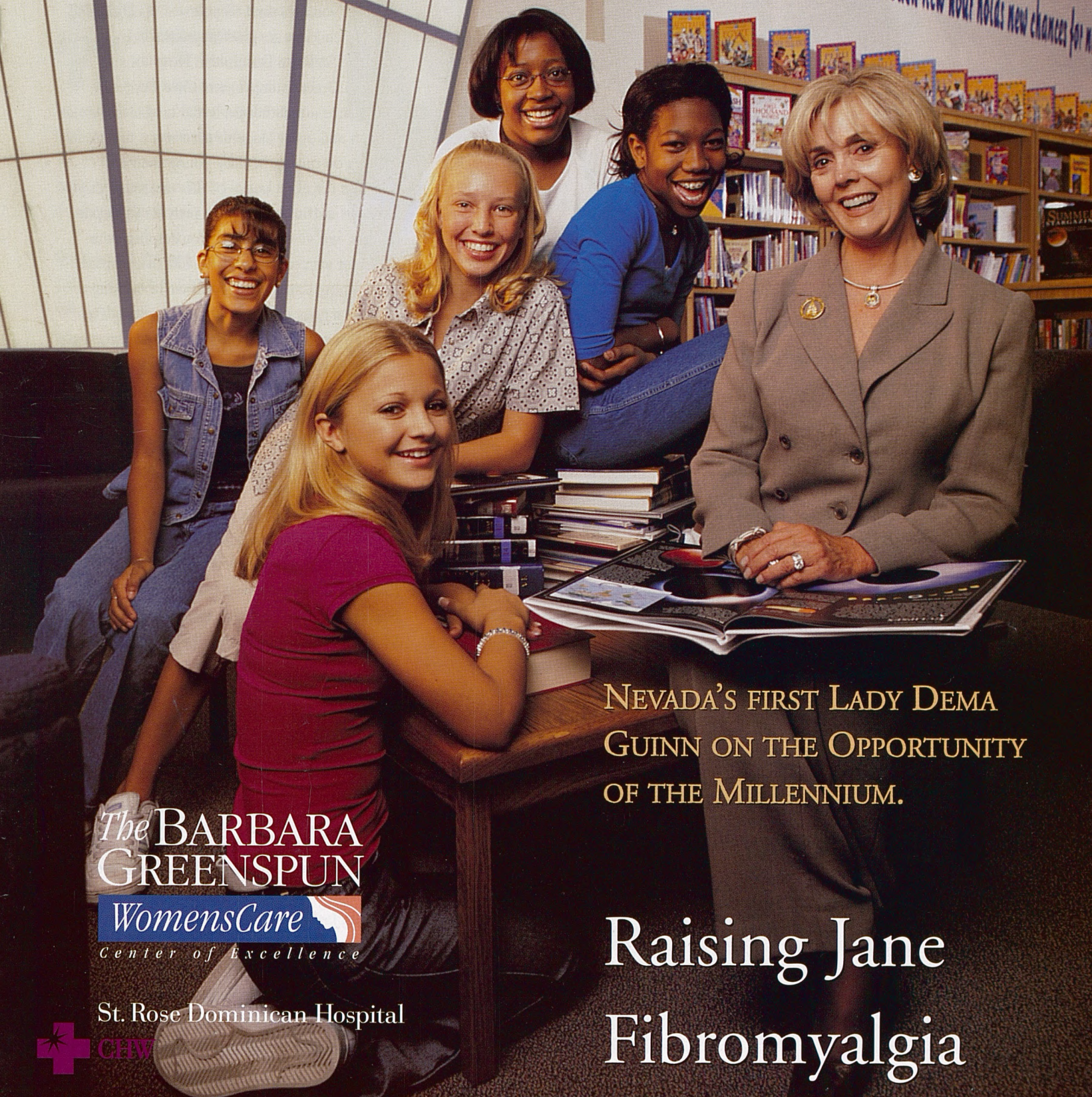


WomensCare

fall 2000

A magazine for your mind, body, and spirit

Each new hour holds new chances for you



NEVADA'S FIRST LADY DEMA
GUINN ON THE OPPORTUNITY
OF THE MILLENNIUM.

The BARBARA
GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospital



Raising Jane
Fibromyalgia



Books for Babies

Reading and speaking to your baby show love, promote closeness, and open the mind. A child's future success in life depends on their ability to read and communicate. That's why the Henderson Library District and WomensCare are teaming up to bring you *Books for Babies*. When you give birth at our Rose de Lima or Siena Campus, you'll receive a gift pack including baby's first book and bib, a voucher for baby's first library card, and important reading for you on the ways you can instill a love of reading and learning in your child.

