



spring 2002

WomensCare

A magazine for your mind, body, and spirit

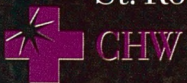
Here Comes
the Sun—
Cover Up and
Look Cool

Healthy
Smiles

The BARBARA
GREENSPUN

WomensCare 
Center of Excellence

St. Rose Dominican Hospital



Mother's Day
Coupon Book

Here Comes the Sun...Dress Appropriately

- Southern Nevada has an average of 294 sunny days, says Channel 3 weatherperson Dr. Jim Siebert.
- According to the American Academy of Dermatology, one in five people will get skin cancer in her/his lifetime.
- Medical studies indicate that most people do not initially apply enough sunscreen—only about one-third to one-half of the recommended amount—and fail to reapply it as directed.

As another summer sets in, it is important to protect yourself from the sun's harmful rays. Does your favorite T-shirt or swimsuit cover-up provide enough protection? According to the American Academy of Dermatology, typical summer shirts provide inadequate all-day sun protection, having an SPF level of only 5 to 9. And when wet, clothing made of cotton may provide even less protection.

Dermatologist Curt Samlaska, M.D., recommends a protective clothing line called Solumbra by Sun Protections, which offers items ranging from pants, shirts, and hats for adults to swimsuit cover-ups for the entire family. According to Dr. Samlaska, the products are considered regulated medical devices and thus are subject to good manufacturing practices to ensure that each item has an SPF rating of 30 or higher.

To learn more about the Sun Protections clothing line, visit your dermatologist. For assistance finding a doctor to meet your health-care needs, call St. Rose Physician Referral at **616-4508**.

Women's Window

When Debbie Bonafazio had her son Michael last year, she also gave birth to a new business idea. She—along with her mother and sister—purchased the local franchise rights to StorkNews, a wonderful way to announce your new bundle of joy. Running StorkNews allows Debbie, a former elementary school teacher, to work from home. She is among the growing number of women who are finding creative ways to work while spending more time with their little ones. If you would like more information about StorkNews, please call **269-6989**.



FROM OUR PRESIDENT

I am writing to you on Doctors' Day. I mention this because the medical malpractice insurance crisis could greatly impact the health of all Southern Nevadans, including expectant mothers.

Last year, more than 2,000 babies were born at St. Rose Dominican Hospital. Reports estimate that if the insurance crisis is not attended to quickly, Southern Nevada may lose as many as one-fifth of its current physicians, as well as a majority of those looking to settle here. Unfortunately, the skyrocketing costs have already caused a number of doctors to limit their services, leave the area, or quit practicing medicine.

St. Rose is diligently working to find effective solutions. You have been working as well. More than 600 women signed a petition that was sent to the governor on behalf of an area OB/GYN practice. Thousands more of you have voiced your support for your physicians.

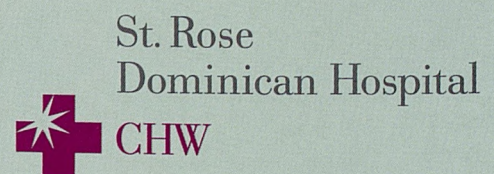
We thank you for speaking out. Helping women realize their creative spirit and the power of their voice is central to the Adrian Dominican Sisters' mission. If our WomensCare Center can assist you in attaining the best of mind, body, and spirit, call us at **616-4900**.

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.





babybites

SWEET DREAMS... SAFE SURROUNDINGS

On average, newborns sleep as much as 14 to 18 hours a day. Mommies, however, may be lucky to get six to eight hours of rest. Make your slumber—and that of your baby—as peaceful as possible by ensuring that his/her crib and surroundings are safe.

“The first step is in buying a crib that meets today’s stringent safety standards,” says Carolyn Cohen, of Bellini’s Babies to Teen, which sells beautiful nursery furniture and bedding ensembles. “Secondhand cribs manufactured before 1990 may contain lead-based paint or may not have properly placed slats or spindles.”

