

WomensCare

summer 2000


A magazine for your mind, body, and spirit



New!
Siena Campus

Great Expectations:
Having a Baby

His and Her
Health Month

The BARBARA
GREENSPUN
WomensCare 
Center of Excellence

St. Rose Dominican Hospital



Body and Soul:

The Healing Power of Music

Throughout history, music has been used to heal, and it's no wonder. Music can positively affect heart rate, breathing rate, blood pressure, and anxiety levels.



In one study, women in labor reported that music helped them focus on their breathing and relax for a less painful childbirth. Patients have also reported that music has lifted their spirits, alleviated their pain, and given them something of beauty to hold onto during tough times.

While most research has focused on classical music, other relaxing music, such as jazz, easy listening, or Christian music, may also help in the healing process. The key is to pick music with a soothing sound. Relaxing music typically has a tempo of about 60 beats per minute, such as music made by string instruments.

Televisions in patient rooms at St. Rose Dominican Hospital—both the Rose de Lima Campus and its new Siena Campus—feature a healing channel that has soothing music as well as imagery, such as landscape scenes.

Join our *Nourish Your Body, Nurture Your Soul Series!*

Date: Fourth Wednesday of each month, including August 23, September 27, and October 25.

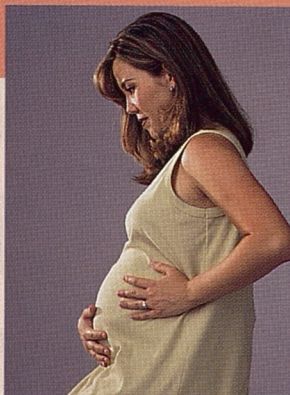
Time: 1:30 p.m.

The first class will be

Becoming Music: Harmony and Disharmony in Our Lives.

Women's Window

Shauna Burns, on the cover with her son, Garrett, and here pregnant with Garrett, is a certified health educator for The Barbara Greenspun WomensCare Center of Excellence. Her class topics include nutrition, stress management, cancer awareness, and children's health.



FROM OUR PRESIDENT

As you may know, St. Rose Dominican Hospital recently celebrated the opening of its second acute care facility, the Siena Campus located at Eastern and St. Rose Parkway. With the opening of our second hospital, St. Rose now offers a total of 25 maternal and 16 pediatric rooms between our Rose de Lima Campus and our Siena Campus. Like The Barbara Greenspun WomensCare Center of Excellence, our Maternal Child Centers at the Rose de Lima and Siena Campuses are made possible in part by the generosity of The Greenspun Family Foundation. As such, we have placed a special emphasis on pregnancy and childbirth-related topics within this, our fourth issue of WomensCare Magazine. You'll also find highlights on our new Siena Campus and a bit of history on the Adrian Dominican Sisters, the dynamic women who founded St. Rose and guide its healing ministries today.


Please take a few minutes to sit back, relax, and read this special issue of WomensCare.

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
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Seeking Relief from Headache Pain



Women face a double whammy when it comes to headaches. Stress and hormonal changes are an unavoidable part of most women's lives, and they are two of the triggers for the most common types of headaches among women. While there are some preventive measures a woman can take, if a pattern of headaches develops, it may be time to see a doctor.

MIGRAINE HEADACHES

About 70% of adult migraine sufferers are women. Migraine triggers can include:

- stress
- eating certain foods
- the environment
- skipping meals.

But for some, migraines predictably strike at various points in the menstrual cycle. Hormone supplements also may trigger a migraine.

A doctor may prescribe one drug or a combination of drugs to stop a migraine or reduce its symptoms. If the migraines recur frequently, a different ongoing drug therapy may be needed.

TENSION HEADACHES

Non-prescription pain relievers may relieve occasional muscle-contraction headaches caused by stress or anxiety. These medications can cause "rebound" headaches, though, if they are taken for more than a few days or if the drug or dosage is inappropriate. This is especially true for medications containing caffeine.

When tension headaches become a constant problem, treatment and prevention depend on finding the cause of the tension and addressing

it. Tension headaches may be a symptom of depression or anxiety. Professional counseling and/or medical treatment can help both depression and anxiety.

WHAT WORKS FOR YOU?

