

WomensCare

A magazine for your mind, body and spirit

FALL 2004



YOUTHFUL YOU

THE SKINNY ON GASTRIC BYPASS SURGERY

PLUS

Don't Forget
Folic Acid

Managing
Moods

News On
Hormone
Therapy

The **BARBARA GREENSPUN**
WomensCare
Center of Excellence

St. Rose Dominican Hospitals
 **CHW**

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.



Nevada Eye & Ear

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)



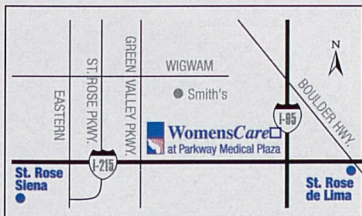
Here's to A Youthful You

With advances in healthcare and healthy lifestyle strategies, people can live, work and enjoy quality of life longer. Nowadays everyone from your hair dresser to your healthcare provider might be heard saying that 50 is the new 30. That would make our cover models Nicole, Cheryl and Doreen just 10, 25 and 37 respectively. Would these women turn back the hands of time? Nicole, Cheryl and Doreen are happy where they are.

What keeps these women looking and feeling young? A sunny disposition for starters, says WomensCare Director Holly Lyman, who knows each woman well. Nicole also uses herbs. In fact, she teaches WomensCare herbology classes. Cheryl celebrates life every day as a registered nurse at St. Rose's Rose de Lima Campus maternal child unit. Doreen, who takes yoga at the WomensCare Center, says that she is comfortable with her age having spent most of the last 30 years focusing on healthy living.

Looking to discover the youthful you? Do so with WomensCare. Nicole, Cheryl and Doreen's clothes provided by J. Jill in The District. Join J. Jill and WomensCare for wine, cheese and discounts on what to wear on Thursday, Nov. 18 from 5 p.m. to 9 p.m.

Visit us ...



100 N. Green Valley Pkwy. #330, 89074
(702) 616-4900

from our president

Dear Reader,

In developing this issue of WomensCare magazine, we interviewed a number of individuals. Some suffered deep depression and others morbid obesity. We were impressed by the incredible courage each woman possessed and were moved by the fact that each one felt blessed or found a blessing in the midst of their battles.

One woman spoke of her son. She took him to the Emergency Room when he began complaining of headaches two weeks after they had been in a minor car crash. She expected to hear that he had a concussion. Rather she learned that he had not been hurt in the car crash, but had a large tumor resting at the base of his brain. While most of us wouldn't consider getting rear-ended a blessing, it inadvertently helped save her son's life.

As this year winds down and a new one begins, I hope you take note of the obvious and seemingly accidental blessings in your life.

Peace, joy and good health to you and yours. And if you have a few minutes, please log on to www.strosehospitals.org and complete our WomensCare Magazine survey.



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, Linda Roth
Magazine Editor: Shauna Walch
Staff: Andy North, Tammy Kline, Mandy Abrams

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



Weight Loss Surgery

APRIL LOST HUNDREDS OF POUNDS over the first decades of her life. "I knew how to diet with the best of them," she says. "The problem was that after every diet, I gained back the weight I lost, and then some."

April faced multiple health problems due in part to her weight. Losing weight was becoming a life or death issue, so she visited her doctor to talk about gastric bypass surgery.

"I was definitely skeptical. I had both genetics and emotional eating issues working against me, and doctors weren't going to be operating on my mind," says April. "But, I researched my options and the benefits of surgery and support systems available to me after the procedure, I knew that it was right for me and that I was ready."

Eighteen months have passed and April has lost 180 pounds. "Gastric bypass has been an incredible blessing for me. That is not to say it is a miracle cure handed to patients on a silver platter," she says. "It is hard work and requires a continual commitment."

But, my very worst day since surgery has been much better than my best day before surgery."

April's daily regimen requires that she eats three healthy meals, drinks two liters of water and takes a handful of vitamins. Regular visits to her doctor and participation in a support group have also been crucial to keeping her commitment. "Gastric bypass surgery is only a tool, it is not a cure. My dedication to a healthy lifestyle is part of the weight loss equation," says April.

Those same exact words, "gastric bypass surgery is only a tool, not a cure," echo through the offices of Dr. Francis Teng and Dr. Bernie Hannah, general surgeons (American Society of Bariatric Surgery) who perform gastric bypass surgeries at St. Rose Dominican Hospitals. *WomensCare* magazine asked Dr. Teng to help shed light on a weighty issue (pun intended).

A Blessing For Many, But Not A Way To Bypass Healthy Lifestyle Changes

WOMENSCARE: Why has gastric bypass become so popular?

DR. TENG: Obesity has become a critical issue in the U.S. Nearly two-thirds of American adults have a weight problem and one third are considered obese. At least five million suffer from morbid obesity, which is obesity so significant that it increases the risk of one or more health issues such as Type II diabetes, hypertension, sleep apnea, joint and back problems that affect life quality and life expectancy. The surgery provides people who desperately need to lose weight, an effective option for losing an average of 100 pounds.

WOMENSCARE: Who is the ideal candidate for gastric bypass surgery?

DR. TENG: First, it is important to emphasize that

BREAK  THROUGH

ACCESSORIZE.



Findlay
CADILLAC



2004 CADILLAC CTS

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

315 AUTO MALL DRIVE HENDERSON 702.558.2600

WWW.FINDLAYCADILLAC.COM



Mood Disorders and Your Dentist

You might expect your dentist to ask about your oral hygiene habits. But, would you expect to be questioned about whether or not you take medications such as antidepressants?

Dr. Patrick Simone, D.D.S., says that up to 37 percent of adults experience mood disorders at some point in their lives and those who take prescription medications as a form of treatment may be susceptible to dental side effects.

"Dry mouth (xerostomia) is a common side effect of medications prescribed for mood disorders," says Dr. Simone. "Saliva washes away sugars and bacteria that eat away at our teeth and infect our gums. A significant decrease in saliva can lead to an increased rate of cavities and periodontal (gum) disease."

To prevent tooth decay, Dr. Simone stresses those individuals who take medications such as antidepressants be vigilant about maintaining a high level of oral hygiene by brushing, flossing and daily fluoride therapy. "Sipping water throughout the day and night, as well as chewing sugarless gum can also help moisten your mouth and wash away bacteria and debris," says Dr. Simone.

gastric bypass is not meant for everyone. It is a surgical tool sanctioned by The National Institute of Health to treat severely obese patients. Patients must have a body mass index (BMI) of more than 40, which is about 100 pounds more than the ideal weight for women and be unable to sustain adequate weight loss through diet, exercise or medications. The surgery is also appropriate for patients with a BMI over 35 with at least two co-morbid conditions such as hypertension, heart disease, sleep apnea or type II diabetes. Other issues we consider are emotional readiness and whether a patient faces obesity-related physical problems that interfere with employment, walking or tending to family and whether the patient is ready to commit to the surgery and healthy lifestyle habits.

WOMENSCARE: What are the benefits of gastric bypass?

DR. TENG: The primary benefits of gastric bypass are weight-loss, improved quality of life, and longevity. On average, patients lose 100 pounds, which tends to improve most obesity-related conditions. In one study, blood sugar levels of 83 percent of patients with diabetes returned to normal after surgery. After surgery patients quickly realize weight loss they have previously been unable to achieve, thus a sort of cascading effect occurs. As our patients lose weight, they get an emotional lift, they begin feeling more self-confident and more able to move or exercise. So they tend to be better able to address and cope with emotional issues without turning to food as an anesthetic.

WOMENSCARE: What are the risks of gastric bypass surgery?

THE SKINNY ON GASTRIC BYPASS

Gastrointestinal surgery for obesity, also called bariatric surgery, alters the digestive process by closing off parts of the stomach to make it smaller thus restricting the amount of food it can hold. St. Rose surgeons perform Roux-En-Y gastric bypass and gastric lap banding, which have become the most widely performed bariatric surgeries.

Approximately 100,000 overweight Americans underwent gastric bypass surgery in 2003 with hopes of not only shrinking their stomachs and waistlines, but their entire bodies. The procedure reduces the stomach from about the size of a grapefruit to a golf ball creating a new wall with a line of staples. At the same time, the small intestine is reconfigured so food bypasses the first and second segment of the intestines, reducing the number of calories that the body can absorb.

