

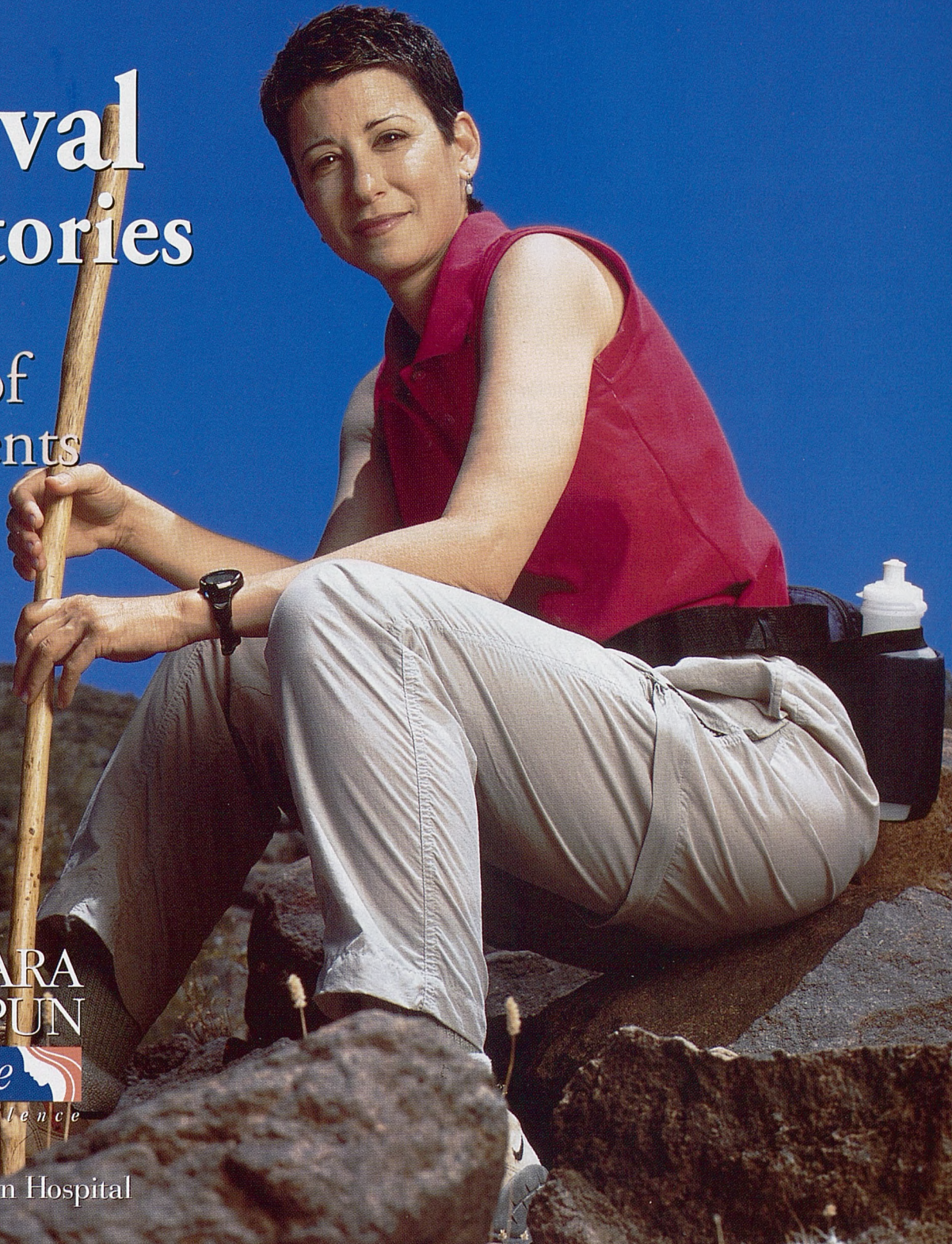
WomensCare

summer 2001

A magazine for your mind, body, and spirit

Survival True Stories

The Gift of
Grandparents



The BARBARA
GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospital



The Gift of Grandparents



Help your child build strong bonds with—or lasting memories of—their grandparents by creating an *All About My Grandparents* scrapbook together. Include items such as:

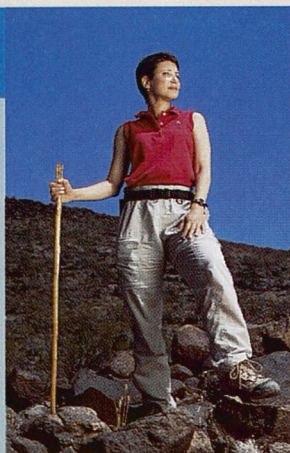
- Photos of your child with their grandparent(s)—in their grandparent's homes, with their pets, etc. Use colorful pens and sticky notes to share memories about photos. For example, "You used to call Grandma's dog Tricky instead of Trixy. Your choice of names was probably more appropriate for her mischievous mutt."
- Decorate pages with birthday and holiday cards from grandparents and homemade artwork your kids made for their grandparents. Also include letters from grandparents.
- Details about shared physical or personality traits such as "You share grandpa's big blue eyes and his great love of fishing and biscuits and gravy."
- Some of grandma's recipes to be carried on as family traditions.
- Details about your child's world as compared to the world when their grandparents were young. For example, "When you were 5 years old, George W. Bush was president. When Papa and Nana were 5 years old, Franklin Delano Roosevelt was president."

Sunday, September 9, marks America's 23rd National Grandparent's Day. Whether homemade or store-bought, be sure your children give their grandparents a card. If your child's grandparents are available, make them brunch and have them help your child start his or her *All About My Grandparents* scrapbook.

{ Did you know? There are 4 million children being raised by grandparents and an estimated 1.1 million of these homes are led by single grandmothers. }

Women's Window

Our cover model, Crispin Morrison, is the founder of OCAN—the Ovarian Cancer Alliance of Nevada. Crispin, a victim of ovarian cancer, set a goal of hiking every trail at Redrock this year. Through her challenges, she has maintained her commitment to an active lifestyle.



FROM OUR PRESIDENT

This issue of *WomensCare* Magazine features a number of women who have faced or are currently facing serious health events, emotional issues, or life adjustments. Their insight about enduring challenges that have had the potential to emotionally or physically cripple them is quite inspiring.

While some of their tools for surviving are very personal, they also touch on a pragmatic resource—support groups. While such groups do not and cannot take the place of loved ones, support groups often can provide women with the emotional distance necessary for honest expression, reflection, and discussion. Members in these groups can provide fresh perspectives and encouragement for others as they share similar experiences and offer information and education for responding to serious challenges.

In our ongoing commitment to help women achieve wellness of mind, body, and spirit, St. Rose Dominican Hospital and The Barbara Greenspun *WomensCare* Center of Excellence offer a number of support groups for those dealing with illness and loss. You will find a list of support groups offered at the *WomensCare* Center on page 7.

Please do not hesitate to call us at 616-4900 for more information about such groups.


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

Which Is Healthier: An Apple or a Pear?



“If you’re talking about body shapes, the pear,” says Angie Palomo, Clinical Nurse Specialist for St. Rose Dominican Hospital’s Open Heart Program. “Unfortunately, the apple—the woman who gains weight around her middle—is at a higher risk of heart disease than her pear-shaped counterparts.”

Palomo explains that research indicates that abdominal fat releases excess fatty acids that trigger a rise in unhealthy cholesterol and triglycerides.

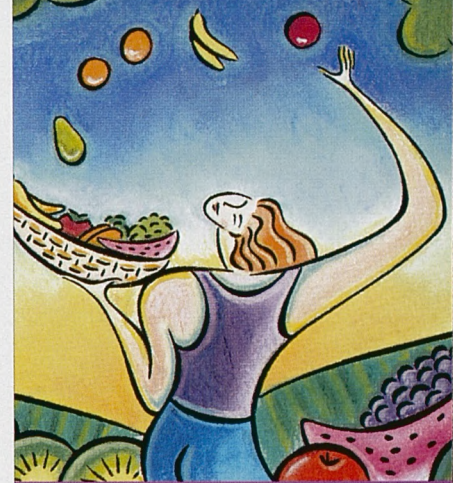
While genetics may play a part in body shape, the good news is that an active lifestyle can overrule genes (and help your jeans fit more comfortably). A study of identical female twins discovered that those women who exercised for at least two hours a week had smaller waist sizes and weighed less than their inactive twin sisters.

