

WomensCare

A magazine for your mind, body and spirit

FALL 2003

PLUS

**Are You a Red
Hot Mama?**

KidsCare Special

Be a Satellite Sister



2003

CONSUMER CHOICE #1

*“St. Rose . . .
Best Quality
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The BARBARA
GREENSPUN

WomensCare

Center of Excellence

St. Rose Dominican Hospitals

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from our president



Dear Reader,

Here we grow again! It's incredible. Our community continues to expand at an unfathomable rate, and St. Rose is continually challenged to respond to the ever-increasing need for quality healthcare.

That is why with this issue of *WomensCare*, we celebrate the expansion of our St. Rose Dominican Hospital - Siena Campus. We are pleased to make 66 new, private patient rooms available to our community, including 16 beds devoted to OB/GYN patients and a 16-bed Pediatric/Pediatric Intensive Care Unit dedicated to caring for infants and children.

Our commitment to meeting the community's needs will continue into the New Year. In the first quarter of 2004, we will add five new pediatric ER beds to our Emergency Department. We will also continue plans for our third campus, the San Martin (*pronounced San Marteen*) Campus, in southwest Las Vegas.

As we grow, we are proud to tell you that we were named 2003 Consumer Choice winner and received the Governor's Apex Silver State award for performance excellence.

Rod A. Davis, President

WomensCare Center

Director: Holly Lyman

Staff: Michele Rivera, Amy Godsoe, Trianna Doubledede

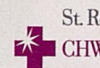
Magazine Editor: Shauna Walch

Staff: Tammy Kline, Mandy Abrams

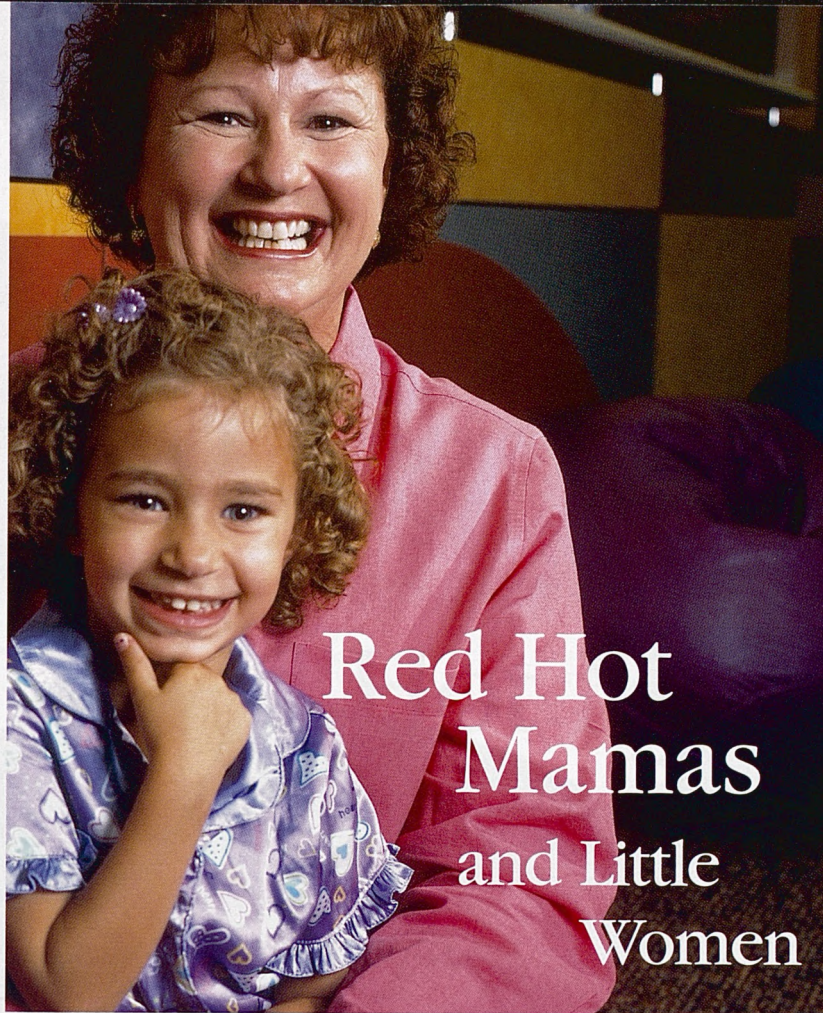
WomensCare

St. Rose Dominican Hospitals are 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.

The BARBARA
GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals



Red Hot Mamas and Little Women

At 47, Charmaine DeMunda's life was relaxed and rewarding. She had a solid marriage, a steady job, two adult daughters and a son in elementary school. So, when she began to experience bloating and hot flashes, she felt she could easily manage the symptoms of perimenopause.

Charmaine was shocked to find out that she was not menopausal but in the motherly way, throwing the entire family for a loop. Though her pregnancy was not easy, Charmaine's daughter, Sara Faye, is the apple of her parents' eyes, and adored by her brother and sisters, who range from 12 to 35 years.

Now, at 52, Charmaine is actually going through menopause. This issue is dedicated to Red Hot Mamas like Charmaine, as well as to Little Women (and men) like Sara. Thus, inside this issue of *WomensCare* you will find an eight-page *KidsCare* special section.

On The Cover

Judith Ziegel and Maureen Murphy (cover models) have recently turned 50 and begun to feel the effects of perimenopause.

They are both taking a positive approach to the changes in their lives. Read more about menopause on page 4.



A woman with short, dark, wavy hair is smiling broadly, showing her teeth. She is wearing a white tank top and black boxing gloves with red accents. The background is a plain, light color.

hot

Perimenopause refers to the years prior to menopause when a woman may begin experiencing signs of her transition. Many people use the term menopause for both the perimenopausal years as well as the few years following menopause.

flash!

Red Hot Mamas Are in the House

Approximately 4,000 women in the United States enter menopause each day

They're smart, sassy and flashy ... Hot flashy that is. Actually, women who are taking charge of their change of life often use the trendy term "power-surgin'." The Barbara Greenspun WomensCare Center of Excellence's Red Hot Mamas program is helping such women learn to effectively manage menopause.

So, what is menopause?

It has been called the change of life, the end of fertility and the beginning of freedom. More precisely, menopause comes from the Greek *mens*, meaning monthly, and *pausis*, meaning cessation. It's a natural event in a woman's life that marks the end of her childbearing years. Technically, menopause results when the ovaries run out of eggs and a decrease occurs in the production of the sex hormones estrogen and progesterone. A woman can say she has begun her menopause when she has not had a period for a full year.

What are the symptoms of menopause?

Just as menstruation and pregnancy are unique to every woman, so is menopause. Following are some of the symptoms associated with menopause. Check the symptoms you're experiencing, or have experienced, and tally them to find out if you are a Red Hot Mama.

- irregular periods or cessation in periods
- weight gain
- hot flashes
- vaginal dryness
- mood swings
- fatigue
- joint pain
- dry eyes
- skin or hair changes
- insomnia/night sweats
- short-term memory problems
- upset bowel, indigestion, gas
- urinary/bladder problems

The average age for menopause is 52, though it commonly occurs between the ages of 42 and 56.



Mother of two.

Faithful OB patient.

Youngest frequent flyer.

Tracy Echeverria is a full-time mom who takes her job very seriously. So seriously, in fact, that she commuted hundreds of miles to be sure her newest little "client" got the very best in prenatal care. Tracy and her husband Tim lived in Southern Nevada in 1998 when their first child was delivered at St. Rose Dominican Hospital. Though they were transferred to Sacramento just before realizing they were again expecting, the choice to have their second baby at St. Rose was an easy one. During the next nine months, Tracy flew here for each of her doctor appointments, and stayed with family for the last 10 weeks of her pregnancy. Rafe Echeverria was delivered at St. Rose's Rose de Lima Campus on May 22, 2003, at 7 lbs, 1 oz, and with 6,154 frequent flyer miles already under his belt.