Gastric banding, often called lap banding because it is performed laproscopically (through small scope inserted into the abdomen through tiny incisions) is a reversible procedure in which a silicone band is placed around the upper part of the stomach to make an hourglass shape. This controls the transit of food without cutting or stapling. Weight loss is slower but the band can be removed with few adhesions.

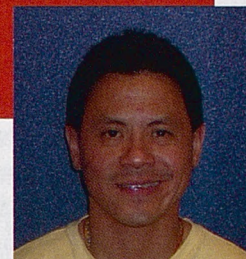
For more information on finding a physician, call St. Rose Physician Referral or visit St. Rose's Physician Finder at www.strosehospitals.org

DR. TENG: There are potential risks to any major surgery, which range from slower than expected recovery times to death. Gastric bypass is no exception. A somewhat common side effect is short-term hair loss and we prescribe vitamin therapy to protect against an increased risk of osteoporosis. Some patients may develop infection at the incision site, gallbladder issues or stretched stomach outlets.

WOMENSCARE: Is it true that some people continue to eat and burst their staples?

DR. TENG: Yes. It is vitally important that

patients realize that gastric bypass surgery and gastric lap banding are tools, not cures. We talk extensively with patients before and after surgery to educate them on lifestyle changes they must make. We also offer comprehensive follow-up care, including routine office visits, educational lectures and weekly support group meetings that allow patients to address issues, share success stories and provide one another the emotional support that reinforces their commitment to a healthy way of living.



Dr. Teng has completed all the master's courses provided by the American Society of Bariatric Surgery.

WOMENSCARE: Is the surgery outpatient or inpatient surgery?

DR. TENG: Gastric bypass and lap banding are done in the hospital. Patients are usually required to stay between 1 to 2 for lap banding and a few additional days for bypass. We usually estimate that people will need to take from two to six weeks off from work.

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

Dr. Teng will discuss surgical weight loss options, post operative follow-up, lifestyle changes, financial information and nutritional support.

6 TO 8 P.M., MONDAY, JANUARY 10, 2005
ST. ROSE, SIENA CAMPUS MACDONALD CONFERENCE ROOM

Tools for Trimming Down

Gastric bypass is proving to be a successful tool for helping people who are severely obese to down-size. But, are there effective weight loss methods for people looking to trim lesser amounts of weight off their frames?

The Barbara Greenspun WomensCare Center of Excellence offers two programs that focus on helping people change their eating and exercise habits. The first is called LifeSteps®. It is a 16-week course designed to guide people through a successful behavior change process. LifeSteps combines nutrition, physical activity and group support and strategies to avoid relapses into old habits that cause overeating and inactivity. The second option is Hypnosis for Weight Loss taught by Bill Hershey. While hypnosis may sound like an unusual tool for losing weight, Bill's success stories speak for themselves. Ashley Pratt attended Bill's seminars and had lost 47 pounds at the time she was photographed for WomensCare last December (below). Nearly a year later, she has lost about 20 more pounds.

"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.



upcoming

nov

HEARTSAVER CPR-ADULT/CHILD

Get AHA 2-year certified in adult, child and infant CPR, adult AED, and relief of foreign body airway obstruction.

*Dates: Wednesday, November 10, 2:00 to 6:30 p.m.
Saturday, December 4, 8:30 a.m. to 1:00 p.m.
Monday, January 17, 8:30 a.m. to 1:00 p.m.*

Fee: \$30

AMERICAN CANCER SOCIETY QUALITY OF LIFE CENTER

Cancer patients, visit 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*

CARDIAC NUTRITION CLASS

Join a St. Rose Dietitian for a lecture on how you can use nutrition to fight heart disease.

*Dates: Thursdays, November 11 and January 13
Time: 11:00 a.m. to 12:30 p.m.*

Location: Rose de Lima Campus. Call for directions

HYPNOSIS FOR WEIGHT MANAGEMENT

*Dates: Saturdays, November 13 and December 11
Time: 1:00 to 2:30 p.m.
Fee: \$25 (Includes CD)*

Location: Siena Campus, MacDonald Conference Room

MEDITATION

Explore a different relaxation or stress management technique each month.

*Dates: Tuesday, November 16, 10:00 to 11:00 a.m.
Monday, January 10, 6:00 to 7:00 p.m.*

BLOOD DRIVE

*Date: Wednesday, November 17
Time: 10:00 a.m. to 2:00 p.m.*

BONE DENSITY SCREENING WITH DESERT RADIOLOGY

*Dates: Wednesday, November 17
Tuesday, January 25*

*Time: 3:30 to 6:00 p.m.
Call 616-4900 for an appointment*

THE NATURAL WAY: ALTERNATIVES TO HORMONE REPLACEMENT THERAPY

Join a pharmacist, herbologist and a naturopath to discuss prescription and non-prescription alternatives to HRT.

*Date: Thursday, November 18
Time: 6:30 to 8:00 p.m.*

Location: Siena Campus, MacDonald Conference Room

VEGETARIAN HOLIDAY

Sample vegan foods and learn secrets for turning holiday recipes into vegan delights.

*Date: Friday, November 19
Time: 6:00 to 7:00 p.m.*

*Fee: \$5
Location: Siena Campus, MacDonald Conference Room*



New Year's Resolutions Got You Uptight Already?

Canyon Ranch Spa Club to the rescue!

Get a Canyon Ranch Massage for just \$99 (usually \$130) with all gratuities included. Valid Saturday, Jan. 8-Thursdays, Jan. 13

Call (702) 414-3600

(Reservations can be made up to 60 days in advance. Guaranteed, complimentary valet parking. Must be 18 years of age or older.)

events & ongoing offerings

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

RACHEL'S VINYARD WEEKEND RETREAT

For healing after abortion. Participation is strictly confidential and offers a beautiful opportunity to experience compassionate love.

Dates: Friday, November 19 to Sunday, November 21
Fee: \$150 (Financial Assistance Available)
Registration: 283-8379

KALEIDOSCOPE QUILTING

Date: Monday, November 22
Time: 10:00 a.m. to 3:00 p.m.
Fee: \$25

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Date: Monday, November 29
Time: 5:30 to 8:30 p.m.
Fee: \$10

dec

ACUPRESSURE

Join Dr. Shane Flaviano to learn Chinese healing methods to relieve pain and promote good health.

Date: Wednesday, December 1
Time: 6:30 to 7:30 p.m.

YOGA FOR TEENS

A clear head connected to a calm balanced body? Yep, through Yoga!

Dates: Wednesdays, Beginning December 1
Time: 3:00 to 4:00 p.m.
Fee: \$7

HYPNOSIS FOR SMOKING

Date: Wednesday, December 1
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

N.O.T. (NOT ON TEEN TOBACCO)

Teens, kick the habit! Join American Lung Association for a 10 week smoking cessation program.
Dates: Thursdays, December 2, 9, 16, 23, 30,

January 6, 13, 20, 27 and February 3

Time: 3:00 to 4:00 p.m.

A HOLIDAY GLOW ON LIBRARY TREE LANE

Enjoy exquisitely decorated holiday trees and garlands. Log on to www.hdpl.org/librarytreelane.html
Dates: December 3 to December 11
Location: Paseo Verde Library

FEEL GOOD BINGO

Learn about the signs and symptoms of depression while playing a fun game of bingo.
Date: Monday, December 6
Time: 10:00 to 11 a.m.

AYURVEDA: ANCIENT WISDOM & WESTERN APPLICATIONS

Learn about Ayurveda, a healing practice that focuses on connections between thoughts, emotions, and physical well-being. Taught by William Celentano, D.O.
Date: Wednesday, December 8
Time: 6:00 to 7:30 p.m.

HYPNOSIS FOR STRESS MANAGEMENT

Date: Thursday, December 9
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

THE ART OF HAND DIPPED CHOCOLATES

Learn to make decadent chocolate gifts, enjoy samples and make 'n takes
Dates & Times: Friday, December 10, 9:00 to 11:00 a.m.
Friday, December 10, 2:00 to 4:00 p.m.
Friday, December 10, 6:00 to 8:00 p.m.
Saturday, December 11, 10:00 a.m. to 12 noon
Fee: \$10 (Includes recipe booklet)

AT HOME ALONE

Bring kids 10 and older to learn home alone safety basics.
Date: Monday, December 13
Time: 3:00 to 4:30 p.m.

