

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

WINTER 2006

LIVE BETTER LONGER

Dr. Andrew Weil featured in annual
Healthy Henderson event

LIBIDO LOST?

How you can get it back

The BARBARA
GREENSPUN

WomensCare

Center of Excellence

JANIE GALE

Help pets — they will help you



St. Rose Dominican Hospitals

CHW



COSMETIC AND PLASTIC SURGERY

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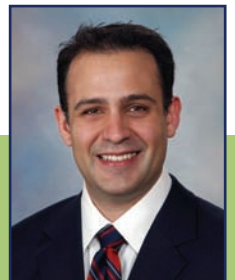
No Breast Scar Augmentation

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Janie Gale with pooches Ewok (left) and Stella (right), which she adopted through the Lied Animal Shelter.

SEE JANE SAVE SPOT

We all have a story ... a life story. Woven through the chapters of Jane “Janie” Gale’s life are the stories of animals. She and her husband, Jeff, have opened their hearts and home

WE GIVE DOGS TIME WE CAN SPARE, SPACE WE CAN SPARE AND LOVE WE CAN SPARE. AND IN RETURN, DOGS GIVE US THEIR ALL. IT’S THE BEST DEAL MAN HAS EVER MADE.

— M. Facklam

to countless dogs and cats. Janie devotes a significant amount of her time and resources to her pet cause — The Animal Foundation, which recently built the new Lied Animal Shelter. It serves as Clark County’s intake and holding facility for more than 50,000 homeless, neglected and stray animals each year. “Our mission is more than to provide shelter,” says Janie. “It is to change the way we care for our community’s animals by teaching responsible pet care, as well as spaying, neutering and finding adoptable animals caring homes.”

To learn more about adopting a pet or donating to The Animal Foundation, call (702) 384-3333, visit animalfoundation.com or stop into the Lied Animal Shelter at 655 N. Mojave Road, near Bonanza Road.

THIS COMING SUMMER, ST. ROSE DOMINICAN HOSPITALS – SAN MARTÍN CAMPUS WILL OPEN AT WARM SPRINGS AND DURANGO JUST SOUTH OF I-215. OUR THIRD ACUTE-CARE HOSPITAL IS NAMED FOR ST. MARTIN DE PORRES WHOSE ALL-EMBRACING LOVE WAS SHOWN EQUALLY TO HUMANS AND TO ANIMALS.

IN REVERENCE FOR THE COMPASSIONATE CARE ST. MARTIN DE PORRES LAVISHED ON ALL CREATURES, ST. ROSE DOMINICAN HOSPITALS IS PROUD TO SUPPORT THE ANIMAL FOUNDATION’S BUILDING FUND.

LETTER FROM THE PRESIDENT

Dear readers,

Dr. Andrew Weil is everywhere at St. Rose Dominican Hospitals. He isn’t on our medical staff. In fact, he doesn’t even live in Nevada. But, his newsletters “make rounds” at our hospitals every month.

Why? Because his newsletters are chock full of useful, easy-to-read health and wellness advice. And because, like our own Adrian Dominican Sisters, he preaches an integrative health care gospel that states good health and good health care must attend to physical, emotional and spiritual well-being.

We’ve gained a great deal from reading Dr. Weil’s newsletters and books over the years. That is why we are so excited to bring him here to our community to share his knowledge and wisdom with you. To get more details on Dr. Weil’s visit, turn to page 9.

And, if you are still asking yourself who Dr. Weil is, picture the health and wellness guru with the big white beard. Each time I say that, I get an “Oh, yeah. That’s the guy that was just on ‘Larry King Live’, right?” or “That’s the doctor I just saw on the cover of Time Magazine, isn’t it?” The answer is an emphatic yes.



Rod A. Davis

Rod A. Davis
President and CEO
St. Rose Dominican Hospitals

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.



St. Rose Dominican Hospitals

Libido Lost

Finding your groove
for a healthy sex life



LOST

Active, fun-loving, lustful libido. Last seen in my late 30s or early 40s at the life crossroads of Parenting Place or Work Obligations Way. Or maybe it was at You're Late Again Avenue and I'm Too Tired Trail. If found please return to 45-year-old wife, mother, accounting manager, carpool captain and scrapbooking queen in search of some essence of her former sexuality.

Does this sound familiar? If a lost libido could be found in the same manner as we try to locate a lost pet, you might be surprised — even shocked — at how many women might take out classified ads or post flyers to mail boxes.

While that may sound silly or sad, it may also provide some reassurance to women who find themselves feeling inadequate or incomplete. “The pressure to have a life that is picture perfect can be so strong, that if everything isn’t just so — including our sex lives — we tend to believe there is something wrong with us,” says Dr. Donna Miller.

Dr. Miller and Dr. Carla Turner, both OB/GYNs, hope to help women face something they often know, but don’t readily admit or totally understand. It’s that sex takes on a different hue as we age. Sex may become less frequent, less fun or less important in our lives. But it can also become more passionate, more purposeful or at the very least more than another chore to check off the to-do list.

The most important aspect of sexuality that women should understand is there is no gold standard that a woman must live up to. “Women often judge themselves by magazines and television talk shows that tout ways women can have great sex,” says Dr. Turner. “And women — our husbands and society — tend to judge female sexuality based on male perspectives. Just as we’ve come to recognize gender differences in health-related issues such as heart disease, we also need to address the gender differences in sexuality.”

Understanding your libido

There are three components to a woman’s desire, or libido, including:

1. Drive or biological component — This makes you tingle when you think about sex or see someone you think is sexy. Sex drive, which differs from desire, is primarily driven by testosterone, the sex hormone. “A woman’s testosterone levels begin declining in her 20s, which can affect her drive as she ages,” says Dr. Miller. “However, many mature women who become single — whether through divorce or being widowed — will tell you they felt like a 25-year-old when they fell in love again. So, we know that a decrease in testosterone doesn’t always add up to total loss of libido.”

2. Desire or motivation — Desire reflects psychological and interpersonal factors that create a willingness to be sexual. Factors that may reduce that willingness range from tensions in your marriage to past hurts such as a rape or incest to daily stressors such as work deadlines and worries about your kids. “A woman’s sexual desire, particularly for women in long-term relationships, is governed more by her thoughts and emotions rather than by feelings in her genitals,” says Dr. Miller. “The old saying often holds true ... ‘Men love to have sex and women have sex to love.’” See page seven for tips on fostering more intimacy in your relationship.

3. Culture and values — Religious and cultural values can contribute to desire. If you grew up believing sex was a taboo subject — or sex itself was taboo — it may inhibit how sexual you feel. “Talk with your church leaders,” says Rob Hall, associate pastor of South Hills Community Church. “Many churches have become more open in talking about the role that sexual intimacy plays in a healthy marriage. Church involvement can enhance a sexual relationship because of the spiritual connectivity it creates between husband and wife.”

Sexual health

A woman’s sexual health may be affected by any of a number of issues. Here are just a few

HAVE YOU HAD BETTER...

Skinny jean sex? “If you have more sex when you fit into your ‘skinny jeans’ than you do when wearing ‘fat pants,’ don’t underestimate the power of a positive body image,” says Dr. Turner. “Being at a healthy weight can make you feel more sexual.”

Prescription: A healthy diet and regular exercise. Exercise does more than trim and tone, it boosts “feel-good” endorphins.

Vacation sex? According to Dr. Miller, vacation sex may be an indicator of sexual health. “If you have good sex on a Caribbean cruise, chances are you’re just in a sexual slump brought on by the day-to-day stresses you face at work and home.”

Prescription: A periodic dose of rest and relaxation. “It doesn’t have to be a cruise. Drop off your kids at a friend’s house for the weekend and stay at a local hotel, pitch a tent in your backyard or turn your own bedroom into a romantic getaway with candles, incense and romantic music. Tip: Return your friend’s favor by keeping her kids for a weekend within the next month or two.

