

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

SPRING 2005

A PRESCRIPTION
FOR **COMFORT**

VIVA 100!
BE HEALTHY AT ANY AGE

MEMORIES:
TIPS FOR MAKING THEM

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence

St. Rose Dominican Hospitals



LONA:
THE ART OF GIVING



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I DON'T
KNOW
WHETHER
NICE
PEOPLE
TEND TO
PAINT
ROSES, OR
PAINTING
ROSES
MAKES
PEOPLE
NICE.

—Adapted from a
quote written
by professor
Roland A. Browne



EVERYTHING IS COMING UP ROSES!

Last fall, a gorgeous painting of a red rose, called Rose Rouge, hung in the window of Bluestone Gallery beckoning to passersby. A St. Rose staff member stepped inside the gallery to ask who had painted the rose. “Well, I did,” says Lona Blank, our WomensCare cover model.

A conversation ensued regarding the significance of St. Rose Dominican Hospitals’ name and its nickname, The Rose. In the weeks that followed, Lona generously donated three prints of her florals to be auctioned to benefit St. Rose’s not-for-profit, non-tax supported healthcare ministry.

The Marnell Foundation purchased two of the prints—one of yellow roses called Mon Ami and another of a white rose named Rose Blanc. Much to the hospitals’ delight, the Foundation donated the paintings back to St. Rose to display for all patients and visitors to see.

See Lona’s spring collection—floral paintings that reflect the beauty of her spirit—on display at Bluestone Gallery in The District at Green Valley Ranch throughout the months of May and June.

Want to learn to grow beautiful roses in the desert? See WomensCare’s May schedule on page 9 for more information on our South Valley Rose Society Meetings.



Dear readers,

The recent passing of Pope John Paul II and Terri Schiavo, the Florida woman whose feeding tube was removed, brought to light the importance of advanced directives — legal documents regarding a person’s wishes for health care.

St. Rose deeply believes that all patients should be treated with the utmost dignity. They should have the opportunity to understand their diagnosis, their prognosis and the care available to them. Likewise, they should be able to speak up about the type of care they wish to receive.

Unfortunately in some instances, such as in the case of severe stroke, a patient may be unable to communicate his or her wishes. That is why we advocate that all adults should fill out advanced directive forms that specify the type of care they want to receive should circumstances arise in which they are unable to speak for themselves.

To learn more about these documents, please read our WomensCare feature “Palliative Care: A Powerful Prescription for Comfort.” We hope this article will stimulate positive dialogue and proactive action among you and your loved ones in regards to your wishes for future medical care.

Rod A. Davis

Rod A. Davis
President and CEO

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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

Palliative Care

A POWERFUL
PRESCRIPTION FOR
COMFORTING CARE

The goal of palliative care is to improve the quality of life of patients and families who face a chronic illness by providing pain and symptom relief, spiritual and psychosocial support from diagnosis to cure or through the end of life and bereavement.

End of Life Care

This story begins with an ending: the ending of Carol Bower's life. It was as peaceful and planned as could have been expected considering that the malignant tumor on her kidney was discovered just two months before her death, says her husband, Dr. Joel Bower.

Medical experts ruled Carol's tumor inoperable, and, while she initially agreed to chemotherapy, the cancer spread so rapidly that she reconsidered. Understanding that treatment would have extended her life only a month or two, she made a thoughtful, informed choice to live as purposefully as she could and as comfortably as her health care providers could make her during the time she had left.

Dr. Bower says that Carol's death (though a great loss to all who knew her) could be defined as a "good death." Why? Carol had a qualified, team of doctors and nurses who made sure she clearly understood her prognosis. She was provided appropriate levels of pain relief. She had Advance Directives in place (see Make Your Wishes Known). And, she and her husband, her children and her priest had frank conversations about her life, her illness and her end-of-life wishes, which were respected.

"Providing patients who face chronic or terminal illnesses, and their families, comfort is at the heart of palliative care," said Vicki Koceja, St. Rose's Director of Palliative Care. "Providing comfort may include providing the appropriate levels of pain and symptom relief, as well as providing spiritual and emotional support."

Living with Chronic Diseases

The term "palliative care" is most often associated with the terminally ill (those who have less than six months to live). However, at St. Rose Dominican Hospitals, palliative care services are extended to any patient facing a chronic illness — terminal or not.

"Advances in modern medicine are allowing health care providers to cure or control illnesses that used to kill us. People are living for decades after being diagnosed with diabetes, heart disease and certain types of cancer," Koceja said. "In prolonging life, palliative care seeks to supplement curative medicine in efforts to make sure a patient's quality of life from the time of diagnosis is as positive as possible."

Shelly Huston, a social worker on St. Rose's Palliative Care Team, says that while

"SHE SHOWED US THE BEST OF WORLDS,"

DR. JOEL BOWER SAYS OF HIS WIFE, CAROL, WHO RECENTLY PASSED AWAY. CAROL AUTHORED NUMEROUS CHILDRENS' BOOKS ABOUT THE WOMEN OF ST. ROSE DOMINICAN HOSPITALS, AND DR. BOWER DELIVERED THOUSANDS OF BABIES WHILE ON THE HOSPITALS' STAFF. HE ALSO SERVED AS THE HOSPITALS' FORMER MEDICAL DIRECTOR AND THE HEAD OF THE HOSPITALS' ETHICS COMMITTEE. TODAY DR. BOWER IS RETIRED, BUT REMAINS ACTIVE IN THE MEDICAL COMMUNITY ADVOCATING FOR THE CHRONICALLY AND TERMINALLY ILL.



a doctor and nurse can carefully explain a diagnosis to a patient, many patients find themselves in a fog, unable to understand what they have heard. "We are often called in to sit with patients and talk them through their adjustment to the disease, make sure they understand the treatment or symptom relief options available to them, and make sure they will have appropriate assistance when they are released from the hospital."

The team also serves as a conduit between the patient and community organizations, Huston said. "We help put patients in contact with organizations such as The Susan G. Komen Breast Cancer Foundation, American Heart Association, and American Cancer Association. We work to help them create a network that can

provide them education and resources to manage their diseases."

Chaplain Richard Smith, also a member of the Palliative Care Team, said that because a patient may experience a realm of emotions such as sadness, anger, and feelings of abandonment, spiritual and emotional support are vital components to the patient's well being.

"There is also the family to consider," Smith said. "They may be devastated by the news. A family member may have a difference of opinion with the doctor, or with another family member, on the type of care their loved one should receive. We strive to

Continued on Page 7

MAKING YOUR WISHES KNOWN

According to research, only 24 percent of Americans put into writing how they want to be cared for if they are unable to speak for themselves due to an injury or illness.

St. Rose Dominican Hospitals strongly encourages every adult to prepare legal documents known as "Advance Directives." These documents allow you to state in advance what kinds of treatment you want or do not want under medical circumstances that would prevent you from communicating your wishes to your doctor.

Advance Directives include a living will spelling out what life-prolonging measures you do or don't want and a health care proxy, which assigns someone to make decisions when you no longer can. To learn more about these legal forms, and to obtain copies you can prepare, visit www.strosehospitals.org or the WomensCare Center for Advanced Care Planning Forms or call the Nevada Center for Ethics & Health Policy at (702) 531-3310.

