

# WomensCare

winter 2001

A magazine for your mind, body, and spirit

## #1 Orthopaedic Program



The BARBARA  
GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospital



Solutions  
to Bladder Blues

Let Humor  
Heal Your Heart





## Nurture Your Body, Nourish Your Soul

Sister Molly says it well! That's the sentiment of the women who have attended the stirring talks given by Molly Nicholson, O.P. As St. Rose's Director of Spirituality and Mission, Molly helps community members find inspiration in everyday living. Join us for her free monthly talks.

**January—Compassionate Chaos: Living Life to the Fullest!**

**February—I Remember Mama**

**March—Women of the "Now" Testament**

**Date:** Wednesdays, February 28, March 28, and April 25

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

**Place:** WomensCare Center

**Free**

St. Rose has recently changed its phone numbers so that all of its facilities and services begin with "616." Please make a note that The Barbara Greenspun WomensCare Center of Excellence's new number is **616-4900**.

## Women's Window

Sharon Moxley (back) is the Director of Volunteer Services and Gift Shops at St. Rose Dominican Hospital. Charlotte Goodman (front) is one of more than 350 women—and men—who generously give their time and talents by volunteering at St. Rose. See "The Value of Volunteering" article on page 6.



## FROM OUR PRESIDENT

Dear Readers,

At St. Rose Dominican Hospital, we begin each meeting with a reflection—it may be a poem, a prayer, or a humorous anecdote that serves to remind us what values are most important in our work and our personal lives.

The reading of the reflection allows meeting attendees a few moments for contemplative thought and time to center their energies on our mission: quality, compassionate healthcare with a commitment to those with special needs.

I have found that this small yet consistent gesture is a strong affirmation of the Adrian Dominican Sisters belief that the health of the mind, body, and spirit are intertwined. It prepares us to interact with our patients, our community, and our co-workers—with dignity and respect.

I would like to invite you to stop into the WomensCare Center to visit with Director Therese Merrill, R.N. In addition to offering you a wealth of information on the health issues that are important to you, Therese will provide you with a free copy of *Reflections of a Journey of Timeless Values*. This small book, published by St. Rose, contains many of the reflections given at St. Rose meetings over the past few years.

I think you will enjoy it as much as I have.

Warmest Regards,

*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





# Get Back in the *swing* of Things

It had been nearly 26 years since Sharon Moxley had surgery to repair her right knee, which was severely damaged in a nasty fall. But, the wear and tear of everyday activities had long since taken their toll.

The bones in Sharon's knees were grinding against each other and causing internal bleeding. The pain was so unbearable that she couldn't climb the stairs to tuck her grandkids into bed. And, when a dear friend came to town, they had to pass on their favorite activity—shopping.

"It dawned on me that if I didn't do something about it, I would never enjoy the things I enjoy most in life," said Sharon. "That was not an option—I like to have fun."

Sharon underwent total knee replacement surgery at St. Rose Dominican Hospital—Siena Campus last November. Within two weeks, she was back to work as St. Rose's Director of Volunteer Services and Gift Shops. "I plan to be back out on the golf course real soon," said Sharon (pictured on front cover).

## JOINT REPLACEMENT CENTER

Osteoarthritis affects some 16 million Americans. In advanced cases, an orthopaedist may recommend surgery. Today, St. Rose's new Joint Replacement Center offers healthy adults an aggressive total joint replacement program.

As Judy Vogel, B.S.N., Nurse Manager, describes it, "The program is aggressive in that the patients' post-surgery recuperation is much shorter than traditional programs." Although the time frame is aggressive, the care is not.

Candidates go through classes before surgery to answer questions and alleviate the anxiety that often accompanies surgery. Surgeries are performed on Mondays and Tuesdays so that patients go through the rehabilitation process together. "There is an amazing camaraderie that develops between the patients, nurses, and rehabilitation therapists," said Judy.

Other patient-friendly features of the program include newsletters—*Hip Tips* and *Knee Notes*—that prepare patients for what to expect each day. For example, after group exercises, patients may enjoy lunch with their families and activities, such as board games.

St. Rose provides in-room accommodations for family members, and patients can wear comfortable loose clothing rather than hospital gowns. The final touch? "We have a stylist to wash and style women's hair so that they go home looking good and feeling good," Judy said.

As one patient described it, St. Rose has taken the customer service aspects of cruise ships and applied it to healthcare that is designed to get you back on your feet and enjoying life.

