

WomensCare

fall 2001

A magazine for your mind, body, and spirit



The BARBARA
GREENSPUN

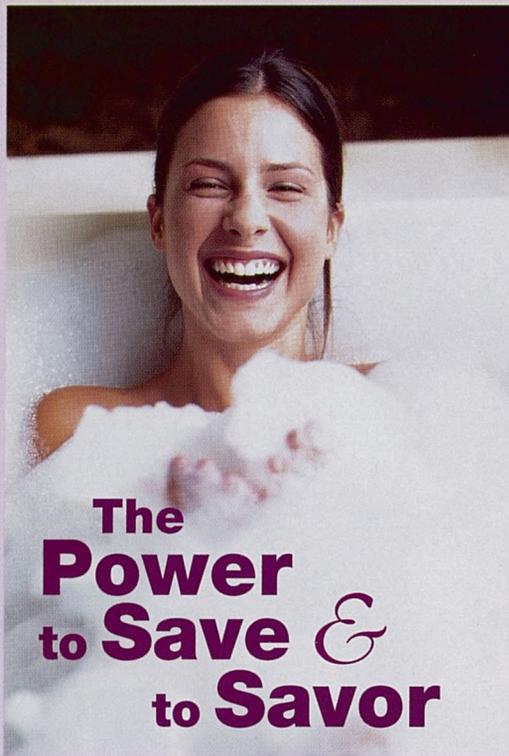
WomensCare

Center of Excellence



St. Rose Dominican Hospital

CHW



The Power to Save & to Savor

If opening recent energy bills has caused your heart to palpitate, try these tips for saving power and savoring life's simple pleasures:

- If you love steamy showers or long soaks in the tub, conserve energy by turning off the lights and bathing by candlelight.
- If your idea of getting cozy is curling up with a good book, brew a hot cup of tea, don some fuzzy pj's

and slippers, grab a lap blanket, and turn down the heat before settling down on the couch.

- If Popsicle toes keep you or your spouse awake at night, turn up the romance in your bedroom rather than the thermostat. Give each other a two- to three-minute foot massage to warm your feet and increase blood circulation.

Book 'Em, Dana

Read any good books lately? We'd like to lend you one of the hundreds of books in our lending library. All you need to borrow a book is a valid Nevada driver's license. And, if you have a book you believe would be helpful to other women, we accept donations of self-help and health books that are in good condition.

Women's Window

Sister Monica Stankus, O.P., Co-Director of Mission Services at St. Rose Dominican Hospital, has led a rich and interesting life. She is an Adrian Dominican Sister, a medical technologist and researcher, and a Redskins football fanatic. Recent studies indicate that such varied interests may reduce a person's risk of Alzheimer's disease.



The Barbara Greenspun WomensCare Center of Excellence recently celebrated its third birthday! And, I am pleased to tell you that over these three years the Center has grown tremendously.

To give you a sense of the Center's growth, consider this: In our first month, we received a handful of calls each day. By the Center's first birthday, more than 300 people took part in WomensCare classes and activities. Nowadays, 600 to 700 women—and men—visit the Center each month to take a class, borrow a book from our lending library, or ask advice of one of our registered nurses or certified health instructors.

This past year, more than 13,000 women and men took advantage of WomensCare services. This includes our full array of prenatal and parenting classes, events such as "Humor for the Heart," seminars on self-confidence and stress reduction, and support groups for diabetics and breast cancer survivors.

If you enjoy WomensCare Magazine, but haven't visited the Center, or if it has been a while since you have stopped in, our WomensCare staff would love to see you. Stop in to borrow a book or to tell us how we can meet your physical and emotional healthcare needs.