Novel sex? If reading a romantic novel makes you feel romantic, read a few passages of the book out loud with your husband. Careers, parenting responsibilities and community work can become all consuming. A sense of escape from your hectic lives can even be found through a good romance novel, says Dr. Turner.

Prescription: Read on! Watching romantic movies together is also a good idea.

continued on page 6

THE STRAW HANDBAG COLLECTION*

A. KAUAI STRAW HANDBAG

H70664 \$135

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H70680 \$150

C. MILANA STRAW HANDBAG

H70374 \$175

D. CALLIOPE STRAW

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H70674 \$180

E. TRESSA STRAW HANDBAG

H70641 \$135

*Quantities are limited—
Reserve yours today



continued from page 5

that your health care provider can help you address:

Lubrication — A decrease in estrogen, the female hormone that creates vaginal lubrication, may happen as a result of menopause, the removal of a woman's ovaries or even breastfeeding (temporary condition), health issues such as diabetes or normal aging. A lack of lubrication can make sex painful and quite ironically, less sex can add up to a lost ability to lubricate. Basic products such as KY Jelly can help — if not, talk with your health care provider about optional treatments. A pelvic exam may help determine if health problems are interfering with lubrication.

To maintain intimacy
in your marriage,
touch ten
times daily.



Spasms — Vaginismus is a recurrent spasm of the outer third of the vagina that interferes with sexual intercourse. It may be treated by the use of vaginal dilators of increasing diameter plus relaxation training. The success rate of treatment increases when the partner is involved in the therapy process.

Infections — Certain vaginal infections such as vaginal yeast infections can be present without noticeable symptoms. The rubbing motion of intercourse can intensify symptoms of the infection, causing stinging and burning.

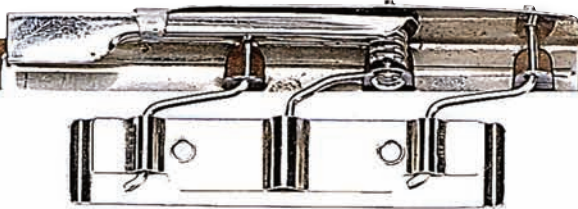
If you are having sexual issues of concern, schedule an appointment separate from your annual exam with your physician to discuss your questions and concerns. Write down any problems or symptoms and bring along information you have seen in magazines or on the Internet. **WC**

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*Singing in the Rain with Brighton Umbrella Promotion starts March 4th - March 19th
Visit your local Brighton Collectibles Store or call 866-489-6347 for details*

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The Forum Shoppes at Caesars ♥ Desert Passage at the Aladdin
McCarran International Airport ♥ The Grand Canal Shoppes at the Venetian
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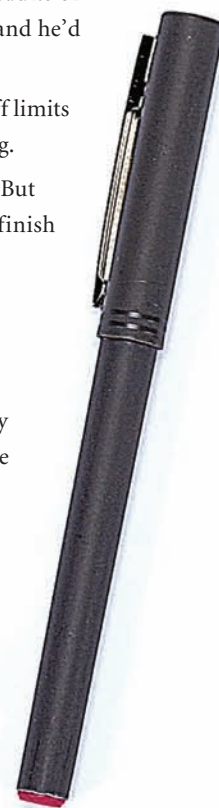


Rx *Intimacy in your relationship*

With no prescription pill available to create that “falling in love all over again” feeling between husband and wife, good old-fashioned nurturing may be the best way to boost and maintain emotional and sexual intimacy over the years. Consider the following tips from marriage and family therapist Janna Broxterman:

1. Pursue a hobby together. Take cooking classes or take up tandem bicycle riding. Do something together that enhances your together time, your knowledge and your understanding of one another.
2. Exercise together. Walk, hike or run with one another. And consider showering together after working up a sweat.
3. Touch 10 times daily. Give a kiss, a pinch, a hug or a rub with an understanding that it is not going to lead directly to sex. It's just a way of physically connecting with one another.
4. Schedule a sex date. Planning for intimacy can build excitement. It can also decrease the anxiety of having to have unanticipated sex when your overtired.
5. Lock your bedroom door. This is particularly important if you have children, other adults or pets that have the run of your place. If there isn't a lock on your door, tell your husband he'd look hot in a tool belt. He'll install the lock within hours.
6. Set a moratorium. Don't cut out touching, kissing and talking about sex. Just rule sex off limits for two or three weeks. The sheer act of prohibiting sex can make it all the more enticing.
7. Do a time check. With busy, exhausting days, there may seem like little time for sex. But be realistic. Remember that the sex act only takes about 10 minutes — from start to finish — for most people.
8. Invoke your spirituality. You may have attended worship services together for years, without taking time to stay spiritually in tune to one another. Take part in a couple's activity designed to strengthen the bonds of marriage.
9. Get friendly. Instead of plopping down in front of the television and zoning out on a Friday evening, schedule a couples date with friends. Good food and good conversation can create energy and enthusiasm between the two of you that lingers on throughout the weekend.
10. Be inquisitive. Ask about your spouse's likes, dislikes and dreams — and not just as they relate to sex. Do you know your spouse's favorite childhood toy, memory or song? Get to know your spouse again. Our interests and likes can change — sometimes unnoticeably — over the years.

For help finding a physician,
call St. Rose Physician Referral
702.696.4508





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).

HEALTH, BEAUTY & THE BAG

You just bought a beautiful new purse. As your girlfriend said, "it's to die for." The terrible truth is that women *have* died defending their purses from thieves. A woman clutching a purse sometimes "forgets" to defend herself. Instead she defends her purse.

Consider the following purse safety tips:

- Don't carry irreplaceable items in your purse. Your driver's license and credit cards are replaceable.
- A purse can be used to defend against an attacker's blows, especially to the face or head.
- A purse can be thrown or dumped out to distract a mugger, which will give you an opportunity to run away.
- Today's fashionable "passport purses" are excellent alternatives to purses when traveling, walking outdoors at night, etc.
- When walking to your car, walk with your keys in your hand so that you are prepared to get into your car quickly. Keys can also be used to help fend off an attacker.
- When walking alone, consider slipping your cell phone into a pocket in your jacket or pants. That way, if your purse is snatched, you can call for help.

Remember that your purse and its contents are replaceable, your health — and your life — are not.

Fill out our WomensCare Reader Survey at www.strosehospitals.org and you'll be entered to win a Brighton Collectibles gift.

feb

SAGE WOMEN DRUM CIRCLE

Incite your inner goddess energies through drumming. Bring a healthy dish and a drum.

Date: Fridays — Feb. 3, Mar. 3, Apr. 7

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

KNIT & CHAT TEA

Sip, chat and help teach or learn to knit.

Date: Thursdays — Feb. 9, Mar. 9, Apr. 13

Time: 10:30 a.m.-noon

PAIN MANAGEMENT

Learn the newest means of managing pain with

Dr. Rainer Vogel.

Date: Monday, Feb. 13

Time: 6-7 p.m.

HYPNOSIS FOR MEMORY IMPROVEMENT

Date: Monday, Feb. 13

Time: 6:30-8 p.m.

Place: St. Rose – Siena, MacDonald Room

HEALTHY LIVING LONGER

Learn how diet, exercise, stress, rest and bodily hormones affect aging from Dr. Carolyn Matzinger.

Date: Friday, Feb. 17

Time: 6-7 p.m.

Place: St. Rose – Siena, MacDonald Room

TEA & TALK BOOK CLUB

Dates: Thursday – Feb. 16, *Stolen Lives*

Thursday – Mar. 16, *The Birth of Venus*

Thursday – Apr. 20, *Crossing to Safety*

Time: 3:30-4:30 p.m.

HEARTSAVER CPR/AED

American Heart Association two-year certification in Adult, Child, Infant CPR/AED and relief of choking. Meets most job requirements, except health care providers.

Dates: Friday, Feb. 17, 2:30-7 p.m.

