

A magazine for your mind, body and spirit

WomensCare

SUMMER 2004

PLUS

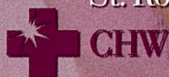
BREASTFEED ME

**CELEBRATE FALL,
CELEBRATE YOU**

**GOOD NIGHT,
GOOD GRADES?**

It's About Life!

St. Rose Dominican Hospitals



The BARBARA
GREENSPUN

WomensCare 
Center of Excellence



W Women's Health & Wellness

PMS

Osteoporosis

Menopause



MIND • BODY • SPIRIT

Care for your body through all stages of life with our natural, drug-free, safe & effective treatments:

- **Bioidentical Hormones**
- Vitamin & Herbal Products
- "Hot Stone" Massage
- Aromatherapy
- Spinal Treatments
- One-on-One Consultations
- Group Seminars



"Dr. Patti"
Contraveos - Beckstead
Chiropractic Physician

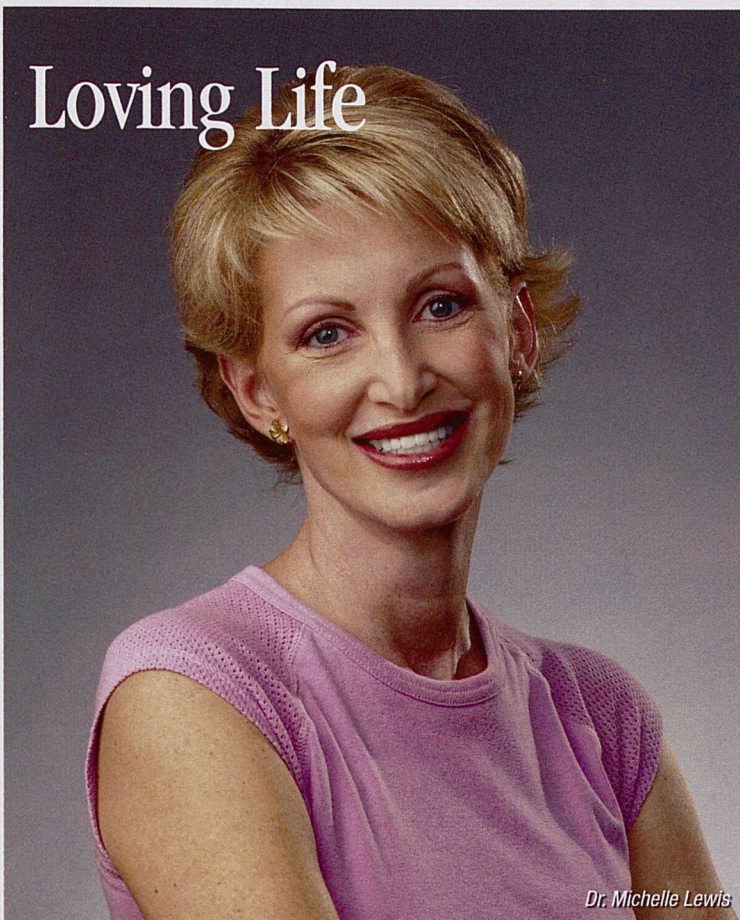
WELLNESS INSTITUTE OF NEVADA

2557 Wigwam Parkway • Henderson • NV 89074

Tel: 702.896.2700 • Fax: 702-896-7046

www.DocPatti.com

Loving Life



Dr. Michelle Lewis

Dr. Michelle Lewis loves life and has been helping expectant parents welcome new life to southern Nevada for nine years. "I adore delivering babies," says Lewis, who is pictured on the cover with four-month-old Kevin.

Lewis' exuberance for life is evident in her facial expressions, her body language and her message to all women about how to achieve the best of health. The concepts are basic:

1. Eat Right.
2. Get Active.
3. Get Proper Rest.
4. Invest in You.
5. Be Good to Others.

Dr. Lewis made a life changing investment in her health after watching the 2000 Olympics. "Watching the female Olympiads inspired me to get outdoors and run," she says. Lewis set a goal of running a marathon and since the last Olympics has completed seven. This fall, she is challenging a number of nurses and techs at St. Rose to compete in The Mud Run at Camp Pendleton. The event challenges participants on a basic training course filled with hills, tire obstacles, scaling walls and mud pits. Interested? Find details of the race at www.camppendletonraces.com.

from our president

Dear Reader,

Defining all that a hospital does isn't easy. At St. Rose Dominican Hospitals, more than 2,000 employees are dedicated to caring for our community. Their tasks are many and varied.

Yet, at the heart of all of our work is a central concern – life. As such, our work encompasses caring for new mothers and their babies, performing life changing joint replacement on osteoarthritis sufferers, and lifesaving procedures such as brain or open heart surgery on the critically ill. At times, our calling is to hold the hands of a terminally ill individual and help them transition gently into eternal life.

Ultimately, everything we do centers around life and we hope that The Barbara Greenspun WomensCare Center of Excellence and our WomensCare magazine is positively impacting yours.

As the WomensCare Center celebrates its sixth anniversary (and the magazine its fifth), we would appreciate your feedback about how well you believe we are living out our ministry. Please take a moment to fill out our survey at www.strosecare.com.



Rod A. Davis

Rod A. Davis
President and CEO

WomensCare Center

Director: Holly Lyman
 Staff: Michele Rivera, Amy Godsoe, Trianna Doubledee, RN, Marie Bevins, RN, ICBLC
 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. The Barbara Greenspun WomensCare Center of Excellence and WomensCare magazine are our commitment to the women of southern Nevada.

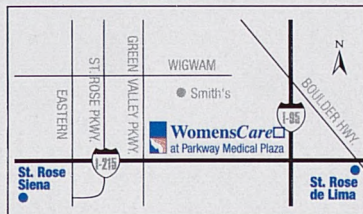
The BARBARA GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals

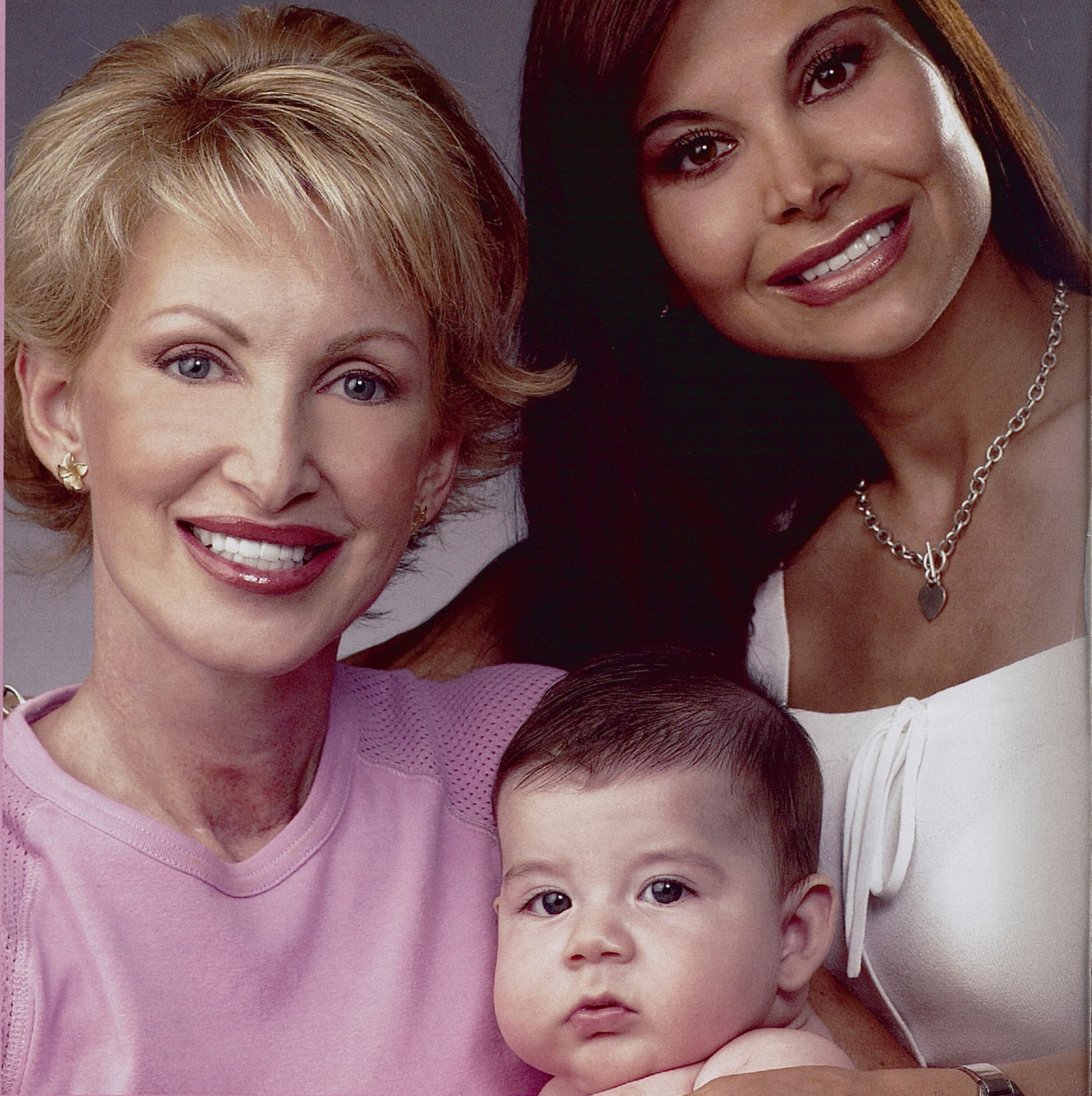
Learn more about Keep Our Doctors In Nevada, visit www.KeepOurDoctorsInNevada.com and vote on Tuesday, November 2, 2004. For more information on how and where to register to vote, call (702) 455-VOTE (8683). The deadline for registration is Saturday, October 2, 2004.

