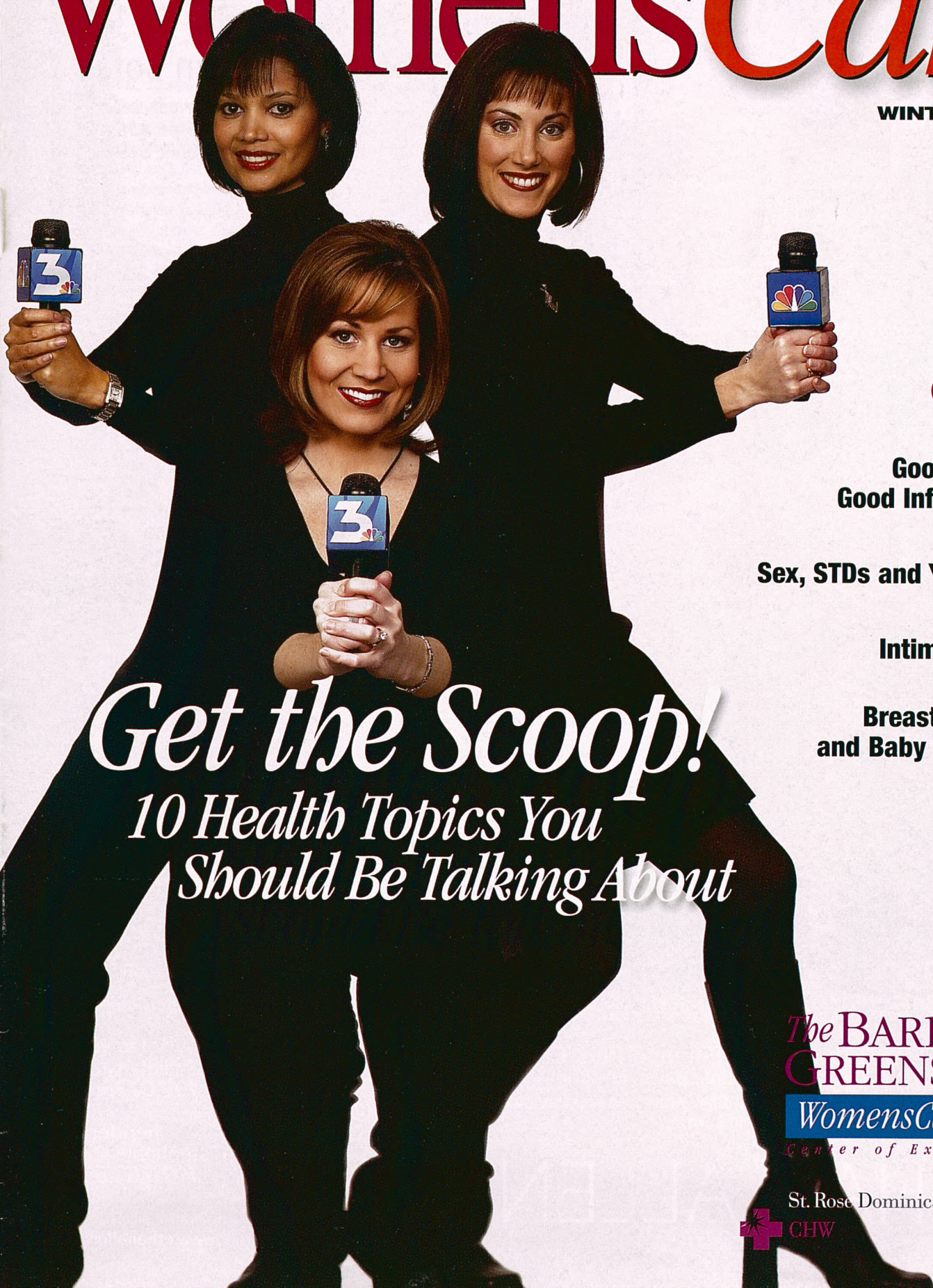


A magazine for your mind, body and spirit

WomensCare

WINTER 2004



PLUS

**Good Health,
Good Information**

Sex, STDs and Your Kids

Intimacy Is In

**Breast Feeding
and Baby Massage**

Get the Scoop!
*10 Health Topics You
Should Be Talking About*

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence

St. Rose Dominican Hospitals



challenge: to find sensational style
that doesn't sacrifice comfort

solution: the st. germain sofa

*the st. germain sofa**
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Women's Window

KVBC Channel 3 News Anchors Beth Fisher, Nina Radetich and Sue Manteris are the picture of good health. For Beth, good health is not only a personal goal, but also a professional aim. "As a news anchor I have an incredible opportunity to deliver news that can help people improve their health," she says. To do so, Beth says she needs good information. She finds it by interviewing healthcare professionals such as doc-

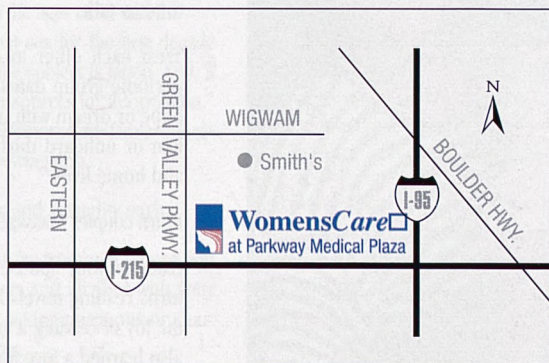
tors and nurses. She searches the web, pores over medically related articles in magazines and talks casually with personal trainers, nutritional counselors and yoga instructors whenever the opportunity arises. She also reads *WomensCare* magazine. If you are looking for good information about health issues, Beth, Nina and Sue have another favorite pick – HealthLine 3. Visit it at www.kvbc.com.



Baby Your Baby Continues

St. Rose is changing the name of its Baby Your Baby program. Our newly named program will continue to offer expectant mothers access to the education and assistance to assure a healthy pregnancy. Look for an announcement of the new name in the spring *WomensCare* magazine.

Visit us ...



from our president

Dear Readers,

Education is the first component to achieving good health. So, we continually encourage open discussions about your health and health issues. Also, with the proliferation of all forms of media – the internet, television, magazines and newspapers – there is an ever increasing wealth of health and fitness information that consumers can access.



Action is the second component to achieving good health. Yet, it can be difficult to translate knowledge into power. That's where we believe *WomensCare* can be of the greatest assistance to women and their loved ones.

We not only offer a full array of educational classes. But, a host of seminars, support groups, and activities that can assist you in turning what you know into what you do.

So, what is it that you want to do to achieve better health? Our staff would like to know and would love to help you. Call our *WomensCare* Center or stop in soon.

