

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

FALL 2005

EMERGENCY KITS

How to prepare for the worst

ER OR URGENT CARE?

Plus, St. Rose opens new Trauma Center

OPTICAL CONFUSION

Repairing retinal detachments

The BARBARA
GREENSPUN

WomensCare



Center of Excellence



St. Rose Dominican Hospitals

CHW

SELMA BARTLETT

Still going strong at 78

Another day, another 1,300 water quality tests for Linda Blish.

As Southern Nevada Water Authority Laboratory Manager, Linda oversees a highly-skilled staff that performs some **476,000 analyses** from nearly **40,000 water samples each year** to make sure that our water continues to meet or surpass federal Safe Drinking Water Act standards.

Like many of us, this 24-year water quality veteran often **squeezes a lemon wedge** into her glass of tap water. Hardly scientific, but mighty tasty and refreshing.

While your water has been **tested** and **treated** by some of the top experts in the industry, you may still be considering supplemental treatment systems to improve the taste or reduce the hardness. Before you buy, ask the Southern Nevada Water Authority for objective information about credible products. No one knows more about water quality than your local water agency.

Ask The Authority

Call 258-3930 or visit snwa.com

A community service of Southern Nevada Water Authority.



LINDA BLISH
SNWA Laboratory Manager

SNWA MEMBER AGENCIES

Big Bend Water District
City of Boulder City
City of Henderson
City of Las Vegas
City of North Las Vegas
Clark County Water Reclamation District
Las Vegas Valley Water District

For age is opportunity, no less than youth itself.

~ Henry Wadsworth Longfellow

LETTER FROM THE PRESIDENT



Dear reader,

The wonderful woman on the cover is more than just our cover model; she is a model of health, vitality and community spirit.

Selma Bartlett is a consummate businesswoman and a devoted wife. She also has 800 children. They are the children of Selma F. Bartlett Elementary School. And though she has just one sister, she gained seven in spirit during the early years of St. Rose Dominican Hospitals.

In an oral history of the early days of St. Rose, S. Marie Brigid MacDonald, O.P., spoke about the tough financial times the Sisters weathered in trying to meet the many needs of the then-small community. She also spoke of Selma, saying, "We got a lot of our courage and stamina from Selma. She was our strong rod and knew that the community needed a hospital. She was like the dog with the bone and she was not going to let us give in and she supported us."

At 78 years of age, Selma is the vice president of BankWest of Nevada and is still a strong rod in Southern Nevada. She says that she is not here on this Earth for herself, but to help others and her community.

We have devoted a significant portion of this *WomensCare* to issues on aging. As Selma continues to prove, aging is an opportunity. We encourage you to read on and find opportunities that keep you healthy in mind, body and spirit.

Rod A. Davis
President and CEO



Selma Bartlett, a respected businesswoman and community leader, helped St. Rose during its tough early years. Today she continues to help St. Rose respond to the needs of our rapidly growing community.

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WOMENSCARE CENTER

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WomensCare

St. Rose Dominican Hospitals are dedicated to meeting the unique health care concerns of women. The Barbara Greenspun WomensCare Center of Excellence and WomensCare magazine are our commitment to the women of Southern Nevada.



Optical Confusion



“The eyes are the window of the soul.” Following the logic of this old adage, what happens when your windows get dirty, or when someone draws the curtains? While it is hard to imagine going through life without the ability to see soul-stirring sights such as a beautiful sunset or the birth of a child, the photo on this page provides a (very extreme) glimpse of how your vision might be affected if you had a detached retina.

St. Rose Dominican Hospitals recently opened their new, state-of-the-art retinal surgery suite to treat disorders and diseases of the eye including detached or torn retinas, macular degeneration, macular holes (partial loss of vision for fine details) and macular puckers (wrinkling of the retina).

Dr. Irene Voo, Southern Nevada’s first female retinal surgeon, recently sat down with WomensCare to discuss the treatment of detached retinas.



WomensCare: What is a retinal detachment?

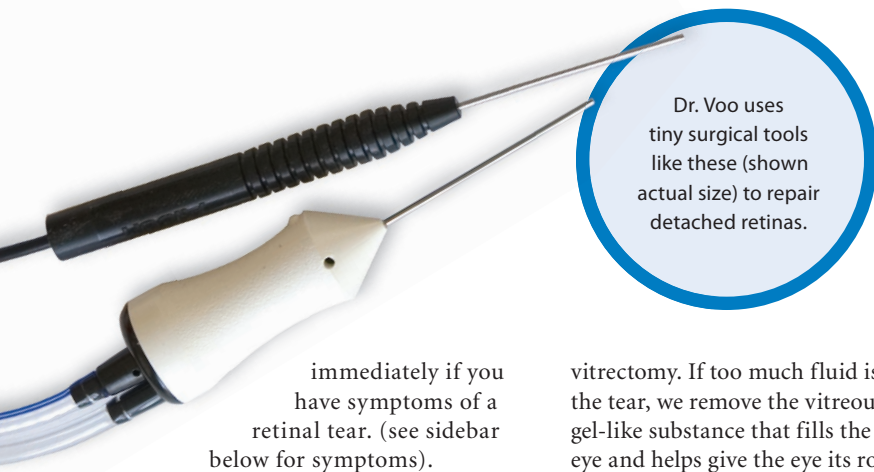
Dr. Voo: A retinal detachment occurs when the retina tears from its underlying supportive tissue, and fluid — called vitreous humor — enters the tear forming a blister that blocks vision.

WC: How serious is a retinal detachment?

DV: A retinal detachment or tear is a serious, sight-threatening event. We have a very narrow window of time to reattach a retina and restore a patient’s vision. I can’t stress enough the importance of getting to your doctor or hospital

normal vision





Dr. Voo uses tiny surgical tools like these (shown actual size) to repair detached retinas.

immediately if you have symptoms of a retinal tear. (see sidebar below for symptoms).

WC: How do you treat a detached retina?

DV: There are a number of ways to treat retinal detachment depending on the type, severity and location of the detachment. When surgery is required, we use a technique called scleral buckling. The procedure closes the tear, brings the two layers of the retina back together and gets rid of fluid under the retina.

We begin by placing a tiny, spongy band of silicone around the sclera, which is the white portion of the eye. The silicone band acts like a belt by “buckling” the sclera toward the middle of the eye. This relieves the pull on the retina and allows the retinal tear to settle against the wall of the eye.

In many instances, we will take two additional steps. The first is called a

vitrectomy. If too much fluid is entering the tear, we remove the vitreous, which is a gel-like substance that fills the center of the eye and helps give the eye its round shape. We make tiny incisions in the sclera and use tiny instruments to remove the vitreous from the eye.

Second, we may inject gas into the eye to replace the vitreous. During the healing process, the eye makes fluid that gradually replaces the gas and fills the eye. With all of these procedures, we then use either laser or cryopexy (extreme cold) to “weld” the retina back in place.

WC: Are follow up procedures required?

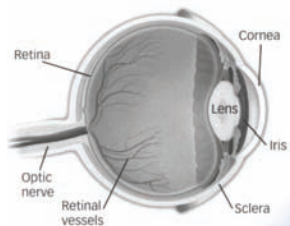
DV: The scleral buckle is not visible and remains permanently attached to the eye. Generally, the patient only requires routine post-surgical follow up. However, patients who have had a detached retina are more prone to having a detachment in the other eye. **WC**

A RETINAL DETACHMENT OR TEAR IS A SERIOUS, SIGHT-THREATENING EVENT ... I CAN'T STRESS ENOUGH THE IMPORTANCE OF GETTING TO YOUR DOCTOR OR HOSPITAL IMMEDIATELY IF YOU HAVE SYMPTOMS OF A RETINAL TEAR.

— Dr. Irene Voo



ALL ABOUT RETINAL DETACHMENT



What Is The Retina And How Does It Work?

The retina, the back part of the eye, receives images that come through the cornea and lens. The retina's specialized cells — called rods and cones — respond to light

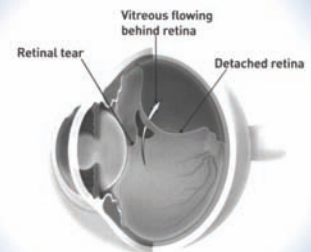
and send nerve impulses along the optic nerve to the brain. Rods provide us the ability to see in dim light and help us detect motion, while cones interpret color. The highest concentration of cone cells can be found in the macula, which is located in the center of the retina. The macula is responsible for central vision, seeing color and distinguishing fine detail.

What Are The Signs And Symptoms Of A Detached Retina?

A retinal detachment may occur gradually or immediately. Because it can lead to the permanent loss of vision, notify

your doctor immediately if you notice any of the following:

- Light flashes
- “Wavy” or “watery” vision
- “Veiling” or “curtaining” of vision
- Shower of floaters that resemble spots, bugs, or spider webs
- Sudden decrease of vision



Detached retinas are more likely to happen in people who are extremely nearsighted, have had a previous retinal detachment, have a family history of retinal detachment, have had cataract surgery, have other eye diseases or disorders, or have had an eye injury.

Note: Some floaters and flashes are normal in every eye, and do not indicate a retinal detachment. But if you notice new spots or a sudden increase in how often you see them, they should be addressed by a doctor.



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\$5 will be donated to Children's Miracle Network.