Wednesday, Mar. 1, 5-9:30 p.m.

Saturday, Apr. 22, 9 a.m.-1:30 p.m.

Fee: \$30 (includes certification card)

HERBOLOGY I

Discover how to use and grow herbs for good health.

Date: Saturday, Feb. 18

Time: 10 a.m.-noon

Fee: \$25

HYPNOSIS FOR WEIGHT REDUCTION: A NEW YEAR — A NEW YOU!

Dates: Saturdays – Feb. 18 or Mar. 11, 1-2:30 p.m.

Mondays – Feb. 27 or Apr. 10, 6:30-8 p.m.

Wednesday, Mar. 29, 6:30-8 p.m.

Tuesday, Apr. 25, 6:30-8 p.m.

Fee: \$25 (includes CD)

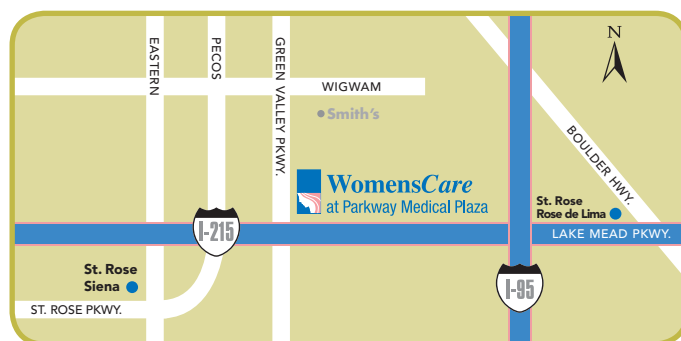
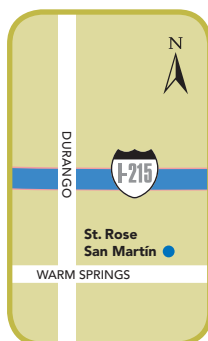
Place: St. Rose – Siena, MacDonald Room

OSTEOPOROSIS

Join endocrinologist Claudia Vogel, M.D. to learn how to stop bone loss.

Date: Monday, Feb. 20

Time: 6-7 p.m.



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

Winter Calendar

of classes and upcoming events

SAFE SITTER

Date: Mondays – Feb. 20 or Apr. 10
Time: 9 a.m.-4:30 p.m.
Fee: \$30

LAPAROSCOPIC WEIGHT LOSS SURGERY

Learn about mini-gastric bypass with Dr. Rutledge.
Dates: Monday, Feb. 20
Tuesdays – Mar. 28, Apr. 18
Time: 6-7:30 p.m.
Place: St. Rose – Siena, MacDonald Room

METABOLIC SCREENING

How many calories do you need for basic body functioning? Come find out!
Date: Tuesdays – Feb. 21, Mar. 21, Apr. 18
Time: 2-4 p.m.
Fee: \$15

MEDICARE PART D

Does the new Medicare prescription program have you confused? Let Norm Rosenberg clear your confusion and assist you in enrolling today before the penalty-imposing deadline.
Date: Wednesday, Feb. 22
Time: 9 a.m.-1 p.m.
Place: St. Rose – Siena, MacDonald Room

HYPNOSIS FOR SMOKING CESSATION

Date: Tuesday, Feb. 21; Thursday, Apr. 13
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose – Siena, MacDonald Room

SKIN CANCER SCREENING

Have a suspicious mole or spot? Have dermatologist Dr. Curt Samlaska check it out.
Date: Wednesday, Feb. 22
Time: 2-4 p.m. Call (702) 616-4900 for appt.

SAYING GOODBYE TO YESTERDAY: THE ART OF LETTING GO

Learn to free yourself from your past with this Angela Harvey workshop.
Date: Wednesday, Feb. 22
Time: 6-7:30 p.m.
Fee: \$10

LIBIDO: HOW TO GET YOUR GROOVE BACK!

Ladies, join marriage and family therapists from Pathways Therapy & Wellness Center to discover confidence in your own sexuality and your ability to communicate with your partner.
Date: Friday, Feb. 24
Time: 6:30-8 p.m.

HERA CLIMB FOR LIFE LAS VEGAS

Learn to rock climb with world-class athletes and help the HERA Women's Cancer Foundation and OCAN (Ovarian Cancer Alliance of Nevada). Indoor climbing, massages, yoga and a party on Saturday followed by outdoor rock climbing at Red Rock with Jackson Hole Mountain Guides on Sunday. Open to women, men and kids of all ages, no climbing experience necessary. Visit www.climb4life.org or call (702) 898-2547.
Date: Saturday & Sunday, Feb. 25 & 26
Time: 9:30 a.m.-4 p.m. (post party 6:30-9:30 p.m.)
Fee: \$5 to \$100 (see website for details)
Place: Red Rock Climbing & Yoga Center, 8201 W. Charleston Blvd.

VEGGIE SOUP FOR THE SOUL: EATING VEGETARIAN

Dates: **Monday, Feb. 27** – Eggs & dairy options. Learn tips, share your recipes, and bring an egg or dairy-free dish or dessert.
Monday, Apr. 24 – Ground beef/turkey options. Learn tips, share your recipes, and bring a dish with a substitute for beef/turkey.
Time: 6-7 p.m.

LIVE BETTER LONGER

FEATURING DR. ANDREW WEIL

Join Dr. Andrew Weil and learn how to age with grace and gusto by focusing on mind, body and spirit to reach a healthy balance between modern and alternative medicine resources.

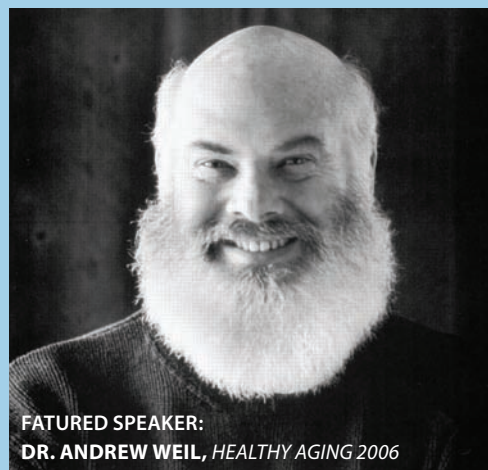
SATURDAY, MARCH 4 9AM-12PM

Henderson Pavilion
Green Valley Parkway and Paseo Verde
Free, General Admission

9 – 10:30AM Educational Health Fair

10:30AM
Dr. Weil Healthy Aging Presentation

11:30AM
Dr. Weil Book Signing



FEATURED SPEAKER:
DR. ANDREW WEIL, HEALTHY AGING 2006

St. Rose Dominican Hospitals and The City of Henderson Parks & Recreation Department are proud to present Dr. Andrew Weil — recently featured in *Time* magazine and on *PBS Frontline*, *CNN's Larry King Live* and *NBC's Today* show. It's all part of our collaborative effort to grow a healthy community.

NO TICKETS REQUIRED!

FOR MORE INFORMATION PLEASE CALL 616-4900

HEARTSAVER FIRST AID

American Heart Association first aid two-year certification for worksite and OSHA compliance.
Date: Saturday, Feb. 25, 9 a.m.-1 p.m.
Fee: \$25 (includes certification card)

MIGUN MASSAGE BEDS

Receive a free 30-minute MIGUN massage.
Date: Tuesdays – Feb. 28, Mar. 28, Apr. 25
Time: 10 a.m.-5 p.m. Call (702) 616-4900 for appt.

COLORFUL CHAKRA MEDITATION

Open the body's energy fields through meditation.
Date: Tuesday, Feb. 28
Time: 5:30-6:30 p.m.