Visit us ...



100 N. Green Valley Pkwy. #330
(702) 616-4900

Born to



Breastfeed

The Department of Health and Human Services' (DHHS) Office on Women's Health and the Advertising Council recently launched "Babies were born to be breastfed," a national campaign encouraging mothers to breastfeed for at least six months.

WomensCare would like you to know what prompted the government to proactively recommend how women feed their babies, and how St. Rose and The Barbara Greenspun WomensCare Center of Excellence can help you give your baby the best nutrition right from the start.

Kevin, an adorable, chubby cheeked four-month old, is breastfed by his mother, Vessi Ilieva. A native of Bulgaria, Vessi breastfed both of her children. "Bottle feeding is not as common in Bulgaria as in America. One reason is that Bulgaria is not a rich country. Many families cannot afford formula," says Vessi.

Currently, the United States has one of the lowest rates of breastfeeding in the developed world. While most new mothers initiate breastfeeding, many quickly discontinue and only 33 percent are still breastfeeding their babies at six months.

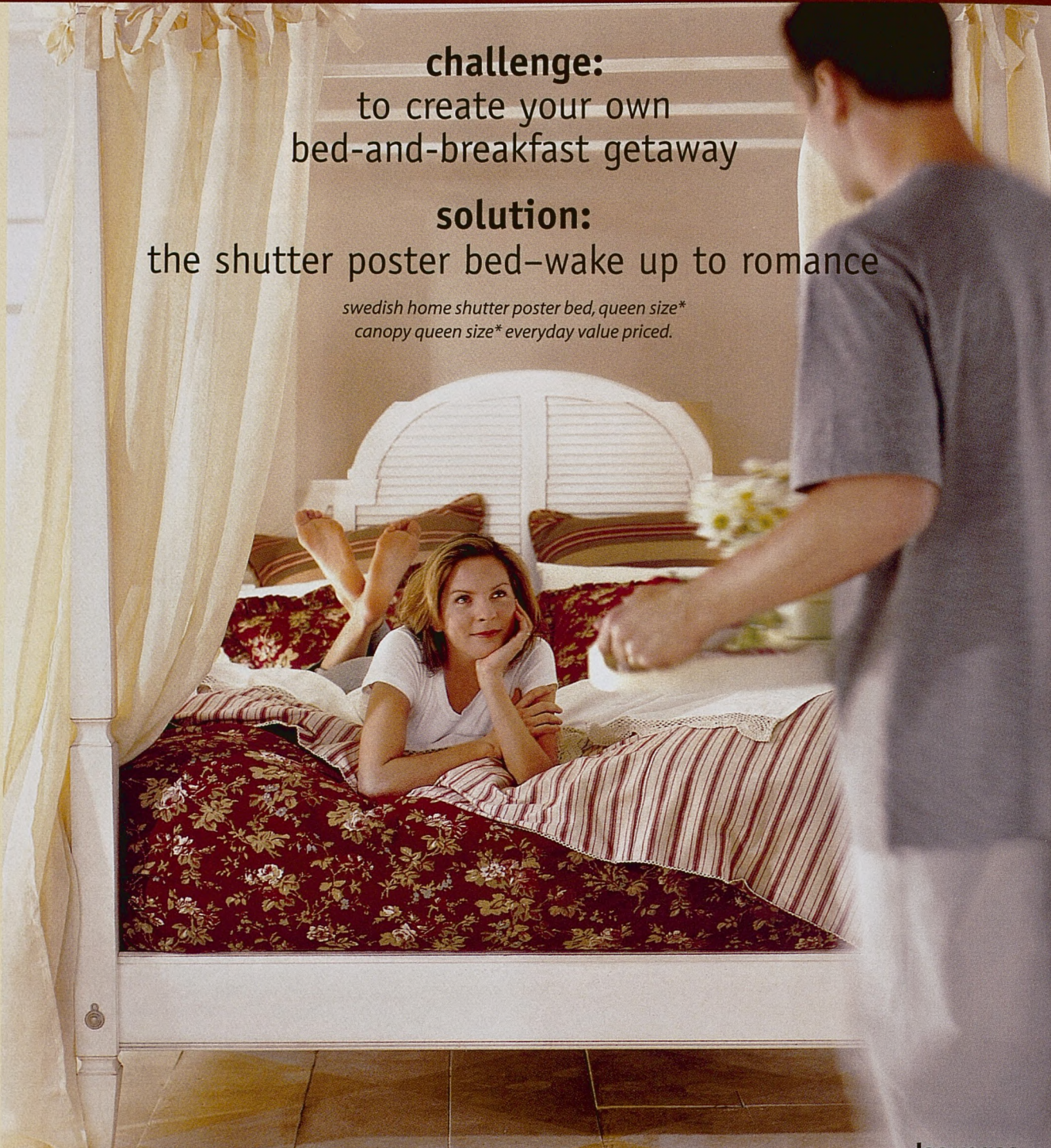
"Research indicates that women understand that breastfeeding is the best nutrition for their babies," says the WomensCare Center's lactation consultant, Marie Bevins, RN, IBCLC. "The low rate of breastfed babies

seems to be linked to a mother's sense of confidence in her capabilities to breastfeed and best provide for her baby's nutritional needs. Her confidence can be contingent on whether she feels supported by her healthcare providers, her circle of family and friends, as well as society as a whole."

Dr. Joseph Plautz, OB/GYN, has seen the popularity and support of breastfeeding rise and fall in the United States during his 40-year-plus career. "In the late 50's and 60's more and more women entered the workforce, and they didn't have a consistent, convenient way to provide for their babies while at work. So, we – physicians, nurses, industry and the general public – encouraged them to bottle feed. Within a few years, baby formulas made bottle feeding not only feasible, but also fashionable."

continued on page 7

FURNISHING SOLUTIONS



challenge:
to create your own
bed-and-breakfast getaway

solution:
the shutter poster bed—wake up to romance

swedish home shutter poster bed, queen size
canopy queen size* everyday value priced.*



Ethan Allen Finance Plus Card
one card | multiple payments options
• Simple Finance Plan with fixed monthly payments
• Revolving credit card

ETHAN ALLEN®

las vegas
1540 s. rainbow blvd.
702.878.4444

henderson
249 n. stephanie street
702.567.5654

*Other sizes available.
© 2004 Ethan Allen Marketing Corporation

Today, physicians, including the American Academy of Pediatrics, and the DHHS, strongly advocate breastfeeding babies for at least six months. "The comparative data is clear," says Plautz. "Childhood obesity, allergies and diabetes are on the rise, and we have all this evidence that indicates that breastfed babies are less susceptible to many infections, allergies and chronic illnesses, including obesity."

Knowing this, DHHS set a goal of increasing the number of babies who are breastfed exclusively for the first six months. It is part of its Healthy People 2010 campaign geared to raise the health status of Americans.

Bevins is thrilled about the "Babies are born to be breastfed" campaign as it aims to raise confidence levels. "Some moms find breastfeeding a breeze, while some find it more challenging. Because many of our own mothers didn't breastfeed, some are at a loss to best help if their daughter and grandbaby are upset and crying. In trying to calm them, they may encourage a mother to give their baby a bottle," Bevins says. "Our goal is to provide mothers the emotional support, education and tools to make it through those first few days when both mother and baby may not quite have the knack of breastfeeding."

St. Rose and The Barbara Greenspun WomensCare Center of Excellence support breastfeeding through:

- Breastfeeding education for expectant mothers and fathers
- Breastfeeding support via phone
- New Mommy Mixer that encourage new moms to get together and share their support and get assistance from a trained lactation nurse
- Medela breast pump rentals for mothers who need a pump, must return to work or have a baby who is hospitalized

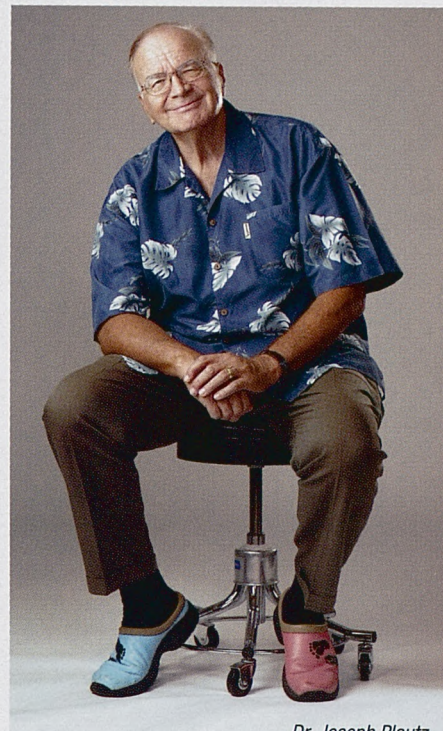
For information on any of these services, call the WomensCare Center at 616-4900.