Rod A. Davis
President/Chief Executive Officer
St. Rose Dominican Hospital

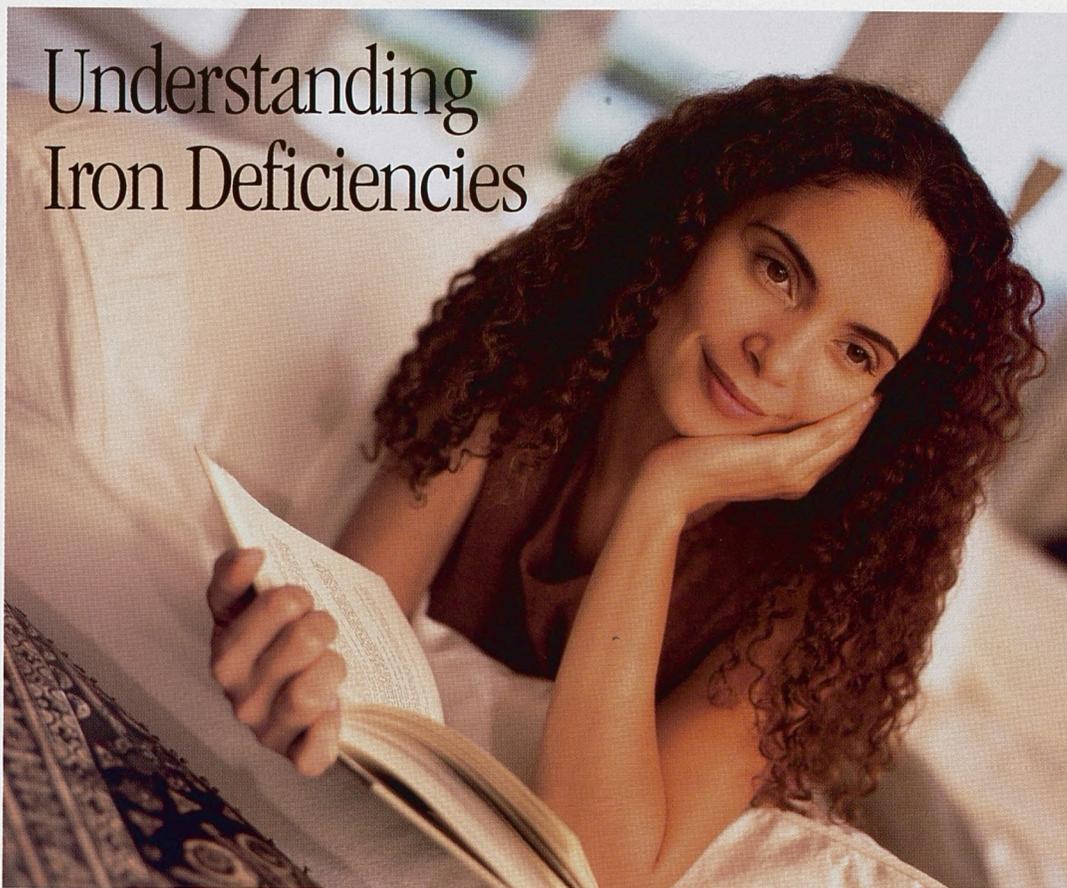


WomensCare

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

Understanding Iron Deficiencies



Symptoms include, but are not limited to, pale skin, irritability, fatigue, weakness, headaches, or dizziness.

Twenty-two-year-old Amanda recently participated in a United Blood Service (UBS) drive. During her donor screening, she was told

she was borderline anemic. “What does that mean?” she asked. “And, what would send me—or keep me from going—over the borderline?”

While there are many types of anemia, iron deficiency anemia is the most common form, affecting approximately 20% of women and 50% of pregnant women. Iron is an essential mineral found in hemoglobin, which is the protein in red blood cells that carries oxygen to the body’s tissues. Women are more likely than men to suffer from iron

deficiencies because they store less of the mineral than men do. Women also lose more red blood cells due to menstruation and childbirth, and on average, men eat more iron-rich meat

and poultry than women eat.

