

WomensCare winter 2000

A magazine for your mind, body, and spirit

Physicians
for You

Your Heart
Health

Check Out
Our Lending
Library



The BARBARA
GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospital

CHW



To Your Health

Need assistance finding a physician who is right for you? Below is a list of physicians who are affiliated with The Barbara Greenspun WomensCare Center of Excellence and the phone number for our St. Rose physician referral specialist.

Betty Hatchett, R.N.	Physician Referral Specialist	564-4508
Mary Ann Allison, M.D.	Hematology/Oncology	990-1605
Lindsey Avina, M.D.	Cardiology	564-4441
James Barber, M.D.	OB/GYN	914-7050
Sean Dort, M.D.	General Surgery	565-0050
Cheryl Edwards, M.D.	OB/GYN	566-8070
Charles Fleischer, M.D.	OB/GYN	260-0600
Steven Hoer, M.D.	Orthopaedics	565-6565
Darren Housel, M.D.	OB/GYN	435-1037
Kenneth Jones, M.D.	OB/GYN	564-1758
Stephen Jones, M.D.	General Surgery	565-0050
Rafael Juarez, M.D.	OB/GYN	564-1758
Michael Kaplan, M.D.	Urology	454-6226
Stephen Keefe, M.D.	Otolaryngology	435-2000
Thea Klingberg, D.O.	Family Practice	914-7100
Tracy Kvarfordt, M.D.	OB/GYN	564-1758
Kim LaMotte-Malone, M.D.	Pediatrics	454-7337
Laurie Larsen, M.D.	Urology	796-8669
William Litchfield, M.D.	Internal Medicine	434-8400
Christine Maloney, M.D.	OB/GYN	435-1037
Manoj Nath, M.D.	Internal Medicine	914-7234
Maria Ana Nath, M.D.	Internal Medicine	914-7234
Joseph Plautz, M.D.	OB/GYN	564-1758
Greg Ripplinger, M.D.	General Surgery	565-0050
Glen Robison, D.P.M.	Podiatry	456-3668
Curtis Samlaska, M.D.	Dermatology	837-8988
Timothy Sauter, M.D.	OB/GYN	456-1511
Keith Soderberg, M.D.	Otolaryngology	435-2000
Douglas Stacey, D.P.M.	Podiatry	456-3668
Robert Tait, M.D.	Orthopaedics	565-6565
Guy Torres, M.D.	OB/GYN	260-0600
Rebecca Tyre, M.D.	OB/GYN	260-0600
Monica Wall, M.D.	Internal Medicine	914-7222
Charles Walton, M.D.	General Surgery	565-0050
Kimberly Walton, M.D.	OB/GYN	564-1758
Randall Weingarten, M.D.	Otolaryngology	435-2000
Christianne Yung, M.D.	Rheumatology	566-1377

Women's Window

They're not models, but they could be, and they don't play doctors on T.V. They are physicians affiliated with The Barbara Greenspun WomensCare Center of Excellence.

Left to right, back row: Dr. Kimberly Walton, OB/GYN; Dr. Cheryl Edwards, OB/GYN; Dr. Kim LaMotte-Malone, Pediatrics. Front row: Dr. Laurie Larsen, Urology; Dr. Mary Ann Allison, Oncology; Dr. Lindsey Avina, Cardiology.



FROM OUR PRESIDENT

Welcome to a new millennium full of promise.

If—like many women and men—you make New Year's resolutions, you know that they can be tough to keep. I recently read an article that offered helpful hints—like tracking your progress in a journal, enlisting the support of family or friends, and maintaining a positive, persistent attitude—as more than 40% of us fail to reach our goals on our first attempt.

Because health-related resolutions, such as “quit smoking” and “lose weight,” rank the highest among goals set, I'd like to emphasize another suggestion the article made...*Enlist the help of your physician.*

When you establish a healthy, ongoing relationship with a physician, he or she can serve as a source of encouragement, information, and resources. Together you can develop strategies for achieving resolutions that are realistic and tailored to your individual health.