Brighton®
Collectibles

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- ♥ The Forum Shops at Caesars ♥ Desert Passage at the Aladdin
- McCarran Intl Airport ♥ The Grand Canal Shoppes at the Venetian

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A SMILE THAT LASTS A LIFETIME

Adult teeth were meant to last a lifetime. With advances in oral health education and medicine, Dr. Patrick Simone, DDS, says that older adults are keeping their natural teeth longer.

To maintain a healthy smile, he recommends brushing twice daily, flossing once a day, getting fluoride treatments and making routine visits to the dentist. While it may sound simple, gripping a toothbrush can be tough if you have arthritis or have had a stroke, says Dr. Simone.

"To make gripping a toothbrush easier, ask your dentist or dental hygienist to help you adapt the grip of your toothbrush by inserting the handle into a rubber ball or a spongy hair curler," says Dr. Simone. "Or, try using an electric toothbrush. They don't require as much grip strength as a manual toothbrush and are excellent for removing plaque and stimulating gums."

Like a toothbrush, dental floss can be difficult to grip, says Dr. Simone, but dental floss holders can make the process easier.

Finally, whether his patients are 6 or 60, Dr. Simone recommends using fluoridated toothpaste and water. Research has shown that using fluoridated water reduces cavities in all age groups, including up to 35 percent in adults and seniors.

OUTTA SIGHT!

The Macular Degeneration Generation

In the 1960s, your generation was called “far out.” In the 1970s, your status was elevated to “outta sight.” Today, some 40 years later, the men and women of your generation are pegged as “baby boomers.” While that doesn’t sound hip or groovy, it may be preferential to earning the moniker of “Generation AMD.”

According to the National Eye Institute, more than one million Americans age 40 and over are blind and an additional 2.4 million are visually impaired. These numbers are expected to double over the next 30 years as the “Baby Boomer” generation ages.

What Is AMD?

Age-related macular degeneration, also called AMD, is the leading cause of vision loss and legal blindness in adults over 50 in the U.S. It is a degenerative condition of the macula — the part of the retina responsible for sharp central vision.

While AMD rarely causes total blindness, it can rob you of the sharp central vision necessary for driving, reading, doing fine detail work and other daily tasks you may take for granted. It can even impair your ability to distinguish the faces of the ones you love.

There are two forms of macular degeneration: wet and dry. With wet AMD, new blood vessels grow beneath the retina and leak blood and fluid. This leakage causes retinal cells to die and creates blind spots in central vision. The dry form of AMD, which is the more common of the two, may result from the aging and thinning of macular tissues, depositing of pigment in the macula or a combination of the two processes.

What Causes AMD?

Aside from possible links to a gene deficiency, the exact causes of age-related macular degeneration are still unknown. However, known risk factors for AMD include having a family member with AMD, smoking, high blood pressure, lighter eye color, farsightedness and obesity. Over-exposure to sunlight and high levels of dietary fat are possible risk factors that are currently being researched.

How Can I Protect My Vision?

Dr. Irene Voo, an advocate of patient education and action, says that those who suffer from AMD can positively impact their retinal health through simple lifestyle changes such as:



Eating dark, leafy, green vegetables (e.g. spinach, collard greens and kale)

Exercising regularly to maintain overall health and the efficiency of your circulatory system, which delivers blood and nutrients to the eyes



Wearing UV protection sunglasses to protect from ultraviolet rays believed to cause damage to the pigment cells in the retina

Using good lighting such as halogen lights, which have less glare and disperse light better than standard light bulbs

Using a hand-held magnifier or large print books to make reading easier on your eyes

Taking vitamins that promote eye health



According to Dr. Voo, the National Eye Institute’s Age-Related Eye Disease Study (AREDS) found that taking a very specific high-dose formulation of antioxidants and zinc significantly reduces the risk of advanced AMD and its associated vision loss. The study did not find that the formulation provided a benefit to those with early-stage AMD.

Dr. Voo recommends talking to your doctor before self-prescribing yourself high doses of these vitamins, as the formula is very specific. She also says that special adaptations may need to be made if you take certain prescription medications or if you smoke. **WC**

SISTER ACT II

Five years ago, the combined weight of sisters Trish and Sandy totaled close to 500 pounds. After researching weight loss surgery options, Trish chose to have a mini-gastric bypass that helped her lose about 120 pounds. Five years later, Sandy decided to have the surgery too. Since her mini-gastric bypass in April, Sandy has lost approximately 65 of the 100 pounds it is anticipated that she will lose.



CALENDAR EVENT

Join Dr. Rutledge for one of the following lectures to learn more about laparoscopic weight loss surgery:

Dates: Tuesdays — Nov. 29, Dec. 20 or Jan. 31

Time: 6–7:30 p.m.

Place: St. Rose – Siena, MacDonald Room



HEALTH, BEAUTY & THE BAG

As the weather gets colder, take a look at the purse on your shoulder. Is it time to retire your straw purse and pick up a stylish leather bag? As you consider it, keep in mind that you might want to retire the makeup inside your purse as well.

Here are tips on when makeup should stay and when it should be thrown away:

- **Foundation** – Once opened, a liquid foundation has a shelf life of one year
- **Powder** – May be stored for one year or more after opening
- **Mascara** – Toss out your tube every three months. Keep in mind that pumping the wand into the tube adds air to the product, drying it out and promoting bacterial growth
- **Lipstick** – Let go of your lipstick one to two years after purchasing
- **Sunscreen** – It can be stored for up to one year after opening
- **Eyeliner** – May be stored for six months

Keep products out of direct sunlight and heat, avoid sharing products, and use an indelible ink pen to write the date on products when you first open them.

Win A Brighton Wallet

Fill out the WomensCare reader survey at www.strosehospitals.org and you will be entered to win a new Brighton wallet.

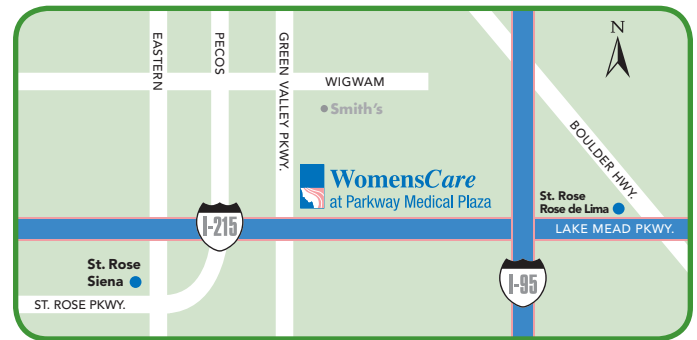
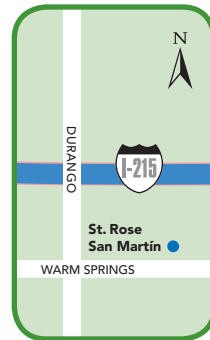
Call (702) 616-4900 for information, reservations, and to learn about other programs. All classes are held at the WomensCare Center unless otherwise noted (see map for details).

SAN MARTÍN CAMPUS

Opening Summer 2006!
For more information about this campus, visit www.strosehospitals.org

WOMENSCARE CENTER

100 N. Green Valley Parkway, Suite 330
phone: (702) 616-4900
web: www.strosehospitals.org



nov

WINE AFFAIR

Support the Susan G. Komen Foundation and enjoy an evening of music and wine.
Date: Thursday, Nov. 3
Place: Suncoast Hotel. Call (702)636-7111 for tickets.

SKIN CANCER SCREENING

Get suspicious moles or spots checked by dermatologist Miriam Bettencourt, M.D.
Date: Friday, Nov. 4
Time: 2-4 p.m. Call (702) 616-4900 for an appointment.

HEARTSAVER CPR/AED

AHA 2-year certification in adult, child and infant CPR/AED and relief of foreign body airway obstruction.
Date: Monday, Nov. 7, 1-5:30 p.m.
Wednesday, Dec. 21, 5-9:30 p.m.
Saturday, Jan. 28, 9 a.m.-1:30 p.m.
Fee: \$30 (includes certification card)

DIABETES MANAGEMENT

Join Dottie Stade, R.N., certified diabetes educator, for this comprehensive 3-session class.
Dates: Tuesday, Wednesday & Thursday, Nov. 8-10
Tuesday, Wednesday & Thursday, Jan. 10-12
Time: 1:30-4:30 p.m.

EMERGENCY PREPAREDNESS

Join Nancy Gerken from the Clark County Health District to learn the tools for “readiness” in case of a widespread disaster or emergency.
Date: Tuesday, Nov. 8
Time: 6:30-8 p.m.
Place: St. Rose – Siena, MacDonald Room

KNIT & CHAT TEA

Help teach or learn to knit, chat and enjoy tea
Date: Thursdays — Nov. 10, Dec. 8 or Jan. 12
Time: 10:30 a.m.-noon

ANGELIC ALCHEMY

Contact and work with your angels. Includes Angelic meditation presented by The Amethyst Angels.
Date: Thursday, Nov. 10
Time: 6-7 p.m.

ANGEL READINGS

Hear the messages from your angel’s through Angel card readings by The Amethyst Angels.
Date: Friday, Nov. 11
Time: 1-5 p.m. Call (703) 616-4900 for an appointment.
Fee: \$20 for 20 minutes

SAGE WOMEN DRUMMING CIRCLE

Incite your inner goddess and energies through drumming. Bring a healthy dish and a drum.
Date: Fridays — Nov. 11, Dec. 2 or Jan. 6
Time: 6:30-8:30 p.m.

