

# WomensCare

spring 2001

A magazine for your mind, body, and spirit



## Free Clinical Breast Exams

The BARBARA GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospital



Get Wet, Get Fit

Enjoy Tea for Two—  
or Three



## Baby-Sitters at Their Best

With the school year coming to a close, many teens and pre-teens will be looking for baby-sitting jobs to earn money for summer outings and new fall outfits. Help your baby-sitter be at her or his best by taking these steps:

- Discuss common situations, such as feeding and diapering your child.
- Acquaint the sitter with your children's special health needs.
- Walk the sitter around your home to identify any potential hazards, such as steep stairs.
- Show the sitter where you store your first-aid kit and any other emergency supplies.
- Discuss how to handle common emergencies, such as cuts that don't stop bleeding.
- Share secrets about what comforts your children or helps calm them at bedtime.
- Leave emergency phone numbers by the phone, including fire, police, poison control, and your children's doctor. Also, write down your cellular or beeper number and the name and number of a helpful neighbor or nearby relative.

WomensCare offers a *Safe-Sitter* class for adolescents ages 11 to 13. Call **616-4900** for information and to register for classes on **Friday, June 15** or **July 13**.

## Women's Window

WomensCare salutes St. Rose's wonderful nurses during Nurses' Week, and St. Rose celebrates more than 1,600 women and men who care for our community during Hospital Week. Both of these weeks are held May 6-12.



**On the cover:** Nurses Christine Ishikawa, Meighan McConnell, and Denise McBride (front)

## FROM OUR PRESIDENT

I am pleased to tell you that St. Rose and The Barbara Greenspun WomensCare Center of Excellence recently received a pat on the back from you—our readers. The compliment came in the form of survey results regarding our WomensCare Magazine. Surveys were sent to thousands of women with our Fall 2000 edition; 96% of the respondents had a very positive view of WomensCare magazine, 99% rated the information provided as very useful, and 82% indicated that the magazine has influenced the way she or a family member cares for themselves. I am pleased to report that nearly half of the respondents have used a WomensCare service as a result of reading our magazine.


The survey results made our day! Thank you for your support of WomensCare, and please remember we are here for you. Whether you have a question about childbirth, breast exams, finding a physician, managing stress, or dealing with grief, The Barbara Greenspun WomensCare Center of Excellence is dedicated to helping you achieve physical, emotional, and spiritual well-being.

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

# Put Your Best Foot Forward

**A**woman's feet are finely tuned machines that may carry her 100,000 miles or so in a lifetime. Yet, we cram them into tight, dark spaces and subject them to countless hours of wear and tear. By showing our feet respect, the miles we put on them will be smoother. Follow these tips to put your best foot forward:

- Shop for shoes at the end of the day when your feet are their largest to ensure shoes will fit morning, noon, and night.
- Select socks based on your activities. Cotton socks are fine for everyday activities, but they can squish and lose cushioning over time. If you walk, hike, or play tennis, look for synthetic blends that provide more cushioning and wick away moisture from your feet more effectively.
- Bypass pumps when possible. Does this mean you have to give up fashion to achieve foot health? The answer—as with a healthy diet—lies in moderation. If you wear pointy-toe pumps and

splurge on crème brûlée on Saturday night, skip the heels and decadent desserts during the week. If you wear heels routinely, opt for pumps with chunkier soles that better absorb shock and square-toed boxes that don't pinch toes together.

- Lose your shoes. If heels are part of your work apparel, take them off to stretch your toes and rotate your ankles when you are at your desk. If you can, put on sneakers or comfortable flats when you're not in front of the public.

## Nature's Remedy

Tea tree oil can help heal itchy, red athlete's foot, as well as the hard, thick white toenails that result from a fungal infection. Soaking feet in freshly brewed—but cooled—black tea can help reduce chronic perspiration.

# Foot Fun

Get ready to flaunt your feet by throwing a Potluck Pedicure Party. Enlist friends to bring the *italicized* products below, and follow these simple steps for a great home pedicure:

- Remove old polish.
- Combine a 1/2 gallon of *whole milk*, two drops of *almond extract*, and just enough *water* to cover your feet. The lactic acid in milk acts as a gentle exfoliant, while both milk and almond extract help soften the skin.
- Trim nails straight across with a *nail clipper* or *manicure scissors*, and file with an *emery board*.
- Apply *cuticle cream* and gently push back cuticles with an *orange stick*.
- Mix a handful of *coarse salt* with enough *olive oil* to make a paste. Rub paste gently over feet and calves to exfoliate and moisturize skin. Remove remaining salt grains with a warm *wash cloth*.
- Finish with *nail polish*. Apply a base, two coats of color, and a top coat.



# Breast Health:

## *Technique is the key.*

*Recently, The Barbara Greenspun WomensCare Center staff and volunteers became certified to teach breast self-exams (BSEs) using the MammaCare® philosophy. MammaCare is the only scientifically validated system for teaching physical examination of the breast.*

- Standing in front of a mirror, look for anything unusual, such as dimpling in the breasts or scaling of the skin. According to one study, this step is one of the most important. Women who performed the visual exam were less likely to die from breast cancer than those who did not.
- Watching closely in the mirror, clasp your hands behind your head and press your elbows forward. Look for any changes in the shape or contour of your breasts.

