

WomensCare

fall 1999

A magazine for your mind, body, and spirit

Breast Cancer
Prevention

His & Her
Health

Herbal
Remedies



The BARBARA
GREENSPUN

WomensCare

Center of Excellence



St. Rose Dominican Hospital

CHW

Ten Tips for Solving Troubles

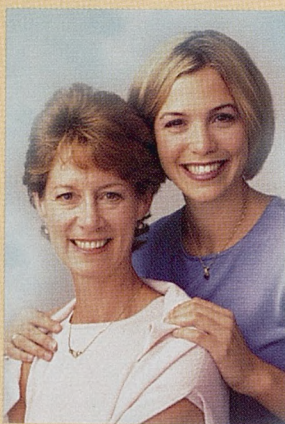
Even the best of relationships are bound to experience road bumps, hot spots, or hiccups. How you handle troubled waters is what is important. Here are 10 tips for coming to successful resolutions with your loved one.

1. Be allies, not adversaries.
2. Seek win-win solutions.
3. Listen more than you talk.
4. Solve problems; don't conquer your spouse or significant other.
5. Step back and get some perspective (will this matter in five years?).
6. Define the core issues.
7. Make observations, not accusations.
8. Take time when making important decisions.
9. Get good advice.
10. Pray about it.

(Adapted from Marriage-Partnership Magazine, a resource for couples.)

Women's Window

Madlyn Jamison, a breast cancer survivor, has been an account executive for KLAS Channel 8 for 15 years. She believes that prevention—through good nutrition, regular exercise, and routine breast exams—is important to her continued good health and that of her daughter, Lauren, a student at UNLV.



FROM OUR PRESIDENT

Welcome to *WomensCare*—a new magazine for your mind, body, and soul.

St. Rose Dominican Hospital is dedicated to women's health. In fact, our founders were women. The Adrian Dominican Sisters journeyed to Henderson in 1947 to deliver quality, compassionate healthcare to the people of southern Nevada.

We are still guided by the Sisters and their understanding of the importance between physical and emotional health—and healing.

Last September, we opened The Barbara Greenspun *WomensCare* Center of Excellence to help women achieve physical and emotional well-being. We do so through health and lifestyle education, support groups, preventative screenings, and self-care training.


As we celebrate our first anniversary, we are proud to deliver *WomensCare* to you... in your home or office. We hope you will find the articles interesting, inspiring, and useful. So sit back, relax, and enjoy a few quiet moments with *WomensCare*.

Rod A. Davis
President & CEO
St. Rose Dominican Hospital



WomensCare

St. Rose Dominican Hospital is dedicated to meet the unique healthcare concerns of women at every stage in their lives. The Barbara Greenspun WomensCare Center of Excellence and WomensCare Magazine are our commitment to the women of southern Nevada.

St. Rose
Dominican Hospital
 CHW

Herbal *Healing*

As a child, your grandmother may have soothed your sunburn with aloe vera or helped cure your cold with garlic. Herbal medications were once considered sheer quackery, but your grandmother understood that nature provides us with a number of remedies for what ails us. Today, herbal remedies such as saw palmetto and ginkgo are just as likely to be stocked at your grocery store as aspirin and cough drops. Here are a few of today's most popular herbal remedies:

- **Alfalfa**—Filled with a variety of nutrients, alfalfa can help act as a diuretic and laxative.
- **Aloe**—Taken internally, it eases stomach and digestion disorders. Externally, it helps to soothe minor skin irritations, such as burns and infections.
- **Dong Quai**—Taken primarily for menstrual difficulties and blood circulation problems.
- **Echinacea**—This flower is said to help the body fight off infection and build up the immune system.
- **Ginkgo**—Helps to improve blood flow to the brain (especially in the elderly).

- **Ginseng**—May help alleviate depression and stress as well as fight off colds and infections.
- **Kava**—In addition to helping treat gout and rheumatism, kava is said to help with urinary infections.
- **Saw Palmetto**—Mainly used to help treat prostate enlargement, saw palmetto is also taken for asthma and bronchitis.
- **St. John's Wort**—Used externally to treat skin cuts and burns, this plant also contains a substance that is widely believed to alleviate mild depression.
- **Tea Tree Oil**—Aids in treating cuts, abrasions, and other skin problems.