Why is breast milk best for baby?

- Breast milk passes along antibodies that boost baby's immune system giving them added protection against illnesses and allergies such as ear infections, diarrhea, eczema and asthma to name a few.
- Breast milk is brain food that can increase baby's IQ levels.
- Breastfeeding helps build baby's bones for a stronger skeletal frame.
- Breastfeeding can calm babies, and the components of breast milk are less likely to cause colic.
- Breast milk is high in cholesterol, which is actually good for babies. The makeup of mother's milk seems to encode baby's metabolism to decrease their susceptibility to high cholesterol, obesity and other problems later in life.

What are the breastfeeding benefits for mothers?

- Breastfeeding enables mom to bond closely with baby.
- Breastfeeding helps a new mother's uterus contract more quickly.
- Breastfeeding burns calories, which helps mom shed pregnancy pounds.
- Breastfeeding releases oxytocin, a hormone that brings about calming feelings, which may reduce postpartum depression.
- Breastfeeding is convenient and can be easier than getting up in the middle of the night to make a bottle.



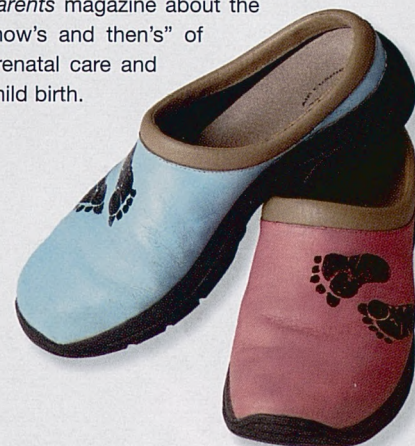
Dr. Joseph Plautz

Young Spirit, Old Soles

Dr. Joseph Plautz, OB/GYN, recently took a work sabbatical of sorts. He did two six-month tours of medical service in New Zealand. His travels and his more than 40+ years as a physician have given him much wisdom and many colorful stories to call upon.

Dr. Plautz is quite colorful himself. He is often recognized by his Hawaiian shirts and blue and pink shoes. He has a long-standing tradition of wearing one pink shoe and one blue shoe into the delivery room. When a baby arrives he raises the appropriate shoe to announce the sex of the child.

Among the many changes he has seen in his years as an OB/GYN is allowing fathers in the delivery room and the ability to determine the sex of the child prior to birth. Dr. Plautz was recently interviewed by *Parents* magazine about the "now's and then's" of prenatal care and child birth.



Ask Marie...

Q: If breastfeeding is natural, why does it seem so foreign to me?

A: Don't confuse "natural" and "immediately easy." Breastfeeding is somewhat of an art, like dancing. At first it may be awkward for mom and baby. But, once you both get the steps down, it becomes natural. If you would like help, please call.

Q: Should I toughen up my nipples in the weeks before breastfeeding?

A: No, that is not necessary. Sore nipples are a sign that baby isn't latching on correctly. Helping baby and mom to learn to latch on correctly is essential and its one of the services we offer. It is important to remember it is not just the nipple, but part of the areola surrounding it that should go into baby's mouth.

Q: My baby breastfeeds a number of times at night. My friends say he is using me as a pacifier. What should I do?

A: The ability to pacify your child can be a gift. Some mothers, including many who work, find that nursing during the night provides baby nutrients, as well as essential snuggle and bonding time.

Marie Bevins is a registered nurse and International Board Certified Lactation consultant. For help with lactation, call 616-4900.

For home consultations, call St. Rose's Family to Family Connection, Betty Fitzgerald, RN, IBCLC, at 568-9601.

upcoming

aug

Angel's Baby

Little Esme (which means precious), is pictured above with her mom, Angel Nettles, who was featured in *WomensCare* three years ago. She shared her story of surviving the roller coaster of emotions brought on by the terminal illness of her now deceased husband, Kevin. Since remarried to Brian, Angel recently survived severe complications related to Esme's birth. Asked about the many joys and sorrows of her life, Angel says, "God has given me everything I thought I never wanted, and everything I ever needed." Angel's baby is featured on St. Rose's new billboard at I-215 near Durango.

Below Esme is pictured with Greg Preston who is typically the guy behind the camera. He has photographed our *WomensCare* covers for the past five years. Greg, like Esme, is a St. Rose alumni. He was born at our Rose de Lima Campus 44 years ago.

The beautifully renovated Rose de Lima Campus Maternal Child Care Unit, with its lovely hardwood floors, cherry wood armoires and comfortable accommodations for family, provides the perfect setting for giving birth. To tour St. Rose's Maternal Child and Pediatric units call 616-4901.



AMERICAN CANCER SOCIETY QUALITY OF LIFE CENTER

Cancer patients, make an appointment with our Quality of Life Center for information, liquid supplements and accessories such as wigs and turbans.

*Location: WomensCare Center
Call 616-4900 for an appointment.*

SAFE SITTER

*Dates: Monday, August 16
Friday, August 20
Friday, October 29
Time: 9 a.m. to 4:30 p.m.
Fee: \$25 (includes backpack)*

DIABETES AWARENESS

Learn to manage diabetes with Dottie Stade, RN, Certified Diabetes Educator.

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

LIFESTEPS WEIGHT MANAGEMENT PROGRAM

Join this 14-week comprehensive weight loss program focusing on behavior change, good nutrition, and physical activity.

*Date: Mondays, August 16 through November 15
Time: 5:30 to 7 p.m.
Fee: \$100 (includes all materials)*

EMPOWERING WOMEN LUNCH & LEARN

Working women enjoy a monthly 45 minute lecture and luncheon, socializing and learning.

*Dates: 2nd Thursday of every month –
August 12, September 9, October 14
Times: 12:05 p.m. to 12:50 p.m. –Sharp
Fee: \$10 (includes lunch)*

HYPNOSIS FOR WEIGHT MANAGEMENT

*Date: Monday, August 16
Tuesday, August 31
Tuesday, October 5
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Center*

HYPNOSIS FOR SELF-ESTEEM

You are beautiful, wonderful and magnificent – believe it!

*Date: Tuesday, August 17 or October 19
Time: 6:30 to 8 p.m.
Fee: \$25 (Includes CD)
Location: Siena Campus, MacDonald Conference Center*

TIGER'S TEENTASTIC TALK

For teens age 11–16. Re-energize for school, sports or your other interests with teen motivator, Tiger Todd.

*Date: Wednesday, August 18
Time: 2 to 4 p.m.
Fee: \$5 or free with donation
of non-perishable food items*

LOOK GOOD ... FEEL BETTER

It's like a makeover for the spirit! Cancer can rob a woman of energy, appetite and strength. But it doesn't have to steal her self-confidence.

*Dates: Wednesday, August 18,
or September 15, or October 20
Time: 6 to 8 p.m.
Location: Comprehensive Cancer Center,
Del E. Webb Medical Office Building
on the Siena Campus. Call 952-3489 to register.*

TEA & TALK BOOK CLUB

*Dates: Thursday, August 19 –
The Memoir Club, Laura Kalpakian
Thursday, September 16 –
Revenge of the Middle-Aged Woman,
Elizabeth Buchan
Thursday, October 21 –
Elegant Gathering of White Snows, Kris Radish
Time: 3:30 to 4:30 p.m.*

FINISH ME – BACK TO SCHOOL WITH STYLE

Teens age 11–15 join Beverly Lee, Personal Image Consultant for a workshop on confidence, clothing, make-up and etiquette.

*Date: Saturday, August 21
Time: 9 a.m. to 4:30 p.m.
Fee: \$40 (includes lunch and a gift)*

SCRAPPY-DO SCRAPBOOKING DAY



Join in on a day of scrapbooking!

*Dates: Saturday, August 21; Saturday, September 18;
Saturday, October 16
Times: 10 a.m. to 7 p.m.
Fee: \$15
Location: Scrappy-Do & Other Stuff Too,
1550 W. Horizon Ridge, Ste. R
Call Scrappy-Do at 407-5589 to register.*

Call 616-4900

for information, reservations and to learn about other programs.

All classes at WomensCare Center, 100 N. Green Valley Parkway, Suite 330 unless otherwise noticed.

 = Healthy heart classes.  = Great for Red Hot Mamas menopause education.

events & ongoing offerings

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

SAFETY AWARENESS & SELF DEFENSE

Join Henderson Police Department's Officer Wilson for safety and defense education.

Date: Saturday, August 21

Time: 10 a.m. to 2 p.m.

Location: Siena Campus, MacDonald Conference Room

EXPRESSIVE & IMPRESSIVE

Etiquette workshop for young ladies ages 11 to 15.

Date: Monday, August 23

Time: 12 noon to 4 p.m.

Fee: \$55

OVERCOMING ARTHRITIS PAIN

Join Dr. Dean Dryer to learn about comparing and choosing the right treatment for you.

Date: Tuesday, August 24

Time: 5:30 to 7 p.m.

MEDITATION ♥

Explore a different relaxation or stress management technique each month.

Dates: Wednesday, August 25

Wednesday, September 15

Wednesday, October 20

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

DON'T SNEEZE, DON'T GIGGLE, DON'T RUN: TAKING CONTROL OF URINARY INCONTINENCE

Dates: Thursday, August 26

Time: 6:30 to 8 p.m.