Rod A. Davis

Rod A. Davis,
President

WomensCare Center

Director: Holly Lyman
Staff: Michele Rivera, Amy Godsoe, Trianna Doubledee
Magazine Editor: Shauna Walch
Staff: Tammy Kline, Mandy Abrams, Andy North

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

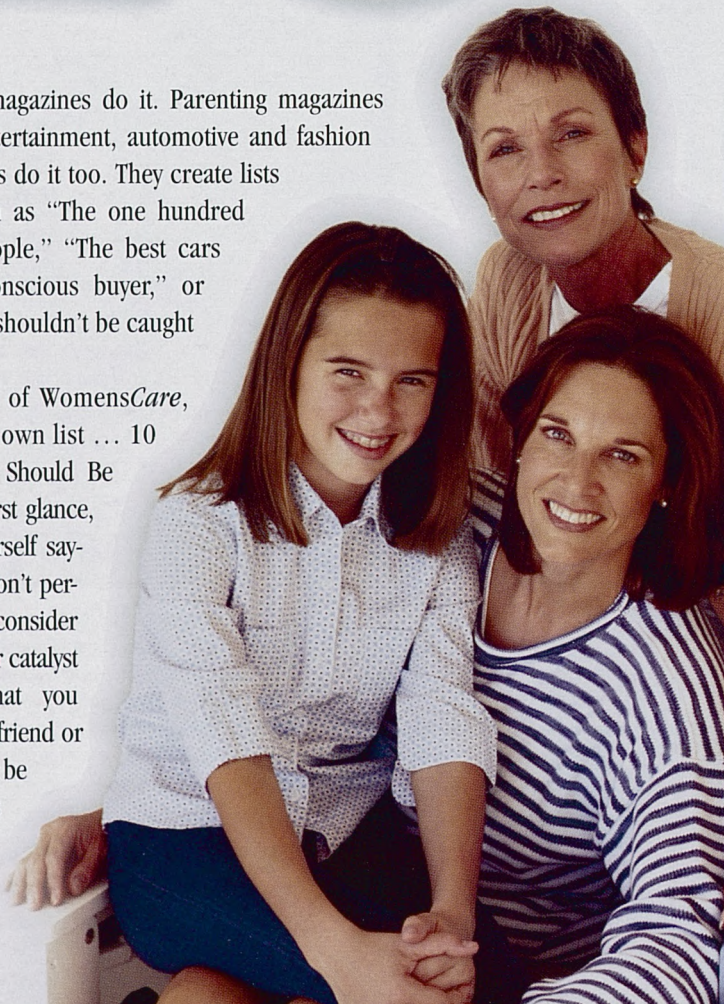
CHW

The Ins and Outs:

10 Health Topics You Should Be Talking About

Business magazines do it. Parenting magazines do it. Entertainment, automotive and fashion magazines do it too. They create lists and rankings such as “The one hundred most beautiful people,” “The best cars for the budget conscious buyer,” or “Five fashions you shouldn’t be caught wearing to work.”

With this issue of *WomensCare*, we’ve created our own list ... 10 Health Topics You Should Be Talking About. At first glance, you might find yourself saying, “these topics don’t pertain to me.” Yet, consider yourself a conduit or catalyst of good health. What you read and relay to a friend or family member may be just what motivates them to take action on their health.



“Intimacy is in,” says William Slagle, Ph.D., clinical psychologist. But, he says that intimacy is not the same as sexual contact or romance.

“Intimacy is the gift of connecting with someone by sharing your inner self – your values, hopes, dreams and fears. It requires a big dose of vulnerability in safe surroundings,” Slagle adds. “But, too often people confuse intimacy and sex, and are left wondering why a hot sexual romance quickly fizzles.”

The great news is that when a couple works to really know one another intimately, they tend to enjoy great romance and sex as a result,” says Slagle.

Get Into Each Other

- Establish ten minutes of daily, uninterrupted time to talk.
- Treat each other to frequent dates, and go on periodic group dates. Your spouse may share a hope or dream with friends that has gone unspoken or unheard during the midst of busy work and home lives.
- Learn couples massage to help your partner relax.
- Cater to your spouse. One couple began taking turns reading novels aloud. They not only shared the joy of reading a good book together, but they also learned a love for each other’s voice.

2

An "I just couldn't" attitude towards HIV/AIDS is out

Have any of the following phrases ever passed through your lips?

"Oh, I just couldn't be at risk, I am only having sex with my boyfriend (or husband)."

"Oh, I just couldn't talk to him about HIV/AIDS. I'd never hear from him again."

"Oh, I just couldn't ask him to use protection, he would be offended."

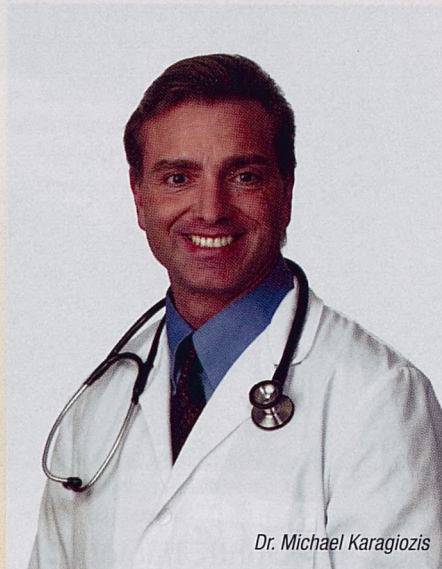
"Oh, I just couldn't get tested for HIV/AIDS. If I tested positive, it would just kill me."

If you have, it is time to change your perspective, says Dr. Michael "Mike" Karagiozis. "If women are having sex, they not only can, but must have,

intimate, honest communications with their sexual partners – whether a casual romance, a steady boyfriend or a spouse."

Unfortunately, what women aren't talking about has had a devastating impact on their health. There are about 800,000 documented cases of HIV/AIDS in the U.S., and experts believe there are hundreds of thousands of unreported cases. In 2000, women represented 47% of the new HIV/AIDS infections.

If those numbers don't raise your eyebrows, consider this: Of the women affected by HIV/



Dr. Michael Karagiozis

AIDS, approximately two thirds of them were unaware that their boyfriend or husband had an HIV risk factor.

When Karagiozis began treating HIV/AIDS patients in 1989, his patients were exclusively gay, white men. Today, his patients are men, women and children. They are white, black and hispanic. They are educated and uneducated, rich and poor.

"The most important thing I can tell women is to talk honestly and openly with whomever you have sex with, and get tested," he says. "If you are afraid to be tested and afraid of the unknown, remember that being tested can only help you make better decisions about your life."

Infection Is Out There. So Is Information. So Is Assistance.