Nurture Your Body, Nourish Your Soul Series

Your body needs healthy food, your soul healthy thoughts. Join us for an inspiring hour that feeds your spirit.

Date: The fourth Wednesday of every month, except December

Time: 1:30 to 2:30 p.m.

November—*Living from a Grateful Heart*

January—*Mirror, Mirror on the Wall:*

Imaging Self As Whole and Holy

Women's Window

Nevada's First Lady Dema Guinn talks with young women about friends, family, peer pressure, and educational opportunities, including *The Millennium Scholarship Program*, which provides today's students with a \$10,000 educational incentive for a healthy future.



FROM OUR PRESIDENT

Dear Readers,

Like many of you, my wife, Cathy, and I are proud parents. However, having raised three boys, I was spared the incredible agony that millions of fathers endure—shaking the hand of the first young man who dared to take their little girl on a date.

Here in Henderson, nearly 28% of our population is younger than 18 years of age, and half of those children are girls (approximately 25,000). Because St. Rose Dominican Hospital and The Barbara Greenspun WomensCare Center of Excellence are dedicated to the health of women at each and every stage of their lives, this issue focuses on raising healthy young women.

While the eight pages of this magazine do not allow us sufficient space to provide in-depth reports, we've offered tips for helping your daughter succeed in a world full of complex, challenging issues. You'll find we're offering a class on a great educational opportunity—The Millennium Scholarship Program—that can help young women succeed, and a number of upcoming opportunities for mothers and daughters.

To the mothers who are charged with one of the greatest responsibilities—raising a daughter—we wish you one of life's greatest joys: seeing her thrive.


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

Fibromyalgia

Living with

Fibromyalgia is a chronic disorder that causes millions of Americans, mostly women, muscle pain and fatigue. Women often describe it as feeling like a persistent bout of the flu. While it is not life-threatening, it can threaten the lifestyle and self-esteem of those who suffer from it.

METHODS OF MANAGING THE PAIN AND FATIGUE

While there is no known cure for fibromyalgia, most doctors—and research—suggest eating right, getting adequate rest, and participating in a mild exercise program. (Please consult your physician before beginning an exercise program.) While exercise is thought to be the most effective means of managing fibromyalgia, some patients fear that exercise will exacerbate their pain. But, the short-term pain of mild exercise is usually outweighed by benefits, including increased blood flow and sense of well-being, improved sleep, prevention of muscle atrophy, and the reduction of fatigue and pain, including menstrual pain, over time. Stretching is also recommended as part of an exercise regimen. Other methods of managing symptoms of fibromyalgia include meditation and massage.

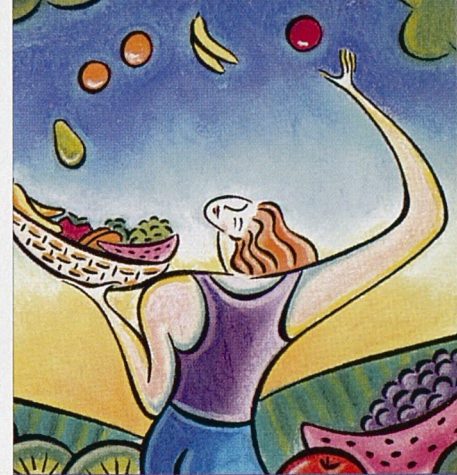
COPING WITH A CHRONIC ILLNESS

- **Grieve and Let Go of Guilt.** If you learn you have a chronic illness, it's natural to experience loss, anger, and sadness. But, if you feel guilt, let it go . . . It's not your fault.
- **Be Energy Efficient.** Cook from a kitchen stool. Keep a calendar to help you prioritize. If you don't have energy for the little matters, it probably doesn't matter.



- **Find Time for Friends.** When you're not up to going out with friends, ask one or two over to watch a movie and order in Chinese food.
- **Have a Sense of Humor.** Women who suffer from fibromyalgia may sometimes feel hopeless. So make that movie with friends a funny one.
- **Stay Sexual.** You and your partner may have to schedule sex for when you're feeling good, but don't forgo it altogether.
- **Accept Yourself.** A chronic illness like fibromyalgia can change your life and lifestyle. Don't worry about being what you were; instead work to appreciate who you are.