HYPNOSIS FOR SELF-ESTEEM

Date: Tuesday, December 14
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

NEW HOPE IN A WORLD OF HURT

Join Dr. Stephan Andracki to explore advances in pain relief, including surgery, medications, self-care and alternative techniques.
Date: Tuesday, December 14
Time: 6:00 to 8:00 p.m.

MUSIC AND MEDITATION FROM ZION

Violinist/composer, Rebecca Ramse, will play music from her CD, The Stone Sanctuary, Silhouettes of Zion. Inspired by the natural splendor of Zion National Park, these melodies will renew your mind and spirit.
Date: Wednesday, December 15
Time: 6:00 to 7:00 p.m.

DIABETES MANAGEMENT

Learn to manage diabetes with Dottie Stade, RN, Certified Diabetes Educator.
Dates: Wednesday, December 15
Thursday, December 16
Times: 10:00 a.m. to 12 noon

TEA & TALK BOOK CLUB

Read the books and join the discussion over tea!
Dates: Thursday, November 18: *The House on Olive Street*, Robyn Carr-Join us for an Afternoon with the Author! Robyn Carr will be leading the discussion on her book.
Thursday, December 16: *Daisy Faye and the Miracle Man*, Fanny Flagg
Thursday, January 20: *Mapping the Edge*, Sarab Dunant
Time: 3:30 to 4:30 p.m.

jan

HYPNOSIS FOR SMOKING

Date: Tuesday, January 4
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

THE POUNDS OF EMOTION

Are you eating to silence your emotions? Learn to treat the issues underneath the pounds with Dr. Tamara Johnson.
Date: Wednesday, January 5
Time: 6:00 to 7:30 p.m.

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) 🧢 = Fun Outings for Red Hatters

Free Support Groups

- AA For Women, Mondays, 7:30 p.m. and Wednesdays, 12 noon
- Alcoholics Anonymous Siena Campus, Sundays, 6:00 p.m.
- Alateen (Siena Campus, Garden Room), Saturdays, 12 noon
- Bereavement Support Group, 2nd and 4th Thursdays, 6:00 p.m.
- Breast Cancer Support, 2nd and 4th Mondays, 6:00 p.m. (Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)
- CODA, Co-dependency Support Group, Siena Garden Room, Saturdays, 10:00 a.m.
- DBSA Depression & Bipolar Support Alliance, Tuesdays, 6:30 p.m. and Wednesdays, 11:30 a.m.
- Diabetes Support, 1st Wednesdays, 10:00 a.m.
- Divorced Divas, 2nd and 4th Fridays, 6:00 p.m.
- Eating Disorders Recovery Support, Siena Campus, Saturdays, 9:15 a.m.
- Fibromyalgia Friends, 3rd Thursdays, 6:30 to 8:30 p.m. (No meeting November and December)
- From Darkness to Light Depression Support, 1st and 3rd Mondays, 6:00 p.m.
- Gamblers Anonymous, Siena Garden Room, Every Tuesday from 6:00 to 7:30 p.m.
- Narcotics Anonymous, Siena Garden Room, Every Wednesday from 5:30 to 6:30 p.m.
- Pregnancy Loss Support Group, 4th Tuesdays, 7:00 p.m.
- RESOLVE Infertility Support, Siena Campus, 1st Mondays, 6:00 p.m.
- 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

Note: Held at WomensCare unless noted

upcoming

THE MEMOIR CLUB

Join Roselyn Braverman to write your way through a journey of your past.

Dates: First Thursday of the Month, February 3, March 3 and April 7

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

Fee: \$30 per quarter

GET OFF ON THE RIGHT FOOT...WORKING EXERCISE INTO YOUR LIFE

Learn strategies for initiating and maintaining a physically active lifestyle.

Date: Thursday, January 6

Time: 6:00 to 7:00 p.m.

I CAN COPE: LIVING WITH CANCER

Please join American Cancer Society for a 4-week series to help patients, family and caregivers understand and cope with a cancer diagnosis.

Dates: Saturdays, January 8, 15, 22, 29

Time: 9:00 to 11:00 a.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: Tuesday, January 11

Time: 7:00 to 10:00 a.m.

Call 616-4900 for an appointment

Fee: Per screening

METABOLIC SCREENING

Date: Tuesday, January 11

Time: 2:00 to 4:00 p.m. with appointment

Call 616-4900 for an appointment

Fee: \$10

SOOTHING THE SPIRIT

Join therapist Jennifer Pietrzak to identify and change patterns of frustration and resentment.

Date: Tuesday, January 11

Time: 5:00 to 6:00 p.m.



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) 🍷 = Fun Outings for Red Hatters

events & ongoing offerings

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

PROSPERITY MEDITATION

Start the New Year off by meditating with Carol Adams for excellent health, and perfect self-expression.

Date: Wednesday, January 12
Time: 10:30 to 11:30 a.m.

DIABETES MANAGEMENT

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

Dates: Wednesday, January 12
Thursday, January 13
Times: 1:30 to 3:30 p.m.

UNDERSTANDING CHF

Join Betty Newberry, R.N., to discuss congestive heart failure and how to manage it.

Date: Thursday, January 13
Time: 4:00 to 5:00 p.m.

THE EFFECTS OF GERD (GASTROESOPHOGEAL REFLUX DISEASE)

Maybe it isn't heartburn. Learn to manage acid reflux with gastroenterologist, Dr. Rajat Sood.

Date: Monday, January 17
Time: 6:00 to 7:00 p.m.

HEALTHY COOKING CLINIC

Learn to make six healthy meals in 20-minutes or less. Sample dishes and receive a recipe booklet.

Date: Tuesday, January 18
Time: 6:00 to 8:00 p.m.
Fee: \$15 (payment required in advance)
Location: Henderson Convention Center

HYPNOSIS FOR WEIGHT MANAGEMENT

Date: Tuesday, January 18
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

BATTLING HIGH BLOOD PRESSURE THROUGH LIFESTYLE CHANGES

Date: Thursday, January 20
Time: 5:30 to 8:00 p.m.

CARING FOR YOUR CREATIVE SELF

Set your colorful, creative side free through sure fire methods of art and visual play. No experience needed.

Date: Friday, January 21
Time: 2:00 to 4:00 p.m.
Fee: \$15 (includes a set of art materials)

HYPNOSIS FOR SELF-ESTEEM

Date: Tuesday, January 25
Time: 6:30 to 8:00 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

GIRL TALK

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, January 25
Time: 6:30 to 8:00 p.m.

AURAS, CHAKRAS & THE BIO-ENERGY FIELD

Query your unconscious mind by focusing on your energy body and seeing its expression as your physical and emotional life.

Date: Wednesday, January 26
Time: 6:00 to 7:00 p.m.

THE PROPER CARE AND FEEDING OF YOUR RELATIONSHIP

Join therapist Jennifer Pietrzak to assess whether your relationship is in need of therapy and learn strategies to feed your relationship.

Date: Wednesday, January 26
Time: 6:30 to 8:00 p.m.
Location: Siena Campus, MacDonald Conference Room

PRESCRIPTION FOR A HEALTHY LIFE

Join a dietitian and a personal trainer to learn how exercise and nutrition can help during pre and post menopause. Body Fat Analysis optional.

Date: Thursday, January 27
Time: 6:30 to 8:00 p.m.
Location: Siena Campus MacDonald Conference Room

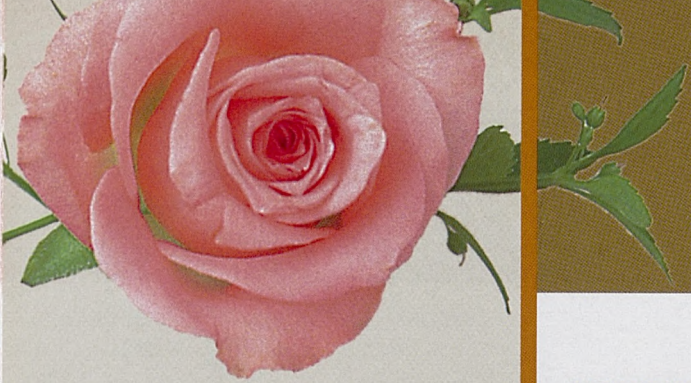
Wow! I Could Help With That.