It is important to use caution when using herbal remedies, especially in place of more accepted "mainstream" treatments. Speak with your doctor if you are taking any medication before starting an herbal regimen. This can help to avoid potential side effects or dangerous interactions.



healthybites

■ **Pumps and knee pain.** High heels are known to be a foe of women's feet. Now, it's believed they could be a culprit of osteoarthritis of the knee.

Women experienced about 23% more strain on their knees when walking in 2 1/2-inch heels than when walking barefoot.



*Dr. Christianne Yung,
Rheumatologist*

■ **Ms., M.D.** Today, women are not only taking control of their own health, they're taking control of the health of friends and family. In 1995-1996, 43% of all first-year medical students were women, compared with 14% in 1971-72.

■ **Eye "C."** Vitamin C may reduce the development of age-related cataracts by preventing cloudy patches on the eye. Women ages 56 to 71 who took vitamin C supplements for at least 10 years reduced their risk of developing these cloudy patches by 77%.

Five Tips

for Reducing Your Breast Cancer Risk



A Survivor's Story

Deborah Young is Director of Gift Planning for the St. Rose Dominican Health Foundation, where she helps donors plan current and future charitable giving. Diagnosed with breast cancer in 1998, she also helps obtain grants for breast cancer screening, diagnosis, treatment, and support, with an emphasis on serving uninsured and underinsured women.

Thanks to major inroads on the research front, the odds against breast cancer are improving everyday. Here are five strategies scientists have uncovered.

- Cut down or quit drinking alcohol, if you drink. One study found women who drink about two to five drinks a day run a 41% greater risk of developing breast cancer than nondrinkers. Even light drinking may carry a modest risk—having one drink a day carries a 9% increased risk.
- Manage your weight. Evidence suggests that postmenopausal women who gain 11 to 22 pounds after age 18 may have an 18% higher risk of breast cancer than women who only gain four to five pounds. For women who gain 44 to 55 pounds, the risk jumps to 40%.
- Get regular screenings. All women should perform monthly breast self-examinations and schedule regular physician breast exams.
- Consider drug therapy if your breast cancer risk is very high. Women who face a very high risk of breast cancer—for example, those who have a history of breast disease or have a close relative who developed breast cancer—may want to discuss drug therapy with their doctor. One drug, tamoxifen, reduced risk by 49% in a study of women at high risk. However, it may increase a woman's chances of endometrial cancer, blood clots, and stroke—particularly if she's older than age 50.
- Maintain a healthy diet. (Please see *Nutrition News* in the right column.)

Could your relationship endure? Breast cancer not only affected Linda Buckley's life but the lives of her husband and four children. Linda believes that the strength of her relationship before breast cancer helped her battle the illness. "You can't wait until an illness strikes to work on your relationship. You need to nurture it everyday." Today, Linda and her family are extra careful about what they eat, and Bill no longer smokes.



Let Us Help

If you are a woman who is uninsured or underinsured and is in need of a breast or cervical cancer screening, call St. Rose Community Outreach Offices at **702-566-7525** for information about special assistance that may be available to you.



nutritionnews

Eating right may help stop breast cancer before it starts. The following are powerful foods that researchers believe may fight off cancer-causing cells.

- Supplement your salads and pasta dishes with soy products.
- Add a little oil—such as olive and canola—that is rich in monounsaturated fats.
- Eat foods rich in beta carotene, such as broccoli and cauliflower, that may prevent breast cancer. Apricots receive an A+. Just four halves—canned or fresh—pack a whopping 1,929 IUs.
- Try beans, which are loaded with cancer-fighting compounds and fiber. Black, kidney, and garbanzo beans are all excellent choices, but white beans top the list.
- Sip tangerine juice (available in supermarkets). Nutrients found in the peel, which are blended into the juice, squeeze out cancer cells that might invade healthy tissue.
- The perfect side dish to any meal, brown rice is said to have the power to kill abnormal cells.



fitnessfacts

As modern exercise evolves, Asian forms of exercise dating back centuries are becoming a hit in America. Here are some of the benefits.

■ **Yoga and Your Hands.** Carpal tunnel sufferers experienced a significant reduction in pain and improvement in grip strength after eight weeks of yoga. The yoga postures included 11 different exercises aimed at strengthening and stretching each joint in the upper body. Control subjects who were given a traditional wrist splint treatment saw little improvement.

