

WomensCare spring 2000

A magazine for your mind, body, and spirit

Sun Safety

Abnormal
Bleeding

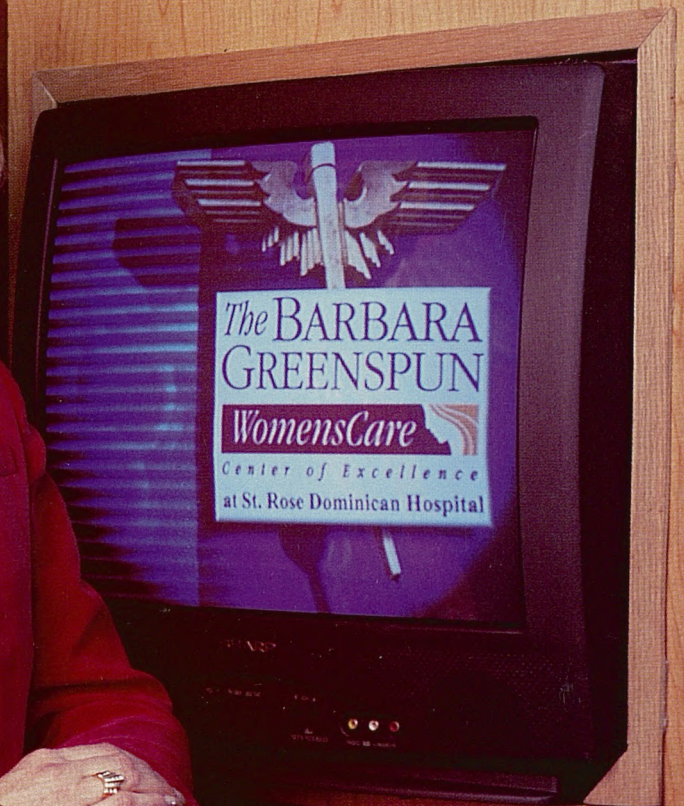
Women's
Wisdoms

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence

St. Rose Dominican Hospital



Spring Inspirations

Spring is in the air, and flitting around from flower to flower you can find one of the greatest sources of inspiration—the bumblebee. The bumblebee is a wonderful symbol of determination. The principles of aerodynamics suggest the bumblebee cannot fly, as its wings are too weak and its body too heavy. Knowing this, the bumblebee flies anyway. Whatever you conceive, you can achieve.

Spring Things That Will Make You Feel Good...

- Clean a closet.
- Take evening walks now that the sun is setting later.
- Invite friends you haven't seen for a while over for a cookout.
- Sit under a shady tree and read a novel or write a letter to a friend.
- Plant spring flowers or start an herb garden.



Women's Window

Cathy Ray is a nurse working in a non-traditional setting. She anchors KTNV TV 13's 5 p.m. and 11 p.m. news, as well as the station's "Inside Health" reports. Health news is near and dear to Cathy's heart—she has a bachelor's in science and is a registered nurse with a master's in oncology.



FROM OUR PRESIDENT

In today's information age, finding information—on cars to investment strategies—is as simple as tuning into your favorite television station, opening a magazine, or logging on to any of a thousand web sites.

Is this wealth of information good for us? Take healthcare information. There is some concern that people may use such information to self-diagnose and treat symptoms that may be signs of serious illness. Yet, when used properly, credible information about lifestyle habits, such as proper nutrition and moderate exercise, has improved people's lives. Physicians on staff at St. Rose Dominican Hospital offer this advice:

- Write down questions you have about your health to take to your next doctor's appointment.
- Take copies of magazine or Internet articles about health issues and suggested treatments to discuss with your physician.

● Tell your doctors about any self-care treatments, such as herbal therapy, which might affect your health or treatments they prescribe.

Most physicians tend to agree that the proliferation of health information is good if it is accurate, if it encourages people to take greater interest in their health, and if it fosters open communication with your physician.


Rod A. Davis

Rod A. Davis
President/Chief Executive Officer
St. Rose Dominican Hospital



WomensCare

St. Rose Dominican Hospital is dedicated to meeting 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

Sun

Here Comes the

The season of sleeveless shirts and swimsuits is here. Before you head out, put on the hottest item in summer-wear—sunscreen—to protect your skin from ultraviolet A and B (UVA and UVB) sun rays.

“The sun’s rays can cause cumulative skin damage and harm the immune system,” says dermatologist Curt Samlaska, M.D. “One way women can protect their skin is by using a broad-spectrum sunscreen that blocks both UVA and UVB rays, everyday, whether it is sunny or overcast.”