To learn more about HIV/AIDS, particularly as it pertains to women, Dr. Karagiozis suggests that you visit one of the following websites.

www.women-alive.org

www.womenchildrenhiv.org

www.thewellproject.org

www.thebody.com

www.cdc.gov/hiv/pubs/facts/women.htm

For assistance, he suggests these telephone hotlines:

24-hour national AIDS hotline: 800-342-AIDS

24-hour Spanish AIDS hotline: 800-344-7432

3

In... A "Let's Talk About Sex and STDs" Approach to Parenting

Did you know that by the time kids reach third grade, 93 percent of them have already heard about HIV/AIDS? Yet, while kids are hearing about sex and sexually transmitted diseases (STDs) early on, what they are learning is often inaccurate and frightening.

As a result, the statistics are scary. Each year, 25% of sexually active adolescents contract an STD; and every year, more than 50% of new infections in the U.S. occur among young people between the ages of 13 and 24.

"When we are mum about sex for the first decade of our kids' lives, they think the subject is taboo. And, if we're silent, they turn to other sources for information," says Trianna Doubledee, RN, WomensCare family educator. She offers parents the following tips:

1. Begin talking about sex and sexuality early.
2. Create an open, honest environment where you can talk about sex, drugs and alcohol with your kids, and they feel safe asking questions or sharing information with you.

3. Communicate your values as they relate to love and sex and committed adult relationships.
4. Set rules and expectations. Promote abstinence. Your disapproval counts.
5. Don't use fuzzy messages such as "don't do anything silly" unless what you mean to tell your child is not to wear a clown nose to church.
6. Be specific. Kids are going to hear about the various forms of sex somewhere. Tell them what they are and about the related health risks. Many teens mistakenly assume that if they can't get pregnant by alternate forms of sex that they can't get a disease by engaging in them either.
7. Know what your kids watch, read and listen to. Take advantage of teachable moments to talk. Open up discussion after a sexually explicit commercial appears on television. Also, monitor your own viewing and listening habits.
8. Know where your child goes, who they hang out with and what they do. If your daughter asks to spend a night at a friend's house, get the parent's names and number and call them to thank them for their hospitality and to discuss activities, curfews and chaperoning.

9. Discourage one-on-one dating among young teens or dating someone more than two years their senior. Give special consideration to the pressures those girls who develop early may face.
10. Visit websites or take community classes that share sex and sexuality information developed specifically with parents and children in mind.

"Parents are often unaware that their teens are having sex or doing drugs. So, they don't see their child as putting others at risk for sexually transmitted diseases such as chlamydia, herpes or HIV/AIDS. But, they are," says Dr. Michael Karagiozis. "So, if we as parents aren't having frank conversations with our kids about sex, drugs and alcohol, and setting rules by which we expect them to live, we are not protecting our children – or other children – from the very real and dire consequences."

Dr. Karagiozis suggests the following websites to help parents learn to communicate with their kids about sex, sexuality, and STDs.

www.familycommunication.org

www.talkingwithkids.org

www.siecus.org

www.advocatesforyouth.org

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.

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(West Las Vegas)

860 Seven Hills Drive
(S. of St. Rose Pkwy.)

999 Adams, Suite 104
(Boulder City ENT only)

(702) 896-6043

4

In... Feeding Your Baby Nutritious, No-Cost Breast Milk

Breast milk is the best food for a baby during the first year of life. Research indicates that breast-fed children have fewer ear infections, fewer occurrences of asthma, eczema and other allergies, and fewer childhood cancers than formula-fed children.

It also benefits moms, says Marie Bevins, R.N., I.B.C.L.C. "Breastfeeding helps a women's body return to its pre-pregnancy state by burning calories and helping the uterus contract faster." Women who breastfeed may also receive some protection from breast and ovarian cancer.

"Breastfeeding is a natural skill, but it is also a learned one," says Marie. "So, we encourage expectant and new parents to be prepared and patient. Mom and baby need time to master this art."

In... The Loving Touch of Baby Massage

Among a mother's most poignant memories may be the quiet times she spends caressing the tiny fingers and toes of her newborn. It's a beautiful, bonding experience," says Avery Short, St. Rose's Family to Family infant community educator. "Touch is among the first tools we have to communicate with our babies. Our touch speaks volumes. It says, 'I'm here. I care. I will protect you,'" says Avery.

After having her own son, Nikolas, Avery became a Loving Touch® certified infant massage instructor. She says learning specific infant massage techniques can stimulate your baby's sense of sight, hearing and smell. One study indicated that four-month old infants who were massaged, were more focused and alert. Research also suggests it aids with the development and function of baby's circulatory, respiratory and digestive systems.

"For most parents, massaging their baby comes pretty naturally. We focus on teaching moms and dads strokes that can help reduce or relieve gas, colic and teething pain," Avery said. "And, there is an added benefit. Setting

What you can do: Take a breastfeeding class or join a support group. Find a pediatrician who supports breastfeeding. Tell your hospital nurses that you want to breastfeed and not to give your baby formula. Talk with a lactation consultant. Create a comfortable, relaxing routine for breastfeeding your baby.

Medela Breast Pumps

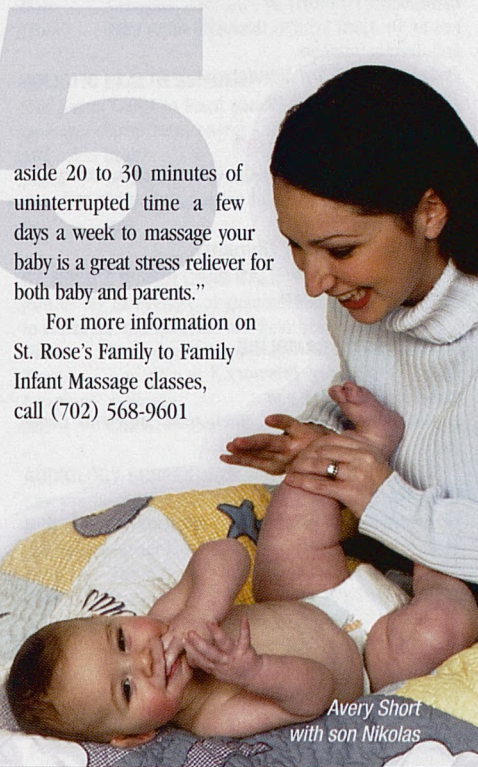
With 60% of women returning to the workforce within two months after giving birth, Marie says having a reliable breast pump is an essential for new moms.

If you're looking for the best possible pump, WomensCare rents Medela hospital-grade breast pumps. "When mom can't nurse her baby – either because she's at work or because her baby is hospitalized in a Neonatal Intensive Care Unit – providing baby pumped breast milk can help her stay intimately involved in meeting baby's nutritional needs," adds Marie.

For more information about renting a hospital-grade Medela pump, call WomensCare at 616-4900.

aside 20 to 30 minutes of uninterrupted time a few days a week to massage your baby is a great stress reliever for both baby and parents."