Slats on a crib should be no wider than $2\frac{3}{8}$ inches apart, so that a baby cannot lodge his/her head between them. And, to keep an infant from accidentally falling out, the drop rail must be at least nine inches above the mattress support when it is lowered.

“Decorating a nursery is an exciting part of pregnancy,” says Cohen. “We sell and custom-make soft, fluffy comforters and stuffed animals to set the theme for a baby’s room. But, it’s important that new parents take

the toys and comforters out of the crib before putting their baby down to sleep, as these materials can mold around an infant’s face and cause suffocation.”

Cohen says that room layout is also important. “We suggest that parents avoid placing their baby’s crib near a window. If it’s unavoidable, make sure that drapery/blind cords are out of reach to prevent strangulation.” You can cut cords and retain them using wall cleats. Once a baby is able to push up on his hands and knees—at about 6 months of age—any mobiles and hanging cords should also be removed from the crib.

Safety is a priority when the baby is awake, too. The changing table should have guardrails and a protective strap to use when changing the baby’s diapers. Drawers and shelves should be easily accessible so you never need to leave your baby unattended on a changing table.


*For more information, stop by the WomensCare Center for a free booklet called **Safety for Toddlers**. Or stop by Bellini’s at the corner of Charleston and Rampart.*

- A daily zinc supplement for pregnant women who otherwise might not get enough appears to improve birth weight and certain aspects of fetal development. Zinc should be included in a woman’s prenatal multivitamin/mineral supplement.

- The American Academy of Pediatrics recommends that you feed your baby only breast milk or formula for the first six months. Consult your pediatrician if you’d like to start introducing solids earlier than six months. If you need assistance finding a pediatrician, contact St. Rose Physician Referral at **616-4508** and our registered nurse specialist will help you find a physician to meet your needs and your baby’s.

- Does your baby get tummy time? Placing your baby on his tummy will help him develop arm strength and important motor skills. But, some babies aren’t getting enough due to parents’ fears about sudden infant death syndrome. So, during play-time—while your baby is awake and you are watching—make time for tummy time.

Beyond a Big, White Smile



“Gum disease is serious. It has been linked to heart disease, osteoporosis, stroke, diabetes, respiratory problems, and pre-term, low birth-weight babies,” says Ilya Benjamin, D.M.D., of Desert Dental.

A healthy smile takes into account more than straight, white teeth. The condition of your teeth, gums, and jawbone are important to your oral health, and might be a factor in your overall well-being.

According to a special report by the National Women's Health Resource Center, as many as one out of four women between the ages of 30 and 54 has periodontitis, an advanced stage of gum disease.

"Gum disease is serious. It has been linked to heart disease, osteoporosis, stroke, diabetes, respiratory problems, and pre-term, low birth-weight babies," says Ilya Benjamin, D.M.D., of Desert Dental.

"It is particularly important that women understand the causes of gum disease and maintain good oral health, because they may be at increased risk due to the many physical and hormonal changes their bodies go through during puberty, pregnancy, and menopause," Dr. Benjamin adds.

SO, WHAT IS GUM DISEASE?

Gum disease, also referred to as periodontal disease, is caused by plaque—the sticky, colorless film that forms on teeth. Plaque contains toxin-producing bacteria, and, in the early stages of gum disease, these toxins can lead to gingivitis, a condition that causes gums to swell and bleed.

Left untreated, plaque develops into tartar. As plaque builds, gums may begin to recede from teeth, pockets may form between teeth and gums, and infection may penetrate as deep as the bone. In the advanced stages of gum disease, teeth may become loose, fall out, or need to be extracted by a dentist.

HOW IS GUM DISEASE LINKED TO OVERALL HEALTH?

If you have gum disease, the bacteria in the pockets that form between the gums and teeth get pumped into the bloodstream when you chew. Typically, the body's own immune sys-

tem overcomes this bacterial attack. But in some people, the bacteria seem to increase the risk of other diseases.