If you want to slim a widening waistline, choose exercises that burn a lot of calories—and thus fat. Keep in mind that spot-reducing exercises aren’t proven to work. Sit-ups and

other abdominal exercises can strengthen and tone your stomach muscles—which may help your belly look trimmer—but a well-rounded exercise program is key to reducing body fat and weight.

While St. Rose is proud of the success of the Open Heart Program, Palomo is glad to share the following tips aimed at reducing the chances you’ll ever need our services:

- Opt for skim dairy products rather than milk, butter, cheese, and ice cream made from whole milk.
- Choose fish, poultry, and lean cuts of meat over choices such as bacon and sausage. Trim fat away from meat and remove poultry skin before cooking, as both contain high amounts of saturated fat.
- Broil, bake, roast, or poach foods rather than frying them. Use vegetable oil instead of butter for sautéing.
- Brush your teeth after every meal, floss daily, limit between-meal snacks, and see your dentist regularly. A growing body of research has linked gum disease to heart disease.



healthybites

Just Desserts

How long do you think you would have to walk to burn off a small piece of cheesecake? Walking off small servings of ice cream takes nearly two hours, Jello about 45 minutes, and fruit salad a quick 14 minutes. The cheesecake? Schedule at least two-and-a-half hours.

Skin and Life Problems

In a study of 64 participants with psoriasis and other chronic skin problems, 44 had experienced a major life event around the time their skin problems began. Significant life events include a serious illness, divorce, or death of a loved one. After patients were given a chance to talk to a psychiatrist, 40 of the 64 patients saw an improvement in their condition.

Love Those Baby Blues

But, how well do your baby’s big blue eyes see? Your child’s eyes should be screened by their primary care physician during their first three months, again between six months and a year, and at three years and five years.

LOOKING TO FIND A PHYSICIAN?

Call St. Rose Physician Referral. A registered nurse can help you find a primary care physician or specialist to meet your needs. Call 616-4508.

SURVIVAL

True Stories



During her battle with ovarian cancer, Crispin has continued to participate in sports, such as running and hiking, which she believes are vital to her physical and emotional health.

This year may be remembered as the year of the female survivor. Forty-year-old Tina Wesson prevailed as the winner of CBS's reality TV show *Survivor: The Australian Outback*, and the album *Survivor* by the female trio Destiny's Child debuted on the Billboard album chart having sold more than 663,000 copies in its first week of sales.

WomensCare turned from these hits to find out what resources local women draw on to endure life's very real and unscripted challenges.

CRISPIN

Crispin, a 39-year-old who has battled stage 3 ovarian cancer for more than two years, has had four surgeries including a hysterectomy and routinely undergoes chemotherapy. The cancer recently metastasized to her neck. Even still, Crispin's enthusiasm is enviable.

Crispin's Keys to Survival: Don't live by the statistics.

discover your purpose or what you love to do, and experience the joy of helping others.

"This may sound very strange, but even though my prognosis may not be good, I don't regret that I have cancer," says Crispin. "I used to live as if I had all the time in the world. Now I know my mission in this life; my role is to be a messenger."

Crispin pours her energies into the Ovarian Cancer Alliance of Nevada, a non-profit organization she founded and funds through her own money as well as support from her family and community grants.

"I have found that the ultimate thing I can do in this life is to educate women about this most deadly gynecological cancer, its warning signs, and the importance of yearly exams," she says.

"I am definitely not ready to leave this life," Crispin adds. "But, the life I have is much richer now that I understand the potential I have to help other women."

ALICE

Alice was devastated when she and her husband, Barry, lost the 13-month-old granddaughter they were raising. Alice tried to shut the world out, "retreating into the wound" as she puts it, and she questioned her faith.

Alice's Answers to Enduring: Let friends in, fight out your issues, stay busy, and realize that setbacks happen.

"We lost Amber on Mother's Day weekend. I was so overcome with grief and guilt that I didn't want to talk to or see anyone," says Alice.

Though Alice attempted to hide, she couldn't escape the tremendous outpouring of love from family, friends, and business associates. "Barry and I have made it through a year of firsts, and we couldn't have done it without the support of others," she explains.

Alice shares many examples of how others have helped her, including the story of how friends planted a tree and installed a bench in Amber's memory at O'Callahan Park.