For more information on St. Rose's Family to Family Infant Massage classes, call (702) 568-9601



Avery Short
with son Nikolas

6

Out... Smoking is out

Taking a drag of a cigarette may be portrayed as stylish or sexy in a movie or advertisement. However, WomensCare couldn't come up with anything positive to say about an addictive behavior that not only makes your breath smell bad, but also puts you and the health of others around you at risk.

Kicking butt

Kicking the nicotine habit can be difficult. For insight on how to quit, ask a friend, family or cowork-

er how they did so. Find other forms of support by visiting the following websites or take a WomensCare smoking cessation class by calling 616.4900.

- www.livingtobaccofree.com
- www.lungusa.org/ffs/
- www.health2k.state.nv.us/tobaccokicking.htm
- www.cancer.org

If you would like to encourage someone you love to quit, write a Love Yourself, Let Go of Cigarettes letter. Access it by visiting www.strosecares.com. Click on WomensCare and follow the link.

continued on page 14



HIV knows no age limits. The U.S. Centers for Disease Control reported that 4,980 people over 50 were newly infected with HIV in 1991; 10 years later, that figure had increased 78 percent. The rate of HIV cases that have progressed to AIDS among those 50 and older is also increasing, both as a result of new cases, and as a result of people living longer with the virus. So, regardless of your age, it is important to practice safe sex.



Take precautions with oral sex. It is a common misconception that unprotected oral sex is safe. This is untrue.

There is no guarantee of protection against sexually transmitted diseases. To best protect yourself, use a condom or dental dam. Also, brushing or flossing prior to oral sex isn't recommended. It may tear the lining of your mouth, increasing your exposure to viruses.



An increasing number of campaigns are promoting abstinence among teens. We are too. See our upcoming class. It is also a powerful tool for adults. Saying no to sex – whether it is because you aren't armed with a condom or because you value a committed relationship – helps prevent the spread of disease among adults.



upcoming

feb

Red Hot Mamas!

Join us for fun and informative forums on perimenopause and menopause.

My Changing Valentine: Sex & Menopause

Friday, February 20
6:30 to 8 p.m.

What's In It For Me: Hormone Replacement Therapy

Tuesday, March 23
6:30 to 8 p.m.

Let's Hang On To What We've Got: Looking Terrific During Menopause

Tuesday, April 27
6:30 to 8 p.m.

Call 616-4900
to register

PILOGA STRETCH

Gain the strength training benefits of Pilates and the flexibility of yoga.

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

DARKNESS TO LIGHT

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

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

PACE CHAIR EXERCISE

The People with Arthritis Can Exercise chair exercise program develops range of motion, endurance and strength training.

Date: Tuesdays & Thursdays
Time: 2 to 3 p.m.
Fee: \$2 per class

HYPNOSIS FOR GAMBLING

Date: Tuesday, February 3
Time: 6:30 to 8 p.m.
Location: Siena Campus, MacDonald Conference Center
Fee: \$25 (includes CD)

QI GONG

Learn stances and breathing to channel energy for healing.

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

ART THERAPY: CONTINUING STAINED GLASS WORKSHOP

Date: 1st Fridays
Time: 6 to 9 p.m.
Fee: \$15 equipment usage fee

LAS VEGAS WOMEN'S FAIR 2004

Date: Saturday, February 7
Time: 10 a.m. to 4 p.m.
Location: Sun Coast Hotel & Casino

QUILTING CLUB

Learn a different quilting technique each month.

Date: 2nd Monday of the month (Feb 9, March 8, April 12)
Time: 2 to 5 p.m.
Fee: \$10

INDIVIDUAL HOLISTIC HEALTH CONSULTATION

Rayna Gangi will perform health history interview, iridology, kinesiology, reflexology and body balancing.

Date: February 9 through 21
Time: Call 616-4900 for an appointment
Fee: \$150

INDIVIDUAL BODY BALANCING MASSAGE

Date: February 9 through 21
Time: Call 616-4900 for an appointment
Fee: \$65 per hour

MEDITATION

Explore a meditation technique for relaxation and inner peace.

Date: Tuesday, February 10
Time: 10 to 11 a.m. or 6 to 7 p.m.

WALK THIS WAY:

WOMENS WALKING CLUB
Join us at Henderson's Discovery Park to walk your way to health.

Dates: Tuesdays & Thursdays, beginning February 10th
Time: 12 noon to 1 p.m.
Fee: \$2 per year, call for details

DIABETES AWARENESS

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

Date: Wednesday & Thursday, February 11 & 12
Time: 10 a.m. to 12 noon

IMPROVING INTIMACY AND ROMANCE IN YOUR RELATIONSHIP

Join Dr. William Slagle for tips to improve intimacy and romance in your relationship.

Date: Wednesday, February 11
Time: 6:30 to 8 p.m.

COUPLES YOGA

Learn how to support your significant other in yoga positions. Fitness attire and tennis shoes required.

Date: Wednesday, February 11
Time: Registration & Refreshments—6:30 p.m. Class—7 p.m. to 8 p.m.
Location: Canyon Ranch SpaClub at the Venetian


COOKING FOR TWO


Heart healthy cooking for two.


Date: Thursday, February 12
Time: Registration & Refreshments—6:30 p.m. Demonstration—7 p.m. to 8 p.m.
Location: Canyon Ranch SpaClub at the Venetian


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.

 = Healthy heart classes.

 = Great for Red Hot Mamas.

events & ongoing offerings

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

HOLISTIC HEALTH OVERVIEW

Join Rayna Gangi, L.M.T., R.R., H.H.C., for an overview of vitamins, herbs, massage, chiropractic, energy centers, reflexology and colon health.

Date: Thursday, February 12
Time: 6 to 7:30 p.m.

COUPLES MASSAGE

Learn massage techniques to reenergize your relationship. Swimsuits required.

Date: Friday, February 13
Time: Registration & Refreshments—6:30 p.m.
Class—7 p.m. to 8 p.m.
Location: Canyon Ranch SpaClub at the Venetian

REFLEXOLOGY AND ESSENTIAL OILS

Join Laurie Azzarelli, L.M.T., C.R.R., to learn how reflexology helps balance the body by relieving pain, stress and congestion.

Date: Saturday, February 14
Time: 10 to 11:30 a.m.

HEARTSAVER CPR

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

Date: Saturday, February 14
Time: 1 to 5 p.m.
Fee: \$30

INDIVIDUAL REFLEXOLOGY SESSION OR RAINDROP THERAPY SESSION

Date: February 16 through 21
Time: Call 616-4900 for an appointment
Reflexology Fee: \$55 per hour or \$35 per half-hour
Raindrop Fee: \$65 per hour

INTERNATIONAL INSTITUTE OF REFLEXOLOGY SEMINAR

Learn Ingham Foot Reflexology techniques to use on family and friends or begin the professional certification process.