No matter which type of headache you suffer from, the best preventive measure you can take is to identify your headache triggers and avoid them. This may be as simple as excluding certain foods from your diet. If stress is a frequent trigger and cannot be avoided, you may need to modify your response to it. Biofeedback, relaxation techniques, and stress-reduction exercises are effective ways to manage your reaction to stress.

An occasional mild headache can be a reminder that you need to be more aware of your body's needs. But it is time to see a doctor if your headaches:

- come on suddenly and are severe
- occur daily or routinely
- grow progressively more severe
- occur with physical exertion
- change in pattern
- curb your work or social activities
- include vision changes; numbness or loss of strength in your face, legs, arms, or hands; or eye or ear pain.

Take part in our Current Help for Headaches Class.

Date: Thursday, August 17

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

Place: WomensCare Center

Fee: FREE

Call 914-7060 for more information.



healthybites

Just Say "No!" to Stressful Thoughts

When nagging thoughts or worries stand in your way of feeling good, *Thought Stop*. The Thought Stop process recognizes negative thoughts and then reduces their impact. Learn about this process at the *Yes, Stress Can Be Managed Workshop*.

Date: Tuesday, September 5

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

Place: WomensCare Center

Fee: FREE

Pharmacology Facts Series

Just because you can buy over-the-counter (OTC) medicines and herbal remedies without a prescription doesn't mean they are free of side effects or hazards. Attend this series and learn important safety measures—including interactions, effects, dosage, and expiration date information—about prescription and OTC medications as well as herbal remedies.

Date: Third Monday of every month, beginning October 16

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

Fee: FREE



fitnessfacts

Check Your Body Clock

To protect your lower back while playing golf, adjust your stroke. During your backswing, reduce strain on your spine by ending your swing with your club at the 1 or 2 o'clock position rather than the 3 o'clock position.

Workout Rewards

Exercising is hard work that should be rewarded when you achieve set goals. But, a big banana split is probably not the best choice. Consider some of the following non-food treats: Buy a new accessory item, such as a belt or purse; purchase a new lipstick; treat yourself to a pedicure or massage; buy yourself a new book; or take yourself and a friend to the movies.

The Power of Protein

Exercise can leave muscles with a burning sensation. Scientists say you can eat the burn away and speed muscle recovery by eating protein-rich foods, such as energy bars, protein drinks, or lean cuts of lunchmeat, soon after exercising.

The High Cost of Elderly Care

Throughout our childhood and teens, our parents provide us with the love, nurturing, and shelter that we need. As they age, many of us have the opportunity to return their love. But, the costs of caring for an elderly loved one can be unexpected, and are surprisingly high. A recent study shows that two-thirds of family caregivers had to pass up various gains, such as promotions, pay raises, and pension benefits, to care for an elderly loved one.

The National Center for Women and Aging at Brandeis University and the National Alliance for Caregivers conducted a study of caregivers

who had provided care for a parent, spouse, sibling, or friend for an average of eight years—about eight hours per week. In addition to the investment of time, the caregivers were required to make many other sacrifices:

- 69% reported having to go to work late or leave early
- 67% reported taking time off during the day to care for their loved ones
- 64% used sick days or vacation time to fulfill caregiving responsibilities
- 29% had to pass up a promotion or training assignment
- 25% refused a transfer because it would have

taken them away from their dependent loved one

- 22% took a leave of absence to devote more time to caregiving
- 20% reduced their full-time employment to part-time
- 16% quit their jobs
- 13% retired early

The average monetary loss among caregivers was \$659,139, including wages, pension benefits, and Social Security.

Three out of four family caregivers are women. None of those surveyed, men or women, expressed anger or resentment about their sacrifices.



Join us for Elder Care & You

Date: Thursday, September 28

Time: 6:30 to 8 p.m.

Place: WomensCare Center

Fee: FREE

The Siena Campus

The Influence of Women on Healthcare

It has often been said that St. Rose Dominican Hospital has a decidedly feminine spirit. In fact, both campuses of the hospital are named for female saints—Rose of Lima, Peru, and Catherine of Siena, Italy—who demonstrated remarkable compassion toward the people around them. For them, simple, selfless acts of kindness and empathy became the building blocks upon which they fashioned their lives.

