

A magazine for your mind, body and spirit

WomensCare

FALL 2002

Women and Lung Cancer

Between the
Covers of a
Good
Book

*Lorraine
Hunt*

Pasta, Politics
and a Positive
Outlook

St. Rose
Dominican Hospital



CHW

The BARBARA
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WomensCare
Center of Excellence

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Women's window

The influence of family is apparent to the eyes, ears, nose and taste buds at Bootlegger Restaurant, where Lieutenant Governor Lorraine Hunt is pictured feeding pasta to a tiny patron.

According to Hunt, the newest member of St. Rose Dominican Hospital's Community Board of Directors, family history—including medical history—is what her family's Italian eatery is all about.

Lorraine's parents moved from New York to Las Vegas in 1942, when a doctor advised them that a warmer, drier climate would be better for her father, who suffered from rheumatic fever, and her mother, who had early onset arthritis. "The doctor suggested Phoenix or Las Vegas," says Hunt. "My parents thought Las Vegas sounded more Italian. So, it was Viva Las Vegas!"

Lorraine attributes her own good health to eating right, taking herbs and vitamins, keeping current on medical information and, above all, a positive mental attitude.

When asked if she forgoes fresh Italian breads, pastas and cream sauces to stay fit, she says, "I eat a lot of fresh fish and vegetables, but don't stray too far from my roots. In Italian culture, a meal is an occasion served in courses. We tend to eat slowly, because there is so much talking taking place. Whereas in America today, we tend to rush through a meal and often overeat without feeling fully satisfied."

On weekend evenings, Lorraine is often found singing at the Bootlegger, where her husband, pianist Blackie Hunt, accompanies her. "I call Blackie my bionic man, because it has taken all sorts of surgeries and tools to keep him running," says Hunt.



from our president



Welcome to *WomensCare* Magazine. Whether you have read our magazine faithfully over the last three years or you are reading it for the first time, I'd like to share with you a few of the changes we have made:

- Expanded from eight to 16 pages.
- Increased the distribution from 100,000 copies to 300,000 free copies.
- Allowed select advertisements, enabling us to afford these improvements.
- Given the magazine a fresh look and feel.

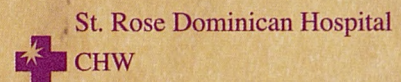
We've made these improvements with the Greenspun Media Group. Barbara Greenspun, the namesake of our *WomensCare* Center, is publisher of the *Las Vegas Sun*. St. Rose is deeply appreciative of the generosity that the Greenspuns and their family of companies have shown St. Rose over the decades. Through such support, we are able to live out the Adrian Dominican Sisters' vision of quality, compassionate health care for individuals in need and for our community as a whole.

I hope you enjoy this new issue of *WomensCare*.

Rod A. Davis
Rod A. Davis, President

WomensCare

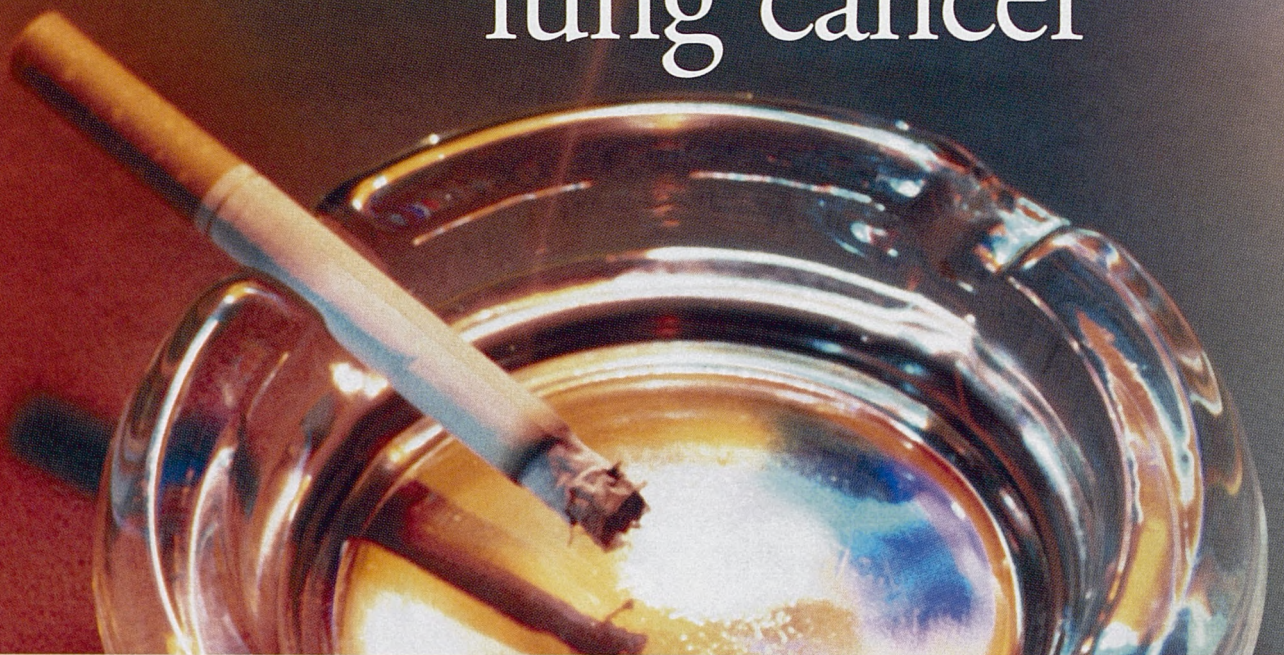
St. Rose Dominican Hospital is dedicated to meeting the unique health-care concerns of women at every stage in their lives. The Barbara Greenspun *WomensCare* Center of Excellence and *WomensCare Magazine* are our commitment to the women of Southern Nevada.