I LOVE MY ADD

Parents and teens, join Steven Plog to learn to channel the energy from ADDisorder into positives.
Date: Tuesday, Feb. 28
Time: 7-9 p.m.
Fee: \$10 donation
Place: St. Rose – Siena, MacDonald Room

mar

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 – Mar. 16 or Apr. 13
Time: 7-10 a.m.
Fee: per screening

HYPNOSIS FOR POSITIVE THINKING/ ANXIETY REDUCTION

Date: Thursday, Mar. 2
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose – Siena, MacDonald Room

AM I OR SOMEONE I CARE ABOUT ADDICTED?

Learn how addictions can impact your life and relationships. Presented by Pathways Therapy & Wellness Center.
Date: Friday, Mar. 10
Time: 6:30-8 p.m.

HERBOLOGY II

Herbology I prerequisite. Learn the actions of plants, how to use them in safe doses, which herbs grow here and how to harvest and prepare them.
Date: Saturday, Mar. 11
Time: 10 a.m.-noon
Fee: \$25

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of its signs and symptoms.
Date: Monday, Mar. 13
Time: 10-11 a.m.

WOMEN'S HEALTHCARE FROM AN AYURVEDIC & HOLISTIC PERSPECTIVE

Join William Celentano, D.O., to discuss how Holistic health care and Ayurveda may help balance a woman's life physically and emotionally.
Date: Monday, March 13
Time: 6-7 p.m.
Place: St. Rose – Siena, MacDonald Room

ALLERGY ALERT

Don't let allergies get you down. Learn how to manage them from Dr. Sean McKnight.
Date: Tuesday, Mar. 14
Time: 6-7 p.m.
Place: St. Rose – Siena, MacDonald Room

SPRING FASHION SHOW

Enjoy lunch and the latest fashions from Nordstrom. Provided by the Clark County Medical Society Alliance. Proceeds benefit the Susan G.

Komen Breast Cancer Foundation.

Date: Tuesday, Mar. 14
Time: 11:30 a.m.-2 p.m.
Place: Caesars Palace hotel
Fee: \$100 — Call (702) 355-2019 for tickets.

NUTRITION 101: WHY FRENCH WOMEN DON'T GET FAT

Enjoy French cuisine and get the skinny on how French woman eat high fat foods and stay thin. Presented by the St. Rose nutritionists.
Date: Wednesday, Mar. 15
Time: 6-7:30 p.m.
Fee: \$5 (includes dinner)
Place: St. Rose – Siena, MacDonald Room

MEDITATIVE MANTRAS & CHANTING

Learn to relax through chanting and developing personal mantras.
Date: Wednesday, Mar. 15
Time: 10:30-11:30 a.m.

EXCUSE ME, HAVE YOU SEEN MY HAPPINESS?

Enjoy an Angela Harvey workshop exploring the quest for happiness and finding it.
Date: Thursday, Mar. 16
Time: 6-7:30 p.m.
Fee: \$10

HERBOLOGY III

Prerequisite Herbology I & II. Create herbal medicines and save money stocking your herbal medicine cabinet.
Date: Saturday, Mar. 18
Time: 10 a.m.-Noon
Fee: \$30

HOW DO YOU FEEL ABOUT YOURSELF?

Join Joyce Lewis on a journey toward good self-esteem and how to make changes to grow yourself.
Date: Wednesday, Mar. 22; 6-7:30 p.m.

HYPNOSIS FOR GRACEFUL AGING

Learn to reduce your stress and improve your sleep, nutrition and exercise for the best years of your life!
Date: Wednesday, Mar. 22
Time: 6:30-8 p.m.
Fee: \$25 (includes CD)
Place: St. Rose – Siena, MacDonald Room

PERIPHERAL VASCULAR DISEASE SCREENING

Let the radiologists of St. Rose screen your legs for peripheral vascular disease.
Dates: Thursdays, Mar. 23 or Apr. 27
Time: 8 a.m.-noon



MY PET, MY FRIEND

Learn tips for caring for your best friend from veterinarian Dr. Andrea Larson.

Date: Thursday, Mar. 9
Time: 6-7 p.m.
Place: St. Rose – Siena, MacDonald Room

Winter Calendar

of classes and upcoming events

NATURAL DETOXIFICATION AND CLEANSING

Join Dr. Emma Baker, Board Certified Naturopath, to learn natural, cleansing therapies to maximize health.

Date: Friday, Mar. 24

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

SEXUAL ASSAULT PREVENTION

Learn "how not to" become a target for sexual assault, as well as basic self-protection movements, from Officer Wilson, Henderson Police.

Date: Saturday, Mar. 25

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

CONTINUING STEPS:

LIFESTEPS GRADUATES

For LifeSteps weight management graduates. Join your peers to stay or get back on track with weight loss, healthy eating and exercise goals.

Date: Monday, Mar. 27

Time: 5:30-7 p.m.

FROM SURVIVOR TO THRIVER

Learn to heal emotional scars of childhood physical, sexual or emotional abuse from Jana Ballou, LCSW.

Date: Wednesday, Mar. 29

Time: 6-7:30 p.m.

CONQUERING CHOLESTEROL

Learn to change your cholesterol levels through foods and exercise.

Date: Wednesday, Mar. 29

Time: 2-5 p.m.

GIRL TALK

Mothers and daughters (10-14 yrs.) join Dr. Naz Wahab to discuss female puberty.

Date: Thursday, Mar. 30

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

Place: St. Rose – Siena, MacDonald Room

apr

HERBOLOGY FOR WOMEN'S HEALTH

Create take-home herbal blends to help PMS, hormonal changes, yeast infections, sexual issues, UTIs and even pregnancy and childbirth.

Date: Saturday, Apr. 1

Time: 10 a.m.-noon

Fee: \$20

AYURVEDIC FORUM FOR WOMEN'S HEALTHCARE

Keynote speaker Alakananda Ma, MB, BS, will present an in-depth focus on holistic healthcare, specifically an Ayurvedic approach, to women's health concerns. Followed by open panel discussion.

Date: Saturday, April 8

Time: 9 a.m. – Noon

Fee: \$25 (donation to the scholarship fund)

Place: St. Rose – Siena, MacDonald Room

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this program on safe driving.

Date: Monday, Apr.10

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

Fee: \$10

Place: Rose de Lima – Annex

DASH AWAY FROM HYPERTENSION

Learn to manage high blood pressure through the Dietary Approaches to Stop Hypertension (DASH) eating, exercise and stress reduction program.

Date: Wednesday, Apr. 19

Time: 5:30-7:30 p.m.

SENSORY WALKING MEDITATION

Meet at Discovery Park to take a silent stroll through nature, allowing your senses to create relaxation.

Date: Friday, Apr. 21

Time: Noon-1 p.m.

Place: Discovery Park. Call (702) 616-4900 for directions. (Wear walking shoes)

MIGRAINE MANAGEMENT: THE IMPACT OF LIFESTYLE CHANGES & TREATMENT

Presented by Dr. Santos Yu, neurologist.

Date: Monday, Apr. 24

Time: 6-7 p.m.

Place: St. Rose – Siena, MacDonald Room

AROUND THE WORLD TEA TASTING

Take a journey through time and far away lands to learn the legends and lore of tea. Explore origins of tea in China as well as the unique brews of Japan, India, England and the Americas. Presented by the Special Tea Shoppe.

Date: Wednesday, Apr. 26

Time: 3-4:30 p.m.

RACE FOR THE CURE

Date: Saturday, May 6

Place: Fremont Street Experience

Info: www.lvraceforthecure.com

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.

Fee: Free

WALK THIS WAY: WALKING CLUB

Walk your way to health. All fitness levels and strollers welcome.

Dates: Tuesdays & Thursdays

Time: 9-10 a.m.

Fee: Free

Place: Discovery Park

YOGA

Date: Tuesdays & Thursdays

Time: 10-11 a.m.

Fee: \$5 per session

CHAIR EXERCISE

Raise your heart rate through seated exercises.

Date: Tuesdays

Time: 2-3 p.m.

Fee: Free

TAI CHI

Join Stella Huang to learn flowing body movements that create focus, balance and emotional well-being. Beginners welcome.

