

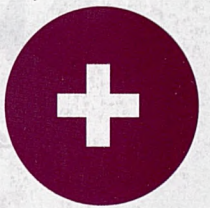
A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

WINTER 2005

BE A QUEEN OF HEARTS

Listen. Learn.
Live Smart.



See Dr. Dean Ornish Live!
Walk Like a Princess

The BARBARA
GREENSPUN

WomensCare
Center of Excellence



St. Rose Dominican Hospitals

CHW

*Sense of place,
you find it where your spirit is lifted and your soul is soothed.*

We call it Tuscany.

You'll call it home.

LIKE A BRUSH SWEEPING ACROSS
CANVAS, THE MINDFUL TENDING OF
THIS SPECTACULAR PROPERTY IS SOON
TO BE REVEALED. A TUSCAN-INSPIRED
VILLAGE OF ENVIABLE CHARACTER
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DETAILS REGARDING THE TUSCANY COMMUNITY, COMMUNITY ASSOCIATION AND TUSCANY GOLF CLUB AVAILABLE UPON REQUEST.

from our president

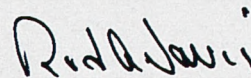
Dear Readers,

For the first time in five years, we are dedicating an entire issue of *WomensCare* Magazine to a single topic—heart disease. In a 2003 survey of women with heart disease, researchers found that many considered their condition “a man’s disease.” We hope to change this mindset by sharing a wealth of information regarding cardiovascular diseases (CVD), which includes diseases of the heart and blood vessels such as a heart attack and stroke.

We are particularly concerned about educating women about heart disease for a number of reasons. First, CVD is the leading cause of death in women. Second, women reign when it comes to making health-care decision for families. So, if one of your loved ones experiences symptoms of a heart attack or stroke, we want you to know just what to do. Third, an alarming number of American children have high cholesterol, which is a major risk factor for heart disease. As such, we sincerely hope this issue of *WomensCare* will inspire you to take your children’s heart health—and that of your entire family—into your own hands.

Equally important is that if you make a concerted effort to care of your heart, it is quite likely that you will reduce your risk of developing other health issues such as obesity, diabetes and osteoarthritis.

I would also like to extend you a personal invitation to hear Dr. Dean Ornish, one of our nation’s foremost authorities on heart health, on Saturday, March 5. (See additional details on page 10.)



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WomensCare Center

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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



Cliff Miller and Maria Antonio, R.N.

THE QUEEN OF HEARTS AND THE ACE OF DIAMONDS

All hail the message of St. Rose’s Queen of Hearts, Maria Antonio, R.N.: “Ladies of southern Nevada, we can all reign supreme over most heart health matters if we will commit to healthy lifestyle habits.”

Maria, St. Rose’s Cardiology Nurse Manager, is a member of a St. Rose team initiating a year-long heart health program aimed at encouraging southern Nevadans to take a proactive role in fighting the battle against heart disease (see page 10 for details on the Heart Healthy kick-off event featuring nationally-recognized cardiologist Dean Ornish, M.D.)

The Ace of Diamonds, Cliff Miller is the owner of M.J. Christensen Diamond Centers. He hand selected the Tacori tiara and tycoon cut diamond necklace and earrings that adorn our Queen of Hearts. “We know that deep, meaningful relationships are good for our heart health. I have the wonderful job of helping men and women select jewelry that expresses their deep love for one another,” says Cliff.

Get Heart HEALTHY

Listen. Learn. Live Smart.

SHE RODE HER BICYCLE 20 to 30 miles four times a week. She lifted weights. She ate a relatively healthy diet. And, in November 2004, she had a heart attack at just 43 years of age.

Andrea LaFond never thought that a heart attack was in the cards for her. So, in the months prior to her attack, and subsequent triple bypass surgery at St. Rose Dominican Hospitals—Siena Campus, she discounted important warning signs. She attributed her symptoms to a past cycling accident, her family's history of arthritis and even the on-set of colder weather. But she overlooked the fact that her grandmother had extremely high blood pressure and died of heart disease.

"In the past few years, the medical community has tried to raise women's awareness of heart disease, and it is starting to work," said cardiologist Jeannette Nee, M.D. "However, there are still very real misconceptions among women about heart disease that we hope to clear up."

Dr. Nee says the need to increase awareness among women is critical since cardiovascular disease (CVD), which includes diseases of the heart and blood vessels such as a heart attack and stroke, is the leading cause of death in women, accounting for some 500,000 deaths a year. Comparatively, breast cancer was expected to claim the lives of about 40,000 women in 2004.

There are a number of explanations for the misperceptions about heart disease in women, according to Dr. Nee, "First, women believed that they were at greater risk of dying from breast cancer. It can be a devastating disease, but a far greater number of women die as a result of heart disease."

"Second, women do not always experience the expected symptoms of heart attack," Dr. Nee adds. "So, many women, particularly women in their 30s and 40s

like Andrea, do not realize that their lives are on the line."

There has also been a long-held belief that men corner the market on heart health matters—most likely because heart disease and its affects tend to strike men earlier in life, during their prime career and family years, said cardiovascular specialist Ken Shah, M.D. "The truth, however, is that while heart disease tends to develop later in women, typically, after menopause, the effects can be much more devastating."

As a result of these and other factors, women have been less likely to:

1. Receive an aspirin during or after a heart attack, a basic treatment recommendation.
2. Be prescribed cholesterol-lowering statin drugs, known to significantly reduce the risk of heart attack or heart disease.
3. Be referred to cardiac rehabilitation.
4. Receive the three medications recommended to prevent heart disease in people with diabetes: an aspirin, a statin and an ACE inhibitor.

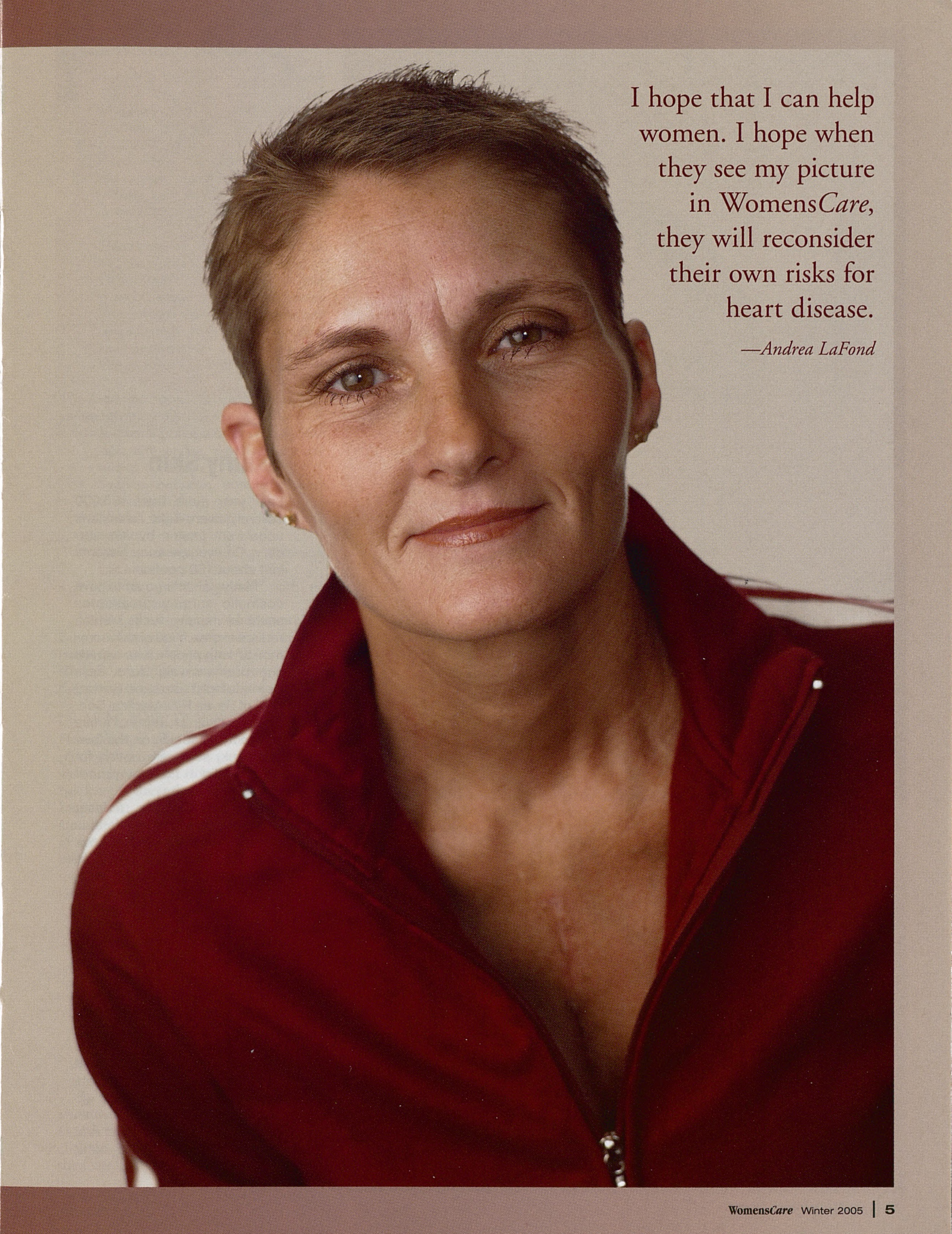
Research into heart disease in women lags behind research of male heart disease by about 50 years. But Dr. Shah says that three important things are known: 1) heart disease looks strikingly different in women, 2) unhealthy habits account for 82 percent of heart disease in women, and 3) by adopting healthy lifestyle habits women can reduce or prevent, and even possibly reverse, the effects of heart disease. As such, *WomensCare* offers the following recommendations.

