

WomensCare

A magazine for your mind, body, and spirit

EMSFiles Can Save Lives



His & Her Health Week

The BARBARA
GREENSPUN

WomensCare  Low Radiation
Center of Excellence

St. Rose Dominican Hospital





Taking Care of Baby

Babies can be as puzzling as they are precious. If you are a new parent with questions about caring for your newborn, St. Rose's Family-to-Family Connection can help you find answers.

Family-to-Family's licensed professionals make hospital and home visits to answer parents' questions that range from breastfeeding to establishing sleep routines to creating a healthy and happy home for a new child. In addition, Family-to-Family recently opened its new Baby Center located at 31 Church Street, just behind the hospital's Rose de Lima Campus, which is located at 102 East Lake Mead Drive.

The Baby Center offers classes on health, development, and safety for babies. It also has a lending library filled with books, videos, educational materials, and developmental toys.

According to Jackie Hunsaker, Clinical Supervisor, "Family-to-Family Connection also helps new parents connect. Many parents form bonds that last throughout their babies' growing years."

For more information on St. Rose's Family-to-Family Connection, call 568-9601.

Women's Window

KLAS Channel 8 news anchor Paula Francis is well-known for her commitment as a health reporter. She is serving as the spokesperson for EMSFile, a public service sponsored by St. Rose and Channel 8. See page 6 for details.



FROM OUR PRESIDENT

Dear Readers,

As fall draws near, so do elections. This November, you have the opportunity to cast your vote for candidates running for local, state, and national offices.

I encourage our women readers to take a long, hard look at this year's candidates and their positions on critical healthcare issues, such as the rising cost of healthcare, medical malpractice issues, and coverage for women and children. Here are a few facts that solidify how important healthcare is to women and how much influence you can have on the election process.

Women today:

- Make between 70 and 90% of the healthcare decisions for their families.
- Spend 66% of the healthcare dollars.
- Buy 59% of the prescriptions.

In addition, more than 9 million U.S. women take care of a sick or disabled family member, often spending 20 hours or more per week providing support.


If you are concerned about your healthcare, we at St. Rose encourage you to be heard this election season.



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

WomensCare

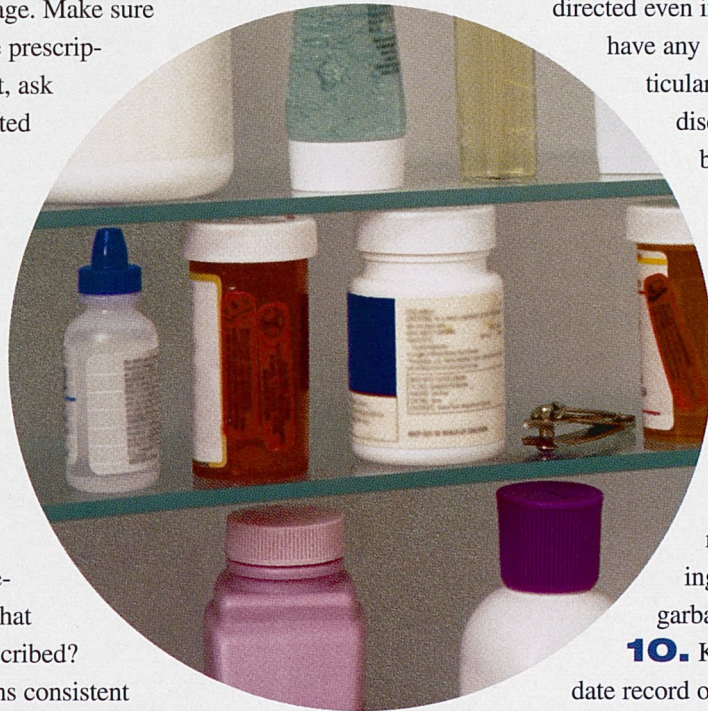
St. Rose Dominican Hospital is dedicated to meeting the unique healthcare concerns of women at every stage in their lives. The Barbara Greenspun WomensCare Center of Excellence and WomensCare Magazine are our commitment to the women of southern Nevada.