Location: Siena Campus, MacDonald Conference Center

RED HATS AND ROSES SOCIETY

Put on a red hat and join our Red Hat Society luncheon.

Dates: Friday, August 27,

Friday, September 24,

Friday, October 22

Time: 12 noon to 1:30 p.m.

Fee: \$5

EMOTIONAL IMPACT OF INFERTILITY

Learn normal and abnormal reactions to infertility and effective coping strategies. Taught by Dr. William Slagel, Clinical Psychologist.

Date: Monday, August 30

Time: 6 to 7 p.m.

HEARTSAVER CPR ♥

Become American Heart Association 2-year certified in adult, child, and infant CPR and adult AED and relief of a foreign body airway obstruction.

Dates: Tuesday, August 31, 5 to 9:30 p.m.

Saturday, September 18, 8:30 a.m. to 1 p.m.

Friday, October 22, 8:30 a.m. to 1 p.m.

Fee: \$30

sept

HERBS FOR SKINCARE & BEAUTY

Enjoy herbal skin treatments and learn how to make your own lotion.

Date: Wednesday, September 1

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

Fee: \$25

INTRODUCTION TO REIKI

Learn the power of positive natural healing energy.

Date: Wednesday, September 1

Time: 5 to 6 p.m.

BOTOX & BUTTOCKS

Join plastic surgeon Dr. Jeffrey Roth to learn the latest in lifting your looks.

Date: Thursday, September 2

Time: 6:30 to 8 p.m.

FREE SKIN CANCER SCREENING

Got a suspicious mole or spot? Let the Las Vegas Skin & Cancer Clinic check it out.

Date: Friday, September 3 or

Monday, September 20

Time: 2 to 4 p.m.

Call 616-4900 for an appointment.

HERBOLGY I

Learn to buy and use common herbs for medicinals, herbal teas and a herbal first aid kit.

Date: Saturday, September 4

Time: 10 a.m. to 12 noon

Fee: \$25

HERBOLGY II

Learn about vitamin/mineral content of herbs, herb dosages, herb growing and tea making. Take home starter items for an herbal pantry. Take Herbology I first.

Date: Wednesday, September 8

Time: 6 to 8 p.m.

Fee: \$25

HERBOLGY III

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

Date: Saturday, September 11

Time: 10 a.m. to 12 noon

Fee: \$30

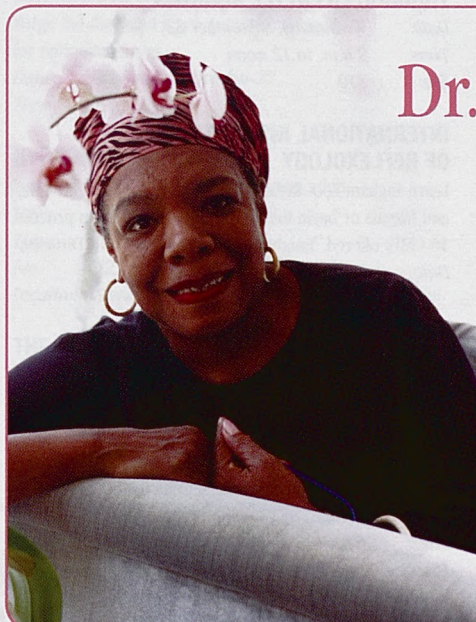
ANGEL CARD READING

Learn how to receive angelic answers and guidance for yourself and your loved ones.

Date: Friday, September 10

Time: 6 to 9 p.m.

Fee: \$55 (includes a set of Doreen Virtue Angel Cards); \$40 if you already have cards



Dr. Maya Angelou Lecture

Join us for a limo ride to see Dr. Maya Angelou's presentation at the AARP National Event, Life@55+.

Date: Thursday, October 14

Time: 9 a.m. to 12 noon

Fee: \$20 for AARP members, \$30 for non-AARP members

Location: Meet at the WomensCare Center

RSVP: 616-4900

upcoming

SPA DAY

Learn to do your own pedicure, manicure and facial. Enjoy chair massage, reflexology foot massage and meditation.

Date: Friday, September 10

Time: 1 to 4 p.m.

Fee: \$30

HYPNOSIS FOR WEIGHT MANAGEMENT ♥ NEW DAY & TIME!

Date: Saturday, September 11

Time: 1 to 2:30 p.m.

Fee: \$25 (Includes CD)

Location: Siena Campus, MacDonald Conference Room

REIKI I CERTIFICATION

Open your channels to Reiki energy and to transfer healing energies to yourself and others.

Date: Saturday, September 11

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

Fee: \$80

MANAGING ANXIETY ♥

Join therapist Jennifer Pietrzak to learn lifestyle changes or managing anxiety.

Date: Tuesday, September 14

Time: 6 to 8 p.m.

HYPNOSIS FOR SMOKING CESSATION ♥

Date: Tuesday, September 14

Time: 6:30 to 8 p.m.

Fee: \$25 (Includes CD)

Location: Siena Campus, MacDonald Conference Room

CONQUERING CHOLESTEROL ♥ THROUGH LIFESTYLE CHANGES

Date: Wednesday, September 22

Time: 9 a.m. to 12 noon

Fee: \$10

INTERNATIONAL INSTITUTE OF REFLEXOLOGY

Learn Ingham Foot Reflexology techniques to use on family and friends or begin the professional certification process. 16 CEU's offered. Taught by Laurie Azzarella, IIR Director.

Date: Wednesday, September 22,

10:30 a.m. to 6:30 p.m.

and Friday, September 24,

8:30 a.m. to 5:30 p.m.

Fee: \$325 (Returning students \$150)

EQUINOX HIKE ♥

Enjoy an easy evening hike to watch the sunset and the full moon rise over the valley and celebrate the Equinox.

Date: Wednesday, September 22

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

*Location: City View trailhead, 1843 Cypress Mesa Drive.
Call 616-4900 to register and receive directions.*

HOLISTIC HEALTH OVERVIEW

Join Ranya Gangi, HHC, for a unique way of viewing yourself, your body and your health.

Date: Wednesday, September 22

Time: 7 to 8:30 p.m.

Fee: \$5

GREAT LOOKS FOR OVER 50: 🌶️ FASHION, ATTITUDE, FEELING GREAT!

Thursday, September 23

Time: 6:30 to 8 p.m.

Location: Siena Campus, MacDonald Conference Center

REFLEXOLOGY FOR LITTLE ONES

Let Laurie Azzarella, IIR Director, teach you reflexology techniques to relieve your kid's aches and pains.

Date: Thursday, September 23

Time: 3:30 to 5 p.m.

Fee: \$5

THE SCENTS OF AROMATHERAPY

Explore the therapeutic benefits of aromatherapy and essential oils with Laurie Azzarella, LMT.

Date: Friday, September 24

Time: 6:30 to 8 p.m.

THIS IS MY LIFE

Teens 11–16, come play a fun, free and informative game that brings to light the tough road of teen pregnancy and parenting put on in collaboration with the Clark County Teen Pregnancy Prevention Coalition.

Date: Saturday, September 25

Time: 10:30 a.m. to 2 p.m.

Location: Siena Campus, MacDonald Conference Center

NATIVE AMERICAN MEDICINE WHEEL

Learn fundamentals of ancient and contemporary Native American Medicine Wheels. Bring a potluck dish to share.

Date: Saturday, September 25

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

Fee: \$15

HYPNOSIS FOR GAMBLING CESSATION

Date: Tuesday, September 28

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Room

BOY TALK

Fathers and sons age 10–14 join a male pediatrician to learn about bodily changes during puberty. Optional lecture 7–8 p.m. on abstinence to follow.

Date: Tuesday, September 28

Time: 6 to 8 p.m.

NUTRITION LEARNING LAB ♥

Seeing is believing! Bring the family and learn about nutritional choices through a hands-on class.

Date: Wednesday, September 29

Time: 6 to 8 p.m.

Breast Health

October is breast cancer awareness month and WomensCare would like to remind women of the Susan G. Komen Breast Cancer Foundation's 3-step approach to breast cancer screening that includes, depending upon a woman's age, a combination of mammography, clinical breast exams and breast self-exams.

- Monthly breast self-exam beginning by age 20.
- Clinical breast exam at least every 3 years beginning at age 20, and annually from age 40 on.
- Annual mammograms beginning at age 40.

Women with a family history of breast cancer or other personal risk factors should consult with a health care provider. Screening tests may need to be done more often and/or started earlier than usual.

Image is Everything

If your physician recommends a mammogram, look to St. Rose Dominican Hospitals for your diagnostic imaging. St. Rose's digital mammograms provide better visibility of the breast, particularly near the skin line, chest wall and dense breast tissue than traditional film images. Additionally, exams take less than half the time. A physician order is required for an exam. Call (702) 616-5585 to schedule an appointment.

events & ongoing offerings

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

oct

BATTLING HIGH BLOOD PRESSURE THOUGH LIFESTYLE CHANGES ♥

Date: Wednesday, October 6

Time: 5:30 to 8 p.m.

NATIONAL DEPRESSION SCREENING DAY

Complete a mental health questionnaire, get information, get help.

Date: Thursday, October 7

Time: 3 to 6:30 p.m.

Call 616-4900 for an appointment.

COUPLES COMMUNICATION

Talk for fun, for love, for conflict resolution. Taught by Dr. William Slagel, Clinical Psychologist.