\$100 enables WomensCare to provide a car seat for the baby of a teen mother. Just \$20 allows the hospital to give the silver heart boxes shown to the parents of a child undergoing brain surgery. If you would like to help, send checks to The Barbara Greenspun WomensCare Center of Excellence or call 616-4900 for credit card donations.



St. Rose orthopedic surgeon Michael Crovetti, D.O. was recently featured in a Review-Journal article regarding his work teaching surgeons advanced, less invasive surgical procedures for joint repair and replacement. Such educational training is conducted on cadavers.

Thus, Crovetti is encouraging locals to will their bodies to medical students, surgeons and researchers in southern Nevada, which currently has no body donor program. If you would like to learn more about how you can will your body, please contact Jennifer Woodie at the Medical Educational and Research Institute of Nevada (M.E.R.I.N.) at (702) 932-1366.



A Rose Is A Rose

As early as 600 B.C., the Greek poetess Sappho named the rose the Queen of Flowers, a title it still bears. The rose has had an important part in human culture throughout the ages. It has played roles in religion, art, celebration and even medicine. Such is the case in southern Nevada, where St. Rose Dominican Hospitals is often referred to as "the rose." Now, 57 years after the Dominican Sisters of Adrian founded the hospital with a mission of providing quality, compassionate healthcare, "the rose" still symbolizes a place of hope, healing and good health. Can you identify what the various colors of roses signify? Test your petal power.

RED Love, beauty, passion, courage or respect.

WHITE Purity, innocence, loyalty and humility.

PINK Admiration, gentleness, grace, refinement and at times sympathy.

YELLOW Friendship, familiar love, domestic happiness, reunion or freedom.

ORANGE Desire, enthusiasm, pride or fascination.

GOLDEN ROSE Generosity and commitment to keeping the St. Rose healthcare ministry alive.

THE PRESCRIPTION FOR BEAUTIFUL ROSES

Join WomensCare the Las Vegas Rose Society on Saturday, January 22, 10:00 a.m. to 12 noon in our Siena Campus Healing Garden. Get tips on cultivating gorgeous roses and watch live pruning demonstrations.

BABY WEIGH STATIONS

Bring your baby to the baby weigh station at the WomensCare Center or Family to Family Connection to find out just how much your baby has gained.

CAR SEAT SAFETY CHECKS

Dates: 1st and 3rd Friday at Family to Family, 568-9601
2nd and 4th Friday at WomensCare Center, 616-4901
Time: Call for an appointment
Donation: \$10 per family

WEE CAN SIGN: BABY SIGN LANGUAGE

Parents of babies 6 months to 3 years learn to help baby communicate, thereby reducing tantrums and improving IQ and vocabulary.

Dates & Times: Wednesdays, November 17, 24, December 1, 8 from 1:30 p.m. to 2:30 p.m. or Saturdays, January 8, 15, 22, 29 from 11:30 a.m. to 12:30 p.m.

Fee: \$90 (includes Sign With Your Baby kit)
Free Introductory Class Wednesday, November 10 from 10:00 to 11 a.m.

BLISSFUL BABY INFANT MASSAGE

Join Avery Short, C.I.M.I. for a three-week class to learn infant massage. Partners and caregivers are welcome.

Dates: Wednesdays, December 1, 8, 15 from 10:30 to 11:30 a.m.
Saturdays, January 8, 15, 22 from 10:00 to 11:00 a.m.
Fee: \$30 per family (includes pure grapeseed oil and workbook)
Sign up for our free class Friday, November 19 from 10:00 to 11:00 a.m. and Thursday, December 2 from 6:00 to 7:00 p.m.

PRENATAL YOGA

Join Cindy Lydon, Certified Whole Birth™ Prenatal Yoga Instructor, who combines postures, meditation, and group support.



Family Education

Call 616-4901

for information, reservations and to learn about other programs.

education

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

Dates: Every Saturday, from 1:00 to 2:30 p.m.
Every Friday, from 5:00 to 6:00 p.m.
Fee: 1-month class package (4 classes) \$35 or \$10 single class fee
Call 616-4901 to pre-register

PREP FOR DIAPERS AND DOLLARS

A FREE Seminar that will help you pay off debt, save for your children's education, and provide long-term financial stability.

Date: Wednesday, January 19
Time: 6:00 to 8:00 p.m.

INTRO TO NATURAL FAMILY PLANNING

Learn basics of Natural Family Planning from Certified Fertility Care Specialist Mickey Bachman, R.N.

Date: Wednesday, January 12
Time: 7:00 to 8:30 p.m.

FEEDING FRENZY—MOMS CHAT

Breastfeeding Support Chat

Dates: Every Tuesday
Time: 11:00 a.m.

TEEN PARENT CHAT

Young parents come to chat and play with your babies.

Date: Every Thursday
Time: 3:30 to 4:30 p.m.

Location: Family to Family Baby Center

TEEN PARENTING SERIES

New parents and parents-to-be learn tools to navigate through early years of parenthood

Dates: Tuesdays, November 2, 9, 16, and 23;
January 4, 11, 18, and 25

Time: 6:00 to 7:00 p.m.

Location: Family to Family Baby Center

Family To Family Connection Classes Call 568-9601 for location

TIPS FOR TRAVELING WITH BABY

Date: Thursday, November 4
Time: 10:00 to 11:00 a.m.

BABY PROOFING FOR THE HOLIDAYS

Date: Wednesday, November 10
Time: 2:00 to 3:00 p.m.

WORKING MOMS PLAYGROUP

A playgroup that works with the working mother's schedule!

Dates: Mondays, November 22 and December 20,
January 24

Time: 6:00 to 7:00 p.m.

IMMUNIZATION & WELL BABY CLINIC

Join the Clark County Health District to keep your child current on immunizations (\$15/child) or to get a free Well Baby Check.

Dates: Thursdays, December 9 and January 13
Time: 9:00 a.m. to 1:00 p.m.

GYMBOREE MUSIC & PLAY

Dates & Times: 0-12 months: Monday, January 3,
2:00 p.m.; 12-48 months: Friday, January 7,
4:00 p.m.

Location: 1550 W. Horizon Ridge Pkwy., Suite P
Call 568-9601 to register.

PRESCHOOL PLAY-N-LEARN

Fun activities that help get your 2 to 3-year-old ready for preschool.

Dates: Thursdays, January 6 and January 20
Time: 10:00 to 11:00 p.m.

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.



SLEEP SOLUTIONS

Learn tips for helping you and baby sleep through the night.

Date: Tuesday, January 18
Time: 10:00 to 11:00 a.m.

ongoing offerings

WALK THIS WAY: WALKING CLUB

Join WomensCare team and Henderson Parks & Rec to walk your way to health. All fitness levels and strollers welcome.

Dates: Tuesdays and Thursdays
Time: 12 noon to 1:00 p.m.

Location: Discovery Park

YOGA

Dates: Tuesdays and Thursdays
Time: 10:00 to 11:00 a.m.
Fee: \$5 per session

RELAXATION YOGA

Relieve stress through meditation, movement, and gentle stretching yoga.

Date: Wednesdays
Time: 9:00 to 10:00 a.m.
Fee: \$5 per class

ONGOING FAMILY EDUCATION CLASSES

- Prepared Childbirth Classes, \$60
- Bed Rest Learning Module, \$50
- Teen Prepared Childbirth Class, FREE
- Hypnobirth LeClaire Method, \$50
- Refresher Childbirth, \$30
- Baby Basics, \$30
- Grandparents Baby Basics, \$30
- Breastfeeding, \$30
- La Leche League, 4th Thursdays, 10:00 a.m.
- Infant CPR, \$20
- New Fathers Lecture (NFL), \$20 (includes car seat safety check)
- Prenatal Yoga, \$10
- Mommy & Baby Yoga, \$10
- Sibling Class, \$20/family
- Pregnancy Smoking Cessation Consultation, Nevada Tobacco Users' Helpline 877-0684
- Baby Massage, \$30
- New Mommy Mixer, Free – Every Friday at 11:00 a.m. at the WomensCare Center
- Expectant Parent Hospital Tour (reservations required)