Today was a good day.



I saw my Ophthalmologist...

Jason had his hearing tested...

Mom's glaucoma was checked...

Heather had her allergy shot...

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

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

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860 Seven Hills Drive
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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)

provide support that brings comfort to all and a sense of unity that ensures the patient's best interest and wishes are met."

Planning for Future Health Care

Because Americans are living longer (the average age of death is at a high of 77) and modern medicine often prolongs life, the Palliative Care Team encourages every individual to talk openly with their health care providers and family about future health care. "There is a tendency to sweep thoughts of illness and death under the rug," Smith said. "But, as the number of Americans over 65 years of age doubles, as it will in the next 30 years, we will be faced with chronic illness and death of loved ones much more frequently."

"St. Rose hopes to help people live as productive a life as possible when faced with a chronic illness or terminal illness," Koceja said. "And, when the time comes, we hope to see that they die with dignity." ■

PALLIATIVE CARE

The World Health Organization offers a description of palliative care consistent with the support and services that St. Rose Dominican Hospitals provide.

PALLIATIVE CARE:

- Uses a team approach to address the needs of patients and their families through the course of a chronic or terminal illness.
- Enhances quality of life, and may also positively influence the course of illness.
- Enhances care from the early stages of an illness, in conjunction with other therapies that are intended to cure, such as chemotherapy or radiation therapy, and includes those interventions needed to better understand and manage distressing clinical symptoms.
- Provides relief from pain and other distressing symptoms.
- Affirms life and regards dying as a normal process.
- Intends neither to hasten nor postpone death.
- Integrates the psychological and spiritual aspects of patient care.
- Offers a support system to help patients live as actively as possible until death.
- Offers a support system to help the family cope during the patient's illness or through bereavement.



CONSIDERING THE INEVITABLE

Dying is an inevitable fact of life. However, how we die is often another matter entirely. Consider the following:



Research indicates that the services Americans feel are most important for a loved one with less than six months to live are:

- Someone to assure that the patient's wishes are honored.
- Choices among the types of services that the patient can receive.
- Pain control tailored to the patient's wishes.
- Emotional support for the patient and family.



Research indicates 80% of Americans wish to die at home, yet less than 25% actually do. However, of 700,000 patients who received hospice care, more than 75% died at home. For more information, contact St. Rose's Palliative Care Hotline at (702) 616-4844.



According to Dr. Ira Byock, author of *The Four Things That Matter Most*, the healing of a loved one can still take place even if there is no cure. He says that too many people die without letting go of hurt they would like to. The following statements are powerful tools for easing suffering — that of the person dying and those that they love — when there is no cure:

1. Please forgive me.
2. I forgive you.
3. Thank you.
4. I love you.



PARKING LOT SMARTS

Sex offenders and serial killers often prey upon their victims in parking lots. Here are a few parking lot safety tips women should consider. If, after shopping, leaving work or the like, you...

- sit in your car and make calls, eat, or balance your check-book — don't. Lock your doors and leave so that you don't provide a predator the opportunity to attack you through your window or slide into the passenger side of your car.
- find that you are parked next to a big van, enter your car on the side farthest from the van and immediately lock your doors. Or head back into the store and ask for a security escort if available. Many predators attack by pulling victims into their vans.
- are approached by a male, think "smartly" before thinking "sympathetically." Ted Bundy, the serial killer, was a good-looking, well-educated man who lured some of his victims by walking with a cane or limp and asking for help into his vehicle.

upcoming

may

HYPNOSIS FOR POSITIVE THINKING AND ANXIETY ♥

Date: Monday, May 16 or Wednesday, June 29 or Tuesday, July 19

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

BUILD STRONGER BONES

Join Stephanie Humphries, a physical therapist, to learn how to build stronger bones.

Date: Thursday, May 26

Time: 6 to 7:30 p.m.

Location: St. Rose Siena Campus, MacDonald Conference Center

MEDITATION ♥

Learn a new relaxation technique each month to quiet the mind and relax the body.

Dates: Monday, May 16, 10 to 11 a.m. or 6 to 7 p.m.; Wednesday, June 22, 10 to 11 a.m. or 6 to 7 p.m.; Wednesday, July 20, 10 to 11 a.m. or 6 to 7 p.m.

RACE FOR THE CURE ♥

Date: Saturday, May 7

Time: 7 a.m. warm-up, 8:15 a.m. Race starts

Location: Fremont Street Experience

Register online: www.lvraceforthe cure.com

A SMOKE FREE LIFE ♥

The Nevada Cancer Institute offers six-week smoking cessation classes taught by a Mayo Clinic-trained instructor. Please call 821-0040 for a short assessment before the first class.

Date: Tuesdays, May 17 through June 21

Time: 4 to 5:30 p.m.

Fee: \$50 (includes materials)

Location: WomensCare Center. Call 821-0040 to register. or

Dates: Wednesdays, May 18 through June 22

Time: 6 to 7:30 p.m.

Fee: \$50 (includes materials)

Location: The Nevada Cancer Institute
10000 W. Charleston Blvd., Ste. 140.
Call 821-0040 to register.

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our American Cancer Society-sponsored Quality of Life Center for information, liquid supplements and accessories such as wigs and turbans.
Location: WomensCare Center. Call 616-4900 for an appointment.

DAUGHTERS WITHOUT MOTHERS

Miss your mom? Join this group for support, reflection and mothering.

Date: 1st Thursday; May 5, June 2, July 7

Time: 6 to 7 p.m.

HYPNOSIS FOR SMOKING—DON'T GIVE UP! ♥

Date: Wednesday, May 11 or Tuesday, July 12

Time: 6:30 to 8 p.m.

Fee: \$25

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

LOOK GOOD...FEEL BETTER

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

Dates: Thursday, May 18, or June 15, or July 20

Times: 6 to 8 p.m.

Location: Comprehensive Cancer Center, St. Rose Siena, Del E. Webb Medical Office Building
Call 952-3444 X5526 to register.

MENDED HEARTS ♥

Got heart disease? Get the support to mend your heart. Family members and caregivers welcome.

Date: 2nd Thursday; May 12, June 9, July 14

Time: 3 to 4:30 p.m.

HYPNOSIS FOR WEIGHT MANAGEMENT—SLIMMING FOR SUMMER ♥

Date: Saturday, May 14 or June 11 or July 16

Time: 1 to 2:30 p.m.

Fee: \$25 (includes CD)

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

DIABETES MANAGEMENT

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

Date: Wednesday & Thursday, May 18 & 19 or July 13 & 14

Time: 1:30 to 3:30 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 noted.

♥ = Heart Healthy classes

events & ongoing offerings

TEA & TALK BOOK CLUB

Dates: Thursday, May 19; The Lady and the Unicorn
Thursday, June 16; Coast Road
Thursday, July 21; The Time Traveler's Wife
Time: 3:30 to 4:30 p.m.