LISTEN FOR WARNING SIGNS

When was the last time you listened to your heart—really listened? Take note of the signs that you may be heading for a heart attack.

- **Chest discomfort.** Most heart attacks involve discomfort in the

continued on page 7



I hope that I can help
women. I hope when
they see my picture
in *WomensCare*,
they will reconsider
their own risks for
heart disease.

—*Andrea LaFond*

Confidence.

Your smile says it all!



Skinny Skin

Last year more than 100,000 severely overweight Americans underwent gastric bypass surgery. On average such patients lost about 100 pounds.

"Many patients go on to have cosmetic surgery procedures such as tummy tucks, which reduce excess folds of skin common among people who experience dramatic weight loss," says Dermatologist Barbara Cortez, D.O. of Seven Hills Medical Spa. "To help diminish signs of loose and redundant skin on the face and neck, some are opting for laser or light therapy procedures."

During treatments, a laser or intense light therapy wand is passed over the face and neck area sending light energy into the deeper layers of the skin. The light energy generates heat stimulating the body's cells to form more of its own collagen. This plumps up the look of the skin, thereby reducing the signs of saggy skin.

Cortez says with new technological equipment advances, such procedures are becoming quicker and more comfortable. Additionally, she says, treatment takes as few as two treatments and patients can typically go back to their daily routine within a few hours due to the fact that the therapies leave the outer skin intact.

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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.



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 other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include cold sweats, nausea or lightheadedness. Women may also experience unusual fatigue, sleep problems, indigestion and weakness in the arms in the month prior to a heart attack.

The American Stroke Association says these are the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Strokes often happen without warning. But, sometimes, people have transient ischemic attacks (also called TIA or “mini-stroke”), which are short, brief episodes of the stroke symptoms listed above.

LEARN ABOUT YOUR HEART

Heart disease and its risk factors can be silent with few symptoms until the disease is well underway. Get to know your personal risk factors. Recently released data from the Inter-Heart study of 29,000 people from around the world found that 90 percent of people who die from heart disease, including heart attacks, had at least one or more of the conventional heart disease risk factors, including:

- Abnormal cholesterol
- Diabetes
- High blood pressure
- Stress
- Abdominal obesity
- Sedentary lifestyle
- Eating too few fruits and vegetables
- Abuse of alcohol (types of alcohol and quantities considered healthful were limited)

To assess your risk of heart disease, visit www.strosehospitals.org and click on the Health & Wellness button. Scroll down and click on the Healthy Heart assessment or the Coronary Artery disease assessment.



DR. JEANNETTE NEE, M.D., a cardiologist, performs non-surgical procedures such as angioplasties that unblock clogged arteries. During an angioplasty, Dr. Nee inserts a small catheter into a groin or arm artery and guides it to the blocked artery. A small balloon is attached to the tip of the catheter, and when the balloon is inflated it helps widen the artery. Then a tiny mesh tube called a stent is inserted to help keep the artery open and clear. Nee finds this work fascinating. She also finds gratification in helping patients bypass the effects of cardiovascular disease by promoting preventative measures such as diet, exercise and smoking cessation. “The steps to preventing heart disease sound simple,” says Dr. Nee. But, it often takes a real scare for people to change. So, cardiologists find great satisfaction in helping people modify their lifestyle habits in order to reduce the chances that they will ever need cardiac intervention,” says Dr. Nee.

St. Rose Dominican Hospitals recently installed one of the nation’s premiere cardiac catheterization labs. Only five labs of its sophistication are operating in the United States.

LIVE SMART: EXERCISE AND EAT RIGHT

In 1976, Harvard University researchers began a project called the Nurses’ Health Study. The initial focus of the study centered on birth control pills, however, it also gathered important health data from tens of thousands of women. Following are some of the study’s recommendations for heart smart living:

- **Get Active.** Exercise 30 to 60 minutes on most if not all days of the week. The Nurse’s Health Study showed that women do not need to train for marathons to lower their risk of heart disease. Walking briskly for at least three hours a week offers the same protection as exercising like crazy.
- **Pick Your Fats.** While many women have waged a battle against fat, researchers found that it is not the total intake of fat that affects a woman’s risk of heart disease, but the level of intake of the different kinds of fats: saturated and trans-fat are bad (LDL “bad fat,”) while polyunsaturated and monounsaturated fats (HDL “good fats”) found in nuts, seeds and olive

oil can help lower bad cholesterol levels.

- **Eat More to Risk Less.** Those who ate more fish than meat, whole grains, beans, leafy greens, fruits and vegetables reduced their risk of heart disease by one-third compared to those who ate a “normal” American diet.
- **Just Say No.** Stop smoking or do not begin smoking.
- **Set Limits.** Limit salt and alcohol intake. Also, establish what a “healthy” body weight is for you, and work to achieve and stay within that weight range.

For help finding a physician, call St. Rose Physician Referral at (702) 616-4508 or log on to St. Rose’s Physician Finder at www.strosehospitals.org.

upcoming

feb

CANCER QUALITY OF LIFE CENTER

Visit for information, liquid supplements, wigs and turbans. Sponsored by American Cancer Society.

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

HERBS FOR SKINCARE

Use herbs internally and externally to improve your hair, skin and nails. Create take homes.

*Date: Saturday, February 12
Time: 10 a.m. to noon
Fee: \$30*

HYPNOSIS FOR GAMBLING: GAIN CONTROL

*Dates: Tuesday, February 15, 6:30 to 8 p.m. or
Wednesday, April 20, 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room*

MEDITATION

Explore a different relaxation or stress management technique each month.

*Dates: Wednesday, February 16, 10:30 a.m. or 6 p.m.
Monday, March 7, 10 a.m. or 6 p.m.
Monday, April 25, 10 a.m. or 6 p.m.*

THE ART OF PEACE

Learn the basics of Aikido-Te to promote self-confidence and inner peace.

*Date: Wednesday, February 16
Time: 6:30 to 7:30 p.m.
Location: Siena Campus, MacDonald Conference Room*

TEA & TALK BOOK CLUB

Read the books and join the discussion over tea!

*Dates: Thursday, February 17: The Other Boleyn Girl, Philippa Gregory
Thursday, March 17: Blessings, Anna Quindlen
Thursday, April 21: Year of Wonders, Geraldine Brooks
Time: 3:30 to 4:30 p.m.*

NUTRITIONAL HERBOLOGY

Learn how to prepare herbs for everyday consumption. Tips, recipes and samples!

*Date: Thursday, February 17
Time: 6 to 8 p.m.
Fee: \$25
Location: Siena Campus, MacDonald Conference Room*

FREE THERMAL MASSAGE

Enjoy the latest in MIGUN Thermal Massage Technology with a 10-minute trial massage.

*Date: Friday, February 18
Time: 1 to 6 p.m. Call 616-4900 for an appointment.*

THINK FIRST (KIDS 6 TO 8)

Join Nevada Injury Prevention for a fun program to increase awareness of causes, consequences of and means of preventing brain and spinal cord injury.

*Date: Saturday, February 19
Time: 10 to 11:30 a.m.*

HYPNOSIS FOR WEIGHT LOSS: THINK YOURSELF THIN

*Dates: Saturday, February 19, 1 to 2:30 p.m. or
Wednesday, March 2, 6:30 to 8 p.m. or
Saturday, March 19, 1 to 2:30 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room*

SAFE SITTER (AGE 11 TO 16)

Learn how to provide safe, nurturing childcare and how to respond to medical emergencies.

*Date: Monday, February 21
Time: 9 a.m. to 4:30 p.m.
Fee: \$25*

CHOLESTEROL & GLUCOSE SCREENING

Total Cholesterol \$2, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5. Fasting Required.

*Date: Tuesday, February 22
Time: 7 to 10 a.m. Call 616-4900 for an appointment.
Fee: Per screening*

HYPNOSIS FOR SELF-ESTEEM & ANXIETY: YOU ARE #1

*Dates: Tuesday, February 22, 6:30 to 8 p.m. or
Tuesday, March 29, 6:30 to 8 p.m. or
Tuesday, April 19, 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room*

Romeo & Juliet

"My Only Love Sprung From My Only Hate." Join The Barbara Greenspun WomensCare Center of Excellence for a day at the ballet. We'll enjoy a wonderfully artistic and intriguing ballet production of Shakespeare's most famous work, Romeo & Juliet.

Date: Sat., Feb. 26
Time: 1 p.m.
Price: \$45 includes transportation. Meet at the WomensCare Center.