“To say that the hospital has a feminine spirit is not to exclude the masculine side of the equation,” said Sister Vicki Dalesandro, Vice President of Mission Services, who attributes the feminine spirit to “a cooperative, nurturing style of healing.”

“Today, there is renewed interest in addressing the whole body when discussing health,” said Sister Vicki. “Women are particularly interested in and committed to addressing their physical, emotional, and spiritual needs.”

Sister Monica Stankus, Director of Sponsorship at the hospital, summed up the concept of a feminine spirit at St. Rose. “With 80% of our staff being female, a feminine spirit just naturally

exists at the hospital. Specifically, I believe women are caring, service-oriented, intuitive to unspoken needs, and participate in decision-making.”

HIGH-TECH MEDICAL TREATMENT

The new St. Rose Dominican Hospital—Siena Campus is a 200-bed hospital, featuring state-of-the-art technology covering the full spectrum of care, from emergency services to maternal child care and oncology, to cardiology, surgery, and radiology. In fact, the Siena Campus is one of the first in the nation to offer completely filmless radiology for all diagnostic imaging. Other technological highlights include a computerized medical records/charting system, a pneumatic tube delivery network, and a 15,000-square-foot outpatient cancer treatment center located within the attached Del E. Webb Medical Plaza. St. Rose will also introduce an open-heart program within a few months.