Fall Calendar

of classes and upcoming events

SEXUAL ASSAULT PREVENTION

Learn to ward off a sexual attack, as well as some basic self-protection movements from Officer Wilson, Henderson police.
Date: Saturday, Nov. 12
Time: 10 a.m.-2 p.m.

BODY AWARENESS MINDFUL MEDITATION

Relax the body by focusing on its needs.
Date: Monday, Nov. 14
Time: 6-7 p.m.

REJUVENATE YOUR SOLES

If you're looking to revitalize, start with your soles. Canyon Ranch Spa Club's sole rejuvenation treatment will revive your overworked and tired feet with sugary lemon foot polish and a cooling foot massage. Call (702) 414-3610 to schedule. Fill out the WomensCare reader survey at www.strohospitals.org and you'll be entered to win a Canyon Ranch Spa Club massage.



BOTOX BROWLIFT

Join Dr. Art Cambeiro to learn about this non-invasive facial sculpting technique.
Date: Tuesday, Nov. 15
Time: 4:30-6 p.m.

FLU SHOTS

Date: Wednesday, Nov. 16
Time: 1-5 p.m. Call (702) 616-4900 for appt.
Fee: \$15

SKIN CANCER SCREENING

Get suspicious moles or spots checked by dermatologist Curt Samlaska, M.D.
Date: Wednesday, Nov. 16
Time: 2-4 p.m. Call (702) 616-4900 for appt.

HYPNOSIS FOR SMOKING CESSATION

Date: Wednesday, Nov. 16
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose - Siena, MacDonald Room

TEA & TALK BOOK CLUB

Dates: Thursday, Nov. 17, The Master Butchers Singing Club
Thursday, Dec. 15, The Christmas Train
Thursday, Jan. 19, Pocketful of Names
Time: 3:30-4:30 p.m.

HEALING TOUCH

Dates: Thursday, Nov. 17, 2-4 p.m.
Friday, Jan. 20, 6-8 p.m.

STRESS RELIEF CHAIR MASSAGE

Enjoy a 20-minute massage to reduce muscle tension, increase circulation and calm your nerves.
Dates: Fridays — Nov. 18, Dec. 16 or Jan. 20
Time: 2-4 p.m. Call (702) 616-4900 for an appointment.
Fee: \$20 for 20 minutes

DECADENT CHOCOLATE DELIGHTS

Sue Russell teaches you to make fabulous holiday gifts.
Date: Friday, Nov. 18, 6-8 p.m.
Saturday, Nov. 19, noon-2 p.m.
Saturday, Nov. 19, 3:30-5:30 p.m.
Fee: \$10 (includes cookbook and samples)

HYPNOSIS FOR WEIGHT MANAGEMENT

Date: Saturdays — Nov. 19, Dec. 17 or Jan. 21
Time: 1-2:30 p.m.
Fee: \$25 (includes CD)
Place: St. Rose - Siena, MacDonald Room

HUFF & PUFF CLUB

Kids and families join Dr. Craig Nacamura and Dr. Sean McKnight to discuss the asthma process and how to avoid attacks. Free lung function tests.
Dates: Sat, Nov. 19, 3 p.m.
Sat, Dec. 10, 2 p.m.
Place: St. Rose - Siena, MacDonald Room

CONTINUING STEPS

For LifeSteps Weight Management graduates. Stay on track with weight loss and healthy eating goals.
Date: 4th Monday, every other month — Nov. 28 and Jan. 23
Time: 5:30-7 p.m.

METABOLIC SCREENING

Find out how many calories you need for basic body functioning.
Dates: Tuesdays — Nov. 29, Dec. 13 or Jan. 31
Time: 2-4 p.m. Call (702) 616-4900 for appt.
Fee: \$15

LAPAROSCOPIC WEIGHT LOSS SURGERY

Learn about mini-gastric bypass with Dr. Rutledge.
See page 7 for more details.
Dates: Tuesdays — Nov. 29, Dec. 20 or Jan. 31
Time: 6-7:30 p.m.
Place: St. Rose - Siena, MacDonald Room

'TIS THE SEASON FOR GIVING...

Research indicates that people make more charitable donations at the end of the year. Learn how to gift families and charities while also building incentives into your gifting program, passing on values through gifts and saving on taxes.
Date: Wednesday, Nov. 30
Time: 10-11:30 a.m. Brunch provided
Place: St. Rose - Siena, MacDonald Room

HYPNOSIS FOR CHOLESTEROL CONTROL

Date: Wednesday, Nov. 30
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose - Siena, MacDonald Room

YOU ARE STRONG! YOU ARE INVINCIBLE! YOU ARE WOMAN!

Join Angela Harvey, MSSA, to elevate your self-esteem and become empowered.
Date: Wednesday, Nov. 30
Time: 6-7:30 p.m.

dec

HEALTH SCREENINGS

Total Cholesterol: \$2; Lipid Panel: \$30 (LDL, HDL, triglycerides); Glucose: \$5; PSA: \$10; T3 & T4: \$10; TSH: \$5; A1C (diabetes): \$10. Fasting required.
Dates: Thursdays — Dec. 1 or Jan. 5
Time: 7-10 a.m. Call (702) 616-4900 for appt.
Fee: Per screening

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of stroke signs and symptoms.
Date: Monday, Dec. 5
Time: 10-11 a.m.

SUPPORT GROUPS

MC Siena Campus, MacDonald Room

GR Siena Campus, Garden Room

RR Rose de Lima, Rose Room

AN Rose de Lima, Annex

WC WomensCare Center

AA For Women — Mondays, 7:30 p.m. and Wednesdays, noon **WC**

Alcoholics Anonymous — Sundays, 6 p.m. **MC**

Anxiety, Agoraphobia & Panic Attack Support Group — 1st & 3rd Thursdays, 7 p.m. **GR**

Bereavement Support Group — 1st & 3rd Wednesdays, 10:30 a.m. or 2nd & 4th Wednesdays, 6 p.m. **RR**

Breast Cancer Support Groups — Henderson: 2nd & 4th Mondays, 6 p.m. **WC**
West: 1st & 3rd Mondays, 6 p.m. Nevada Cancer Institute (702) 822-5220 (Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)

Codependency Women's Support Group (CODA) — Saturdays, 11:30 a.m. **GR**

Daughters Without Mothers — 1st Thursday, 6 p.m. **WC**

DBSA Depression & Bipolar Support Alliance — 2nd & 4th Tuesdays, 6:30 p.m. **WC**

Diabetes Support — 1st Wednesday, 10 a.m. **WC**

Divorced Divas — 2nd & 4th Fridays, 6 p.m. **WC**

Eating Disorders Recovery Support — Saturdays, 9:15 a.m. **MC**

Fibromyalgia Friends — 3rd Thursdays, 6:30 p.m. **MC**

Gamblers Anonymous — Tuesdays, 6:30 p.m. **GR**

Insulin Pump Support Group — Dec. 7, 6:30 p.m. **GR**

Laparoscopic Weight Loss Surgery Support Group (family encouraged) — 2nd Thursday, 6 p.m. **AN**

Leukemia & Lymphoma Support — 1st Wednesday, 6 p.m. **WC**

MS Support Group — 3rd Wednesday, 7 p.m. **WC**

Narcotics Anonymous — Wednesdays, 5:30 p.m. **GR**

Pregnancy Loss Support Group — 4th Tuesday, 7 p.m.

RESOLVE Infertility Support — 2nd Monday, 6 p.m. **GR**

Surviving Suicide, bereavement support group for adults — 1st & 3rd Tuesdays, 6:30 p.m. **WC**

OTHER SUPPORT

Nevada Tobacco Users' Helpline
(702) 877-0684

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

Gambler's Anonymous Hotline
(702) 385-7732

Call (702) 616-4900 for information, reservations, and to learn about other programs. All classes are held at the WomensCare Center unless otherwise noted.

SHIFT WORKERS' GUIDE TO GETTING GOOD SLEEP

Join Roberta Miranda, M.S., to discuss common mistakes people make and learn techniques for ensuring a better "day's" sleep.

Date: Monday, Dec. 5

Time: 6-7:15 p.m.

SINGING BOWL MEDITATION

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

Date: Wednesday, Dec. 7

Time: 6-7 p.m.

Fee: \$10

HYPNOSIS FOR INSOMNIA

Date: Wednesday, Dec. 7

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose – Siena, MacDonald Room

VEGGIE SOUP FOR THE SOUL

Learn ways to incorporate fruits and vegetables into your meals. Swap ideas, recipes, and bring a vegetarian dish to share.

Date: Monday, Dec. 12

Time: 6-7 p.m.

PRESCRIPTION SAFETY BROWN BAG

Bring prescriptions, over-the-counter medications, vitamins and supplements for a St. Rose pharmacist to review for proper use and safety.

Date: Thursdays — Dec. 1 or Jan. 12

Time: 9:30-11:30 a.m. Call (702)616-4900 for appt.

Place: St. Rose – Siena, MacDonald Room

COMMUNICATING WITH YOUR TEEN

Join Kelsay Berland, M.S. to learn techniques to improve interactions with your teen.

