

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

SPRING 2006

The Beauty of Natural Birth

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ASTHMA**

So it won't control you

**GOODBYE
PAIN**

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The BARBARA
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WomensCare 

Center of Excellence

St. Rose Dominican Hospitals



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LETTER FROM THE PRESIDENT

Dear readers,

The topic of pain weaves its way through this issue of *WomensCare Magazine* because the health care community is learning more about pain and the pain process all the time.

Pain is a highly individual experience. How we perceive it may depend on what caused the pain, whether the pain is short lived, chronic or associated with a means to an end, e.g., labor pains, or if the pain is something the patient can take charge of controlling. St. Rose Dominican Hospitals is committed to establishing treatment plans that address each individual's need for pain relief.

Even still, some patients find it difficult to talk about their pain. Some assume that the medication they receive to treat an illness or injury is all that is available to them. Other patients worry that treating pain will overshadow the treatment of the injury or illness that causes pain. Some patients worry that expressing pain is a sign of weakness or unwillingness to get well.

This is just not so. Today, we know that pain is its own medical condition that may require treatment in addition to or separate from treatment of the patient's disease or condition. If you're experiencing pain related to an injury, an ongoing condition such as fibromyalgia, treatment of an illness such as cancer, or even an unknown cause, please talk to your health care providers about it.



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



MOTHER NATURE

Jen is one of those women for whom motherhood came naturally. She is "in her zone" with her son, Matthew, and his older sister, Madyson. Not surprisingly, Jen is a natural at her other full-time job, too. In her hours away from her family, Jen manages St. Rose's Family to Family programs, which are an extension of pregnancy and parenting programs offered by The Barbara Greenspun *WomensCare* Center of Excellence.

"Becoming a parent is the hardest full-time job we ever take on. It can also be the most meaningful," says Jen. "At Family to Family, our goal is to provide the tools for building healthy families through nurturing parenting. Our classes educate and coach parents on everything from making homemade baby food to infant massage. We also offer fun, informal activities such as our National Family Month picnic. These activities help parents meet other parents they can learn from and lean on when needed."

TO LEARN MORE ABOUT FAMILY TO FAMILY, SEE PAGE 12 OR CALL 568-9601 FOR DETAILS ON OTHER CLASSES AND ACTIVITIES.

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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.

The BARBARA
GREENSPUN
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St. Rose Dominican Hospitals

Natural Wonders



A group of expectant mothers chat and laugh. A few sit on chairs. One bounces gently on a birthing ball while another relaxes on a birthing stool. They share stories about their first pregnancies and childbirth experiences with certified nurse midwife (CNM) April Kermani.

While none of the women describe their first birthing experience as “bad,” each one hopes and is actively planning for something “more” this time. Jen Findlay (on the cover) is among the group. She defines “more” as having more control over how she labors and delivers her child. She would like to be more able to move about and be less medicated than she was during the delivery of her daughter, Madyson. After completing research and

routine appointments with April, each of the women decides to have a natural birth within the security of St. Rose Dominican Hospitals – Rose de Lima Campus.

The Rose de Lima Campus provides natural childbirth options to women with low-risk pregnancies, allowing them to make informed choices regarding their labor, delivery and post-partum care associated with a normal physiological birth.

April and hospital nurses will be present to provide support as the women labor (see *The Art of Midwifery* below) and to guide the baby into the world at the time of delivery. Dr. Rafael Juarez, OB/GYN, and the baby’s pediatrician are on call in the event that the delivery deviates from normal. However, unless medically necessary, the process remains natural.

Jen’s Story

On Jan. 3, Jen goes into labor. She spends the evening walking around her house and rocking back and forth on her birthing ball, her elbows up on her bathroom counter top. Her husband, Matt, provides support and frequent back rubs.

At 3 a.m. the next morning, Jen’s cervix has dilated to 8 cm and she and Matt head to St. Rose where she checks into her room and talks with her nurse. She opts against an I.V. and continuous fetal monitoring. As a cautionary measure, her nurse inserts only a heplock (the port into which an I.V. tube is connected) into Jen’s hand and the baby’s vital stats are checked intermittently. Unencumbered by I.V. tubes or a fetal monitor, Jen remains upright and mobile for the majority of her labor. She walks freely and frequently

continued on page 6

THE ART OF MIDWIFERY

April Kermani is a certified nurse midwife (CNM). A study in the “Journal of Midwifery and Women’s Health” reports that one of the great skills and the beauty of nurse midwives is their ability to do “nothing” well.