Date: Tuesday, October 12

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

DIABETES AWARENESS ♥

Learn to manage diabetes with Dottie Stade, RN, Certified Diabetes Educator.

Date: Wednesday & Thursday, October 13 & 14

Time: 10 a.m. to 12 noon

VANISHING VEINS – PREVENTION & TREATMENT OPTIONS

Join Seven Hills Medical Spa to learn if laser therapy is the right way to clear spider veins on your legs or face.

Date: Wednesday, October 13

Time: 6 to 7 p.m.

FALL FOLIAGE RETREAT – ♥ MOUNT CHARLESTON

Meditate, hike, journal and encounter fall foliage.

Date: Friday, October 15

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

Fee: \$30 (includes lunch, snacks & transportation)

REIKI II CERTIFICATION

Learn the healing art of ancient Reiki. Prerequisite is Reiki I Certification.

Date: Friday, October 15, 5 to 9 p.m.

and Saturday, October 16, 2 to 6 p.m.

Fee: \$200

NUTRITION LUNCH & LEARN – ♥ TO MARKET TO MARKET

Join St. Rose Nutrition Therapists for a virtual grocery tour of healthy food selections.

Date: Wednesday, October 20

Time: 12 noon to 1:30 p.m.

Location: Siena Campus, MacDonald Conference Center

FREE MAMMOGRAM IN THE MAMMOVAN

Need a mammogram but lack health insurance? Through Susan G. Komen Breast Cancer Foundation, the Dema Guinn Fund, and the Women's Health Connection Program, free mammograms are available by appointment for age and income eligible women with no health insurance.

Date: Tuesday, October 26

Call 1-877-581-6266 for an appointment..

GIRL TALK

Moms and daughters age 10–14 join Dr. Kim Lamotte-Malone for facts about girl's bodies and puberty. Optional lecture 7:30–8:30 p.m. on abstinence to follow.

Date: Tuesday, October 26

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

CHOLESTEROL, PSA, THYROID ♥ & GLUCOSE SCREENING

Total Cholesterol \$2, Lipid Panel (LDL, HDL, triglycerides) \$30, PSA \$10, T3 & T4 thyroid function \$10, TSH thyroid stimulating \$5. Fasting required.

Date: Wednesday, October 27

Time: 7 to 10 a.m.

Call 616-4900 for an appointment.

Fee: Per screening

NAVIGATING NUTRITION ♥

Forgo fad diets and learn to combine foods for optimum energy.

Date: Wednesday, October 27

Time: 6 to 7:30 p.m.

HYPNOSIS FOR HEALING

Learn how to heal your body with your mind.

Date: Wednesday, October 27

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Center

THE LAW OF GRAVITY: ♪ BREAST HEALTH DURING MENOPAUSE

Thursday, October 28

Time: 6:30 to 8 p.m.

Location: Siena Campus, MacDonald Conference Center

FREE SUPPORT GROUPS

- AA For Women, Mondays, 7:30 p.m. & Wednesdays, 12 noon
- Alcoholics Anonymous (Siena Campus), Sundays, 6 p.m.
- Alateen (Siena Campus, Garden Room), Saturdays, 12 noon
- Bereavement Support Group, 2nd & 4th Thursdays, 6 p.m.
- Breast Cancer Support, 2nd & 4th Mondays, 6 p.m. (Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)
- Compulsive Eaters Anonymous H.O.W. (Rose de Lima Campus), Sundays, 2 p.m.
- DBSA Depression & Bipolar Support Alliance, Tuesdays, 6:30 p.m.
- Diabetes Support, 1st Wednesdays, 10 a.m.
- Divorced Divas, 2nd & 4th Fridays, 6 p.m.
- Eating Disorders Recovery Support (Siena Campus), Saturdays, 9:15 a.m.
- Fibromyalgia Friends, 3rd Thursdays, 6:30 p.m.
- From Darkness to Light Depression Support, 1st & 3rd Mondays, 6 p.m.
- Pregnancy Loss Support Group, 4th Tuesdays, 7 p.m.
- RESOLVE Infertility Support (Siena Campus), 1st Mondays, 6 p.m.

OTHER SERVICES

CONSULTATIONS –

CALL 616-4900 FOR AN APPOINTMENT

Angel Card Reading, \$25 for 30 minutes

Foot Reflexology Sessions, \$30 for 30 minutes

Dietician Consultation, \$75 per hour

Hypnosis Session, \$75 per hour

Healthy Lifestyle Consultation, \$30 per hour

Nevada Tobacco Users' Helpline, 877-0684

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

Gambler's Anonymous Hotline, 385-7732

Call 616-4900

for information, reservations and to learn about other programs.

All classes at WomensCare Center, 100 N. Green Valley Parkway, Suite 330 unless otherwise noticed.

♥ = Healthy heart classes. ♪ = Great for Red Hot Mamas menopause education.

upcoming

Baby & Child Bonanza

Yee ha! Everybody come and do-si-do to learn baby and child care stuff you need to know. Get info on CPR and have a free car safety check, sign up for baby massage and what the heck...Stay for a while to talk with a doc, see Mommy & Baby massage demos that are lots of fun and maybe win a door prize before you're done!

Join St. Rose Dominican Hospitals' Family to Family Connection and The Barbara Greenspun WomensCare Center of Excellence for a fun and informative fair about serious business: caring for your little ones.

- SIDS Education
- Sun Safety
- Shaken Baby Syndrome Education
- Home Safety
- Baby Sign Language Videos
- Baby Massage

Talk with pediatricians, lactation consultants, childbirth educators, and nursery and pediatric nurses.

Date: Saturday, September 18

Time: 11 a.m. to 3 p.m.

Location: Siena Campus, MacDonald Conference Center

**For information
Call 616-4901**

New Family Education Classes

CAR SEAT SAFETY CHECKS

Join Family to Family Connection to check the safety of your child's car seat.

Dates: Fridays, August 13, September 10, October 8

Time: 8 to 10 a.m.

Call 616-4901 or 568-9601 for an appointment.

WEE CAN SIGN: BABY SIGN LANGUAGE

Parents and babies 6 months to 3 years learn to help baby communicate early through signing.

Date: Wednesdays, August 18, 25, September 1, 8,

from 10:30 to 11:30 a.m. or

Saturdays, October 2, 9, 16, 23

from 12 noon to 1 p.m.

Fee: \$90 (includes Sign With Your Baby kit)

CREATIVE PLAY – ages 2 ½ to 5 ½

Join My Gym and Family to Family Connection for age appropriate music, movement and arts!

Date: Monday, September 13

Time: 1 to 3:30 p.m.

Location: My Gym at The District, 2255 Village Walk Drive

BLISSFUL BABY INFANT MASSAGE

Join Avery Short, C.I.M.I. for a three-session massage class. Bring baby, a blanket and small washcloth. Partners and caregivers are welcome.

Dates: Mondays, September 13, 20, 27,

from 10 to 11 a.m. at the WomensCare Center

or Saturday, October 2, 9, 16, from 10 to 11 a.m.

at the Siena Campus, MacDonald Conference Center

Fee: \$30 per family (includes 2oz. bottle pure grapeseed oil and workbook)

STROLLER ROLLERS

Grab your stroller and meet other moms and little ones for a fun walking workout.

Dates: Tuesdays starting September 28

Time: 8 to 9 a.m.

Location: Starts at Paseo Verde Library, Green Valley Parkway and Paseo Verde

CONGRATULATIONS YOU'RE PREGNANT! BUT NOW WHAT?

Learn to best care for you and baby during the first and second trimester through proper prenatal nutrition, exercise and rest.

Date: Thursday, September 30

Time: 6 to 9 p.m.

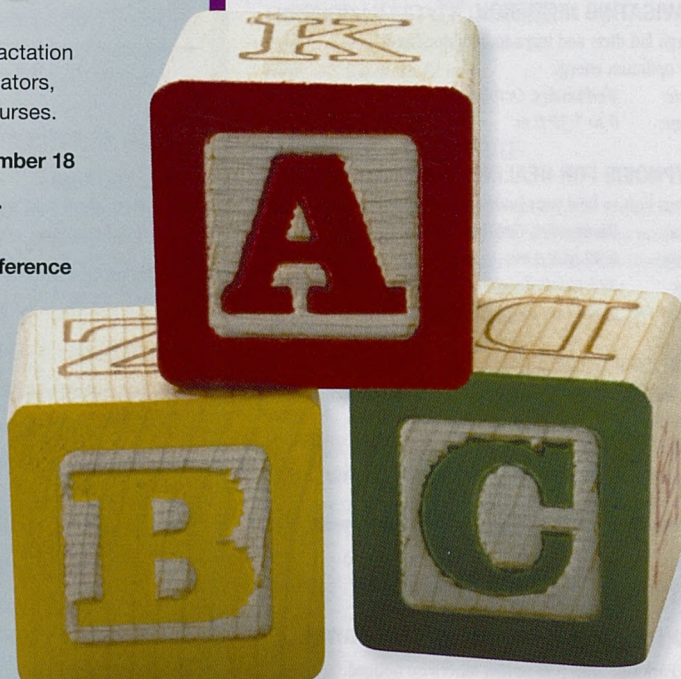
Location: Siena Campus, Maternal Child Classroom

BABY CARE

Expectant or new parents of infants 0–6 months, learn to provide safe, nurturing physical and emotional care. Get basics on everything from feeding and diapering to finding non-abusive child care. Five week program.