St. Rose
Dominican Hospital
 CHW

10 Tips on Medication Safety

According to the Food and Drug Administration (FDA), about 30 to 50% of those who use medicines do not use them correctly. Here are 10 tips to follow:

- 1.** When your physician writes you a prescription, ask what drug is being prescribed and at what dosage. Make sure you can read the prescription. If you can't, ask for a larger, printed version.
- 2.** Make sure you understand what illness or symptoms the medication is to treat and how to use the medication.
- 3.** Check the label when you get your prescription. Is it what your doctor prescribed? Are the directions consistent with what your physician told you?
- 4.** Ask your pharmacist to explain the nature of the drug, how it works, possible side effects, and how to most effectively use it. Also, ask for written information about your prescription.
- 5.** When you get a refill, make sure it is the same drug. Make sure the color, shape, size, and dosage are the same as your original prescription. The look of generic drugs may differ somewhat.



- 6.** If you are sight-impaired or take a number of different medications, ask the pharmacist to use different sizes or types of containers to help you differentiate your medications.
- 7.** Do not take someone else's medications, even if you think your symptoms are the same.

8. Continue to take your medication as directed even if you no longer have any symptoms—particularly if you have a disease such as high blood pressure.

9. Clean out your medicine cabinet regularly. Flush medications that have passed the expiration date down the toilet rather than throwing them in the garbage.

10. Keep an up-to-date record of any chronic illnesses or diseases you have, along with a list of any medications you take. If you see more than one physician or utilize more than one pharmacy, be sure to let your doctors and pharmacists know what other medications you take.

For information on EMSFile, an important prescription vial every household should have, see page 6.



snoringstats

Researchers followed more than 71,000 women ages 40 to 65 over eight years. One-quarter of the women said they never snored. This was compared to 10% who snored regularly and 65% who sometimes snored. Regular snorers had a 33% higher risk of developing heart problems than non-snorers. Occasional snorers had a 20% higher risk.

What's the link? Some heavy snorers may have obstructive sleep apnea, which can cause high blood pressure.

"Many people with sleep apnea spend as much as half of their sleep time with blood oxygen levels below normal. This is known as 'oxygen desaturation,'" says Dr. John Pinto, a pulmonologist and certified sleep specialist. "It can lead to irregular heartbeats, elevated blood pressure, enlargement of the heart—even congestive heart failure."

If you snore regularly or have difficulty sleeping, Sleep Centers of Nevada may be able to help. Call 893-0020 for more information.

Shedding Light on Intestinal Troubles

If you are experiencing symptoms similar to those outlined in this article, consult a physician. For help finding a physician, call St. Rose Physician Referral at **616-4508**. Our registered nurse specialist will help find a physician for you.

St. Rose Dominican Hospital recently introduced the M2A capsule endoscope, which allows physicians to see what no one has been able to fully capture before—the entire 21 feet of the small intestine.

Dr. Stephen Jones, St. Rose's Medical Director, says the camera in a pill-like capsule significantly improves the chance of an accurate diagnosis of inflammatory bowel diseases (IBDs)—such as ulcerative colitis, Crohn's disease, and intestinal tumors—and other gastrointestinal troubles, such as celiac disease.

The M2A capsule is swallowed with a sip of water, just like taking a vitamin. It passes naturally through the digestive tract, recording video images that are transmitted and stored on

a recorder belt worn by the patient. Eight hours after swallowing the capsule, the patient returns the recorder belt, and the physician is able to view the results through specialized video software. The single-use, disposable camera-in-a-capsule passes naturally from the patient's body in about 24 to 48 hours.

According to Dr. Jones, "Many women who have bowel problems fear that they may have something pathological, such as Crohn's disease. The M2A capsule endoscope is a diagnostic tool that can help distinguish inflammatory bowel disease from what is called irritable bowel syndrome (IBS). Because some of the symptoms are similar—and the abbreviations are too—people easily confuse the disease and the disorder."



Ingesting the M2A capsule.



A woman wearing the recorder belt.



A doctor reviewing a test.

WHAT IS IBS?

IBDs can be serious and even life threatening. IBS, on the other hand, is not life threatening, but it can greatly impact a woman's lifestyle. This chronic disorder is characterized by abdominal pain associated with abnormal bowel function. Symptoms include the following:

- Abnormal stool frequency (more than three times a day or fewer than three times a week)
- Abnormal stool form (lumpy/hard or loose/watery stool)
- Abnormal stool passage (straining, urgency, or a feeling of incomplete evacuation)
- Passage of mucus with stool
- Bloating or feeling of abdominal distension.