Women:

the risk for
lung cancer



“When calling attention to public health problems, we must not misuse the word ‘epidemic.’ But there is no better word to describe the 600 percent increase since 1950 in women’s death rates for lung cancer, a disease primarily caused by cigarette smoking. Clearly, smoking-related disease among women is a full-blown epidemic.”

—David Satcher, M.D., Ph.D., Surgeon General

According to the American Lung Association (ALA), the U.S. will soon be the first country where the number of women smokers is equal to the number of men smokers. That’s troubling to Dr. John Pinto, pulmonologist, who says women are genetically more predisposed to smoking-related lung cancer than men.

“Research has shown us that a gene responsible for encouraging the development of cancerous lung tumors resides on the X chromosome. Because women have two X chromosomes to a man’s one, women are at a substantially higher risk for lung cancer.”

A study released in 2000 indicates that in addition to having more of the cancer-causing gene, the gene is more likely to become active in a woman than in a man, whether she smokes or not.

“Men have to smoke for this gene to kick in and wreak havoc on their lungs,” says Pinto. “That’s not the case for women. The gene may kick in whether or not a woman smokes. But the devastating possibilities of the

gene are certainly exacerbated by smoking.”

Telltale Signs of Women Smokers

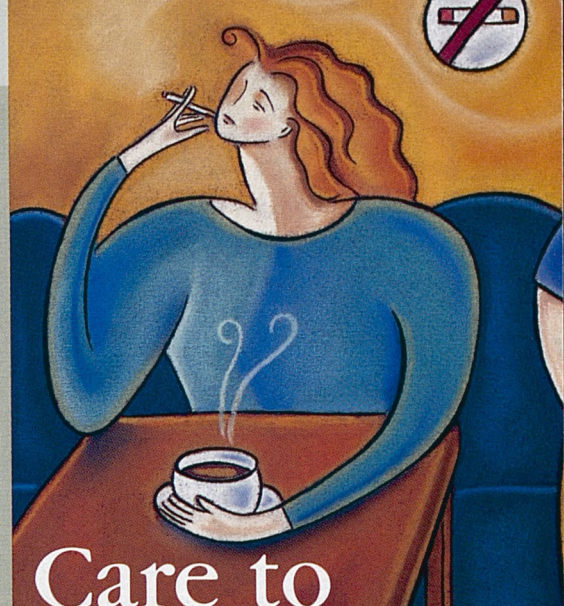
It is estimated that lung cancer will claim the lives of nearly 68,000 U.S. women this year. That is about 27,000

more deaths than from breast cancer. Yet, even though the deadly cancer-related risks of smoking have been well publicized, the number of women smokers is on the rise. “Women are often more disturbed by the effects smoking has on their skin than by the damage being done to their lungs,” says Dr. Hayley Brown, a plastic

surgeon. “Appealing to a woman’s vanity has encouraged many women to quit.”

WomensCare: So, it’s true that smoking can make your skin look older?

Dr. Brown: Yes, I can spot a smoker a mile away. Smoking restricts blood vessels, reducing the amount of blood—thus oxygen and nutrients—



Care to Quit

if not for you,
for whom?