Tracy is just one of many patients to make St. Rose the Consumer's Choice for 2003.* And she's just one of the reasons we continue to set our sights higher and higher each year.



"Las Vegas' most preferred hospital
for overall quality and image"
— National Research Corporation



St. Rose Dominican Hospitals

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702.616.5000

Siena Campus
3001 St. Rose Parkway
Henderson, NV 89052

www.strosecare.com

*St. Rose Dominican Hospitals and Sunrise Hospital and Medical Center are co-winners of this award.

0 to 1 symptoms:

Your girlfriends maybe green with envy over how easily you are weathering the change of life. Judith Ziegel, an environmental designer, and WomensCare volunteer instructor, says be thankful that you are blessed with an easy transition, but do not turn a blind eye to the normal aging process. Be your own best friend by thinking positively and proactively, eating a healthy, well-balanced diet, exercising routinely and getting educated about living well through reading, talking with your doctor and attending Red Hot Mama seminars. "I see 50 - and the onset of menopause - as a new beginning," Judith says. "There is no way I'm packing it up and calling it a day. I'm having fun focusing on my inner health and giving to others."

2 to 5 symptoms:

You're a certified hotty! Take simple steps to stay cool and look hot. Maureen Murphy did. At 49, she had had a few hot flashes and memory lapses, and a red alert from her doctor - she was a candidate for osteoporosis. Maureen began lifting weights, using progesterone cream and dressing in light layers. Now she's routinely peeling down to her tank top whether a hot flash strikes or she simply wants to show off her newly sculpted arms. The periodic memory lapse? Most authorities do not believe that the low estrogen levels of menopause are responsible for memory loss. However, a link exists between memory retention and the sleep deprivation often associated with

night sweats. A 10-minute midday power nap can improve alertness, mood and performance, because it isn't long enough to enter deeper sleep, which produces sleep inertia.

6 or more symptoms:

Congratulations! You're a Red Hot Mama. Take the fire inside and use it for fuel - to make this change in life a change for the good. Try meditation, Yoga or Qi Gong to help control hot flashes and mood swings, add a dose of humor to each day and have faith. Most of the time, these symptoms will lessen or go away once menopause ends. Please join us for an upcoming Hot Mamas event.



Judith Ziegel and Maureen Murphy

What about HRT?

HRT, or hormone replacement therapy, replaces estrogen and progesterin and relieves the symptoms associated with menopause. Until mid 2002, HRT was also used to prevent heart disease. However, the results of the Women's Health Initiative (WHI) Study, a major U.S. study that examined the risks and benefits of HRT in more than 16,000 women, have raised concerns about the long-term safety of HRT. The study found that use of one type of HRT for more than five years led to increased risks of heart disease, breast cancer, stroke and venous thromboembolism, a serious condition where blood clots break loose and lodge in the veins of the leg or the lung.

As a result of this study, the use of HRT to treat heart disease was called into question.

It is important to note that the study assessed only one form of HRT among women of a specific age group. Not all forms of HRT have been linked to an increased risk of cancer, stroke and blood clots. The study also found that in this group of women as a whole, the risks of HRT outweighed the benefits.

Any woman considering or taking HRT should consult her doctor to determine her personal risks and benefits based on her reasons for taking HRT, the length of time she will take it, her lifestyle and her medical history.



Feeling the heat of hot flashes? For some women, alcohol or caffeine trigger hot flashes, so it can help to avoid these substances.



Ease vaginal dryness brought on by a drop in estrogen levels by using a lubricating cream or jelly before intercourse. Or try cocoa butter, Vitamin E or wheat germ oil. While vaginal dryness can make intercourse painful, the paradox is that regular sexual activity that leads to orgasm can help keep the vagina moist. If nonprescription remedies don't help, ask your doctor about estrogen vaginal cream or another form of estrogen therapy.



Calcium can help reduce the incidence of bone-thinning osteoporosis, a disease that can lead to fractures. It may also help control disorders such as high blood pressure, colorectal cancer, obesity and kidney stones. Most

women who are pre- or post-menopausal should get at least 1,200 milligrams per day of calcium, and, to ensure adequate calcium absorption, 400-600 IU per day of Vitamin D.




Need help finding a doctor, call St. Rose Physician Referral (702) 616-4508



Pause & Effect about menopause

Our attitudes towards menopause and even our physical experiences are influenced by our culture, lifestyle and personal beliefs. Consider this: Most women in Japan do not experience the hot flashes or develop the osteoporosis common in North American women. Is eating soy and other plant estrogens their answer? Is it that they revere the aging process more than we do? To learn more about managing menopause, join our monthly Red Hot Mamas educational forums and other classes highlighted with a Red Hot Chili Pepper!

Red Hot Mama fun and informative forums kick off in January with

Pause & Effect: The Transition on Tuesday, January 27 from 6:30 to 8 p.m. 

at the WomensCare Center

upcoming

nov

DARKNESS TO LIGHT

Led by Dr. Carli Synder. Dealing with depression and disappointments.

Date: 1st & 3rd Mondays
Time: 6 to 7:30 p.m.

PILOGA STRETCH

Strengthen and stretch with Pilates and yoga – piloga.

Date: Every Wednesday
Time: 9 to 10 a.m.
Fee: \$5 per class

QI GONG

Participate in the 4,000-year-old art that develops energy, mind expansion and spiritual cultivation.

Date: Every Friday
Time: 10 to 11 a.m.
Fee: \$7 per class

ART THERAPY:

CONTINUING STAINED GLASS WORKSHOP

Gals, glass and good gab.

Date: Every Friday
Time: 6 to 9 p.m.
Fee: \$15 equipment usage fee

MEDITATION

Discover your True Self through meditation and relaxation.

Date: Wednesday, November 12
Time: 10 to 11 a.m. or 6 to 7 p.m.

GIRL TALK

Moms and daughters age 10 to 14 join Dr. Kim Lamott-Malone to discuss the changes a girl's body undergoes during puberty.

Date: Thursday, November 13
Time: 6:30 to 7:30 p.m.

BEREAVEMENT SUPPORT GROUP

Date: Thursday, November 13, December 11, January 8
Time: 6 to 7 p.m.

PULMONARY LUNG FUNCTION SCREENINGS

Get a free screening to determine how well your lungs are working.

Date: Wednesday, November 19
Time: Noon to 4 p.m.
Call 616-4900 to schedule an appointment.

BASIC HERBOLGY I

Learn to buy and use common herbs for medicinal purposes, create teas and assemble an herbal first-aid kit.

Date: Thursday, November 20
Time: 6 to 8 p.m.
Fee: \$25

TEA & TALK BOOK CLUB

Dates: Thursday, November 20:
Patron Saint of Liars by Ann Patchett
Thursday, December 18:
Diary of Mattie Spenser by Sandra Dallas
Thursday, January 15:
White Oleander by Janet Fitch
Time: 3 to 5 p.m.

MASSAGE CLASS

Learn basic techniques and styles. Bring a friend to practice on!

Date: Friday, November 21
Time: 6 to 8 p.m.
Fee: \$10 each

GETTING THROUGH THE HOLIDAYS FOLLOWING A LOSS

Join the Walter Schwartz Center for Compassionate Care.

Date: Monday, November 24
Time: 6:30 to 7:30 p.m.