*If you think you may be suffering from osteoarthritis, you're invited to attend Answers to Arthritis, a class on the options—lifestyle changes, medications, nonsurgical treatments, and joint replacement—available to alleviate pain. Call 616-5554 to RSVP.*



healthybites

## Making the Grade

St. Rose Dominican Hospital was recently ranked the number one orthopaedic program in Nevada by HealthGrades™, a leading provider of quality outcomes ratings for the nation's healthcare industry. The ranking is based on St. Rose's current ratings (September 2000) as compared to other facilities in Nevada.

## By Design

The width of the female pelvis results in a sharper angle where the bones meet than in men. A woman's ligaments tend to be more relaxed, and the muscles that support many women's knees are not as strong as they could be.

The result: Women are more prone to knee injuries and disabilities.

Some solutions: Consider exercises that are easy on the knees, such as swimming or brisk walking, and throw away shoes with worn-down soles.





# Take He

For more insight on lightening up and livening up your marriage (or other close relationships), attend our *Humor for the Heart* event. See the back page for details.



# It to art

## *Heart Disease Is a Woman's Problem!*

**F**or years, heart disease and heart attacks have been considered a man's disease. Yet, consider these staggering statistics:

- Heart disease has been the number one killer of American women since 1908! It kills more than half a million women each year, nearly 10 times as many women as breast cancer each year.
- Nearly 250,000 women die of heart attacks each year, and approximately 74,000 of the women who suffer heart attacks are between the ages of 45 and 64.
- A real clincher: Heart attacks suffered by younger women are more likely to be fatal than those suffered by older women.

*What is a woman to do?*

### KEEP THE BEAT

Remember that when it comes to your health, you are in control. Maintaining positive lifestyle habits can be a chore, but by creating a healthy rhythm to your life, you can help keep your heart beating strong. Here's how:

- Don't smoke.
- Eat right.
- Be active, physically active.
- Get a routine physical each year.
- If you take birth control, ask your doctor to prescribe "low-dose."
- If you are past menopause, ask your doctor about hormone replacement therapy.
- If you have diabetes, control it!

Dr. V.C. Smith, Medical Director of St. Rose Dominican Hospital's new Open Heart Surgery program, also offers this advice: "Strive for pos-

itive, supportive relationships...And, laugh a lot."

Recent studies support Dr. Smith's suggestions. One study found that the most commonly reported incident preceding a heart attack is an emotionally upsetting event, particularly one that involves anger. Reports also suggest that emotionally supportive relationships may lessen the chance of developing heart disease and prolong life following a heart attack.

So, is a hearty laugh with a funny friend or husband the prescription for achieving good heart health? Quite possibly. In fact, a six-year study of 130 marriages found that in happy, secure couples, the wives and husbands used humor as a way to handle conflicts. So, how can you make humor a healthy part of your marriage:

- Take yourself lightly.
- Put a sitcom spin on stressful situations. For example, if you're lost and late for a wedding, but your husband won't stop to ask for directions, imagine yourself as your favorite sitcom couple (Ricky and Lucy or Dharma and Greg) and you might find yourself laughing rather than lashing out at him.
- Create a "funny file" of cartoons and jokes. Read them often—and slip one into your husband's briefcase or workout bag now and then.
- Kid around without your kids. To escape all your serious adult responsibilities, ride a merry-go-round together, go go-cart racing, or have fun at an arcade.

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*To receive your free Heart and Soul information packet, call the WomensCare Center at 616-4900 and we'll have it ready and waiting for you when you stop by!*



## heartworks

### **Benefit of Soy**

Soy protein—about 25 grams per day—can help lower both total and "bad" LDL blood cholesterol levels, which may reduce the risk of coronary artery disease. Try soy beverages, tofu, and soy-based meat alternatives that contain at least 6.25 grams of soy protein per serving. These must also be low in fat and cholesterol.

### **Afternoon Activity**

If you have heart disease, exercising in the afternoon may be best. Why? Stress hormones pour into the bloodstream in the morning, prepping the body for the day. That puts extra strain on the heart—part of the reason why heart attacks are nearly 40% more frequent in the morning.

### **Extra Virgin, Please**

If you're cooking or making dressings, extra virgin olive oil is more heart-protective than refined virgin or "light" varieties. These compounds help prevent "bad" LDL cholesterol from oxidizing, a process that can cause plaque buildup in the arteries.





## healthy living

### A Testimony to Preparedness

After giving birth to her son, Amy participated in the Pediatric CPR class sponsored by St. Rose and the Family to Family Connection.

When her young son began choking on a small piece of cardboard, Amy's husband, Jason, panicked. Amy, on the other hand, kept her calm and put the skills she'd learned to work. By using abdominal thrusts, she was able to dislodge the cardboard, clearing her son's airway. After a few sobs, Daddy and baby were breathing easy.