HOW DOES THIS BACTERIA HEIGHTEN THE RISK OF OTHER DISEASES?

In the instance of heart disease, the theory is that bacteria may travel from the mouth to the bloodstream and into the heart. There the bacteria get lodged in blood vessel walls, triggering inflammation or thickening of the walls, which interferes with the smooth flow of blood.

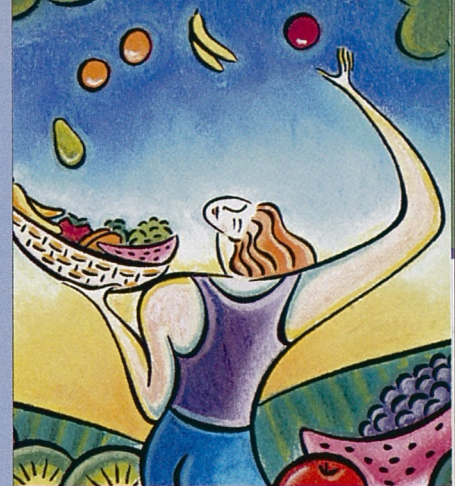


WHY IS GUM DISEASE A GREATER CONCERN AMONG WOMEN?

The reasons are many and varied, which is why it's important to make routine visits to a dentist you trust and can comfortably talk to. You should also inform your physicians of your dental history. Research indicates that bacteria caused by gum disease can enter a pregnant woman's bloodstream, pass through the placenta, and affect fetal development. "Women with gum disease may be as much as seven times as likely to give birth to pre-term, low birth-weight babies," says Dr. Benjamin. Remember, periodontal disease is an infection, and all infections are cause for concern among pregnant women because they pose a risk to the health of their babies.

WHAT ARE THE KEYS TO GOOD ORAL HEALTH?

- Brush twice a day with a soft-bristled toothbrush, changing your brush at least every three months (and after colds or other infections).
- Clean between your teeth once a day with floss or an interdental cleaner.
- Eat a balanced diet.
- Limit snacks—particularly sugary snacks and drinks—between meals as the sugars are converted to acids that attack tooth enamel.
- Get enough calcium and vitamin D, which aids in the absorption of calcium.
- Avoid tobacco products.



healthybites

Risk Associated with Gum Disease

According to the American Academy of Periodontology, people with gum disease may have nearly twice the risk of having a fatal heart attack than patients without gum disease.

Osteoporosis-Related Tooth Loss

Is there a link between osteoporosis and bone loss in the jaw? Researchers suspect osteoporosis may lead to tooth loss because the density of the bone that supports the teeth may be decreased, leaving teeth on an unstable foundation.

Protective Aspects of Saliva

Dry mouth, a common symptom of undiagnosed diabetes, can also lead to tooth decay. Dryness is caused by a lack of saliva, the mouth's natural protective fluid. Saliva washes away sticky foods that help form plaque, has anti-bacterial properties, and strengthens teeth with minerals.



fitnessfacts

Can Garlic Keep You Young at Heart?

Garlic may offer protection against age-related changes that impair heart function. Scientists studied two groups of 101 men and women ages 50 to 80. The group who took 300 milligrams or more of garlic daily for at least two years had more flexible aortas, the heart's largest artery, than the group who did not use garlic.

Check Up on Your Teen's Health

The American Academy of Pediatrics and other experts recommend that teens get a checkup once a year. During these visits, your doctor may:

- discuss the benefits of a healthy diet and regular exercise
- check for an eating disorder or a problem with body image
- talk about the dangers of tobacco, alcohol, and drug use
- check for high blood pressure or high cholesterol
- perform a Pap smear
- give any needed shots or immunizations.

If you need help finding a physician for your teen, please call **616-4508**.

Could Your Symptoms Be a Sign?

