

# 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

**OPEN  
COMMUNICATION**

offers the best possible care

**FACING DIABETES**

Read stories of hope and health

*Hope floats!*

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



## 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.

We'll also introduce you to two St. Rose Dominican specialists offering relief from leg pain with innovative, same-day surgeries.

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.

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# INSIDE & ONLINE

## Reach magazine



### ON THE COVER

**Shipshape:** UPS team practices for the 2017 Rose Regatta.



### 4 TAKING ACTION, STAYING WELL

Two success stories on facing diabetes with expert help.



### 12 A BOND FOR BETTER HEALTH

Tips for working well with your primary care provider.



### 15 NEW HOSPITALS

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

## Reach online StRoseReach.org



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

### 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**

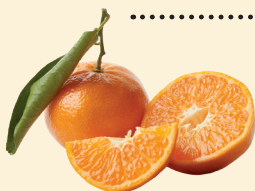


# Have heartburn?

## 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](http://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](http://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.

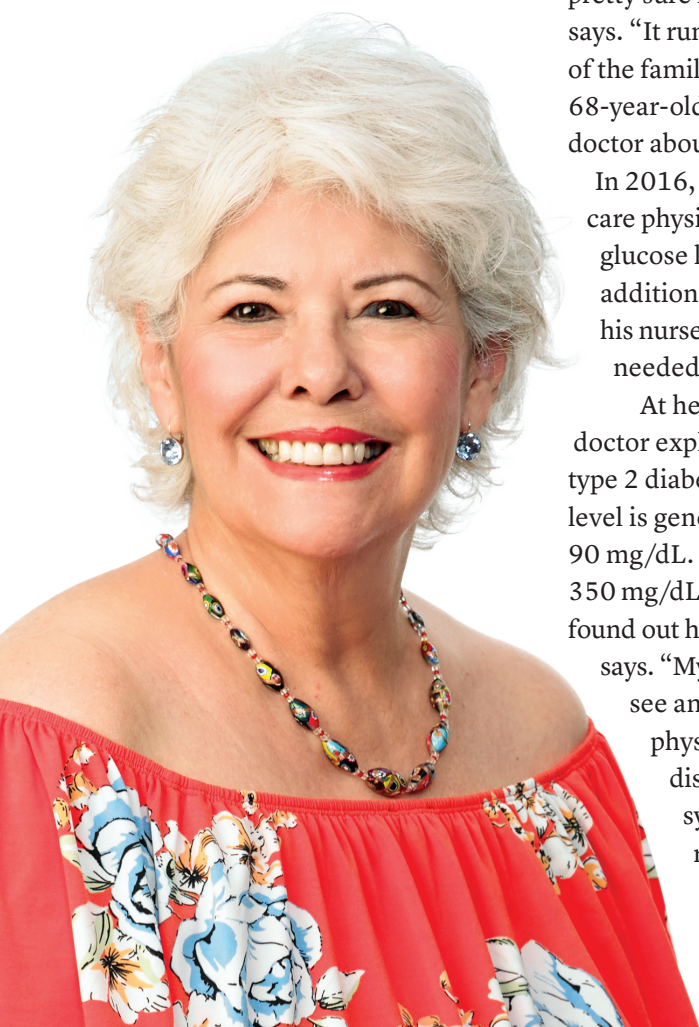
The **WomensCare/Outreach Centers** have supported Dignity Health—St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our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