RSVP: (702) 616-4900

For more information on the Nevada Ballet Theatres' 2005 season, visit www.nevadaballet.com

Diabetes Alert Day

Diabetes is one of the greatest risk factors for heart disease.

If you have diabetes, or are at risk for it, join WomensCare for glucose screenings, diabetic retinopathy screenings and foot checks.

Date: Tuesday, March 22
Call 616-4903 for an appointment

Time: 1 to 4 p.m.




Fee: \$5 glucose screenings

Location: WomensCare Center

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 noted.

 = Heart Healthy classes  = Red Hot Menopause lectures  = Fun Outings for Red Hatters

events & ongoing offerings

HYPNOSIS FOR INSOMNIA: GOOD NIGHT, SLEEP TIGHT!

Date: Wednesday, February 23

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Room

HANDS TO HEAL: HEALING TOUCH INTRO

Date: Thursday, February 24

Time: 3:30 to 5 p.m.

YOGA FOR MENOPAUSE

Join Sherry Goldstein's Yoga Sanctuary for yoga designed just for menopause.

Date: Thursday, February 24

Time: 6:30 to 8 p.m.

Location: Siena Campus, MacDonald Conference Center

HEARTSAVER CPR

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

Dates: Friday, February 25, 1 to 5:30 p.m. or

Thursday, April 28, 5 to 9:30 p.m.

Fee: \$30

HERBOLGY I

Learn how to buy and use common herbs for medicinal purposes, teas and first aid.

Date: Saturday, February 26

Time: 10 a.m. to noon

Fee: \$25

CAREGIVER TRAINING WORKSHOP

Talk through caring for loved ones at home (medications, caregiver/home safety, communication, personal care/hygiene and stress). (Complimentary lunch provided)

Date: Monday, February 28

Time: 10 a.m. to 3 p.m.

AN INTEGRATIVE APPROACH IN HEALTHCARE

Ayurveda, an ancient medical science, offers insight into the arts of taking care of ourselves and becoming involved in our own healthcare.

Date: Monday, February 28

Time: 6 to 7:30 p.m.

Location: Siena Campus, MacDonald Conference Room

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HYPNOSIS FOR SMOKING: YOU CAN QUIT!

Date: Tuesday, March 1

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: Siena Campus, MacDonald Conference Room

FREE MAMMOGRAM IN THE MAMMOVAN

Free mammograms available by appointment for age/income eligible women without insurance.

Date: Wednesday, March 2

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

Location: Rose de Lima Campus

SEEING CLEARLY AFTER FORTY

Presbyopia usually becomes noticeable in the early to mid-40s. Learn about new technologies and treatments for presbyopia. Presented by a Nevada Eye & Ear Refractive Surgeon.

Date: Wednesday, March 2

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

YOGA FOR WOMEN'S HEALTH

Join Sherry Goldstein's Yoga Sanctuary for a weekly class addressing women's health.

Dates: Every Friday beginning March 4

Time: 10 to 11:30 a.m.

Fee: \$5 drop in

Location: Sherry Goldstein's Yoga Sanctuary,

10870 S. Eastern Ave., Suite 101, 407-0043

HERBOLGY II (TAKE HERBOLGY I FIRST)

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

Date: Saturday, March 5

Time: 10 a.m. to noon

Fee: \$25

BOY TALK (FATHERS AND SONS 10 TO 14)

Join Dr. Michael Alazard to learn about changes boys' bodies goes through during puberty.

Date: Wednesday, March 9

Time: 6 to 7 p.m.

DIABETES MANAGEMENT

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

Dates: Wednesday and Thursday, March 9 and 10

Time: 1 to 3 p.m.

CREATING A HEALTHIER YOU

Join Rayna Gangi to explore natural alternatives for holistic body, mind and spirit health.

Date: Thursday, March 10

Time: 6 to 7 p.m.

Fee: \$15

HERBOLGY III (TAKE HERBOLGY I & II FIRST)

Create teas, capsules, tinctures, syrups, compresses, oils and salves. Materials provided.

Date: Saturday, March 12

Time: 10 a.m. to noon

Fee: \$30

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

MY HEALTHY VALENTINE

Indulge your sense of touch, taste and smell with Valentine specials.

Enjoy couples massages, Rasul ceremonies, yoga or heart healthy cooking for two classes.

See the Canyon Ranch ad on the back cover of WomensCare Magazine, or call (702) 414-3600 for further details and reservations.



HEART HEALTHY



Dr. Dean Ornish, nationally known cardiologist

A Fitness Fair for Your Heart, Body & Mind

Join the fun and get informed about what you can do to be happier and heart healthier year round. Free pedometers, health guides and refreshments.

Saturday, March 5

8 a.m. to noon, Health Fair and 11 a.m. Dr. Ornish Henderson Multigenerational Center
250 South Green Valley Parkway

Activities

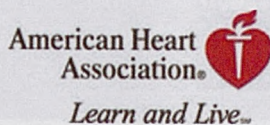
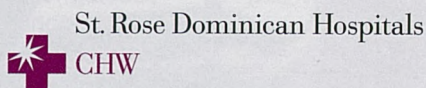
- Heart-Healthy Cooking Demos
- Fitness Room Tours
- Group Exercise Demos
- Health Information Booths
 - Diabetes
 - Smoking Cessation
 - Heart Disease
 - Stroke
 - Nutrition
 - CPR
 - City of Henderson Parks and Recreation Fitness Program

Screenings (free unless otherwise noted)

- Peripheral Vascular Disease
 - Osteoporosis
 - Total Cholesterol \$5*
 - Glucose \$5*
 - Health Risk Assessment \$3
 - Pulmonary Lung Function
 - Body Fat
 - Blood Pressure
 - Metabolic Screening \$15
 - Lipid Panel \$30*
- * Requires 12-hour fasting

Heart Healthy Year Round

Kick up your fitness a notch with our yearlong fitness challenge on April 1—no fooling! Sign up at the fitness fair or call us at (702) 267-4000.



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

LIFESTEPS WEIGHT MANAGEMENT PROGRAM

Make lifetime, lifestyle changes for healthy weight loss through this comprehensive 14-week program.

Dates: Wednesdays, March 16 through June 15

Time: 5:30 to 7 p.m.

Fee: \$100 (includes all materials)

AROMATHERAPY & THE ELIXIR OF LIFE

Learn how essential oils and Wolfberry Juice can repair and revitalize cells. Free samples.

Date: Thursday, March 17

Time: 6 to 7:30 p.m.

Fee: \$5

BATTLING HIGH BLOOD PRESSURE THROUGH LIFESTYLE CHANGES

Date: Friday, March 18

Time: 1 to 3 p.m.

NATIVE AMERICAN MEDICINE WHEEL

Learn basics of ancient and contemporary Native American Medicine Wheels. Bring a potluck dish.

Date: Friday, March 18

Time: 6:30 to 9:30 p.m.

Fee: \$15 and a potluck dish

HEARTSAVER ADULT CPR

Get AHA 2-year certification in adult only CPR, AED and relief of a foreign body airway obstruction.

Date: Monday, March 21

Time: 9 to 11:30 a.m.

Fee: \$25

NOURISH YOUR BODY, NURTURE YOUR SOUL

Join Sister Molly Nicholson for an afternoon of inspiration.

Date: Monday, March 21

Time: 2:30 to 3:30 p.m.

NEVER KISSED A FROG. NEVER HAD TO!

Update on financial issues specific to women.

Date: Wednesday, March 23

Time: 2 to 4 p.m.

TOO SMART TO START (AGES 11 TO 13)

Join Nevada Injury Prevention to discuss the harms of underage drinking, and alcohol abuse prevention.

Date: Saturday, March 26

Time: 10 a.m. to noon

YOGA RETREAT AT LAKE LAS VEGAS

Join Sherry Goldstein's Yoga Sanctuary for yoga, hiking and a healthy lunch.

Date: Saturday, March 26

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

Fee: \$30

Location: Ritz-Carlton's Pontevecchio Park

upcoming events & ongoing offerings

OVARIAN CANCER: UNTIL THERE'S A TEST, AWARENESS IS BEST

Join the Ovarian Cancer Alliance of Nevada to learn symptoms and risk factors from an ovarian cancer survivor.

Date: Tuesday, March 29
Time: 6 to 7:30 p.m.

AARP DRIVER SAFETY PROGRAM

Over 50 and want to reduce your car insurance rates? Tune up your driving skills!

Dates: Thursday and Friday, March 31 and April 1
Time: Noon to 4 p.m.
Fee: \$10

VEGETARIAN TALES

Understand various types of vegetarian lifestyles and nutritional considerations. Enjoy vegetarian samples.

Date: Thursday, March 31
Time: 6 to 7:30 p.m.
Fee: \$5

MODERN ADVANCES IN JOINT REPLACEMENT SURGERY

Join Dr. Robert Tait to explore benefits and risks of new and emerging treatments for arthritic knees and hips, including minimally invasive joint replacement.

Date: Thursday, March 31
Time: 6 to 7 p.m.