- A study shows that the children of smokers may be twice as likely to become asthmatic by age 6 and are more likely to become smokers themselves before their 15th birthday.
- Recent studies suggest cats exposed to secondhand smoke may be up to 2.4 times more likely to develop a deadly form of cancer as cats that are not exposed to tobacco smoke.
- Women who quit smoking in early to mid pregnancy can reduce the negative effects that smoking has on their unborn children. Smoking is linked to deficits in infant birth weight, head circumference and brain-to-body-weight ratio. Routine exposure to secondhand smoke may also negatively affect an unborn child.
- About 22 million packs of cigarettes are sold in the U.S. each year, which tallies up to \$157 billion in costs related to medical expenses and loss of productivity. That’s about a \$3,391-per-smoker cost to the country’s medical bill each year.

continued on page 7

LAS VEGAS LIFE

It's your city magazine!

Health tips. Beauty tips.

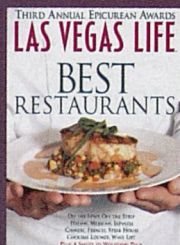
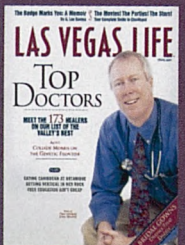
The best places to eat

and the best city to find

them in. Find it all in

Las Vegas Life.

12 issues
for
\$12



«« My Student Was **PORN QUEEN** Ashlyn Gere!
Who Says We Don't Need No **STINKIN' BADGERS?**
Giving Nevada's **NEW FBI BOSS** the Third Degree

LAS VEGAS LIFE

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LETTING YOUR
MIND WALK

flowing to the skin, which can cause premature wrinkling. Research also suggests that it reduces the body's store of antioxidants, which provides protection against skin-damaging agents and increases the production of an enzyme that breaks down the collagen, the protein that helps maintain skin elasticity. And sucking on a cigarette can promote the development of lines around a woman's mouth.

WomensCare: Does smoking cause discoloration of the fingers and fingernails?

Dr. Brown: Prolonged smoking can cause discoloration of the fingers and fingernails on the hand used to hold cigarettes. Worse, it can discolor your teeth.

WomensCare: Can cosmetic surgery reverse the effects of smoking?

Dr. Brown: Skin-care treatments such as facial peels can reduce fine lines and make the skin look healthier. But many plastic surgeons are reticent to do—or will refuse to do—cosmetic surgery on smokers because smoking dramatically decreases the skin's ability to heal, which increases the chances of scarring.

WomensCare: What will effectively reduce the signs of smoking?

Dr. Brown: The best advice I can give is to stop smoking in order to prevent further damage.

For information on finding a pulmonologist or plastic surgeon, call St. Rose Physician Referral. A registered nurse specialist will talk with you about your healthcare questions or concerns and help you find a physician to meet your needs. Call 616-4508 between 8:30 and 4:30 p.m. Monday through Friday.

The Quest to Quit

If you would like to quit, team up with a friend or co-worker and join in on the Great American Smokeout, to be held on Thursday, November 21. For details on how to celebrate the day, visit the American Cancer Society's website, www.cancer.org.

For added support, sign up for one or more of WomensCare smoking cessation classes, which include:

HYPNOTHERAPY FOR SMOKING CESSATION

Join a certified hypnotherapist for help in your quest to quit.

Date: Thursday, November 21

Time: 6:30 to 8 p.m.

Fee: \$20

LUNG SCREENINGS

Find out how smoking has affected your lungs.

Date: Thursday, November 21

Time: Call for appointment, 616-4900

HYPNOTHERAPY FOR SMOKING CESSATION

Join a certified hypnotherapist for help in your quest to quit.

Date: Friday, January 3

Time: 6:30 to 8 p.m.

Fee: \$20

LIVING TOBACCO FREE

Join us for the education, support and motivation to quit.

Dates: Tuesdays, January 7, 14, 21, 28

Time: 6 to 7 p.m.

The above classes will be held at the WomensCare Center. Call 616-4900 for information or reservations.



Dr. Hayley Brown

Hayley Brown, M.D., is a plastic surgeon, board-certified by the American Board of Plastic Surgery, which means she has not only met state requirements, but additional clinical and continuing education requirements in plastic surgery.

According to Dr. Brown, the five most popular cosmetic surgical procedures for 2001 were:

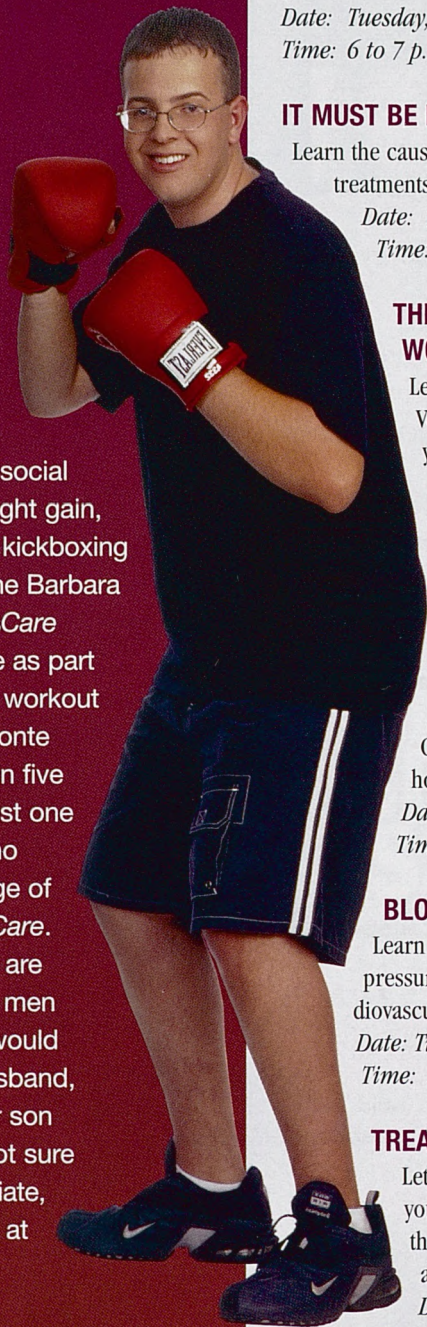
- Lipoplasty
- Eyelid surgery
- Breast augmentation
- Rhinoplasty (nose reshaping)
- Face-lift

The majority of cosmetic surgery is still performed on women, yet, men had more than 1 million procedures in 2001, accounting for 12 percent of all such procedures.

Scaling Down

Monte McEwen,

a 20-year old college student, gained a substantial amount of weight following two surgeries. Tired of being tired and having his social life suffer due to weight gain, Monte began taking kickboxing aerobic classes at the Barbara Greenspun WomensCare Center of Excellence as part of a six-day-a-week workout and diet regimen. Monte has lost 64 pounds in five months, and he is just one of the many men who have taken advantage of classes at WomensCare. Many of our classes are appropriate for both men and women. If you would like to bring your husband, boyfriend, brother or son to a class and are not sure whether it is appropriate, please give us a call at 616-4900.



upcoming

LONG-TERM-CARE INSURANCE

Do you need it? How much and where do you get it?

Date: Tuesday, November 12

Time: 6 to 7 p.m.

IT MUST BE MY THYROID

Learn the causes, symptoms, diagnosis and treatments of thyroid disorders.

Date: Tuesday, November 12

Time: 6:30 to 8 p.m.

THE POWER OF A WOMAN'S VOICE

Let the Nevada League of Women Voters help you discover how your voice can make a difference in Nevada! Register to vote at the same time!

Date: Wednesday,

November 13

Time: 5:30 to 6:30 p.m.

TRACE YOUR ROOTS

Join the Clark County Nevada Genealogical Society to learn how to trace your family heritage.

Date: Monday, November 18

Time: 6 to 8 p.m.

BLOOD PRESSURE CLINIC

Learn how to manage your blood pressure and reduce your risks of cardiovascular disease.

Date: Tuesday, November 19

Time: 2 to 4 p.m.

TREAT YOUR TRESSES M/D

Let a licensed cosmetologist teach you your how to get great hair through wind, sleet, summer heat and blow-drying abuse.

Date: Tuesday, November 19

Time: 6 to 7:30 p.m.

RETIREMENT & THE STOCK MARKET

Does retirement seem far off or is it just around the corner? Either way, learn to plan accordingly.

Date: Wednesday, November 20

Time: 6 to 7 p.m.

FLU SHOTS

Free for Medicare recipients; \$15 for all others.

Date: Friday, November 22

Time: Call 616-4900 for appointments

Place: Rose de Lima Campus at East Lake Mead and Boulder Highway

AROMATHERAPY

GIFT-MAKING M/D

Make scented bath salts and oils for fun holiday gifts.

Date: Tuesday, December 3

Time: 6 to 8 p.m.

Fee: \$10

HOLIDAY

SCRAPPY-DO M/D

Make your own greeting cards and creative gift tags.

Date: Wednesday, December 4

Time: 6 to 8 p.m.

Fee: \$5

HOMEMADE

CHOCOLATE GIFTS M/D

A candy-making and chocolate-dipping workshop.

Date: Friday, December 6

Time: 6 to 8 p.m.

Fee: \$5

THOUGHT FIELD THERAPY

Learn the Emotional Freedom Technique to tap-touch away phobias, anxiety, stress, aches and pains.

Date: Monday, December 9

Time: 6 to 7:30 p.m.

Fee: \$25

DIABETES AWARENESS

Decrease your blood sugar by learning about diet, exercise and medications.