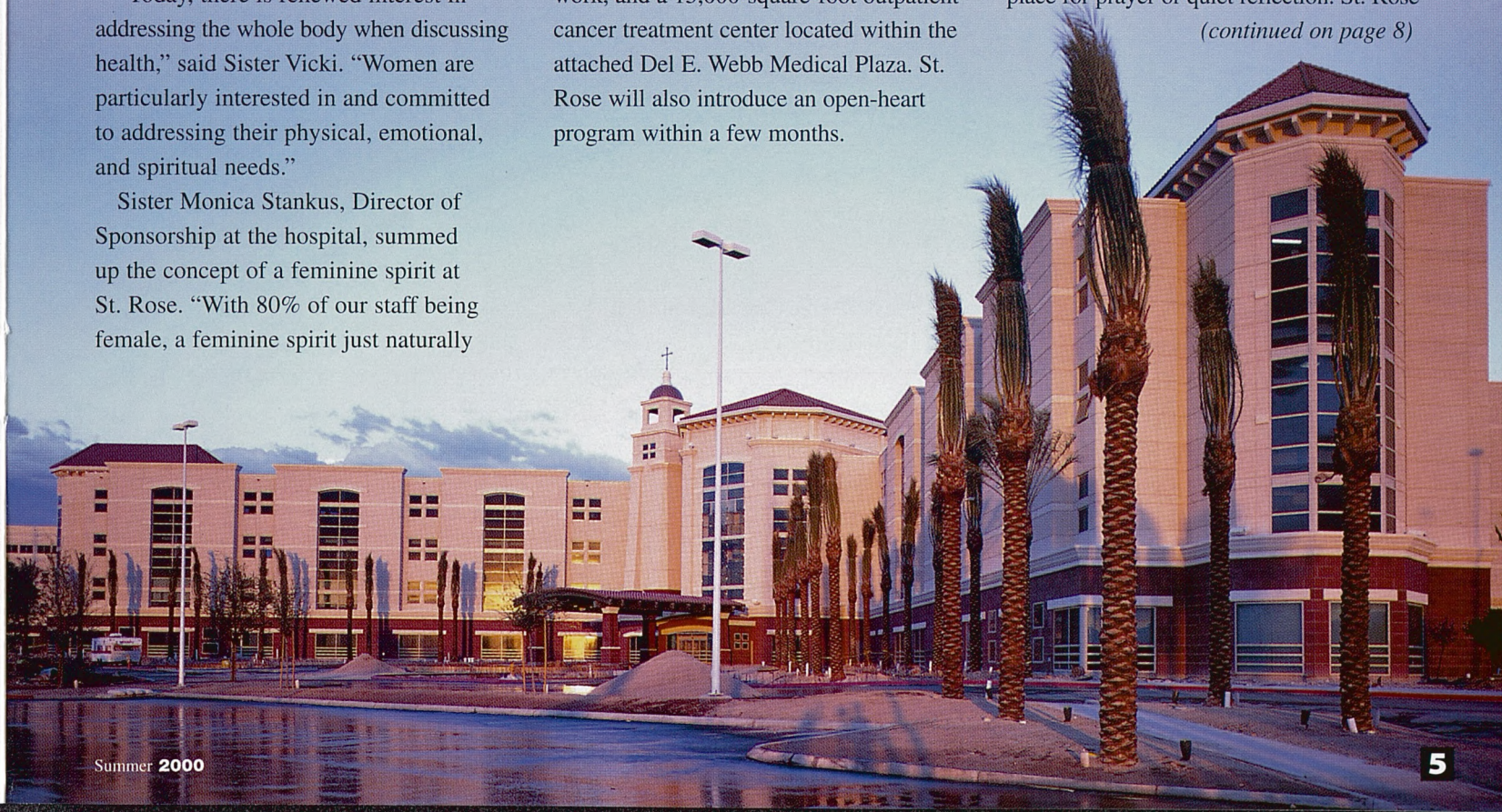


In 1947, seven Adrian Dominican Sisters journeyed to Henderson to provide quality, compassionate care to the valley's residents. Fifty-three years later, the Adrian Dominicans still guide our mission of caring.

A PLACE OF PEACE AND PRAYER

The Siena Campus Chapel, located at the base of the bell tower, provides a peaceful place for prayer or quiet reflection. St. Rose

(continued on page 8)



Upcoming Events and

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

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PREPARED CHILDBIRTH

Learn about the labor and birthing process, cesarean birth, breathing, and relaxation in this four-week series. Call **914-7066** during your 5th month to schedule your class.

Place: Family Education Classroom at 105 N. Pecos at Pecos/Wigwam
Fee: \$45 Prepared Childbirth Class; \$25 Refresher Class

BABY BASICS

This series of two classes is designed to help expectant parents learn infant care and early parenting skills. You will have hands-on practice for CPR skills.

Date: Wednesdays
Time: 6 to 8 p.m.

Place: Family Education Classroom at 105 N. Pecos at Pecos/Wigwam
Fee: \$25

BREAST-FEEDING BASICS

If you are considering nursing your baby, our lactation educator will provide you with the necessary information to begin a successful nursing experience. Expectant fathers are encouraged to attend.

Date: Tuesdays
Time: 6 to 8 p.m.

Place: Family Education Classroom at 105 N. Pecos at Pecos/Wigwam
Fee: \$5

SUPER SIBLING CLASSES

Becoming a big brother or sister can be exciting. Kids learn to verbalize their feelings about the baby's arrival, as well as how to hold a baby, and see where mom will give birth. Older siblings will be prepared to be present at the birth if the parents desire.

Date: Mondays
Time: 4 to 5:30 p.m.

Place: Rose de Lima Campus Classroom at 102 East Lake Mead
Fee: \$10/child; \$15/family

ADD/ADHD—ATTENTION DEFICIT DISORDER

A baffling and confusing disorder has been affecting our children—and a large number of adults—for many years. Learn more about ADD/ADHD and current treatments.

Date: Monday, August 7
Time: 6:30 to 7:30 p.m.
Place: WomensCare Center

NAVIGATING RELATIONSHIPS

Learn how to navigate through the joys and frustrations of life's ever-changing relationships.

Date: Thursday, August 10
Time: 6:30 to 8 p.m.
Place: WomensCare Center
Fee: \$3

THE VALUE OF VITAMINS

Look and feel your best. Learn about the essential vitamins women need.

Date: Tuesday, August 15
Time: 10:30 to 11:30 a.m.
Place: WomensCare Center

SAFESITTERS

Baby-sitting is a great job, with a lot of responsibilities. Adolescents can learn the basics of baby-sitting, including safety.

Date: Thursday, August 17
Time: 9 a.m. to 4:30 p.m.
Place: WomensCare Center
Fee: FREE, but RSVPs are required

EMERGENCY MEDICAL INFORMATION AND IDENTIFICATION

Learn what EMTs need to know should an emergency arise. An EMT will discuss the importance of identification of certain illnesses and diseases.