Jason recently told this story to St. Rose when he took our Pediatric CPR class. He thanked instructor Richard Sgaglio for providing his wife with the tools that saved their son's life. Jason is now Pediatric CPR certified as well.

*If you are interested in taking a Pediatric CPR class, call the Family to Family Connection at 616-6550. For information on other infant and child-care classes, call the WomensCare Center at 616-4900.*

# The Value of Volunteering

**W**ant to feel good about yourself? A famous author and friend of Oprah Winfrey offers this insight. "I have found that among other benefits, 'giving' liberates the soul of the giver."

At St. Rose, more than 350 men and women volunteer, giving their time and talents by working at our reception desks and in our gift shops, aiding patients with Pet Therapy, and reading to children through our Positive Impact on Reading program.

There are hundreds of opportunities to positively affect your community as well as your personal perspective



*Charlotte Goodman volunteers at St. Rose.*

**Tip:** Find an opportunity that adheres to your interests and values. Also, be sure not to over-commit yourself—volunteering should leave you with a sense of pride not extreme pressure.

by volunteering at your church or synagogue, a civic organization, community center, or school.

*If you would like information about volunteering at St. Rose, call 616-7514 (Rose de Lima Campus) or 616-5543 (Siena Campus).*

## Relief for a Common Problem

Bladder infection? Maybe not. You may be suffering from interstitial cystitis (IC), which is now thought to affect one out of every eight women. Symptoms of IC may include frequent urination (more than eight times a day), pain when urinating or having sex, and tenderness in the bladder or vagina.

What causes IC? According to Dr. Michael Kaplan, a urologic surgeon, IC may be caused by an injury to the bladder, an allergic reaction, or in many cases, the bladder fails to deflect the irritating compounds found in urine. Instead, the bladder wall absorbs them, injuring nerves.

"Many women who suffer from IC are mis-

diagnosed with bladder infections, endometriosis, vaginitis, or PMS," says Dr. Kaplan.

In early stages, symptoms of IC are typically intermittent—often flaring up before your

period, when eating or drinking caffeinated, citrus-, or potassium-rich products and spicy foods, or when seasonal allergies act up.

According to Dr. Kaplan, many women find relief when IC is correctly identified. Treatments range from oral medications, the use of low-dose antidepressants—which block pain receptors—and bladder

installation (bladder baths that may relieve inflammation and repair the bladder's protective lining).





# upcoming events & ongoing offerings

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

## EATING DISORDERS SUPPORT GROUP

Dates: Saturdays, February 3, 10, 17, 24  
Time: 9:30 to 10:30 a.m.  
Place: MacDonald Conference Room E,  
St. Rose–Siena Campus

## FRESH START: SMOKING CESSATION SERIES

Dates: Mondays, February 5, 12, 19, 26  
Time: 6 to 7 p.m.

## CO-DEPENDENCY SERIES: PART II

Date: Tuesday, February 6  
Time: 6:30 to 8:30 p.m.

## FACIAL COSMETIC SURGERY: PART IV

Date: Wednesday, February 7  
Time: 6 to 7 p.m.

## KICKBOXING

Dates: Wednesdays, February 7, 14, 21, 28  
Time: 6:30 to 7:30 p.m.  
Place: St. Rose–Siena Campus  
Fee: \$5/session

## ALL ABOUT ADOPTION

Date: Thursday, February 8  
Time: 6 to 7 p.m.

## IMPROVING THE CHEMOTHERAPY EXPERIENCE

Date: Tuesday, February 13  
Time: 7 to 9 p.m.  
Place: St. Rose–Siena Campus

## REAL TIME FOR REAL WOMEN

Date: Thursday, February 15  
Time: 1:30 to 2:30 p.m.

## HUMOR FOR THE HEART

See page 8 for details.  
Date: Saturday, February 17  
Time: 12:30 to 2:30 p.m.  
Place: Del Webb Sun City  
Anthem Center  
Fee: \$12/person

## AROMATHERAPY

Date: Monday, February 19  
Time: 6:30 to 7:30 p.m.

## LEUKEMIA/LYMPHOMA SUPPORT

Date: Monday, February 19 (continues  
third Monday of each month)  
Time: 6:30 to 8 p.m.  
Place: St. Rose–Siena Campus

## DIVORCE: MOVING FORWARD

Date: Tuesday, February 20  
Time: 6 to 7 p.m.

## SELF-IMAGE ENHANCEMENT SERIES

- Part I—The Body: Wardrobe Right for Your Body Type
  - Part II—The Face: Make Your Makeup and Hair Complement You
- Dates: Wednesdays, February 21 and 28  
Time: 5:30 to 6:30 p.m.