HEARTSAVER CPR & AED

This American Heart Association program for lay people, teachers, and childcare employees offers two-year certification in adult, child & infant CPR/AED and relief of a foreign body airway obstruction.

Dates: Thursday, May 19, 5 to 9:30 p.m.
Friday, June 10, 2 to 6:30 p.m.
Fee: \$30 (includes certification card)

HEARTSAVER ADULT ONLY CPR & AED

American Heart Association program for two-year certification in Adult CPR/AED and relief of foreign body airway obstruction.

Date: Friday, July 22
Time: 5:30 to 8 p.m.
Fee: \$25 (includes certification card)

MOMS IN BUSINESS NETWORK-FAMILY WELLNESS DAYS

Take advantage of a wellness event with family-oriented arts and crafts, cooking classes, fashion show and medical screenings, plus entertainment by Clint Holmes, The Gauchos, and Mac King. Buy tickets at www.familyhealthconference.com

Date: Saturday, May 21 and Sunday, May 22
Time: 9 a.m. to 4 p.m.
Fee: \$5 per adult, Children 16 and under are free
Location: Stardust Hotel

WHEELS ON WATER STREET BICYCLE FAIR

Celebrate National Bike month with a Poker Run, children's scavenger hunt, bicycle helmet give-away, safety information, food, games, prizes and music for the whole family.

Date: Saturday, May 21
Time: 11 a.m. to 2 p.m.
Location: 100 S. Water Street (between Victory & Pacific).
Call 267-1538 for information.

HYPNOSIS FOR WEIGHT MANAGEMENT-SLIMMING FOR SUMMER

Date: Tuesday, May 24; Monday, June 27;
or Tuesday, July 26
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: St. Rose Siena Campus, MacDonald Confer. Rm.

SOUTH VALLEY ROSE SOCIETY MEETING

Learn to grow and cultivate beautiful roses in our climate.

Date: 4th Thursday of the month starting May 26th
Time: 7 to 9 p.m.
Location: St. Rose Siena Campus, Garden Room

DASH AWAY FROM HYPERTENSION

Learn the revised DASH (Dietary Approach to Stop Hypertension) diet guidelines.

Date: Tuesday, May 31
Time: 1 to 3 p.m.
Fee: \$5

June

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, Mini-Gastric Bypass, with Dr. Rutledge of The Centers for Laparoscopic Obesity Surgery.

Date: Wednesday, June 1
Time: 6 to 7:30 p.m.
Location: St. Rose Siena Campus, MacDonald Confer. Rm.

THE MEMOIR CLUB

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

Dates: First Thursday of the Month; June 2, July 7 & August 4
Time: 3:30 to 5:30 p.m.
Fee: \$30 per quarter

SKIN CANCER SCREENING

Get that suspicious mole or spot-checked out by dermatologist, Miriam Bettencourt, M.D. Learn the A-B-C-D's of skin cancer and check your face for any sun damage.

Date: Friday, June 3
Time: 2 to 4 p.m.
Call 616-4900 for an appointment.

LADIES NIGHT OUT!

Grab the girls and join the Susan G. Komen Foundation and MJ Christensen Jewelers for a free evening of champagne, jewelry and Chippendales!

Date: Friday, June 3
Time: 5:30 to 6 p.m. Reception for Breast Cancer Survivors; 6 to 9 p.m. Public Event
Location: MJ Christensen, 8980 W. Charleston Blvd. (Boca Park); 732-0138 x.301

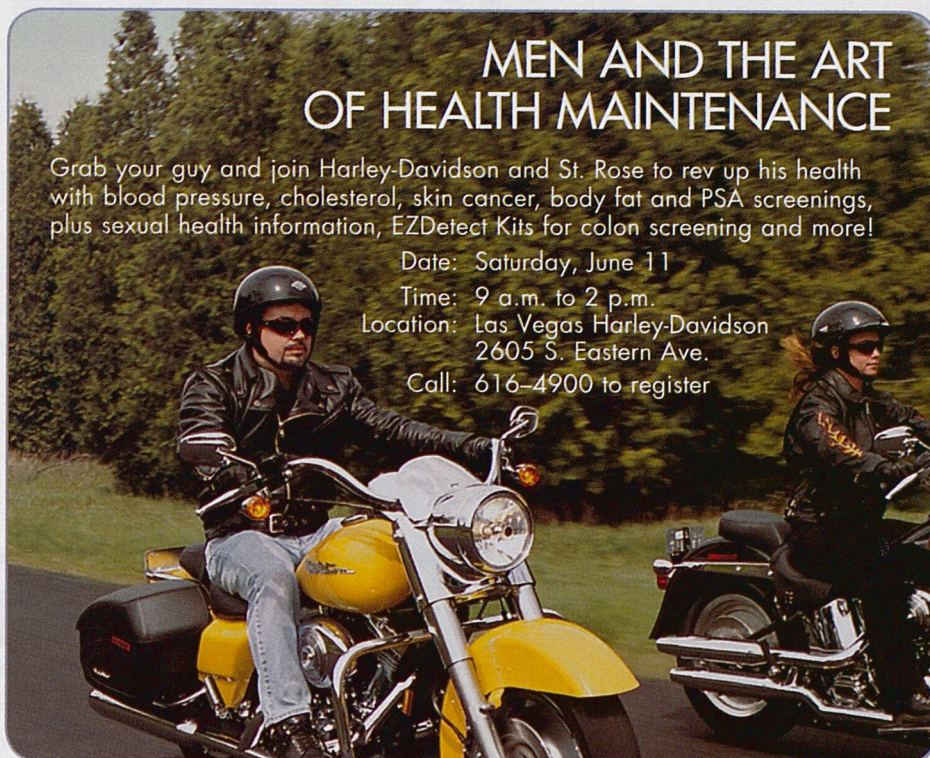
METABOLIC SCREENING

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

Date: Wednesday, June 8 or Tuesday, July 12
Time: 2 to 4 p.m. Call 616-4900 for an appointment.
Fee: \$15

HYPNOSIS FOR GOLF-POLISH YOUR MENTAL EDGE!

Date: Wednesday, June 8
Time: 6:30 to 8 p.m.
Fee: \$25 (includes CD)
Location: St. Rose Siena Campus, MacDonald Confer. Rm.



MEN AND THE ART OF HEALTH MAINTENANCE

Grab your guy and join Harley-Davidson and St. Rose to rev up his health with blood pressure, cholesterol, skin cancer, body fat and PSA screenings, plus sexual health information, EZDetect Kits for colon screening and more!

Date: Saturday, June 11
Time: 9 a.m. to 2 p.m.
Location: Las Vegas Harley-Davidson
2605 S. Eastern Ave.
Call: 616-4900 to register

SUPPORT GROUPS

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

OTHER SUPPORT

- Nevada Tobacco Users' Helpline, 877-0684
- Suicide Prevention Hotline of Nevada (800) SUICIDE or (800) 784-2433 toll-free/24 hours
- Gambler's Anonymous Hotline, 385-7732

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

INTRODUCTION TO ANGER MANAGEMENT

Join Dr. Judy Nelson, O.P. for a discussion of Body Cues, Triggers, Hot & Cool Thoughts, and Fair Fighting.