When choosing a sunscreen, check the label and select a sunscreen with a sun protection factor (SPF) of at least 15 to protect your skin from UVB rays. To ensure you are also protected from UVA rays, the product’s ingredients list should include either avobenzone—also called Parsol 1789—or oxybenzone. Sunblocks that include titanium dioxide or zinc oxide offer even stronger protection.

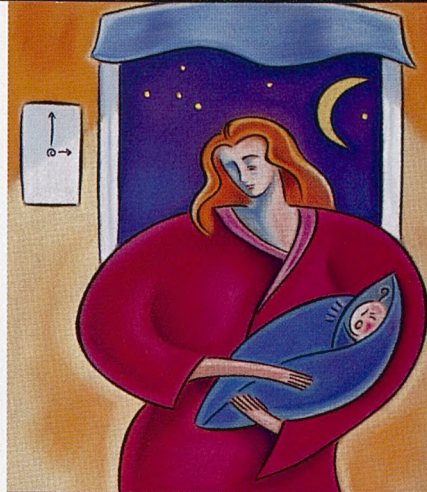
Creams or lotions are recommended for dry skin, while alcohol or gel-based sunscreens may be better for oily skin types. However, people with inflamed skin or eczema should not use alcohol-based sunscreens. For protection against extended exposure, apply sunscreen at least 30 minutes before going out and reapply often.

Because sunscreen users may believe that sunscreen provides all the protection they need from skin cancer, Dr. Samlaska recommends the following three steps:

1. Wear protective clothing, such as large brimmed hats.
2. Avoid midday sun from 10 a.m. to 4 p.m.
3. Use sunscreen regularly.

These skin protection measures should be supplemented with periodic skin exams. Skin cancers, including melanoma, are highly visible to qualified health professionals and can be detected at the earliest and most curable stages.

To find a dermatologist, call the St. Rose Physician Referral Specialist at 564-4508.



babybites

Creating a healthy sleeping environment for your baby is as simple as A, B, C, and D.

A for Air Quality

Smoking puts your baby at risk for sudden infant death syndrome (SIDS). If you smoke, do it outside.

B for Back to Sleep


To reduce the risk of SIDS, healthy infants should be placed on their backs to sleep, not on their stomachs. Laying infants on their sides is also an option, but it is not as safe as laying them on their backs. *If your child has a medical condition, consult your physician on how your infant should sleep.*

C for Crib

Your baby should sleep on a firm mattress that fits snugly in the crib. Crib slats should be spaced no more than 2 3/8 inches apart so a child’s head cannot become trapped.

D for Dress

Dress your baby in “flame retardant” sleepwear.



Ab Uteri

Do you anguish over unmanageable periods every month? You're not alone. One out of five women suffers from unusually heavy bleeding. Thanks to a variety of new outpatient procedures, there's a good chance you can eliminate excessive bleeding and reclaim your life—without the hassle and expense of a hysterectomy.

“Women have a variety of alternatives to address abnormal bleeding, including surgical and non-surgical options,” says Dr. Rafael Juarez, OB/GYN. “It's important that women discuss these options with their physicians.”

Heavy or irregular uterine bleeding can be attributed to two major causes: *structural*, which includes cysts, fibroids, and polyps within the uterus, and *dysfunctional*, caused primarily by hormonal imbalances in an otherwise normal uterus. Excessive bleeding—especially in premenopausal women between 35 and 45 years of age who have completed childbearing—can be addressed through traditional measures, such as drug therapy, dilation and curettage (D&C), and hysterectomy as a last resort. A number of more recent, less invasive procedures are also available

Good News on Abnormal Uterine Bleeding

to remove the endometrial lining or abnormalities, such as cysts and fibroids. These outpatient procedures, which may use electrical impulse, heat, or surgical procedures to remove tissue, are done under general or local anesthesia and will typically diminish or stop your periods. They include:

ThermaChoice II Uterine Balloon Therapy—Appropriate for women with a normal uterine cavity—smooth with no irregularities—who suffer from abnormally heavy bleeding. The procedure is usually less than 30 minutes, and recovery time is one day.

Versapoint—For women with uterine fibroids, polyps, or dysfunctional uterine bleeding that causes pelvic pain, abnormal menstrual bleeding, and infertility. The procedure is usually less than 30 minutes, and recovery time is one day.

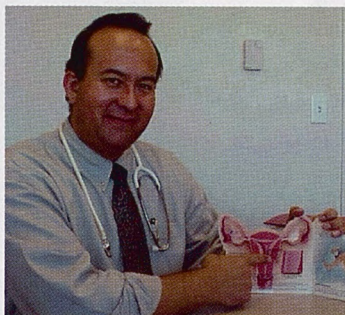
OPERA Procedure—Outpatient Endometrial Resection and Ablation—Appropriate for women with uterine fibroids, polyps, or dysfunctional uterine bleeding that causes pelvic pain and abnormal menstrual bleeding. This procedure usually takes less than one hour, and patients can resume normal activities within three days.