Location: Siena Campus, MacDonald Conference Room

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HERBAL SOLUTIONS FOR MENOPAUSE

Learn how herbs can help alleviate hot flashes, skin conditions, sleep disturbances and mood swings.

Date: Saturday, April 2
Time: 10 a.m. to noon
Fee: \$20

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Date: Monday, April 11
Time: 9 a.m. to noon
Fee: \$5

NUTRITION 101: RED, YELLOW, GREEN LIGHT

Join St. Rose's Nutrition Services Department for lunch and a lecture on eating healthy.

Date: Wednesday, April 13
Time: 12 to 1:30 p.m.

SKIN CANCER SCREENING

Get that suspicious mole, mark, or scar checked out by dermatologist, Dr. Curt Samlaska.

Date: Wednesday, April 13
Time: 1:30 to 3:30 p.m.
Call 616-4900 for an appointment.

DIETARY SUPPLEMENTS: BE A CONSCIOUS CONSUMER

Understand government regulations, options and tips on buying supplements.

Date: Thursday, April 14
Time: 4 to 6 p.m.
Fee: \$15

HYPNOSIS FOR WEIGHT LOSS: SLIMMING FOR SUMMER

Dates: Saturday, April 16, 1 to 2:30 p.m. or
Wednesday, April 27, 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: Siena Campus, MacDonald Conference Room

METABOLIC SCREENING

How many calories do you need for basic body functioning? Come find out!

Date: Monday, April 18
Time: 10 a.m. to 3 p.m.
Call 616-4900 for an appointment.
Fee: \$15

PRINCESS POKER WALK

Grab your tiaras and tennies and join us as Discovery Park for a poker walk. Best hand gets a prize.

Date: Tuesday, April 19
Time: 9 to 10 a.m.

MEMORY SCREENING

Is your memory slipping? Take the Mini-Memory State Examination administered by Doug Young, Physician Assistant, from Western Regional Center for Brain & Spine Surgery.

Date: Wednesday, April 20
Time: 1 to 4 p.m. Call 616-4900 for an appointment.

WEAPONS OF MASS DESTRUCTION: THE COUCH, THE TELEVISION, AND THE FOOD PYRAMID

Parents join Dr. Evans and Dr. Mayman of Children's Heart Center for a talk on childhood obesity and treatment approaches.

Date: Thursday, April 21
Time: 6:30 to 7:30 p.m.
Location: Siena Campus, MacDonald Conference Room

LAWS OF ATTRACTION: FENG SHUI

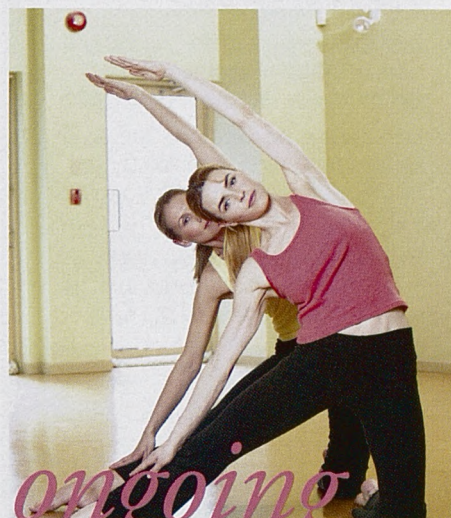
Learn to utilize the laws of attraction for prosperity and well-being.

Date: Saturday, April 23
Time: 9 a.m. to noon
Fee: \$25

GIRL TALK (MOMS AND GIRLS 10 TO 14)

Join Dr. Kim Lamotte-Malone to learn changes girls' bodies goes through during puberty.

Date: Tuesday, April 26
Time: 6:30 to 7:30 p.m.
Location: Siena Campus, MacDonald Conference Room



ongoing offerings

CHAIR EXERCISES

Learn to get fit from a seat position, occasional standing and use of Theraband's Incorporated.

Dates: Tuesdays
Time: 2 to 3 p.m.
Fee: \$2 per class

WALK THIS WAY: WALKING CLUB

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

Dates: Tuesdays and Thursdays
Time: 9 to 10 a.m. **NEW TIME!**
Location: Discovery Park

YOGA

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

RELAXATION YOGA

Relieve stress through meditation, movement and gentle stretching yoga.

Dates: Wednesdays
Time: 9 to 10 a.m.
Fee: \$5 per class (Money donated to the R.E.D. Rose program)

SUPPORT GROUPS

- AA For Women, Mondays, 7:30 p.m. & Wednesdays, noon
- Alcoholics Anonymous (Siena Campus, MacDonald Conference Room), Sundays, 6 p.m.
- Alateen (Siena Campus, Garden Room), Saturdays, noon
- Anxiety, Agoraphobia, & Panic Attack Support Group (Siena Campus, Garden Room), 1st & 3rd Thursdays, 6 p.m.
- Bereavement Support Group, 2nd & 4th Thursdays, 6 p.m.
- Better Breathers, 2nd Tuesday, 2 p.m., Paragon Healthcare, 1701 Green Valley Parkway, Suite 8B
- Breast Cancer Support, 2nd & 4th Mondays, 6 p.m. (Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)
- DBSA Depression & Bipolar Support Alliance, Tuesdays, 6:30 p.m. & Wednesday, 11:30 a.m.
- Diabetes Support, 1st Wednesdays, 10 a.m.
- Divorced Divas, 2nd & 4th Fridays, 6 p.m.
- Eating Disorders Recovery Support, Saturdays, 9:15 a.m., Siena Campus
- Fibromyalgia Friends, 3rd Thursdays, 6:30 p.m.
- From Darkness to Light Depression Support, 1st & 3rd Mondays, 6 p.m.
- Gamblers Anonymous, Tuesdays, 6:30 p.m., Siena Campus Garden Room
- Daughters without Mothers, 1st Thursday, 6 p.m.
- Mended Hearts, 2nd Thursday, 3 p.m.
- Narcotics Anonymous, Wednesdays, 5:30 p.m., Siena Campus, Garden Room
- Pregnancy Loss Support Group, 4th Tuesdays, 7 p.m.
- RESOLVE Infertility Support, 2nd Mondays, 6 p.m., Siena Campus, Garden Room
- 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

family

BREASTFEEDING CONSULTATION

Call 616-4901 for appointments with our Board Certified Lactation Consultant.

Fee: \$60

CAR SEAT SAFETY CHECKS

Fee: \$10 per family

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

WHOLE BIRTH™ PRENATAL YOGA

Join Cindy Lydon, Certified Instructor to learn postures, meditation, self-inquiry and group support to bond with baby and trust the birthing process.

Dates: Saturdays, 1 to 2:30 p.m. Fridays, 5 to 6 p.m.

Fee: \$10 single class fee or \$35 (4 classes) 1-month package.

Call 616-4901 to pre-register.

We also offer mommy and baby yoga classes for your young yoginis.

BELLIES AND BUDDIES

Pregnant? Join other pregnant moms for fun, friendly support.

Dates: 2nd Tuesday: February 8, March 8, April 12

Time: 6 to 7:00 p.m.

BABY CHIC...NURSERY KNOW HOWS

Join Bellini Furniture & Design for trends and tips, plus work on a unique design for your baby's nursery.

Date: Saturday, February 26

Time: 10 a.m. to noon

Location: Bellini Furniture and Design at 750 S. Rampart, Suite 12 (at Charleston)

WEE CAN SIGN: BABY SIGN LANGUAGE

Parents and babies, birth to 3 years, learn ASL signs to help baby communicate, thereby reducing tantrums and improving IQ and vocabulary.

Dates: Wednesdays, February 23, March 2, 9, 16, 1:30 to 2:30 p.m. or Saturdays, April 9, 16, 23, 30, 11:30 a.m. to 12:30 p.m.

Fee: \$95 (includes Sign With Your Baby kit)

BLISSFUL BABY INFANT MASSAGE

Join Avery Short, C.I.M.I to learn to help baby sleep and provide relief from gas and colic through infant massage. Bring baby, a blanket and small washcloth. Partners and caregivers welcome.

Dates: Monday, March 7, 14, 21, 1 to 2 p.m. or

Saturday, April 9, 16, 30, 10 to 11 a.m.

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

INTRODUCTION TO HYPNOBIRTHING

Learn how Hypnobirthing™ can work for you.

Date: Thursday, February 17

Time: 6 to 7:30 p.m.

HYPNOBIRTHING™—THE MONGAN METHOD CHILDBIRTH EDUCATION

Join Certified Hypnobirthing™ Practitioner, Anne Swanson for a two-day class on relaxation and self-hypnosis techniques for use during pregnancy and birth.

Dates: Saturday, March 19 and Sunday, March 20

Time: 10 a.m. to 3:00 p.m.

Fee: \$90 per couple (includes textbook and relaxation practice CD)

YOU CAN RETURN TO WORK WHILE BREASTFEEDING

Join our Lactation Consultant for tips on working while breastfeeding.

