

# WomensCare

winter 2002

A magazine for your mind, body, and spirit

**Gambling:**  
Entertainment  
or Addiction?

**Diabetes  
Knowledge**

**Building  
Character  
Through  
Compassion**

The BARBARA  
GREENSPUN

WomensCare 

Center of Excellence

St. Rose Dominican Hospital



# Don't Gamble with Your Health

For many locals, dropping a few quarters into a slot machine or playing an occasional hand of poker is entertainment, but for others it's a dangerous addiction.

According to the 1999 National Gambling Impact Study Commission Report, approximately 1.4% of the U.S. population meets the criteria for pathological gambling. While the chances of becoming a compulsive gambler may seem slim, living near a casino greatly increases the odds.

Here are five of the 20 questions Gambler's Anonymous asks to help an individual decide if she or he is a compulsive gambler:

- Have you ever missed work or school due to gambling?
- Have you ever gambled to escape worry or trouble?
- Have you ever borrowed to finance your gambling?
- Have you ever felt remorse after gambling?
- After losing, have you returned to gamble as soon as possible in an effort to win back your losses?

While compulsive gamblers may initially experience a sense of escape or euphoria, the disease often leads to severe depression and acts of desperation.

For the other 15 questions or for more information about Gambler's Anonymous, visit [www.gamblersanonymous.org](http://www.gamblersanonymous.org) or call **385-7732**.

## Women's Window

Kylie, age 11, is building character by caring for others. She recently lopped off her long tresses and donated them to make wigs for cancer patients. Psychologists say that reaching out to others—as Kylie did, or through other activities like making greeting cards or raising funds through a garage sale—can help young women process emotions and understand issues related to impairments, illnesses, or tragedies. Kylie's caring also includes her work as a member of Sign Design Theater, a young person's group in which she signs music for the hearing impaired to enjoy.



## FROM OUR PRESIDENT

Dear WomensCare readers,

Since the September 11 terrorist attacks, many people have experienced overwhelming feelings of uncertainty. Not surprisingly, their search for answers has dramatically increased sales of the best-selling book of all time, the Bible.

Somewhat ironically, our fall issue of WomensCare featured a front cover photo of St. Rose's Sister Monica Stankus, O.P., holding a copy of the Holy Bible. Sister Monica is an Adrian Dominican Sister, an order of Catholic women committed to compassionate caring. These Sisters have lived out their mission for more than eight centuries—through times of peace, plague, famine, and war—with a focus on the sanctity of life.

While some people express their belief in their God through acts of ill will, we can find comfort in knowing that there are Sister Monicas of all life-affirming faiths who display belief in their God through acts of love and kindness.


St. Rose—guided by the Adrian Dominican Sisters—is committed to helping people in need, regardless of age, gender, ethnicity, socioeconomic status, or religious beliefs.