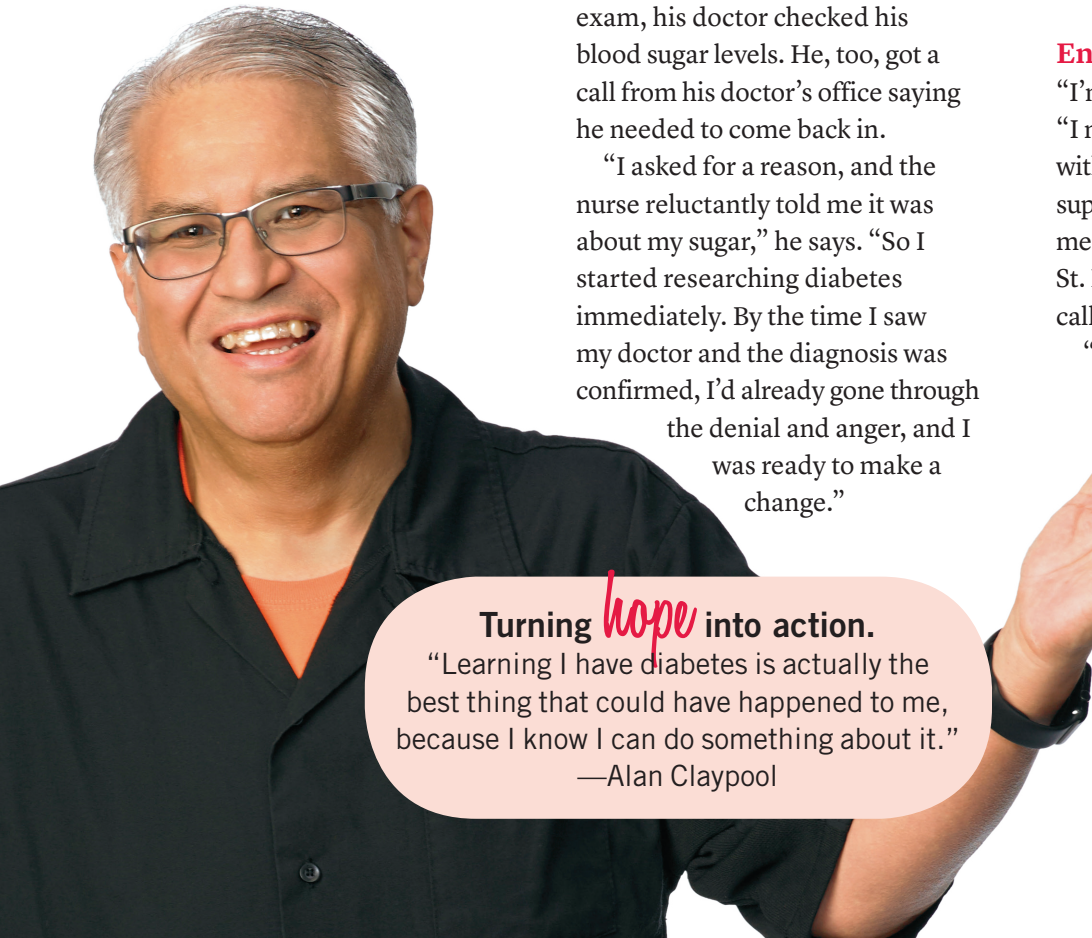
Type 2 occurs when the pancreas doesn't make enough insulin or doesn't use it properly. Genetics, diet, and inactivity are all probable causes. Medicines and sometimes insulin are needed to treat it.

### 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](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

**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

### LOCATION KEY

(See full key and map on page 8.)

### Zumba Gold

Show aging “who’s boss” with low-impact dance for the young at heart.

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

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

### 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.**

### Fitness Testing

Are you fit for your age? If you are 60 or above, see how to remain mobile until 90 and beyond!

**Friday, Oct. 20, 10 to 11 a.m.**

**GV**

**Wednesday, Nov. 29, 2 to 3 p.m.**

**WEST**

**Thursday, Dec. 7, 10 to 11 a.m.**

**HEND**

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



To find a St. Rose doctor, call **702.616.4900**.



## 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.



MONTELAGO VILLAGE ASSOCIATION



### PINK sponsors



### 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](http://StRoseHospitals.org/classes) or call 702.616.4900, unless otherwise noted.

## EnhanceFitness

Exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

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

**Mondays and Wednesdays, 10 to 11 a.m. and 3:45 to 4:45 p.m.**

**Tuesdays, Thursdays, and Fridays, 8 to 9 a.m.**

**GV** FREE

**Mondays, Wednesdays, and Fridays, 1 to 2 p.m.**

**Tuesdays and Thursdays, 9 to 10 a.m.**

**WEST** FREE

## Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target aging zones.

**Tuesdays and Thursdays, 9 to 10 a.m.**

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

## Tai Chi

Learn graceful Chinese martial arts moves to improve balance and relaxation.

**Introduction to Tai Chi: Wednesdays, 2:30 to 3:30 p.m.**

**GV** FREE

**Intermediate: Wednesdays, 1:30 to 2:30 p.m.**

**GV** FREE

## Take It Easy Yoga

Pre-beginner class with assistance of a chair. No floor work involved.

**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 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

## 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**.

## Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your yoga practice.