Date: Thursday, April 7

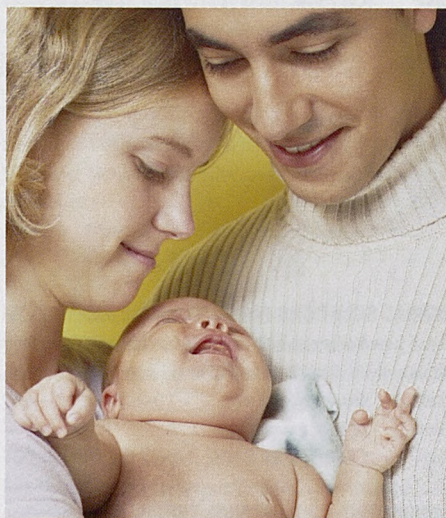
Time: 6 to 8 p.m.

NATURAL FAMILY PLANNING

Learn natural ways to achieve or avoid pregnancy from Natural Family Planning from Certified Fertility Care Specialist Mickey Bachman, R.N.

Date: Tuesday, April 12

Time: 7 to 8:30 p.m.



Rent Medella's Lactina
Hospital Grade Breast Pump.
Call 616-4901.

New Family Education Classes
Call 616-4901 to register.

education

Family to Family Connection Call 568-9601 to register.

All programs below are held at Family to Family Baby Center, 31 Church St., Henderson (behind St. Rose de Lima).

IMMUNIZATION & WELL BABY CLINIC

Get immunizations (\$15/child) or a free Well Baby Check from Clark County Health District.

Dates: Thursday, February 10; Thursday, March 10; or Thursday, April 14
Time: 9 a.m. to 1 p.m.

FEEDING FRENZY

Breastfeeding Support Chat

Dates: Every Tuesday
Time: 11 a.m. to noon

THE REAL MEANING OF TIME-OUT

Get great results using this behavior management tool.

Date: Wednesday, February 16
Time: 2 to 3 p.m.

UNDERSTANDING BABY'S TEMPERAMENT

Learn about temperament traits of infants and how they affect your parenting style.

Date: Thursday, February 17
Time: 10 to 11 a.m.

FROM COUPLEHOOD TO PARENTHOOD

Discuss trials and joys of this transition with Kathleen Santor M.Ed., Ed.S., of the Stress Management Center of Nevada.

Date: Monday, February 21
Time: 2 to 3 p.m.

WORKING MOM'S PLAYGROUP

Come for a playgroup that works with the working mother's schedule.

Dates: Mondays, February 21, March 21, April 18
Time: 6 to 7 p.m.

DEALING WITH A PICKY EATER

Is mealtime a battle of wills? Learn to win the war with your toddler.

Date: Wednesday, March 2
Time: 10 to 11 a.m.

CHILDHOOD OBESITY PREVENTION TIPS

Discover dangers of childhood obesity and how to prevent it.

Date: Wednesday, March 16
Time: 2 to 3 p.m.

HOMEMADE BABY FOOD

Learn easy ways to make nutritious, cost effective baby food.

Date: Tuesday, March 22
Time: 2 to 3 p.m.

EYE ON BABY'S VISION

Dr. Mark Lee, O.D., shares when to get a first eye exam and preventative eye-care tips.

Date: Wednesday, March 23
Time: 3:30 to 4:30 pm

ABC'S OF CHOOSING QUALITY CHILDCARE

Date: Thursday, April 7
Time: 10 to 11 a.m.

PLAYGROUND SAFETY TIPS

Date: Tuesday, April 12
Time: 2 to 3 p.m.

PHOTOGRAPH BABY'S BEAUTY

Findlay Photography will share tips for getting great photos of your little models.

Date: Thursday, April 21
Time: 10 to 11 a.m.

FIRST AID FOR BUMPS, BRUISES & BURNS

Date: Wednesday, April 27
Time: 10 to 11 a.m.

Ongoing Family Education Classes Call 616-4901 to register.

- Prepared Childbirth Classes, \$60
- Bed Rest Learning DVD Module, \$50
- Teen Prepared Childbirth Class, FREE
- Hypnobirth Leclairre Method, \$50
- Refresher Childbirth, \$30
- Baby Basics, \$30
- Grandparents Baby Basics, \$30
- Breastfeeding, \$30
- La Leche League, 4th Thursdays, 10 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
- Baby Massage, \$25
- New Mommy Mixer, FREE—Every Friday, 11 a.m., WomensCare Center
- Pregnancy Smoking Cessation, Call Nevada Tobacco Users' Helpline, 877-0684
- Expectant Parent Hospital Tour (reservations required)



CARING FOR KIDS

- St. Rose Dominicans Hospitals' Positive Impact Program was recently awarded the Clark County School District's Excellence in Education Hall of Fame Award. According to Carlos Garcia, Superintendent of Schools, St. Rose received the award for its extraordinary contributions to education in our community.
- The Barbara Greenspun WomensCare Center of Excellence At Risk Pregnancy Collaborative recently received funding from the March of Dimes. The collaborative brings the hospitals Baby Rose, Family Education and Family to Family Connection programs together to ensure quality education and care for teen mothers and their babies.



W **Women's Health & Wellness**

PMS

Osteoporosis

Menopause



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

- **Bioidentical Hormones**
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- Aromatherapy
- One-on-One Consultations
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W
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100 N. Green Valley Pkwy., Suite 330 • Henderson • NV 89074

Tel: 702.335.3505

www.DocPatti.com



MOMMY, WHERE DOES
CHOLESTEROL COME FROM?

YOUR FOOD. YOUR FAMILY.

If you, or your children, have sat in front of a Cheerios box, you've likely read the lively banner, "Cheerios Can Reduce Your Cholesterol!" which begs the questions—where does cholesterol come from and why should we work to reduce our cholesterol levels?

"Most people learn that cholesterol comes from food, which is true...partly true," said Sharon Nesser, St. Rose dietician. "Cholesterol is also influenced by family history, which may explain why some people have high LDL (bad) levels, even though they work hard to lower it through diet and exercise."

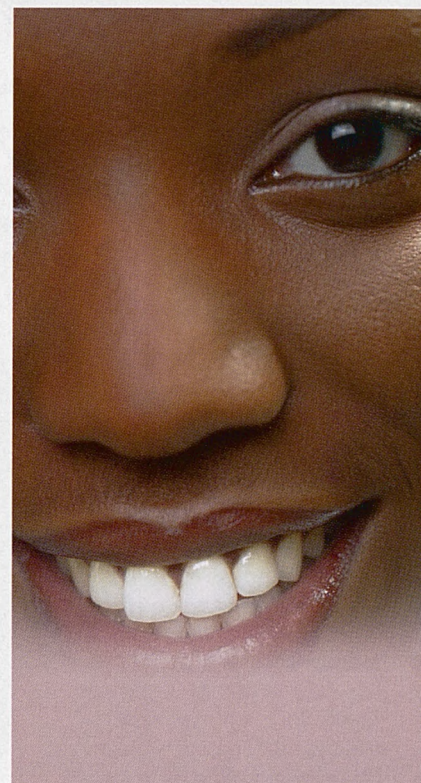
Cholesterol, a waxy fat, comes from two sources: 1) the liver, which manufactures about 80 percent of cholesterol found in the human body; and 2) food, particularly animal products such as meat, eggs and dairy products.

High levels of LDL cholesterol have been associated with hardened arteries

(atherosclerosis) and coronary artery disease (CAD). In contrast, high levels of HDL cholesterol have been shown to reduce some of the harmful effects of LDL cholesterol.

Diet and exercise are important parts to lowering and maintaining a healthy total cholesterol level because cholesterol—the "good" and the "bad" is found in the foods we eat. But, food and fitness aren't the only factors at play. Because cholesterol is also produced naturally in your body based on your family history—your mom, your dad, even your grandparents can influence your cholesterol—thus lies your risk of heart disease.

So, if you are having a hard time lowering your cholesterol, in spite of dieting and exercising, look into—and talk to your physician about—your family's health history. A number of cholesterol lowering drugs may help you lower your cholesterol.



Have A Heart to Heart With Your Dentist

If you have been diagnosed or treated for a heart valve disease such as mitral valve prolapse, congenital heart disease or heart valve defects, Dr. Patrick Simone, DDS, recommends discussing your heart health with your dentist to reduce your risk of developing a condition called endocarditis.

"Endocarditis is an inflammation of the heart muscle and valves caused by the bacteria in tooth plaque. Bacteria can find its way into the bloodstream, particularly during dental procedures, even a prophylaxis (basic cleaning), that may cause bleeding. In people with healthy immune systems, it is typically harmless," says Dr. Simone. "However, among people with certain heart conditions, it can damage or even destroy your heart valves."

Dentists often provide patients with certain heart valve conditions a single dose of an antibiotic (given typically about one hour prior to certain dental treatments) to reduce the risk of endocarditis.