As you start this New Year, schedule your annual appointment with your primary care doctor(s). Write down questions for your physician so that he or she can help you achieve your New Year's resolutions, as well as your long-term health goals.

Rod A. Davis

Rod A. Davis
President/Chief Executive Officer
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



Advance Directives: Are You Prepared?

The new millennium is here and the future is full of promise. As we pursue our goals and dreams, we must also consider the inevitable. Yet, death is hard to fathom and even harder to discuss.

How can you and your loved ones ensure that decisions on this matter will be honored? Prepare and sign an advance directive. This legal document clearly defines your future wishes for medical care if you become unable to speak for yourself and it can include your direction for:

- specific treatments, such as cardiopulmonary resuscitation, mechanical breathing machines, intravenous feeding, and pain medications
- the level of care you wish to receive—from prolonging life as long as possible to providing only comfort care and treatment of pain
- exactly where you wish to die
- who will make choices about your care if you cannot or if your written wishes are unclear.

Call **702-914-7060** or stop by the *WomensCare Center* for a free packet including *A Time for Decisions brochure and an Advanced Directive*.

Self-Care for **Sinus Conditions**



If a bad cold with symptoms such as fever and a swollen, painful face hangs on longer than two weeks, you may have a sinus infection.

Sinus infections are one of the most common reasons people see a doctor. Antibiotics are often requested and prescribed, yet a recent study from the *New England Journal of Medicine* suggests that they may not resolve the ailment any faster.

Sinus infections are usually triggered by colds and allergies, which allow bacteria to become trapped in the sinuses, where they can multiply and create infection. The bacteria are usually unrelated to the initial cold, since a virus almost always causes colds.

For relief, try these self-care strategies:

- Drink hot fluids to thin mucus for easier drainage.
- Use over-the-counter saline nose spray medicine for pain and decongestion. Avoid using a decongestant nasal spray for more than three days. When over-used, these contribute to sinusitis.
- Breathe in warm steam or use a cool-mist humidifier.

Avoid your next case of sinusitis by taking precautions. Here are a few tips:

- When blowing your nose, block one nostril at a time and gently blow through the other.
- Some “sinusitis” is actually dehydration, which dries up the mucus membranes in the nose and causes post-nasal drip. Drink at least 64 ounces of water a day.



healthybites

Let Doctors Spot Skin Cancer

Doctors are more likely than patients to discover melanoma tumors on hard-to-see areas, such as the back or the buttocks. They are also able to identify melanomas at an earlier, more curable stage. Call **564-4508** to find a dermatologist.