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

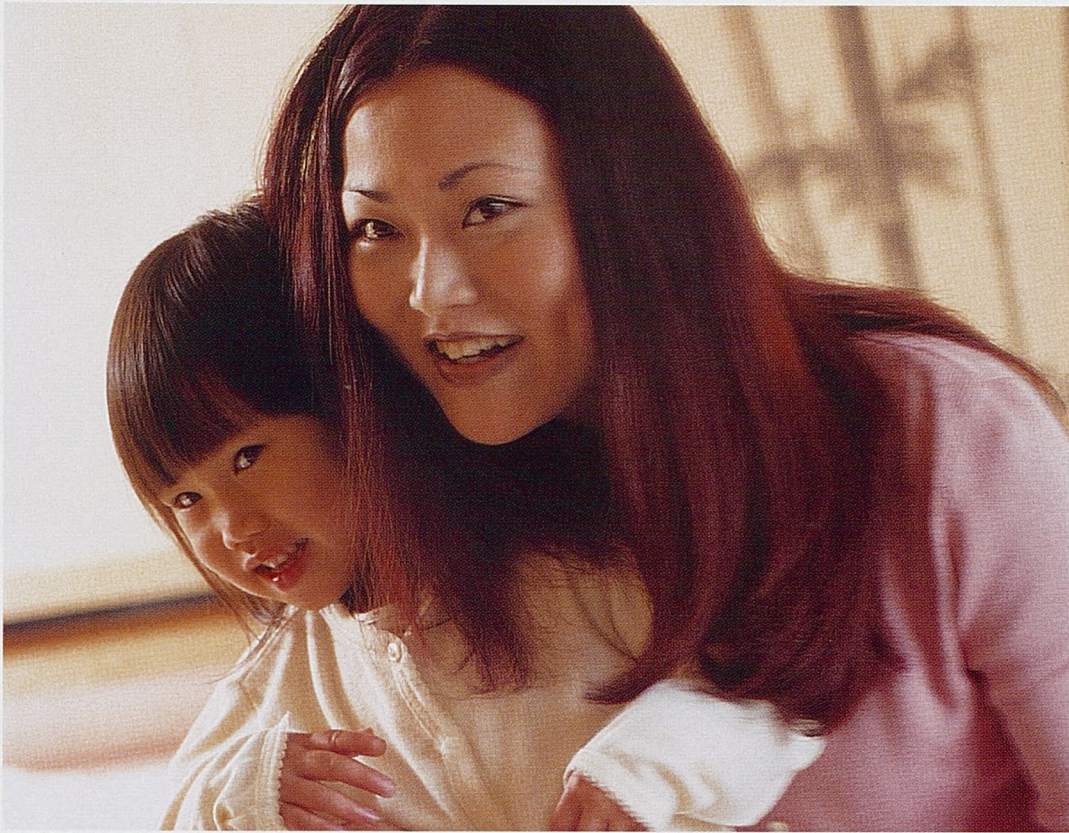


## WomensCare

*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

# What Do **Rapunzel, Farrah Fawcett,** and **Jennifer Aniston** Have in Common?



**H**ealthy locks. From yesteryear's fairy tales to today's "Must See TV," a woman's hair—whether short and sassy or long and silky—is often viewed as her badge of honor. Thus, noticeable hair loss can be very disturbing for a woman.

## GETTING TO THE ROOT OF THE MATTER

First, it is important to realize that hair follicles go through staggered cycles of growth and rest. A healthy woman may shed 50 to 100 hairs a day.

Second, as many as two-thirds of all women may experience noticeable hair loss at some time in their lives. Hair loss may be caused by anxiety or crash dieting, which are usually remedied by focusing on proper nutrition and stress management.

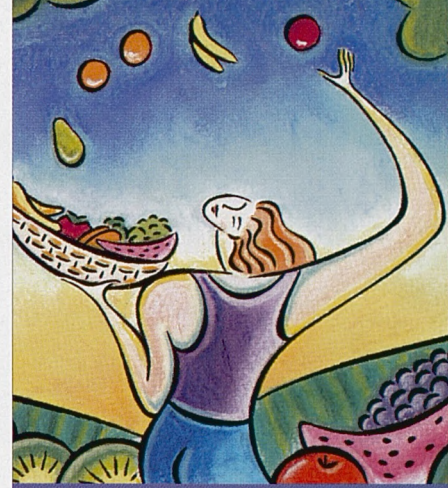
Hormonal imbalances or changes also may

cause hair loss. In some cases, excess male hormones can cause thinning across the scalp while prompting hair growth on the face. Hormone treatments are usually successful for these conditions.

Because normal hair loss stops during pregnancy, women can end up with many, many more hairs by the time they deliver. As the normal hair loss and growth cycle resumes a few months after childbirth, women often see higher than normal hair loss.

At times, hair loss is a sign of more serious problems, such as disease. So, it is important that women discuss noticeable hair loss with their doctor to get a diagnosis and learn about treatment options.

*If you need help finding a physician, call St. Rose Physician Referral at 616-4508.*



## healthybites

### Kissing Counts

So, put on some lipstick and pucker up! Kissing not only feels good, it also can be healthy. The extra saliva produced from kissing can wash bacteria off of teeth. Kissing also exercises the underlying muscles of the face, and it can help relieve stress.