Rectal bleeding, loss of appetite, and fever are not symptoms of IBS and may indicate more serious problems, such as an IBD.

In order to diagnose your symptoms, your physician may:

- Order lab tests to rule out other possible health problems.
- Test a stool sample for signs of bleeding.
- Order tests such as a colonoscopy to diagnose IBS. If IBS is ruled out and symptoms persist, an M2A capsule endoscope may be ordered to rule out other diseases.
- Conduct a pelvic exam to rule out tumors, cysts, or endometriosis, which can cause the same symptoms as IBS.

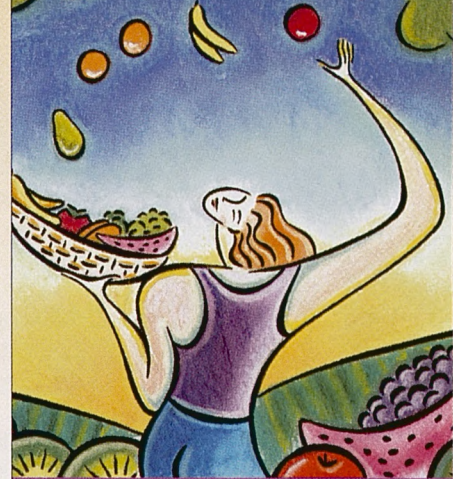
WHAT CAUSES IBS?

It used to be thought that IBS resulted from a disorder related to the movement of the colon. Current research and treatment are more focused on the relationship between the brain, nervous system, and intestines. Research has found that people with IBS sense discomfort and pain at lower levels of stimulation than others. And stress—while not the cause of IBS—may play a role in heightening bowel sensitivity.

IBS affects up to 20% of the U.S. population, and about 70% of those diagnosed are women. British researchers recently reported that women who suffer from IBS often experience a worsening of symptoms during their periods, which suggests that fluctuations in sex hormones may play a role in the condition.

The following recommendations can help alleviate IBS:

- Eat at regular hours.
- Chew food slowly and thoroughly.
- Avoid overeating and high-fat meals.
- Limit or avoid foods that cause gas, such as cabbage, beans, and grapes.
- Drink eight cups of liquid daily, including water and fruit or vegetable juices.
- Note any correlations between stress and symptoms.
- Get regular physical activity, such as walking, swimming, or gardening.
- Limit alcohol, chocolate/caffeine, and spicy foods.
- Note any sensitivities related to dairy products, which may indicate a lactose intolerance problem.
- Regulate your stress level.



healthybites

Something Fishy

Coated fish-oil capsules can be used to reduce symptoms of Crohn's disease. Patients who took daily capsules containing 2.7 grams of omega-3 fatty acids were less likely to have symptoms than those who took placebos. The fatty acids are found in cold-water fish.

Family Ties

According to researchers, individuals with an immediate family member—either a parent or sibling—who has an inflammatory bowel disease (IBD) may be as much as twice as likely to suffer from the disorder.

R.E.D. Rose Breast Screenings

If you are an uninsured or underinsured woman in need of a breast screening or diagnosis, call St. Rose's R.E.D. Rose program at **616-4432** to find out if you qualify for assistance.



fitnessfacts

Keep the Weight Off

Calcium-rich dairy foods may help women keep off excess weight. For two years, researchers studied 54 normal-weight women ages 18 to 31. Those who consumed the most calcium from dairy foods kept off the most weight and body fat. These women also ate fewer calories than the study average of about 1,900 a day. In contrast, calcium from non-dairy sources didn't seem to make a difference.

Journal of the American College of Nutrition, Vol. 19, No. 6

Regular vs. Light Cigarettes

Less than 10% of the 788 U.S. smokers surveyed knew that light and ultralight cigarettes may deliver the same amount of tar and nicotine as regular cigarettes. Studies show that light cigarettes do not reduce heart disease or cancer risk or provide less tar and nicotine than most regular cigarettes. In fact, light cigarette smokers sometimes take longer drags, meaning they take in extra tar and nicotine.

American Journal of Preventive Medicine, Vol. 15, No. 1

Got EMSFile?

Whether or not you are currently taking medication, there is one prescription bottle that your household should have.

It's an EMSFile. This oversized prescription bottle holds up-to-date medical information on each member of your family—from what diseases you may suffer from to what medications you take.