For women who have fibroids and would still

like to conceive, surgical myomectomy—known as the SMART procedure—is recommended. It may actually enhance a woman's ability to conceive because it corrects abnormalities in the uterine lining.

SMART Procedure—Designed for women of prime childbearing age—in their 20s and 30s—this procedure removes polyps, or internal uterine defects, as well as fibroids. It involves a minimally invasive technique called a hysteroscopy where a telescope-like instrument is inserted through the vagina into the uterus and an electrical current is then used to remove excess tissue. The uterine lining is left intact, so women are still able to bear children.

For more information on these procedures and/or to be directed to a physician who is qualified to perform them, call the St. Rose Dominican Physician Referral Specialist at 564-4508.



Dr. Rafael Juarez

Join Dr. Juarez on Thursday, June 8,
from 6:30 to 8 p.m. at the WomensCare Center
to learn more about abnormal bleeding.

For more details, call 914-7060.



nutritionnews

What's on the Menu?

More calories than you would eat at home, says a study of restaurant goers. Women who ate out six or more times a week consumed 288 more calories a day than those who dined out less frequently. They also consumed more fat and sodium.

The Fuss About Folate

Found in leafy, green vegetables and many citrus fruits and juices, this vitamin keeps the nervous system functioning properly and helps produce red blood cells. Also found in lentils, beans, bananas, egg yolks, liver, and enriched breads, folate may reduce some birth defects and may prevent heart disease, stroke, and some cancers.

Need to Consume More Calcium?

Get more calcium without more fat by adding a quarter-cup of non-fat, dry, powdered milk to soups, baked goods, cooked cereals, sauces, casseroles, and skim or non-fat milk.



fitnessfacts

Gardening Can Reduce Heart Attack

Researchers examined exercise habits of 333 heart attack victims ages 25 to 74 and found that an hour or more each week of routine gardening dropped their heart attack risk by 66% compared to that of the victims who were inactive.

Has Arthritis Kept You from Exercising?

Experts suggest water exercise. Because the body only weighs one-eighth as much as it does on land, joints are less stressed. Also try P.A.C.E., People with Arthritis Can Exercise, a class on exercises you can do from a seated position. Call **914-7060**.

Managing Diabetes Better

As little as 20 minutes of exercise—walking, weight training, or swimming—three times a week can help your body use up blood sugar so that it doesn't soar out of control. For more information on managing diabetes, call the St. Rose's Diabetes Educator at **564-4727**.

Protect Your Bones with Calcium

Consuming enough calcium isn't kids' stuff. As we age, lack of calcium can lead to osteoporosis, in which bones become fragile and break easily. Twenty-five million Americans—80% of them women—suffer from osteoporosis. But, eating foods rich in calcium throughout your life can help prevent this disease.

BONE LOSS: A NATURAL PROCESS

The peak years for building bone last until about ages 30 to 35. After that, bones naturally begin to thin. During the years following menopause, the rate at which a woman loses bone can double or quadruple. After about age 65, bone loss usually levels off. Eating calcium-rich foods or taking calcium supplements can slow bone loss, but studies show that later in life, dietary calcium alone cannot compensate for post-menopausal loss. Research also shows that calcium deficiency during early post-menopause may contribute to bone loss in late menopause.

BEST SOURCES OF CALCIUM

Dairy products are the best source of calcium. Most women need at least four servings of dairy products a day. Women who cannot tolerate dairy products can consume orange juice, soy milk, breakfast cereals, and breads fortified with calcium. Other good sources of calcium include leafy, green vegetables; broccoli; canned sardines or salmon with bones; and lime-processed tofu and tortillas.



WHAT ABOUT SUPPLEMENTS?

Some woman may need to add a calcium supplement tablet to their diet. Supplements include calcium carbonate, gluconate, citrate, and lactate. Calcium carbonate has the most calcium per tablet weight, but calcium citrate may be better absorbed by older women and those with low amounts of stomach acid. Calcium carbonate should be taken with food; other forms should be taken between meals.

How Much Calcium Is Enough?

Age	mg per day
11 to 24	1,200 to 1,500
25 to 50	1,000
Pregnant/Nursing	1,200 to 1,500
Post-menopausal	1,500

Those with osteoporosis may require as much as 2,500 mg per day.

upcoming events & ongoing offerings

Unless a fee is mentioned, all the classes below are **FREE**

ANXIETY AND PANIC DISORDERS

Conquer feelings of fear experienced when stepping outside your "comfort zones."