Date: Tuesday, Dec. 13

Time: 6:30-7:45 p.m.

Place: St. Rose – Siena, MacDonald Room

COLORFUL CHAKRA MEDITATION

Open the body's energy fields through meditation.

Date: Wednesday, Dec. 14

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

CHRISTMAS TEA PARTY

Celebrate the holidays with a fun and festive tea party at Tea-Licious.

Date: Friday, Dec. 16

Time: 2-4 p.m.

Fee: \$25

Place: Tea-Licious, 6665 S. Eastern Ave., inside Antiques at The Mall

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Date: Monday, Dec. 19

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

jan

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. Presented by St. Rose's Nutrition Therapy Department.

Date: Monday, Jan. 3

Time: Noon-2 p.m.

Place: Rose de Lima Campus, Annex

Fee: \$5 (includes lunch)

RELAX THROUGH BREATHING

Learn breathing techniques to relax & quiet the mind.

Date: Wednesday, Jan. 4

Time: 6-7 p.m.

CONTEMPLATIVE DIMENSION OF THE GOSPEL

Join the Rev. Thomas Keating, OCSO, to develop a deeper relationship with God through centering prayer and meditation. Sponsored by the Diocese of Las Vegas and Stillpoint Center for Spiritual Development. See page 17 for more details.

HYPNOSIS FOR SMOKING CESSATION

Date: Saturday, Jan. 7

Time: 1-2:30 p.m.

Fee: \$25 (includes CD)

Place: St. Rose – Siena, MacDonald Room

ARTHRITIS/FIBROMYALGIA SELF-HELP

Learn to live the most active life with the least amount of pain, fatigue and disability.

Date: Mondays — Jan. 9 through Feb. 13

Time: 10:30 a.m.-12:30 p.m.

Fee: \$10

DASH AWAY FROM HYPERTENSION

Learn to manage high blood pressure through Dietary Approaches to Stop Hypertension (DASH).

Date: Monday, Jan. 9

Time: 2-4 p.m.

Fall Calendar

of classes and upcoming events

MUSIC4LIFE OVERVIEW

Join music therapist Judith Pinkerton to learn how music can improve your life.

Date: Monday, Jan. 9
Time: 6-7 p.m.

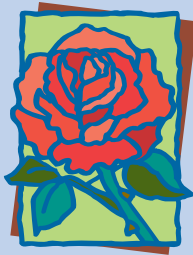
STRESS RELIEF ON CREDIT ISSUES

Learn to understand and improve your credit scores.

Date: Monday, Jan. 9
Time: 6-7:30 p.m.
Place: St. Rose – Siena, MacDonald Room

GROW BEAUTIFUL ROSES

Get the prescription for beautiful roses while watching the Las Vegas Rose Society demonstrate proper pruning techniques.



Date: Saturday, Jan. 14
Time: 10 a.m. – 12 noon
Place: St. Rose – Siena, Healing Garden

CARDIAC NUTRITION

Join Sharon Nasser, R.D., to learn about cardiac diets and nutrition intervention to reduce the risk and progression of cardiac disease.

Date: Wednesday, Jan. 11
Time: 11 a.m.-12:30 p.m.

LIFESTEPS WEIGHT MANAGEMENT PROGRAM

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

Date: Thursdays — Jan. 12 through April 13
Time: 5:30-7 p.m.
Fee: \$100 (includes all materials)

GIRL TALK

Join mothers and daughters (ages 10-14) to learn about female body changes during puberty.

Date: Thursday, Jan. 12
Time: 6:30-7:30 p.m.
Place: St. Rose – Siena, MacDonald Room

AMAZON FACIALS

Enjoy a do-it-yourself all-natural facial.

Date: Friday, Jan. 13
Time: 1-2:30 p.m.
Fee: \$5

SAFE SITTER

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

Date: Monday, Jan. 16
Time: 9 a.m.-4:30 p.m.
Fee: \$30

BODY CONTOURING

Join Dr. Art Cambeiro to learn about body contouring after massive weight loss.

Date: Monday, Jan. 16
Time: 6-7:30 p.m.

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this program!

Date: Wednesday, Jan. 18
Time: 8 a.m.-4 p.m.
Fee: \$10
Place: Rose de Lima Campus, Annex

DON'T JUST STAND THERE, DO SOMETHING!

Join Angela Harvey, MSSA, to plan your physical, mental, spiritual and financial growth for 2006.

Date: Wednesday, Jan. 18
Time: 6-7:30 p.m.

MENOPAUSE: METAMORPHOSIS

Join Dr. Donna Miller and Dr. Carla Turner for an update on menopause.

Date: Thursday, Jan. 19
Time: 6-7:30 p.m.

AWAKEN YOUR INNER MUSIC AND HEAL WORKSHOP

Join music therapist Judith Pinkerton to apply music that melts away anger, pain, anxiety and depression.

Date: Saturday, Jan. 21
Time: 8:30 a.m.-3:30 p.m.
Fee: \$95 (includes workbook & CD)

HOW TO CHOOSE A TRUSTEE OR EXECUTOR

Join Frank King, CTFA, VP/Senior Trust Consultant, US Bank, to learn steps for entrusting someone to oversee your affairs when you are no longer able to manage them. Lunch will be served.

Date: Wednesday, Jan. 25
Time: 11:30 a.m.-1:30 p.m. (includes lunch)
Place: St. Rose - Siena, MacDonald Room

ILLUMINATE YOUR INNER GODDESS

Join author Janice Wilson to learn to live more freely, laugh more fully and love more deeply.

Date: Wednesday, Jan. 25
Time: 6-7 p.m.

HYPNOSIS FOR WEIGHT MANAGEMENT

Date: Thursday, Jan. 26
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose – Siena, MacDonald Room

BODY-FOR-LIFE 12-WEEK CHALLENGE

Get your body motivated for a 12-week challenge that will reshape your mind, mouth, and muscles.

At our first meeting, we'll set the challenge, pass out books, take private "before" pictures and perform body fat analysis. Monthly support meetings provided. For women of all ages.

Date: Program orientation — Monday, Jan. 30, 5:30-7:30 p.m.
Support meetings — 1st & 3rd Mondays, 6-7 p.m., Feb. 6 through May 1

SPA DAY

Enjoy chair massage, foot reflexology, mini-facials and meditation.

Date: Friday, Jan. 27
Time: 2:30-4:30 p.m.
Fee: \$10



Call (702) 267-5800 to register. Heart Healthy programs are offered in partnership with St. Rose Dominican Hospitals and Henderson Parks & Recreation

Department. All programs below are held at Henderson Multigenerational Center, 250 S. Green Valley Parkway (south of Paseo Verde).

STRESS LESS

Learn the dangers of stress and how to better manage yours. Plus, learn simple, effective relaxation techniques.

Date: Wednesday, Nov. 16
Time: 6-7:30 p.m.

HEARTSAVER CPR & AED

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

Date: Wednesday, Nov. 30
Time: 1-5:30 p.m.
Fee: \$30 payable to instructor at class (includes certification card)

DINING OUT THE SMART WAY

Learn to identify hidden fats and salts for smarter eating while dining out.

Date: Friday, Dec. 9
Time: 5:30-7 p.m.



Family to Family Connection

Call (702) 568-9601 to register. All classes are held at Family to Family Baby Center, 31 Church St., Henderson (behind the Rose de Lima Campus).

BABY PROOFING FOR THE HOLIDAYS

Make your holidays safe for little ones in your home.
Date: Thursday, Dec. 8
Time: 2-3 p.m.

IMMUNIZATION & WELL BABY CLINIC

Join Family to Family and Clark County Health District for childhood immunizations (\$16-\$20/child) or a free Well Baby Check.
Dates: Thursdays — Nov. 10, Dec. 8 and Jan. 12
Time: 9 a.m.-1 p.m.

CAR SEAT SAFETY CHECKS

Dates: Tuesdays
Time: 9 a.m.-noon. Call (702) 568-9601 or (702) 616-4901 for an appointment.
Fee: \$10 per family

FEEDING FRENZY

Breastfeeding Support Chat
Dates: Every Tuesday
Time: 11 a.m.-noon

INCLUSIVE DEVELOPMENTAL PLAY GROUP

Join Nevada Early Intervention Services for story time, activities, and play. Open to children with and without disabilities.
Dates: Thursdays — Nov. 3, Nov. 17, Dec. 1, Dec. 15, Jan. 5 and Jan. 19 (ages 1-3 years)
Wednesdays — Nov. 9, Dec. 14, Jan. 11 and Jan. 25 (ages 0-12 mos.)
Time: 2-3 p.m. (ages 1-3 years)
10-11 a.m. (ages 0-12 mos.)

ONGOING OFFERINGS AT THE WOMENSCARE CENTER

HEALING YOGA

Yoga for cancer survivors, heart patients and anyone seeking healing.
Date: 2nd & 4th Mondays
Time: 5-6 p.m.

FREE MAMMOGRAM

Uninsured or underinsured? If you are age 49 or younger, you may qualify for a screening or diagnostic mammogram. Call R.E.D. Rose at (702) 616-4432 or Spanish speaking at (702) 616-4824.

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for info, liquid supplements and accessories such as wigs. Call (702) 616-4900 for an appointment.