Chew Your PMS Away

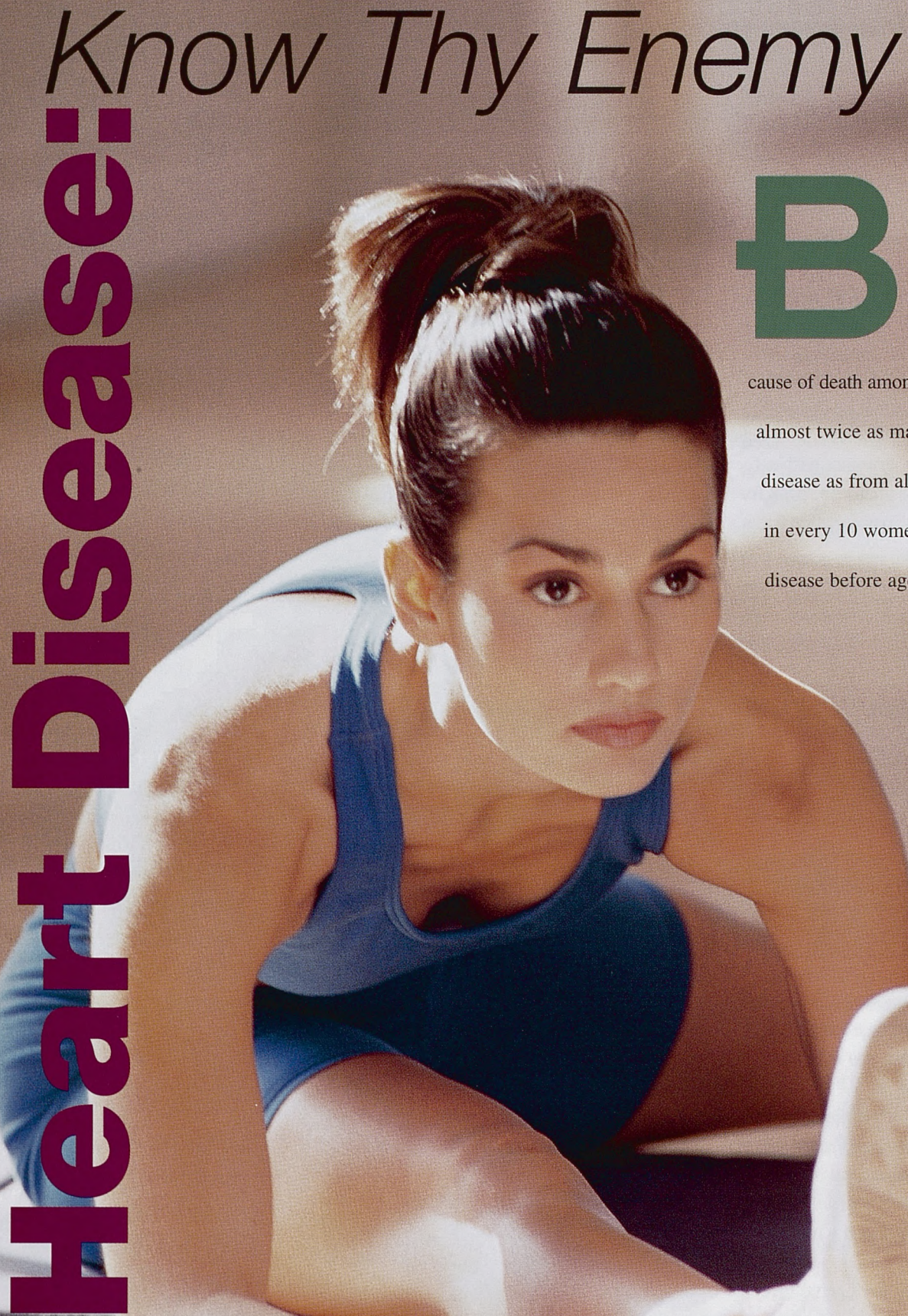
Chewable calcium carbonate supplements may relieve PMS as well as indigestion. Women who took two 750 mg tablets twice a day during the second part of their menstrual cycles reported a 50% reduction in PMS symptoms including depression, headaches, and irritability.

What Parkway Offers You

The Parkway Medical Plaza provides you with the premier Barbara Greenspun WomensCare Center of Excellence. Come February, it will also offer the Parkway Imaging Center. This multi-modality center features key services, including magnetic resonance imaging, ultrasound, X-rays, bone density, and mammography.

Heart Disease:

Know Thy Enemy

A woman with her hair in a high ponytail, wearing a blue tank top and white socks, is sitting on a wooden floor and stretching her leg. She is looking directly at the camera with a serious expression.

Because you are a woman, you may not think heart disease is a great risk to your health. Yet, heart disease is the leading cause of death among American women. In 1996, almost twice as many women died from heart disease as from all cancers combined, and one in every 10 women can expect to develop heart disease before age 60.

Are you buying into any of the following myths about heart disease?

Myth: I don't have a family history of heart disease, so I don't need to worry.

Fact: Non-genetic factors, such as physical inactivity, increases the risk of coronary heart disease (CHD)—the most common form of heart disease—to a comparable rate with that of high blood cholesterol or smoking. Episodes of stress, anxiety, and anger can release substances, such as adrenaline, increasing blood pressure and heart rate and promoting plaque buildup in the arteries.

Myth: People younger than age 50 don't need to worry about heart disease.

Fact: CHD develops slowly over time. Research indicates that it can start as early as childhood.