For information on fibromyalgia, visit the WomensCare Center. Our Lending Library will provide you with a wealth of information on living healthy and managing chronic illness. For help finding a physician, call St. Rose Physician Referral at 702-616-4508.



healthybites

Benefit of Marriage

Women's rights advocate Gloria Steinem spoke out against marriage for decades. But at age 66, she recently became a blushing bride. Who'd of thunk? Researchers would...Positive relationships with others are needed to support psychological well-being and reduce the risk of depression in elderly women. Elderly women rated relationships more important than autonomy.

Western Journal of Nursing Research, Vol. 16, No. 5

Diets to Reduce Migraines

A low-fat diet may help women who suffer from migraine headaches. In one study, 54 people limited their fat intake to 20 grams or less a day. After 28 days, they were experiencing less frequent and intense headaches. The headaches also didn't last as long as before. One theory is that dietary fat may affect body chemicals linked to migraines.

Journal of Women's Health and Gender-Based Medicine, Vol. 8, No. 5



Raising

Yesterday, your little girl tested your patience by sharing endless details about her day. Today, she's a teen, and when you ask "What's new?", she gives you a "not much" as she disappears behind her bedroom door. Or even worse, she accuses you of snooping.

What's she hiding? Probably nothing. Privacy is important to adolescents seeking independence and wrestling with problems of identity, friend-

Jane

ships, and the physical and emotional challenges of puberty. But, how do you keep in touch with your teen and help her thrive?

TEN REALLY, REALLY IMPORTANT RULES

As girls approach their teens, they increasingly look at and listen to friends, the media, and others for information and advice. So, if you want to make a positive impression on your daughter:

- 1 Start Talking Early.** Discuss her body and what changes she can expect. Talk about education and tough issues like sex, drugs, and violence—even if it's tough on you.
- 2 Be Honest** when your daughter asks, "Mom, What's ecstasy?"
- 3 Find and Share Facts** such as 20% of teen pregnancies occur within the first month of having sex; 50% within a year.
- 4 Communicate Your Values.** "We believe that you should wait until..."

Research shows that kids want and need more moral guidance from their parents. Experts agree that it's important to:

- 5 Create an Open Environment** by avoiding lectures, scare tactics, horror stories such as "I knew a girl who got

that..." and dismissive comments such as "Oh, don't be silly, honey." Above all, researchers advise parents to really:

- 6 Listen to Your Child.** So, when your daughter starts talking, set aside the bills, turn off Oprah, and
- 7 Be Patient.** Yes, it can take a teen 10 minutes to get to the point of a story. And,
- 8 Talk About It Again** because a one-time talk about the birds and the bees doesn't count. If you look, you'll
- 9 Find Everyday Opportunities to Talk** like when you see a commercial on substance abuse or witness a person driving erratically. And,
- 10 Spend Time with Your Daughter** to show her you care.

- Ask your daughter to enjoy a free Mother/Daughter Workout and Spa Day at the Sports Club/Las Vegas on Saturday, December 16. Call **702-914-7060** to reserve your free pass.
- Schedule a monthly Mom/Daughter date: Make fun, easy dinners together and watch classic movies filled with teen angst, such as *West Side Story* or *Rebel Without a Cause*. Then, talk about them.
- Attend WomensCare Teen Talk classes together. (See the schedule on page 7.)

Help Her Put Her Best Face Forward

The hair and clothes have changed, but from your teen years to your daughter's, one thing remains the same: acne. Acne is hereditary and 85% of all teenagers have it. Girls who suffer from acne are often self-conscious and embarrassed, and it's no surprise that as their skin clears, so does their outlook on life. Drinking a lot of water, washing with a mild soap twice daily, and using an over-the-counter acne medication (as the directions indicate) usually keep breakouts at bay. But, if an acne attack doesn't clear up within two months, early medical treatment can prevent psychological scars, as well as physical ones.

To find a dermatologist, call St. Rose Physician Referral at 702-616-4508.



teentips

Let Her Be Little, Too

Surveys suggest that older daughters often feel like they're given the responsibility of taking care of younger siblings from too early of an age.

Hugs Are Huge

A study showed that patients with eating disorders—particularly women—felt nurturing through touch was missing in their childhood.

Let Sleeping Teens Lie

Puberty resets adolescents' biological clocks to favor later bedtimes and wake up times. Also, increased hormonal activity and growth mean teenage girls may need up to nine or 10 hours of sleep a night.