Alice's closest friends allowed her to talk or cry for hours on end. And, when she thought she was going crazy, a dear friend directed her to a bereavement support group at St. Rose.

"I had always had a very close, comfortable relationship with Jesus," says Alice. "I was angry with him, because I believed that he had the power to heal Amber.

That anger only intensified my feelings of guilt.

"The support group



Alice was recently recognized at a Salvation Army dinner for her commitment to helping others. She says that reaching out to help others helps her work through her own pain.

helped me realize that my survivor's guilt and struggle with faith were normal," she adds. "It helped me accept that Amber had probably fulfilled her purpose here on Earth and that God has a plan for her."

Alice brings up the word survival and says, "When you lose a child, you are forever changed. There are good days and bad days, so surviving is something you have to accept as a long-term proposition."

ANGEL

Shortly after Angel and her husband opened Circa, a full-service salon, Kevin was struck with a chronic lung disease. After two years of testing and a variety of treatments, including chemotherapy, world-renowned specialists have not been able to identify or effectively treat the progression of Kevin's disease.

Angel's Approach to Keeping It Together:

Prepare for tomorrow, but live, really live today. And, learn to be courageous.

While Angel styled her client's hair, her husband called to ask where to find their little girl's finger paints. "We've learned the importance of adapting as our family dynamic has changed and our lives have been completely redefined," Angel says light-heartedly. "Two years ago, I was working part-time while raising our children, and Kevin was here."

Nowadays, Angel, a former model, is in the salon or out on movie and magazine shoots, doing makeup and hair full-time.

WomensCare asked Angel if it has been a financial struggle to be a small business owner facing big medical bills. "We have great insurance coverage. My father is a vice-president of a national insurance company, so he always stressed the need for being prepared for whatever comes," she says. "In addition, as a woman, my work gives me a sense of empowerment. I find strength knowing I can provide for my family."

As our conversation continues, a girlfriend stops by to say that she misses Angel and that she'll call. Angel says no. "Let's meet out tonight or come over," she continues. "It's been months since we've really talked and I want more than phone call friendships."

Angel returns to our conversation and says, "We don't have a name or reason we can attribute to Kevin's disease, but we have today, and the only promise any of us really have is today."



Angel applies Crispin's makeup for the WomensCare Magazine cover shot. Angel believes that her work provides her the strength and confidence to care for her family during a time of real need.



healthy living

Use Your Quads

After studying 462 women and men ages 65 and older, researchers found that participants with weaker quadriceps, or front thigh muscles, were more likely to have osteoarthritis of the knee. Based on their data, the investigators say that even a relatively small increase in quadriceps strength could result in a 20 to 30% decreased risk for osteoarthritis.

St. Rose offers FREE "Answers to Arthritis" seminars each month. To register, call **616-5554**.

Olive Oil Lovers, Take Note:

Researchers found that healthy, older Italian women whose diets were high in olive oil and other monounsaturated fats seemed to be protected against age-related mental decline. The more monounsaturated fats these women consumed, the better they did on tests for mental function and attention.

Some experts think that antioxidants in olive oil may benefit brain function. Or, it could be that monounsaturated fats play a role in maintaining the structure of brain cells. However, experts say more trials are needed.



The Not So Silent Killer

Lifetime Incidences: 1 in 70 (1 in 20 with a family history)

Early Diagnosis: 70 to 90% survival

Late Diagnosis: 20 to 30% survival

While ovarian cancer is often called the silent killer, a

study of victims indicated that 90% of women had warning signs including abdominal bloating and/or pain, fatigue, indigestion, frequent urination, pelvic pain or pain during intercourse, and constipation—to name a few. Unfortunately, most of these victims did not believe their symptoms were serious enough to consult a physician or thought these early symptoms were attributed to health issues such as depression, stress, irritable bowel syndrome, or gastritis.

Should you experience such symptoms and they do not clear up after initial treatment by a physician, ask for a pelvic exam and information about other possible screening techniques.



Remember, a yearly exam by an OB/GYN, including a pelvic exam, is essential to your health.

*For details on our upcoming ovarian cancer class, see the calendar listings on the next page. For help finding an OB/GYN, call St. Rose Physician Referral at **616-4508**.*

Is Your Child Fit for Fall?

If your child's daycare, school, or sports program requires a physical examination by a doctor, St. Rose *UrgentCare* is offering physicals—and no appointment is necessary.