SEW YOUR OWN SCRUBS

Learn how to make scrubs for yourself or as a great holiday gift!

Date: Tuesday, November 25
Time: 6 to 9 p.m.
Fee: \$15

dec

HYPNOSIS FOR NICOTINE ADDICTION

Date: Monday, December 1
Time: 6:30 to 8 p.m.
Location: Siena Campus,
MacDonald Conference Center
Fee: \$20

TAKING CHARGE OF HIGH BLOOD PRESSURE

Learn to manage your blood pressure through lifestyle and medication.
Date: Tuesday, December 2
Time: 8:30 to 10:30 a.m.

events & ongoing offerings

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

BEING BULLIED

Join Dr. William Slagle to learn ways to help your kids not bully or be bullied.

Date: Tuesday, December 2

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

UNDERSTANDING RSV: COLD OR KILLER?

Parents with infants and toddlers join Dr. Kami Larsen to learn about RSV.

Date: Wednesday, December 3

Time: 6 to 7:30 p.m.

HYPNOSIS FOR WEIGHT MANAGEMENT

Date: Thursday, December 4

Time: 6:30 to 8 p.m.

Fee: \$20

Location: Siena Campus,
MacDonald Conference Center

BOY TALK F/S

Fathers and sons, ages 10 to 14, join Dr. Shane Rostermundt to learn about the changes a boy's body goes through during puberty.

Date: Thursday, December 4

Time: 6 to 7 p.m.

HEALING TOUCH SPIRITUAL MINISTRY CONFERENCE

Date: Saturday & Sunday, December 6 & 7

Time: 9 a.m. to 6 p.m.

Location: St. Rose de Lima Campus, Annex

Fee: \$225

Call 737-5704 for more information and registration

LIVING THE INTUITIVE LIFE PATH SEMINAR

Learn to tap into your intuition and take a personal intention Labyrinth walk in the Healing Garden.

Date: Saturday, December 6

Time: 9 a.m. to 1 p.m.

Place: Siena Campus,
MacDonald Conference Center

Fee: \$25

HYPNOSIS FOR GAMBLING

Date: Monday, December 8

Time: 6:30 to 8 p.m.

Fee: \$20

Location: Siena Campus,
MacDonald Conference Center

CHOLESTEROL SCREENINGS

Total cholesterol \$2 or glucose \$5 or lipid panel \$30. Twelve-hour fasting required.

Date: Tuesday, December 9

Time: 7 to 10 a.m.

Fees: \$2 to \$30

HEARTSAVER CPR

Become ADA-certified in adult, infant and child CPR and AED trained.

Date: Tuesday, December 9

Time: 5 to 9 p.m.

Fee: \$30

HOMEMADE CHOCOLATE GIFTS

Learn to make delectable chocolate delights.

Date: Wednesday, December 10

Time: 6:30 to 8:30 p.m.

Fee: \$10

DIABETES AWARENESS

Learn to manage diabetes with Dottie Stade, R.N., certified diabetes educator.

Date: Wednesday & Thursday, December 10 & 11

Time: 10 a.m. to 12 noon

TRADING FACES

Two friends, two faces, two makeovers. Remodel and renovate your friend's look.

Date: Thursday, December 11

Time: 2 to 4 p.m. or 6 to 8 p.m.

HEARTSAVER CPR & FIRST AID

Become ADA-certified in adult, infant and child CPR, AED knowledge and First Aid. Meets OSHA requirements.

Date: Saturday, December 13

Time: 9 a.m. to 5 p.m.

Fee: \$60

ME & MEDITATION

Discover your True Self through meditation and relaxation.

Date: Tuesday, December 16

Time: 10 to 11 a.m. or 6 to 7 p.m.

AROMATHERAPY GIFT-MAKING

Make scented bath salts and oils for fun holiday gifts.

Date: Wednesday, December 17

Time: 6 to 8 p.m.

Fee: \$10

The Prescription for Beautiful Roses

Join WomensCare and the Las Vegas Rose Society to learn how to best care for roses in this climate.

Watch live demonstrations as experts prune the Healing Garden roses in preparation for a glorious bloom in the spring. Hot chocolate and teas served.

Saturday, January 17
10 a.m. to 2 p.m.
Siena Campus, Healing Garden



upcoming events

jan

BEGINNING QUILTING

Join our sewing circle to learn the art of quilting.

Date: Monday, January 5
Time: 2 to 4 p.m.
Fee: \$10

FRESH START SMOKING CESSATION

A four-week American Cancer Society program.

Date: Tuesday, January 6, 13, 20, 27
Time: 6 to 7:30 p.m.
Fee: \$15

HEART SAVERS CPR

Become AHA certified in adult, child and infant CPR and AED trained.

Date: Wednesday, January 7
Time: 5 to 9 p.m.

SURVIVAL SKILLS FOR FAMILIES WITH TEENS

Join Dr. Jo Velasquez to learn tools to bring and keep your family close.

Date: Wednesday, January 14
Time: 6:30 to 8 p.m.
Location: St. Thomas More Catholic Community

LIFESTEPS WEIGHT MANAGEMENT PROGRAM

Join this 13-week comprehensive weight loss program that focuses on behavior change and good nutrition.

Dates: Wednesdays, January 14 through April 7
Times: 6 to 7:30 p.m.
Fee: \$100

CONQUERING CHOLESTEROL

Learn the first step in how to manage high cholesterol through lifestyle changes.

Date: Thursday, January 15
Time: 6 to 9 p.m.
Fee: \$15

HYPNOSIS FOR WEIGHT MANAGEMENT

Date: Tuesday, January 6
or Tuesday, January 27
Time: 6:30 to 8 p.m.
Fee: \$20
Location: Siena Campus,
MacDonald Conference Center

BUILDING SELF-ESTEEM & RESILIENCY IN CHILDREN

Join Dr. William Slagle to learn how to help your children develop a healthy self-esteem to confront and conquer the inevitable troubles of life.

Date: Tuesday, January 6
Time: 6:30 to 7:30 p.m.

NUTRITION 101: LUNCH & LEARN

Join a dietitian for a fun, healthy lunch and learn about nutrition facts and fads, diets and making a balanced meal.

Date: Friday, January 9
Time: 11:30 a.m. to 1:30 p.m.

FIRST DEGREE REIKI CERTIFICATION

Join a Reiki Master to become a Certified Reiki I Practitioner. Learn the ancient art of transferring healing energy to yourself and others.

Date: Saturday, January 10
Time: 9 a.m. to 6 p.m.
Fee: \$80

FREEDOM FROM HEADACHES

Learn to take control of the headaches controlling you without the use of drugs or surgery.

Date: Tuesday, January 13
Time: 6:30 to 8 p.m.

SKIN CANCER SCREENING

Get that suspicious mole, scar or mark checked out by dermatologist Dr. Kari Heine.

Date: Wednesday, January 14
Time: 2 to 4 p.m.
Call 616-4900 to schedule an appointment.

SPA NIGHT

Learn through hands-on practice to do facials, pedicures and manicures. Enjoy meditation and chair massages, too!

Date: Friday, January 16
Time: 6 to 9 p.m.
Fee: \$10

SAFE SITTER

Date: Monday, January 19
Time: 9 a.m. to 4:30 p.m.
Fee: \$20

CHOLESTEROL SCREENINGS

Total cholesterol \$2, glucose \$5 or lipid panel \$30. Twelve-hour fasting required.

Date: Tuesday, January 20
Time: 7 to 10 a.m.
Fees: \$2 to \$30

BONE DENSITY SCREENING & OSTEOPOROSIS

Join Dr. William Litchfield & staff for a screening and lecture.