Date: Thursday, June 9

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

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

SAFE SITTER

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

Dates: Mondays – either June 13, June 27, July 11, or July 18

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

Fee: \$30

GIRL TALK

Mothers and daughters (ages 10-14) learn about the changes a girl's body goes through during puberty.

Date: Tuesday, June 14

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

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

HEALTH SCREENINGS

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

Date: Friday, June 17

Time: 7 to 10 a.m.

Call 616-4900 for an appointment.

Fee: Per screening

HOW TO GET KIDS TO EAT GREAT

Join the Children's Fitness Foundation to learn the latest in nutrition for children.

Date: Monday, June 20

Time: 6 to 7:30 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

AARP DRIVER SAFETY PROGRAM

Are you over 50 and want to reduce your car insurance rates? Tune up your driving skills with this eight-hour class!

Date: Wednesday, June 22 & Thursday, June 23

Time: 1:30 to 5:30 p.m.

Fee: \$10

HEAVY MENSTRUAL CYCLES?

Join Dr. Elizabeth Moore to learn about options for heavy menstrual bleeding.

Date: Wednesday, June 22

Time: 6 to 7 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

IT MUST BE MY THYROID

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

Date: Tuesday, June 28

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

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Date: Wednesday, June 29

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

Fee: \$5

GREAT SEX & BETTER RELATIONSHIPS

Join Dr. Patti Beckstead to learn what every couple should know about sexual health.

Date: Thursday, June 30

Time: 6:30 to 8 p.m.

july

HYPNOSIS FOR IRRITABLE BOWEL SYNDROME

Date: Wednesday, July 6

Time: 6:30 to 8 p.m.

Fee: \$25 (includes CD)

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

INCONTINENCE: YOU DON'T HAVE TO LIVE WITH IT!

Join Stephanie Humphries, a physical therapist, to learn various exercises and incontinence training.

Date: Thursday, July 21


Time: 6 to 7:30 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

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

upcoming events

ongoing offerings

ADVANCES IN BACK SURGERY

Learn about the latest techniques for back health from neurosurgeon, Dr. Derek Duke of the Western Regional Center for Brain & Spine Surgery.

Date: Wednesday, July 13

Time: 6 to 7 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

NUTRITION 101: WHY FRENCH WOMEN DON'T GET FAT

Enjoy a French cuisine lunch and get the skinny on why the French can eat high fat foods and still be thin from St. Rose's Nutrition Therapy Department.

Date: Wednesday, July 20

Time: Noon to 1 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

Fee: \$5 (includes lunch)

GIRL POWER! SPA RETREAT (AGES 10-13)

Girls ages 10-13 join us for monthly activities that draw upon and draw out your Girl Power!—your inner strength to be confident, healthy and self-assured. Girl Power!

Date: Friday, July 22

Time: 3 to 5 p.m.

SINGING BOWL MEDITATION

An ancient art of meditation using sound to open the chakras, clear blockages and align the mind, body and spirit.

Date: Wednesday, July 27

Time: 6 to 7 p.m.

Fee: \$10

NOURISH YOUR BODY, NURTURE YOUR SOUL

Join Sister Molly Nicholson for an afternoon of inspiration.

Date: Thursday, July 28

Time: 1 to 2:30 p.m.

YOU DON'T NEED ANOTHER STROKE

Learn to protect yourself or someone you care for from another stroke.

Date: Thursday, July 28

Time: 6 to 7 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

FREE MAMMOGRAM IN THE MAMMOVAN

Need a mammogram but lack health insurance? Call the Nevada Health Center's Mammovan. Free mammograms are available by appointment for age and income eligible women without insurance.

Date: Friday, August 5

Location: St. Rose, Rose de Lima Campus.

Call (877) 581-6266 for an appointment.

TOGETHER WE GROW: WOMAN TO WOMAN RETREAT

A retreat designed just for the recovering alcoholic woman.

Date: Friday through Sunday, Aug. 5 to 7

Fee: \$150

Register: 263-7969 or 822-2167



ONGOING OFFERINGS

TAI CHI IN THE HEALING GARDEN ♥

This Chinese martial art form, taught by Stella Huang, utilizes continuous flowing body movements that strengthen the body, balance the mind and illuminate the spirit.

Dates: Wednesdays, beginning May 25

Time: 7:30 to 8:30 a.m.

Fee: \$40 per four sessions. Call 616-4900 to purchase a four-session pass and register for class

Location: St. Rose Siena Campus, Healing Garden

WALK THIS WAY: WALKING CLUB ♥

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

Dates: Tuesdays & Thursdays

Time: 9 to 10 a.m.

Location: Discovery Park

YOGA ♥

Date: Tuesdays & Thursdays

Time: 10 to 11 a.m.

Fee: \$5 per session

RELAXATION YOGA ♥

Relieve stress through meditation, movement and gentle stretching yoga.

Date: Wednesdays

Time: 9 to 10 a.m.

Fee: \$5 per class (Proceeds to benefit the R.E.D. Rose program)

INTENSE BODIES BY PILATES ♥

Intermediate/advanced Pilates taught by Dr. Debbie Symons to build core strength and grace.

Date: Every Wednesday starting June 1st

Time: 10:30 to 11:30 a.m.

Fee: \$8 per session

SUN STRIDERS MALL WALKERS ♥

Join the Mall Walkers at the Galleria at Sunset. Food Court doors open at 7 a.m. every morning.

Call: 434-3409

PRIVATE HYPNOSIS SESSION

Appointments: 616-4905

Fee: \$75



ONGOING FAMILY EDUCATION CLASSES

- Prepared Childbirth Class, \$60
- Bed Rest Learning DVD 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 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 at 11 a.m. at the WomensCare Center
- Pregnancy Smoking Cessation. Call the Nevada Tobacco Users' Helpline 877-0684
- Expectant Parent Hospital Tour (reservations required)

family

New Family Education Classes Call 616-4901 to register.

BABY BOOK SCRAPBOOKING

Join Scrappy-Do to create your baby's first photo album.

Date: Saturday, June 11

Time: 10 a.m. to noon

Fee: \$35 (Includes an 8 page album and supplies)

Location: Scrappy-Do, 1550 W. Horizon Ridge Pkwy. Call 407-5589 to register

PARENTING TEENS

Join the Parenting Project to learn the importance of identifying family roles, rules and consequences. This class is for parents and young adults ages 11-17.

Dates: Mondays; June 6, 13, 20, 27 and July 11, 18

Time: 6 to 8:30 p.m.

Location: St. Rose Siena Campus, Maternal Child Classroom

EATING FOR TWO?

Join Sherry Poinier, R.D. to learn nutritional considerations for optimum health for you and your baby.

Date: Wednesday, June 29

Time: 5:30 to 6:30 p.m.

Location: St. Rose, Siena Campus, Maternal Child Classroom

PRENATAL YOGA

Join Cindy Lydon, Certified Whole Birth™ Prenatal Yoga instructor, for a class that combines postures, meditation, self-inquiry and group support allowing women to bond with their babies and trust in the birthing process.