### Menopausal Mouth Aches

When a woman stops menstruating, she may also experience changes in her mouth, ranging from oral pain and red and inflamed gums to altered taste sensations and dry mouth. Thus, in addition to making routine visits to an OB/GYN, menopausal women should have regular dental checkups.

### Stop Smoking

Nevada ranks number two for the number of women who smoke. To help reduce this statistic, Nevada Tobacco Users Helpline and the WomensCare Center will collaborate to offer "No Nic" classes in February and March. Call 616-4900 for details.



# Are You Type 2?

Diabetes should not be considered a death sentence, but rather a wake-up call. With the proper education and treatment, diabetics can lead happy and healthy lives.

**H**ow many people do you know with diabetes? How many people do you know who have diabetes but don't know it?

Did you find the last question confusing?

Well, consider this: According to The Centers for Disease Control and Prevention (CDC), nearly 16 million people in the U.S. have diabetes, yet as many as 6 million may not be aware of it.

"Unfortunately, many of those who have undiagnosed diabetes are women," says St. Rose Dominican Hospital's Certified

Diabetes Educator Dottie Stade, R.N.

"Because a woman may only exhibit very subtle symptoms of the disease, damage to her eyes, nerves, kidneys, and even her heart may occur before she recognizes the signs and symptoms of this chronic disease.

"Diabetes is particularly common in older women, but many are unaware of the risks. Most women tend to believe that they are more likely to die of breast cancer than diabetes. Yet, complications from diabetes—such as kidney and heart problems—claim twice as many women's lives each year as breast cancer," adds Stade.

#### WHAT IS DIABETES?

Diabetes mellitus, or type 2 diabetes, is the most common form of diabetes seen in adults. It is caused by the body's failure to produce or properly use insulin, a hormone that helps regulate the body's blood sugar levels. The end result is an unhealthy buildup of glucose

in the blood and the body's inability to make efficient use of one of its main sources of fuel.

#### SYMPTOMS OF DIABETES

- Excessive thirst or urination, especially at night
- Fatigue or drowsiness

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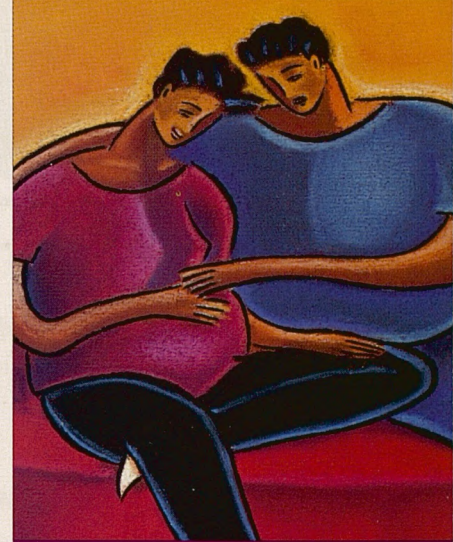
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- Weight loss
- Blurred vision
- Numbness of hands or feet
- Slow healing cuts or bruises

#### RISK FACTORS OF DIABETES

- Family history of diabetes
- Obesity
- Sedentary lifestyle
- Age (more prevalent in women older than 40)
- African-American, Native American, Asian, Pacific Islander, or Asian descent
- High blood pressure

Studies show that keeping blood sugar levels under control is the key to managing diabetes. Moderate exercise, maintaining a healthy diet, and keeping stress levels low often enable type 2 diabetics to control their blood sugar levels without medication. Also, keeping blood pressure and cholesterol levels normal significantly lowers the chances of complications.