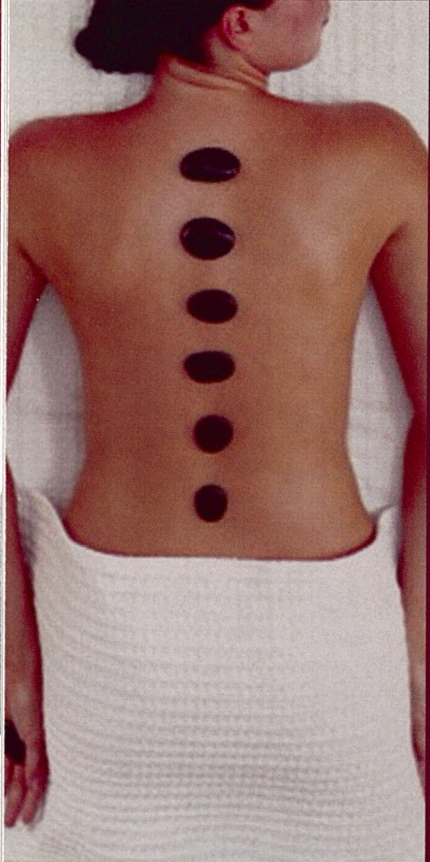
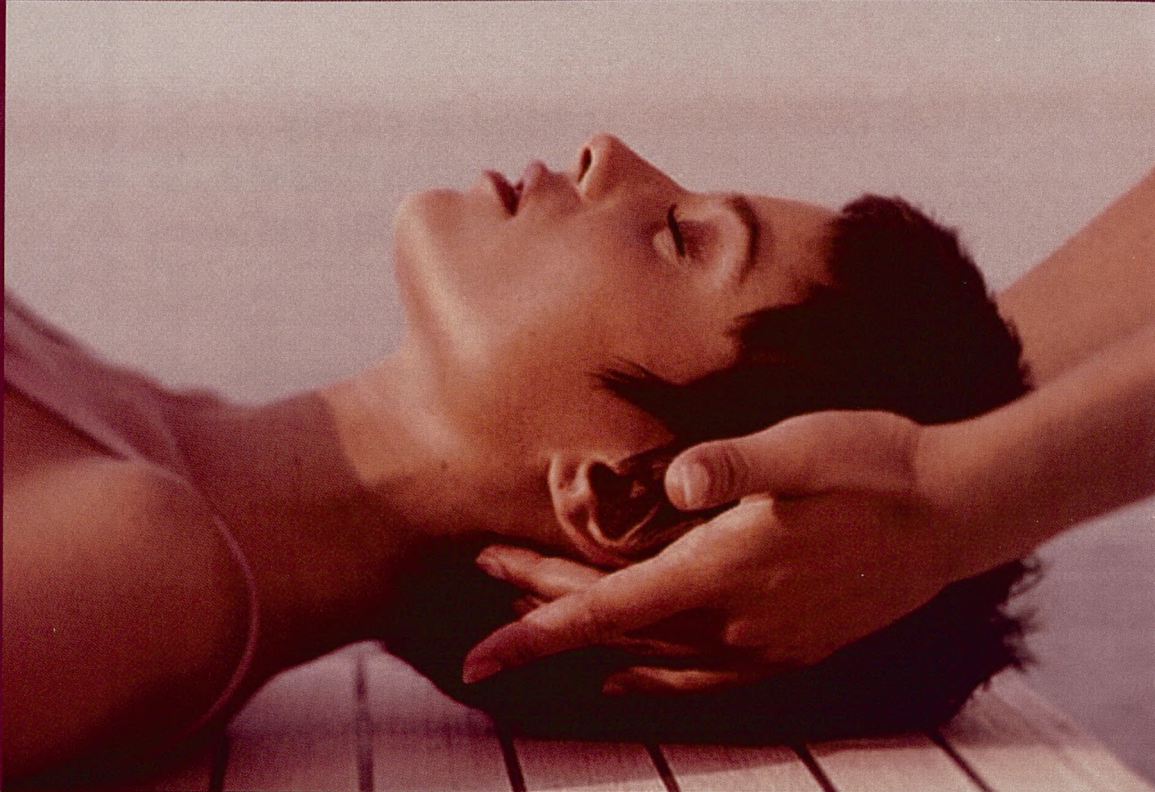


W **Women's Health & Wellness**

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



When Time Doesn't Heal

When it comes to wounds, sometimes time is not enough to heal. Many people with chronic non-healing wounds associated with medical conditions such as diabetes may benefit from the services available at St. Rose Dominican Hospitals' Wound Healing Center. Our Wound Healing team assesses each patient's needs and develops an individualized treatment that is best suited to manage their wound.

The Wound Healing Center utilizes a multi-disciplinary team (e.g. physician specialists, wound care nurses, and technicians) and state-of-the-art treatment such as hyperbaric oxygen therapy and bio-engineered skin substitutes.

Following are the types of wounds tended to at St. Rose's Wound Healing Center:

- Diabetic Foot Ulcers
- Lower Leg Ulcers
- Pressure Ulcers
- Bone Infections (osteomyelitis)
- Gangrene
- Skin Tears or Lacerations
- Radiation Burns
- Post-operative Infected Wounds
- Slow or Non-healing Surgical Wounds
- Wounds from Brown Recluse Spider Bites
- Failing or Compromised Skin/ Muscle Grafts or Flaps
- Wounds Over 60-days-old Failing Multiple Treatments/Therapies

To schedule an appointment with the Wound Healing Center or for additional information, call

(702) 616-4870

Spiritual Eating

In this age of fast food and micro-wave dinners, meals are no longer a time of reflection and gratitude. They are now designed to satisfy hunger quickly. The result: eating problems such as using food as a crutch or form of anesthesia have increased, say Canyon Ranch Spa Club nutritionists. Add elements of spirituality to your meals by:

- Sitting down at the kitchen or dining room table instead of in front of the TV
- Take deep breaths before eating
- Give thanks for the food you are about to eat. We tend to take for granted that there will always be food in the refrigerator
- Consider reading an inspiring reflection as part of every meal
- Eat slowly
- On occasion, try eating meals in silence

It is also helpful to acknowledge the global connection our food provides us. By being mindful of the many lands and people that grow and prepare food for us, we begin to understand the larger community we are part of and develop a greater respect for the food we eat.



Deck your halls, walls, and more with
our fabulous selection of finishing touches—
from lighting and area rugs to wall décor and florals, everything you need
to take your home from satisfactory to sensational is at Ethan Allen.

Start shopping smart...now.



furnishing solutions
ETHAN ALLEN

Townhouse Dining Table \$1499
Adison Side Chair as shown \$439 ea. starting fabric \$339 ea.
Adison Armchair as shown \$519 starting fabric \$419
Adriana Eight-Light Chandelier \$2999

Free design service. Hundreds of ideas. Quality home furnishings. Financing options. Everyday pricing.

las vegas
1540 s. rainbow blvd.
702.878.4444

henderson
249 n. stephanie street
702.567.5654

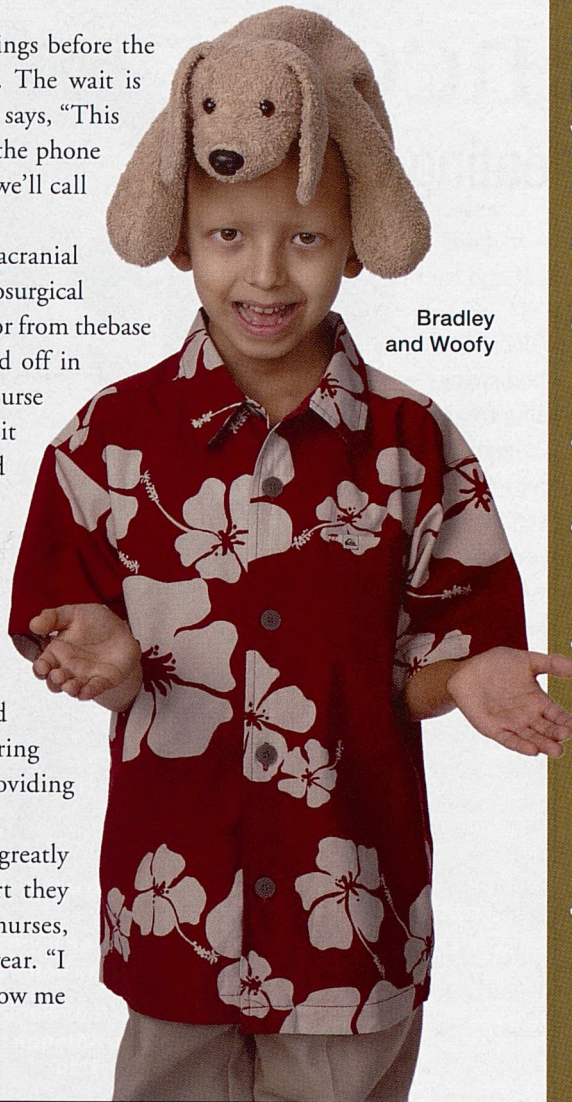
It's About Life

The Stanton phone rings and rings before the answering machine clicks on. The wait is well worth it. An angelic voice says, "This is Bradley Stanton. We can't come to the phone right now, but leave us a message and we'll call you back."