■ **Stay Upright with Tai Chi.** In one study, adults ages 60 and older reduced their risk of falling by exercising regularly. One of the most efficient forms of exercise tested was Tai Chi—the Chinese martial art that teaches slow, controlled movements and good balance.

Call the WomensCare Center about our Yoga, Tai Chi, and Qi Gong classes.

702-914-7060

There's Something About **Barbara**

There's something special about Barbara Greenspun, the publisher of the *Las Vegas Sun* and *Las Vegas Life*. Her son, Brian Greenspun,

recently put it into words.

"Our mother cares deeply about women and the issues and events that shape and affect their lives," said Brian, a director of the Greenspun Family Foundation.

"I can think of no better memorial to her name."

The Barbara Greenspun WomensCare Center is named in honor of Barbara—the remarkable woman who champions our cause. Barbara's \$3 million donation will fund the WomensCare Center educational efforts and the new Maternal Child Centers at St. Rose

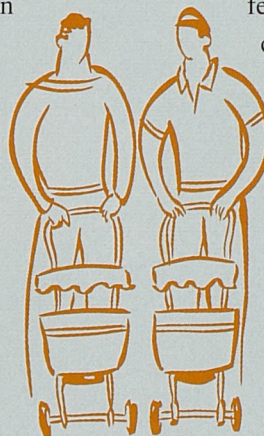
Dominican Hospital's Rose de Lima Campus and its new Siena Campus, which will open at Lake Mead and Eastern in the spring of 2000.



Barbara Greenspun

familytofamily

Babies don't come with instruction booklets, so the Family to Family Connection serves as a resource for parents with infants up to 12 months old. This statewide program—funded by the state and by community contributions—provides in-home visits by R.N.s and parenting classes, and works to connect parents with important services. "New parents have so many questions regarding breast-



feeding, immunizations schedules, colic, postpartum depression, and general baby care," says Jackie Hunsaker, R.N. "This type of support is especially important in a community with so many newcomers who may be hundreds of miles from their most trusted resource—their own parents."

For more information, please call 702-914-7180.

upcoming events & ongoing offerings

The Barbara Greenspun WomensCare Center of Excellence brings you exciting events and education on timely topics every month. We also offer ongoing classes, support groups, and events.

THE 1999 FIRST LADY'S CONFERENCE ON WOMEN'S HEALTH ISSUES

Join Nevada's First Lady, Dema Guinn, for a three-day conference focusing on breast and cervical cancer, HIV and STDs, mental health and aging issues, and cardiovascular health—sponsored by The Barbara Greenspun WomensCare Center of Excellence. Breakfast, lunch, snack breaks, and conference materials provided. (Special scholarships for qualifying women.)

Dates: Tuesday, September 14 to

Thursday, September 16

Place: Orleans Hotel

Fee: \$145

Info: 702-671-6401

HIS & HER HEALTH WEEK

Make good health a he, she, and we thing. Celebrate His & Her Health Week with WomensCare starting Saturday, September 25. Enjoy light-hearted seminars on relationships and keeping the love alive. Spend an evening out at area restaurants, where we have arranged table-for-two discounts. And, don't forget to take advantage of our special discounts on breast cancer and prostate screenings. Look for full details on His & Her Health Week in the *Review-Journal*, *Las Vegas Sun*, and *Henderson Home News*.

Time: 3 to 6 p.m.

Date: Saturday, September 25

Place: WomensCare Center

Fee: No cost

RUN FOR THE ROSE

Heel toe your way to fitness and have fun raising funds for charity at the same time. It's the 9th annual Run for the Rose, sponsored by the St. Rose Dominican Health Foundation and benefiting the Family to Family Connection. Pick up

an entry form at the WomensCare Center or any St. Rose UrgentCare location.

Event: 5K run, 2 mile fun run/walk, and Baby Brigade Parade

Time: 7 a.m.

Date: Saturday, October 2

Place: Paseo Verde Park, Green Valley Ranch

Fee: \$20 advance, \$25 same day

BREAST CANCER SURVIVOR SUPPORT GROUP

Research suggests that a woman's ability to cope with and survive breast cancer can double with support and education. We're here to provide understanding and information with our Breast Cancer Survivor Group funded by the Susan G. Komen Breast Cancer Foundation.

Time: 6 to 8 p.m.