## diabetesdata

- Diabetes can be as great a risk for heart attack as heart disease itself.
- The costs of diabetes are high—from 10 to 15% of all healthcare expenditures—yet diabetes research expenditures are low.
- Pregnancy-related gestational diabetes can be harmful to both a mother and child. Thus, routine screenings are done between a woman's 24th and 28th week of pregnancy. If you are pregnant and do not have an OB/GYN, or if you are uninsured or underinsured, St. Rose's Physician Referral and "Baby Your Baby" program may be able to help you get the prenatal care you and your baby need. Call **616-4508** to speak with our registered nurse specialist.
- A diabetes cookbook authored by St. Rose's Dottie Stade, R.N., is available through the gift shops at St. Rose Dominican Hospital's Rose de Lima and Siena campuses. Proceeds from the book's sales help fund the hospital's diabetes education classes and support groups.

For information on St. Rose Dominican Hospital's diabetes services, including one-on-one assessments and education, group classes, and support groups, call **616-4327**.



## fitnessfacts

- Southern Nevada has the highest rate of asthma occurrences in the nation, due in part to smog and construction dust. Staying in shape with aerobics may help reduce asthma sufferers' symptoms. According to research, patients with mild asthma took step aerobics three times a week. After 10 weeks, the patients had less trouble catching their breath after exercising, were less likely to hyperventilate, and experienced improved lung function.

- If exercise boosts physical and mental well-being, is it okay to exercise when you have a cold? Some doctors recommend the "neck test." If your cold is in your head—runny nose, headache, or sneezing—easy exercise, such as a short walk, is probably okay. But, if your symptoms include a hacking chest cough or upset stomach, skipping your workout is probably good medicine.

- Moderate exercise, such as walking or swimming, can help keep diabetes under control by turning fat into muscle mass, which helps lower insulin resistance.

# Babies, Bites, and Kisses

## Reason for Concern?

**W**hen Rowan Michael was born, he had red markings on the back of his head, on his eyelids, and on one of his fingertips. A nurse called them "stork bites." His doctor, Al Sirsy, M.D., called them "angel kisses."

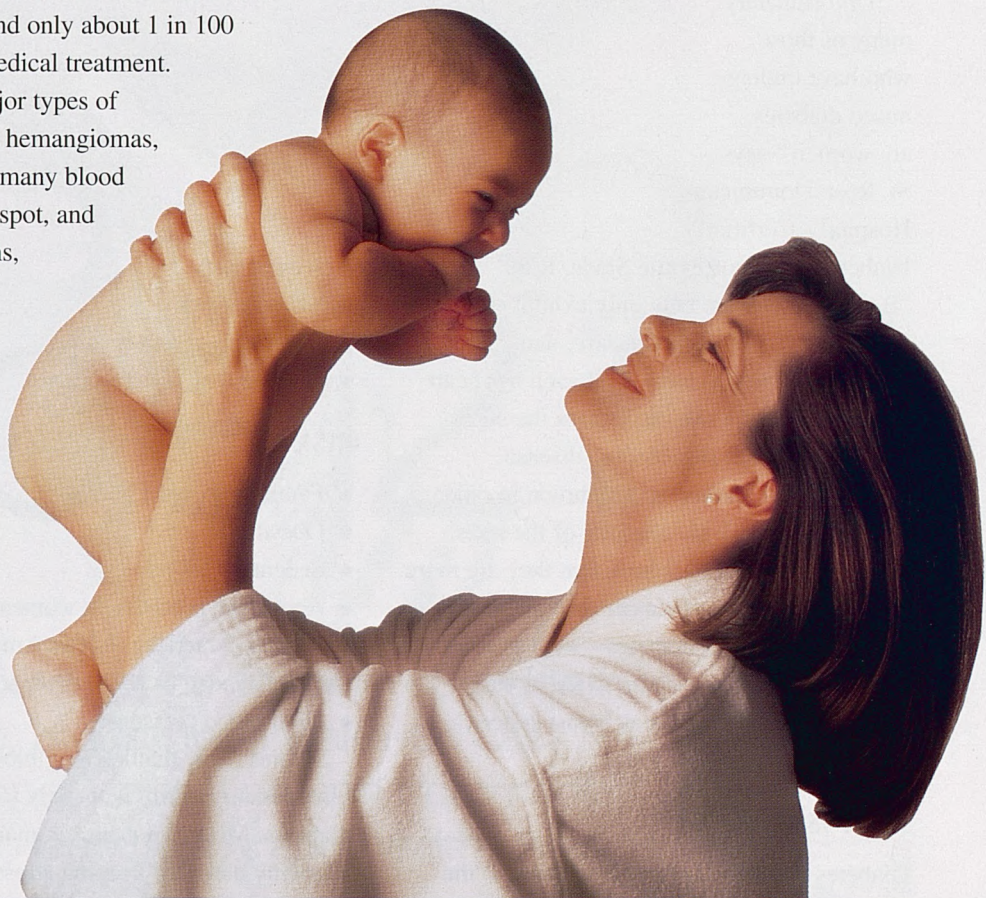
Is something as sweet sounding as an angel kiss cause for concern? Dr. Sirsy says statistics show that 1 in 10 children are born with a birthmark, and only about 1 in 100 will require medical treatment.