What might sound like a slight is flattering to April and all certified nurse midwives. Certified nurse midwives are registered nurses educated and skilled to provide patient’s medical care before, during and after childbirth. April, a former labor and delivery nurse, chose to go on and earn her masters and residency as a CNM. “As a certified nurse midwife, I can begin to cultivate relationships with mothers early on

in their pregnancy, educate them on nutrition, exercise, and preparation for a natural child birth in a hospital setting,” says April. “At the time of birth, I am with my patients to provide encouragement and assistance as well as to guide the baby into the world without intervening through medical or technological means unless it becomes medically necessary.”

“Childbirth is a very intimate, family event,” says April. “It is an honor to be part of the natural birth experience.” April’s patients say that her calming, supportive presence increased their focus and stamina and decreased their need for pain intervention during the labor and delivery of their babies.

St. Rose Dominican Hospitals – Rose de Lima Campus provides natural childbirth options to women with low-risk pregnancies.

Marné Blair,
had a natural water birth just weeks
after this photo was taken

April Kermani, CNM

Jen Findlay with
son Matthew



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A PRACTICE OF EXCELLENCE.

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around the room and spends time as she did at home — rocking back and forth on her birthing ball ... this time with her elbows propped up on the side of the bed.

At 8:04 a.m., Jen naturally delivers her son, Matthew Elijah, who weighs 7 lbs. 14 oz. She recalls the experience as wonderful and empowering. “I felt very comfortable and in control of my baby’s delivery,” says Jen. “Having labored overnight and naturally, everyone expected that I would be exhausted and sore. But I felt great. I had a euphoric sense of energy. I nursed Matthew. I showered. I spent hours calling all of my family and friends. It was everything I imagined.”

April said the adrenalin rush that Jen experienced in giving birth naturally is fairly common. “There is a great sense of accomplishment in delivering naturally. And the more often that women hear stories like Jen’s,” says April, “the more often we’re hearing ‘I want what she had.’”

A Labor of Love

Giving birth to a baby is called labor, because it is hard and painful work. But, it is also something that a woman’s body is built to do. No matter what type of labor and delivery you plan, simple relaxation techniques that appeal to your sense of sight, sound, smell, touch and taste can help reduce the anxiety you experience and the pain you perceive. Examples of relaxation tools that may ease labor pain are massage, listening to soft music, guided imagery and hypnosis.

WomensCare provides all expectant mothers who enroll in Prepared Childbirth classes a “Labor of Love” kit including hand-held massagers, aromatherapy lotions, lip balm, preggy pops, pregnancy power bars, pregnancy tea and a relaxation CD. **WC**

TO LEARN MORE ABOUT NATURAL CHILDBIRTH, ATTEND “NATURAL BIRTH OPTIONS.” DETAILS ON PAGE 13.

TO FIND A HEALTH CARE PROVIDER WHO IS RIGHT FOR YOU, CALL ST. ROSE PHYSICIAN REFERRAL AT 702-616-4508

Letting Gravity Lend A Hand

WHILE MOST WOMEN IN THE U.S. DELIVER THEIR BABIES FROM A BED, GRAVITY CAN LEND A HAND IN REDUCING PAIN AND EXPEDITING THE LABOR PROCESS. HERE ARE SOME OF THE RECOMMENDED NATURAL BIRTHING POSITIONS.

STANDING & WALKING THROUGH LABOR

Staying upright during the first stage of labor can help reduce labor pains and expedite the labor process. Walking or leaning against a wall, swaying your hips and rotating your pelvis can help relieve backache caused the baby pressing on your spine and can help the baby move down into the pelvis.

WADING IN WARM WATER

The warm water of birthing pools can help relax your back and pelvic muscles and takes the weight of the baby off the back and hips. Relaxation combined with the buoyancy of water helps the baby move down into the birth canal.



KNEELING DURING TRANSITION

Kneeling can help relieve pain during the “transition” stage, the time when a woman’s cervix has fully dilated and the baby is about to enter the birth canal. Kneeling with your head on pillows and your bottom raised can provide much-needed rest before its time to push. It can also relieve lower back pressure.