Date: Saturdays, October 2, 9, 16, 23, 30

Time: 9:30 a.m. to 12 noon



events & ongoing offerings

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

HEALTHY CONCEPTION, HEALTHY PREGNANCY

Learn the basics of natural family from planning specialist Mickey Bachman, RN.

Date: Thursday, October 21
Time: 6:30 to 9 p.m.
Fee: \$20

ONGOING FAMILY EDUCATION CLASSES

- Prepared Childbirth Classes, \$55
- Bed Rest Learning Module, \$45
- Teen Prepared Childbirth Class
- Hypnobirth Leclairre Method, \$50
- Refresher Childbirth, \$25
- Baby Basics, \$20
- Grandparents Baby Basics, \$20
- Breastfeeding, \$20
- La Leche League, 4th Thursdays, 10 a.m.
- Infant CPR, \$20
- New Fathers Lecture (NFL), \$10
- Mommy & Baby Yoga, \$10
- Sibling Class, \$15/family
- Pregnancy Smoking Cessation Consultation, \$15/session
- Baby Massage, \$30
- New Mommy Mixer, Free – Every Friday at 11 a.m. at the WomensCare Center
- Expectant Parent Hospital Tour (reservations required)

FAMILY TO FAMILY CONNECTION (702) 568-9601

- Breastfeeding Support
- Car Seat Safety Checks
- Parenting Education and Development Play Groups
- Parent Resource Lending Library

RENT A LACTINA BREASTPUMP Call 616-4901

Lactinas are hospital-grade breastpumps that set the standard for the industry. Lactina Select and Lactina Plus are ideal for short- or long-term use. Electric motor with battery option. Double or single pumping.

 medela



Ongoing Offerings

WALK THIS WAY: ♥ WALKING CLUB

Walk your way to health with WomensCare and Henderson Parks & Rec. For all fitness levels and strollers.

Dates: Tuesdays & Thursdays
Time: 12 noon to 1 p.m.
Fee: \$2 per year
Location: Henderson Multigenerational Center
Indoor Track,
250 S. Green Valley Parkway

PAGE CHAIR EXERCISE ♥

People with Arthritis Can Exercise. Enjoy chair exercise that develops range of motion, endurance and strength. Anyone welcome.

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

YOGA ♥

Date: Tuesdays & Thursdays
Time: 9:30 to 11 a.m.
Fee: \$5 per session

PILOGA STRETCH ♥

Gain the strength from Pilates and the flexibility from yoga.

Date: Wednesdays,
beginning September 1
Time: 9 to 10 a.m.
Fee: \$5 per class

Do Tell!

Tell us how you like WomensCare Magazine and classes offered at The Barbara Greenspun WomensCare Center of Excellence, by logging on to www.strosecare.com

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.

Home of the LADARVision CUSTOMCORNEA® system.

Call today to schedule your complimentary LASIK consultation.



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

351 N. Buffalo Dr., Suite B
(West Las Vegas)

999 Adams, Suite 104
(Boulder City ENT only)

2598 Windmill Pkwy.
(Windmill at Pecos)

(702) 456-4000
(Seven Hills & Anthem)

(702) 896-6043
(Green Valley & West Las Vegas)

Is Your Child a C-Sleeper?



The Link Between a Good Night's Sleep & Good Grades

As the long, lazy days and late nights of summer come to an end, Pediatric Pulmonologist Ruben Diaz, M.D. recommends getting kids back to a healthy sleep routine before they head back to school. Additionally, Ruiz advises that parents consult a family doctor or pediatrician if your child snores, breathes loudly, or breathes through the mouth routinely when sleeping.

"Snoring is a common sign of obstructive sleep apnea (OSA), which causes brief pauses in a person's breathing during sleep," says Dr. Diaz. "If a child has momentary interruptions in their breathing throughout the night, they may not get the adequate rest needed to perform well in school."

Ruiz's partner Dr. Craig Nakamura is increasingly concerned about kids' sleep habits. One reason is that the symptoms of childhood OSA (grogginess, irritability, emotional outbursts) are similar to those associated with attention deficit hyperactivity disorder (ADHD).

Ruiz says enlarged tonsils or adenoids are often the cause of OSA. Thus, a tonsillectomy may cure sleep apnea. Decreased muscle tone in the soft tissue at the back of the throat, often associated with obesity, may also be a culprit.

Some child sleep problems may be a factor of a child's age. But, if your child routinely experiences sleep difficulties such as problems falling asleep, snoring, night terrors, restless legs, or awakening groggy, a sleep study may help uncover the cause.

For more information on sleep studies, contact the St. Rose Sleep Center at (702) 433-3606.

The School Sleep Equation

A good night's sleep can help a child earn good grades. Here are sleep recommendations for preschool to high school students:

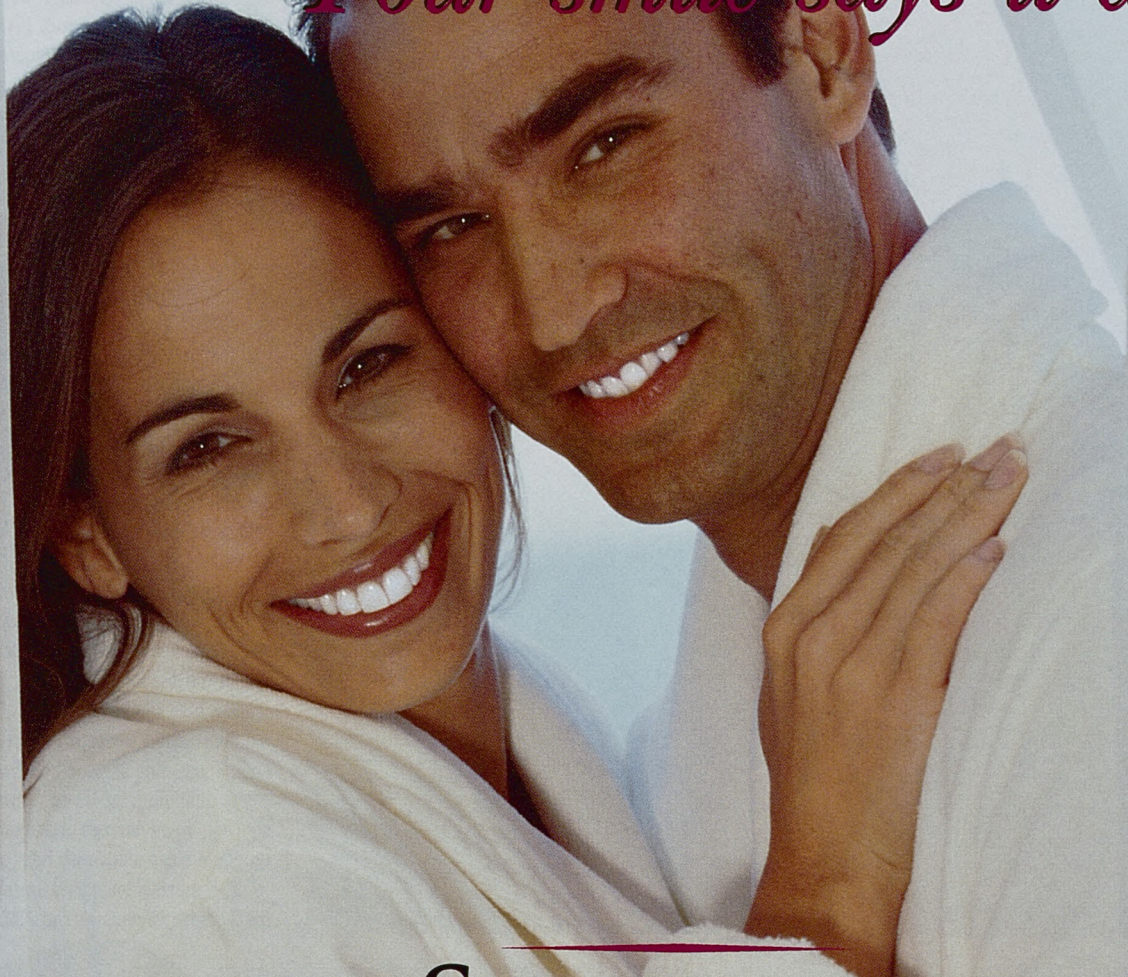
3-6 Years Old	10 ¾-12 hours per day
7-12 Years Old	9 ¼-10 ½ hours per day
12-18 Years Old	8 ¼-9 ½ hours per day

To find a pediatrician
or family physician, call
(702) 616-4508



Confidence.

Your smile says it all!



SIMONE

SMILE DESIGN

Voted One of the Top Four Dentists in Las Vegas
-“BEST DENTISTS,” *LAS VEGAS LIFE* magazine

patricksimonedds.com

702.735.2755

Faculty member
at the UCLA Center
for Esthetic Dentistry



Fellow in the Academy of General Dentistry. Member of the American Dental Association, Nevada Dental Association & Clark County Dental Association. Participant in the Seattle Institute for Advanced Dental Education. Member in the Academy of Cosmetic Dentistry.