- Do you have heavy or prolonged menstrual bleeding?
- Do you bruise easily?
- Do you experience frequent or prolonged nosebleeds?
- Have you had prolonged bleeding after surgery, childbirth, or dental work?

If you experience any of these four symptoms, you may be among the one in every 100 women

affected by von Willebrand's disease (vWD). Unfortunately, most women—and men—do not realize they have this disease until bleeding caused by an injury or medical treatment

becomes severe. To learn more about how a protein deficiency or defect might affect your body's ability to form blood clots, join us for a class on vWD. See page 7 for details.



Renee Paper, a nurse for St. Rose, advocates for those afflicted with von Willebrand's disease.

Salt and Bone Loss

Women who eat too much salt are at higher risk for high blood pressure and osteoporosis. Researchers studied 124 post-menopausal women to learn how salt and calcium have an effect on their bones. Bone loss after menopause can lead to osteoporosis.

The study found that women who ate 2,100 milligrams or less of salt a day did not lose bone. The more salt a woman ate above that, the more bone she lost. Cutting salt from 4,000 milligrams a day to 2,000 milligrams is just as healthy as getting an extra 1,000 milligrams of calcium a day.

The study also showed that women who consumed 1,700 milligrams of calcium a day were less likely to lose bone. Women do best when they cut out salt and eat more calcium-rich foods.

American Journal of Clinical Nutrition, Vol. 62



upcoming events & ongoing offerings

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

Call **616-4900** for information, reservations, details, and to learn about other programs.

NOURISH YOUR BODY NURTURE YOUR SOUL

Learn about women of the Bible.

Date: Wednesday, May 8

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

SKIN CANCER AWARENESS

Learn about risks, prevention, and self-exams.

Date: Thursday, May 9

Time: 6 to 7 p.m.

OSTEOARTHRITIS

Learn about signs, causes, and treatments.

Date: Tuesday, May 14

Time: 6 to 7 p.m.

A SIZZLIN' SUMMER MAKEOVER

Learn to enhance your look for summer.

Date: Wednesday, May 15

Time: 6 to 7:30 p.m.

MIGRAINES

Learn the latest in research, treatments, and management techniques.

Date: Thursday, May 16

Time: 6 to 7 p.m.

HYPNOTHERAPY FOR WEIGHT REDUCTION

Join a certified hypnotherapist to learn how to drop unwanted weight and keep it off. A group hypnosis session is included.

Date: Tuesday, May 21

Time: 6:30 to 8 p.m.

Fee: \$20 includes audiotape

BETTER SLEEP

Learn to improve the quality of your sleep.

Date: Thursday, May 23

Time: 6 to 7 p.m.

YOUR FINANCIAL WELL-BEING

Learn the most common financial mistakes and how to avoid them.

Date: Tuesday, May 28

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

FROM BRUISES TO OOZES: ALL ABOUT VWD

Learn about this bleeding disorder that

affects one to two of every 100 people.

Date: Thursday, May 30

Time: 6 to 7:30 p.m.

YOGA FOR MOMMY AND ME

For moms and their children ages 5 to 12.

Dates: Mondays, beginning June 3

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

Fee: \$5/person

DIABETES AWARENESS

Learn to manage diabetes through diet, exercise, and medications.

Dates: Tuesdays and Wednesdays,

June 11, 12, 18, and 19

Time: 10 to 11 a.m.

TVT FOR URINARY STRESS INCONTINENCE

More than 13 million people in the U.S. experience incontinence. A new procedure can help.

Date: Tuesday, June 11

Time: 6 to 7 p.m.

SEXUAL DYSFUNCTION: IT'S NOT JUST A MAN'S PROBLEM

Join a specialist to hear about the causes and the latest in successful treatments.

Date: Wednesday, June 12

Time: 6 to 7 p.m.

INTRODUCTION TO AROMATHERAPY

Learn how the scents of plants and oils can improve well-being.

Date: Thursday, June 13

Time: 6 to 7:30 p.m.