The two major types of birthmarks are hemangiomas, a result of too many blood vessels in one spot, and port wine stains, caused by the dilation of blood vessels.

"Most of these small pinkish or red patches

on a baby's skin are the result of immature blood vessels and will fade with time and without complications," says Dr. Sirsy. "However, because some do require medical attention, birthmarks should be checked by your child's pediatrician."

*If you need assistance finding a pediatrician, call St. Rose Physician Referral at 616-4508.*



## Do You Want to Use a Lifeline?

For a homebound individual, illnesses or injuries can be very scary, particularly if there is no one at home to help should an emergency occur. St. Rose Dominican Hospital's Home Health Services also operates Lifeline. For a nominal fee, homebound individuals

receive a pendant that is worn around their neck. When they press the Lifeline, they are put in immediate contact with a 911 operator, thereby eliminating the possible struggle of getting to a phone. For more information on Lifeline, call 616-6540.

# upcoming events & ongoing offerings

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

## HEART HEALTH FOR WOMEN

Learn heart tips for women.

*Date: Tuesday, February 5*

*Time: 6 to 7 p.m.*

## NOURISH YOUR BODY NURTURE YOUR SOUL

February's program is *Come Aside and Let Your Heart Be Still*.

*Date: Wednesday, February 6*

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

## HERE'S TO YOUR FINANCIAL HEALTH AND WELL-BEING

Participate in a financial needs analysis and receive expert advice.

*Dates: Thursday, February 7; or*

*Tuesday, March 5 or April 16*

*Time: 6:30 to 7:30 p.m.*

## DIABETES AWARENESS, TRAINING, AND EDUCATION

Learn about diabetes management.

*Dates: Tuesdays and Wednesdays,*

*February 12, 13, 19, and 20; or*

*April 9, 10, 16, and 17*

*Time: 10 to 11 a.m.*

## FACIAL COSMETIC SURGERY SERIES

Find out about the latest cosmetic surgical treatments for the nose, ears, lips, and chin.

*Dates: Tuesdays, February 12 and 26*

*Time: 6 to 8 p.m.*

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

Learn about proper bra wear and what to look for when purchasing that first one.

*Date: Wednesday, February 13*

*Time: 6 to 7 p.m.*

## INTRO TO MINDFULNESS MEDITATION

Relax and let go of your agitated mind.

*Date: Monday, March 4*

*Time: 6 to 7:30 p.m.*

## VON WILLEBRAND DISEASE: THE BLEEDING DISORDER OF MILLIONS OF WOMEN

Learn about VWD, its cause, and treatments.

**Call 616-4900**

**for information, reservations, details,  
and to learn about other programs.**

*Date: Wednesday, March 13*

*Time: 6 to 7:30 p.m.*

## THE CAREGIVER'S JOURNEY

Share your ideas, and provide and receive support.

*Date: Tuesday, March 19*

*Times: 1:30 to 3 p.m. or 6 to 7:30 p.m.*

## RAPE PREVENTION AND SELF-DEFENSE

Know how to be familiar with you surroundings and how to defend yourself.