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

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

## Mixed-Level Yoga

Requires experience beyond basic 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



## LOCATION KEY

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



## 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 for floor or chair exercise.

**NEW! 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

### 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.

**First 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

**Thursdays, Oct. 12 to  
Nov. 16, 10 a.m. to  
12:30 p.m.**

Heritage Park Senior Center,  
300 S. Racetrack Road  
Call **702.267.2950**



## Relax and Paint

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

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

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

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

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

**WEST** FREE

### AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 nonmembers (checks only, made out to AARP).

**Monday, Oct. 9, Nov. 13 or  
Dec. 11, 9 a.m. to 1 p.m.**

**GV**

**Tuesday, Oct. 24 or Nov. 28,  
1 to 5 p.m.**

**HEND**

### Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

**Tuesday, Oct. 10, 9 to 10 a.m.**

**GV** 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

### 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](http://extra-life.org) to sign up.



**Children's  
Miracle Network  
Hospitals**

More

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

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

## 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.**

**WEST** FREE

## Communication Through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.

**Fridays, Nov. 3, 10, 17, 3:30 to 5 p.m.**

**GV** FREE

**Fridays, Dec. 1, 8, 15, 3:30 to 5 p.m.**

**WEST** FREE

## Tea and Talk Book Club

Call 702.616.4900 for monthly book titles.

**Thursdays, Oct. 19, Nov. 16, Dec. 21, 2:30 to 3:30 p.m.**

**GV** FREE

## Knit to Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!

**Thursdays, Oct. 12 and 26, Nov. 9, Dec. 14, 10 a.m. to noon**

**GV** FREE

**Thursdays, Oct. 12 and 26, Nov. 9, Dec. 14, 11:30 a.m. to 1:30 p.m.**

**WEST** FREE

## 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)

## Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors for doctor's appointments and errands.

Call 702.616.6554.



## Heart and Stroke Programs

### Eating for a Healthy Heart

Learn to eat for a healthy heart—manage hypertension, high cholesterol, and high triglycerides through nutrition. Dietitian-led and a hands-on approach make 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)



## Diabetes Management

(Find classes on page 6.)



## Understanding Healthcare Billing

A presentation on understanding 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

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





## Smoke-Free

### Freedom from Smoking

Kick the habit with this supportive, six- or 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

### FIT Colon Test

Are you age 50 or older? Take home a colorectal cancer FIT (fecal immunochemical test) screening kit, return your sample to a WomensCare Center, and receive results by mail.

**GV WEST** \$15

### Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Mammovan if you are 50 or older at **877.581.6266**. Funded by Susan G. Komen for the Cure.

## Powerful Tools for Caregivers

Caring for a loved one? This six-week workshop will help you develop self-care tools to become a better caregiver and a happier, wiser, healthier you!

**Thursdays, Jan. 25 through March 1, 1 to 3:30 p.m.**

**GV** FREE



## Screenings

### Peripheral Artery Disease

Do you have symptoms of PAD? Get screened.

**Thursday, Nov. 16, 8 a.m. to noon**

**GV** FREE. Appointment required.

### 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

### Do You See What I See?

Get a free eye screening, prescription check, and education about glaucoma and other eye ailments.

**Wednesday, Nov. 8, 10 a.m. to noon**

**GV** FREE. Appointment required



## 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
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Divorce Support
- Gamblers Anonymous
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- **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
- Transitions for Aging
- Us Too: Prostate Cancer Support
- Widows Support

### Senior Peer Counseling

Do you need to talk? Trained peer counselors are here to listen. Ages 50 and older. Call **702.616.4910**.



## Be screened. Stay well.

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

## LOCATION KEY

(See full key and map on page 8.)



# 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:



**Inna Zdorovyak,  
MD**

**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



## 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](http://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](http://StRoseReach.org).

# Back in circulation ←

St. Rose doctors treat leg pain with same-day surgery

**If you're living with leg pain**, you might chalk it up to getting older. But leg pain can be caused by a variety of things, including poor blood circulation.

Poor leg circulation isn't actually a condition itself. It results from other health problems, including obesity, diabetes, atherosclerosis (narrowed arteries), multiple pregnancies, and long-term standing. Poor circulation in the lower body can lead to:

- Tired, heavy, achy legs
- Cramping or calf pain that occurs with walking even short distances
- Varicose veins
- Leg or ankle swelling and skin discoloration
- Leg or foot ulcers

## Going with the flow

Two cardiologists at St. Rose Dominican's Rose de Lima

Campus in Henderson are working together to provide comprehensive care for patients with poor leg circulation. When arteries or veins narrow and become blocked, they can use minimally invasive procedures to help get blood flowing well again.

If a patient has a blockage in the arteries that take blood from the heart down to the toes, Branavan Umakanthan, DO, FACC, FSCAI, a board-certified interventional cardiologist, performs a balloon angioplasty. This involves inserting a small balloon into the artery to open the blockage.