PRIVATE HYPNOSIS SESSION

Appts: (702) 616-4905
Fee: \$75

CHAIR EXERCISE

Raise your heart rate through seated exercises. Gain strength from Theraband resistance exercises.
Date: Tuesdays
Time: 2-3 p.m.

TAI CHI

Stella Huang teaches the Chinese martial art using flowing movements to create focus and balance for physical resilience, emotional and spiritual illumination. Beginners welcome.
Dates: Fridays
Time: 1-2 p.m.
Fee: \$35 for 4-sessions (Call (702) 616-4900 to purchase four-session pass & register for class)

RELAXATION YOGA

Relieve stress through meditation, movement and gentle stretching yoga.
Date: Wednesdays
Time: 9-10 a.m.
Fee: \$5 per class (Money donated to the R.E.D. Rose program)

INTENSE BODIES BY PILATES

Enjoy intermediate/advanced Pilates by Dr. Debbie Symons to build core strength and grace.
Date: Wednesdays
Time: 10:30-11:30 a.m.
Fee: \$8 per session

SUN STRIDERS MALL WALKERS

Join the Galleria at Sunset mall walkers. Food Court doors open at 7 a.m. each day.
Phone: (702) 434-3409

YOGA

Date: Tuesdays & Thursdays
Time: 10-11 a.m.
Fee: \$5 per session

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 & Thursdays
Time: 9-10 a.m.
Place: Discovery Park

EZ DETECT KIT \$5

Pick-up an EZ Detect Kit at the WomensCare Center for your annual fecal occult blood test. The EZ Detect is a two-minute test to detect hidden blood in the stool.

TODDLER PLAY-N-LEARN

Join us for fun activities that help get your 2- to 3-year-old ready for preschool.
Dates: Thursday, Jan. 12 and Monday, Jan. 23
Time: 10-11 a.m.

SLEEP SOLUTIONS

Tired of wakeful nights with baby? Learn techniques for helping you and baby sleep soundly.
Date: Tuesday, Jan. 17
Time: 2-3 p.m.

COOKIES WITH SANTA

Decorate gingerbread men, get your picture with Santa and pick up holiday safety information.
Date: Thursday, Dec. 8
Time: 5-7 p.m.
Place: St. Rose – Rose de Lima, Cafeteria
Fee: \$5 per family

MOM'S NIGHT OUT: SCRAPBOOKING

Pro or beginner, join for us for some fun!
Date: Fridays — Nov. 18, Dec. 9 or Jan. 20
Time: 6-9 p.m.
Fee: \$5 for materials

INFANT INDOOR PLAYGROUND

Fun and fitness for babies (ages 9 to 12 mos.)
Date: Every Friday
Time: 11 a.m.

KNIT-N-CHAT

Whether you want to knit or chat, come join us for a fun evening! Instruction available.
Date: Wednesdays — Nov. 9, Dec. 14 or Jan. 11
Time: 6-7 p.m.

SHOUT OUT LOUD

Join Nevada Child Seekers to learn the latest concepts for teaching preschoolers to ward off abductors.
Date: Thursday, Jan. 12
Time: 11 a.m. – noon

[Family Education]

Call (702) 616-4901 to register.

All classes held at the WomensCare Center unless otherwise noted.

ONGOING CLASSES & SUPPORT

Pregnant & Uninsured? Call Baby Rose at (702) 616-4508.

Prepared Childbirth Classes – \$60

Bed Rest Learning DVD Module – \$50

Teen Prepared Childbirth Class – Free

Refresher Childbirth – \$30

Baby Basics – \$30

Grandparents Baby Basics – \$30

Breastfeeding – \$30

La Leche League – 4th Thursday, 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 – \$30

New Mommy Mixer – Fridays, 11 a.m. Free.

New Mommy Mixer for Working Moms – 1st Monday, 7 p.m. Free.

Bellies and Buddies Pregnancy Mixer– 2nd Tuesday, 6 p.m. Free.

Pregnancy Smoking Cessation – Call the Nevada Tobacco Users' Helpline, 877-0684

Siena Campus Maternity Tour — 3rd Saturday afternoons (Call (702) 616-4901 for reservation)

Rose de Lima Campus Lullaby Lane Maternity Tour & Tea — 3rd Saturday mornings (call (702) 616-4901 for reservation). Free Lullaby CD for every pregnant mom.

BREASTFEEDING SUPPORT

- Lactation Consultation, \$50
- Breastfeeding Support Groups
- Breastfeeding phone support, (702) 616-4908
- Breastpump Rentals, Lactina & Symphony



the Medela Symphony

PRENATAL YOGA

Join Cindy Lydon, Certified Whole Birth Prenatal Yoga instructor, for a class that enables women to bond with their babies and trust in the birthing process.

Date: Fridays, 5-6 p.m.

Fee: \$10 single class fee or \$35 (4 classes)

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

BABY SIGN LANGUAGE LEVEL I

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

Dates: Saturdays — Nov. 12 and 19, Dec. 3 and 10 from 10-11 a.m.

Tuesdays — Nov. 22 and 29, Dec. 6 and 13 from 12:30-1:30 p.m.

Saturdays — Jan. 7, 14, 21 and 28 from 10-11 a.m.

Fee: \$99 (includes Sign With Your Baby Kit)

BABY SIGN LANGUAGE LEVEL II

Parents and babies (birth to 3 years) who have graduated from Baby Sign Language Level I class.

Date: Saturdays — Nov. 12, Nov. 19, Dec. 3 and Dec. 10

Time: 11:30 a.m.-12:30 p.m.

Fee: \$85 (includes "Pick Me Up" CD and Activity Guide)

BLISSFUL BABY INFANT MASSAGE

Better sleep? Less colic? Join Avery Short, C.I.M.I., for a three-session class. Bring baby, a blanket and a washcloth. Partners and caregivers welcome.

Date: Mondays — Nov. 21, Nov. 28 and Dec. 5.

Time: 11 a.m.-noon

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

NATURAL FAMILY PLANNING

Looking for natural ways to achieve or avoid pregnancy? Learn about Natural Family Planning from Certified Fertility Care Specialist Mickey

Bachman, R.N.

Date: Tuesday, Jan. 17

Time: 7-8:30 p.m.

Place: St Rose – Siena, Maternal Child Classroom

HOWIE'S Helping Hands

Howie and Marge were a widow and widower who found love together and got married. Unfortunately, Howie had a major heart attack shortly after they were wed and he sustained renal failure after open-heart surgery.

As a result, Howie required dialysis three times every week. Because he didn't want his bride's time to center around his medical appointments, he called on the Artie J. Cannon Helping Hands program at St. Rose, a service that helps the frail, elderly and disabled to maintain their independence.

Over the course of the next three years, the staff of St. Rose's Helping Hands drove Howie to each of his dialysis treatments. Marge says they provided Howie with more than a ride. "They provided him friendship and a connection to the outside world," she said. "It meant the world to Howie as he had been an active, athletic and social man prior to becoming ill."

Howie passed away last summer. Marge recalls that he hung on in the hospital for a number of days. After having a touching conversation with a St. Rose chaplain, Howie found peace and passed on.

For more information about St. Rose's Helping Hands program, call (702) 616-6554.



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Offering personalized care with a true balance of integrity and professional expertise in...

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Adult & Pediatric Eye Exams • Cataract Surgery
Evaluation & Laser Treatment for Diabetes and Glaucoma

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Call today to schedule your complimentary LASIK Consultation

860 Seven Hills Drive
South of St. Rose Parkway
at Horizon Ridge

351 N. Buffalo Drive,
Suite B
Westcliff House Office Center

2598 Windmill Parkway
Windmill at Pecos

702-456-4000

(Seven Hills, Anthem & MacDonald Ranch)

702-896-6043

(Green Valley & West Las Vegas)



A PRACTICE OF EXCELLENCE.



IT'S ABOUT LIFE ... A BALANCED LIFE

Many adults dream about retirement and relish the idea of having the freedom to relax, travel and spend more time with family ... yet many retirees end up feeling isolated and alone.

In his book "*Closing Doors, Opening Worlds: Looking Beyond the Retirement Horizon*," author Vern Drilling identifies the attributes shared by seniors who are happy and successful in retirement. Common traits among these seniors are:

- Their feelings of identity were tied to their spiritual or moral beliefs, rather than their jobs
- Throughout life they devoted time to improving themselves
- They were involved in leisure and social activities — even during career years
- They were team players
- They were able to define their interest and what they wanted out of life
- They enjoyed using their time and skills in service to others
- They were relatively stable financially and able to balance lifestyle with their income
- They learned to become flexible

The seniors enjoying their golden years had learned that it is important to strike a balance in life and had laid the ground work for a successful retirement over the course of many decades.