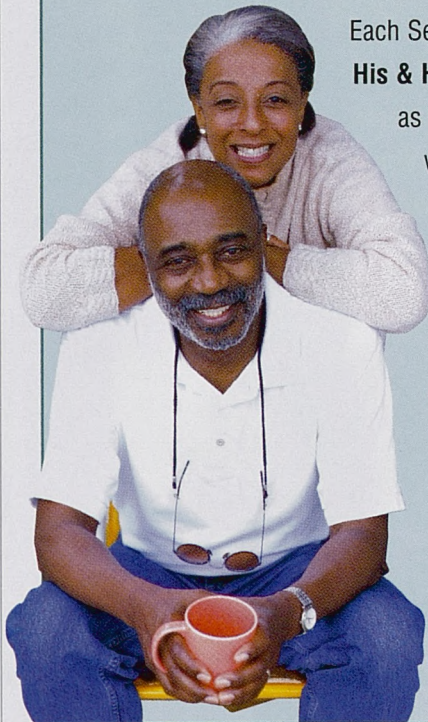
In an emergency, an EMSFile provides first responders and physicians with valuable information if you—or a loved one—are unable to speak. EMSFiles come with a sticker to place on your front door, and the prescription bottle is to be kept on the top shelf in the door of your refrigerator. You can also keep EMSFiles in your car, boat, or desk drawer.

St. Rose Dominican Hospital, KLAS



EMSFiles can be purchased for \$1 at any Longs drugstore. Visit www.klas-tv.com for more information.

His & Her Health



Each September, St. Rose and its affiliated physicians conduct **His & Her Health Week** to encourage men and women to get fit, as well as to fight breast and prostate cancer. This year, we will offer a host of healthy activities from **September 23 to 28**. Here are just a few highlights of that week:

- **Free Clinical Breast Exams (CBEs) and \$10 Prostate Screenings**

The prostate screening will include a digital rectal exam and a prostate specific antigen (PSA) blood test. Call **616-4900** after Saturday, August 10, to schedule your CBE or prostate exam.

- **12th Annual Run for the Rose**

On **Saturday, September 28**, walk or run your way to fitness while helping raise funds for St. Rose Dominican Hospital. Call **616-7630** for details and entry forms.

upcoming events & ongoing offerings

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

DIABETES AWARENESS, TRAINING, AND EDUCATION

Increase your knowledge and decrease your blood sugar by learning about diet, exercise, and medications.

Dates: Tuesdays and Wednesdays, August 13, 14, 20, and 21 or October 8, 9, 15, and 16
Time: 10 to 11 a.m.

NOURISH YOUR BODY, NURTURE YOUR SOUL

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

INTRODUCTION TO PILATES

Learn an exercise and body-conditioning technique effective for all fitness levels to train mind/body integration. Builds strength, flexibility, and coordination.

Dates: Tuesday, August 20 or Thursday, August 22
Time: Noon to 1 p.m.
Fee: \$10

MOTHER AND DAUGHTER BACK-TO-SCHOOL MAKEOVERS

Join an image consultant and learn how to enhance wardrobe, hairstyle, and makeup.

Date: Tuesday, August 20
Time: 2 to 3:30 p.m.

HYPNOTHERAPY FOR WEIGHT REDUCTION

Join a certified hypnotherapist on how to drop unwanted weight and keep it off. Concludes with a group hypnosis session.

Date: Wednesday, August 21
Time: 6:30 to 8 p.m.
Fee: \$20, includes audiotape

INTRODUCTION TO AROMATHERAPY

Learn how the scents of volatile plants, including essential oils, can be used for psychological and physical well-being.

Date: Thursday, August 22
Time: 6 to 7:30 p.m.

CHOLESTEROL SCREENINGS *free!*

Fast for eight hours. Call **616-4900** for a required appointment.

Dates: Tuesdays, August 27 or September 24
Time: 9 a.m. to Noon

MASTER PILATES

Become a master of Pilates. Attend this 10-session program. Two to three hours a week can maintain terrific conditioning.

Dates: Tuesdays and Thursdays, August 27, 29, September 3, 5, 10, 12, 17, 19, 24, and 26
Time: Noon to 1 p.m.
Fee: \$100 or \$10 per session

OSTEOPOROSIS

Learn about treatments and prevention.

Date: Wednesday, August 28
Time: 6 to 7 p.m.