Dates: Fridays

Time: 1-2 p.m.

Fee: Free

RELAXATION YOGA

Date: Wednesdays

Time: 9-10 a.m.

Fee: \$5 per class (donated to R.E.D. Rose)

INTENSE BODIES BY PILATES

Join Dr. Debbie Symons to build core strength & grace.

Date: Wednesdays

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

Fee: \$8 per session

PRIVATE HYPNOSIS SESSIONS

Appts.: (702) 616-4905

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. & Wednesdays, noon **WC**

ALS Support Group — 2nd Tuesday, 11:30 a.m. **WC**

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

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

Breast Cancer Support — 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, 6:30 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 — Feb. 1 & Apr. 5, 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, 6 p.m. **WC**

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

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

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

Family to Family Connection

Call (702) 568-9601 to register.

All classes held at Family to Family Baby Center, 31 Church Street, Henderson (behind Rose de Lima).

IMMUNIZATION & WELL BABY CLINIC

Join Clark County Health District for childhood immunizations (\$16-\$20/child) or a free Well Baby Check.

Dates: Wednesdays – Feb. 15, Mar. 15, or Apr. 19

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

CAR SEAT SAFETY CHECKS

Dates: Thursdays

Time: 9 a.m.-noon

Fee: \$10 per family Call (702) 568-9601 or (702) 616-4901 for appt.

FEEDING FRENZY

Breastfeeding Support Chat

Dates: Tuesdays

Time: 11 a.m.-noon

INCLUSIVE DEVELOPMENTAL PLAY GROUP

Join Nevada Early Intervention Services for developmental activities and play. Designed for children with and without disabilities.

Dates: Thursdays – Feb. 2 & 16, Mar. 2 & 16,

Apr. 6 & 20 (1 & 2 year olds)

Wednesdays – Feb. 8 & 22, Mar. 8 & 22,

Apr. 12 & 26 (ages 0-12 months)

Time: 2-3 p.m. for ages 1-2 years

10-11 a.m. for infants 0-12 months

BACK TO WORK CONSULTATIONS

An individual consult to help new moms returning to work. Discuss scheduling, childcare, time management, and more.

Date: Mondays – Feb. 13, Mar. 13, Apr. 10

Time: 10 a.m.-noon. Call (702) 568-9601 for appt.

DIAPERS AND DELIRIUM

Adjusting to parenthood isn't always easy. Ease the transition by gaining a better understanding of the changes in your life and your relationships.

Date: Wednesday, Feb. 22

Time: 2-3 p.m.

TODDLER PLAY-N-LEARN

Join Family to Family for fun activities that help get your 2- to 3-year-old ready for preschool.

Dates: Tuesday, Feb. 14

Wednesdays – Mar. 8 and Apr. 12

Time: 10-11 a.m.

DANCING WITH MISS JENNY

Miss Jenny brings movement to music while supporting your little one's development.

Dates: Fridays – Apr. 14, 21, 28

Time: 10:30-11 a.m. (12-24 mo. olds)

11:15-11:45 a.m. (24-48 mo. olds)

Fee: \$15 per month

MOM'S NIGHT OUT:

SCRAPBOOKING EVENT

Scrapbooking pro or just starting out, join for us for a fun Mom's Night Out!

Dates: Fridays – Feb. 10, Mar. 24, Apr. 21

Time: 6-9 p.m.

Fee: \$5

MENUS, MEALS, AND MAYHEM

Stretch your dollars while helping improve your family's health, nutrition, and well being in this six-part Expanded Nutrition Program with the UNR Cooperative Extension.

Dates: Tuesdays, Mar. 7 through Apr. 11

Time: 10-11 a.m.

DREAM DINNER DATE

Make home cooked food without messing up your kitchen. WomensCare readers: "Get one dinner free!" See page 17 for more information about Dream Dinners.

Date: Wednesday, Apr. 5

Time: 7 p.m. Call (702) 798-3663 for registration.

Fee: Depends on meals chosen to assemble.

Place: Dream Dinners, 101 S. Rainbow Blvd., Suite 18 (U.S. 95 & Westcliff)



Family Education

Call (702) 616-4901 to register.

All classes held at the WomensCare Center unless otherwise noted.

PRENATAL YOGA

Join Cindy Lydon, Certified Whole Birth Prenatal Yoga instructor, for a four-week class that enables women to bond with their babies and trust in the birthing process. Call (702) 616-4901 to register for this class.

Fee: \$40 (four-class package)

BEST MILK BAR IN TOWN: BREASTFEEDING SUPPORT FOR WORKING MOMS

Learn to balance work and breastfeeding! Join a Certified Lactation Consultant to learn how to maintain your supply, develop a pumping plan, and how to properly collect and store your baby's milk. Bring your baby and meet other working moms. (Pregnant Moms planning on going back to work are welcome.)

Date: Mondays – Feb. 6, Mar. 6, Apr. 3

Time: 7 p.m.

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES

Learn how to successfully manage gestational diabetes through self care and meal planning from Sherry Poinier, Registered Dietitian, and Dr. Claudia Vogel, Endocrinologist. Healthy lunch provided.

Date: Tuesday, Feb. 21

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

Place: St Rose – Siena, Maternal Child Classroom

BABY SIGN LANGUAGE LEVEL I

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

Dates: Wednesdays – Mar. 1, 8, 15, 22, Noon-1 p.m.

Saturdays – Apr. 8, 15, 22, and 29, 10-11 a.m. or 11:30 a.m.-12:30 p.m.

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

FEELING BEAUTIFUL AND BODACIOUS: PREGNANCY FASHION SHOW

Join Bellies and Blossoms for a pregnancy fashion show and enter to win gift certificates to Bellies and Blossoms as a door prize.

Date: Tuesday, Mar. 14

Time: 6-7:30 p.m.

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: Monday, Mar. 20

Time: 7-8:30 p.m.

Place: St Rose – Siena, Maternal Child Classroom

BIRTHING AS A NATURAL AND HEALTHY PROCESS

Learn from midwife, April Kermani, how to experience birthing naturally using different positions, the birthing ball and how to help progress your own labor.

Date: Wednesday, Mar. 29

Time: 6-7:30 p.m.

BLISSFUL BABY: INFANT MASSAGE

Better sleep better and less colic for baby? Let Avery Short, CIMI, teach you how to soothe your baby. Three series class. Bring your baby, a blanket, and a washcloth. Support people welcome.

Date: Mondays – Apr. 3, 10, and 17

Time: 11 a.m.-noon

Fee: \$30 per family (includes 2 oz. grape seed oil & workbook)

BEYOND BABY BASICS

Prerequisite Baby Basics prenatal class. Join us for learning how a baby's brain develops and how to enhance it.

Date: Wednesday, Apr. 5

Time: 6-7 p.m.

JUMP START BACK INTO SHAPE

Loose baby weight with certified pre/post-natal exercise instructor and physical therapist, Jugatx Hartung. Also learn to strengthen your abdomen and pelvic floor muscles. (Babies welcome.)

Date: Saturday, Apr. 8

Time: 11 a.m.-noon

COUPLES BONDING AFTER BABY

Join a licensed marriage and family therapist for tips on strengthening mommy and daddy's relationship after having a baby.

Date: Tuesday Apr. 11

Time: 6-7 p.m.

ONGOING FAMILY EDUCATION CLASSES

Pregnant & Uninsured? Call Baby Rose at 616-4508

Prepared Childbirth Classes — \$75

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 — Free, Fridays, 11 a.m.

Best Milk Bar in Town: Breastfeeding Support for Working Moms — Free, 1st Monday, 6 p.m.

Bellies and Buddies — Free, 2nd Tuesday, 6 p.m.

Pregnancy Smoking Cessation — Call the Nevada Tobacco Users' Helpline at 877-0684.