FIVE ALIVE

5 Strategies for Healthy Aging

Getting older may be a fact of life, but how well you age is largely in your hands. Here are five keys for driving your own good health and longevity:

- 1. Healthy lifestyles.** Healthy living can be more influential than genetic factors when it comes to avoiding the declining health often associated with aging. “Through physical activity, eating a healthy diet, avoiding tobacco and practicing other healthy lifestyle habits, seniors can dramatically reduce their risk for chronic diseases and disability,” says Dr. Charles Johnston, who has opened temporary offices on the site of St. Rose Dominican Hospitals — San Martín Campus. The San Martín Campus, located on Warm Springs Road near Durango Drive just south of I-215, will open in mid-2006.
- 2. Early detection of diseases.** “Routine screenings, which can detect chronic diseases early in their course when they are most treatable, can save lives,” says Holly Lyman, director of The Barbara Greenspun WomensCare Center of Excellence. “Yet many older adults have not had recommended screenings, even when Medicare covers them.” Lyman recommends that seniors read the spring 2005 edition of WomensCare magazine article “Check Points on the Road to Living a Long and Fabulous Life” available on the web at www.strosehospitals.org for a chart of screening tests recommended for women. Copies are also available at the WomensCare Center.
- 3. Immunizations.** Immunizations reduce a person’s risk of disease. Pneumonia, for example, can be a serious, life-threatening infection. That’s especially true for older adults and those with serious medical problems such as Chronic Obstructive Pulmonary Disease (COPD), heart disease, diabetes and certain cancers. Yet in 2002, 32 percent of Americans age 65 or older had not had a recent flu shot, and 37 percent had never received a pneumonia vaccine. Dr. Johnston recommends that all seniors get a pneumonia vaccine every 10 years, and says that if it has been more than five years, get the newer, most advanced vaccine offered. Medicare will pay for a repeat if it has been five years or more.
- 4. Injury prevention.** According to the Centers for Disease Control and Prevention, more than one-third of adults age 65 years and older fall each year. Among older adults, falls are the leading cause of injury deaths and a major contributor to the loss of mobility and independence. “To reduce the risk of injuries, seniors can evaluate their living environment and take simple steps such as removing tripping hazards and installing grab bars and nightlights,” says orthopedic surgeon Dr. Robert Tait.
- 5. Self-care techniques.** Programs to teach older Americans self-care techniques can reduce the pain and costs of chronic disease. “At the WomensCare Center, we offer classes such as ‘People With Arthritis Can Exercise,’ specifically designed to help seniors with chronic diseases, such as arthritis, reduce pain and live more fully,” says Lyman. For more information on the WomensCare classes, refer to the calendar pages. **WC**

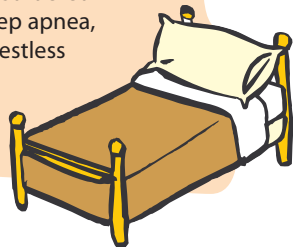
ONE HUNDRED YEARS AGO, ONLY 3 MILLION PEOPLE IN THIS COUNTRY WERE OVER THE AGE OF 65. TODAY, MORE THAN 33 MILLION AMERICANS ARE IN THIS AGE GROUP, AND THAT NUMBER IS EXPECTED TO DOUBLE OVER THE NEXT 25 YEARS AS BABY BOOMERS AGE.

Physical activity is an important part of staying healthy.



IN SEARCH OF SLEEP

A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep. The most common sleep disorders among older adults are insomnia, sleep-disordered breathing, such as snoring and sleep apnea, and movement disorders such as restless legs syndrome. For help finding a physician who performs sleep studies, call St. Rose Physician Referral at (702) 616-4508.



PHYSICIAN’S LAB ORDERS

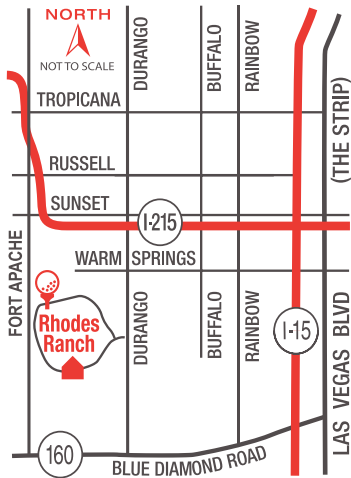
If your physician orders lab tests, St. Rose offers three lab locations open to the public at:

- 1) 98 E. Lake Mead Parkway in Suite 102 of the Medical Office Building on the Rose de Lima Campus
- 2) 10001 S. Eastern Ave. in the Del E. Webb Office Building on the Siena Campus, Suite 401A
- 3) 100 N. Green Valley Parkway in the Urgent Care facility in the Parkway Medical Center, Suite 110

RHODES RANCH



About the only thing separating our Collection and Palms Bay homes is a 100 yard golf shot. And a rabbit or two.



Visit the guard-gated masterplanned golf course community of Rhodes Ranch and you'll find the spectacular homes of Palms Bay and The Collection. Choose from golf course lots and homes that range from 1,467 to 4,138 at the Collection and from 1,734 to 2,400 square feet at Palms Bay.

And if you play golf, our fabulous Ted Robinson designed course is beckoning. Along with everything else to do at The Ranch, there's also the "Fun Zone", our new recreation center with over 34,000 square feet of room to swim, play tennis, basketball, and billiards or get a comforting massage.

THE
· COLLECTION ·


PALMS BAY

Our models are open daily from 10 am to 6 pm.

For additional Collection information please call (702) 740-4111 and for Palms Bay call (702) 325-9492.



IN A CONTINUOUS EFFORT TO IMPROVE THE QUALITY OF YOUR HOME, RHODES HOMES RESERVES THE RIGHT TO MODIFY PRICES, PLANS AND SPECIFICATIONS WITHOUT NOTICE. SIGNIFICANT CHANGES MAY BE MADE AFTER THE CONSTRUCTION OF OUR MODEL HOMES. WE RESERVE THE RIGHT TO MODIFY, RELOCATE OR ELIMINATE ANY OR ALL OF THE FEATURES, SPECIFICATIONS, PLAN UTILITIES, DESIGN OR SHAPE THEREOF, ALL WITHOUT NOTICE OR OBLIGATION. PRICE RANGE REFLECTS BASE PRICE ONLY. LOT PREMIUMS MAY APPLY. ADDITIONAL ASSOCIATION AND OTHER FEES MAY APPLY. FEES FOR GOLF ARE ADDITIONAL. AMENITIES ARE PROPOSED OR PLANNED AND MAY BE UNDER CONSTRUCTION. ALL SQUARE FOOTAGES ARE APPROXIMATE SQUARE FOOTAGES OF THE TOTAL LIVABLE SPACE. PLEASE SEE YOUR ONSITE SALES ASSOCIATE FOR DETAILS.




**RHODES
 HOMES**

Rx for Meditation

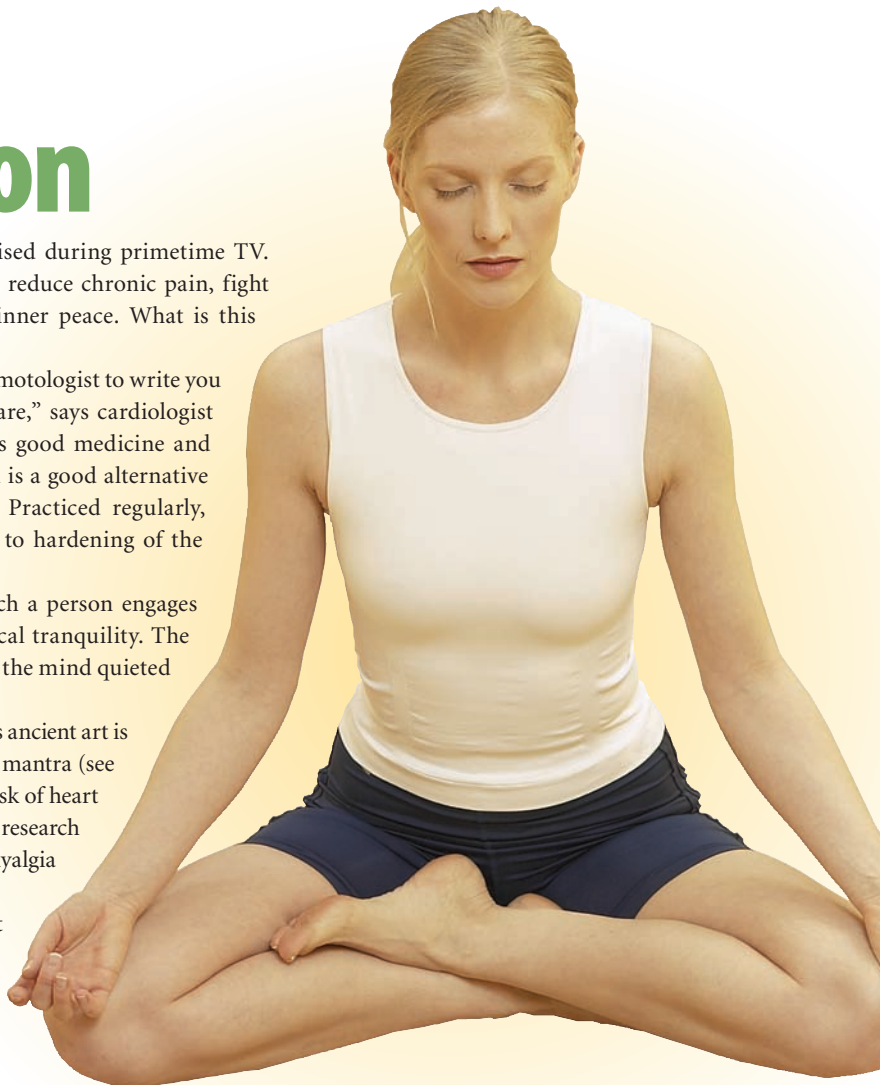
There is a prescription that you won't often find advertised during primetime TV. It can lower your blood pressure, help you sleep better, reduce chronic pain, fight fatigue, improve your memory and even help you to find inner peace. What is this miracle treatment? It's meditation.