Dates: Tuesday and Wednesday,

December 10 and 11

Time: 10 a.m. to noon

events & ongoing offerings

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

HOLIDAY CONCERT IN THE HEALING GARDEN

Bundle up and bring your family to an evening of holiday carols presented by the Sweet Adelines. Hot cider, holiday cookies and holiday spirit provided.

Date: Friday, December 13

Time: 7 to 8 p.m.

Place: St. Rose-Siena Campus Healing Garden

*Fee: \$3 for adults and \$1 for kids
(donated to the Sweet Adelines)*

NOURISH YOUR BODY, NURTURE YOUR SOUL

Join Sister Molly Nicholson for an afternoon of inspiration.

Date: Wednesday, December 11

Time: 1:30 to 3 p.m.

BEATING THE HOLIDAY BLUES

Join a therapist and learn to overcome holiday blues.

Date: Wednesday, December 11

Time: 6 to 7 p.m.

MUSIC MEDITATION M/D

Join Chaplain Richard Smith for an evening of harp music and meditation.

Date: Wednesday, December 18

Time: 6 to 7 p.m.

DOES MY DAUGHTER HAVE AN EATING DISORDER?

Learn the signs of unhealthy eating in teens—whether too much or too little and how you can help or hinder.

Date: Monday, January 6

Time: 6 to 7:30 p.m.

HEALING TOUCH

Learn the benefits and techniques of healing touch.

Date: Tuesday, January 7

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

PET FIRST AID & CPR M/D

Learn how to take care of your cat or dog in an emergency.

Date: Wednesday, January 8

Time: 1 to 5 p.m.

Fee: \$35 (donated to the American Red Cross)

LIFESTEPS WEIGHT MANAGEMENT

Ready to drop extra pounds? Join this 10-week comprehensive program.

Dates: Thursdays,

January 9 through March 13

Time: 6 to 7 p.m.

Fee: \$45

PEOPLE WITH ARTHRITIS CAN EXERCISE (PACE)

If you have arthritis or have been inactive, this exercise class is for you!

Dates: Tuesdays and Thursdays,

January 14, 16, 21, 23, 28, 30

Time: 2 to 3 p.m.

Fee: \$2 per session

NEW YEAR, NEW YOU!

Let an image consultant give you a fresh new look for the New Year.

Date: Wednesday, January 15

Time: Noon to 4 p.m.

Call 616-4900 for an appointment.

MAKE PEACE WITH YOUR BODY, YOURSELF

Tired of being something you're not? Join a dietitian and a therapist to unravel the roots of our obsession with weight and the "perfect body."

Dates: Wednesdays,

January 15 to February 12

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

Fee: \$40 for 4 sessions

Spa night

Join a local spa to learn how to do home facials, pedicures and manicures. Take advantage of chair massages too!

Date: Friday, January 24

Time: 6 to 9 p.m.

Fee: \$10



Call 616-4900

for information, reservations
and to learn about other programs.

M/D = Mother Daughter Dates. Mothers can bring their daughters over age 12 to these programs.

M2A™ Capsule Endoscopy is now available!



It's as easy as...

St. Rose Dominican Hospital is the first in southern Nevada to offer M2A Capsule Endoscopy, a non-invasive procedure that allows physicians to see what



1

**Swallowing the
M2A Capsule.**

no one has been able to fully capture before: the entire 21 feet of the human small intestine. The new technology significantly improves the chances of accurate diagnosis of abnormalities of the small intestine such as Crohn's Disease, Celiac Disease, and malabsorption and intestinal tumors.

**Undergoing
the Examination**

2



The M2A Capsule, which is swallowed with a sip of water just like a vitamin, travels painlessly through the digestive tract capturing and transmitting video images to a recorder belt

worn by the patient. A few hours after swallowing the capsule, the data is downloaded from the recorder to a computer workstation where a physician can view the results. The single-use, disposable capsule passes naturally from the patient's body in about 24 to 48 hours.

For more information on M2A Capsule Endoscopy, or to find a physician trained to perform the procedure, contact St. Rose Dominican Hospital's Physician Referral Service at (702) 616-4508.

**Reviewing
the Results**

3



Rose de Lima Campus
St. Rose Dominican Hospital

102 E. Lake Mead Drive
Henderson, Nevada 89015
702-616-5000

events & offerings continued

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

FENG SHUI EMPOWERMENT

Join us for an introduction to this ancient Chinese art of placement. Learn some helpful tips to bring success into your life.

Date: Monday, January 20

Time: 6 to 7 p.m.

FENG SHUI WORKSHOP

Bring your house, office or floor plans and photos and let's Feng Shui your home for good fortune!

Date: Tuesday, January 21

Time: 6 to 8:30 p.m.

Fee: \$15

CONQUERING CHOLESTEROL

Learn to prevent heart disease by reducing your cholesterol levels.