*Date: Saturday, March 23*

*Time: 10 a.m. to 2 p.m.*

## BLADDER HEALTH

Learn about the causes, symptoms, diagnoses, and treatments of bladder disorders.

*Date: Tuesday, March 26*

*Time: 6 to 7 p.m.*

## SKIN CANCER SCREENING

Have a dermatologist perform a quick visual skin exam of a particular mole or mark.

*Date: Wednesday, April 3*

*Time: 1:30 to 3:30 p.m.*

## REFLEXOLOGY CONTINUATION COURSE

Instruction in intermediate-level applications of reflexology.

(Mandatory Prerequisite: Completed Reflexology Beginner's Course)

*Dates: Wednesdays, April 3, 10, 17,  
and 24*

*Time: 6 to 8 p.m.*

*Fee: \$125*

## CANCER RESOURCES FAIR

Find out about the various community agencies that can help with your battle against a particular cancer.

*Date: Saturday, April 13*

*Time: 9 a.m. to noon*

## MY ACHY, BREAKY FEET

Learn more about proper foot care.

*Date: Wednesday, April 17*

*Time: 6 to 7 p.m.*

## ORGAN DONATION

Increase your knowledge of organ and tissue donation and the needs in our community.

*Date: Thursday, April 18*

*Time: 6 to 7 p.m.*

## HEALING AND PAIN MANAGEMENT

Learn ancient healing meditation, pain management, and other techniques.

*Date: Thursday, April 25*

*Time: 6 to 8 p.m.*

*Fee: \$65*

## GIRL TALK

Mothers and their 10- to 14-year-old daughters join a pediatrician to discuss changes a girl's body goes through.

*Date: Monday, April 29*

*Time: 6:30 to 7:30 p.m.*

## ONGOING OPPORTUNITIES

- Jazzercise Lite—\$5/session **New!**
- Kickboxing Aerobics—\$5/session
- Yoga—\$5/session
- Breast Cancer Support Group—FREE
- Diabetes Support Group—FREE
- Eating Disorders Recovery Support Group—FREE
- Leukemia/Lymphoma Support Group—FREE
- Resolve Through Sharing Support Group—FREE

## FAMILY EDUCATION CLASSES

- Baby Basics—\$15
- Breastfeeding—\$15
- Infant CPR—\$15
- Maternal Child Center Tour—FREE with reservations
- Prepared Childbirth Class—\$45
- Refresher Childbirth Class—\$25
- Sibling Class—\$10/child, \$15/family

Postmaster: Please deliver within January 28–February 1.

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.

# Here We Grow Again!

The Las Vegas valley has seen tremendous growth over the past two decades, and demographics indicate that the population increases will continue. A significant portion of the growth will take place in the southwest areas of the valley bordering I-215. St. Rose Dominican Hospital will grow with these

areas. In 2004, the hospital will open its third campus just south of I-215 on Warm Springs Road between Durango and Buffalo.

With this issue of *WomensCare*, we are expanding our mailing list. We welcome our new readers and hope that you enjoy *WomensCare Magazine!*

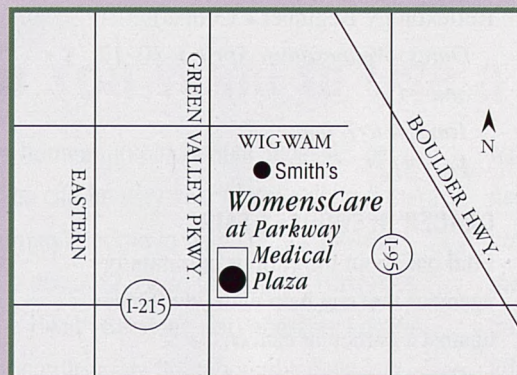
*An artist's rendition of St. Rose Dominican Hospital's third campus, which is set to open in 2004.*



## Visit Us At

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

100 North Green Valley Parkway,  
Suite 330  
Henderson, NV 89074  
**616-4900**  
[www.strosecares.com](http://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**.