Whattzzz Uppp?

Want to know what your daughter and her friends are up to? Make your home a place they feel welcome. It's easier to know what's happening if it's happening in your own living room.



fitnessfacts

Experts Agree

Recording your exercise habits increases your motivation and helps you improve performance. Find a journal for writing down not only what you did, but also how exercise made you feel.

Gain of Less Pain

Exercise increases blood flow to the uterine muscles, which may explain why women who exercise regularly experience less pain during their menstrual cycles than women who don't exercise.

Sports Rewards for Teens

Young women who participate in sports are 40% less likely to drop out of school and 33% less likely to become teen moms. They are also less likely to smoke. Studies show that exercise may help teens hear better, too. Just imagine:

Mom: "Julie, please straighten up your room."

Julie: "What Mom?"

Mom: "Julie, go ride your bike, then come back and I'll tell you."

Long Distance Fitness

What's the Best Way to Get Fit?

- A. Walking
- B. Isometrics
- C. Talking on the Phone
- D. Writing E-Mails

I'm not sure, Regis. Can I phone a friend?

Do you find working out alone to be work? Many women do, but they look at working out with a friend as girl time, gab time, and just plain fun. If your best girlfriend lives far away, here's an idea for keeping your friendship—and your physique—in shape.

- **Make a Long Distance Fitness Oath with a Friend.** For example:

Your name and friend's name will be long-distance fitness friends and will commit to staying fit. We will—by phone, e-mail, or fax—exercise regularly and not become lax.

- **Commit to a Workout Schedule.**

Your name and friend's name will workout/communicate three times a week, including:

- 1. Long Distance Leg Work and Weights**

Tip: Using a cordless phone—or preferably a speaker phone—talk as you lie on the floor doing leg lifts/stretchers for 15 minutes. Before saying goodbye, commit to spending a half hour doing weight-bearing exercises for arms, shoulders, and back. And, don't forget your abs.

- 2. E-Mail Exercise Madness**

Tip: Set a time to talk via e-mail for 15 minutes twice a week, at say 7 p.m. Both of you should begin your individual 30-minute cardiovascular workouts 45 minutes before your set on-line time. You'll both finish at 6:45 p.m., leaving you time to grab a cool glass of water and a piece of fruit before sitting down at your computer to chat.

- 3. Fitness Fax** (once a week)—

Emotional and spiritual fitness are important, too. Fax each other articles on topics such as meditation, getting a good night's sleep, and journaling. Or, swap healthy recipes via mail.

- **Reward Your Commitment and Achievements.**

Your name and friend's name will continually celebrate individual and shared success.

For example:

- 1. Sending token gifts**

(such as bath salts, incense, or a homemade award certificate) when one reaches an individual goal.

- 2. Three-way calling** your

favorite catalog store and shopping when you meet a shared goal.

- 3. Rewarding your shared commitment with a three-day mind-body-spirit getaway** after four months.



Note: Consult your doctor before beginning any exercise program.

upcoming events & ongoing offerings

All classes are FREE, and at the Womens Care Center, unless otherwise noted.

HEALTHY SEXUALITY FOR MEN

Date: Monday, November 13
Time: 6 to 7 p.m.

MENOPAUSE

Date: Tuesday, November 14
Time: 6 to 7 p.m.

HOME HEALTH SERVICES

Date: Wednesday, November 15
Time: 1:30 to 2:30 p.m.

REFLEXOLOGY

Date: Wednesday, November 15
Time: 6 to 8 p.m.

ALZHEIMER'S AWARENESS

Date: Thursday, November 16
Time: 6 to 7 p.m.
Place: St. Rose—Siena Campus

CATARACT AWARENESS

Date: Thursday, November 16
Time: 6 to 7 p.m.

WRITE YOUR WAY TO GOOD HEALTH

Date: Monday, November 20
Time: 1:30 to 2:30 p.m.

MINDFULNESS MEDITATION INTRO

Date: Monday, November 20
Time: 6 to 7 p.m.

EAR, NOSE, AND THROAT

Date: Tuesday, November 28
Time: 6 to 7 p.m.

TEEN TALK: THE MILLENNIUM SCHOLARSHIP PROGRAM

Moms, dads, and daughters welcome!
Date: Wednesday, November 29
Time: 5:30 to 6:30 p.m.