Date: Monday, August 21
Time: 10:30 a.m.
Place: WomensCare Center

SKIN CANCER CLASS AND CLINIC

When it comes to skin cancer, early detection and removal are essential to minimize

For more information about these events or to make reservations, call **914-7060**.

the risk of recurrence. Join us for a class and free skin cancer screenings.

Date: Thursday, August 24
Time: 1 p.m.
Place: WomensCare Center

IRRITABLE BOWEL SYNDROME/ SPASTIC COLON

Join a gastroenterologist to learn about diagnostic tools and breakthrough treatments.

Date: Wednesday, September 6
Time: 6:30 to 7:30 p.m.
Place: WomensCare Center

AN A+ AGING EXPERIENCE

Learn to make the most of growing older with a focus on physical, social, mental, and financial fitness.

Date: First Thursday of every month, beginning September 7
Time: 10:30 a.m.
Place: WomensCare Center

COPING WITH GRIEF AND LOSS

Grief has an ability to grip our lives. Learn effective skills for coping and continuing on.

Date: Thursday, September 7
Time: 6:30 to 7:30 p.m.
Place: WomensCare Center

5-A-DAY FOR BETTER HEALTH

Learn how five or more servings of fruits and vegetables each day can improve your health and reduce the risks of diet-related cancers and other chronic diseases.

Date: Monday, September 11
Time: 10:30 to 11:30 a.m.
Place: WomensCare Center

DIABETES AWARENESS, TEACHING, AND EDUCATION (D.A.T.E.)

Learn about diabetes, its dangers, and effective ways to manage this disease.

Date: Four-session program held

Ongoing Offerings

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

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September 12, 13, 19, 20

Time: 10 to 11 a.m.

Place: WomensCare Center

@##@#! ANGER MANAGEMENT

Join us to learn tips on how to control anger.

Date: Monday, October 2

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

Place: WomensCare Center

DEPRESSION SCREENING DAY

This day is designed to de-stigmatize depression and manic-depression and educate people about the signs, symptoms, and treatments. Take a confidential written screening test and have your results reviewed by a healthcare professional.

Date: Thursday, October 5

Time: 9 a.m. to 4 p.m.

Place: WomensCare Center

RAPE PREVENTION

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

Date: Saturday, October 7

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

Place: WomensCare Center

FIGHT DIETARY FAT AND MANAGE CHOLESTEROL

Win the fight against fat and cholesterol.

Date: Tuesday, October 10

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

Place: WomensCare Center

SO YOU FOUND A LUMP . . .

What next? Learn steps to take and facts about breast biopsies from a surgeon.

Date: Wednesday, October 11

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

Place: WomensCare Center

VIOLENCE IN AND OUTSIDE THE HOME

Unfortunately, violence knows no

geographic boundaries. But, you can know how to recognize it and respond.

Date: Friday, October 13

Time: 10:30 a.m.

Place: WomensCare Center

GIRL TALK

For mothers and their daughters, ages 10 to 14, to attend together. Learn and discuss changes that a girl's body goes through during this period of adolescence.

Date: Wednesday, October 18

Time: 6 to 8 p.m.

Place: WomensCare Center

RESOLVING CONFLICTS

Learn conflict resolution techniques.

You may attend alone or with a partner.

Date: Thursday, October 19

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

Place: WomensCare Center

LUPUS AWARENESS

October is Lupus Awareness Month. Learn what lupus is, the signs, symptoms, and available treatments.

Date: Thursday, October 26

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

Place: WomensCare Center

ONGOING CLASSES AND SUPPORT GROUPS

Call **914-7060** for dates, times, and locations.

• Qi Gong and Tai Chi

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

Fee: \$3/class

• Yoga

Get centered at our Center.

Fee: \$3/class

• P.A.C.E.

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

• Diabetes Support Group

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

• Breast Cancer Support Group

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

• Resolve Through Sharing (R.T.S.)

Family and Friends Support Group

This bereavement support group is for those who have suffered a loss at any time during pregnancy, including a miscarriage, ectopic pregnancy, stillborn, or newborn death.

For more information about these events or to make reservations, call **914-7060**.

TEDDY BEAR CLINIC AND BACK-TO-SCHOOL PHYSICALS

Bring your kids and their favorite teddy bear or doll to learn the basics of nutrition, hygiene, first aid, and safety.