Date: Tuesday, January 20
Time: 5:30 to 6:30 p.m. screening,
6:30 to 7:30 p.m. lecture

HYPNOSIS FOR NICOTINE ADDICTION

Date: Tuesday, January 20
Time: 6:30 to 8 p.m.
Fee: \$20
Location: Siena Campus,
MacDonald Conference Center

MEDITATION

Center and discover your True Self through meditation and relaxation techniques.

Date: Thursday, January 22
Time: 9 to 10 a.m. or 6 to 7 p.m.

COUPLES YOGA

Join Dr. Debra Symons for an inspirational couples class that will renew your relationship on a mind, body and spiritual level.

Date: Friday, January 23
Time: 6:30 to 7:30 p.m.
Fee: \$20 per couple

HEARTSAVER CPR & FIRST AID

Become ADA-certified in adult, infant and child CPR, AED knowledge and First Aid. Meets OSHA requirements.

Date: Saturday, January 24
Time: 9 a.m. to 5 p.m.
Fee: \$60

PAUSE AND EFFECT: THE TRANSITION INTO MENOPAUSE

Enjoy the fun. Get the support. Find out about the facts on menopause.

Date: Tuesday, January 27
Time: 6:30 to 8:00 p.m.

VEGETARIAN TALES

Are you a vegetarian or do you want to be? Join us for vegetarian tales, sample foods, recipes and facts about combining foods for proper nutrition.

Date: Thursday, January 29
Time: 11:30 a.m. to 1:00 p.m.


STAYING SANE IN AN INSANE TIME



Join Life Coach Adrienne Rosenberg to live your best life.

Date: Thursday, January 29
Time: 6:30 to 8 p.m.
Fees: \$15 includes book

Call 616-4900

for information, reservations
and to learn about other programs.

 = Mother Daughter Dates. Mothers can bring their daughters over age 12 (unless otherwise noted) to these programs.

 = Father Son Dates. Fathers can bring their sons to these programs.  = Red Hot Mama classes.

Ongoing Offerings

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

FREE SUPPORT GROUPS

- AA For Women, Mondays 7:30 p.m.
- Alcoholics Anonymous (Siena Campus), Sundays, 6:30 p.m.
- Bereavement Support Group, Thursdays, 6 p.m.
- Breast Cancer Support (English or Spanish), 2nd & 4th Mondays, 6 p.m.
- Celiac Disease Support (Siena Campus), Monday, January 26, 7 p.m.
- Compulsive Eaters Anonymous H.O.W. Sundays, 2 p.m. (Rose de Lima Campus)
- Diabetes Support 1st Wednesdays, 10 a.m.
- Eating Disorders Recovery Support (Siena Campus) Saturdays, 9 a.m.
- Fibromyalgia Friends 2nd Thursdays, 6 p.m.
- From Darkness to Light Depression Support 1st & 3rd Mondays, 6 p.m.
- Infertility Support (Siena Campus) 1st Thursdays, 6 p.m.
- Nicotine Anonymous (Siena Campus) Sundays, 4 p.m.
- Resolve Through Sharing Support (Pregnancy Loss) 4th Tuesdays, 7 p.m.
- Co-Dependency Support Group Saturdays, 10 a.m.

ONGOING OPPORTUNITIES

- Monthly Meditation/FREE
- Yoga \$5/session – Tuesday & Thursday 9:30 a.m.
- Kickboxing Aerobics \$5/session – Wednesday 6:30 p.m., Siena Campus
- People With Arthritis Can Exercise (PACE \$2/session) – Tuesday & Thursday 2 p.m.
- Piloga Stretch \$5/session – Wednesday 9 a.m.

OTHER SERVICES

EZ DETECT KITS \$5 each

FAMILY TO FAMILY CONNECTION

Upcoming classes: Baby Massage, Sign Language and Parenting Support Groups. Please call 568-9601 for more information.

ONE-ON-ONE CONSULTATION

Hypnosis Consultation, \$75/hour
Nutrition Consultation with Registered Dietitian, \$75/hour
Nevada Tobacco Users' Helpline, call 877-0684

New Family Education Classes

CAR SEAT SAFETY CHECKS

Four out of five car seats are incorrectly installed. Get a free car seat safety check.

Date: Friday, November 14,
December 12 & January 9
Time: 9 a.m. to 12 noon
Call 616-4902
to schedule an appointment.

HYPNOBIRTH

Learn relaxation and meditation techniques to use during labor.

Date: Saturday, December 6
Time: 10 a.m. to 5 p.m. Lunch provided.
Fee: \$50

ONGOING FAMILY EDUCATION CLASSES

- Prepared Childbirth Classes, \$55
- Hypnobirth LeClaire Method, \$50
- Refresher Childbirth, \$25
- Baby Basics, \$20
- Grandparents Baby Basics, \$20
- Breastfeeding, \$20
- Infant CPR, \$20
- New Fathers Lecture (NFL), \$10
- Prenatal Yoga, \$10
- Sibling Class, \$15/family
- Friday New Mommy Mixer – Every Friday from 10 to 11 a.m. at the Siena Campus
- Expectant Parent Hospital Tour (reservations required)

MOMMY AND BABY POST-PARTUM YOGA

Connect with your newborn through mind, body and spirit yoga movements.

Date: Saturdays
Time: 2:30 to 3:30 p.m.
Fee: \$10
Location: Siena Campus,
MacDonald Conference Center



Today was a good day.



I saw my Ophthalmologist...

Jason had his hearing tested...

Mom's glaucoma was checked...

Heather had her allergy shot...

and Dad, well he finally had his last snoring treatment.

All at Nevada Eye & Ear. Today was a good day.

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Hysterectomies and Healthy "U"

Every 10 minutes, 12 hysterectomies are performed in the United States, nine of which fail to meet guidelines for hysterectomy set by the American College of Obstetricians & Gynecologists.

"Unfortunately, many women have been led to believe that a hysterectomy is a normal routine procedure or their only choice," says Dr. Raphael Juarez, OB/GYN. "That belief may be reinforced by a mother or sister who had a hysterectomy or a physician who hasn't presented alternatives."

While the removal of the uterus (the clinical definition of a hysterectomy) may be necessary in some women, the United States has one of the highest hysterectomy rates in the world. The majority of hysterectomies are performed to treat benign uterine disorders, such as fibroid growths or hormonally caused heavy periods (menorrhagia), for which there are other treatment options.

"Uterine conditions can be exceptionally painful and may cause women to make rushed decisions about treatment," says Dr. Elizabeth More, OB/GYN. "Today, there are newer, minimally invasive treatment options available that women and their physicians should consider."

Such options include endometrial ablation and fibroid embolization, which are performed at St. Rose Dominican Hospitals, Juarez and Moore agree that if a physician suggests a hysterectomy, it is wise to do some of your own research, including seeking out a second opinion by another physician.

Get Your Free "Healthy U" Guide

WomensCare informational partner, The National Women's Health Resource, is sponsoring "Healthy U," a campaign aimed at educating women about uterine health, including alternatives to hysterectomy. Get your free copy of "Healthy U," a 32-page guide to uterine health, when you stop into the WomensCare Center.

Need help finding a physician?
Call St. Rose's Physician Referral at
(702) 616-4508



Dry eyes are often a complaint of menopausal women and women using HRT, particularly estrogen alone. Treat symptoms

with over-the-counter artificial tears, sterile artificial eye ointments that lubricate the eye during sleep and environmental adjustments. "Hair dryers, car air-conditioning vents and cigarette smoke – all of these can easily dry the eyes," says ophthalmologist Dr. Rudy Manthei. "Simple steps such as using a humidifier and avoiding secondhand smoke can reduce the drying effect." In cases of severe dry eye, tears can be conserved by placement of a temporary or permanent plug into the channel at the inner corner of the eyelid.