Can you expect your family physician, cardiologist or rheumatologist to write you a prescription for meditation? "More and more physicians are," says cardiologist Dr. Anjum Ismail. "I am a firm believer in it. Meditation is good medicine and furthermore it's free." Studies have shown us that meditation is a good alternative therapy and particularly helpful in treating heart disease. Practiced regularly, meditation can lower levels of lipid peroxide that attributes to hardening of the arteries and other chronic diseases associated with aging.

The ancient practice of meditation is a technique in which a person engages in quiet contemplation to induce a state of mental and physical tranquility. The techniques are simple and easy to learn, but the ability to keep the mind quieted takes practice and patience.

One of the most popular — and most studied — forms of this ancient art is transcendental meditation (TM). That's when a person recites a mantra (see sidebar) to focus the mind. Researchers say TM may lower the risk of heart attack or stroke by lessening blood vessel blockage. Likewise, research shows that meditation can ease fatigue associated with fibromyalgia and help relieve arthritis pain.

So what prescription for meditation does Dr. Ismail most frequently write? "I recommend meditating 20 minutes at a time twice daily. If you can find a green spot outside to meditate where you can take in fresh air, that's even better." WC



CONTEMPLATE THIS

Have You Had A Body Scan?

Mindful meditation is a practice of paying attention to your thoughts without judgment. It often involves a technique called a "body scan." During a body scan, you methodically bring attention to your body parts. As you let go of thoughts and images associated with certain parts of your body, the body tends to release much of its tension.

Groundbreaking studies using another type of body scan — a specialized MRI — enable researchers to actually see pain in the brain. The studies indicate that pain intensifies when you think about it. Distracting yourself through music or meditation can reduce your perception of pain.

CALENDAR EVENT

MEET THE REV. THOMAS KEATING, OCSO

Recently quoted in Newsweek's "In Search of Spirituality" feature, the Rev. Thomas Keating has earned national recognition teaching contemplative and centering prayer to Christians since the 1970s. He will come to Las Vegas to teach "The Contemplative Dimension of the Gospel."

Date: Saturday, Jan. 14, 2006

Time: 9:30 a.m. to 3:30 p.m.

Place: Catholic Center, Anderson Hall, 336 Cathedral Way, Las Vegas

Fee: \$20 (includes breakfast and lunch)

RSVP: (702)735-6044

ME, MY MANTRA AND I

Mantra, the chanting of sacred words or sounds, comes from "man" meaning "to reflect" or "be aware" and "tra" meaning "tool for" or "agent of." Thus, a mantra is a tool for reflection and the cultivation of awareness. So, what's your mantra? Attend a WomensCare Meditation class for help in finding the words or sounds that set your soul free.

Cultural & Spiritual Connections

A study recorded men and women reciting the Ave Maria in Latin and the Sanskrit mantra "om-mani-padme-om." While the two practices are culturally distinct, their results were similar. Both slowed down the men's and women's breathing rates significantly and synchronized them with their cardiovascular rhythms.

ER vs. Urgent Care

It's Friday at 5 p.m. and you're coughing, sneezing and aching all over.

It's Saturday and your son suffers a swift kick in the shin playing soccer.

It's Sunday morning and you've run out of hypertension medication ...

So you head to the emergency room (ER). However, is it your best alternative for treatment? According to the National Center for Health Statistics more than 60 percent of people who go to the ER don't need emergency care. The result is often a longer wait and a higher cost than going to an urgent care center.

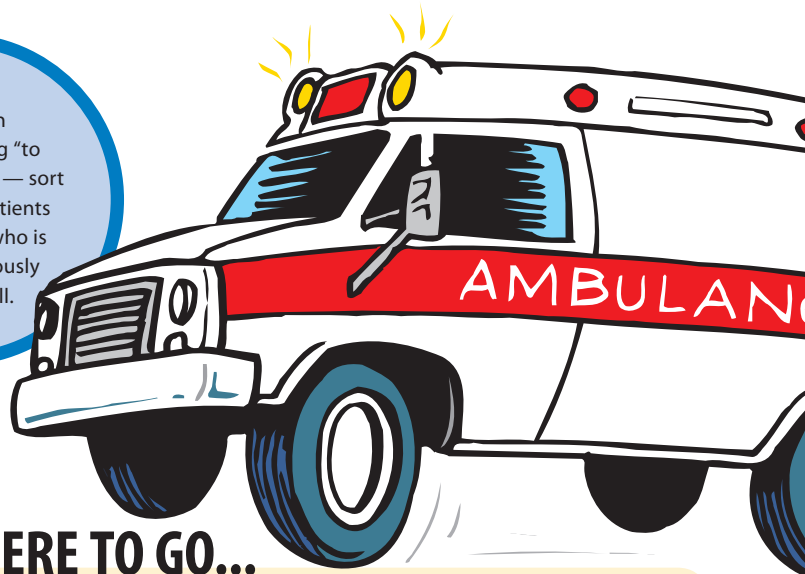
"Emergency rooms are not set up to treat patients on a first-come-first-serve basis as many people mistakenly believe," says Scott Rolfe, St. Rose's Emergency Department manager. "Our job requires us to triage (assess) and treat the most seriously ill or injured patients first. It can create a long wait for people who are suffering from allergies and colds."

According to Dr. Paul Singh, an internal medicine physician, "Urgent care centers provide a good alternative when you need non-emergent attention at a time when your doctor's office is closed. The wait is typically shorter than an ER, they are open extended-evening and weekend hours, and no appointments are necessary."

Dr. Singh adds that many urgent cares — including many in residential areas close to home — are equipped with the technology to perform X-rays, CT Scans, blood draws and procedures such as the stabilization of a fractured bone. **WC**

For help finding a physician or urgent care, call St. Rose physician referral at (702) 616-4500.

Triage is a French word meaning "to sort." ER's triage — sort — and treat patients according to who is the most seriously injured or ill.



KNOW WHERE TO GO...

GO DIRECTLY TO AN ER FOR:

- severe abdominal or chest pain
- head or spine injury
- severe shortness of breath
- suicidal or homicidal tendencies
- sudden and severe pain
- sudden loss of sight or hearing
- change in mental status such as disorientation, difficulty walking or talking
- loss of consciousness, fainting
- severe, persistent vomiting
- coughing or vomiting of blood
- poisoning
- severe reaction to an insect bite
- severe bleeding or burns
- a child under three-months old with any temperature above normal should be taken to an emergency room immediately


URGENT CARES ARE EQUIPPED TO TREAT:

- most sports injuries, sprains and fractures
- allergies, including minor to moderate asthma attacks
- fevers
- respiratory infections (e.g. colds and flus)
- gastrointestinal infections
- flus and non-life threatening cases of pneumonia
- eye and ear infections
- sunburn, rashes and minor burns
- insect bites
- lacerations
- migraines
- back pain
- immunizations
- sports physicals

DEALING WITH TRAUMA

If you are ever seriously injured — in a vehicle accident, for example — paramedics will probably take you to a Trauma Center for care.

BOBBY'S STORY



Bobby Gamboa and his son, Christopher, were extremely busy the day the accident happened. When Christopher jumped off their forklift, Bobby stepped on the gas to get back to work. He did not realize that Christopher had slipped and fallen. As the forklift surged forward, it ran over Christopher and both of his legs and ankles. In trauma situations such as Christopher's, immediate and complex care including extensive surgery is often required for recovery — or survival.

Christopher considers himself lucky that he was brought to St. Rose Dominican Hospitals' Level III Trauma Center on the Siena Campus at St. Rose Parkway and Eastern Avenue. "He was in unbelievable pain. He thought he was going to die," Bobby said. "But the paramedics got him to St. Rose's Trauma Center in no time. We were so thankful. I had been a patient at St. Rose earlier this year and I knew that my son would get excellent care."

TRAUMA CARE

When Every Second Counts

Trauma Takes Its Toll. "Trauma" is typically defined as a severe or life-threatening injury. The National Center for Health Statistics lists trauma among the five leading causes of death in the United States. It takes its greatest toll on young people, accounting annually for more than 40 percent of the deaths in people age 24 and younger.

Trauma Treatment. St. Rose's Level III Trauma Center provides care that includes surgery for victims of a motor vehicle accident, drowning, a serious fall, gunshot wound, burns, stabbing or assault. St. Rose triages, stabilizes and treats trauma patients. At times, St. Rose will stabilize the most severe trauma patients and then transport them to a Level I or Level II Trauma Center.

Location, Location, Location. Nearly 100,000 people in the U.S. die from trauma each year, roughly half of them in automobile accidents. St. Rose's Siena Campus provides an ideal location for Southern Nevada's newest Trauma Center because of its central location off of the I-215 between U.S. 95 and the I-15. Paramedics are able to quickly transport accident victims to the Siena Campus by ambulance or helicopter.


AVOIDING ACCIDENTS

Kim Dokken, RN, the trauma coordinator for St. Rose's new Trauma Center, has seen hundreds of broken bones and fractured skulls in her years as a nurse. Worse, she also has seen many shattered lives. "The greatest reward of my job," she says, "is seeing a trauma team come together to successfully help patients and their families recover from a traumatic incident."