Date: Monday & Tuesday, February 16 & 17
Time: 9 a.m. to 5 p.m.
Fee: \$325

HYPNOSIS FOR SMOKING CESSATION

Date: Tuesday, February 17
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Center

CHILDHOOD OBESITY: A GROWING EPIDEMIC

Do you have an overweight child? Join Lacey Newbry, R.D. to learn tools to help your child achieve a healthier weight.

Date: Tuesday, February 17
Time: 6 to 7:30 p.m.

RAINDROP THERAPY CLASS

Learn how to apply therapeutic essential oils through Raindrop Therapy to alleviate back and muscle pain, disc and sciatica problems, and strengthen the immune system.

Date: Wednesday, February 18
Time: 6:30 to 8 p.m.
Fee: \$5

TEA & TALK BOOK CLUB

Date: Thursday, February 19:
Lucia, Lucia, Adriana Trigiani
Thursday, March 18:
What Was She Thinking, Zoe Heller
Thursday, April 15:
Honk and Holler Opening Soon, Billie Letts
Time: 3 to 4:30 p.m.

YES, YOU CAN! – CAREGIVER TRAINING

Join WomensCare and United Way to talk through the challenges of caring for loved ones at home including: medications, caregiver/home safety, communication, personal care/hygiene, and stress. Complimentary lunch.

Date: Saturday, February 21
Time: 10 a.m. to 3 p.m.

HOLISTIC HEALTH SEMINAR

Join Rayna Gangi to learn about vitamins, herbs, massage, chiropractic, energy centers, reflexology and colon health.

Dates: Saturday, February 21
Time: 1 to 5 p.m.
Fee: \$65

ST. ROSE'S MARDI GRAS BALL

Join us for an evening of glamour and giving to celebrate and cultivate our healthcare ministry.

Date: Saturday, February 21
Time: 6 to 11 p.m.
Location: Bellagio
Fee: Call 616-7630

AUDIOLOGY SCREENINGS

Can you hear me now? Join Nevada Eye & Ear for a hearing test and Otoscopic evaluation to rule out causes of hearing loss.

Date: Tuesday, February 24
Time: 9 a.m. to 12 noon.
Call 616-4900 for an appointment.

BLOOD PRESSURE SCREENING

Do you know your blood pressure? Make an appointment to have your blood pressure taken.

Date: Wednesday, February 25
Time: 10 a.m. to 12 noon.
Call 616-4900 for an appointment.

MUSIC THERAPY

Join Judith Pinkerton, MT-BC for a program that restores balance and promotes emotional, mental, physical and spiritual well-being through music.

Date: Thursday, February 26
Time: 6 to 7 p.m.
Fee: \$5

DIVORCED DIVAS SUPPORT GROUP

Participant led support group for divorced women.
Date: 2nd & 4th Friday, beginning February 27
Time: 6 to 7:30 p.m.

CONQUERING CHOLESTEROL

Learn how to manage cholesterol through lifestyle changes.

Date: Friday, February 27
Time: 9 a.m. to 12 noon
Fee: \$10

SAFETY AWARENESS & SELF DEFENSE

Join Officer Wilson, with the Henderson Police Department, for safety education and a demonstration of defense tactics.

Date: Saturday, February 28
Time: 10 a.m. to 2 p.m.

Hypnosis for Weight Management

Date: Tuesday, February 24
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Ctr.

Call 616-4900 to register



upcoming

mar

Herbology I

Learn to effectively buy and use common herbs for medicinal purposes, create herbal teas and put together an herbal first aid kit.

Date: Tuesday, March 9
Time: 6 to 8 p.m.
Fee: \$25

Herbology II

Learn vitamin/mineral content of herbs, herb dosage and basics on growing herbs. You'll create herbal teas and take home items to start an herbal pantry. Take Herbology I first.

Date: Saturday, April 10
Time: 12:30 to 2:30 p.m.
Fee: \$25

Herbology III

Create teas, capsules, tinctures, syrups, compresses, oils, and salves. Materials provided. Take Herbology I & II first.

Date: Saturday, April 10
Time: 3 to 5 p.m.
Fee: \$30

**Call 616-4900
to register**

BATTLING HIGH BLOOD PRESSURE

Manage your blood pressure through lifestyle changes.
Date: Tuesday, March 2
Time: 5:30 to 7:30 p.m.

IDENTITY THEFT: REFUSE TO BE A VICTIM

Date: Tuesday, March 2
Time: 5:30 to 9 p.m.

FRESH START SMOKING CESSATION

A four-week American Cancer Society program.
Date: Thursdays, March 4, 11, 18, 25
Time: 6 to 7:30 p.m.
Fee: \$15

ART THERAPY: BEGINNING STAINED GLASS

Learn how to make stained glass artwork.
Date: Friday, March 5
Time: 4 to 6 p.m.
Fee: \$20 (includes material and equipment usage)

YOUTH ABDUCTION PREVENTION WORKSHOP

Date: Saturday, March 6
Time: Ages 2-6 from 12 to 2 p.m.
Ages 7-9 from 2:30 to 5 p.m.
Fee: \$5

HYPNOSIS FOR STRESS MANAGEMENT

Date: Tuesday, March 9
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Center

NUTRITION 101

Join a dietitian for lunch to learn nutrition tips and tricks.
Date: Wednesday, March 10
Time: 11:30 a.m. to 1:30 p.m.
Location: Siena Campus, MacDonald Conference Center

MIND MASTERY

Join Dr. Tamara Johnson to improve the power of the mind, including intelligence, memory, creativity, will power and problem solving.
Date: Thursday, March 11
Time: 3:30 to 5 p.m.

HEARTSAVER CPR

Become AHA-certified in adult, child, and infant CPR and adult AED.
Date: Monday, March 15
Time: 1 to 5 p.m.
Fee: \$30

CHOLESTEROL, GLUCOSE & PSA SCREENING

Total cholesterol \$2; Lipid panel (LDL, HDL, triglycerides) \$30; Glucose \$5; PSA \$10.
Date: Tuesday, March 16
Time: 7 to 10 a.m. Call 616-4900 for appointment.

HYPNOSIS FOR SMOKING CESSATION

Date: Tuesday, March 16
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Center

MEDITATION

Explore a meditation technique for relaxation and self-discovery.
Date: Wednesday, March 17
Time: 10:30 to 11:30 a.m. or 6 to 7 p.m.

SPA NIGHT

Learn to do your own pedicure and manicure. Enjoy a facial, chair massage, reflexology and meditation.
Date: Friday, March 19
Time: 6 to 9 p.m.
Fee: \$20

SEW MATCHING MOTHER-DAUGHTER SPRING DRESSES

Date: Saturday, March 20
Time: 1 to 5 p.m.
Fee: \$25 (Call for supply list)

VISION SCREENINGS

Nevada Eye & Ear will conduct free vision and glaucoma screenings to determine eye health.
Date: Tuesday, March 23
Time: 9 a.m. to 12 noon.
Call 616-4900 for an appointment.