BREAK  THROUGH

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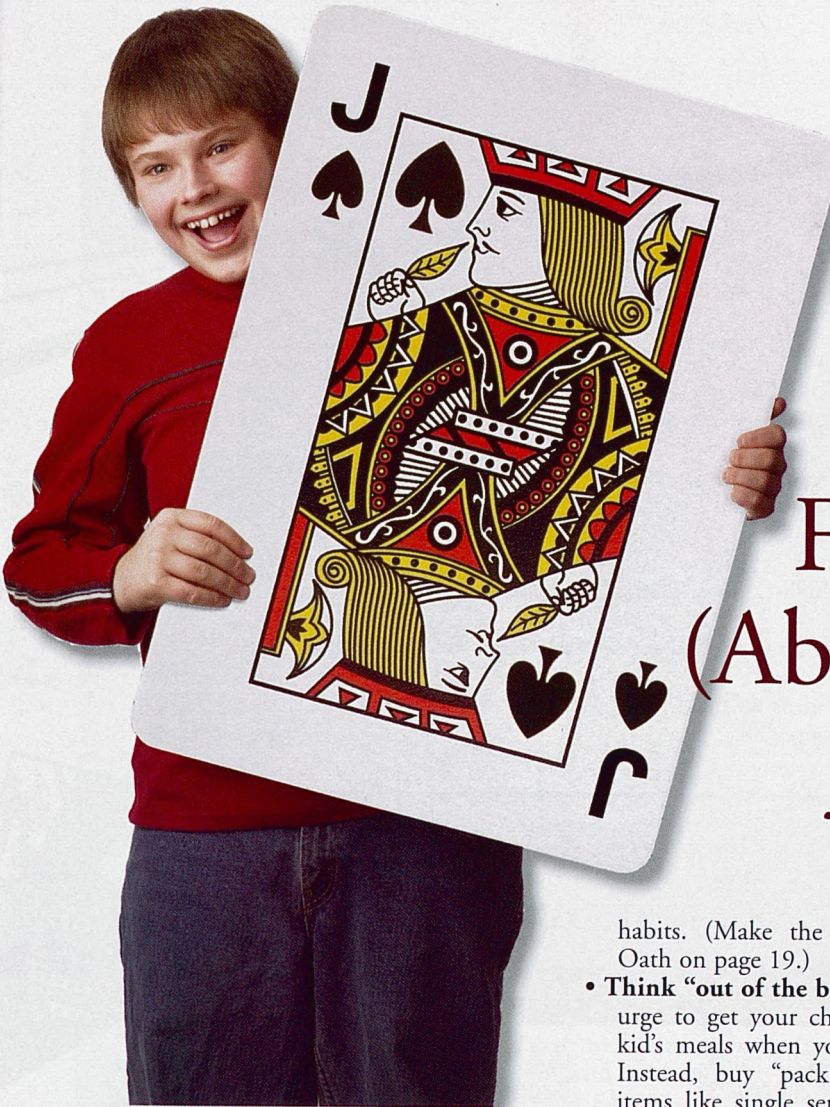
Young Hearts

- **KIDS AND CHOLESTEROL CUTTING DRUGS.** The U.S. National Cholesterol Education Program recommends cholesterol-lowering drugs such as statins for children over age 10 whose LDL “bad” cholesterol remains high even after they have changed their diet. For more information, visit www.nhlbi.nih.gov/chd/.
- **CHILDHOOD HURT: ADULT HEART DISEASE.** A recent study indicates that negative childhood experiences may increase the risk of developing heart disease. Ten adverse childhood experiences were studied. Only one—marital discord (divorce or separation of parents)—had no impact on heart disease risk. The other nine adverse childhood experiences—emotional, physical, or sexual abuse; emotional or physical neglect; substance abuse, mental illness, domestic violence, or incarceration of a family member—increased heart disease risk by 30 to 70 percent.
- **PROTECTING HEART AND EYE HEALTH.** Research suggests that aggressively treating high cholesterol in patients with type 1 diabetes, also known as “juvenile diabetes,” could protect their vision as well as their cardiovascular health. Harvard researchers found that individuals with the highest levels of LDL, “bad” cholesterol, had twice the risk of developing a visual problem called macular edema, the leading cause of vision loss in diabetics.

Get the Facts (About) Jack

habits. (Make the Heart Healthy Oath on page 19.)

- **Think “out of the box.”** Reduce the urge to get your children fast food kid’s meals when you’re on the go. Instead, buy “pack and go” meal items like single serving baggies of carrots, low-fat yogurt, string cheese, or low-fat milk when you grocery shop. Then, take a minute or two to grab a few of these items from the refrigerator before herding kids into the car.
- **Fight “short-order cook” syndrome.** Feeding finicky kids is frustrating, but give kids healthy choices before giving into their demands for crackers and cookies. If their staples are hotdogs and yogurt, let them have them. But, continue to serve up fresh fruits and vegetables on the side. It can take a child 10 to 15 times of seeing a food before they even consider eating it.
- **Try the Stop Light Diet.** (See page 18.) When kids start to understand why certain foods are good or bad for them, they become empowered to make healthy choices.”
- **Make fitness fun.** Take family walks after dinner. Keep it interesting by playing games such as “I Spy” as you walk. Plan weekend adventures such as hikes and hold your own Family Olympics with pool games, relay races, jump rope and hula hoop competitions.



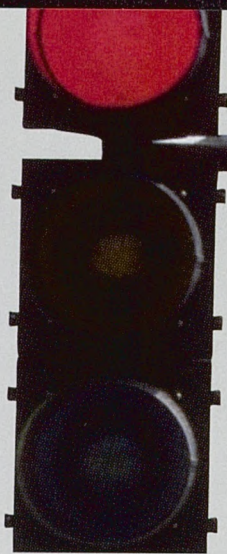
The face probably looks familiar, and with good reason. “Jack” is your average American kid. He likes french fries, soda, computers, and yes, card games. So, it should come as no surprise that Jack has high cholesterol. Up to one third of American children, from age 2 through the teenage years, do.

So, the American Academy of Pediatrics recommends cholesterol tests for children age 2 or older, if their parents or grandparents had heart disease or vascular disease before age 55, or if their parents have cholesterol levels of 240 mg/dL or higher.

As commonplace as high cholesterol has become among kids, most cases can be controlled by following some basic tips. Anissa Gustafson, a registered dietician with the Children’s Heart Center, offers the following recommendations for eating, exercising and educating kids about their heart health.

- **Focus on the “full house.”** It can be hard for a child to make lifestyle changes if parents and siblings don’t follow suit. I encourage the whole family to have their cholesterol checked and commit to healthy





THE STOP LIGHT DIET

Here is a simple approach to healthy eating from Leonard H. Epstein, Ph.D., a leading expert on childhood obesity. Still widely recommended by pediatricians today, its success is based on the family following three simple traffic signals:

- Green foods, which can be eaten freely, are nutrient-rich foods such as fruits and vegetables, low-fat dairy products, fish and lean meats.
- Yellow foods, to be eaten in modest amounts, are moderate-calorie/fat foods such as cereals and skinless chicken.
- Red foods, to be eaten rarely, are high-calories/fat ones such as ice cream, candy, pastries, sodas and high-fat meats.
- Join WomensCare and St. Rose Dieticians for **Nutrition 101: Red, Yellow, Green Lights**. Details on page 11.

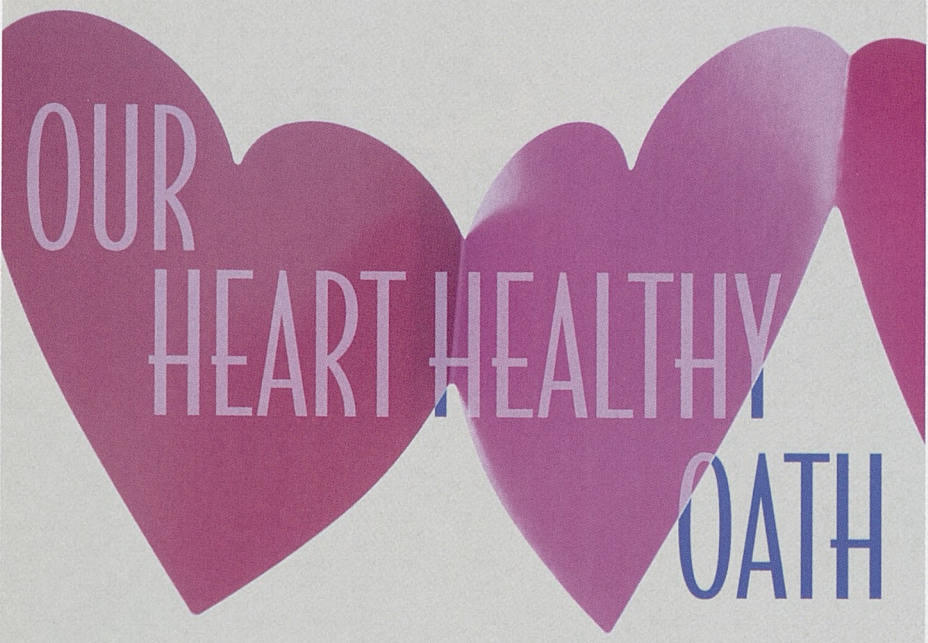
For more in depth information and ideas on heart healthy eating, visit the American Heart Association's website at www.aha.org.

CHOLESTEROL COUNTS FOR THE FULL HOUSE Know your numbers and your family's too.