WOMEN'S SAFETY

Don't be an easy target! Get tips about making your surroundings safe.

Date: Tuesday, June 18

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

DEPRESSION

Learn about what causes depression and the latest treatments.

Date: Wednesday, June 26

Time: 6 to 7 p.m.

HOW TO PRAY

Learn how to add prayer to your daily life to help foster an awareness of inner peace.

Date: Tuesday, July 9

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

HYPNOSIS FOR STRESS MANAGEMENT

Learn how self-hypnosis can reduce stress. Includes a group hypnosis session.

Date: Wednesday, July 10

Time: 6:30 to 8 p.m.

Fee: \$20 includes audiotape

AROMATHERAPY WORKSHOP

Learn to blend essential oils that help lift spirits and enhance relaxation.

Date: Thursday, July 18

Time: 6 to 7:30 p.m.

Fee: \$20 includes oils and salts

MENOPAUSE

Discuss symptoms and solutions.

Date: Tuesday, July 23

Time: 6 to 7 p.m.

WOMEN AND CALCIUM

Learn about calcium, its recommended intake, sources, and benefits.

Date: Wednesday, July 24

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

FENG SHUI: HARMONY AND PROSPERITY

Enhance your environment at home and work.

Date: Thursday, July 25

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

FENG SHUI AND FAMILY HARMONY

Arrange your home to ensure familial harmony.

Date: Thursday, July 25

Time: 6 to 7 p.m.

GIRL TALK

Mothers and their daughters ages 10 to 14 discuss changes that a girl's body goes through.

Date: Monday, July 29

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

ONGOING OPPORTUNITIES

- Jazzercise Lite—\$5/session
- 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

Postmaster: Please deliver within April 29–May 3.

Starting or Growing Your Family?

The WomensCare Center offers an array of family education classes for first-time parents as well as families that are growing. For information about the following classes, please call **616-4901**.

- 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

Happy Mother's Day

Mothers, please feel free to paste this article to your children's father's forehead.

Dad, this Mother's Day are you looking for the perfect gift to get the loving mother of your children? How about a cleaning service? Or pick up a coupon book of house-cleaning gift certificates she can redeem—from you—when she needs extra help around the house. We've made coupon books and have them available at the WomensCare Center.

Why? *The Journal of Personality and Social Psychology* reports that mothers, whether employed or not, do more housework than their husbands—and they get less satisfaction from the housework they do.

This study looked at mothers and fathers both at home and at work. Women had more positive feelings about activities away from home. Men, however, had happier feelings at home. This may be because men spent more



of their home time participating in personal and leisure activities, such as watching sports. In addition, men felt as if they had more of a choice in doing housework.

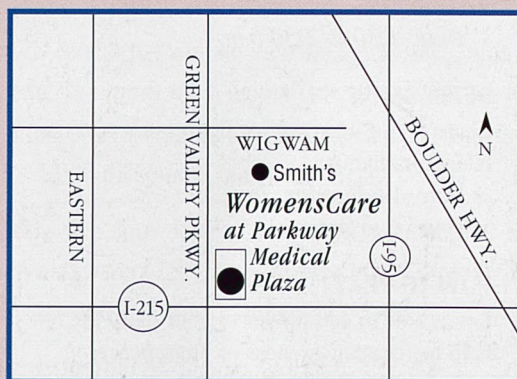
Although women felt positive in a larger sense about caring for their families, housework often led to feelings of unhappiness and anger.

To pick up your **Mother's Day Off From Housework Coupon Book**, visit the WomensCare Center at 100 North Green Valley Parkway (at 1-215), Suite 330.

Visit Us At

The **BARBARA GREENSPUN**
WomensCare
Center of Excellence

100 North Green Valley Parkway,
Suite 330
Henderson, NV 89074
616-4900
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 educational classes and require assistive aids or accessible facilities, please contact The Barbara Greenspun WomensCare Center of Excellence in advance at **616-4900**.