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

Fee: \$10 single class fee; \$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

Are you pregnant? Join other pregnant moms for support in a fun, friendly environment.

Dates: 2nd Tuesdays: May 10, June 14, July 12

Time: 6 to 7 p.m.

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

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

Dates: Wednesdays, July 6, 13, 20 & 27, 1:30 to 2:30 p.m.; Saturdays, June 4, 11, 18 & 25, 11:30 a.m. to 12:30 p.m.

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

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL II

Parents and babies, birth to 3 years, this class is for those who have graduated from Baby Sign Language Level I class.

Dates: Tuesdays, May 17, 24, 31 and June 7

Times: Noon to 1 p.m.

Fee: \$80 (includes "Pick Me Up" CD and Activity Guide)

BLISSFUL BABY INFANT MASSAGE

Join Avery Short, C.I.M.I. for a three-session infant massage class. Learn techniques that will help baby sleep and provide relief from gas or colic. Bring baby, a blanket and small washcloth. Partners and caregivers are welcome to attend.

Dates: Mondays, June 6, 13, 20, 11 a.m. to 12 p.m.;

Saturdays, July 16, 23, 30, 11 a.m. to 12 p.m.

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

INTRODUCTION TO NATURAL FAMILY PLANNING

To conceive or not to conceive? Looking for a natural way to achieve or avoid pregnancy? Certified Fertility Care Specialist Mickey Bachman, R.N. will introduce you to the basics of Natural Family Planning.

Date: Monday, July 18

Time: 7 to 8:30 p.m.

Location: St. Rose Siena Campus, MacDonald Confer. Rm.

COMENZANDO BIEN

Los temas incluyen las diferencias entre el parto verdadero y el falso, el nacimiento vaginal, el nacimiento de cesaria, el papel de la persona de apoyo, cómo sobrellevar el dolor durante el parto y el cuidado de pos-parto para la mamá. El énfasis en la relajación y técnicas de respiración con practica durante la clase.

Información: 568-9601

BREASTFEEDING SERVICES

Breastfeeding Consultation. Call 616-4901 to schedule an appointment with a Board Certified Lactation Consultant.

Fee: \$60



RENT A LACTINA BREAST PUMP CALL 616-4901

The Medela Lactina is the best in hospital-grade breast pumps. It is ideal for short and long-term use.

education

Family to Family Connection Call 568-9601 to register.

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

IMMUNIZATION & WELL BABY CLINIC

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

Dates: Thursdays; May 12, June 9 & July 14

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

CAR SEAT SAFETY CHECKS

Dates: Fridays

Time: 8 to 11 a.m.

Fee: \$10 per family.

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

FEEDING FRENZY

Breastfeeding Support Chat

Dates: Every Tuesday

Time: 11 a.m.

DADDY-N-ME DEVELOPMENTAL PLAY

A playgroup for dads and toddlers with developmental activities for all to enjoy.

Dates: Mondays; June 6 & July 11

Time: 6 pm

DANCING WITH MISS JENNY

Join Miss Jenny for a joyful experience in developmental movement.

Dates: Fridays; May 6-27, June 3-24

Time: 2-2:30 p.m. (12-24 month olds)

2:45-3:15 (24-48 month olds)

Cost: \$15 per month

PARENTING 911

Does the chaos at your house seem like a reality TV show? Get a start on effective parenting techniques now to avoid battles later. For parents of babies and toddlers.

Dates: Mondays; May 16, June 20 & July 18

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

SUMMER SAFETY

Learn some tips on protecting your little one in the Las Vegas heat.

Date: Tuesday, May 17

Time: 2 p.m.

DROWNING PREVENTION

Learn to keep your children safe around the house, pool, lake or other bodies of water.

Date: Wednesday, May 25

Time: 10 a.m.

WHEN TO CALL THE DOCTOR

When is a sniffle a sniffle or something more? Find out when to call the experts.

Date: Tuesday, May 31

Time: 2 to 3 p.m.

TREKKING WITH YOUR TODDLER

Join hiking mom, Shawna Glasser, for tips for exploring trails with toddlers.

Date: Thursday, May 24

Time: 10 to 11 a.m.

SLEEP SOLUTIONS FOR BABIES & TODDLERS

Sleepless in Las Vegas? Get tips to lead your little ones to dreamland.

Date: Wednesday, June 8

Time: 10 to 11 a.m.

BRINGING HOME BABY #2

Discuss the differences that adding another baby to your family will bring.

Date: Monday, June 13

Time: 2 to 3 p.m.

WATER PARK PLAY

Join us for a fun-filled play date at Mission Hills Park.

Date: Wednesday, June 22

Time: 10 to 11 a.m.

Location: Mission Hills Park, College Drive, Henderson

MENUS, MEALS, AND MAYHEM

Learn how to stretch dollars while improving your family's health and well-being from the UNR Cooperative Extension.

Date: Tuesdays, July 5-Aug. 9

Time: 10:30 to 11:30 a.m.

STARTING SOLIDS

Which comes first — pears or peas? Learn when to begin offering solid foods and which foods to start first.

Date: Thursday, July 7

Time: 2 to 3 p.m.

HEALTHY SNACKS FOR TODDLERS

Running out of snack ideas? Get some help and recipes for creating healthy snacks.

Date: Wednesday, July 13

Time: 10 to 11 a.m.

BID TO BENEFIT ST. ROSE

With spectacular views of the Las Vegas Valley, the custom home sites at MacDonald Highlands sell themselves. Still, each time Rich MacDonald, president of MacDonald Properties, shows a lot to prospective buyers he makes sure to point out an important landmark. It's the bell tower at St. Rose Dominican Hospitals—Siena Campus. "I've been a patient there, and my granddaughter was born at St. Rose," he said. "You will have good health care close by."

After repeating that time and again, MacDonald, whose wife Claire is a St. Rose Dominican Health Foundation Board member, decided to auction a lot to benefit the hospitals' not-for-profit, non-tax supported health care ministry.

The lot will be auctioned on Thursday, May 19, 2005. For more information, log on to www.stroseevents.com, or call (702) 616-5750.

Claire is pictured with her daughter Paige, and her granddaughters Sabrina (left) and Rochelle (right). "Our family has benefitted from the growth of the valley and from St. Rose. So, as the community continues to grow, we want to ensure our community hospital can too," said Claire.



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100 PERCENT HAPPIER, 100 POUNDS LIGHTER

Veronica Gonzalez, pictured with her surgeon, Dr. Robert Rutledge, has lost 100 pounds since having laparoscopic mini-gastric bypass surgery. She chose to have the procedure performed laparoscopically because research she read indicated that it was a less invasive, less painful and a successful form of weight loss surgery. Gonzalez's procedure took just 39 minutes. She went home the day after surgery and returned to work within a week.

To perform gastric bypass laparoscopically, Dr. Rutledge makes five small incisions in the abdomen and uses small scopes and specially designed surgical tools. Meet and discuss mini-gastric bypass surgery with Dr. Rutledge on Wednesday, June 1 from 6-7:30 p.m. in the MacDonald Conference Room at the Siena Campus.