Bradley recently underwent intracranial surgery during which St. Rose's neurosurgical team removed a medullo blastoma tumor from the base of his brain. When his hair was shaved off in preparation for surgery, his nurses—Nurse Jacque and Nurse Grace—collected it and placed it in a silver, heart-shaped box topped with an intricate, silver rose. They gave the box to Bradley's parents Debbie and Chuck Stanton.

"The gift is small, but meaningful," says Jacque. "When children are ill, parents tend to comfort them by caressing their hair. When a child undergoes brain surgery, we hope to bring comfort to their anxious parents by providing them locks of their child's hair."

Deborah and Chuck say that they greatly appreciate the gift and all the support they have received from the surgeon, nurses, friends and family during this trying year. "I most appreciate when people simply allow me to talk," says Deborah.



Bradley and Woofy

St. Rose Numbers to Know

WomensCare Center	616-4900
WomensCare Family Education...	616-4901
Baby Rose.....	616-4508
Family to Family Connection.....	568-9601
St. Rose Diabetes Education	616-4327
St. Rose Wound Healing Center ...	616-4870
St. Rose Sleep Center.....	433-3606

To locate St. Rose's Physician Finder or on-line WomensCare magazine survey, please visit www.strosehospitals.org.

For Help Finding A Physician, Consult:

St. Rose Physician Referral at 616-4508

Can wigging out help? Yes. If you have a wig you do not wear, donating it can help. WomensCare is an American Cancer Society Quality of Life Center. Our cancer lending closet provides wigs, turbans and scarves to women who have lost their hair during or after treatment.

If you are not sure how to let the family of a child facing a serious injury or illness know that you care, you might:

- Make dinner for the family
- Call to offer support and to allow the parents to talk
- Assist with household tasks such as laundry, mowing the lawn or feeding the family dog
- Help the child's siblings with homework
- Purchase gift certificates to restaurants close to their home or the hospital
- Give the family phone cards for long-distance calls
- Send notes and small gifts to a sibling. Siblings may feel scared, sad, lonely and left out when a family's energies must be channeled to a sick or injured child
- Create a living, larger than life, greeting card. Make paper flowers or hearts. Write well wishes on them and hang them from a tree in the family's yard. To complete the project, tie a big ribbon around the tree trunk
- Visit the hospital not only to offer support, but also relief and respite to parents. Sit with their child while they run errands, take a shower or simply rest
- Pray for the child and family
- Call to offer words of support to the child's grandparents
- Offer to create a personalized CarePage for their child by visiting St. Rose's Web site at www.strosehospitals.org. It is a free web page that enables the family to provide updates to friends and family through one fast, convenient tool.

Keeping the Balance

Recognizing and Treating Bipolar disorder

Bipolar disorder, also known as “manic depression,” is a mental illness that causes dramatic mood swings — from feelings of extreme euphoria or irritability (mania) to deep despair (depression). It can affect a person’s energy, moods, thoughts and behavior for hours, weeks or even months. The disorder affects more than 2 million American adults. As many as one-third of the 3.4 million children and adolescents with depression in the United States may actually be experiencing the early onset of bipolar disorder. The illness does not discriminate based on age, gender, race, ethnic group or socioeconomic background. This point is well illustrated at Depression and Bipolar Support Alliance (DBSA) meetings held at The Barbara Greenspun WomensCare Center of Excellence.



HELLO. MY NAME IS ANNA AND I AM BIPOLAR.

It is 6:30 p.m. when Linda, the co-founder of a local DBSA support group, calls the meeting to order. She reads DBSA's mission statement and then individuals ranging in age from 15 to over 50 share their name and illness.

Some participants also offer details on how to obtain prescription drug assistance, advice on how to help bipolar children get support at school and dates for a health fair at which they can reach out to others in need.

The newest participant in the group, Anna, tells of her 21-year marriage and 14-year career with a major financial institution. That was then – before she rode the wave of a manic high that eventually crashed into a deep depression. Now, she is scared of the diagnosis she has been given. She is scared of the stigmas associated with mental illness, and when most anxious, she is scared to leave her house. She is searching for information, help, understanding and acceptance.

Participants offer her input on talk therapy, medications options and coping mechanisms. Most agree that a daily to-do list is a must. "When you're depressed, it is easy to get down on yourself

for what you don't do," says a silver-haired gentleman named Bart. "You need to recognize what you are able to accomplish."

"I have lists," chimes in Carrie, who light-heartedly says she is a bear to live with at the moment. "Oh, do I have lists. I may have 30 to-do's each day, but I am happy if I can finish 15 of the most simple, everyday tasks."

"I think I would be lucky if I could complete five at this point," Anna says.

Carrie is quick to reply, "Keep in mind that I give myself two checks just for brushing my teeth."

Linda pipes in, "Is that one check for upper teeth and one for lower teeth?"

"No," Carrie says. "I get one check for brushing in the morning and another for brushing at night."

The group responds with honest, easy laughter. For a group of people often weighed down by extreme depression, they are able to cry, learn, laugh, find humor and help in one another's company.

Anna speaks up one last time. "Before coming here I tried many other support groups and organizations. Tonight, I think I have found my tribe."

The group considers that a major success and decides to end the meeting on a high note. Yet, before the group adjourns, even those who seemed least likely to speak up join in the conversation and laughter. In doing so, they are able to cross another "to do" off their daily list.

DIAGNOSING BIPOLAR DISORDER

Bipolar disorder is treatable. Talk therapy, medication and healthy lifestyle habits are often recommended. Yet, according to a study conducted by DBSA, nearly 70 percent of bipolar individuals surveyed said that they had been misdiagnosed. On average, the individuals have seen four doctors before receiving the correct diagnosis.

If you suspect you might be bipolar, be aware of the symptoms and the role you play in helping your healthcare provider accurately diagnose your condition. First, share a complete history of your symptoms. A misdiagnosis of clinical – unipolar depression – might occur if your doctor sees or hears about your extreme lows, but not about your manic episodes.

Before visiting your doctor, write down all of your symptoms or ask a trusted friend or family member to accompany you to speak with the physician. This may be extremely helpful as bipolar individuals experiencing a manic episode may be unaware that their behavior has changed.

Additionally, investigate and share details of your family's mental health history. The National Institute of Mental Health says that more than two-thirds of people with bipolar disorder have at least one close relative with bipolar or unipolar depression.

BIPOLAR DISORDER

THE "HIGHS" (symptoms of mania)

Increased physical, mental or sexual energy

Heightened mood, exaggerated optimism and self-confidence

Excessive irritability, aggressive behavior

Decreased need for sleep

Racing speech and thoughts

Distractibility, impulsiveness, poor judgment

Reckless behavior

In the most severe cases, delusions and hallucinations

THE "LOWS" (symptoms of depression)

Prolonged sadness or unexplained crying spells

Significant changes in appetite and sleep patterns

Irritability, anger, worry, agitation, anxiety

Pessimism, indifference

Loss of energy, persistent lethargy

Feelings of guilt, worthlessness

Inability to concentrate, indecisiveness

Inability to take pleasure in former interests, social withdrawal

Unexplained aches and pains

Recurring thoughts of death or suicide

For more information on depression and bipolar support groups in Henderson and around the valley, call Linda at 860-6950 or Vera at 809-3082
www.dbsahendersonnv.org

NON-SURGICAL FACE LIFT

Introducing the latest innovative non-surgical technology that tightens, tones, and lifts lax skin on the face, neck, abdomen, and underarms "The Titan"

The Titan Procedure™ is a safe, non-surgical process that uses an infrared light source to tighten skin and reverse the signs of aging. The Titan™ heats the dermis to cause collagen contraction while preserving the epidermis through continuous cooling. In addition, Titan can stimulate long-term collagen rebuilding that leaves patients with younger looking skin.