FANCY FEET

Join a pedicure professional to learn how to take good care of your feet and give yourself great at-home pedicures.

Date: Thursday, August 29
Time: 6 to 7 p.m.

BODY BEAUTIFUL: A HEALTHY WEIGHT SUPPORT CIRCLE

Join a group of women for weekly motivation, education, support, and recognition.

Dates: Wednesdays, September 4 through October 9
Time: 12:15 to 12:45 p.m.

RAPE PREVENTION

Learn how to be familiar with your surroundings and how to defend yourself in case of an attack.

Date: Saturday, September 14
Time: 10 a.m. to 2 p.m.

AROMATHERAPY WORKSHOP

Learn about essential oils, how to blend them, what to blend them with, and what the cautions are.

Date: Thursday, September 19
Time: 6 to 7:30 p.m.
Fee: \$20

SAFE SITTER

Teens ages 11 to 16 learn how to provide safe, nurturing care for children and how to respond appropriately to medical emergencies.

Date: Saturday, October 12
Time: 9 a.m. to 4:30 p.m.

CONQUERING CHOLESTEROL

Learn to prevent heart disease and the signs

and symptoms of heart attacks in women.

Date: Thursday, October 17
Time: 10 to 11:30 a.m.

FOR WOMEN ONLY: SPARKING THE ROMANCE IN YOUR MARRIAGE

Is your relationship last on your list? Learn to enhance the fun in your marriage.

Date: Wednesday, October 23
Time: 6 to 7 p.m.

KINDNESS HEALING MEDITATION

Relax and let go of your agitated mind.

Date: Thursday, October 24
Time: 6 to 7:30 p.m.
Place: Healing Garden Gazebo

GIRL TALK

Mothers and daughters ages 10 to 14 join a pediatrician to discuss changes a girl's body goes through during adolescence.

Date: Tuesday, October 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

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

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

Postmaster: Please deliver within July 29–August 2.

Looking for a Physician?

Call
616-4508

No matter what type of physician you're looking for—a pediatrician, nephrologist, urologist, or orthopedic specialist—St. Rose Physician Referral can help. A registered nurse specialist will talk to you about your needs and help you find a physician.

Call between **8:30 a.m. and 4:30 p.m., Monday through Friday.**

LET'S GET PHYSICALS

If your child's school, sport, or scouting program requires a physical examination prior to participation, visit St. Rose *UrgentCare*. We are offering physicals for \$25*.

Time: 10 a.m. to 5 p.m. daily

Place: St. Rose *UrgentCare*
*Hartwell Medical Center***
1776 Warm Springs Road at
Shadow Crest/Spencer

* \$25 covers routine physicals. If physicals require specialized services, such as urinalysis, X-rays, or other testing, those will be offered at an additional charge.

** Physicals are also offered at the St. Rose *UrgentCare* at Parkway Medical Plaza on weekdays only, from 10 a.m. to 5 p.m.

CARING FOR KIDS

An estimated 28,000 Clark County children are uninsured. **Nevada Check Up** can help.

This low-cost state program provides insurance for kids who are not covered by private insurance or Medicaid. Bilingual brochures and applications, as well as assistance in completing the application, are available. Call **Covering Kids** at **942-9213** or St. Rose at **616-7517**.

Covering Kids will also be processing applications at the Henderson Back 2 School Celebration at Robert Taylor Elementary School on **Saturday, August 24, from 10 a.m. to 4 p.m.**

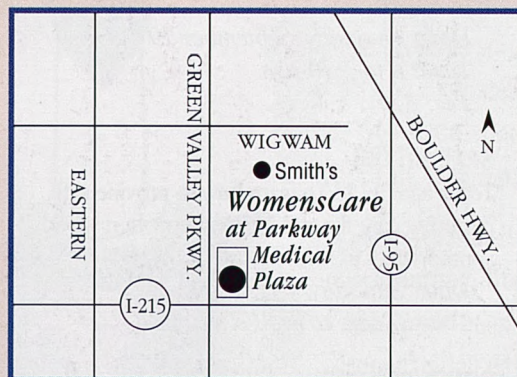


Visit Us At

The **BARBARA
GREENSPUN**

WomensCare
Center of Excellence

100 North Green Valley Parkway,
Suite 330
Henderson, NV 89074
616-4900
www.strosecares.com



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**.