Date: Wednesday, January 22

Time: 4 to 5:30 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, January 22

Time: 6:30 to 8 p.m.

Fee: \$20

GIRL TALK M/D

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

Date: Monday, January 27

Time: 6:30 to 8 p.m.

NURSES— FROM COLLEGE TO CAREERS M/D

Thinking about a career change? Join St. Rose nurses and learn about how to become a nurse through available scholarship programs.

Date: Tuesday, January 28

Time: 6:30 to 8 p.m.

ONGOING OPPORTUNITIES

- Yoga, \$5/session
- Jazzercise, \$5/person
- Kickboxing Aerobics, \$5/session
- Pilates, \$10/session
- PACE, \$2/session

FREE SUPPORT GROUPS

- AA for Women Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Eating Disorders Recovery Support Group
- Leukemia/Lymphoma Support Group
- Resolve Through Sharing Support Group
- Infertility Support Group

FAMILY EDUCATION CLASSES

- Prepared Childbirth Class, \$45
- Refresher Childbirth Class, \$25
- Baby Basics, \$15
- Breastfeeding, \$15
- Infant CPR, \$15
- Sibling Class, \$10/child or \$15/family
- Expectant Parent Tour (reservations required)

Call 616-4900

for information, reservations
and to learn about other programs.

M/D = Mother Daughter Dates. Mothers can bring their daughters over age 12 to these programs.

The WomensCare Collection

Check out the WomensCare Collection—300 books donated by St. Rose Dominican Hospital to the new Paseo Verde Library. Given its own alcove, the WomensCare Collection includes such titles as:

- *The Deepest Blue: How Women Face and Overcome Depression*
- *Sing Your Own Song: A Guide for Single Moms*
- *Fit for Life*
- *Girlfriends Guide to Pregnancy*
- *The Victoria's Secret Catalog Never Stops Coming: And Other Lessons I Learned from Breast Cancer*

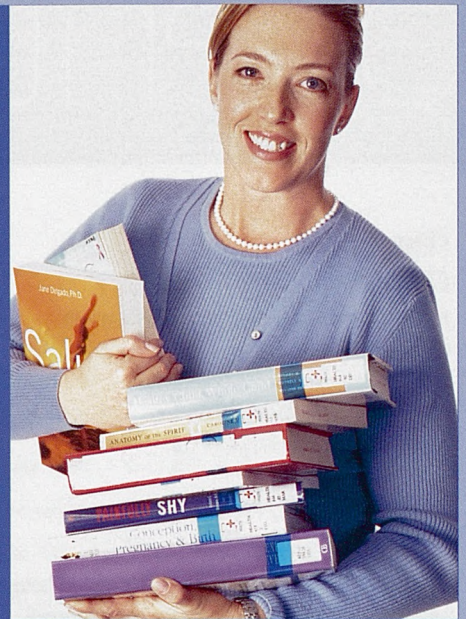
You can find another 500-plus books on issues concerning women and their loved ones available for checkout at the WomensCare Center. All you need is a Henderson District Public Library Card or a valid Nevada driver's license.

WomensCare Director Holly Lyman says, "A little reading each day may just keep the doctor away." But she is quick to remind women that establishing and maintaining a strong, proactive doctor-patient relationship is essential to good health. If you need help finding a physician, contact St. Rose Physician Referral at 616-4508.

Between the Covers

Has the intimacy in your marriage waned? Want to revive it? Try looking between the covers of the following books available through the WomensCare Collection at the Paseo Verde Library:

- *Passionate Marriage: Keeping Love & Intimacy Alive in Committed Relationships*
- *Mars and Venus in the Bedroom: A Guide to Lasting Romance and Passion*



Meet Holly Lyman, the new Director of The Barbara Greenspun WomensCare Center of Excellence.

Holly brings more than a decade of experience in developing and teaching health education curricula to the WomensCare Center.

When asked about her job, Holly often remarks, "This is a job? It is so much fun developing and implementing classes to help women achieve their best."