Myth: If I've had one heart attack, I'm bound to have another.

Fact: Losing excess weight, exercising, eating a low-fat diet, and not smoking are factors that can lower blood cholesterol and help prevent a second heart attack.

A woman's symptoms of heart disease are often subtler than a man's and often progress over a longer period of time. Be aware of the ABCs of women's symptoms:

- **Angina** (or chest pain)—Often described as a tightness in the chest that sometimes radiates down the left arm or into the jaw, and is often mistaken for indigestion
- **Breathlessness** (chronic)—Shortness of

breath or waking up at night having difficulty catching one's breath

- **Chronic fatigue**—Fatigue associated with heart disease is usually overwhelming and unusual
- **Dizziness**—Unexplained light-headedness, even blackouts
- **Edema**—Swelling, particularly of the ankles and/or lower legs

So what can you do to control your risk factors?

- **Get your cholesterol and other levels checked.** The correlation between lipid levels and heart disease suggests that women should get measurements for cholesterol, HDL, LDL, blood pressure, and triglycerides.
- **Consider hormone replacement therapy (HRT).** Although hormone supplements can be beneficial, the decision to use them remains an individual one, especially for women with a family history of breast or endometrial cancer.
- **Do not smoke.** Smoking is the biggest risk factor for heart attack, besides age. Also, avoid "second-hand" smoke.
- **Eat a low-fat, high-fiber, high-antioxidant diet.** All women should make sure their dietary levels of vitamins C, E, and others are at or above the FDA's recommended daily allowances.
- **Exercise regularly for 20 minutes/day, three times/week.** Exercise normalizes blood cholesterol, reduces tobacco craving, and helps keep weight down.



nutritionnews

Note the Following Heart-Healthy Nutritional Tips:

- ▲ Eat more grain foods, vegetables, and fruits. By increasing your family's servings of these foods, it's easier to reduce intake of fats.
- ▲ No more than 30% of your total daily calories should come from fat. Go easy on fat, butter and margarine, shortenings and oils (including fried foods), and meats and dairy products with fat.
- ▲ Limit your daily saturated fat intake to eight to 10% of your total calories. Saturated fat comes from animal (meat and dairy) products and from tropical oils such as coconut, palm, and cocoa.
- ▲ You should not consume more than 300 milligrams of cholesterol a day. Cholesterol is listed on food labels. Egg yolks are quite high in cholesterol.

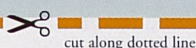
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Life... A Delicate Balancing Act for Many Women

fitnessfacts

Smooth Out the Rough Spots

Calluses—areas of hardened skin on your feet—are common side effects of exercise. If they become painful, try shoe inserts to provide cushioning. Or soften calluses by putting your feet in warm water and then removing dead skin with a pumice stone.

Stiff As a Board?

If you feel stiff after a workout, you can reduce pain and speed recovery with these tips: Apply ice, stretch and massage affected muscles, take vitamin C—evidence suggests it decreases soreness—and take aspirin or ibuprofen.

Move It Baby!

Babies need exercise just as adults do. Help them build the upper-body strength they need to crawl and roll over by placing them on their tummies while they're awake.



If you crave balance in a world that constantly demands your time and attention, take heart. There are a number of methods to help you achieve a more serene outlook and possibly get even more done as a result. Here are some ways to help you achieve balance:

AT HOME

- **Spend time with your children** to build their self-esteem and positive relationships that will last a lifetime.
- **Make meals a fun, family thing** several times a week. Make the dinner table a place to share news and excitement while your family enjoys healthy meals.
- **Hold family pow-wows** to discuss goals, problems, family events, and to assign household chores.
- **Maintain a calendar of family activities** using colorful markers to note all appointments, meetings, and special family occasions. Post the calendar where everyone can use it.

AT WORK

- **Plan, prioritize, and organize your work life** with long- and short-range plans for individual projects. Prioritize each day's tasks, listing the most important jobs first. Set a deadline for each

task so you can complete the project on time.