SUCCESSFULLY LOSING

According to the United Health Foundation, people who talk to their doctor about health and weight issues are more motivated to lose weight than those who don't. The following are tips to increase the likelihood that you will successfully lose weight:

1. Ask your doctor about any potential risks.
2. Accept the weight control plan that's right for you.
3. Agree on treatment goals.
4. Accumulate a support system of friends, family and health professionals.
5. Arrange follow-ups with your doctor throughout the process.

COMO ADELGAZAR EXITOSAMENTE

Aquellas personas que hablan con su médico sobre perder peso están más motivadas que aquellas que no lo hacen. Siga las cinco importantes reglas siguientes:

1. Pregunte a su médico si existe algún riesgo para su salud.
2. Acepte el plan de control de peso adecuado para usted.
3. Pongase de acuerdo sobre las metas del tratamiento.
4. Forme un sistema de apoyo que incluya amistades, familiares y profesionales.
5. Haga citas con su médica durante todo el proceso.

Need to find a physician? Call (702) 616-4508 for St. Rose Physician Referral or click on to www.strosehospitals.org



SEAFOOD. EAT FISH THIS SUMMER

For healthy summer meals, throw some shrimp on the barbecue. Omega-3 fatty acids found in fish such as shrimp, tuna and salmon, can positively impact conditions from arthritis and asthma to acne. The American Heart Association recommends eating fish at least twice a week because of the heart healthy benefits derived from its omega-3 protein levels and low amount of saturated fat.

DON'T SKIMP ON SHRIMP

Twelve large shrimp contain only 65 calories, and sweet Maine lobster without butter has only 83 calories in 3 ounces.

BYPASS FATTY BUTTER

By seasoning fish with Summer Mango Salsa. Simply combine these ingredients:

- 1 small Red onion, minced
- 1 Red bell pepper, seeded and diced
- 1/4 cup Cilantro, finely chopped
- 1 tsp. oil
- 1 Mango, diced
- 1/2 cup Balsamic vinegar

THE TUNA SALAD TEST: OIL VS. WATER

Tuna packed in oil mixed with 1 tablespoon of mayonnaise is lower in fat than tuna packed in spring water mixed with 2 tablespoons of mayonnaise. Research shows that people who use tuna packed in oil use less mayonnaise to achieve the desired taste, thereby reducing fat and calories.



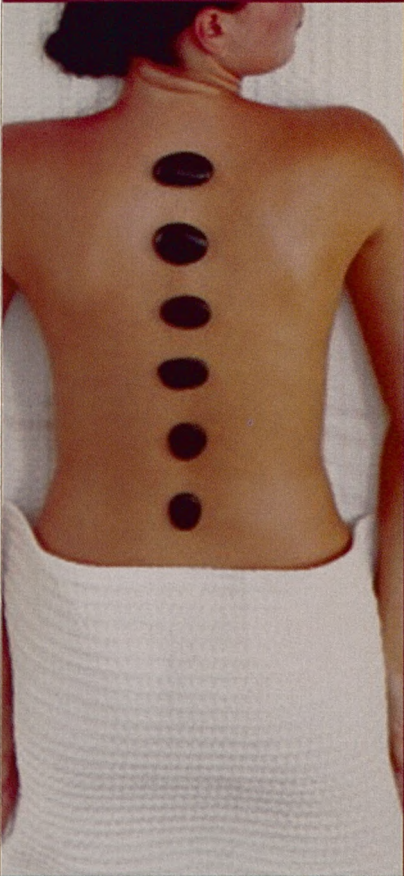


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MIRACLES COME TRUE \$1 AT A TIME

Emilyne was at odds with her older sister, Jasper, last summer. Looking back, their mother, Patti, says maybe it was because Emilyne was ill. However, since Emilyne was diagnosed with acute lymphoblasto leukemia, the sisters are closer than ever. Emilyne says that in a way she feels fortunate that she now understands what Jasper has gone through. Jasper has significant heart problems.

Children's Miracle Network, a nationwide nonprofit organization, recently joined forces with St. Rose Dominican Hospitals to help save and improve the lives of children like Emilyne through medical care and education. Every dollar raised by Children's Miracle Network in Southern Nevada stays here to benefit St. Rose's Pediatrics Unit.

Help make medical miracles come true for area children by purchasing a Miracle Balloon during May. They cost \$1 at any of the following Children's Miracle Network sponsor sites: Wal-Mart, Sam's Club, Neighborhood Market Convenience Stores, Costco, RiteAid, Blockbuster, Dairy Queen, Ace Hardware and Auntie Anne's Pretzels in the malls.



R'S OF MEMORY MAKING

Rituals, Routines, and the Ridiculous are three key themes in Author Steffen Kraehmer's book, *Time Well Spent: A Father's Advice for Establishing a Lifetime of Closeness With Your Child*.

"Rituals," he says, provide children emotional security and reinforce family bonds. Rituals can be formal events such as going to church together on Sunday, or something informal, such as a weekly Kids Night in the Kitchen, when kids get to choose and help prepare the meal. "Routines" help children develop feelings of sameness and security, says Kraehmer. Having a bedtime routine, as an example, can help children go to sleep more easily. Finally, "the ridiculous" is taking on an everyday task with a twist. For instance, encourage kids to clean their rooms by playing the part of Prince Pick Up and Princess Put Away.

TIME.

THE PERFECT MOTHER'S OR FATHER'S DAY GIFT

Flowers, breakfast in bed, backyard barbecues, perfume and power tools are among customary Mother's and Father's Day gifts. If you are a parent, take action this year and ask for the gift of time to:

1. Spend time with each of your children individually. Plan a simple outing such as a walk and lunch so you can talk,
2. Take private time to reflect on how parenting has empowered you or enlightened your soul,
3. Take time to write down happy memories from each stage of your child's life.



Parents whose children have grown and left the nest often say that kids grow up too fast, and recommend spending as much time with your children as you can when they are small. While babies quickly become too big to hold, a ton of happy memories can feel—and make your spirit feel—as light as a feather.



REMEMBERING POLLY

As news spread about the car accident that took Polly Gonzalez's life, stories about her poured forth from family, friends and viewers. It became clear that the KLAS Channel 8 news anchor was also an anchor in her daughters' lives, the lives of her viewers and the Hispanic community.

Polly was an advocate for education. If you would like to support Polly's Scholarship Fund benefitting her daughters' education, donations can be made at any Bank of America branch (Polly Gonzalez Scholarship Fund, Bank of America, Account #004966598212) or send a check to KLAS-TV, 3228 Channel 8 Drive, Las Vegas NV 89109 made out to the Polly Gonzalez Scholarship Fund.



DAUGHTERS WITHOUT MOTHERS

In her new book, Dr. Christian Northrop writes, "The mother-daughter relationship is at the head-waters of every woman's health. So, losing your mother — no matter what your age — can be a drain not only on your emotional, but also your physical and spiritual health. Join a support group that provides the comfort and companionship of other girls and women who have lost their mothers. Daughters Without Mothers is held the first Thursday of each month at 6 p.m. at the WomensCare Center.