Looking for a good book to enlighten your life or help alleviate what ails you? Visit the WomensCare Center. With more than 800 books,

videos or periodicals on hand, we may have something that provides the answers. Or visit our WomensCare Collection at the Paseo Verde Library at Green Valley and I-215. For a preview of books available, log on to www.hdpl.org.



Babysitting – it's a great way for young teens to gain responsibility and earn money. Before putting

the care of your most precious possession in a preteen's or teen's hands, be sure your babysitter has completed a certified SafeSitter class. Offered through WomensCare, SafeSitter classes teach preteen girls and boys the basics of providing safe, nurturing care and essential steps to take in the event of an emergency.



Free, Fast, Informative...

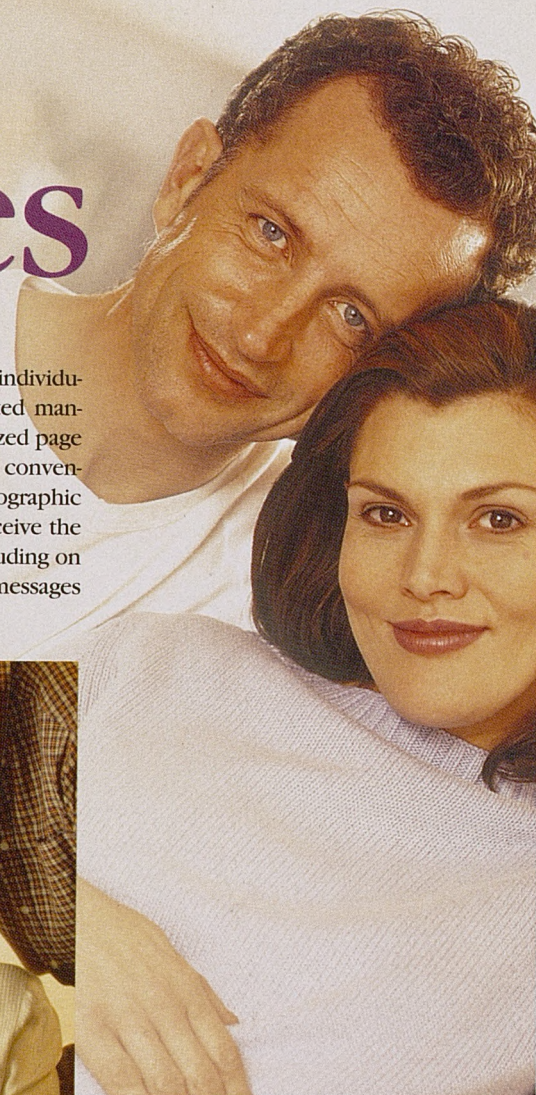
CarePages

The month before her new baby was born, Geri Martin heard about St. Rose Dominican Hospitals' new CarePage service. "When I had my first two children, my husband spent hours calling everyone to let them know all of the details," said Geri. "This time I told my family and friends about CarePages and when Kaden was born it was so easy for my husband and me to share photos and information."

CarePages, a free service from St. Rose, makes it easier for patients and their circle of family and friends to communicate using the Internet. Through the hospital's website, www.strosecares.com, patients or designated family members can easily create a unique web page in a matter of minutes, where they can post photos and information about a new baby or updates on a patient's condition.

Family members, who are tending to the patient or the patients, are often drained emotionally and physically. It can be difficult

to e-mail or call family and friends individually. CarePages enable the designated manager to post information on a localized page where loved ones can visit at their convenience for updates, regardless of geographic location. Family and friends can receive the information they need without intruding on the patient, as well as send e-mail messages and well wishes.



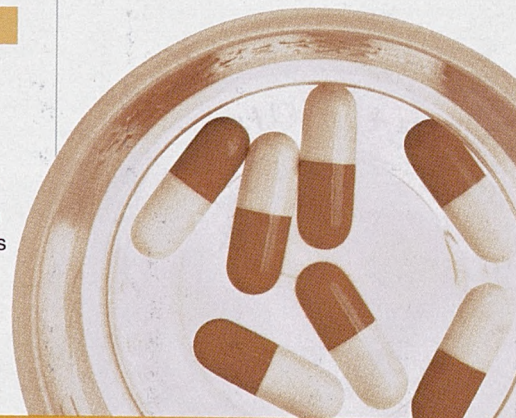
Supplements: Will they relieve your symptoms?

Research regarding whether herbal supplements are effective in relieving menopausal symptoms is ongoing. However, the following supplements may offer some relief:

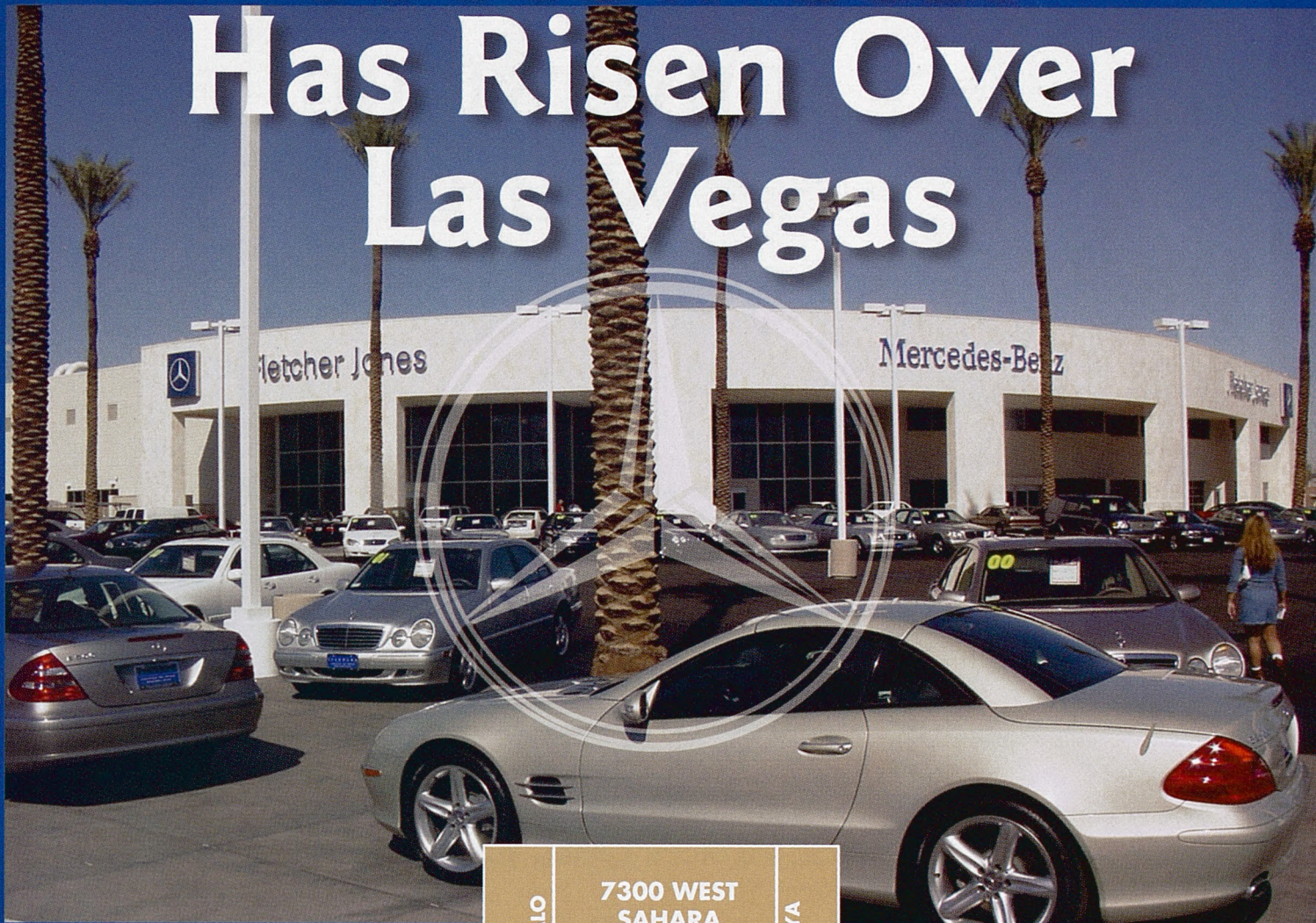
Supplement	May Relieve	Possible Side Effects
Black Cohosh	Night sweats, hot flashes, depression, vaginal dryness	Minor stomach upset
St. John's Wort	Mild to moderate	May decrease effectiveness of certain depression prescription drugs such as birth control pills
Valerian	Sleep disturbances	Mild stomach irritation
Vitamin E	Hot flashes	Little risk of side effects