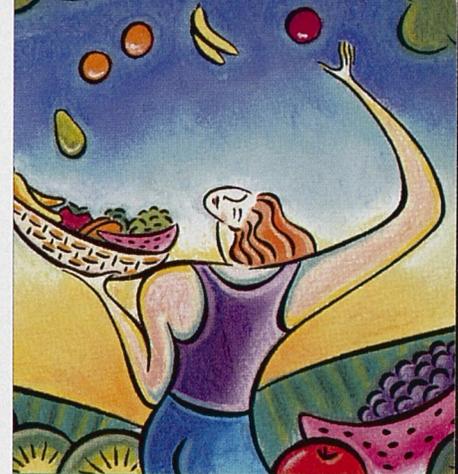
The best, most absorbable sources of iron are found in red meats, poultry, eggs, oysters, tuna, and salmon. Grains, wheat, brown rice, and leafy green

vegetables, such as broccoli, spinach, and asparagus, are also rich in iron. In choosing foods, keep in mind that foods rich in vitamin C increase iron absorption, while some foods and beverages, such as commercial black or pekoe tea, decrease or block iron absorption.

How much iron should women get?

Recommended dietary allowances:

11 to 18 years	15 mg/day
19 to 50+ years	10 mg/day
Pregnant women	30 mg/day
Lactating women	15 mg/day



healthybites

Iron Connected to Learning

A study of more than 5,000 students ages 6 to 16 found that those with iron deficiencies were more than twice as likely to score below average on standardized math tests. Because girls are more susceptible to iron deficiencies, this may partly explain why boys tend to outperform their female counterparts in math class by the time they reach high school.

The Best for Baby

Nevada recently passed a safe haven law aimed at protecting and providing the best care for Nevada’s newborns. The law allows parents unable to provide for an infant the opportunity to surrender a newborn 30 days old or younger to a hospital, police station, or fire department without the threat of arrest or prosecution for abandonment. Please help save Nevada’s babies. Help St. Rose spread the word.



Sister Michael Thomas Watson



An Active Mind Is a Healthier Mind

Sisters Monica Stankus and Michael Thomas Watson remember the first day they wore habits like it was yesterday. Research now suggests they may be more likely than others to remember where they left their car keys this morning and what they read in the daily newspaper.

Why? In his book, *Aging with Grace: What the Nun Study Teaches Us About Leading*

Longer, Healthier, and More Meaningful Lives, Dr. David Snowden shares research that may help unravel the mysteries of Alzheimer's disease. He studied nuns because it allowed him to track the histories of many women who led similar lifestyles. Among other things, Dr. Snowden's studies found that sisters who led fuller lives with more positive outlooks might be at a lower risk for Alzheimer's.

Based on Dr. Snowden's research, here are a few suggestions to help keep your memory sharp:

- **Live to Learn.** Higher education may help keep you mentally strong. Like all Adrian Dominican Sisters, S. Monica and S. Michael were required to earn degrees. Among other career accomplishments, S. Monica earned her degree in medical technology and worked researching pediatric leukemia at the National Institutes of Health in Bethesda, MD, for more than two decades.

- **Build Your Brain Bank.** While Dr. Snowden says a higher education may help, a brain bank is like a financial portfolio—diversity and long-term investments count. Maintaining strong social ties, hobbies like crocheting or playing the piano, and taking part in activities such as volunteering can help reduce the risk of Alzheimer's.

- **Think Positively.** Dr. Snowden's studies suggest that a positive attitude may reduce the effects of stress, which can otherwise damage the brain. S. Michael's positive attitude not only keeps her mind strong, but also comforts the many patients she visits and calls each day.

- **Exercise and Eat Right.** Proper diet can help protect against potential causes of

Alzheimer's inflammation: oxidative stress, elevated homocysteine levels, and small strokes. Likewise, exercise may provide protection because it improves the blood supply to the brain, which helps people remain mentally alert. But, bikers and skaters should be careful and wear their helmets. Head injuries may speed up the onset of Alzheimer's.