TEST	AGE TWO TO 19	20 AND ABOVE	WHAT IT MEANS
Total Cholesterol	Should be less than 170 mg/dL Between 170 and 199 200 mg/dL	Less than 200 mg/dL Between 200 and 239 240 and above	Ideal Borderline high High
LDL ("bad") Cholesterol	Should be less than 110 mg/dL Between 110 and 129 130 mg/dL or above	Less than 100 mg/dL Between 100 and 129 130 to 159 160 to 189 Above 190	Ideal Near/above optimal Borderline high High Very high
HDL "good" Cholesterol	Should be greater than or equal to 35 mg/dL	Less than 40 mg/dL 50 to 59 60 or higher	A major heart disease risk Preferred Ideal. Helps lower your risk of heart disease
Triglycerides	Should be greater than or equal to 150 mg/dL	Under 100 mg/dL 149 or lower 150 to 199 200 to 499 500 or above	Ideal Normal risk of coronary artery disease Borderline high risk of coronary artery disease Very high risk of coronary artery disease Very high risk of developing coronary artery disease
Blood pressure	Blood pressure levels in children vary by age, height and weight, so talk to your health care provider about what your child's should be.	Less than 120/80 mm hg Between 120/80 and 139/89 Between 130/80 and 139/89 Between 140/90 and 159/99 160/100 or higher	Normal blood pressure Prehypertension* Twice the risk of developing hypertension Stage 1 hypertension Stage 2 hypertension

* Hypertension is the medical term for high blood pressure





WORDS TO HONOR FOR THE FULL HOUSE

I do hereby enthusiastically swear, with my left hand over my hardworking heart, to commit to a healthy lifestyle, which will reduce my risk of cardiovascular disease, as well as other health problems such as diabetes and obesity.

I pledge to actively **LEARN** more about my health and play by heart healthy rules. I will establish open communication with my healthcare provider regarding my heart health. I will learn about the hand I have been dealt (family's medical/heart history) and assess how my lifestyle choices positively or negatively influence my wellbeing.

I promise to **LISTEN** to my heart, and the hearts of those I love. I will discard my misperceptions about heart disease and be responsive to the symptoms of heart attack and stroke.

I vow to **LIVE SMART** in order to stack the deck in my favor. I will purchase, prepare and eat heart healthy meals. I vow to exercise at least 30 minutes a day most days of the week*. And, I will stop gambling with my heart health. I will give up poor lifestyle habits such as _____ on _____ (date)**.

Hereto for, I will try to heal any harm I may have done to my heart and help it beat proudly and productively on a daily basis.

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

* Consult your physician before beginning an exercise program.
 ** Consult page 7 for risk factor of heart health.

Cardiac Car Smarts

If you experienced a life threatening medical emergency, such as a heart attack or stroke, while driving, would passengers, passerby or paramedics know how to best help you?

NAME _____

PHONE _____

BIRTHDATE _____

BLOOD TYPE _____

MEDICAL CONDITIONS _____

MEDICATIONS _____

ALLERGIES _____

INSURANCE _____

GROUP# _____

MEMBER# _____

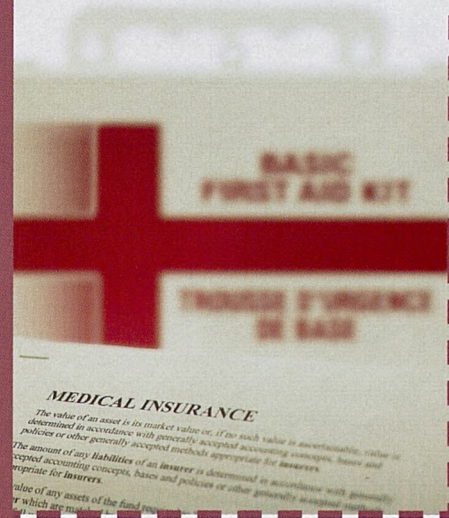
PHYSICIAN _____

PHONE _____

EMERGENCY CONTACT NAME _____

PHONE _____

For your convenience, St. Rose, WomensCare and Findlay Cadillac offer a Medical Information form you can easily download from www.strosehospitals.org.



Today was a good day.



I saw my Ophthalmologist...

Jason had his hearing tested...

Mom's glaucoma was checked...

Heather had her allergy shot...

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

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

Home of the LADARVision CUSTOMCORNEA® system.

Call today to schedule your complimentary LASIK consultation.



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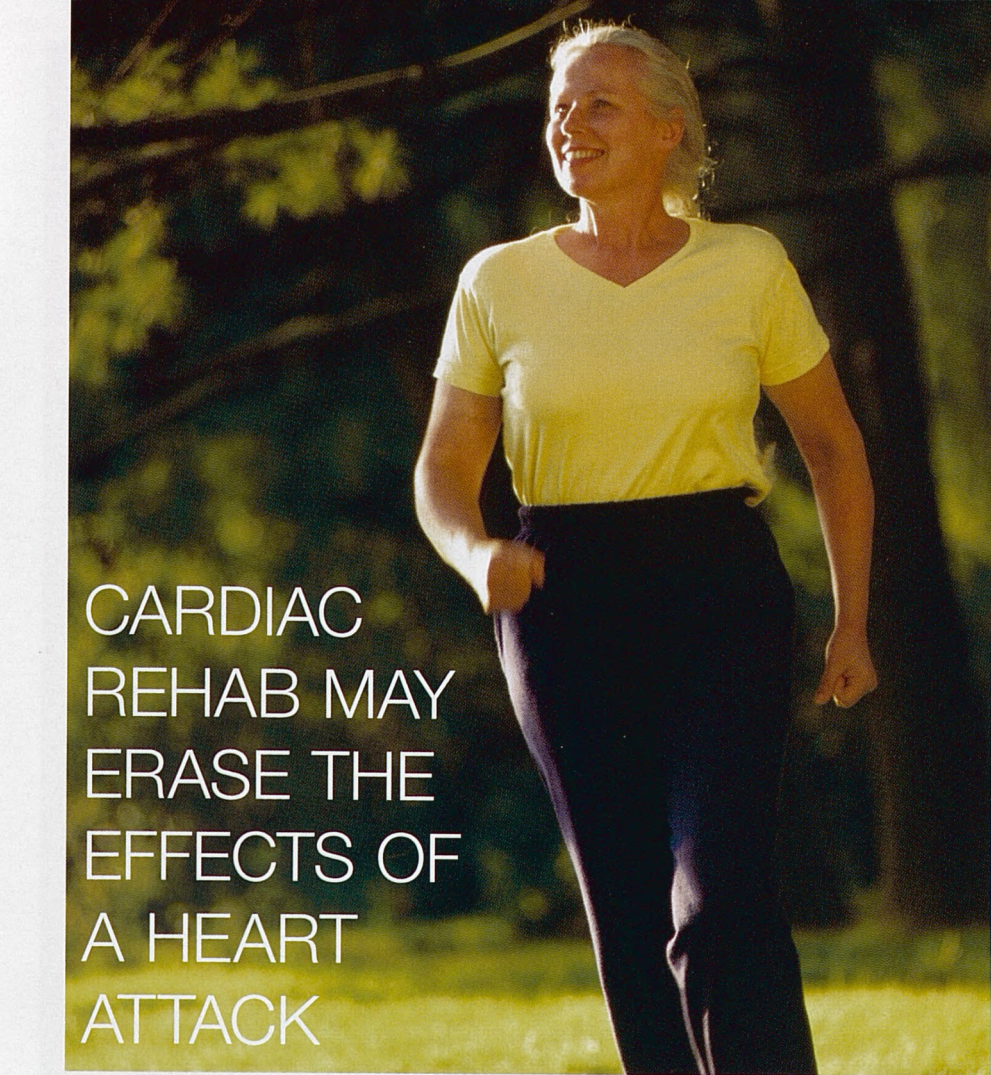
351 N. Buffalo Dr., Suite B
(West Las Vegas)

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)



CARDIAC REHAB MAY ERASE THE EFFECTS OF A HEART ATTACK

During the 1990s, a Minnesota research project followed more than 1,800 patients released from the hospital after having a heart attack. Researchers found that women were far less likely than men to take part in cardiac rehabilitation—disconcerting news considering cardiac rehab can reduce the risk of death in the years following a heart attack by more than 50 percent.

“While the study did not assess why some women didn’t go to cardiac rehabilitation, we do know that women tend to experience heart attacks later in life, and the study indicated participation decreased with age,” said Nurse Manager Maria Antonio. “Other factors that may have influenced the decision not to take part may have included a lack of transportation or the need to care for an ill or disabled spouse at home.”

St. Rose offers inpatient and outpatient cardiac rehabilitation designed to help patients establish and maintain a heart-healthy lifestyle. The outpatient program generally includes a tailored exercise program, education and assistance with changing risk factors (such as quitting smoking and changing diet). “Cardiac rehab programs also provide essential emotional support,” said Dr. Jeannette Nee. “Patients

fare better when they can share common experiences and motivate one another through the recovery process.”