Date: Tuesday, August 8

Time: 9:30 to 11:30 a.m.

Place: St. Rose UrgentCare at
100 N. Green Valley Parkway

Date: Thursday, August 10

Time: 9:30 to 11:30 a.m.

Place: St. Rose UrgentCare at
1776 Warm Springs Road

Fee: Teddy Bear Clinic **FREE**; \$25 for preschool and school physicals—does not include immunizations



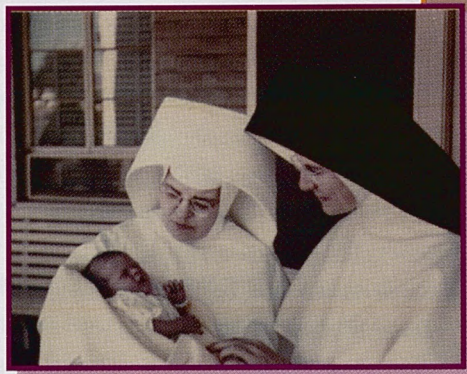
Life's Most Precious Gift

A baby is a precious gift. At St. Rose Dominican Hospital, delivering tiny bundles of joy with tender, loving care is our gift to moms and their families.

As nurse Rita Maestas explained, "Every day is a joyful day when you can take part in the birth of a baby." Rita has worked for St. Rose for more than 40 years!

With the opening of St. Rose's second hospital, the Siena Campus, we are proud to share with the women of our community what they can expect when delivering at either our Rose de Lima Campus or our Siena Campus.

- 25 private labor-delivery-recovery-post-partum (LDRP) and labor-delivery-recovery (LDR) suites on our two campuses
- A full complement of medical professionals dedicated to your care, including nurses trained in Level I, II, and III care
- Complete nurseries to care for babies when mothers need rest
- Private pediatric rooms



Sr. Marie Daniel holds her namesake, Daniel Foley, now an attorney. Daniel is the youngest child and the only boy of nine Foley children born in 10 years to Betty Foley and her husband at the hospital's Rose de Lima Campus.

- Ante-partum rooms for women who may develop medical conditions related to pregnancy
- C-section rooms conveniently located within each unit
- Perinatal/fetal assessment units at both campuses
- A full array of prenatal, childbirth, and family education classes



Dr. Joel Bower, now Vice President of Medical Affairs at St. Rose, delivered more than 1,000 babies as an OB/GYN at the hospital during the '70s, '80s, and '90s. He is pictured with his wife, Carol, and their eight grandchildren in the Pediatric Unit of the new St. Rose Dominican Hospital—Siena Campus.

- The Family-to-Family Connection, which provides new parents with an array of educational and support services during the first year of a baby's life
- Lactation specialists
- The Baby Your Baby program

For more information about planning to have your baby at St. Rose, call 914-7066.

The Influence of Women on Healthcare *(continued from page 5)*

Dominican Hospital carefully designed the Chapel to welcome people of all faiths. Many books of worship, including the Koran, Torah, the Book of Mormon, and the King James Version of the Bible, were donated to the Chapel by local congregations.

SERVING THOSE IN NEED

The Siena Campus is named in honor of Catherine of Siena, a 14th century saint who humbly served the poor, ill, and afflicted. At the front of the hospital, a gracefully sculptured statue depicts Catherine as she was best known—extending her hand toward those in need. The statue is

surrounded by gentle waters, flowers, and a cobblestone path reminiscent of the streets in her hometown of Siena, Italy.

HIGH-TOUCH HEALING

The Adrian Dominican Sisters have always known that a patient's emotional well-being plays a profound role in the healing process. As such, St. Rose developed a "patient first" philosophy, which holds a patient's comfort and dignity in high regard.

Among conveniences designed to reduce patient anxiety is bedside admitting, which enables patients to bypass traditional admitting and proceed directly to their rooms. Each private room features a family area

with a couch that converts into a single bed, so loved ones may rest. Small nursing stations, located just outside patient rooms, allow physicians and nurses to chart information by computer while keeping patients within view. Services that are essential to treatment are located near each unit or are brought to patient rooms to increase the time caregivers spend with patients.