HYPNOSIS FOR WEIGHT REDUCTION

Date: Tuesday, March 23
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Center

BOY TALK

Fathers and sons, ages 10-14, join a male pediatrician to learn about the changes that a boy's body goes through during puberty.
Date: Thursday, March 25
Time: 6:30 to 7:30 p.m.

MODERN MANNERS FOR CHILDREN

For girls ages 4-7. This delightful program fosters good manners and social graces through age-appropriate, play-nourished and self-esteem building activities. Table manners are practiced at an Afternoon Tea that concludes each class.
Date: Saturdays, March 27 & April 3
Time: 1 to 3 p.m.
Fee: \$48 (includes class material and special gifts awarded at graduation)

INTRODUCTION TO NATURAL FAMILY PLANNING

Join Mickey Bachman R.N., B.S.N. for a discussion on natural options for family planning.
Date: Tuesday, March 30
Time: 6:30 to 8 p.m.

events & ongoing offerings

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

NOURISH YOUR BODY, NURTURE YOUR SOUL

Join Sister Molly for an afternoon of inspiration.

Date: Wednesday, March 31

Time: 1 to 2:30 p.m.

ORGANIZE YOUR HOME, OFFICE & ENERGIZE YOUR LIFE!

Feeling lost in the clutter? Feel good by organizing your life.

Date: Wednesday, March 31

Time: 6 to 7:30 p.m.

apr

SAFE SITTER SPRING BREAK

Teens ages 11-16 learn how to provide safe, nurturing childcare and how to respond to medical emergencies.

Date: Monday, April 5 or Friday, April 9

Time: 9 a.m. to 4:30 p.m.

Fee: \$20

HYPNOSIS FOR GAMBLING

Date: Tuesday, April 6

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Center

CREATIVE FREEDOM

Art therapy session with Dr. Tamara Johnson to activate your creativity.

Date: Wednesday, April 7

Time: 1 to 2:30 p.m.

PVD SCREENING ♥

Do your legs hurt? Join the St. Rose Radiology Department for a peripheral vascular leg screening.

Date: Thursday, April 8

Time: 1 to 5 p.m. Call 616-4900 for an appointment.

CHOLESTEROL, GLUCOSE & THYROID SCREENING ♥

Total cholesterol \$2; Lipid panel (LDL, HDL, triglycerides) \$30; Glucose \$5; TSH thyroid \$5; Thyroid panel (T3, T4) \$10

Date: Tuesday, April 13

Time: 7 to 10 a.m. Call 616-4900 for an appointment.

Fee: per screening

GIRL TALK M/D

For mothers and daughters, ages 10-14. Join Dr. Kim LaMotte-Malone to learn about the changes a girl's body goes through during puberty.

Date: Tuesday, April 13

Time: 6:30 to 8 p.m.

DIABETES AWARENESS

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

Date: Wednesday & Thursday, April 14 & 15

Time: 10 a.m. to 12 noon

EXPRESSIVE AND IMPRESSIVE: ETIQUETTE FOR YOUNG LADIES

Young ladies, ages 11-15, gain the confidence that comes with knowing proper etiquette and poise! Learn valuable life-long lessons about dining manners, correspondence, conversation skills, posture and poise.

Date: Saturdays, April 17 & 24

Time: 12 noon to 2 p.m.

Fee: \$55

MIRROR, MIRROR ON THE WALL, WHO'S THE FAIREST ONE OF ALL? YOU ARE, OF COURSE!

Join Dr. Carli Synder for a teen program to focus on inner beauty and self-esteem.

Date: Monday, April 19

Time: 3:30 to 5:30 p.m.

IT MUST BE MY THYROID

Join Dr. Litchfield to learn about the causes, symptoms, diagnosis and treatments of thyroid disorders.

Date: Tuesday, April 20

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

HYPNOSIS FOR WEIGHT REDUCTION

Date: Tuesday, April 20

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Center.

THE HEALING POWER OF FAITH

Join Chaplain Adrienne Benson to tap your healing power.

Date: Wednesday, April 21

Time: 2 to 3 p.m.

SEEING YOUR WAY TO BETTER VISION— IS LASIK RIGHT FOR YOU?

Dr. Rajy Rouweyha, with Nevada Eye & Ear, will discuss the revolutionary advances in custom cornea surgery and other options available

Date: Wednesday, April 21

Time: 6 to 8 p.m.

HEARTSAVER CPR ♥

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

Date: Thursday, April 22

Time: 5 to 9 p.m.

Fee: \$30

RED ROCK RETREAT

Enjoy a day of hiking, reflection, socialization and nature!

Date: Friday, April 23

Time: 9 a.m. to 4 p.m.

Fee: \$30 (includes lunch)

HYPNOSIS FOR GOLF

Improve your mental game.

Date: Tuesday, April 27

Time: 6:30 to 8 p.m.

Fee: \$25

Location: Siena Campus, MacDonald Conference Center.

MEDITATION

Explore a meditation for relaxation and self-discovery.

Date: Wednesday, April 28

Time: 10:30 to 11:30 a.m. or 6 to 7 p.m.

MY LIFE, MY CHOICES: SEX & CONSEQUENCES

Teenage girls, learn the facts and skills to make good life choices and how to effectively communicate them.

Date: Thursday, April 29

Time: 6 to 8 p.m.

HEARTSAVER FIRST AID ONLY ♥

Become AHA-certified in first aid for the worksite.

Meets OSHA requirements.

Date: Friday, April 30

Time: 8:30 a.m. to 1 p.m.

Fee: \$30

COUPLES MASSAGE

Bring a partner and learn how to perform proper massage strokes for relaxation.

Date: Friday, April 30

Time: 6 to 7:30 p.m.

Fee: \$10 per person

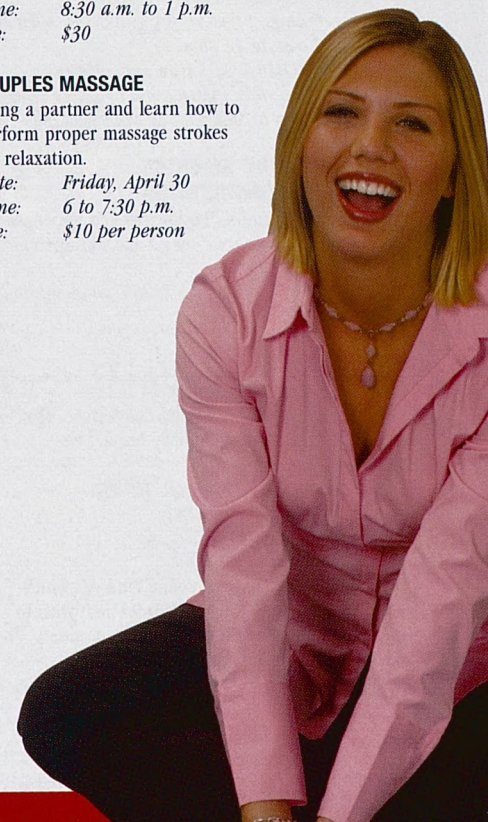
Call 616-4900

for information, reservations and to learn about other programs.