Dates and Times: Mondays through Fridays, 10 a.m. to 7 p.m.
Saturdays, 10 a.m. to 4 p.m.

Places: **Hartwell Medical Center, 616-7600**

1776 Warm Springs Road at Shadow Crest/Spencer

Parkway Medical Plaza, 616-4930

100 North Green Valley Parkway at I-215

Fee: \$25, immunizations not included

Note: Please bring the required forms from your child's school or daycare.

upcoming events & ongoing offerings

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

SAFE-SITTER

Adolescents ages 11 to 13 will learn how to provide safe, nurturing care for children and how to respond to emergencies.

*Dates: Wednesdays, August 8 or 15
Time: 9 a.m. to 4:30 p.m.*

DIABETES AWARENESS SERIES

Increase your knowledge about diabetes and how to manage it through diet, exercise, and medications.

*Dates: Tuesdays and Wednesdays,
August 14, 15, 21, and 22 OR
October 9, 10, 16, and 17
Time: 10 to 11 a.m.*

MAKING AND TAKING TIME

If your life feels like one long list of things to do, learn how to restore balance and sanity to your daily schedule.

*Date: Tuesday, August 14
Time: 1:30 to 2:30 p.m.*

NOURISH YOUR BODY, NURTURE YOUR SOUL SERIES

Is your life the meaningful experience you dream of? Learn to live from the depths of your inner well to find fulfillment.

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

HEALING THROUGH POETRY THERAPY

Poetry is more than roses are red and violets are blue. It is a form of self-expression that can allow balancing and healing to occur.

*Dates and Times: Wednesday, August 22,
1:30 to 2:30 p.m. OR Wednesday,
October 17, 6 to 7:30 p.m.*

MODERN-DAY APPROACH TO COMPLEMENTARY HEALING SERIES

Interested in complementary healing? Learn safe self-healthcare by exploring modern-day approaches to ancient

wisdom and practices.

*Dates: Thursdays, August 23,
September 27, and October 25
Time: 1:30 to 2:30 p.m.*

SKIN CANCER SCREENING

Have a dermatologist perform a visual skin exam of an area, mole, or mark that you are concerned about.

*Date: Wednesday, August 29
Time: 1:30 to 3:30 p.m.*

RAPE PREVENTION AND SELF-DEFENSE SEMINAR

Learn the Henderson Police Department's strategies for decreasing your risk of being attacked and defending yourself if you are.

*Date: Saturday, September 1
Time: 10 a.m. to 2 p.m.*

DON'T SAY YES WHEN YOU WANT TO SAY NO

Do you have trouble saying what you really feel? Learn skills to stand up for yourself and do what's best for you.

*Date: Tuesday, September 11
Time: 1:30 to 2:30 p.m.*

OVARIAN CANCER AWARENESS

Learn the signs and symptoms of what is often called the "silent killer." Join the founder of the Ovarian Cancer Alliance of Nevada to increase your awareness and knowledge of the disease and receive support.

*Date: Wednesday, September 19
Time: 6 to 7 p.m.*

PLANNING FOR LIFE

This introduction to estate planning emphasizes reducing a woman's worries

about long-term financial health.

*Date: Wednesday, September 26
Time: 6 to 7 p.m.*

DE-JUNKING YOUR LIFE

Learn how to eliminate the "junk" that is cluttering your life and has taken control of your space, time, and energy.

*Date: Tuesday, October 9
Time: 1:30 to 2:30 p.m.*

BREAST CARE: BRA FITTING

Is the bra you're wearing affecting your breast health? Find out.

*Date: Wednesday, October 17
Time: 6 to 7 p.m.*

IMPLANTS AND BREAST HEALTH

Learn important breast care considerations for breast implants.

*Date: Wednesday, October 24
Time: 6 to 7 p.m.*

ONGOING OPPORTUNITIES

- Yoga—\$5/session
- Tai Chi/Qi Gong—\$5/session
- Kickboxing Aerobics—\$5/session
- Eating Disorders Support Group—FREE
- Leukemia Support Group—FREE
- Diabetes Support Group—FREE
- Breast Cancer Support Group—FREE
- Resolve Through Sharing Support Group—FREE

FAMILY EDUCATION CLASSES AT WCC

- Four-Week Childbirth Education—\$45
- Refresher Childbirth Class—\$25
- Condensed Childbirth Class—\$25

FAMILY EDUCATION CLASSES AT SIENA MCC CONFERENCE ROOM

- Baby Basics—\$15
- Breastfeeding—\$10
- Infant CPR—\$10
- Sibling Class—\$10/child, \$15/family

Call 616-4900
for information, reservations, and
details on classes not listed.