Date: Second Monday of each month

Place: WomensCare Center

RESOLVE THROUGH SHARING (RTS)

RTS is for families and friends who have suffered a loss during pregnancy—whether miscarriage, ectopic pregnancy, or stillborn or newborn death.

Time: 7 to 9 p.m.

Date: Third Tuesday of each month

Place: WomensCare Center

Fee: No cost

SMALL TALK

Join other new mommies in an education, support, and interaction group.

Time: 10:30 to 11:30 a.m.

Date: Second and fourth Wednesday of each month

Place: WomensCare Center

Fee: No cost

SAFE SITTER

Girls and boys 11 to 13...Learn the basics of baby-sitting, including all the important safety measures to remember when taking care of little ones. Call for the next scheduled seminar session.

HEALTHY READING

Read any good books lately? The WomensCare Lending Library has bunches available to you—over 300 hard and softbound books on issues important to women. Each month we feature a book available at a special price through Barnes & Noble Booksellers at Warm Springs and Stephanie.

P.A.C.E.

This special exercise class, designed for women and men with arthritis, can help you stay fit and flexible.

Time: 9 to 10 a.m.

Date: Every Wednesday

Place: WomensCare Center

OTHER OFFERINGS

WomensCare offers a variety of other classes on a monthly basis that range from nutrition and exercise, emotional well-being, and financial and lifestyle management.

Please call **702-914-7060** in advance to confirm your attendance, obtain more information about additional classes, and receive notice of any schedule changes.

Spirit Lifters

Research can't yet fully explain the mind-body connection, but surveys of women suggest that spirituality, religion, and faith play a role in the way a woman experiences health and sickness. They may help reinforce healthy choices—such as a non-smoking, drug-free lifestyle—reduce stress, and provide the emotional strength to respond to an illness or adhere to medical recommendations. In the study, spirituality was defined as belief in something greater than the self and a faith that positively affirms life. Such beliefs may also increase self-esteem, creative energy, inner peace, and harmony.

**LOOKING FOR
A PHYSICIAN?**

Call
702-564-4508



If you recently moved, switched insurance companies, or just need a change, St. Rose Physician Referral is here for you. Call anytime between 8 a.m. and 4:30 p.m., Monday through Friday, and our physician-referral nurse specialist will help you find a doctor to meet your individual needs.

Thirty Seconds for **Success**

When meeting new people, research suggests that we have about 30 seconds

to make an impression. It is evident that Dr. Thea Klingberg, a physician with St. Rose *UrgentCare*, uses her half of a minute wisely.

“I believe that patients need to know that their doctor cares, that their doctor is there to listen to their concerns, not just

their heartbeat,” said Dr. Klingberg.

Dr. Klingberg’s caring nature may be genetic.

She is one of 12 physicians in her family including her mother, grandmother, and great grandmother.

If you have a non-emergency medical need and do not have a primary care physician, visit St. Rose *UrgentCare*. Doctors—like Dr. Klingberg—are here for you seven days a week with extended hours.



Thea Klingberg, D.O.

St. Rose
UrgentCare

702-914-7100

Parkway Medical Plaza

100 Green Valley Parkway at I-215
9 a.m. to 8 p.m. Monday through Friday
10 a.m. to 5 p.m. Saturday and Sunday

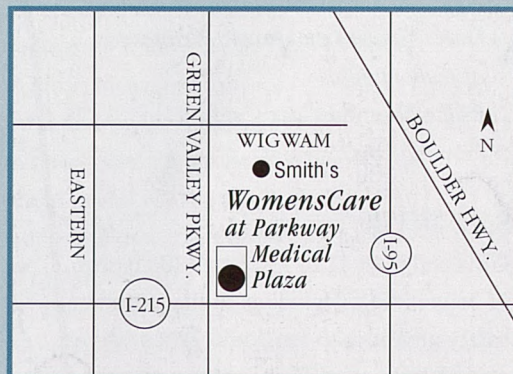
Hartwell Medical Center

1776 Warm Springs Road at Shadow Crest
10 a.m. to 7 p.m. Monday through Friday
10 a.m. to 5 p.m. Saturday and Sunday

Trying to Find Us?

**The BARBARA
GREENSPUN**
WomensCare
Center of Excellence

100 N. Green Valley Parkway,
Suite 330
Henderson, NV 89014
702-914-7060



“Cheerful people resist disease better than glum ones. In other words—the surly bird catches the germ.”

— Unknown