A GARDEN TO LIFT THE SPIRITS

Water, trees, flowers, and herbs are brought together in the beautiful Siena Campus Healing Garden. They transcend language, age, and physical barriers to lift the spirit and heal the body.

12 Ideas on How to Nurture Your Own Good Health



The most important key to nurturing your own good health may be the realization that you cannot be all things to all people . . . that you cannot be perky 24/7 and that being intuitive to your own needs is important. Here are a few other tips:

- Learn to listen to your body and respond to what it needs.
- Schedule time for yourself—as you would any other important meeting or get-together. Use this time for something relaxing, such as meditation.
- Decide what your most productive time of day is and schedule your most important tasks then. Schedule routine or low-priority tasks during your low-energy times.
- Use the “D” word—Delegate! Ask your husband to pick up a quart of milk on the way home.
- Schedule time for friends. Often obligations, such as work, get in the way of what means the most to us. Make a point of scheduling a dinner, a walk, or a movie with a friend.
- If you are angry with someone, take a few minutes to write down your thoughts as a means of defusing your initial anger. After

reading the letter one or two times, rip it up. While someone might forget something you say in anger, they might hold onto the things you say in writing.

- Utilize “wait time”—for example, time spent waiting for your car’s oil to be changed—to daydream or practice positive imagery.
- Laugh. If you can’t find anything to laugh about, make a beeline to the video store to rent a funny movie. Also try reading a joke book or heading to a comedy club for a rib-tickling evening.
- Buy a positive reinforcement or easy listening tape or CD to play while driving. It will surely bring down your blood pressure. And, forgive the person who cuts in front of you. Chances are you have pulled out in front of someone before, too.
- Visit your doctor each year, not just when you’re sick.
- Team up with a friend or loved one and support each other in good health measures—from exercising to taking your daily vitamins.
- Don’t relive your mistakes. Forgive yourself and realize that most mistakes are a learning experience.



nutritionnews

Cut the Caffeine

Caffeinated beverages can result in a loss of calcium and decreased absorption of iron, which are important to mothers and developing babies. As a substitute to coffee and colas during pregnancy, consider herbal teas, which contain no caffeine and are believed to have healing properties.

Say Cheese

If you’re looking for a healthy source of protein and calcium during pregnancy, look to cheeses. Cheese is a concentrated source of many of the nutrients found in milk. In addition, the protein of cheese is of equal quality of meat and usually costs less.

Counting Calories

While pregnancy isn’t the time for dieting, it is important to maintain a healthy diet. For instance, a cup of skim milk at 90 calories or a cup of non-fat yogurt at 100 calories is a better choice for calcium than a cup of ice cream, which has nearly three times more calories and fat.



Great Expect

A new baby is one of the most exciting events in the life of a woman and her family! Planning a pregnancy and giving birth bring great joy, as well as many questions and expectations.

PREPARING TO GET PREGNANT

If you're planning to get pregnant, here are a few steps to take before conceiving:

- Update your immunizations and get the medical attention necessary to control any health problems.
- Eat right and take a multivitamin that contains folic acid.
- Exercise in moderation, without becoming overheated.
- Try to get as close to your ideal weight as you can.
- Talk with your healthcare provider to plan for a healthy pregnancy. Be sure to talk about any birth control measures you're using and any medications you're currently taking.
- Relax. Daily stress and anxiety about getting pregnant may decrease your likelihood of conceiving.

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LEARNING THE ABCs OF PREGNANCY

To have the most positive childbirth possible, St. Rose Dominican Hospital and The Barbara Greenspun WomensCare Center of Excellence provide women with a host of educational opportunities (see *Upcoming Events* pages). By getting involved in educational classes early, you can:

- find out about various birthing options to determine what is best for you and your baby
- develop important skills—relaxation, breathing, visual imagery, and the like—that decrease labor pains and increase your overall enjoyment of having a baby
- learn various labor positions and strategies to promote an uncomplicated labor and delivery
- ensure that your labor partner is prepared to take part and provide the emotional support you need.