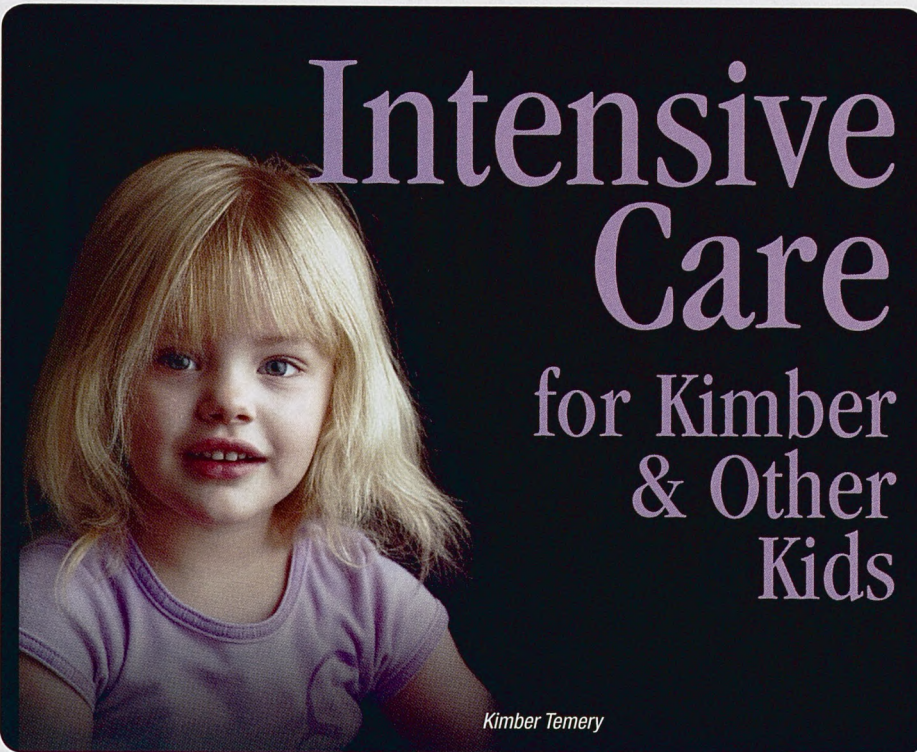
Schools & Safety

Worried about your child's safety at school? Studies indicate that school-age children are nine times more likely to sustain an unintentional injury than to be the victim of violence while at school. An estimated 2.2 million children ages 14 and under sustain school-related injuries each year. Ask your child's school teacher if their schooling includes education on playground safety tips, tips for safety at the bus stop and when entering and exiting a school bus. If not, take an active role in educating your kids. You can find helpful hints at www.safekids.org.

Car proof your child. In 2001, 1,579 child occupants ages 14 and under died in motor vehicle crashes. In 2002 an estimated 227,000 were injured. Even if you're a careful driver, you and your children can be involved in a crash. To greatly reduce the risk that your baby or youngster will be seriously injured or killed in the event of a crash, take advantage of Car Safety Seat inspections offered by WomensCare and Family to Family Connection. See page 12 for details.



Intensive Care for Kimber & Other Kids



Kimber Temery

When a scorpion stung Kimber Temery while hitchhiking a ride on her backpack, she spent two-days recovering from the life-threatening sting in the Pediatric Intensive Care Unit at St. Rose Dominican Hospitals – Siena Campus.

Pediatric emergency physicians, intensive care physicians, nurses and support specialists are trained to care for little patients like Kimber when difficulties do arise. Here are a few steps to take should your child be bit or stung by a spider or scorpion:

- Take comfort that most spider bites are relatively harmless. They may cause some redness and swelling, but can be treated appropriately at home without serious risk. Wash the site thoroughly with soap and water, apply an ice pack or ice cube to reduce the swelling and redness, and if it hurts, give your child acetaminophen or ibuprofen as needed and in accordance to the pain reliever's directions. If your child has any odd symptoms, or the bite blisters, or turns purple and looks infected, consult your physician.

- Black widows and brown recluse spider bites, and scorpions stings, present a real danger. If you suspect such a bite or sting, call your doctor or take your child to the nearest emergency room.

Here are a few tips for preventing spider bites and scorpion stings:

- Vacuum corners and ceilings routinely to clear away spiders, spider webs and their egg sacs.
- Teach or help kids to pick up, shake out and hang jackets, backpacks, blankets and other items they may have left lying around. Bites and stings often occur when spiders or scorpions are trapped between skin and fabric.
- Teach or help kids shake out their shoes before putting them on as sneakers and loafers make a nice resting ground for insects.
- Encourage kids to play away from outdoor walls, woodpiles and other places that spiders and scorpions creep around.

The Siena Campus Pediatric Department includes:

- Five Pediatric Emergency Beds.
- Eight Pediatric Inpatient Beds.
- A Six Bed Pediatric Intensive Care Unit.
- Kid's Korner Grocery and Kitchen that enables parents to actively participate in their child's care.
- Child Life Specialists to help kids and families via emotional support, medical educational play, and everyday activities.
- Pediatric surgical services ranging from cancer treatment, surgical services, and inpatient sleep studies.
- Specially Trained Nurses.

Learn more about St. Rose's Pediatric and Pediatric Intensive Care services, by joining us for our Baby & Child Bonanza (see page 12) or visit our website at www.strosecares.com.

Time Is Muscle

Recognizing and Responding to Heart Attacks and Strokes

Did you know that there is a window of about 70 to 120 minutes before irreversible damage may occur to the heart muscle during a heart attack? Because time can cost heart muscle, it is important to quickly recognize and respond to the symptoms of a heart attack, as well as those of a stroke.

Recognize the warning signs of heart attack and stroke.

Heart attacks are not always sudden and intense, particularly in women. Here are some of the signs associated with heart attacks:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in the other areas of the upper body.** Symptoms can include pain, tingling or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

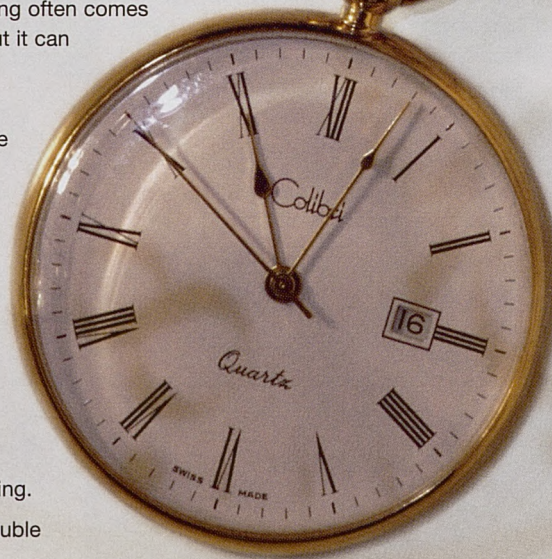
Strokes typically include one or a variety of the following symptoms:

- **Numbness.** Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- **Confusion.** Sudden confusion, trouble speaking or understanding.
- **Vision impairment.** Sudden trouble seeing in one or both eyes.
- **Loss of Coordination.** Sudden trouble walking, dizziness, loss of balance or coordination.
- **Severe headache.** Sudden, severe headache with no known cause.

Respond

In a recent study here in southern Nevada, the Henderson Fire Department found that people waited an average of 52 minutes after the onset of symptoms to call 911. To expedite the time in which people receive cardiac care, the fire department collaborated with St. Rose Emergency Departments to become the first hospitals in the area to receive EKGs directly from paramedics in the field via Meditronics LIFENET technology.

According to ER physician Lance Allgower, D.O., an EKG is the single most important piece of information a hospital needs to care for a heart attack or stroke patient. Receiving this electrical picture of the patient's heart 15 minutes or more before the ambulance arrives enables St. Rose's physicians to evaluate the EKG and set a course of treatment in action. "Receiving EKGs from the field allow us a critical head start in treating cardiac events. We can prepare to administer appropriate medications or perform cardiac catheterization or open heart procedures, giving patients a better chance at not only survival, but also a healthy recovery," says Allgower.



Diabetes is Not a Death Sentence

No Nonsense Advice from Dottie Stade, RN, BS, CDE

Each year St. Rose's clinical diabetes educator, Dottie Stade meets one-on-one with about 4,000 diabetics. Whether counseling a new client, or a client who has had a lapse in their lifestyle habits, this registered nurse is friendly and straight forward when she says, "Diabetes does not have to be a death sentence. If you control your blood sugar, diabetes won't control you."

Of particular concern to Dottie is the relationship between high blood sugar, high rates of infection and lower, slower healing times. "Bacteria loves sugar," says Dottie. "So, when a diabetic with high blood sugar gets an infection, bacteria tends to move into their wound with the intent of living a long, happy life."

Among the most common and potentially critical wounds diabetics may suffer are those to their feet. Because high blood sugars can lead to neuropathy – nerve damage to the feet – diabetics may not feel the discomfort or pain of a foot injury. Thus, even a blister or a bunion could become seriously ulcerated and possibly lead to amputation.

Dottie recommends that diabetics pamper their feet through the following steps:

1. Controlling blood pressure
2. Inspecting feet daily
3. Washing feet daily
4. Wearing clean socks
5. Purchasing appropriate shoes
6. Getting regular foot exams
7. Wearing shoes everywhere



Dottie Stade, RN

"It may seem like a hassle to put on shoes just to run out to get the paper, but an abrasion from the sidewalk or a small puncture from a rock can be enough to give bacteria a place to breed," says Dottie.