**2001
First Lady's
Conference on
Women's
Healthcare
Issues**

St. Rose and WomensCare are proud to again serve as the title sponsor of First Lady Dema Guinn's conference on women's healthcare issues. The topics will range from breast and cervical cancer to mental health issues, menopause, hormone replacement therapy, and chronic diseases in women.

Dates: Thursday, November 15 through Saturday, November 17

Place: Riviera Hotel & Casino

Fees: \$120 before September 15, \$145 after this date (14 to 16.9 continuing education credits for certain professionals)
Info/RSVP: 318-8452

Prostate Cancer

Can Become a Woman's Problem

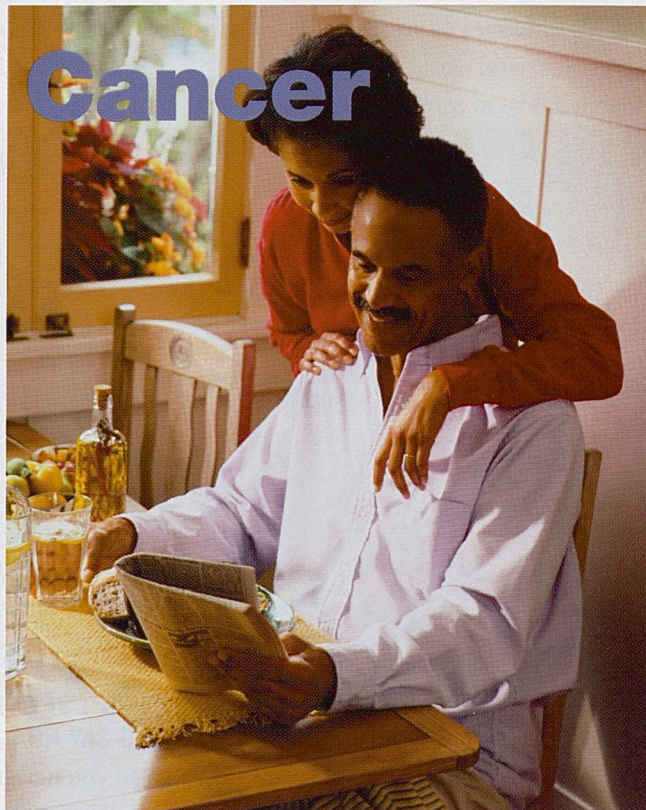
Encourage the Men in Your Life to See a Physician

Prostate cancer is the most commonly diagnosed form of cancer—other than skin cancer—among men in the United States. This year, more than 175,000 men will be diagnosed with prostate cancer, and more than 30,000 will die from it. Encourage the men in your life to get a yearly prostate exam.

Prostate exams, including a digital rectal exam (DRE) and a prostate specific antigen (PSA) blood test, are recommended for men ages 50 to 70. African-American men and men with a first-degree relative who had prostate

cancer should begin their annual prostate exams at age 40.

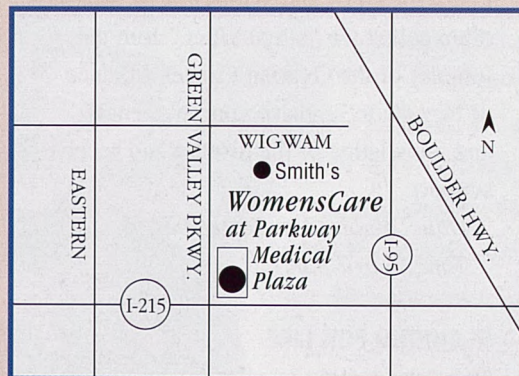
National Prostate Cancer Awareness Week is **September 16 through 22**. Call St. Rose at **616-4508** for more information about low-cost prostate screenings.



Visit Us At

The **BARBARA GREENSPUN**
WomensCare
Center of Excellence

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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**.