Note—

Purchase supplements from a reputable manufacturer that uses standardized extracts (listed on label) and follow label directions closely. Also, because some herbs may interfere or react negatively with prescriptions or over-the-counter medications, talk with your physician and pharmacist about the use of supplements.



A New Star Has Risen Over Las Vegas



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40%
of our happiness

is influenced by what we deliberately do to make ourselves happy. Following are a few steps to take toward a joyful life:

- Notice What's Right.
- Be Grateful.
- Remember the Kid You Were.
- Be Kind.
- Spend Time With Friends and Family.
- Don't Overdo It.
- Savor Every Moment.
- Move.
- Rest.
- Put on a Happy Face.
- Exercise Your Faith.



Joyful, happy people enjoy good relationships and are more creative and successful in their work. A recent study even suggests they live longer. Researchers found a strong association between positive emotions such as contentment, gratitude, love and longevity in a study of 180 nuns. A number of studies focus on nuns because that enables researchers to look at a group of women of similar ages and shared life experiences.

(Adapted from *Prevention* magazine)

Not every conversation will change your life, but any conversation can...

That's the motto of the Satellite Sisters, five real-life sisters: Julie, Liz, Sheila, Monica and Lian Dolan. They have the same parents but very different lives. The Dolans created the Satellite Sisters radio show, books and website to explore the range of topics friends seek each other's opinions on, such as health, happiness and how to fix a bad dye job. You can tune into Satellite Sisters, sponsored locally by The Barbara Greenspun WomensCare Center of Excellence, on KNEWS 97 AM each Saturday morning from 6 a.m. to 9 a.m. The Dolan Sisters have earned the loyalty of listeners - ranging from Saturday morning soccer moms to famous fans such as Oprah - by treating all their topics and guests with a mix of respect and humor.

Do you have a satellite sister?

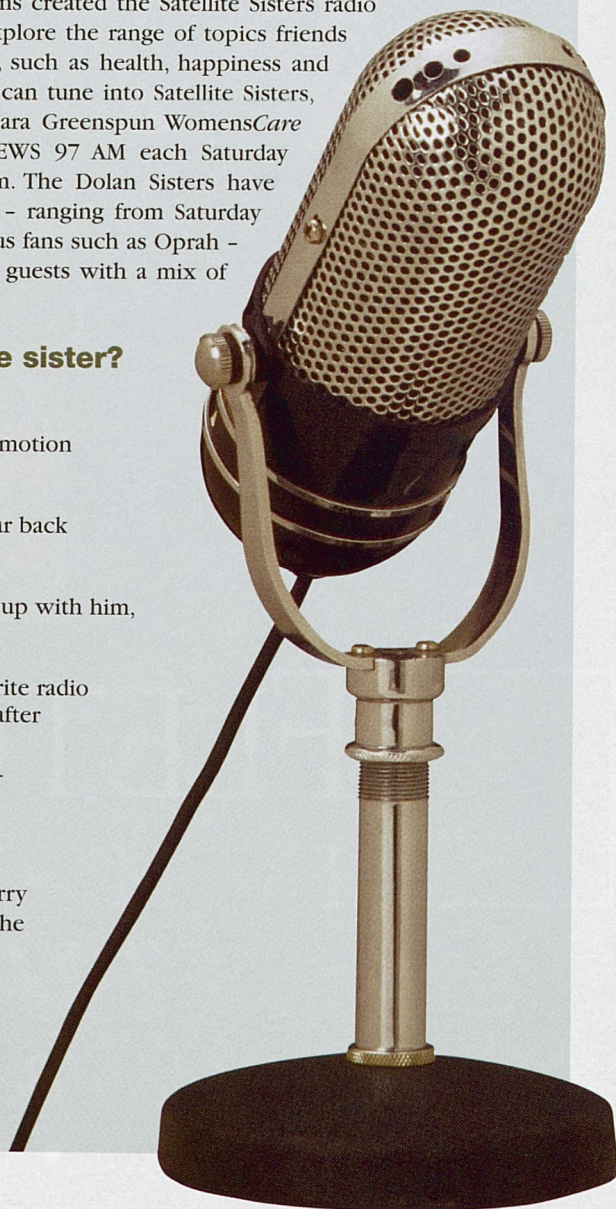
She is the friend who...

- you call when you get a promotion or eat a bad clam
- goes with you to get your car back from the tow company
- reminds you that you broke up with him, not vice versa
- never calls during your favorite radio show but always calls right after

Turn her on to Satellite Sisters—the radio show and website,

www.satellitesisters.com.

The website provides a detailed listing on what radio stations carry the Satellite Sisters throughout the United States.



KidsCare

FALL 2003

Caring for Little Women (and Men)

Her father's lips. Her mother's eyes. From her earliest hours, Camille Elizabeth Kendrick was compared to her parents. It's not uncommon that parents and grandparents look to find some similarity between themselves and a new baby. After all, they share more than a family name - they share DNA.

For all their physical likenesses, however, our babies, adolescents and pre-teens are not simply our "mini me's," and their bodies are not "shrinky-dinks" of our own. Therefore, the care a child receives - from the diagnostic processes and medical treatments to the types of medical equipment used - varies significantly from that provided to an adult.

At St. Rose Dominican Hospitals, the care we provide for babies, kids and teens is specialized to meet their needs. Yet, one aspect of the care we provide remains constant. It is our belief that all patients - big or small - be treated with compassion and dignity.

St. Rose Dominican Hospitals is proud to have completed the expansion of its Siena Campus, including a fabulous new Pediatric Care Unit, featuring:

- Child-friendly, family-centered care
- Seven private pediatric patient rooms
- Seven private pediatric ICU rooms with sophisticated, yet whimsical, designs
- Pediatric physicians, surgeon and specialists
- Pediatric care nurses
- Pediatric ICU nurses
- Pediatric pharmacist
- Child Life Specialist
(Read more about Mo on page 19)

Coming in First Quarter 2004:

- Five ER Pediatric Beds

IN THE FOLLOWING pages, pediatricians and nurses offer their advice for keeping kids safe and healthy. What was their single biggest piece of advice? Remember that all children come with a very important safety feature - you.



Preventable Pain

What lengths would you go to protect your child? Would you take a bullet?

Jump in front of a speeding car? You may have thought of these extremes, but did you think about buckling her into a car seat before leaving the driveway or nagging him to wear a helmet each time he rides his bike?