## **THE FIVE P'S OF PROPER BSE INCLUDE:**

- ◆ Palpation—Use the flats of your middle three fingers. At each spot you examine, move the flats of your fingers in three small circles—about the size of a dime.
- ◆ Pressure—Use three levels of pressure (light, medium, and deep) at each spot.
- ◆ Pattern—Begin at the top of the armpit and move down and up the breast in parallel strips.

◆ Position—First position is lying on your back with a pillow under the hip of the side you are examining (left breast, left hip). Place your free hand on your forehead (left breast, left hand). Work your way down and up, to the nipple. Second position is lying on your back with your arm of the side you are examining at a right angle (right breast, right arm). Third position is placing your arm down by your side and examining the collarbone area.

◆ Perimeter—The boundaries of breast tissue are the bra line on the bottom, the collarbone or shoulder bone on the top, a line midway between your breasts, and a line on your side extending down from the armpit that includes the area just beyond breast fullness.

- The best time to do an exam is a few days after your monthly period ends. Women who menstruate irregularly or who no longer have periods should pick a specific day of the month for their breast exam.
- See the back cover for information on a FREE Breast Care Event.

**To correctly learn the skill of BSE, call the WomensCare Center at 616-4900 to schedule a FREE training session.**

It's in



# Your Hands



## healthybites

### Quality Time Cues

This spring and summer, you're bound to want to spend some time with your children. Special occasions don't necessarily need to be momentous or costly. A walk to the park followed by lunch under a shady tree can be more meaningful and memorable than a harried trip to a theme park.

### The Passing of a Pet

The passing of a pet can be as emotionally and physically devastating as the loss of a human loved one. If you have lost a pet, stay connected to other people as well as to other pets. Allow yourself time to grieve, but don't allow it to overcome your daily routines. To help work through your grief and gain acceptance, celebrate your pet by recalling fond memories.

### Did You Know?

Did you know that 3% of the population and 15% of healthcare professionals are allergic to latex—with reactions ranging from rashes to anaphylactic shock? For these reasons, many hospitals like St. Rose have special gloves for those with allergies, and latex balloons are not allowed in the hospital. If you are sending or taking a gift to someone in the hospital, Mylar balloons are a great alternative.



## healthy living

### Nuts May Keep Heart Disease Away

Women who eat at least five ounces of nuts a week have about a 35% lower risk of heart disease. This is compared to women who never or rarely eat nuts.

All nuts, including peanuts, seem to lower heart disease risk. While nuts are high in fat, they contain mostly unsaturated fat, a kind of fat that may improve cholesterol levels.

Eating peanut butter only slightly lowers heart disease risk. This may be because many U.S. brands include hydrogenated fat.

### Tasty Chicken Salad

This easy-to-make salad is low in fat thanks to light mayonnaise and skinless chicken. Try it on your favorite bread for a healthy sandwich. Add the final two ingredients for even more flavor and to work nuts into your diet.

#### ◆ Ingredients:

- 3 1/4 cups chicken, cooked, cubed, skinless
- 1/4 cup celery, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon onion powder
- 1/8 teaspoon salt
- 3 tablespoons light mayonnaise
- 1 red apple with skin on, cubed
- 1/4 cup walnuts, diced

#### ◆ Instructions:

In a large bowl, combine all ingredients. Mix well.

Yield: 5 servings

Serving size: 3/4 cup

# Get Wet, Get Fit

If you love a cool, refreshing dip in a pool, don't exit the water before exercising.\*

Water exercise, whether through swimming or resistance workouts, can be an excellent way to tone your body, improve cardio fitness, and burn fat. Yes, burn fat!

In the late 1980s, a widely publicized report indicated that swimmers didn't lose or increase their rate of fat loss. But, the swimmers studied swam in very cold water, thus they needed a layer of fat to keep them warm. More recent studies suggest you burn a similar amount of fat and build an equal amount of muscle whether you are working out in water or on dry land.

Make the most of water exercise by varying your routine. If you swim, vary your stroke—

with crawl, breaststroke, and backstroke—to utilize different muscle groups. Also, try walking, running, or doing jumping jacks in water. If you find yourself slipping a bit, try wearing a pair of aqua socks or old running shoes for added traction.

\* Consult your physician before beginning any exercise program.



Barbara Stevens (dark hair) and Sabrina Robbins are water aerobics instructors at The Sports Club/Las Vegas.

## Join Us for a Water Workout!

Ladies, grab your swimsuits, hats, and sunscreen and join WomensCare and The Sports Club/Las Vegas for a water workout class that will teach you the right techniques to make water fitness fun and effective.

Date: **Saturday, June 9**

Time: **10:15 to 11:30 a.m.**

Place: **Sports Club (off of Sunset and Green Valley Parkway)**

Fee: **Free, including goody bags for all participants**

RSVP: **616-4900**

# upcoming events & ongoing offerings

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

## ALLERGY AND ASTHMA UPDATE

Date: Thursday, May 10  
Time: 6 to 7 p.m.