“We can’t stress enough the importance of cardiac rehabilitation,” says Antonio. “But, the study results speak for themselves.” Participants had a 95 percent survival rate after three years compared with a survival rate of 64 percent among non-participants. The study also showed that cardiac rehab reduced the risk of a repeat heart attack by nearly one-third. Most impressive is that researchers said there was no difference between the survival rates of cardiac rehab participants and the expected survival rate of the Minnesota residents who had not had a heart attack.

St. Rose’s Cardiac Rehabilitation Center is located just two floors below The Barbara Greenspun WomensCare Center of Excellence in the Parkway Medical Plaza, located at I-215 and Green Valley Parkway. For more information, call **(702) 616-4664**.

If you are a senior citizen and your physician has prescribed cardiac rehabilitation, but you lack transportation, call St. Rose’s Helping Hands program at **(702) 616-6554** to find out about assistance that may be available to you.



Early Detection

Early detection of cardiovascular disease gives people a chance to make important lifestyle changes that can reduce their risks heart attack or stroke. In addition to testing your cholesterol and blood pressure levels, your doctor may recommend other non-invasive tests offered at St. Rose. These include:

- Chest X-ray to see if the heart is enlarged or if congestion is present in the lungs.
- EKG or ECG (electrocardiogram) to record the electrical pattern of your heartbeat.
- Exercise Stress Tests, which take EKG and blood pressure readings while you walk on a treadmill.
- Echocardiogram using sound waves to create a picture of your heart to check valves and chambers.
- Doppler Ultrasonography to access your risk of coronary artery disease.
- Nuclear stress test to see how blood flows through your arteries.

If you don’t have a primary health care provider, or a cardiologist, but are concerned that you are at risk for heart disease, St. Rose’s Physician Referral Service can help you find a physician who is right for you. Call **(702) 616-4508**. Or, visit St. Rose’s Physician Finder online at www.strosehospitals.org.



PRINCESS POKER WALK PARTIES

Is it possible to be health conscious and have fun? Can you exercise, eat right and enjoy an outing with your girlfriends all at one time? While it may sound implausible, it is not only possible, but also invigorating, when you hold a *WomensCare's* Princess Poker Walk Party.

Royal Stuff You'll Need

You'll need a standard deck of cards, good walking shoes, a safe, well-lit walking area, healthy snacks and prizes, plus an aptitude for enjoyment. Crowns (homemade or store bought) are also suggested.

Regal Responsibilities

Coronate a Queen to reign over the first walk. The Queen does the following:

- Establishes a walking course (tips: map out a one-mile route around your own neighborhood that you can walk multiple times or consider utilizing a high school track that is one-quarter mile around).

- Provides prizes (tips: keep prizes economical and healthy, e.g. walking socks, water bottles, scented hand creams, etc.)
- Calls all walkers. Finds substitutes when needed.
- Selects the style of poker to be played and provide rules.
- Provides a deck of cards.
- Assigns dealer and score keeper.
- Provides healthy snacks. As a tip, make something unique and make recipe cards for each of your walkers to take home. For recipe ideas visit www.strosehospitals.org.
- **Note to Queen:** Queen has the royal authority to delegate some responsibilities.

Walking to Win

The following directions are based on eight Princesses (four teams) playing 12 hands of Five Card Stud poker together over the course of a three-mile walk. (For more in depth instructions, visit, www.strosehospitals.org. For poker rules and such, visit www.girlspokernight.com or by Jill A. Davis' best-selling book, *Girl's Poker Night*).

1. Pair up players in teams of two. Assign the dealer to a team.
2. Begin by dealing each team one card face up and one card face down.
3. Walk.
4. Stop after one-quarter mile. Take a drink of water. Deal each team three additional cards. Ask all teams to show their hand of cards. Record the team that wins the hand.
5. Begin with Number 2 again and repeat directions 11 more times.

Rewarding Royalty

- Award prizes to the team that won the most hands.
- Award a small prize to the team that lost the most hands.
- Award a prize to the Joker (the walker who shared the best joke or who kept the group laughing throughout the walk).
- As an added incentive, try awarding a monthly or quarterly prize to the Queen of Clubs (the woman in your Princess Poker Walk Club who does the most to keep your walkers motivated to exercise, eat right and educate themselves on healthy lifestyle choices).
- As the Queen bids her court adieu and vacates her thrown, coronate a new Queen and set a date for your next Princess Poker Walk Party.



AMY GODSOE (right), a *WomensCare* health educator, talks the talk and walks the walk of a heart healthy lifestyle. She motivates hundreds of women a year get heart healthy through lectures and workshops. **MARIAN BROWN** is 72 and walks daily to keep her heart and bones strong.

Exercise the Soft Spot In Your Heart

The Soft Spot in Your Heart can help babies, children with heart disease or someone who has experienced breast cancer. Put your soft spot to work by participating in one of these fundraisers. It will do your heart good in more than one way.

- Children's Heart Foundation's 2nd Annual Walk with the Heart of a Child, Saturday, February 12, 2005, Fashion Show Mall. Call **(702) 990-4812, ext. 152** or log on to www.chfn.org for more information.
- Susan G. Komen Breast Cancer Foundation's 10th Annual Race for the Cure, Saturday, May 7, Fremont Street Experience, www.raceforthecure.com, **(702) 822-2324**.
- March of Dimes Walk America, Saturday, April 30, 2005, downtown Las Vegas. Call **(702) 732-9255** or log on to www.marchofdimes.com/nevada.

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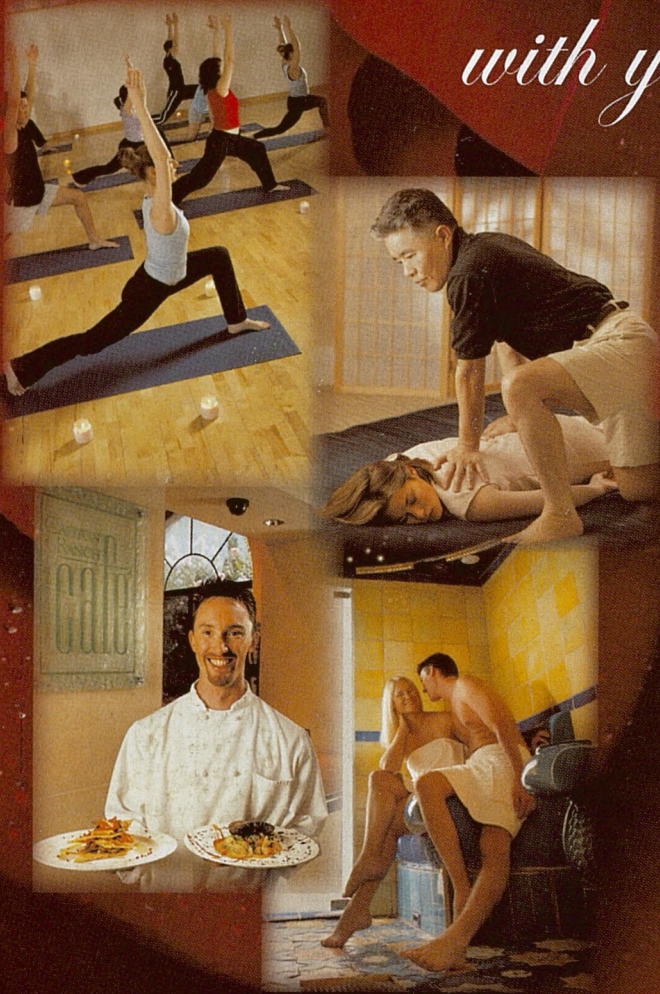
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- **DIABETES AND HEART DISEASE.** Women with diabetes are three to seven times more likely to develop heart disease, and have a heart attack or stroke, than women without diabetes. Having diabetes is one of the highest risk factors for developing cardiovascular disease.
- **A HEALTHY BEAT FOR BABY.** A baby's heart beat becomes audible through a Doppler device in or around the fourth month. Because a woman's lifestyle choices affect her unborn child, pregnant women are urged to baby their own hearts by following heart healthy lifestyles.
- **WOMENSCARE ONLINE.** Find this issue of WomensCare Magazine and others online at www.strosehospitals.org. Check out the Fall 2004 story “Guidelines on Hormone Therapy,” which highlights the American College of Obstetricians and Gynecologists recent recommendations on hormone therapy as it relates to heart disease.
- **EMERGING RISK FACTORS.** The Framingham study, the longest running study of heart disease, is investigating how the amino acid, homocysteine, the lipoprotein Lp(a) and infectious agents such as chlamydia and H. pylori may damage the heart. For more information on the Framingham study, visit www.framingham.com/heart/.

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Couples Yoga

Thursday, February 10 & Saturday, February 12

Find the calm in love by learning couple's yoga positions.

Fitness attire required

\$50 per couple

6 p.m.

Cooking for Two

Friday, February 11 & Saturday, February 12

Heart healthy cooking for two: demonstration by
Canyon Ranch Chef de Cuisine, James Boyer.

\$100 per couple

7 p.m.

Couples Massage

Thursday, February 10 & Friday, February 11

Re-energize your relationship by learning professional
massage techniques to use at home.

Swimsuits required

\$100 per couple

7 p.m.

All events are designed around the participation of 2 people.

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