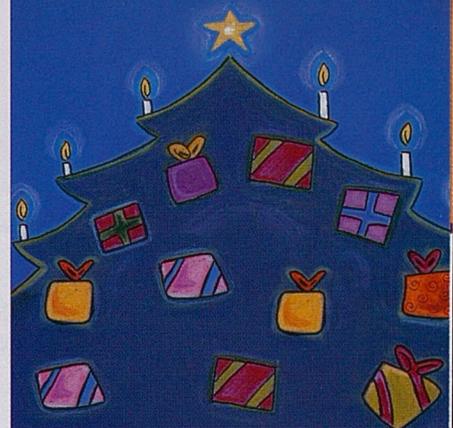
- **Don't Forget Your Folic Acid.** Research suggests that people with Alzheimer's tend to have lower-than-normal levels of folic acid and vitamin B₁₂, and higher levels of serum homocysteine—which may increase risk for both heart disease and Alzheimer's. Check your multivitamin to see that it contains at least 400 micrograms of folic acid, or take a daily B-complex supplement with 100% of the RDA's recommendations for all B vitamins.

- **Avoid Excess.** Among other negative effects, smoking cigarettes can double your likelihood of developing Alzheimer's. Excess alcohol consumption has also been linked to dementia. While some research indicates that moderate intake of alcohol may be protective, it is recommended that women limit themselves to one alcoholic drink a day and men to no more than two a day.

Sister Act

At left: **Sister Michael's** handshake is as firm as her mind is sharp. When she walks the long hallway into work, she greets 20 to 30 employees by name and is likely to share a blessing or a joke. Her life has been rich—from teaching school here in southern Nevada, to golfing, working for the civil service in Asia, and "letting God use me as an instrument in a special way." She says, "As long as I stay and have a positive attitude, with the grace of God I go before Him."

On our cover: A Washington Redskins fan and a devotee of Civil War history, **Sister Monica** also enjoys cross-stitching and relies on daily prayer to keep her focused and positive. A medical technologist, she is now St. Rose's Co-Director of Mission Services, helping assess and respond to the medical needs of the community's most vulnerable. This job still feels new to S. Monica, who spent the majority of her career in the world of science. "It is a challenge to learn a new way of working largely based on building relationships with social service agencies, non-profits, and healthcare providers who share a common goal of helping those in need," she says. "Getting a job done is often about who you know. They often called it getting juiced!"



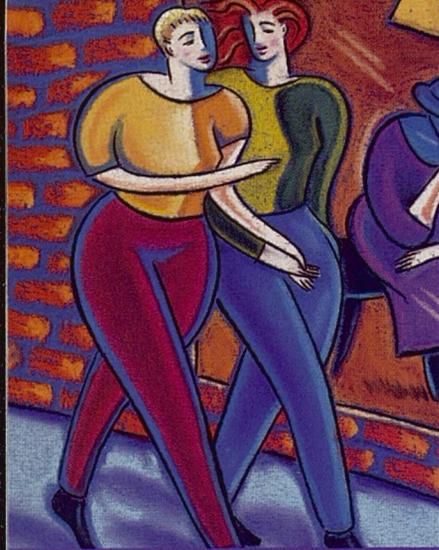
gift giving

The holidays are often hard for those who have lost a loved one. The St. Rose **Lights of Life** campaign offers you a way to remember someone who was special to you, while enabling you to make a difference in the life of someone in need.

By making a holiday donation to the hospital in the name of a person you wish to remember, St. Rose will decorate one of its **Lights of Life** trees with an ornament bearing your special person's name. Your donation will support our community outreach programs, which provide dental, medical, and eye care to children in need, as well as assistance to seniors in need.

To make a donation to Lights of Life, please call the St. Rose Dominican Health Foundation at 616-7630 and let your love shine this holiday season.

The Lights of Life campaign is sponsored by Cathy Bittinger Real Estate.



friendtrends

When your girlfriend comes to town for some much-needed rest and relaxation, you can turn her visit into a real vacation.

Bed:

- Fold back her sheets and place two bottles of cold water on her nightstand.
- Tie a trio of new, easy-reading magazines, such as *Oprah*, *Real Simple*, and *People*, together with a satin bow and leave them by her bedside.