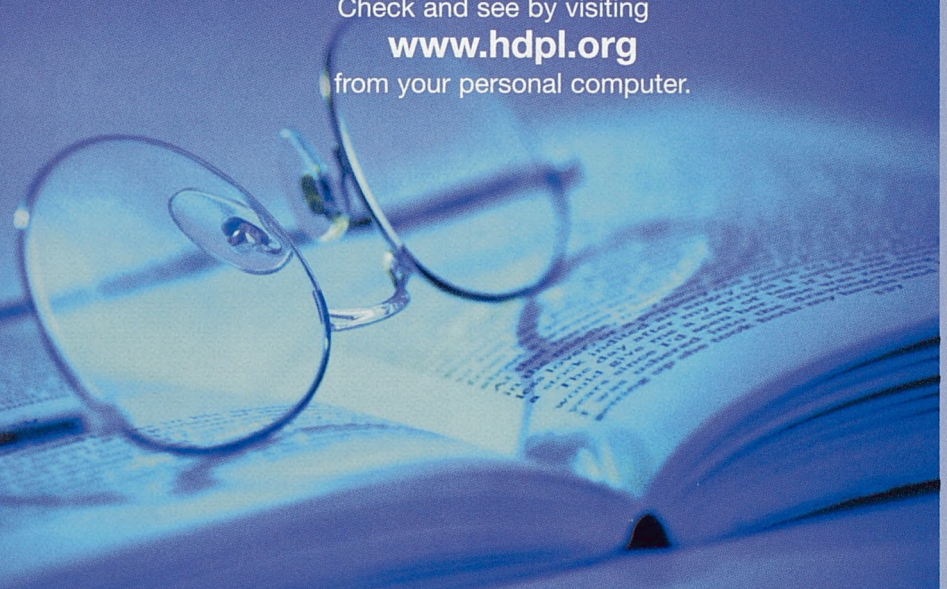
Holly is focused on developing classes and programs that address the mind, body and spirit, as well as a few classes that are just plain fun.

Are these books in or checked out?

Check and see by visiting

www.hdpl.org

from your personal computer.



Is it more than a Bad Mood?

Are you persistently tired, irritable, sad and anxious? Do you feel out of control or have you lost interest in activities that you once enjoyed? You may be experiencing depression.

According to the National Institute of Mental Health, women experience depression twice as often as men. Hormonal influences brought on by menstrual cycles, pregnancy and childbirth, pre-menopause and menopause may be partly to blame. Other stresses such as balancing the responsibilities of both work and home, parenting, single parenting or caring for aging parents may also be contributing factors.

If you are depressed, two treatment options are talk therapy with a mental-health professional and/or antidepressants. However, if your depression is mild to moderate, you might want to try these measures first:

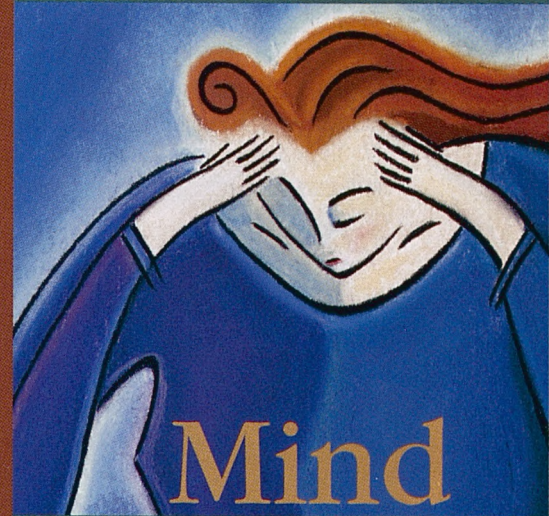
- Exercise regularly. It can actually improve your brain chemistry.
- Eat a balanced diet that includes plenty of whole grains and vegetables and as little refined and sugary food as possible.
- Establish routines for going to bed, getting up, exercising and eating in order to regulate your internal clock, which may be a factor of your depression.
- Set realistic goals. If you are just starting to exercise to help reduce feelings of depression, don't commit to exercising seven days a week. Set a manageable goal of doing moderate exercise such as walking for 30 minutes, three times a week.

- Talk out your feelings with a friend, family member, physician, religious advisor or mental-health counselor you can trust. Or take classes or join a support group that promotes positive thinking.

- Write out your issues and the high-points of your life in a journal. Write down quotes or scriptures that give you warm, positive feelings.

- Try meditation, prayer or a *Womens-Care* yoga class.

It is uncommon to snap out of depression. But through understanding and addressing the issue, you can begin to feel better day by day.



Mind matters

- In 2000, the FDA issued an alert that the herbal supplement Saint-John's-wort—often taken for depression—may negatively interact with some drugs prescribed to treat heart disease, depression, seizures and certain cancers. Consult your doctor before taking such herbal supplements.
- It is estimated that 35-47 percent of people with depression experience some sexual problems. For those with more severe depression, 61 percent have sexual problems.
- It is estimated that 2.5 percent of U.S. children suffer from depression. It is significantly more common in boys under age 10. But by age 16, girls have a greater incidence of depression.
- About 6 million Americans 65 years of age or older experience depression, but only 10 percent receive treatment. This may be because symptoms are often confused with the effects of multiple illnesses and the medicines used to treat them.

Attend our
Diabetes
Awareness
Class
see page 8

Take the Test

Could you have diabetes and not know it?