## YOU CAN HEAL YOUR LIFE STUDY COURSE

Learn ways to change your attitudes about the past, hence healing your way into the future. This 10-week course includes the use of positive affirmations, meditation, mirror work, and other enlightening sessions.

Dates: Tuesdays, May 15 to July 24  
Time: 6:30 to 8 p.m.

Fee: \$250

Class size is limited to 12 participants.

## REPETITIVE STRESS INJURIES

Date: Monday, May 21  
Time: 6 to 7 p.m.

## MODERN-DAY APPROACH TO COMPLEMENTARY HEALING SERIES

Interested in alternative/complementary healing? Learn the components of safe self-healthcare. Explore the modern-day theories of ancient wisdom and practices.

Dates: Thursdays, May 24, June 28, and July 26

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

## SKIN CANCER SCREENING

Date: Monday, June 4  
Time: 5 to 7 p.m.

## OSTEOPOROSIS PREVENTION AND SCREENING

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

## REFLEXOLOGY COURSE

Take this four-week course to learn the cultural history, as well as the modern premise, for reflexology. You will learn hands-on techniques for feet, hands, and ears for both self-help and application on friends and family.

Dates: Wednesdays, June 6, 13, 20, 27

Time: 6 to 8 p.m.

Fee: \$100, includes manual

Class size is limited to 20 participants.

## SELF-IMAGE ENHANCEMENT SERIES

Learn tips for choosing the wardrobe and hairstyle that are best for you.

Dates: Monday, June 11, and

Tuesday, June 12

Time: 6 to 7 p.m.

## SAFE-SITTER

Adolescents ages 11 to 13 will learn how to provide safe, nurturing care for children while increasing their knowledge of how to respond appropriately to medical emergencies.

Dates: Friday, June 15 or July 13

Time: 9 a.m. to 4:30 p.m.

## TEDDY BEAR CLINIC

Bring your youngster and her or his favorite stuffed animal or toy for a morning designed to teach young kids good health habits.

Date: Friday, July 20

Time: 9 a.m. to noon

## WOMEN, HIGH HEELS, AND SORE FEET

Date: Tuesday, July 31  
Time: 6 to 7 p.m.

## ONGOING OPPORTUNITIES

- Qi Gong and Tai Chi
- Yoga
- Kickboxing Aerobics

## SUPPORT GROUPS

- Eating Disorders
- Leukemia/Lymphoma
- PACE
- Diabetes
- Breast Cancer
- Bereavement
- Resolve Through Sharing (a pregnancy loss support group)

Call 616-4900

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

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)



## Enjoy a Spot of Tea

Enjoy an afternoon cup of tea as you treat yourself and your mother, daughter, or best friend to an event filled with pampering activities, such as mini-massages, reflexology, skin care, image awareness, aromatherapy, and health information.

**Date: Saturday, May 19**

**Time: 1 to 4 p.m., teas held on the hour**


**Place: WomensCare Center**

**Fee: FREE**

**Sponsor: The Coffee Bean & Tea Leaf Company**

**RSVP: 616-4900**

# Breast Care: Awareness and Screening Day



**J**oin WomensCare for free clinical breast exams (CBEs) and refresher courses in breast self-exam methods. Such a course will boost a woman's ability to find breast lumps when they are most treatable. Research has found that a woman's skill level erodes over the course of a year and that re-training significantly increases a woman's accuracy when performing breast self-exams.

**Date: Saturday, July 28**

**Time: 9 a.m. to 2 p.m.**

**Place: St. Rose—Siena Campus**

**Fee: Free clinical breast exams;**

**\$50 for film mammogram/reading;**

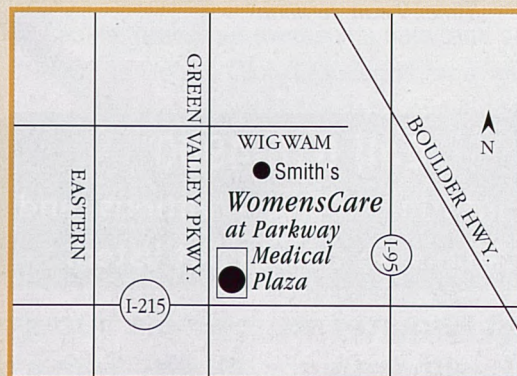
**\$75 for digital mammogram/reading**

**RSVP: 616-4900**

## Visit Us At

The **BARBARA GREENSPUN**  
**WomensCare**  
*Center of Excellence*

100 North Green Valley Parkway,  
Suite 330  
Henderson, NV 89014  
616-4900  
[www.strosecare.com](http://www.strosecare.com)



St. Rose Dominican Hospital does not discriminate in provision of services based on race, color, sex, religion, age, disability, or sexual orientation. If you are interested in attending education classes and require assistive aids or accessible facilities, please contact The Barbara Greenspun WomensCare Center of Excellence in advance at **616-4900**.