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

F/S = Father Son Dates. Fathers can bring their sons to these programs. ♥ = Healthy heart classes.

🌶️ = Great for Red Hot Mamas.



events & ongoing offerings

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



New Family Education Classes

NURTURING PARENTS AND FAMILIES

Join the Parenting Project for a six-week parenting class that promotes positive, healthy, and nurturing care of infants, toddlers and preschool children (birth to 5 years). Topics include: child development, establishing routines, managing anger, problem-solving, and positive discipline.

Date: Saturdays, March 6 through April 10
Time: 10 a.m. to 12 noon

TEEN PREPARED CHILDBIRTH

Learn about your pregnancy, the birth process, comfort measures during labor, baby care and safety.

Date: Call 616-4901 to register

CAR SEAT SAFETY CHECKS

4 out of 5 car seats are incorrectly installed. Get a free car seat safety check.

Date: Fridays, February 13, March 12, April 16
Time: 9 a.m. to 12 noon.

Call 616-4901 for an appointment.

For further information or safety events log on to Safe Kids at cc.safekids.org

PREGNANCY STOP SMOKING ONE-ON-ONE CONSULTATION

Now is the time to stop using tobacco and we would like to help! Schedule your one-on-one consultation with a registered nurse.

Date: Call 616-4901 to schedule an appointment.
Fee: \$30 per session

BABY MASSAGE

A three-part intro to the art of baby massage by Avery Short, C.I.M.I. of Family to Family Connection. Bring your baby up to 1-year old, a baby blanket and a small hand towel.

Dates: Monday, February 9, 16, 23
Time: 10:30 to 11:30 a.m.

STARTING SOLIDS

Which comes first ... peas or pears? Find out which foods to feed your baby, in what order and when to start. Presented by Family to Family Connection.

Date: Wednesday, March 10
Time: 11 a.m. to 12 noon

HYPNOBIRTH

Date: Saturday, March 13
Time: 10 a.m. to 5 p.m.
Fee: \$50 per couple

BABY CUISINE

Making your own baby food is easy, nutritious and cost effective. Join Family to Family Connection if you are interested, but not sure where to start.

Date: Wednesday, March 24
Time: 11 a.m. to 12 noon

CAR SEAT SAFETY

Does your car seat manual look like it is written in a foreign language? Learn car seat safety from Family to Family Connection.

Date: Wednesday, April 14
Time: 11 a.m. to 12 noon

SAFE AT HOME

Join Family to Family Connection for tips on keeping your home safe for your baby.

Date: Wednesday, April 21
Time: 11 a.m. to 12 noon

LA LECHE LEAGUE

Pregnant and new mothers learn about breastfeeding and receive support.

Date: 4th Thursdays
Time: 10 to 11:30 a.m.

MEDELA PUMP RENTALS

Call 616-4901 for information on renting a Lactina hospital-grade breastpump

ONGOING FAMILY EDUCATION CLASSES

- Prepared Childbirth Classes, \$55
- Hypnobirth Leclairre 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
- Mommy & Baby Yoga, \$10
- Sibling Class, \$15/family
- New Mommy Mixer, Free, Fridays, 10 a.m.
- Expectant Parent Hospital Tour (reservations required)

FREE SUPPORT GROUPS

- AA For Women, Mondays, 7:30 p.m. & Wednesdays, 12 noon
- Alcoholics Anonymous (Siena Campus), Sundays, 6:30 p.m.
- Bereavement Support Group, 2nd Thursdays, 6 p.m.
- Breast Cancer Support, 2nd & 4th Mondays, 6 p.m.
- Co-Dependency Support, Saturdays, 10 a.m.
- Compulsive Eaters Anonymous H.O.W. (Rose de Lima Campus), Sundays, 2 p.m.
- Diabetes Support, 1st Wednesdays, 10 a.m.
- Divorced Divas, 2nd & 4th Fridays, 6 p.m.
- Eating Disorders Recovery Support (Siena Campus), Saturdays, 9 a.m.
- Fibromyalgia Friends, 3rd Thursdays, 6 p.m.
- From Darkness to Light Depression Support, 1st & 3rd Mondays, 6 p.m.
- Nicotine Anonymous (Siena Campus), Sundays, 4 p.m.
- Pregnancy Loss Support Group, 4th Tuesdays, 7 p.m.
- RESOLVE Infertility Support (Siena Campus), 1st Mondays, 6 p.m.

ONGOING OPPORTUNITIES

- Kickboxing Aerobics
Call for times and locations.
- Monthly Meditation/FREE
- People With Arthritis Can Exercise (PACE \$2/session) Tuesdays & Thursdays, 2 p.m.
- Piloga Stretch \$5/session Wednesdays, 9 a.m.
- Qi Gong \$7/session, Fridays, 10 a.m.
- Yoga \$5/session, Tuesdays & Thursdays, 9:30 a.m.
- Sun Striders - Galleria Mall Walking Club

OTHER SERVICES

PHYSICIAN REFERRAL 616-4508

COLORECTAL CANCER EZ DETECT KITS \$5 each

GAMBLER'S ANONYMOUS HOTLINE 385-7732

FAMILY TO FAMILY CONNECTION 568-9601

Call for details on immunization and baby well-check screenings.

ONE-ON-ONE CONSULTATION

Hypnosis Consultation, \$75/hour

Nutrition Consultation with Registered Dietitian, \$75/hour

Nevada Tobacco Users' Helpline, 877-0684

Pregnancy Smoking Cessation Consultation, \$30/session

Suicide Prevention Hotline of Nevada 1-800-suicide or (1-800-784-2433) toll-free/24 hours

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7

In... Getting Fit While Raising Funds

Susan Strang, Executive Director of the Susan G. Komen Breast Cancer Foundation, says "The great thing about participating in charity runs, walks and bike rides is that you can get fit while helping charitable organizations fight diseases." Here are two upcoming opportunities WomensCare hopes you will talk up and take part in:

Komen Race for the Cure

The Komen Race for the Cure® raises funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease.

Date: Saturday, May 1, 2004
Info: (702)252-RACE
www.lvraceforthe cure.com

March of Dimes WalkAmerica

One of every eight babies in the U.S. is born prematurely, some so tiny they can't even cry. If they could, it would be for your help. Join WalkAmerica and support research and programs that save babies from prematurity, birth defects and other health problems.