WELCOME TO FABULOUS 100!

LIKE LAS VEGAS, **LUCILLE SALTER** IS TURNING 100. SHE HAS ENJOYED LIVING IN SOUTHERN NEVADA SINCE 1931 AND ATTRIBUTES HER LONGEVITY TO HEALTHY LIVING. FOR HER, THIS INCLUDES A STRONG MARRIAGE, A GOOD DIET AND A POSITIVE ATTITUDE. TO LEARN MORE ABOUT LAS VEGAS' CENTENNIAL CELEBRATION, VISIT WWW.LASVEGAS2005.ORG.



CHECK POINTS ON THE ROAD TO LIVING A LONG AND FABULOUS LIFE

TO IMPROVE THE ODDS OF LIVING HEALTHIER AND LONGER, THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES OFFERS SCREENINGS TESTS AND IMMUNIZATION GUIDELINES FOR WOMEN. THE GUIDELINES BELOW ARE FOR WOMEN AT AVERAGE RISK FOR MOST DISEASES. YOUR HEALTH CARE PROVIDER WILL PERSONALIZE THE TIMING OF EACH TEST AND IMMUNIZATION TO BEST MEET YOUR HEALTH NEEDS.

General Health Check Up

(including weight and height)
Discuss frequency with your health care provider

Thyroid Test (TSH)

Starting Age: 35
Frequency: Every 5 years

Blood Pressure Test

Starting Age: 21
Frequency: Every 1 to 2 years, if normal

Cholesterol Test

Starting Age: 45
Frequency: Every 5 years

Bone Mineral Density Test

Discuss with your health care provider

Diabetes Blood Sugar Test

Starting Age: 45
Frequency: Every 3 years

Oral/Dental Exam

Starting Age: 18
Frequency: One to two times every year

Pap Test and Pelvic Exam

Starting Age: 21 or early if you have been sexually active
Frequency: Every 1 to 3 years; after 65 discuss frequency with your health care provider

Chlamydia Test

Starting Age: Age 18 or earlier if sexually active
Frequency: Discuss with your health care provider

Sexually Transmitted Disease (STD)

Talk to our health care provider if you or your partner have had sexual contact with more than one person, or if either of you have ever had an STD

Breast Health Mammogram

Starting Age: 40
Frequency: Every 1-2 years

Colorectal Health

(Fecal Occult Blood Test)
Starting Age: 50
Frequency: Yearly

Flexible Sigmoidoscopy

(with Fecal Occult Blood Test)
Starting Age: 50
Frequency: Every 5 years

Double Contrast Barium Enema (DCBE)

Starting Age: 50
Frequency: Every 5-10 years (if you are not having colonoscopy or sigmoidoscopy)

Colonoscopy

Starting Age: 50
Frequency: Every 10 years

Rectal Exam

Starting Age: 50
Frequency: Every 5-10 years with each screening (sigmoidoscopy), colonoscopy, or DCBE).

Eye Exam

Starting Age: 18
Frequency: Once initially between 20 and 39, more frequently if recommended based on vision; every 2-4 years after 40 and every 1-2 years after 65.

Ear Health

Starting Age: 18
Frequency: Every 10 years

Mental Health Screening

Discuss with your health care provider

Influenza Vaccine

Starting Age: 50
Frequency: Yearly

Pneumococcal Vaccine

Starting Age: 65
Frequency: One time only

Tetanus-Diphtheria Booster Vaccine

Starting Age: 18
Frequency: Every 10 years

DIGITAL MAMMOGRAPHY

At St. Rose Dominican Hospitals—Siena Campus, X-rays of the breast are taken digitally. "Digital mammography offers numerous benefits," said radiologist J. Paul Wiesner, M.D. "It enables us to view breast images from computer screens, which allow us to magnify the size of the image, sharpen the contrast and zoom in on areas of interest, which can potentially help spot breast cancer earlier."

Additionally, by capturing pictures digitally, they can be pulled up on a computer screen almost immediately for review, stored without taking up space, and printed and copied just like traditional X-rays when needed.

A physician's order is required for mammography testing. For more information, call (702) 616-5585.

EZDETECT KITS SAFE, EASY COLON CANCER SCREENING

If you are over 50, your doctor is likely to recommend that you have a yearly Fecal Occult Blood Test (FOBT) to screen for colon cancer. The WomensCare offers EZDetect Kits, for testing at home, for at a discounted price of \$5. Unlike other FOBT tests, there is no handling of stool, no dietary restrictions and no laboratory processing. A user merely tosses a chemically treated tissue paper into a toilet bowl after a bowel movement and looks for a change in color. EZDetect produces accurate results at home in just two minutes.

To find a health care provider, call St. Rose Physician Referral at (702) 616-4508 or log on to www.strosehospitals.org and click on the St. Rose Physician Finder.

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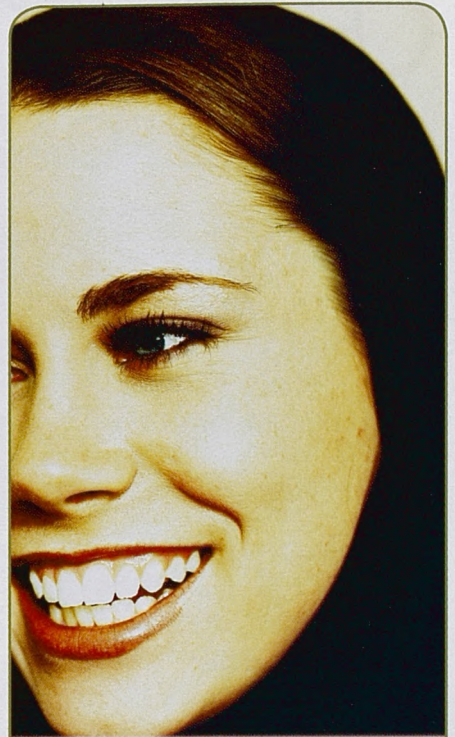
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BABY YOUR TEETH

If you are pregnant, or planning to become pregnant, Dr. Patrick Simone, DDS, encourages you to baby your teeth.

Up to 70 percent of women have some sort of gum disease during pregnancy," says Dr. Simone. "It can be caused by hormonal changes or the increase of blood flow throughout a pregnant woman's body, which often causes swelling, sensitivity and tender gums."

According to the March of Dimes, women with gum disease (periodontal disease) are more likely to give birth to a premature or low-birth weight baby. Thus, the following tips are recommended for protecting your teeth and the baby's health during pregnancy:

- Brush and floss gently and slowly at least twice a day or after every meal.
- Don't put off dental work until after delivery as decaying teeth can cause infection.
- See your dentist if your gums routinely bleed or are sore, you can't get rid of bad breath or a bad taste in your mouth, you have a painful or loose tooth, lose a tooth or have other signs of infection.