Siena Campus Maternity Tour — 3rd Saturday Afternoon (Call 616-4901 for reservations)

Lullaby Lane, Rose de Lima Campus Maternity Tour — 3rd Saturday morning (Call 616-4901 for reservation). Free Lullaby CD for every pregnant mom

BREASTFEEDING SUPPORT SERVICES

- Lactation Consultation \$50
- Breastfeeding Support Groups
- Breastfeeding Warmline 616-4908
- Breastpump Rentals, Lactina & Symphony



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TOO LONG. TOO LOUD. CAN LISTENING HURT?

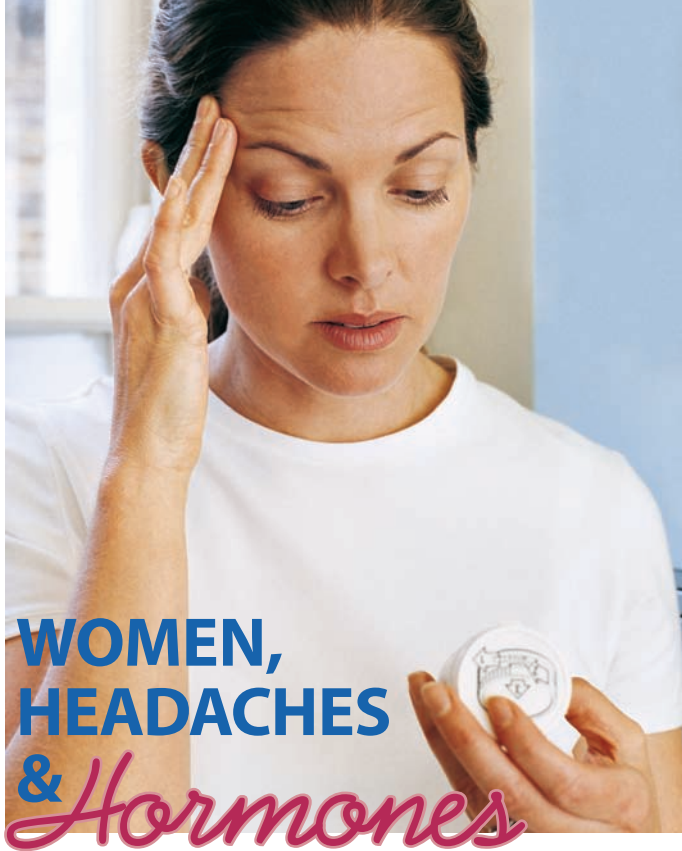
Your daughter begged for an iPod for her fourteenth birthday and you bought her one. Will you need to buy her a hearing aid for her sweet sixteen as a result?

About 12 percent of children and teens — more than 5 million altogether — have noise-induced hearing loss. Listening to personal music players may be partly to blame.

"With today's technology, our kids are not only listening to louder music, but they are also listening longer because of the amount of material MP3 players and iPods can store. Unlike CD players, kids don't even have to take a break to change discs," said Dr. Scott Manthei, otolaryngology. "It can be challenging to address kids' listening habits, because many of us are overly attached to MP3 players and iPods, too."

Still, Manthei says, monitoring your child's listening habits is imperative to good hearing. A study of portable, personal music players found that the volume ranged from 91 to 121 decibels. Adding earphones that fit inside the ear increased the volume by 7 to 9 decibels. The safe threshold for extended listening is 85 decibels for eight hours, according to the National Institute of Occupational Safety and Health.

This health information made possible by a donation of advertising space by Dr. Scott Manthei of Nevada Eye & Ear.



WOMEN, HEADACHES

& Hormones

Bright lights. Loud noises. Deafening pain. You have more than a bad headache. You have a migraine — a medical issue that needs to be addressed.

The exact cause of migraines is not well understood. It appears that the widening and narrowing of the blood vessels in the brain trigger changes in brain chemicals causing inflammation and pain. “What is known is that migraines are three times more prevalent in women than men — and that hormones are at play,” says neurologist Dr. Santos Yu, M.D. “However, the exact link between hormones

and migraines is still murky. It is suspected that the rise and fall of estrogen levels may serve as a trigger.”

According to a recent study, the majority of women who suffered from severe migraines had some headache-related disability, and about half were severely disabled during an episode, requiring bed rest. “Many women will try to fend off the first symptoms of a migraine with over-the-counter pain relievers even if their doctor has prescribed medication,” says Dr. Yu. “By the time they turn to their prescription medication, it’s often too late to halt the headache from becoming full strength.”

There are two messages Dr. Yu hopes to impress upon women. First, migraines should be evaluated through a physical exam and diagnostic imaging such as a CT Scan or MRI to rule out the possibility that they are a symptom of something else, such as a brain mass. Secondly, says Dr. Yu, women need to realize that excellent treatments are available — not only to relieve migraines, but to possibly prevent them as well. The most commonly prescribed medications are the triptans, a class of drugs including Imitrex, Zomig and Replax, which work on serotonin receptors in the membranes covering the brain, constricting blood vessels to prevent pain sensations. Drugs ranging from anti-epileptic to antidepressant medications may also be prescribed for women who suffer from two or more severe headaches a week.

If you suffer from migraines, Dr. Yu recommends that you consult with your health care provider, keep a headache/pain diary to determine your headache triggers, and pursue a healthy lifestyle including a nutritious diet, routine sleep patterns, and regular, moderate exercise. Complimentary and alternative therapies such as acupuncture and biofeedback have also been shown to provide relief for some headache sufferers. **W.C.**

Join our Migraine lecture with Dr. Yu. Details on page 11.

MIGRAINES & DIETARY MEASURES

Dr. Andrew Weil promotes an integrative approach to health care, including the treatment of migraines. He has seen patients experience real results from using triptans (described above). He also recommends the following dietary measures to help reduce the pain from migraines — and even prevent them:

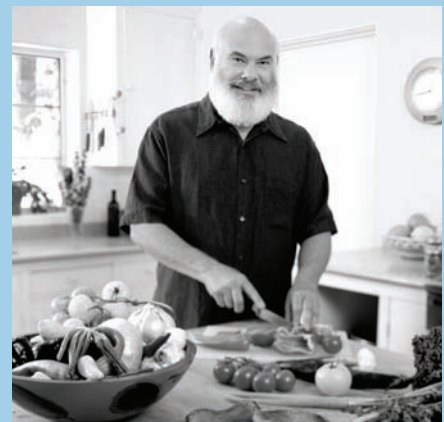
- Eliminate caffeine. Once you’re off caffeine, you can use coffee to treat headaches. Drink a cup at the first sign of an attack, and lie down in a dark room.
- Eliminate chocolate, red wine, strong-flavored cheeses, sardines, and anchovies — all have been associated with migraines.

- Take a standardized extract of the herb feverfew (*Tanacetum parthenium*) found at health food stores. One or two tablets a day can reduce the frequency of migraines — and it’s safe to take indefinitely.
- Learn to raise the temperature of your hands via biofeedback, which can help abort a headache.
- Consider taking a vitamin B-2 (riboflavin) supplement. A recent study found that taking 400 milligrams of B-2 daily (a prescription amount) reduced migraine frequency and duration.

While a study linked fat to frequency and severity of migraines, Dr. Weil suggests that more research on

the subject is needed. However, he recommends a low-fat diet in which fat consumption is limited to 25–30 percent of daily calories in order to reduce heart disease and cancer risks.

See Dr. Weil in person! Details on page 9.



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WHEN IT COMES TO COMFORT FOOD, WOMEN ARE FROM BEN AND JERRY'S AND MEN ARE FROM OUTBACK.

— Associated Press

ADD SPICE TO YOUR LIFE

Creating comfort through food is John McDermott's goal. As the executive chef for St. Rose Dominican Hospitals, he provides nutritious meals that whip up feelings of well-being among the patients — diabetic, heart attack and overweight patients — with strict dietary guidelines limiting fat, sugar and salt intake.