EXERCISING WHILE PREGNANT

Pregnant women often become anxious about their expanding waistlines. But, as a pregnant woman, you can stay fit—even when your clothes don't. Studies show that exercise can boost a pregnant woman's stamina, fitness, and sense of well-being, without harming her growing baby. However, because certain conditions of pregnancy, such as persistent bleeding or high blood pressure, can make exercise risky, check with your doctor before starting a pregnancy exercise program. Also, keep the following in mind:

- Eat well, drink plenty of water, and don't get overheated.
- Exercise regularly, at least three times a week.
- Don't exercise to exhaustion.

- Avoid exercises that could lead to a fall or an abdominal injury.
- After the first trimester, avoid lying on your back or standing still for long time periods, whether or not you are exercising.
- Make the Kegel exercise, where you contract your muscles for 10 to 20 seconds as though you were stopping the flow of urine, part of your daily exercise routine.

BATTLING THE BABY BLUES

Many new moms feel overly sad, anxious, or exhausted. These feelings usually disappear within 10 days after delivery. But, about 10% of women experience postpartum depression (PPD), in which these feelings are more severe and last longer. If you are feeling blue, or believe you have postpartum depression, here are a few coping strategies to help:

- Talk to a trusted friend.
- Get help with child care, household chores, and errands.
- Take at least 15 minutes each day to do something just for you, such as a bubble bath or a walk.
- Keep a diary to write down your emotions and feelings as a way of letting them out.
- Don't expect yourself to be a "super mom."

Most importantly, enlist the help and support of your physician. Several studies show that a combination of psychotherapy and anti-depressant medications can help women reduce their PPD symptoms. Some women may be concerned about taking a medication if they are breastfeeding, but doctors believe that the benefits a mother will experience in getting help outweigh the possible risk of affecting the infant.



Taking Care of Baby

Like adults, babies need health-care providers of their own. Your baby's first checkup takes place just after his or her birth in the hospital. This is to ensure that your baby is healthy and to examine him or her for any conditions that may need attention.

Throughout your baby's first two years, periodic checkups, known as well-baby visits, are a commonsense program of preventive medicine. During these visits, your child will get a series of routine immunizations to protect him or her against diseases, such as measles, mumps, and polio. In addition, your baby's doctor will weigh, measure, and observe the growth and development of your baby—physically, emotionally, intellectually, and socially—to ensure all is proceeding normally.

If you would like to find a healthcare provider for your baby, contact St. Rose Dominican Hospital's Physician Referral Nurse at 616-4508.

Second Annual

His and Her Health Month

CLINICAL BREAST EXAMS (CBE) AND PROSTATE/TESTICULAR SCREENINGS (PSA/TCS)

Battle of the sexes—not now. Men and women are encouraged to team up and join the fight against breast, prostate, and testicular cancer. To build team spirit, The Barbara Greenspun WomensCare Center of Excellence, St. Rose Dominican Hospital, and our affiliated physicians are offering breast, prostate, and testicular screenings.

Call **454-6226** to schedule a PSA/TCS appointment.
Call **914-7060** to schedule a CBE appointment.

- **Tuesday, September 19**, 9 a.m. to 5 p.m., at St. Rose Dominican Professional Center at Mtn. Vista near Sunset
- **Thursday, September 21**, 4 to 8 p.m., at the Del E. Webb Medical Plaza on the St. Rose Siena Campus
- **Saturday, September 23**, 9 a.m. to 3 p.m., at the St. Rose Medical Plaza at 98 Lake Mead Drive/ Boulder Highway

Fee: PSA: \$10; TCS: FREE; CBE: FREE

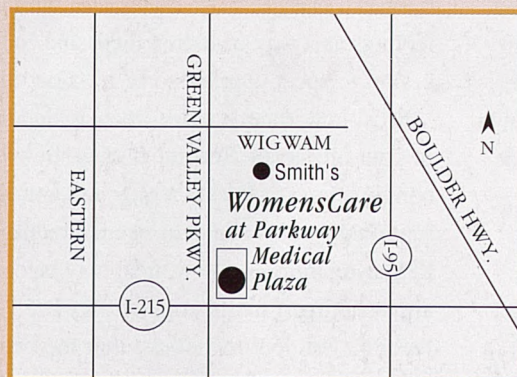
Note: Screenings are limited, and appointments are required.



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“Of all happiness,
the most charming
is that of a firm
and gentle
friendship.”

— Seneca