do know, however, that female hormones fuel their growth, since fibroids grow rapidly during pregnancy when hormone levels are high. And they stop growing—or even shrink—once menopause starts.

“Typically, fibroids are small and don't cause any problems,” says Guy Torres, MD, a licensed OB-GYN. “In fact, many women have them and never know it.” When they're detected, it's often by chance. Still, women with symptoms may find that fibroids are hard to

live with. They may cause:

- Painful periods or ones so heavy they cause anemia
- Bleeding between periods
- Pain during sex
- Pain in the lower back—often a dull, heavy aching but sometimes sharp
- An enlarged lower abdomen
- Frequent urination, constipation, or bloating
- Miscarriages

To treat or not?

“Fibroids that don't cause symptoms usually don't need treatment,” says Dr. Torres. “But if uncomfortable symptoms are disrupting your life and

medicines haven't helped, talk with your doctor about procedures to find relief.”

Here are a few treatment options:

Endometrial ablation. This procedure destroys the lining of the uterus and helps control very heavy bleeding. It can be done with a laser, electric current, or other methods. You can't get pregnant after having an endometrial ablation.

Uterine artery embolization. Here, doctors inject tiny particles—about the size of grains of sand—into blood vessels leading to the uterus. The particles cut off blood flow to fibroids, causing them to shrink.

MRI-guided ultrasound therapy. In this approach to treatment, doctors use MRI imaging to aim ultrasound (sound waves) at a fibroid. The ultrasound waves heat up and destroy the fibroid.

Surgery. In a surgery called a myomectomy, doctors remove fibroids but leave the uterus intact. Since you keep your uterus, you may still be able to have children.

Alternatively, in a hysterectomy, doctors remove the uterus and you can no longer become pregnant. A hysterectomy may be necessary when other treatments haven't worked or fibroids are very large.

Talk about all your treatment options with your doctor. To find a St. Rose Dominican physician who treats fibroids, call **702.616.4900** or visit **StRoseHospitals.org**.



**Be screened.
Stay well.**

For “10 Screening Tests Women Need,” go to **StRoseReach.org**.

True neighbors

We're ready to deliver the hospital care you need, close to home



It's been an exciting summer for Dignity Health—St. Rose Dominican and for various areas of the valley, including North Las Vegas, Blue Diamond, and West Flamingo. New St. Rose Dominican neighborhood hospitals have opened in all three of these areas to provide medical care and emergency services. An additional hospital will open late this year on West Sahara.

To bring these convenient neighborhood facilities to Las Vegas, Dignity Health—St. Rose Dominican partnered with Emerus, the nation's innovative leader in building and operating micro hospitals.



Close by—and full service

Besides being convenient for area residents, each hospital offers calm, soothing environments and personalized patient experiences. The hospitals are staffed by ER-trained, board-certified physicians, experienced nurses, and other clinical specialists dedicated to providing the same level of compassionate, patient-focused care found at St. Rose Dominican's existing hospitals. What else you can expect:

- Fast emergency care
- On-site imaging and lab services to help patients receive timely diagnoses
- Attentive, around-the-clock nursing care, if an overnight stay is needed



We're here for you. For information on the four new hospitals or to schedule an estimated emergency room arrival time, visit StRoseNH.org.



When is stomach pain an emergency?

Test your knowledge about bellyaches at StRoseReach.org.

From your friends at
Dignity Health—St. Rose Dominican

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

Nonprofit Org.
U.S. Postage
PAID
Merced, CA
Permit No. 1186



Yum! Strawberry shakes

Kids and grown-ups alike will love these fruity and healthy treats. Go to StRoseReach.org to find the recipe.

U

Spread *hope* in your world



We can each make the world a kinder, brighter place with our everyday actions. With the holiday season ahead, it's a good time to think about how we can spread a little hope to others.

Here are some ideas to inspire you to make a difference, even in the smallest ways.

Share something hopeful. Tell someone about a charitable cause that's doing good work. Post or share an upbeat news story.

Say, "I believe in you." Encourage someone who's working toward a goal. Let them know that

you see them succeeding.

Reach out to someone who seems to be struggling. Ask, "What can I do now to help and support you?" Let them know you care and you're there to listen.

Offer a helping hand. Maybe you know a family caregiver or elderly neighbor who could use help with tasks or errands.

Connect with a friend face-to-face. Online friends are fine, but it's not the same as giving real hugs or taking soup to someone who's sick.

Express regret. If you're truly sorry for something you said or did to someone, apologize. Take responsibility without excuses.

Do acts of *humankindness*. Hold the door for someone. Buy a stranger a cup of coffee. Leave extra coins at the laundry. Donate used books to a shelter or nursing home.

Expect good things to happen. You'll feel more optimistic and hopeful—and that's sure to lift up those around you, too.

Be *hope* on wheels

Helping Hands of Henderson is a service that relies on volunteer drivers to provide free rides to older adults needing a lift. To learn more about Helping Hands of Henderson, call **702.616.6554**.

Hello
humankindness