Date: Thursday, May 11

Time: 6:30 to 8 p.m.

Place: WomensCare

UNDERSTANDING OSTEOPOROSIS

Bone up about causes, treatments, and tips for preventing bone disease.

Date: Wednesday, May 17

Time: 6:30 to 8 p.m.

Place: WomensCare

RAPE PREVENTION AND SELF-DEFENSE

Reduce your risk of becoming a victim of sexual assault. This event is presented by Henderson Police Department, Community Action Against Rape, and Academy of American Kenpo Karate.

Date: Saturday, May 20

Time: 10 a.m. to 2 p.m.

Place: WomensCare

POSTPARTUM DEPRESSION

Are you at risk or suffering from postpartum depression? Learn the causes, symptoms, and treatments for the baby blues.

Date: Monday, June 5

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

Place: WomensCare

DIABETES SUPPORT GROUP

Gain support and knowledge of the do's and don'ts of living with diabetes.

Date: Wednesday, June 7 or July 5

Time: 10 to 11 a.m.

Place: WomensCare

GIRL TALK

Change, change, change. Moms and daughters are encouraged to join pediatrician Kim LaMotte, M.D., for a class on the physical and emotional changes girls ages 9 to 13 experience.

Date: Wednesday, June 7

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

Place: WomensCare

GOOD NEWS ON ABNORMAL BLEEDING

There may be a solution to your unmanageable periods! Join Dr. Juarez, OB/GYN, to learn about causes and treatments.

Date: Thursday, June 8

Time: 6:30 to 8 p.m.

Place: WomensCare

QI GONG AND TAI CHI

Achieve a sense of well being and enhanced energy through slow-moving exercise.

Date: Mondays and Fridays

Time: 9:30 to 10:30 a.m.

Place: WomensCare

Fee: \$3 per class

YOGA

Get centered at our Center.

Date: Every Tuesday and Thursday

Time: 9:30 to 10:30 a.m.

Place: WomensCare

Fee: \$3 per class

P.A.C.E.

People with Arthritis Can Exercise! Take this class and find easy, gentle means of maintaining your strength and flexibility.

Date: Every Wednesday

Time: 9 to 10 a.m.

Place: WomensCare

SECOND ANNUAL WOMEN'S WISDOMS

See back cover for details.

FUTURE EVENTS

- How to Say "NO!"—Setting Limits for Your Children
- Coping with Grief and Loss
- Child's Play: Therapy for All Ages

Breast Cancer Support Group



A woman's ability to cope with and survive breast cancer can double with support and education. Please join us.

Date: Second and fourth Monday each month

Time: 6 to 7:30 p.m.

Place: WomensCare

Call 914-7060
for more information
on these listings and other classes.

Postmaster: Please deliver within May 1-5.

Women's Wisdoms

*A don't miss morning
of information
and entertainment*

You're invited to The Barbara Greenspun's WomensCare Center of Excellence second annual Women's Wisdom Event. Bring a friend or family member and enjoy mini health talks on timely women's issues, as well as an hour of comic relief.

Where Are My Ruby Red Slippers?

Our keynote speaker, nationally recognized funny lady Peggy Kline, will lead you on an inspiring journey down the yellow brick road. Learn where to find the *Wisdom* to believe in yourself, how to search your *Heart* to find hope and happiness, and how to summon the *Courage* to survive all the demands that today's fast-paced world places on you.

Date: Saturday, June 3

Time: 9 a.m. to Noon

Place: Club Madrid at Sunset Station

Sunset Road between Stephanie and US-95

Fee: FREE

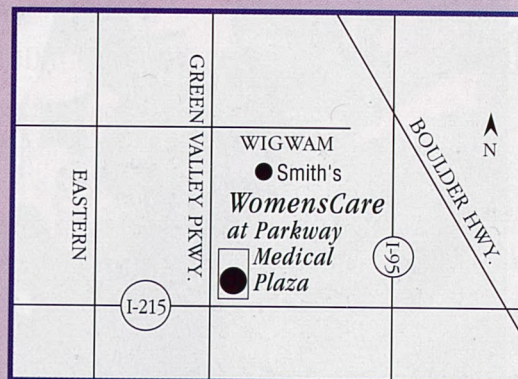
Registration: 702-914-7060 (Seating is limited; please call early.)



Visit Us At

The BARBARA
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Center of Excellence

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“The only place
you find success
before work is in
the dictionary.”

— Mary V. Smith