For blockage in a vein that takes blood from the toes back up to the heart, another specialist steps in. Sunil Kalla, MD, FACC, another

board-certified interventional cardiologist, performs a different procedure that places a stent in the leg vein so blood can flow freely again. As Dr. Kalla says, "Dr. Umakanthan goes north to south (heart to toes) while I go south to north (toes to heart)."

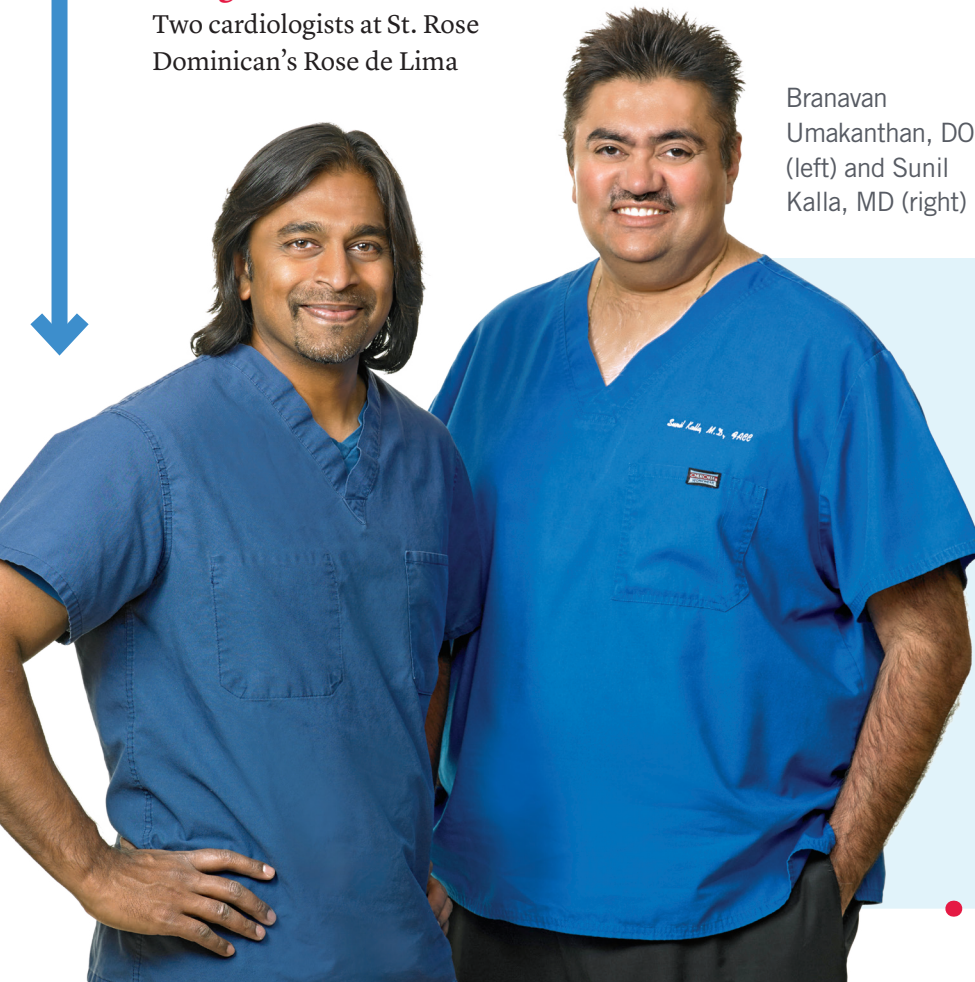
Both procedures take about an hour, and people typically return home within four hours.

## So much better!

"Most patients see swelling improve by 70 to 80 percent within a few weeks," Dr. Kalla says. Their quality of life is significantly improved, too. They are able to walk comfortably again and be more independent, Drs. Kalla and Umakanthan say.

**For hope and healing.** If you have leg pain or other problems, find a doctor who can help at **StRoseHospitals.org** or by calling **702.616.4900**.

Branavan Umakanthan, DO (left) and Sunil Kalla, MD (right)



## Seeing is relieving

Dr. Umakanthan and Dr. Kalla have been using advanced technologies to open leg arteries for several years. Dr. Umakanthan is an international-level speaker in this field.

Dr. Kalla was also the first physician in the state of Nevada to use intravascular ultrasound-guided pelvic stent placement. It allows the doctor to weave a tiny camera into veins to measure and fix blockage or compression. "It's like taking a picture of the vein from the inside," he says. "I can see if there is a blockage and insert a stent immediately."



# 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](http://StRoseNH.org).



## When is stomach pain an emergency?

Test your knowledge about bellyaches at [StRoseReach.org](http://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](http://StRoseReach.org) to find the recipe.

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# 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**.