The Titan Procedure:

- Safe, comfortable, non-surgical
- Treats lax and redundant skin throughout the body
- Can stimulate long-term collagen rebuilding
- Continuous epidermal cooling

safe • non-surgical • comfortable

"We are very impressed with the Titan. In a blinded evaluation, there was a 90 percent correlation in recognizing improvement in skin laxity."

Don Groot, MD
Director, Groot Dermatology Center
Edmonton, Alberta, Canada

ONLY AVAILABLE IN
LAS VEGAS AT SEVEN HILLS
MEDICAL SPAS.

CALL TODAY FOR YOUR
FREE CONSULTATION!



SEVEN HILLS
MEDICAL SPA

Look and Feel Your Best.

3 LOCATIONS

HENDERSON

880 Seven Hills Drive, Suite 110

932-1366

LAS VEGAS

Inside Goldilocks Salon & SPA
2800 W. Sahara, Suite 8B

873-1141

BOCA PARK

Inside Hypnotic Salon & Spa
750 S. Rampart, Suite 8

932-1366



Lighting the Way

Now that daylight-saving time has ended, you may find yourself driving in the dark more often. Because traffic deaths are much higher after sunset, make sure your car lights work well and that you use them to your best advantage. Doug Johnson, service manager, of Findlay Cadillac Saab offers these five, simple tips:

1. Check to see that your exterior lights (turn signals, emergency flashers, brake and headlights) work.
2. Keep your brake and headlights clean. When lights are dirty, it can dramatically reduce their efficiency making it hard for you to see and for others to see you.
3. Have your headlights aligned to help you see the road better. It will also cut down on the glare your lights cause other drivers.
4. Make your car more visible to drivers by turning your headlights on an hour before sunset. If you are driving in the early morning hours, leave your lights on until one hour after sunrise.
5. Check your interior lights. Street lights can cause a lot of glare making it difficult to see clearly. Remedy this by adjusting your interior lighting. Dim dashboard lights and use your sun visor to reduce the glare.

Folic Acid

Part of the Plan for a Healthy Pregnancy

If a baby is among your hopes and dreams for 2005, Dr. Guy Torres, OB/GYN, suggests you begin taking your folic acid now.

"Folic acid is a B vitamin. In recent years we have found that it is very important for everyone, particularly women who are considering or trying to have a child," says Torres. "We suggest that women take folic acid routinely, and particularly in the weeks and months prior to becoming pregnant. Folic acid may decrease the risk of your unborn baby developing serious neural tube defects."

In the United States, about 4,000 pregnancies per year are affected by neural tube defects (NTDs). Of these, about 1,500 pregnancies result in miscarriage or stillbirth and about 2,500 babies are born with a defect.

NTDs occur early in a baby's development, about four to five weeks after conception. During this phase of pregnancy, the neural tube forms and closes to become the spinal cord, brain and bone surrounding these organs. When the neural tube does not close properly, an NTD occurs.

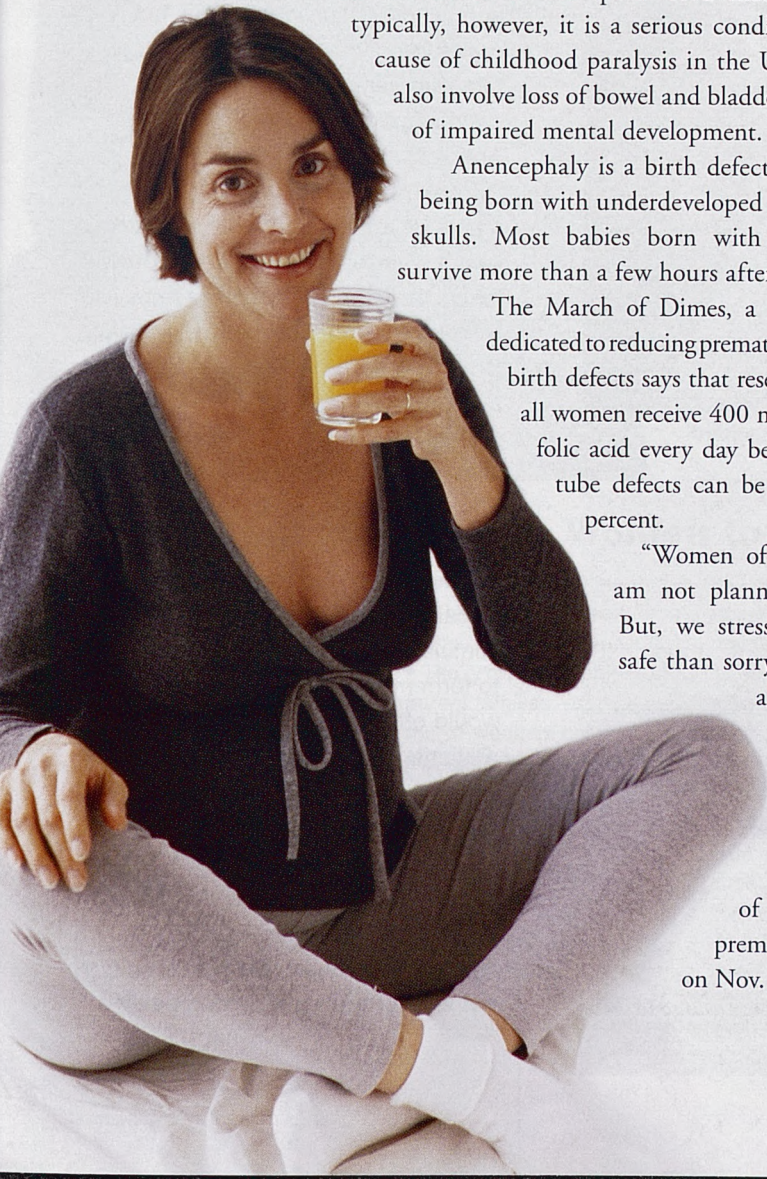
Spina bifida and anencephaly are two common forms of neural tube defects. Spina bifida is a defect of the spinal cord that may be mild. More typically, however, it is a serious condition. It is the leading cause of childhood paralysis in the United States, and can also involve loss of bowel and bladder control, and the risk of impaired mental development.

Anencephaly is a birth defect that results in babies being born with underdeveloped brains and incomplete skulls. Most babies born with anencephaly do not survive more than a few hours after birth.

The March of Dimes, a nonprofit organization dedicated to reducing premature birth and childhood birth defects says that research has shown that if all women receive 400 micrograms of synthetic folic acid every day before pregnancy, neural tube defects can be reduced by 50 to 70 percent.

"Women often think 'Not me, I am not planning to get pregnant.' But, we stress that is better to be safe than sorry as nearly one half of all pregnancies in the United States are either unplanned or incorrectly timed," says Dr. Torres.

Contact March of Dimes for info on premature birth conference on Nov. 12. (702) 732-9255.



Finding Folic Acid

WHERE CAN I FIND FOLIC ACID?

March of Dimes recommends that women take 400 micrograms a day. It can typically be found in over-the-counter multi-vitamins, in certain enriched breakfast cereals and orange juice.

WHAT IS FOLATE?

Folate and folic acid are both forms of the B vitamin. Folate occurs naturally in foods such as beans and other legumes and leafy green vegetables. However, while the body almost completely uses synthetic folic acid, it only partially uses natural folate.

WHO IS AT RISK?

Any woman can have a baby with an NTD. At particular risk are women who have an NTD themselves or have a close relative with one; use valproic acid or carbamazepine to treat seizure disorders; are of Hispanic ethnicity or have diabetes. A woman who has had a previous NTD-affected pregnancy is at an increased risk of having another such pregnancy. She should consult her doctor before trying to become pregnant again. Studies have shown that larger doses of folic acid beginning at least one month before pregnancy and throughout the first trimester may reduce the risk of another affected pregnancy by about 70 percent.

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



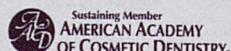
Fellow in the Academy of General Dentistry.

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.



Getting The Red Out

Do excessively red cheeks have you blushing with embarrassment? You may have a condition called rosacea, says dermatologist Barbara Cortez, D.O. of Seven Hills Medical Spa. "Rosacea often begins as a 'skin blush,' but then progresses to redness, swelling and acne-like pimples on the cheeks, forehead, chin or nose."