- **Take timeouts** to get up and stretch, have a refreshing glass of water, or take a short walk.
- **Use your lunch break** to write a letter, pick up some groceries, make personal phone calls, schedule a doctor's appointment, or read a book.
- **Sharpen your communication skills** by talking with your supervisor if you're having any problems at work.

AT PLAY

- **Cultivate your interests** by setting aside time for gardening, golf, or craft activities. Sign up for art classes or learn to play an instrument.
- **Build regular exercise into your routine** by joining a health club or making "exercise dates" with friends or family.
- **Take day trips** to Mt. Charleston or Red Rock to add variety and relaxation to your life at little or no cost.
- **Get involved** by coaching your child's soccer team or volunteering for a special project at a community center or your place of worship.
- **Use your employer's Employee Assistance Program** to find childcare, social, and health-care services, or community resources that can help you learn how to balance work and family demands.

upcoming events & ongoing offerings

LIFE 101

Looking for a source of inspiration or healing on the path to self-discovery? Remember, the greatest adventure you will ever experience—life. Learn how to hold your ground and grow as you explore the peaks and valleys of the wonderland of life.

Date: Monday, January 3

Time: 6:30 to 7:30 p.m.

Place: WomensCare Center

FACIAL CARE AND PROCEDURES SERIES

Inquisitive about cosmetic surgery? Get your questions answered in this four-part series.

- **Session 1:** Cosmetic Surgery Evaluation—Is It for You?
- **Session 2:** Skin Health and Skin Care
- **Session 3:** Surgical Options for Facial Rejuvenation—Endoscopic Procedures and Formal Brow, Face, and Neck Lifting
- **Session 4:** Evaluation and Surgical Treatment of the Nose, Ears, Lips, and Chin

Date: Each Wednesday in January

Time: 6:30 to 8 p.m.

Place: WomensCare Center

RAPE PREVENTION CLASS

Avoid becoming a victim of crime. Learn to use pepper spray, your inner alarm or “sixth sense,” and hands-on basic self-defense techniques. Presented by the Henderson Police Department, the Academy of American Kenpo Karate, and Community Action Against Rape (CAAR).

Date: Saturday, January 22

Time: 9 a.m. to 1 p.m.

Place: WomensCare Center

BALANCING WORK AND HOME: A WOMAN'S JUGGLING ACT

Start the 21st century by learning to balance work and play to ensure you've got the time for rest, relaxation, and recharging to function best in our high-tech, high-stress, fast-paced world.

Date: Monday, February 7

Time: 6:30 to 7:30 p.m.

Place: WomensCare Center

PMS (PREMENSTRUAL SYNDROME) PRESENTATION

Find out how you can decrease the symptoms of PMS, such as irritability, headaches, insomnia, diarrhea, food cravings, mood swings, and/or cramps.

Date: Thursday, February 17

Time: 6:30 to 8 p.m.

Place: WomensCare Center

POSITIVE PARENTING

Learn styles of loving discipline that teach children responsibility and accountability, as well as build their self-worth. This class will give you tools to prepare you and your children to deal with highly charged issues such as drugs, alcohol, sex, and violence.

Date: Monday, March 6

Time: 6:30 to 8 p.m.

Place: WomensCare Center

ENDOMETRIOSIS

Learn about the causes and treatments of endometriosis, a condition that can cause painful menstruation, heavy periods, and sharp pain deep in the pelvis.

Date: Thursday, March 16

Time: 7 to 8 p.m.

Place: WomensCare Center

MENOPAUSE

Unravel the mysteries of menopause... an inevitable time of life that every woman faces. We will discuss symptoms and solutions and answer your questions on alternatives, such as hormone replacement therapy.

Date: Thursday, April 27

Time: 6:30 to 8 p.m.

Place: WomensCare Center

ONGOING OFFERINGS

We also offer an array of ongoing classes and support groups. Here are just a few:

- Breast Cancer Survivor Support Group
- P.A.C.E. (People with Arthritis Can Exercise) Class
- Tai Chi and Qi Gong
- Safe Sitter Class
- And more

Call 702-914-7060 for more information, to confirm your attendance, and for notices of any schedule modifications.