Bath:

- Fill a small gift basket with a sponge, bath salts, and body lotion.
- If your child's bathroom is also the guest bathroom, move your child's tub toys and bath time to your bathroom during your friend's visit.

Breakfast:

- On her first morning in town, get up early and have fresh juice, bagels, and the newspaper waiting.
- If you're married with children, have your husband take the kids out for breakfast and a trip to the park, so you and your girlfriend can lounge around and talk uninterrupted.

Should You Visit Urgent Care or the Emergency Room?

Colder weather tends to lead to crowded emergency rooms. The Clark County Health District and Clark County Medical Society offer the following suggestions on when to visit an emergency room and when an urgent care facility can most likely meet your needs. If you are unclear on whether a condition merits emergency room attention, it may be wise to call your family physician for their recommendation.

WHEN TO VISIT AN EMERGENCY ROOM:

- Severe bleeding
- Difficulty breathing
- Chest pain or pressure
- Broken bones
- Partial or total amputation of a limb
- Trauma or injury to the head
- Sudden dizziness or difficulty seeing
- Severe abdominal pain

WHEN TO VISIT AN URGENT CARE FACILITY:

- Lacerations—deep cuts or wounds that may require stitches

- Sprains, strains, or deep bruises
- Mild to moderate asthma attacks
- Ear infections
- Urinary tract infections
- Upper respiratory infections
- Coughs and congestion
- Diarrhea
- Sore throats
- Insect bites
- Rashes

St. Rose Urgent Care Facilities

- **Hartwell Medical Center**
Warm Springs and Shadow Crest
(west of Eastern)
616-7600
- **Parkway Medical Plaza**
Green Valley Parkway at I-215
616-4930

Condolence Cards: *The Anecdote Antidote*

When sending condolences, cards and flowers can do the talking. Yet, the best medicine for a hurting heart might be to share a fond memory about a lost loved one.

For example, Sheila didn't know what to write when a childhood friend's mother died. She hadn't seen her friend since she was 15 years old. But, she took a few minutes to write about how her friend's mother, Yoko, had introduced her to Japanese culinary delights, such as octopus and cookies wrapped in

dried seaweed. She signed the card "Sheila-son," which is what Yoko had called her.

When writing condolences, don't try to make sense of someone's death or state that you know what the mourner is going through—every loss is different. If you still find yourself struggling for words, it is appropriate to simply state that you know how much that person meant to the mourner and that you are keeping her in your thoughts and prayers.

upcoming events & ongoing offerings

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

REFLEXOLOGY INTRODUCTION

Balance your health and well-being with reflexology, a holistic therapy that dates back to ancient times. Learn how it works and how it can benefit you.

Date: Wednesday, November 7

Time: 6 to 8 p.m.

NOURISH YOUR BODY, NURTURE YOUR SOUL

Date: Wednesday, November 14

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

GIRL TALK

Mothers and their daughters ages 10 to 14 will learn from a pediatrician about the changes a girl's body goes through during adolescence.

Date: Wednesday, November 28

Time: 6:30 to 8 p.m.

INTRODUCTION TO HYPNOSIS

Discover the benefits of hypnosis. Learn the facts, dispel the myths, and unleash the power of your subconscious mind.

Date: Thursday, November 29

Time: 6:30 to 8 p.m.

HEART HEALTH FOR WOMEN

Learn how to get your heart beating the right way.

Date: Tuesday, December 4

Time: 6 to 7 p.m.

BRA FITTING FOR NEW WEARERS: WHAT MY MOM NEVER TOLD ME

For mothers and their daughters. Learn about breast health and get properly fitted for your correct bra size.

Date: Thursday, December 6

Time: 6 to 7 p.m.

DIABETES AWARENESS, TRAINING, AND EDUCATION

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

Dates: Tuesdays and Wednesdays,

December 11, 12, 18, and 19

Time: 10 to 11 a.m.

STRESS REDUCTION FOR THE HOLIDAYS

Learn simple techniques to reduce your stress levels during the holidays.