Know the Score

Sixteen million Americans have diabetes—and half of them don't even know it! Take this test to see if you are at risk. Diabetes is more common in African Americans, Hispanics and Native Americans.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is not true, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart. **Yes 5** _____
2. I am under 65 years of *and* I get little or no exercise during a usual day. **Yes 5** _____
3. I am between 45 and 64 years of age. **Yes 5** _____
4. I am 65 years old or older. **Yes 9** _____
5. I am a woman who has had a baby weighing more than nine pounds at birth. **Yes 1** _____
6. I have a sister or brother with diabetes. **Yes 1** _____
7. I have a parent with diabetes. **Yes 1** _____

TOTAL _____

Scoring 3–9 points

If you scored 3–9 points, you are probably at low risk now. But don't just forget about it. You may be at higher risk in the future. Maintaining a healthy weight and regular exercise can help you reduce your risk.

Scoring 10 or more points

If you scored 10 or more points, you are at high risk for having diabetes. Only a doctor can determine if you have diabetes. See a doctor and find out for sure.

At-Risk Weight Chart

Height feet/inches without shoes	Weight pounds without clothing	
	Women	Men
4' 9"	134	
4' 10"	137	
4' 11"	140	
5' 0"	143	
5' 1"	146	157
5' 2"	150	160
5' 3"	154	162
5' 4"	157	165
5' 5"	161	168
5' 6"	164	172
5' 7"	168	175
5' 8"	172	179
5' 9"	175	182
5' 10"	178	186
5' 11"	182	190
6' 0"		194
6' 1"		199
6' 2"		203
6' 3"		209

The chart above shows weights that are 20% heavier than what is recommended for men and women with a medium frame. If your weight is at or above the amount listed for your height, you may be at risk for diabetes.



Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure and amputations. Diabetes is the fourth-leading cause of death by disease in the United States, killing more than 169,000 people each year. Some people with diabetes have symptoms. If you have any of the following symptoms, contact your doctor:

- extreme thirst • blurry vision from time to time • frequent urination**
- unusual tiredness or drowsiness • unexplained weight loss**

Pregnant women should be tested for diabetes between the 5th and 6th months of pregnancy.

For more information on diabetes,
call Dottie Stade, R.N. Certified Diabetes Educator at
614-4327

Information courtesy of the American Diabetes Association.

HAVE YOU SEEN OUR NEWEST STAR?



Mercedes-Benz

FLETCHER JONES

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702-364-2700 • 3100 Rancho Drive

holiday gift giving ideas

Go Instead of Get—

You've given him neckties and soap on a rope. He's gifted you with crazy costume jewelry and exercise videos that made you wonder whether there was an unspoken message. This year, give each other a gift you can enjoy together. Try a getaway to a nearby winter wonderland such as Zion National Park, which offers bed-and-breakfasts, hotel rooms and cabbettes. Depending on weather, the two of you can venture out for a hike or cozy up by a fire with a good book. Pack reading materials, a board game, plenty of lip balm and small votive candles for a little romance. Visit www.utahsdixie.com for details on Zion and lodging options.

Pen a Present—

Pick up a pen and paper and write someone you care for a heartfelt letter of how they have made a difference in your life during the past 12 months or over the

years. You will both be touched by the power of love and friendship.

Light Up a Life—

Help St. Rose—Southern Nevada's only nonprofit, non-tax-supported and religiously affiliated hospital—keep its mission of quality, compassionate care burning bright. Make a donation to our "Lights of Life" campaign in recognition of someone important to you or in remembrance of a special event, such as the birth of your child at one of our hospitals. Your donation will be recognized by a star on one of our holiday trees. Call 616-7630 for "Lights of Life" donation and event information, or send checks or money orders to Lights of Life, c/o St. Rose Dominican Health Foundation, 102 East Lake Mead Drive, Henderson, NV 89015.

Level II Nursery Opens at Siena Campus

St. Rose Dominican Hospital recently opened a seven-bed Level II nursery at its Siena Campus to care for babies who need extra attention such as oxygen therapy, medications, feeding assistance or just a little extra time to grow before heading home. The nursery includes a special room where mommies can breast-feed or parents can spend private time with their baby.

"Remember, Ginger Rogers did everything Fred Astaire did, but she did it backwards and in high heels."

—Faith Whittlesey

Visit us...



The BARBARA
GREENSPUN

WomensCare

Center of Excellence

100 N. Green Valley Parkway, Suite 330
Henderson, Nevada 89074
(702) 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.



St. Rose
Dominican Hospital

CHW

A Member of Catholic Healthcare West
102 East Lake Mead Drive
Henderson, Nevada 89015

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