Race for the Cure

Join in the fight against breast cancer. Walk or run in the 5th annual Race for the Cure. Pick up registration packets at The Barbara Greenspun WomensCare Center.

Date: Saturday, March 11

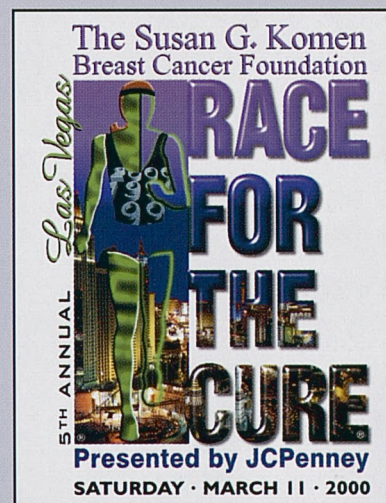
Time: 8 a.m. for 1-mile race;

8:30 a.m. for 5K race

Place: Galleria at Sunset

Fees: \$20 advance registration;

\$30 race day



Women's Wisdoms

We're planning our second annual Women's Wisdoms. We will balance mini-workshops on timely health topics with good humor about how you can juggle all of life's responsibilities—from love, to making a living, to keeping up with the laundry. Plus, we're planning little indulgences just for you—like mini-massages and makeovers, a book exchange, and getaway retreat giveaways.

Look for information on the date and location—coming soon.

**CHECK IT
out!**

*Literally
Speaking*

Check out a book from the Resource Lending Library at The Barbara Greenspun WomensCare Center of Excellence. Choose from books that cover popular women's wellness topics—including exercise, depression, heart disease, midlife, and relationship issues. Materials may be checked out for two weeks with a copy of your driver's license. The Resource Lending Library is open Monday through Friday, 8 a.m. to 5 p.m.

The Bladder Blues

Urinary tract, or bladder, infections are the most common bacterial infection in adult women and the most common medical problem of pregnancy.

Imagine that you had chronic bladder pain that never fully went away—a condition known as interstitial cystitis (IC). This condition is vastly under-diagnosed and is most common among women between the ages of 20 and 40. The symptoms often affect a person's entire life and can be very disruptive.

Researchers don't know what causes IC, but suspect several factors. Although there is



Treatment and self-help measures are available to help alleviate the discomfort of bladder infections.

no cure, treatment can make living with IC less agonizing. Self-help measures include the following:

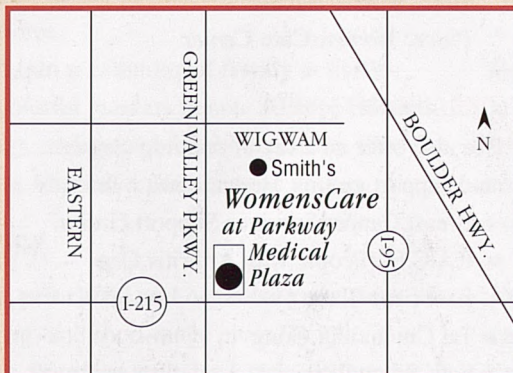
- Avoid alcohol, tomatoes, spices, chocolate, caffeinated and citrus beverages, and highly acidic foods. It is believed that avoiding these items can help reduce bladder irritation.
- Exercise.
- Don't smoke.
- Ask your doctor about bladder training techniques.
- Also, ask your doctor to help you determine what is the best course of treatment.

Join Dr. Laurie Larsen for a Women & Urinary Incontinence Class at 7:30 p.m. on Thursday, April 13, at the WomensCare Center.

Visit Us At

The **BARBARA GREENSPUN**
WomensCare
Center of Excellence

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Henderson, NV 89014
702-914-7060
www.strosecares.com



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"Make each day useful and cheerful and prove that you know the worth of time by employing it well. Then youth will be happy, old age without regret, and life a beautiful success."
.....

— Louisa May Alcott