Preventable injuries are the leading cause of childhood death and permanent injury in the United States. Following, the St. Rose pediatricians and nurses have provided practical advice for ensuring the health and safety of small children.

Play It Safe

A day at the park can be a treat for a child, yet it may also pose a threat. "All too often, we treat the broken arm or collar bone of a two- or three-year-old, playing on equipment that was designed for older, larger, more coordinated children," says Dr. Sandeep Dhillion, pediatrician. Dr. Dhillion recommends that parents talk with their homeowners associations or park department about installing age-appropriate equipment. Most importantly, she stresses that parents closely monitor what playground equipment their children use.

Consider the Child before the Clutter

Choosing a daycare for your child or evaluating if your child's care provider is the right choice? Pamela Rowse, R.N., recommends that you question three things: 1) If a home care situation, is the house always immaculate? A perfect looking home is not necessarily an indicator of better care (a kid-friendly, playful house is often a bit cluttered by the kids at play); 2) Are you allowed to pop in to visit your child? If not, why not?; and 3) Have you discussed what steps the childcare provider takes when a child cries for an extended period of time? What discipline tactics they use for a child acting out? And are they aware of how Shaken Baby Syndrome occurs? Pam's first grandchild died as a result of being shaken by a childcare provider. She is quick to note, however, that current statistics indicate that Shaken Baby Syndrome most commonly happens at the hands of the child's father or the mother's boyfriend. "I can't stress enough the importance parenting and childcare classes can play in teaching people effective skills for caring for and coping with children, particularly babies."



Pamela Rowse, R.N.



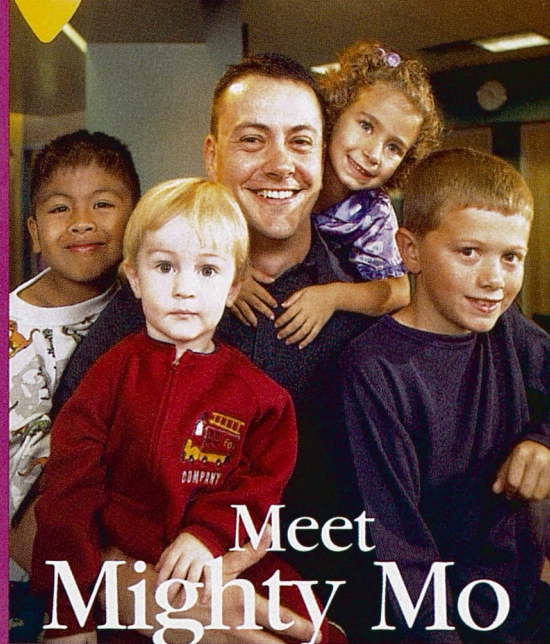
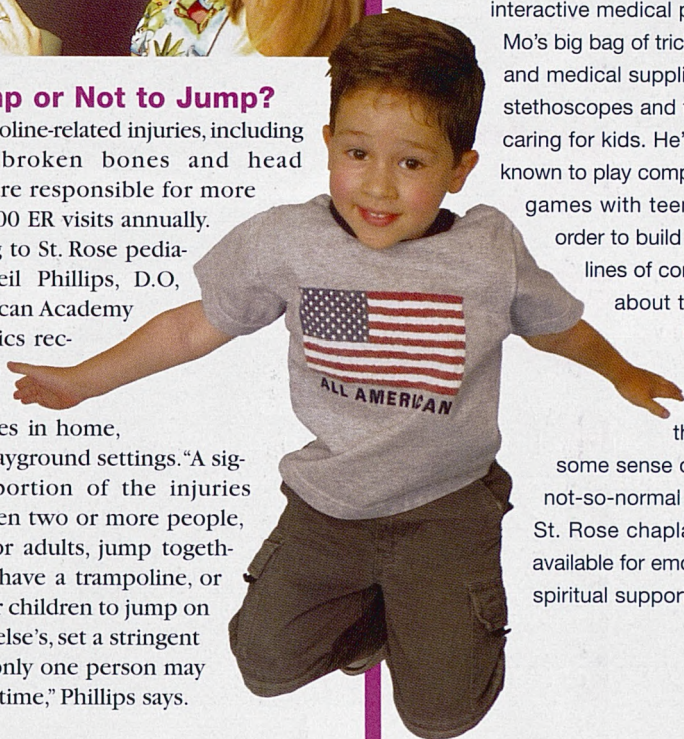
Dr. Sean Wijesinghe
with patient.

Use Proper Restraints

Car crashes are the leading cause of death and serious injury to our nation's children. In 2001, 1,579 kids died in car accidents. Fifty-five percent of the victims were unrestrained. "First, make no exceptions that your infant or child is buckled into an age-appropriate car or booster before the car carrying them is put into drive," says Dr. Sean Wijesinghe. "Second, make sure it is installed correctly - car-seat check surveys indicate that well over 75 percent of car seats are installed improperly. Third, know that until your son or daughter reaches 4'9", he or she should be in child's booster seat or have an adjusted seatbelt system." For more information on car and booster seat safety, visit www.aap.org.

To Jump or Not to Jump?

Trampoline-related injuries, including sprains, broken bones and head injuries, are responsible for more than 90,000 ER visits annually. According to St. Rose pediatrician Neil Phillips, D.O., the American Academy of Pediatrics recommends against trampolines in home, gym or playground settings. "A significant portion of the injuries occur when two or more people, children or adults, jump together. If you have a trampoline, or allow your children to jump on someone else's, set a stringent rule that only one person may jump at a time," Phillips says.



Meet Mighty Mo and his Mini Patients

Being hospitalized can be a scary experience, especially for a child. That's why we prescribe our pediatric patients a big dose of Mo to ease their anxieties. Mo is Mark Mostar, a certified Child Life Specialist, who is trained to provide infant, adolescent and teen patients the support necessary to cope with an illness or injury.

"When sick or injured, adults fair much better when they understand their course of treatment. The same holds true for children," says Mo. Explaining surgery or chemotherapy to a child can be tricky, but Mark says they quickly grasp medical concepts through

interactive medical play. Thus, Mighty Mo's big bag of tricks includes dolls and medical supplies such as mini-stethoscopes and tiny IVs used in caring for kids. He's also been known to play competitive video games with teenage patients in order to build trust and open lines of communication about their care.

Mark helps his patients, their parents and their siblings find some sense of normality in not-so-normal circumstances. St. Rose chaplains are also available for emotional and spiritual support.



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About Bike Safety

You might say that every child is an accident just waiting to happen. Have a well-stocked first-aid kit easily accessible at home, in your car and on family vacations. Include:

- Sterile gauze pads and adhesive tape
- Adhesive bandages in different shapes and sizes
- A roll of stretchable gauze to hold dressings in place
- A large sterile bandage for applying pressure
- Blunt-tipped scissors for cutting bandages
- Sterile tweezers or needle for removing splinters
- Antibiotic ointment
- Antiseptic wipes or solution
- Cotton swabs
- A small bar of soap
- Disposable rubber gloves
- A bulb syringe

Tip: Most infants and children suffer an occasional accident such as a bump or bruise that can be healed with a bandage, a hug and a kiss. For parent-friendly information on how to respond to more serious injuries, visit www.parents.com for printable, fast-action emergency guides. For help in emergency situations, call your doctor or 911.

Whether on a trike or on two wheels, it is a thrill for parents to see their child discover the freedom that peddling provides. As she goes, ensure her safety by teaching her simple, smart safety habits.