Join Dottie for "Diabetes Awareness" at the WomensCare Center. See pages 8 & 11 for dates and times.



The Diabetes-Heart Disease Connection

If you have diabetes – 9.3 million women do – you should be as concerned about your heart as you are about your blood sugar. According to the National Women's Health Resource Center, women with diabetes are three to seven times more likely to develop heart disease and suffer from a heart attack or stroke.

Women with diabetes should talk to their health care profes-

sional about the risks of heart disease and steps to reduce them. Healthy lifestyle habits such as eating a proper diet, regularly exercising, and not smoking can reduce risks. However, your physician might also recommend any or all of the following medications: a daily aspirin, an ACE inhibitor, and a statin. To reduce the threats of heart disease, the National Women's Health Resource Center

states that you should also aim for what are called the ABCs of Diabetes: An A1C result (which provides an overview of your blood sugar over time) less than seven percent; a blood pressure reading less than 130/80 mm hg; and an LDL cholesterol reading of less than 100 mg/dl. These target ranges have been found to reduce the risk of heart disease in people with diabetes.

Sugar Shock!

Sugar sometimes gets a bad rap. Nutritionists at Canyon Ranch Spa say that sugar itself is not always a villain. The real problem is that it is added to so many foods that most people simply eat too much of it.

Many health organizations recommend that no more than 10 percent of our calories come from sugar added to foods during processing (percentage may vary depending on health issues). On average, however, people actually consume about 16 percent of their calories from added sugar. Soft drinks account for one-third of all added sugar consumed. Other products with lots of added sugar include candies, cookies, cakes and ice cream.

To reduce your sugar intake, read labels carefully. Sugar can disguise itself as any of the following:

- Sucrose
- Fructose
- Dextrose
- Lactose
- Maltose
- Corn syrup or corn sweetener
- High fructose corn syrup
- Cane syrup or cane sugar
- Honey
- Molasses
- Sorghum

Canyon Ranch Spa recommends that if you are addicted to the fizz of soft drinks opt for mixing regular soda with diet soda to reduce your sugar intake or try mixing sparkling water with a few ounces of fruit juice.



BREAK  THROUGH

ACCESSORIZE.


Findlay
CADILLAC

WE'RE FRIENDLY. WE'RE FAMILY. WE'RE FINDLAY.

315 AUTO MALL DRIVE HENDERSON 702.558.2600
WWW.FINDLAYCADILLAC.COM

2004
CADILLAC
CTS





Cultivate Balance


By Celebrating the Eternal Equinox

Wednesday, September 22, 2004

For many women, finding a sense of balance seems to be a task they cannot quite get to, thus a goal that goes unachieved. Create a day of equality in your life by celebrating the Fall Equinox, the day in which the sun crosses the celestial equator, from north to south, marking the beginning of Autumn in the Northern Hemisphere. On this day, day and night are equivalent – exactly 12 hours each.

Here are seven steps to celebrate with:

1. Go to bed early enough on Tuesday, September 21 to allow you a full night's rest.
2. Get up and go outside to celebrate the sunrise through prayer, meditation or gentle exercise such as piloga on Wednesday, September 22.
3. Give yourself the best shot at a great day. Jump start your metabolism by eating a healthy breakfast.
4. Let go of an unhealthy lifestyle habit. Write it on a piece of paper and attach it to a piece of clothing you are ready to toss out.
5. Invite a friend, family member or co-worker to share in a healthy lunch of vegetables, fruits and nuts you have harvested over the summer or purchased. (Consider going to a Farmer's Market in the days before).
6. Celebrate the sunset with a Thanksgiving prayer. Face north and offer thanks for home, finances and physical health. Face east and give thanks for the gift of knowledge. Face south and express gratitude for accomplishments in career and hobbies; and face west to ask for the gift of spiritual guidance.



**Join WomensCare for
our Equinox Hike and our
Fall Foliage Retreat.
See details on page 10 & 11.**

Fall, Life, and Loving Yourself

Most of us associate autumn with colorful, falling leaves and cooler weather. While it takes longer for leaves to turn and fall here in southern Nevada, a short day trip up up to Mount Charleston, or Zion National Park in southern Utah, reveals the brilliance of autumn reds, oranges, golds and browns.

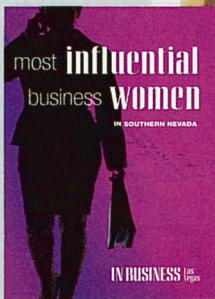
This fall, find some fallen leaves. Inspect them closely to see all their colors, cracks, and veins. Behold their beauty and take time to reflect on the rich hues of your own life. What life seasons have you successfully weathered? What great lessons have colored your world? What beauty were you able to find in occasions when life or love fell short of your expectations?

Fall is an excellent time to celebrate the good things that happened in your life this past spring and summer, as well as to shed any disappointment, regret, blame or anger you may have harbored this year. Do it before the shorter days and longer nights of winter set in.

Join WomensCare for our fall outdoor events listed in our schedule of classes.

Positive Influences

WomensCare and St. Rose Dominican Hospitals are proud to help sponsor *InBusiness Las Vegas'* Most Influential Women event and the publication's special section profiling women making a difference in our community. As a sponsor of the event, WomensCare will award three very special women with The Barbara Greenspun WomensCare Center of Excellence Award. Look for the publication on Thursday, September 9, 2004. To order copies of *InBusiness Las Vegas*, call (702) 990-2545.



Antibiotics Update

Antibiotics can do wonders in fighting infections caused by bacteria. However, some bacteria can become resistant to antibiotics. Using antibiotics only when appropriate and correctly will help ensure that they will be effective for you and your family in the future. Here are a few tips on antibiotics:

1. Ask about antibiotic resistance.
2. Ask whether an antibiotic is likely to be beneficial for your illness.
3. Ask what else you can do to feel better sooner.
4. Do not take an antibiotic for a viral infection like a cold or the flu.
5. Take an antibiotic exactly as a doctor tells you.
6. Do not save antibiotics from one prescription for the next time you get sick.
7. Do not take an antibiotic prescribed for someone else.

Visit www.unitedhealthfoundation.org for tips on being health smart.

National Breastfeeding Month

Got breastmilk? If you don't, take the time to support a mother who is breastfeeding through the following:

- Dads and partners can help mom by bringing baby to her when baby needs feeding. Bring mom a comfortable pillow, a glass of water – and the TV remote if she is feeding on the couch.
- Party hostesses who have invited a new mother to an event can greet her at the door and show

her where she can breastfeed quietly if she would prefer to get away from the hustle and bustle.

- Create a quiet room at your place of work for mothers to pump breastmilk.
- Be a concerned citizen by supporting a mother's right to breastfeed in public. It is a given right in all 50 states. Considering the health benefits breastfeeding provides babies, encouraging mothers to nurse may reduce our national healthcare costs later.

Difficulties Breastfeeding

There are some instances when a mother may not be able to breastfeed her baby, such as in instances where the mother or baby are hospitalized after the birth. This can be painful for the mother. It is important to support her and help her celebrate her great achievement – her baby.

Health Professionals join the Breastfeeding Task Force of Nevada! Log on to: groups.yahoo.com/group/bftf-nv or call (702) 598-5666.

Moms join the Breastfeeding Task Force for a Healthy Baby Fair to celebrate International Breastfeeding Month, Saturday, August 14, 10:30 a.m. to 1:30 p.m. at the Enterprise Library.

KEEP YOUR FACE LOOKING GREAT THIS SUMMER!!!

ENHANCED SKIN REJUVENATION

A revolutionary laser treatment that can eliminate a variety of problems, including:

Broken Capillaries
Rosacea
Spider (Facial) Veins

Large Pores
Freckles
Age/Sun Spots

Pigmentation Variances

ELIMINATE UNSIGHTLY VEINS!

Our advanced laser technology can safely and quickly eliminate leg veins, spider veins and broken capillaries

WomensCare Special

25-50% off any package of vein treatments*



SEVEN HILLS
MEDICAL SPA

Look and Feel Your Best

CALL TODAY FOR YOUR FREE CONSULTATION

702.932.1366

880 SEVEN HILLS DRIVE, SUITE 110
HENDERSON, NV 89052

702.873.1141

2800 W. SAHARA, SUITE 8B
LAS VEGAS, NV 89102

ADDITIONAL SERVICES INCLUDE:

Laser Hair Removal • Botox
Collagen & Restylane
Endermologie (Cellulite) Treatments

PHYSICIAN GRADE SKINCARE PRODUCTS:

OBAGI
LaRoche Posay
Procyte
Nucelle

*Some restrictions apply.
Call for details.

RENEW YOUR SPIRIT



**Mention this ad and save 20%
on Spa, Salon and Wellness Services***

Refreshing spa treatments
Luxurious salon services
Invigorating fitness classes
Nutrition & wellness experts
Gourmet café dining

* Restrictions apply

Come to Canyon Ranch.

Be refreshed.

Be cared for.

Be well.

CANYON
RANCH *SpaClub*SM
AT THE VENETIANTM

702-414-3600
canyonranch.com



St. Rose Dominican Hospitals

CHW

102 East Lake Mead Parkway
Henderson, Nevada 89015
702.616.5000
www.strosecares.com

Non-Profit
Organization
U.S. Postage
PAID
St. Rose
Dominican Hospital

Postmaster: Please deliver within Aug. 1-7.