When asked what trauma prevention advice she could provide *WomensCare* readers, Kim gave two answers: 1) Wear your seat belt or the appropriate safety equipment recommended for any activity you are doing, e.g. helmets for motorcycling, life vests for water activity, etc.; and 2) Don't drink and drive.

Because most trauma incidents are related to vehicular accidents, *WomensCare* offers some vital tips for safe driving:

- Wear your seatbelt
- Do not drink and drive
- Avoid driving when drowsy
- Minimize distractions such as talking on a cell phone
- Maintain your vehicle according to schedule, e.g. check your tire pressure on a monthly basis
- Do not encourage aggressive drivers
- Keep a safe distance between your car and others
- Adjust mirrors properly
- Look over your shoulder when changing lanes
- Keep your windows clean
- Put on your makeup in the bathroom, not in the car
- Take defensive driving classes
- Proceed with caution through intersections, which is where most accidents occur
- Keep your lights on at dusk and dawn and during rain
- Understand basic vehicle dynamics, such as how to recover from a skid



St. Rose's Trauma Coordinator says that driving safely and defensively can reduce trauma risks.

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DIZZY?

Is it an ear infection that is making you feel dizzy? It might not be. Many older adults experience disturbances of the inner ear that affect balance and cause feelings of unsteadiness, spinning or floating.

Approximately 40 percent of all Americans will experience dizziness that is serious enough to see a doctor. Local otolaryngologist Dr. Scott Manthei said, "Balance disorders are serious because they can lead to falls, a leading cause of injury and death in older adults."

A common balance disorder is benign paroxysmal positional vertigo, or BPPV, that causes a brief, intense feeling of vertigo when you move your head. Ironically, BPPV may be caused by a serious fall, which can displace the small calcium stones in the inner ear and cause a person to feel dizzy. However, the exact cause of BPPV is not known. It may be caused by inner ear infections, head injuries or aging.

"BPPV symptoms tend to occur when rolling over to the left or right, getting out of bed, or looking up high for something such as an object on a shelf," Dr. Manthei said. "I recommend that older adults make a habit of getting up slowly from seated, crouching or sleeping positions and that they do 'balance checks' when doing household chores, yard work and such."

EMERGENCY PREPAREDNESS

YOU CAN'T PREDICT. BUT YOU CAN PLAN.

After Hurricane Katrina, the Clark County Health District (CCHD) stepped up its efforts to raise public awareness of its disaster preparedness plan for a widespread, public health emergency. Dr. Donald Kwalick, M.D, MPH, chief health officer for the Health District says that the CCHD is encouraging area residents to prepare as well by building Emergency Preparedness Kits. CCHD recommends placing emergency preparedness items in a clean, new plastic garbage can with a sealable lid and storing it in a utility closet or the garage.

It is also recommended that you keep two portable Emergency Preparedness Kits — one in the car and one at work. A small duffle bag or backpack is ideal.

For more information, contact:
Clark County Health District
www.cchd.org
(702) 759-1000
(702) 759-INFO (4636)

If you get your kids involved in putting together your emergency preparedness kits, you can teach them while having fun at the same time.

Join CCHD and WomensCare for an Emergency Preparedness Lecture at St. Rose Siena on Tues., November 8, at 6:30 p.m.

EMERGENCY PREPAREDNESS SUPPLIES

- **Water** – A three-day supply accounting for one gallon per person per day (two quarts for drinking and two quarts for sanitation)
- **Food** – A three-day supply that won't spoil (include utensils, can openers, etc.)
- **First Aid kit**
- **Special items** for babies, pets, the elderly and disabled
- **Prescription medications**
- **Clothing and bedding** – One complete change of clothing and footwear, along with blankets or sleeping bags
- **Tools and supplies** – Cash, battery-operated radio, flashlight, extra batteries, cell phone and charger, personal hygiene items, bucket with fitted lid, garbage bags, disinfectant, comfort items, emergency contact lists (family, friends, authorities, etc.) and a map of the area for locating shelters

SUMINISTROS DE EMERGENCIA

- **Agua** – Suministro para tres días correspondiente a un galón por persona por día (2 cuartos de galón para beber y 2 cuartos para aseo personal)
- **Alimentos** – Suministro de tres días de alimentos que no se descompongan (Incluyendo utensilios, abrelatas, etc.)
- **Kit de primeros auxilios**
- **Artículos especiales** para bebés, mascotas, personas de edad avanzada y discapacitados
- **Medicinas con receta**
- **Ropa y ropa de cama** – Un cambio de ropa y calzado completo por persona, junto con cobertores o sacos de dormir
- **Herramientas y utensilios** – Efectivo, radio de baterías, lámpara de mano, baterías de reserva, teléfono celular con cargador, artículos de higiene personal, cubeta con tapa, bolsas para basura, desinfectante, artículos de comodidad y una mapa de la zona para localizar albergues

NO ES POSIBLE PREDECIR. PERO ES POSIBLE PLANIFICAR.

Después del huracán Katrina, el Distrito de Salud del Condado Clark, en colaboración con funcionarios encargados de la respuesta en caso de emergencia, ha desarrollado un plan de acción para casos de desastre y emergencia. Si usted, a nivel personal, se prepara, contribuye a la seguridad de toda su comunidad. La próxima vez que salga de compras, usted podría aprovechar la ocasión para preparar su kit casero para casos de desastre. Conforme vaya obteniendo y tachando los artículos de la lista, colóquelos en una lata de basura nueva y limpia con tapa sellable. Mantenga su kit a la mano, guárdelo en su garaje o en un armario.

Usted debe tener también dos kits portátiles – uno en el auto y uno en el trabajo. Un maletín pequeño o mochila resultaría ideal.

Para más información:
Distrito de Salud del Condado Clark
www.cchd.org
(702) 759-1000
(702) 759-INFO (4636)

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CURING SKIN CANCER

Odds are that one of every seven people in the U.S. will develop some form of skin cancer — basal cell, squamous cell or the more dangerous malignant melanoma — during their lifetime, says dermatologist Dr. Barbara Cortez.

"The incidence of skin cancer is much greater once you reach your 50s," says Dr. Cortez, "but we can cure most skin cancer if it is recognized and treated early."

The most common treatments for skin cancer are:

- **Curettage:** A sharp instrument is used to scrape away malignant tissue and then an electric needle destroys any remaining cancerous tissue
- **Surgical excision:** Skin is cut away to remove the growth and then closed with stitches
- **Cryosurgery:** Liquid nitrogen is applied to the skin to freeze and destroy the cancerous tissue
- **Topical chemotherapy:** Chemicals are applied to the skin surface to destroy precancerous growths
- **Laser surgery:** Laser light energy can cut away and/or vaporize the cancerous tissue
- **Mohs Micrographic surgery:** Skin is precisely removed. It is done one layer at a time for more complicated skin cancers (e.g. on the eyelid or nose) or large, invasive recurrent tumors

If you have a skin patch or mole you would like checked, see the *WomensCare* calendar for our next free skin check clinic.

A TRIP DOWN ...

There's a new address at St. Rose Dominican Hospitals. It's Lullaby Lane, on our Rose de Lima Campus at 102 E. Lake Mead Drive and Boulder Highway.

Join us for a tour of Lullaby Lane. We'll stroll with you through our new birthing suites that reflect the beauty and intimacy of an English garden and introduce you to highly skilled nurses and educators. They will be with you each step of the way during pregnancy, labor, delivery and the first days with your precious newborn. We'll also provide you a tiny treasure to take home – a Lullaby Lane CD to play during the memorable moments you'll soon spend cradling your baby.

Tours of
Lullaby Lane are
held twice a month.
Call (702) 616-4900
to RSVP.



LULLABY LANE

BUILDING HEALTHY BABIES

Pregnancy is like building your own home, says OB/GYN Dr. Conrad Roberson. "It's a dream come true, but most of us couldn't — and wouldn't — do it alone or without doing some investigating first." Dr. Roberson regrets that many women are fulfilling a multitude of roles ranging from the "general contractor" to the "day laborer" when it comes to getting pregnant and having a baby.

"There is a lot of help available to women who want to get pregnant or who are pregnant and want to have a healthy baby," says Dr. Roberson, who believes that a "preconception check up" is a vital first step. "If women will complete the check up first, they will be better apprised of the many health professionals and resources available to them."

DO YOU NEED BABY AID?

If you are pregnant and uninsured, call our Baby Rose program at (702) 616-4508 for aid in finding a physician, free childbirth education, prenatal vitamins, and Medicare and Medicaid assistance.



✓ Preconception Check-Up List

- Have a preconception check up
- Find a health practitioner, e.g. OB/GYN, before you get pregnant
- Kick unhealthy habits such as smoking, drinking or drug use
- Use optional birth control methods until you are ready to conceive
- Educate yourself on the conception process
- Check your health insurance to see if it needs revamping before you get pregnant and deliver
- Find out the details about your employer's pregnancy and maternity benefits and policies
- Practice good health through diet, exercising and getting adequate rest
- Spend time with young families to get a feel for parenting challenges and rewards
- Discuss goals, roles and responsibilities related to pregnancy and parenting with your partner

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