"Adding a variety of spices to a dish is the answer," says McDermott. "Spices bring wonderful color, flavor and aroma to a meal while reducing or eliminating the need for sugar and salt. And as an added bonus, spices possess a wealth of healing properties."

McDermott suggests that a dash a day of your favorite spice may help keep the doctor away. Consider the possible health benefits of these:

- Garlic, a great substitute for salt in mashed potatoes, may decrease cholesterol levels, help prevent clogged arteries and lower blood pressure
- Rosemary, a savory seasoning for chicken dishes, may be good for eye health
- Oregano, primo for adding flavor to pasta sauces, has the highest antioxidant level of the 39 different types of spices. It may be beneficial against several cancers, including breast and ovarian cancer
- Sage, which can add rich flavor to poultry and sausage, may just give your memory a boost. Maybe that's why we refer to the wisdom of our elders as "sage advice"
- Ginger, which is great for recreating flavorful foods of the Far East as well as for baking, has long been associated with fighting nausea and motion sickness. It may also be good for your joints
- Turmeric, which gives Indian cooking its undeniably delectable flavor, has been shown to slow the spread of cancer cells, specifically prostate cancer

Other spices with medicinal purposes include cinnamon, which can help lower your cholesterol and blood sugar. Fennel can prevent gas, heartburn and upset stomach.

FINDING COMFORT IN FOOD

Think comfort foods. What comes to mind? The food that brings you comfort may not be determined by your taste buds, but rather by your gender. A study in the journal of Physiology & Behavior suggests that women like sweets and men enjoy meats. Furthermore, it found that not only do men and women crave different comfort foods, but they also crave them for different reasons.

"According to the study, a woman is more likely to find comfort through food when she's upset," says Heather Millard, R.D., director of nutrition services at St. Rose Dominican Hospitals. "She may search out comfort by grabbing a spoon and digging into a pint of cookie-dough ice cream."

"Men often crave foods when we feel great. We'll carve into a big, juicy T-bone steak as a reward ... an 'atta-boy,'" says John McDermott, executive chef for St. Rose. "We also tend to find comfort in foods our moms prepared ... meat, potatoes, pasta and soup."

"What men see as comfort some women see as work," says Millard. "Many women are the meal maker of the family. That may be why they have a higher tendency to seek comfort in quick fixes such as chocolate, candy and ice cream."

Retool Your Cravings

You can satisfy your cravings without adding to your waistline. Smooth and creamy treats are often associated with soothing the senses. Find comfort without all the calories and fat by selecting low-fat frozen yogurt over ice cream or slowly savoring one or two mini-size pieces of dark chocolate rather than indulging in a more fatty milk chocolate bar.

Bored or stressed people often grab crackers or potato chips to gnash on. Crunchy baby carrots or unsalted pretzels are a good alternative. Sweet and sugary treats, on the other hand, tend to make people feel happy. Make yourself a "happy trails" trail mix of raisins, Craisins and banana chips and forgo the "after guilt" of candy, cake or cookies. **WC**

HOME COOKING. NO HASSLES.

Is your life is too hectic to make home-cooked meals? Whether you lack the time or skills, Dream Dinners can help. In less than the time it takes to go grocery shopping, you can whip up six to twelve tasty, nutritious meals for \$115 to \$200 at one of Dream Dinners two locations. They'll provide the ingredients, the directions, and even convenient, freezable storage containers to take your comforting cuisine home in. For more information call (702) 798-3663 or visit www.dreamdinners.com. Join WomensCare for a Dream Dinner Date — see page 12 for details!



John McDermott, chef



When Health Care Goes to the Dogs

Dr. Nana Dogg is one of St. Rose Dominican Hospitals' trained pet therapy dogs proven to improve patients' sense of well-being.



Research presented at the American Heart Association's Scientific Sessions 2005 indicates that dogs benefit hospitalized heart failure patients. Twelve-minute visits with a certified therapy dog helped heart and lung function by lowering pressures, diminishing the release of harmful hormones and decreasing anxiety among the heart failure patients. According to their studies, benefits exceeded those that resulted from a visit with a human volunteer or from being left alone.

It's 8 a.m. on a Monday morning, and Dr. Dogg is making rounds on the Intermediate Care Unit at St. Rose Dominican Hospitals. Her warm, fuzzy bedside manner lifts the spirits of every patient who sees her.

Dr. Dogg's real name is Nana. She is a pet therapy volunteer who perks up St. Rose patients of all ages. A growing body of research suggests that interacting with pets can positively influence a patient's health through a decrease in blood pressure, stress and anxiety levels. It can also reduce a patient's requests for pain medication, and in some instances, their overall recovery times.

"The reaction patients have to Nana is immediate and undeniable," says Barbara Andry, who adopted Nana from a shelter 13 years ago. "Stroke patients who have lost some of their mobility will reach out to pet her. Nana gives them something beyond their pain to focus on. Therapy dogs provide patients a diversion from their illness, injury and pain and a feeling of connectivity to the outside world."



Her 15 Years May Mean 95 For You or Me

While mounting evidence indicates that pets have a place in patient care, pet owners have long known that the family cat or dog can make life better. Animal companionship can help us lead happy, healthier and longer lives. Consider a few of these physical benefits that go along with owning a pet:

- **Pet owners have lower blood pressure.** In a study of stockbrokers who took hypertension medication, stockbrokers with pets had lower blood pressure even under stressful circumstances.
- **Pet owners have lower blood cholesterol.** A study found that in addition to having lower blood pressure, pet owners had lower levels of triglycerides compared to non-pet owners, reducing their risk of heart disease.
- **Pet owners have higher survival rates after serious illness.** Research indicates that heart attack patients with pets had a better one-year survival rate after being released from the hospital, even after accounting for factors such as the severity of heart disease. One study found that a pet affected survival rates even more than a spouse or friends.
- **Pet owners have fewer visits to doctors.** A study of Medicare patients revealed that senior pet owners go to the doctor less often than those who do not.



Barbara Andry with Nana, the therapy dog.

- **Pet ownership reduces loneliness.** Pets provide individuals living alone – or who are lonely – more than companionship. Because pets are dependent on people for food and shelter, they provide people with a sense that they are needed.
- **Pets help fight depression.** Seniors with pets are more active than those without and are less likely to experience depression, which also holds true for HIV/AIDS patients. Those with animals are less likely to suffer from depression, even as HIV/AIDS symptoms become more severe.
- **Pets help us cope with stress.** In addition to tactile comfort, pets provide unconditional love that help people cope with serious illnesses and life events.
- **Pet ownership benefits kids.** Pets provide children affection, physical activity and serve as a confidant with whom they can share private thoughts. Pets often teach children life lessons about birth, illnesses, accidents, and even death. They encourage responsibility among children who care for them, and teach children respect for other living things. **WGC**

Pets in Pediatrics!

Animals are used at St. Rose to motivate, inspire and heal children. The presence of a dog during a child's physical examination decreases stress. Animals provide normalcy and sometimes motivate children to do things that doctors, nurses and family members can't accomplish.

Go, Dog, Go!

The Henderson District Public Libraries' Reading With Rover program helps put children who are self-conscious about reading aloud at ease. Trained therapy dogs give children unconditional acceptance and support whether they stutter, mispronounce words or stumble over sentences. For more information, call (702) 492-6581.

SHELTER ANIMALS: SUCCESSFUL ADOPTIONS

Consider this: You head to the animal shelter where the animals immediately begin tugging on your heartstrings. But none so much as the mutt with the wiggly tail that was neglected by his previous owner. When you take a look at his tags and realize his name is Chance you're sold. You'll rename him — quite befittingly — Second Chance.

Perfectly Adoptable!

Keep in mind that whether you bring home "Chance" the pound puppy or buy the \$1500 "Prada" purebred from a breeder, you aren't guaranteed the perfect pet. Either one may pee on your carpet, chew up your shoe, or keep you up for a few nights as they learn to adapt to a new family and new surroundings.