Dr. Cortez says that avoiding 'triggers' such as sunlight, stress, hot drinks, alcohol, spicy foods and certain skin-care products can help decrease the intensity of breakouts. Antibiotics also offer some relief.

"Some of the most promising treatments for rosacea are laser and intense light therapies, which were developed for cosmetic purpose such as removing unwanted hair and age spots," says Dr. Cortez. "These therapy help the skin's own collagen heal itself."

During treatments, a laser or intense light therapy wand is passed over the affected areas sending light energy through the outer skin (epidermis) to the deeper part of the skin (dermis). Because the light generates heat, it stimulates cells in the body that go on to form more collagen than the body would otherwise produce.

Patients require about six treatments to see optimal results. "Lasers and narrow band intense light therapies can be focused on the affected layer of skin, leaving the outer skin intact," says Dr. Cortez. "A patient may be flush for an hour or two afterwards, but will not see redness and peeling."

Mothering Teen Mothers

She was just 17 when she got pregnant and gave birth, and, while she is ga-ga over her daughter Audrie, Desiree Connor has found that it takes incredible determination and a support network to defy the odds related to teen pregnancy and parenting.

"I didn't have a job. I hadn't finished high school and my boyfriend and I were broken up. I felt so lost thinking I was

going to have to raise a baby," says Desiree.

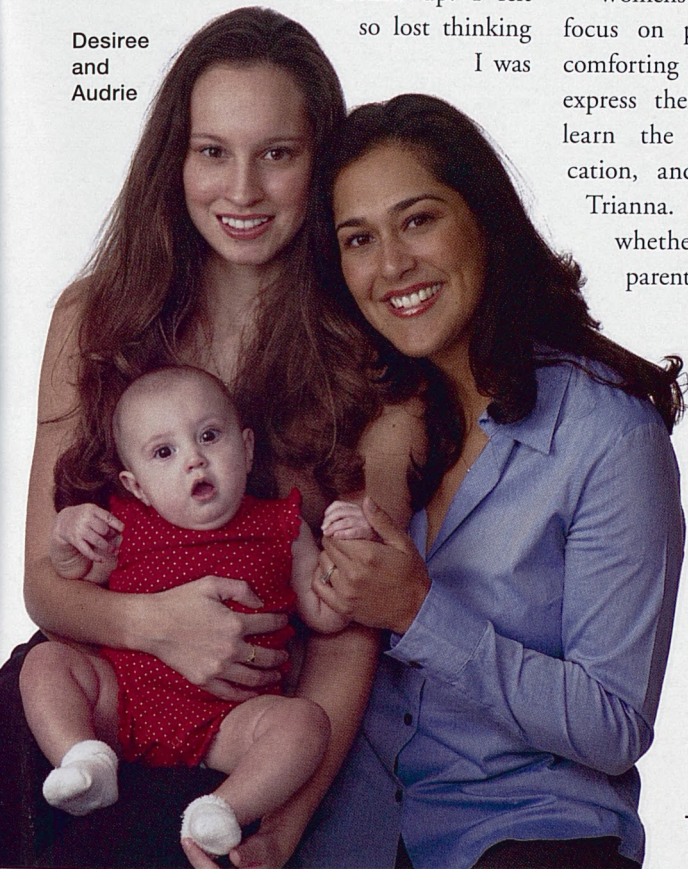
Desiree was referred to a *WomensCare* teen pregnancy class, where Trianna Doubledee, R.N. asked participants to draw a picture of themselves with their babies. "Trianna helped us bond with our babies so that we would make good choices on how we took care of ourselves during pregnancy."

WomensCare's teen pregnancy classes focus on providing expectant teens a comforting environment where they can express their feelings about pregnancy, learn the basics of childbirth education, and receive peer support says Trianna. They also talk about goals—whether they're pregnancy goals, parenting goals, or how to successfully realize academic and career goals as a teen parent.

"I wouldn't recommend teen pregnancy. But, I've been encouraged to keep my sights on my goals. I have graduated high school, I've got a full time job, and I am confident that if I can do what is best for me, it will benefit my daughter too," says Desiree.

Trianna Doubledee, R.N

Desiree
and
Audrie



Encouraging Our Little Women to Wait

As Desiree said above, she would discourage other teens from becoming pregnant. Following are a few reasons why all women should encourage the prevention of teen pregnancy:

- U.S. teen pregnancy rates are on the decline in the states, but remain nearly double the rates in Great Britain, four times those in France and Germany and 10 times the rates in Japan.
- Less than one-third of

teens who begin their families before age 18 earn a high school diploma.

- The growth in single-parent families, particularly out-of-wedlock childbearing, is the most significant reason for increased poverty for children over the past 20 years.
- The number of babies with low birth weight is significantly higher among teen mothers. Low birth weight raises the probability

of infant death, chronic respiratory problems, mental retardation, mental illness and cerebral palsy.

- Despite having more health problems than the children of older mothers, the children of teen mothers receive less medical care and treatment. A substantial portion of the cost of medical care they do receive must be paid through charity or by society as a whole.

New Guidelines on Hormone Therapy

The American College of Obstetricians and Gynecologists (ACOG) recently announced new recommendations on hormone therapy. The ACOG's advice:

- Hormone therapies (HT) are appropriate for the relief of symptoms such as hot flashes, so long as a woman has weighed the risks and benefits with her doctor.
- Women on combined HT or estrogen therapy (ET) should take the smallest effective dose for the shortest possible time and annually review the decision to take hormones.
- Combined hormone therapy should not be used for prevention of diseases such as cardiovascular disease, due to the small but significant increased risk of conditions such as breast cancer, heart attack, stroke, and blood clots.
- Estrogen-alone therapy, used for women who have had a hysterectomy, should also not be used for prevention of diseases, due to increased risks of blood clots and stroke. Although ET carries fewer risks than combined HT, women with a uterus should not use estrogen alone due to their increased risk of uterine cancer.

The new recommendations also provide findings on alternatives to hormone therapy, female sex drive, vaginal dryness, heart disease and weight loss among menopausal women. The findings suggest that healthy lifestyle habits (e.g. healthy eating and regular exercise) continue to be the best means of preventing heart disease and weight gain.

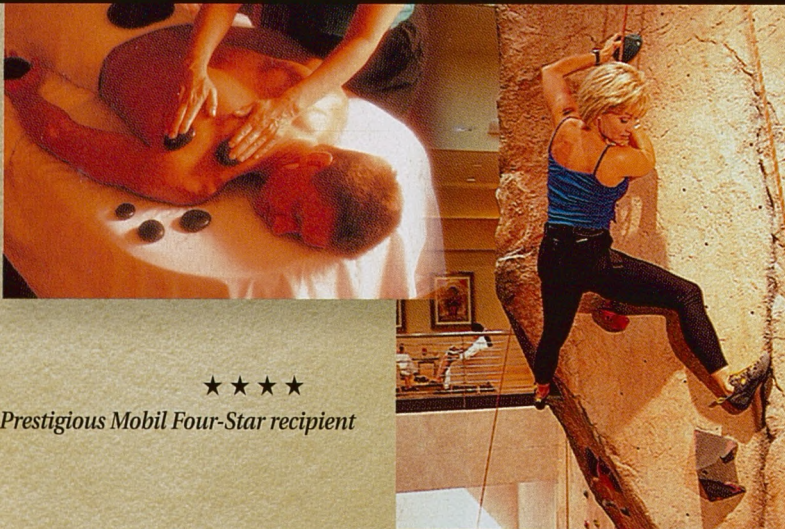
Spotlight on

Canyon Ranch Spa Club



- 69,000-square-foot facility with an extensive fitness gym
- Nutrition and wellness experts
- Award-winning gourmet spa cuisine at the Canyon Ranch Café
- Living Essentials[®] boutique
- Open to the public

*Start 2005 off right, with a 50 minute Canyon Ranch Massage for just \$99
(Retail value \$130)*



- Guaranteed valet parking at the Venetian Resort-Hotel-Casino
- Schedule appointments up to 60 days in advance
- Valid January 9 - 13, 2005
- Must mention this ad to receive offer

★★★★

Prestigious Mobil Four-Star recipient

Call today to schedule your appointments.
702.414.3610

canyonranch.com



St. Rose Dominican Hospitals

102 East Lake Mead Parkway
Henderson, Nevada 89015
702.616.5000
www.strosehospitals.org

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

Postmaster:

Please deliver within Nov. 1-4.