Date: Saturday, April 24, 2004
Info: (702) 732-9255

In... Getting Weight Gain Under Control

They say a picture paints a story. Ashley Pratt says that the picture from her 2002 company holiday party told the story of a woman who had lost control of her weight.

"At 5'7", I had always held my weight pretty well," says Ashley. "So, I didn't worry about the few extra pounds here and there. But, somewhere I lost track. The Christmas photo was a wake-up call."

Ironically, Ashley received WomensCare magazine the day after receiving the photo. A class titled Hypnosis for Weight Loss caught her eye. She had an immediate feeling that it would help her lose weight.

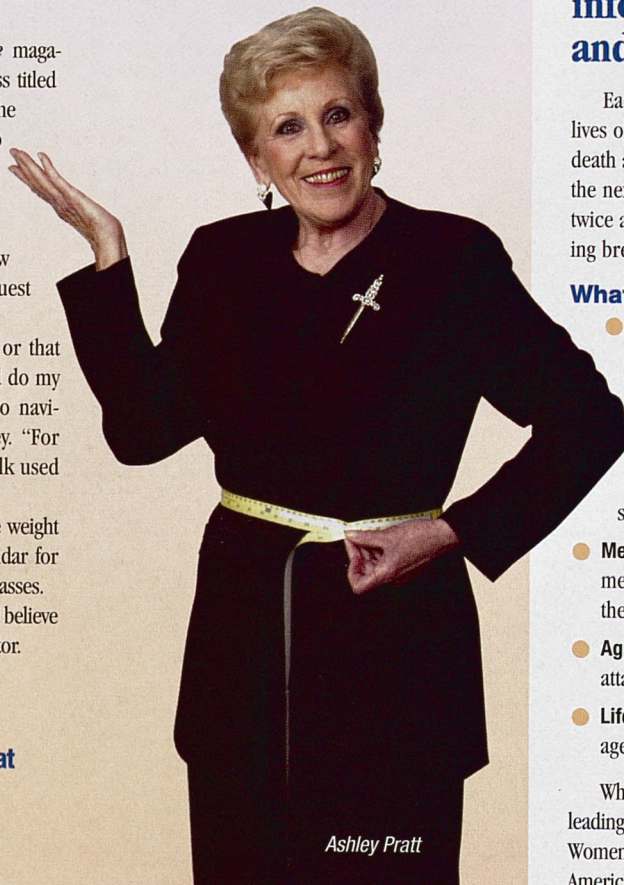
It did. To date, Ashley has lost 47 pounds and invited her daughters to southern Nevada to take the seminar. She now talks up Hypnosis for Weight Loss as a guest speaker at WomensCare classes.

"I don't feel like I've been hypnotized or that I am on a diet. I just listen to the tapes and do my morning affirmations. As a result I tend to navigate toward healthier choices," says Ashley. "For instance, I drink a lot of skim milk now. Milk used to make me gag."

WomensCare would like to help you lose weight or maintain your ideal weight. See our calendar for information about nutrition and weight loss classes.

If you are concerned about weight gain and believe it may be medically related, talk with your doctor.

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



Ashley Pratt

In... Faith Healing

As an Adrian Dominican Sister, Molly Nicholson, O.P. believes faith is in. "It is the foundation of our ministry of caring at St. Rose. God has given us many graces. We have incredibly knowledgeable, skillful and compassionate doctors and nurses. We have powerful, mind-boggling medical technology. Yet, nothing is quite as amazing as the gift of faith."

Sister Molly had a recent occasion to call upon hers. In the early Fall, she was struck ill with a serious viral infection which only reinforced her belief in St. Rose Dominican Hospitals' not-for-profit, non-tax supported mission of caring for the whole person – physically, emotionally and spiritually.

In recent years, the mind-body-spirit connection has become increasingly accepted and you can find it interwoven with classes on fitness, nutrition and stress management.

"For many of us, faith is a belief in God. For others, it is a deeply held belief in a powerful good that people can tap into," says Sister Molly. "Our hope is to encourage people to develop their faith and use it to bring about harmony, good health and healing in their lives."

Join Sister Molly for her quarterly Nourish the Body, Nurture the Soul talk at WomensCare on Wed. March 31.

Out... Overlooking all the information about women and heart disease

Each year, heart disease and stroke claim the lives of more than half a million females – about one death a minute. That's more lives than are claimed by the next seven causes of death combined, and nearly twice as many claimed by all forms of cancer, including breast cancer.

What puts women at risk?

- **Gender.** Women represented 53.5 percent of total U.S. deaths from cardiovascular disease, including heart attack and stroke, in 2000.
- **Race.** African-American and Mexican-American women have higher heart disease and stroke risk than white women of comparable socioeconomic status.
- **Menopause.** Heart disease rates in women after menopause are two to three times those of women the same age before menopause.
- **Aging.** Women at older ages who have heart attacks are more likely than men to die of them.
- **Lifestyle.** Smoking, inactivity, obesity and unmanaged stress put women at risk for heart disease.

Where can you turn for information and help in leading a heart healthy life. Look for red hearts next to WomensCare heart-healthy offerings and try visiting the American Heart Association website at www.aha.org.

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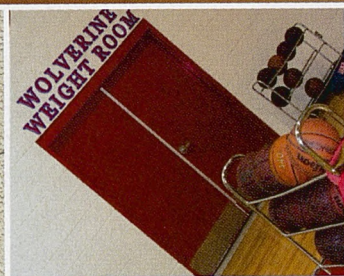
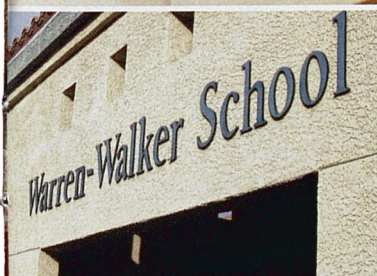
Two campuses:

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Couples Yoga

Wednesday, February 11
Canyon Ranch Spa Club

Learn how to support your significant other in yoga positions
Registration and refreshments at 6:30 p.m.; Class from 7 to 8 p.m.

Fitness attire required

Cooking for Two

Thursday, February 12
Canyon Ranch Spa Club

Heart healthy cooking for two
Registration and refreshments at 6:30 p.m.; Demonstration from 7 to 8 p.m.

Couples Massage

Friday, February 13
Canyon Ranch Spa Club

Learn massage techniques to reenergize your relationship
Registration and refreshments at 6:30 p.m.; Class from 7 to 8 p.m.

Swimsuits required

For each SpaClub event that you sign-up,
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*Participation each day is complimentary; you must sign up in advance for each event, as space is limited. (You must attend to be entered in the drawing.)
Bring your spouse, significant other or friend, we don't care which, but make sure you bring someone; all events are designed around the participation of 2 people.*



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