Baggage Included!

Your dog may come with another extra — emotional baggage. Dr. Andrew Weil notes that you can succeed with your adopted pet:

- Focus on your future together rather than his past.
- Accept your pet as his "own self," rather than holding him to the standard of your last pet.
- Accept your new pet's quirks and faults, which may ultimately teach you to accept your own or that of our other loved ones.

Join our My Pet, My Friend lecture on March 9. Details on page 10.

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END DRY MOUTH

Many people experience dry mouth when they get nervous or take a decongestant. But if you have a dry mouth all or most of the time, it may be a problem your dentist or health care provider can help relieve, says Dr. Patrick Simone, D.D.S.

Dr. Simone says that an on-going lack of saliva might be related to lifestyle choices such as smoking, or can be caused by life changes such as menopause. Parkinson's disease and HIV/AIDS can also cause dry mouth, as can certain medications and treatments such as chemotherapy.

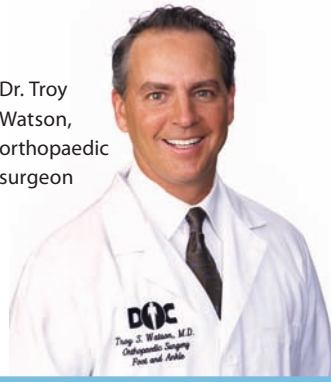
If dry mouth results from medication, a change in your prescription or dosage may solve the problem. Your dentist may also recommend mouth moisturizers, such as a saliva substitute. Rinsing with mouthwashes specially formulated to help dry mouth may also bring relief.

Dr. Simone says that you can be part of the solution by:

- sipping water throughout the day
- cutting down on sugary and caffeinated drinks
- chewing sugarless gum or sucking on sugarless hard candy to stimulate saliva flow
- cutting out tobacco and alcohol use
- steering clear of spicy or salty foods that can cause pain in a dry mouth
- using a humidifier at night.

THE HIGH COST OF HIGH HEELS

Dr. Troy Watson, orthopaedic surgeon



They are haute couture — leopard print pumps, flower-adorned sling backs and black strappy stilettos that lace up your leg. However, today's hot fashions may come with a high price. "When a woman wears high heels, the heel of her foot is significantly higher than the front of the shoe creating a longer, leaner look to her leg," says Dr. Troy Watson, orthopaedic surgeon.

"But it also shifts her weight from the back to the front of the foot, so that she walks or stands on her forefoot and toes, which over time can give her bunions and hammer toes."

WomensCare asked Dr. Watson about hurtful, unfashionable bunions and for information on how to alleviate the pain they cause.

WomensCare: What is a bunion?

Dr. Watson: It's a bony bump that forms on the outside and top of the great toe, where it connects to the foot. When a bunion forms many people will also develop a hammer toe, which is an abnormal bent second toe. These deformities may not only cause pain, but also an abnormal gait. A bunion compromises the stability and normal function of the foot, toes and ligaments that help us walk properly.

WC: Are high heels really to blame?

DW: Women are ten times more likely to develop bunions than

men. It is estimated that half of American women have bunions. Yet, in studies of women in cultures who don't wear high-heeled shoes, there is less than a 3 percent incidence of bunions.

WC: Are bunions hereditary?

DW: There is growing evidence that suggests that if your mother or grandmother had bunions, you may be more prone to them too. So, while a young woman of 25 or 35 may think she can safely wear high heels, she is wise to check out her relative's feet. Bunions tend to become a more significant problem as women reach their 40s or 50s.

WC: How can women reduce the pain of bunions and hammer toes?

DW: As a general rule, a soft shoe with a wide toe box that provides plenty of room for the front of the foot will provide protection for the affected area. And a soft arch support or a sling may take pressure off the second toe.

WC: Is surgery a good option for bunions?

DW: Surgery may be necessary if the patient has a severe deformity that causes constant pain, a dislocation of the second metatarsophalangeal joint (at the base of the great toe), or hammer toes. Bunion surgery should be chosen only when conservative treatment has failed. It should never be performed for cosmetic reasons.

WC: What surgery would you recommend? What can women expect?

DW: The surgical treatment of bunions varies based on the severity of the condition. Surgery is usually performed with a local anesthetic block, and typically doesn't require an overnight hospital stay. Medications can help control pain in the day or two after surgery. Plus, a special postoperative shoe is worn for 6 to 8 weeks. **WC**

THE WELL-HEELED WOMAN

Healthy joints, legs and back muscles help a woman to maintain normal balance and posture. Wearing high-heel shoes changes the physical attributes of standing and walking. It increases the inward angle of the knee, places stress on the inside of the knee and hip joints, causes calf muscles to tighten, and forces the pelvis forward increasing the curve of the low back. These changes increase the chances of injury and pain.

To reduce your chance of injury:

- Minimize the time spent wearing high heels. For example, wear sneakers walking to and from the office and such.
- Wear short heels. Don't wear a heel of more than two inches. Low heels of one-

half to three-quarters of an inch are good for both the front and back of the foot.

- Wear a heel with a wide base for balance. A shoe with a wide heel base increases stability and helps distribute the pressure over a wider area of the foot.
- Wear a shoe with a square-toed roomy toe box to help prevent the pinching and scrunching of the foot.
- Stretch calf and leg muscles after wearing high heels to help them relax and remain loose.



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.

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LINDA BLISH
SNWA Laboratory Manager

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A DOLL OF A PATIENT

A few months ago Gabby was a healthy, active 3-year old. She loved quesadillas, coloring and Dora the Explorer. Then her mother's car was hit head on and Gabby was paralyzed from the neck down.

Gabby's parents pray she will regain her mobility. They can't imagine having to tell their little doll that she won't. But since the accident, the more immediate concern of her parents and her health care team has been how to provide Gabby some understanding of why she is in the hospital and what procedures (from major surgeries to blood pressure monitoring) she is undergoing. Doctors, nurses and other caregivers do so by explaining as much as possible in her first language, Spanish, and on a level a 3-year-old can comprehend.

Communicating to Gabby through non-verbal means has also been key. St. Rose's child-life specialist, Mark Mostar, adapted a Dora the Explorer doll with a medical halo, tracheotomy tube and a gastrointestinal tube to not only explain medical devices to Gabby, but to give her some sense of normality.

As Gabby has wanted to be like Dora, the Dora that stands watch over her around the clock is now like her. Because surgeries required Gabby to lie flat with her face toward the ceiling, St. Rose engineers created a mobile DVD unit that allows her to watch Dora, Blues Clues and other children's shows. **WC**



Children's Miracle Network and St. Rose are united in saving and improving the lives of children.

To learn more about how you can help children cared for by St. Rose (Southern Nevada's not-for-profit, non-tax supported and ministry-driven family of hospitals) and its partner, Children's Miracle Network, call the St. Rose Dominican Health Foundation at (702) 616-5750.

ST. ROSE TIDBITS

Sleep Less?

Are you sleeping less? Does it take your more than 30 Minutes to fall asleep at night? Are you often tired throughout the day? St. Rose Dominican Hospitals' Sleep Center can help diagnose your sleep problem so that you can achieve a good night's rest. Call (702) 839-0020 for more information.

Red Alert!

Signs and symptoms of heart attack should not be dismissed. Call 911 immediately if you think you are having a heart attack. If you are concerned about discomfort, pressure, heaviness, or pain in your chest, arm or below the breastbone or symptoms such as rapid heart beats, St. Rose's Chest Pain Center monitors and evaluates symptoms of coronary heart disease to access a patient's risks.

Compassion Wanted

St. Rose Dominican Hospitals' San Martín Campus is opening in mid July. If you are a nurse or clinician looking for an opportunity to provide quality, compassionate care in a positive, nurturing work environment, call (702) 616-6100 or visit www.strosehospitals.org.

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