STOP HEAVY BLEEDING



HEAVY OR ABNORMAL REFERS TO BLEEDING OR CRAMPING WHEN YOU ARE NOT HAVING YOUR PERIOD, WHEN YOU ARE BEYOND MENOPAUSE OR WHEN YOUR NORMAL MENSTRUAL FLOW BECOMES HEAVIER (OR LIGHTER), AND VARIES IN ITS TIME, LENGTH OR CONSISTENCY. ABNORMAL BLEEDING USUALLY INDICATES EITHER A BENIGN OR TREATABLE CONDITION.

You suffer from heavy bleeding and side effects such as fatigue, frequent trips to the bathroom and even embarrassing accidents. Your doctor calls it by a long drawn out name. You are less interested in what it's called than in stopping it. Here are two advanced treatments to treat abnormal bleeding:

UTERINE FIBROID EMBOLIZATION

About one in four women are affected by noncancerous uterine fibroids during their reproductive years. Heavy menstrual bleeding is a common symptom.

"Secretary of State Condoleezza Rice underwent uterine fibroid embolization (UFE), which gave great visibility to the procedure," said interventional radiologist Dr. Baljit Deol. "Women started saying, 'I want what she had.'"

UFE, a nonsurgical technique, shrinks small fibroids by depriving them of blood. Dr. Deol guides a long, thin catheter into the vessels that supply blood to the uterus. Small plastic particles guided through the catheter block blood flow to the fibroids. The fibroids begin to die immediately and continue to do so for three to six months, during which time the symptoms from the fibroids lessen.

Patients are awake and comfortably sedated for the hour-long procedure, and typically spend one night in the hospital.

ENDOMETRIAL ABLATION

Endometrial ablation, a procedure that burns the lining of the uterus

to stop or reduce bleeding, was introduced more than a decade ago. Dr. Elizabeth Moore, OB/GYN, says a new generation of the procedure called NovaSure is easier for physicians to perform and is very successful in stopping, or greatly reducing, bleeding.

During a NovaSure procedure, the cervix is dilated and a slender wand is passed through it and into the uterus. A triangular mesh device extended through the wand expands to conform to the dimensions of the uterine cavity. Radio-frequency energy is then delivered to the uterus for about 90 seconds. It ablates the innermost part of the uterine lining.

Patients are asleep for the 20- to 30-minute procedure, but able to go home within a few hours and return to regular activities the following day.

If you experience heavy bleeding, keep in mind that the causes and treatments of symptoms vary, so your physician may advise a conservative approach such as taking an oral contraceptive to bring hormones under control. If the condition persists, your physician may order tests such as a pelvic ultrasound and endometrial biopsy to determine what course of treatment is appropriate. The procedures above are not recommended for women who may be interested in future pregnancies.

Join Dr. Moore to learn about options for heavy menstrual bleeding on Wednesday, June 22 from 6 to 7 p.m. at the MacDonald Conference Room at St. Rose's Siena Campus.

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Participant in the Seattle Institute for Advanced Dental Education.

Member in the Academy of Cosmetic Dentistry.



SHORT REPORT
GETTING RID OF
UNSIGHTLY VEINS

With more than 300 sunny days a year, shorts are almost always in season in southern Nevada. Yet many women hide their legs because of varicose and spider veins. Dermatologist Barbara Cortez, M.D. says that Sclerotherapy can help.

According to Cortez, Sclerotherapy, a process of injecting a solution into the affected veins, can help the body destroy the veins, thereby diminishing or eliminating the red of blue coloring and the swelling.

Before performing Sclerotherapy, your physician will evaluate your health history and whether the veins to be treated are still competent (meaning that the valves that supply that vein are still functioning to push blood back to the heart) and that the size of the vein is treatable with sclerosant (solution).

Multiple solutions are in use today — however, only a few are FDA approved for Sclerotherapy, says Cortez.

Three to four Sclerotherapy sessions, spaced out six to eight weeks each, are generally required; and for best results Cortez discourages being tan or tanning during treatment and recommends limiting strenuous activity and wearing compression socks for three to four days.

Side effects to Sclerotherapy are generally mild and may include pain, pigmentation, hives or bruising at the injection sites.

GOT SWEATY PALMS?



Are you afraid to hold hands with a date or shake hands during a job interview because your hands sweat profusely? You may suffer from a condition called hyperhidrosis.

"Patients with hyperhidrosis have hands that drip with sweat," said Dr. Aurangzeb Nagy, a neurosurgeon.

"They fear coming in contact with others because they are afraid their sweaty hands will make the wrong impression."

To address hyperhidrosis, Dr. Nagy initially prescribes a conservative course of treatment such as prescription strength

antiperspirants. If profuse sweating persists, he often recommends a minimally invasive procedure called a sympathectomy.

"We make three tiny incisions below each armpit," Dr. Nagy said. "A miniature video camera is guided through one hole to locate the sympathetic nerve chain and slender instruments are guided through the other two holes. We are able to place a small clip on the nerve that interrupts the messages the nerve transmits to the sweat glands."

According to Dr. Nagy, the sympathectomy typically offers immediate relief of symptoms.

HEALTHY BITS

KIDNEY CAUTION

Kidney disease affects nearly 20 million Americans. "African Americans need to take extra precaution as they are four times more likely than Caucasians to develop it," said Dottie Stade, R.N., St. Rose's Certified Diabetes Educator. Diabetes, high blood pressure and family history are among risk factors. See *WomensCare* calendar listings for information on free Diabetes Management classes.

JUST BREATHE

Your customers! Your co-workers! The copy machine! When you're irritated with all of them, taking 10 minutes to breathe can be a powerful stress reliever. Canyon Ranch Spa Club offers an online meditation room, which can be accessed at www.canyonranch.com. With a computer and speakers you can take advantage of two- to 12-minute guided exercises in breathing. See Canyon Ranch Mother's Day Specials on the back cover of *WomensCare Magazine*.

PHYSICIAN'S ORDERS

If your physician orders lab tests, you can now have them done at St. Rose. We have labs open to the public at 98 E. Lake Mead Parkway in the St. Rose medical office building on the Rose de Lima Campus, and one in the Del E. Webb medical office building at Eastern Avenue and St. Rose Parkway.

DOG DAYS OF SUMMER

Dogs have a higher body temperature than humans. As outdoor temperatures rise, dogs can be at great risk of overheating. Here are simple tips to help keep your canine healthy and cool:

1. Provide your dog shady areas. A well-constructed doghouse and a large tree can provide relief from direct sunlight. When possible, bring your dogs inside to cool down.
2. Make sure to provide your dog lots of clean, cool water daily. And, try freezing water in a plastic container. Then place the container where your dog can lean against it to stay cool.
3. Be alert for antifreeze coolant leaking from vehicles. Animals are attracted to the sweet taste of coolant. As little as one teaspoon of antifreeze can be deadly to a cat, and less than one tablespoon can kill a 20-pound dog.
4. Don't force your dog to exercise during mid-day. Go on walks early in the morning or late at night. Take cool water with you for your dog to drink.

Looking to adopt a dog? Visit the Lied Animal Shelter on 655 N. Mojave Road or call 384-3333. Adoption fees are \$21-\$107, which includes all of the animal's shots, spaying or neutering, a free vet visit, a free pet-find microchip and a bag of dog food.





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