Date: Thursday, December 13

Time: 6 to 7:30 p.m.

REFLEXOLOGY BEGINNER'S COURSE

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

Dates: Wednesdays, January 2, 9, 16,

and 23

Time: 6 to 8:30 p.m.

Fee: \$125

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

STOP SMOKING USING HYPNOSIS

Enjoy an explanation of the hypnotic process concluding with a group session.

Date: Wednesday, January 16

Time: 6:30 to 8 p.m.

Fee: \$20 includes a hypnosis audiotape for reinforcement

IT MUST BE MY THYROID

Heighten your knowledge about the causes, symptoms, diagnoses, and treatments of thyroid disorders.

Date: Wednesday, January 23

Time: 6:30 to 8 p.m.

MINDFULNESS MEDITATION INTRODUCTION

Become skilled at techniques to quiet and focus the mind and learn how to relax and

let go of agitation.

Date: Thursday, January 24

Time: 6 to 7:30 p.m.

CANCER UPDATE

Discuss psychosocial and pain-management issues and find out about the new oncology unit at St. Rose.

Date: Wednesday, January 30

Time: 6 to 7 p.m.

BREAST SELF-EXAM (BSE) INSTRUCTIONS

Early detection saves lives! BSE is an acquired skill. Learn the proper techniques of this lifesaving tool.

Dates: Ongoing

Time: Call for an appointment

Fee: \$25

ONGOING OPPORTUNITIES

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

FAMILY EDUCATION CLASSES

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

FAMILY EDUCATION CLASSES AT SIENA MCC FAMILY EDUCATION CLASSROOM

- Baby Basics—\$15
- Breastfeeding—\$10
- Infant CPR—\$10
- Sibling Class—\$10/child, \$15/family
- Maternal Child Center Tour—FREE with reservations

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.

St. Rose Seeks to Satisfy

For the past four years, the Nevada Development Authority along with the University of Nevada–Las Vegas has conducted a poll to gauge residents' satisfaction with area hospitals. St. Rose Dominican Hospital has rated the highest in overall community satisfaction each year. And this year, our Siena Campus ranked number one and our Rose de Lima Campus ranked number two among area residents who had received care at one of the Valley's 11 hospitals.

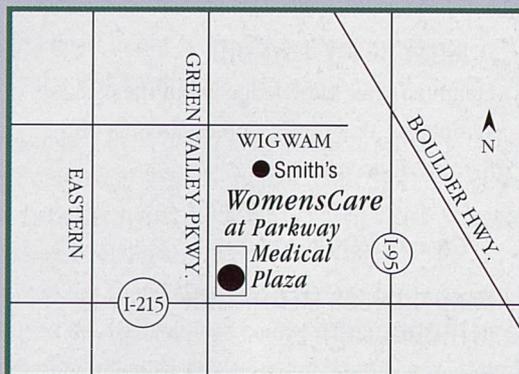
FULL-SERVICE HOSPITALS	COMMUNITY SATISFACTION RATING	
	VERY SATISFIED	QUITE SATISFIED
St. Rose, Siena Campus	49.5%	31.8%
St. Rose, Rose de Lima Campus	38.5%	36.5%
Boulder City Hospital	19.7%	49.1%
Columbia Sunrise MountainView Hospital	36.7%	36.9%
Desert Springs Hospital	15.4%	37.3%
Lake Mead Hospital Medical Center	18.9%	17.9%
Mike O'Callaghan Federal Hospital	33.6%	22.5%
Summerlin Hospital Medical Center	27.5%	29.5%
Sunrise Hospital and Medical Center	25.2%	34.5%
University Medical Center	15.9%	24.6%
Valley Hospital Medical Center	17.4%	35.2%

Source: Las Vegas Perspective Survey, 2000

Visit Us At

The **BARBARA GREENSPUN**
WomensCare
Center of Excellence

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616-4900
www.strosecares.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 educational classes and require assistive aids or accessible facilities, please contact The Barbara Greenspun WomensCare Center of Excellence in advance at **616-4900**.