## BUILDING HEALTHY FAMILIES

Date: Tuesday, March 6  
Time: 5:30 to 6:30 p.m.

Call 616-4900

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

## ANGER MANAGEMENT SERIES

Dates: Wednesdays, March 7 and 14  
Time: 7 to 9 p.m.

## MAKING ADVERSITY MANAGEABLE

Date: Thursday, March 8  
Time: 6 to 7 p.m.

## COLORECTAL CANCER

Date: Tuesday, March 20  
Time: 5:30 to 6:30 p.m.

## PARENTING SERIES

Dates: Wednesdays, March 21 and 28  
Time: 7 to 9 p.m.

## MIGRAINES

Date: Thursday, March 22  
Time: 6 to 7 p.m.

## REFLEXOLOGY

Date: Monday, March 26  
Time: 6 to 8 p.m.

## PMS HELP

Date: Thursday, March 29  
Time: 6 to 7 p.m.

## BODY CONTOURING

Date: Tuesday, April 3  
Time: 6 to 7 p.m.

## MARITAL RELATIONS SERIES

Dates: Wednesdays, April 4 and 11  
Time: 7 to 9 p.m.

## SELF-ESTEEM: THE POWER TO BE YOUR BEST

Date: Thursday, April 5  
Time: 1:30 to 2:30 p.m.

## RAPE PREVENTION AND SELF-DEFENSE

Date: Saturday, April 7  
Time: 10 a.m. to 2 p.m.

## ADVANCES IN VISION CORRECTION

Date: Thursday, April 12  
Time: 6 to 7 p.m.

## SAFE SITTER—A BABY-SITTING COURSE FOR ADOLESCENTS

Date: Wednesday, April 18  
Time: 9 a.m. to 4:30 p.m.

## PERSONAL GROWTH SERIES

Dates: Wednesdays, April 18 and 25  
Time: 7 to 9 p.m.

## BALANCING WORK AND FAMILY: THE JUGGLING ACT

Date: Thursday, April 19  
Time: 6 to 7 p.m.

## GIRL TALK—A PUBERTY PROGRAM FOR MOTHERS AND DAUGHTERS

Date: Thursday, April 26  
Time: 6:30 to 8 p.m.

## DE-JUNKING YOUR LIFE

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

## YOGA AND TAI CHI

\$5. Call for dates and times.

Now you can look up what resources are available through the WomensCare Center and Siena Campus Health Resource libraries with a click of your mouse.

[www.strosecares.com](http://www.strosecares.com)





St. Rose  
Dominican Hospital

A Member of Catholic Healthcare West  
102 East Lake Mead Drive  
Henderson, Nevada 89015

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Postmaster: Please deliver within January 29–February 2.

Looking for a  
**Physician?**

Call  
**616-4508**

If you recently moved or switched insurance companies, 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.

# Humor for the Heart

## The Great Guffaw

**W**hen was the last time you enjoyed a good laugh? How did it make you feel? At St. Rose, we believe that laughter is good medicine, and research confirms that! So, in celebration of our new Open Heart Center, we would like to invite you and yours to *Humor for the Heart*. Nationally recognized funny lady Peggy Kline (seen on Sally Jesse Raphael and in *Redbook*) will have you in stitches as she shares how cultivating an ability to see the lighter side of life can help you enjoy strong, loving relationships while reducing your risks of heart disease.

Make it a date with your husband or a girlfriend. What have you got to lose other than some pent up anger or anxiety?



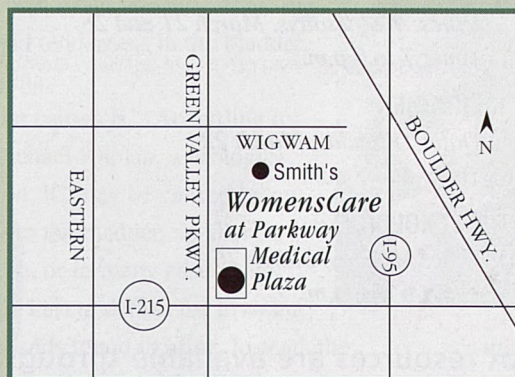
**Date:** Saturday, February 17  
**Time:** 12:30 to 2:30 p.m.  
**Place:** Del Webb Sun City Anthem Center,  
2450 Hampton Road  
**Tickets:** \$12 includes a heart-healthy  
buffet lunch  
**RSVP:** 616-4900

## Visit Us At

The **BARBARA GREENSPUN**



100 North Green Valley Parkway,  
Suite 330  
Henderson, NV 89014  
616-4900  
www.strosecares.com



“Laugh enough  
and love enough  
and you’ll live  
happier.”