FIGHTING THE FLU

Date: Thursday, November 30
Time: 5:30 to 6:30 p.m.
Place: St. Rose—Siena Campus

DOMESTIC VIOLENCE

Date: Thursday, November 30
Time: 6 to 7 p.m.

SKIN CARE ESSENTIALS

Date: Tuesday, December 5
Time: 6 to 7 p.m.

ESSENTIAL MINERALS

Date: Wednesday, December 6
Time: 1:30 to 2:30 p.m.

FERTILITY

Date: Thursday, December 7
Time: 6 to 7 p.m.

EATING DISORDERS

Date: Monday, December 11
Time: 6 to 7 p.m.

HOLIDAY STRESS MANAGEMENT

Date: Tuesday, December 12
Time: 1:30 to 2:30 p.m.

SLEEP DISORDERS

Date: Wednesday, December 13
Time: 6 to 7 p.m.

HERBAL HEALING

Date: Thursday, December 14
Time: 6 to 7 p.m.

SAFESITTER

Date: Monday, December 18, or
Wednesday, December 20
Time: 9 a.m. to 4:30 p.m.

WEIGHT MANAGEMENT SERIES

Dates: Tuesdays, January 2, 9, 16, 23, 30
Time: 5:30 to 6:30 p.m.

FACIAL COSMETIC SURGERY SERIES

Dates: Wednesdays, January 3, 10, 17, 24
Time: 6 to 7 p.m.

TEEN TALK: IS IMAGE EVERYTHING?

Date: Monday, January 8
Time: 6 to 7 p.m.

HEMOCHROMATOSIS (IRON METABOLISM DISORDERS)

Date: Thursday, January 11
Time: 6 to 7 p.m.

YOU AND YOUR FEET

Date: Thursday, January 18
Time: 6 to 7 p.m.

CO-DEPENDENCY

Date: Monday, January 29
Time: 6 to 7 p.m.

DIABETIC RETINOPATHY

Date: Tuesday, January 30
Time: 6 to 7 p.m.

DISCOVERIES IN DEPRESSION TREATMENTS

Date: Wednesday, January 31
Time: 6 to 7 p.m.

ONGOING OFFERINGS

- Yoga—\$3 (Now also on Thursdays, 6:30 to 7:30 p.m.)
- Qi Gong and Tai Chi—\$3
- P.A.C.E. (People with Arthritis Can Exercise)
- Diabetes Support Group

Call 702-914-7060

for information, reservations, and details on classes not listed.

Postmaster: Please deliver within October 30–November 3.

Looking for a
Physician?

Call
702-616-4508

If you recently moved or
switched insurance com-
panies, St. Rose Physician
Referral is here for you.

Call anytime between

8 a.m. and 4:30 p.m.,

Monday through Friday,

and our registered nurse
referral specialist will help
you find a doctor to meet
your individual needs.

An Evening of
Wine and Roses

A dozen red roses would be described
as a beautiful bouquet, and so might
the aroma from a vintage wine.

Enjoy both at an *Evening of Wine
and Roses*, a Sports Club/Las Vegas benefit for
St. Rose Dominican Hospital and The Barbara
Greenspun WomensCare Center of Excellence.

Invite someone special—a friend, spouse,
or family member—and join us as we sample
choice wines and take in the lovely ambiance
created by an environment laced with gorgeous
roses.

- Commemorative wine glass for each guest.
- Raffles for Sports Club/Las Vegas workout
and spa packages, plus take-away bouquets.

Date: Saturday, November 18

Time: 5 to 8 p.m.

Place: Sports Club/Las Vegas

Donation Fee: \$25 per person

Tickets: 702-914-2712



St. Rose Dominican Hospital
Health Foundation

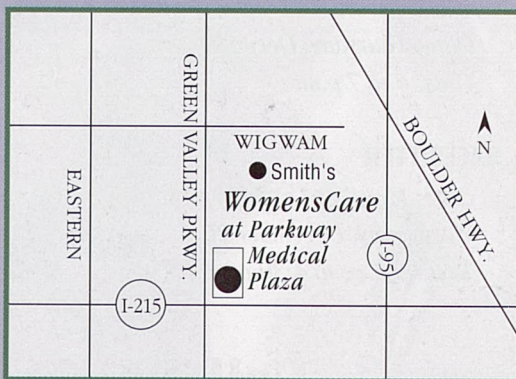


Visit Us At

The **BARBARA
GREENSPUN**

WomensCare
Center of Excellence

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www.strosecare.com



“May you see
the beauty of
your own soul in
what you do.”