- **Head first.** Wear a helmet and wear it properly.
- **See and be seen.** Wear bright colors when riding.
- **Watch out.** Look for cars, potholes, slippery surfaces and other obstacles.
- **Go with the flow.** Ride on the sidewalk and on the proper side of the road (in the same direction as other traffic) in single file.
- **Look left-right-left.** Check in all directions for traffic when coming to the bottom of a driveway or intersection.

What do a bathtub, a bucket of water and a puddle have in common?

They are all drowning threats to little ones. Although most drownings occur in residential swimming pools - six in Southern Nevada in 2002 - a child can drown in just one inch of water. And it can happen without a sound in what seems like a blink of an eye. Consider this: When a child is submerged in water for two minutes, she loses consciousness. After six minutes, irreversible brain damage sets in. And most children die if they are submerged 10 minutes or more. So how can you protect your child from drowning? Following are a few tips:

- Never leave your child unsupervised in or around any body of water, and never let your child swim alone.
- Empty buckets of water and wading pools when not in use. Keep toilet lids down and bathroom doors shut.
- Learn infant/child CPR and first aid.
- Do not rely on flotation devices or swimming lessons to protect your child.
- Install four-sided childproof fencing around your swimming pool.
- Keep rescue equipment, a telephone and emergency numbers near your swimming pool.
- Always require your child to wear a life jacket when boating, fishing or playing near open water such as a stream.
- Do not allow children to dive in water shallower than nine feet.

Dr. Rosemary Hyun, Pediatrician

Pool Party Tip: "Children have drowned right in the midst of a party with parents all around.

Parents tend to think that a child in trouble will splash, flail and scream. Typically, that's not what happens. So when holding a pool party, I recommend designating pool supervisors. It's the same concept as adults identifying a designated driver for an evening out."



Dr. Rosemary Hyun with Camille and Sophie Rose Kendrick.



Emergency Contact & Medical History Form



Child's Name _____ Nickname _____
 Birthdate _____ SS# _____ Insurance _____
 Race/Ethnicity _____ Hair Color _____ Eye Color _____

Parents/Guardians:

Name _____ Relationship _____ Phone 1 _____
 Address _____ Phone 2 _____

Name _____ Relationship _____ Phone 1 _____
 Address _____ Phone 2 _____

Emergency Contacts:

Name _____ Relationship _____ Phone _____
 Name _____ Relationship _____ Phone _____

Physicians:

Name _____ Phone _____
 Name _____ Phone _____

Primary Insurance _____ **Secondary Insurance** _____

Allergies *(list any allergies/allergic reactions your child has had that emergency medical personnel should know)*

Medications *(list any medication your child takes that emergency personnel should know)*

Pre-Existing Conditions *(list any pre-existing illnesses, conditions or surgeries your child has had that emergency medical personnel should know)*

Immunization Record *(keep track of your child's immunization record on the back of this form)*

For additional copies of this form, visit St. Rose's website at www.strosecares.com and click on the WomensCare link. You will also find a Consent for Care/Treatment form. You may wish to name someone to consent for the treatment of your child should an emergency arise while you are out of town.



St. Rose Dominican Hospitals

CHW

Covering Kids

(En Espanol Tambien)

Nevada Check Up provides low-cost health coverage for children birth to age for families whose gross income falls within these guidelines: Family of two, \$24,240; Family of three, \$30,520; Family of four, \$36,800; Family of five, \$43,080.

If you have a larger family, add \$6,280 for each additional member, and note that income levels are adjusted every March. Coverage includes: medical, dental, vision, prescriptions and more.

Nevada Medicaid provides free health coverage to children whose family income falls below these guidelines and may pay for bills incurred up to three months prior to application for coverage.

Nevada Check Up proporciona servicios medicos completos a precios accesibles para ninos sin seguro de 0 a 18 anos que no estan cubiertos por seguros privados o Medicaid. Los requisitos economicos para calificar son: Familia de 2, \$24,240; Familia de 3, \$30,520; Familia de 4, \$36,800; Familia de 5, \$43,080. Anada \$6,280 por cada miembro adicional. Servicios cubre: medico, dentista, vision, precripciones y mucho mas.

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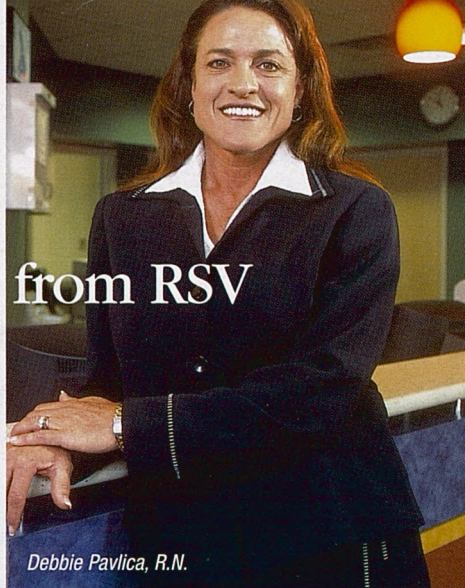
Tis' the Season

Protect Your Baby from RSV

Each year, approximately 125,000 babies are hospitalized with severe Respiratory Syncytial Virus (RSV) infections, which are most common during the late fall, winter and early spring. RSV produces swelling and mucus production in the small breathing tubes of a child's lungs. Most children are infected by the virus by age two and experience only mild, cold-like symptoms. But symptoms can be life-threatening to newborns, particularly premature babies or babies with lung problems. If your baby begins to wheeze (a whistling sound when breathing), breathe rapidly and struggle to breathe (gasp for air), call your physician or take your baby to an emergency room.

Tips: To protect your child against RSV, Debbie Pavlica, R.N., St. Rose Pediatric/Pediatric ICU Manager, suggests that parents...

- Insist that others wash their hands with warm water and soap before touching your baby.
- Avoid contact with the baby if you have a cold or fever. If necessary, it may be helpful to wear a mask.
- Be aware that kissing the baby can spread RSV infection.



Debbie Pavlica, R.N.

- Try to keep young children away from your baby. RSV is very common among young children and is easily spread from child to child.
- Do not smoke near your baby. Exposure to tobacco smoke increases the risk of RSV illness.

"Parents should also learn how to properly use the bulb syringe they are provided by the hospital when their baby is born," Pavlica says. "While it can be difficult to watch a baby cry, getting the mucus out of the airway can save his or her life. We too often have to hospitalize small babies who have nearly suffocated on their mucus."

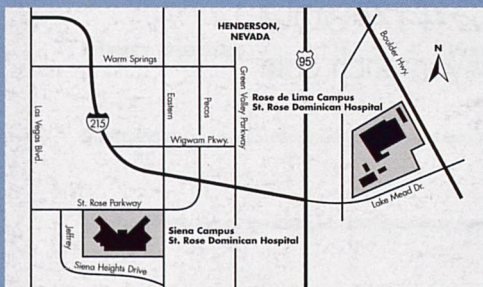
Going to the Doctor or Hospital?

Prepare your child for a doctor's visit or hospital stay by talking it through with them first in simple, non-threatening, age-appropriate terms. Try checking out a library book about doctor or hospital visits and read it with your child a few days beforehand. Make visits to new doctors well before visits. And bring along a pal – a doll or teddy bear – for the physician to check first. If your child is scheduled for a hospital stay, ask to take a tour first. When packing for their

stay, include their favorite book, toy, blanket, slippers and music. Keep track of your child's belongings by writing his initials on them.



Visit us...



2003 Consumer Choice Award

The National Research Corporation (NRC) recently recognized St. Rose Dominican Hospitals as having the highest quality and image among hospitals in Southern Nevada. The (NRC) study is based on a survey of households/consumers.



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