SQUATTING

Squatting is a great position to try once your baby is engaged in your pelvis because it helps open up the pelvis and increase the size of the birth canal, which encourages your baby’s descent further into your pelvis. It is also a great position in which to give birth.

As beneficial as squatting can be, it should not be done for more than 20 to 30 minutes at a time with rest periods in between. Squatting for longer can engorge the vaginal tissue and cause the perineum to tear more easily. It is also important that your midwife work directly with you, as there is also a slight risk that your baby could exit rather quickly in this position.

Following are some tools that can help make squatting easier:

- Birthing Balls. These large inflatable balls (commonly used for physical therapy and exercise) make squatting much easier by taking weight and pressure off the upper legs, while providing great support for the upper body and pelvis.
- Birthing Stool. Birthing stools are crescent-shaped seats that look a little like a toilet seat. They are designed to take your weight, relieve the lower part of your back and allow you to remain upright. Note: Use of birthing stools for too long during the second stage of labor may lead to an increased risk of tears in the perineum.

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 AND THE (DIAPER) BAG

Expecting? You have probably bought the perfect diaper bag and enough baby stuff to fill 10 of them. With a little organization, you and your little one can get by with just one bag.

Pack baby's diaper bag with:

- a small plastic changing mat
- 5 to 10 disposable diapers
- 5 plastic bags for soiled diapers
- A travel-sized container full of diaper wipes
- 1 to 2 bottles filled with breast milk or formula
- A 20-ounce bottle of water
- An extra onesie or T-shirt
- A small first aid kit with travel-sized containers of diaper-rash ointment, sunscreen, acetaminophen or ibuprofen and hand sanitizer
- A small blanket and a few age-appropriate toys
- A spare pacifier if your child uses one
- An I.D. tag in the event your bag gets lost

Tip

Choose a diaper bag with a pocket that fits your wallet, a compact, a travel-sized hairbrush, lip gloss, a few tampons or pads and breast shields if you nurse.

Tip

Store extra stuff such as a change of clothes for baby, non-perishable snacks and drinks and small toys in a sealable plastic box that fits in the trunk of your car. Restock your diaper bag and storage box once a week.

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SAGE WOMEN DRUM CIRCLE

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

Date: Fridays – May 5, June 2, July 7

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

WHO PAYS FOR LONG TERM CARE?

Prepare for the potential costs of long-term care.

Date: Wednesday, May 10

Time: Noon-2 p.m. (Lunch provided)

Place: St Rose - Siena, MacDonald Room

KNIT & CHAT TEA

Sip, chat and help teach or learn to knit.

Date: Thursdays – May 11, June 8, July 13

Time: 10:30 a.m.-noon

LAST CHANCE! MEDICARE PART D

Let Norm Rosenfeld, a SHIP volunteer, help you enroll in a new Medicare prescription plan before May 15.

Date: Friday, May 12

Time: 9 a.m.-noon Call 616-4900 for an appt.

HUFF & PUFF SCREENING FOR KIDS

Join Dr. Sean McKnight for a free asthma screening test.

Date: Saturday, May 13

Time: 9 a.m.-2 p.m. Call 616-4900 for an appt.

Place: St. Rose - Siena, MacDonald Room

MIND OVER MENOPAUSE

Reduce hot flashes and moodiness with hypnosis.

Date: Monday, May 15

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

CARDIAC NUTRITION

Dates: Thursdays - May 18, June 15, or July 20

Time: 10:30 a.m.-noon

OSTEOPOROSIS

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

Date: Thursday, May 18

Time: 6-7 p.m.

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

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

Time: 4:30-6 p.m.

HEALING TOUCH WORKGROUP

Graduates of Healing Touch, join this workgroup to practice through giving and receiving techniques.

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

Time: 7-9 p.m.

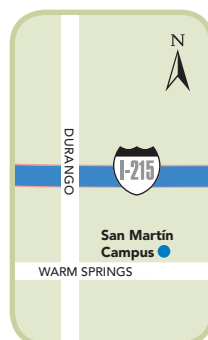
DIABETES MANAGEMENT

Join Dottie Stade, R.N. certified diabetes educator, for this comprehensive two-session class.

Dates: Wednesday & Thursday, May 17 & May 18

Wednesday & Thursday, July 12 & July 13

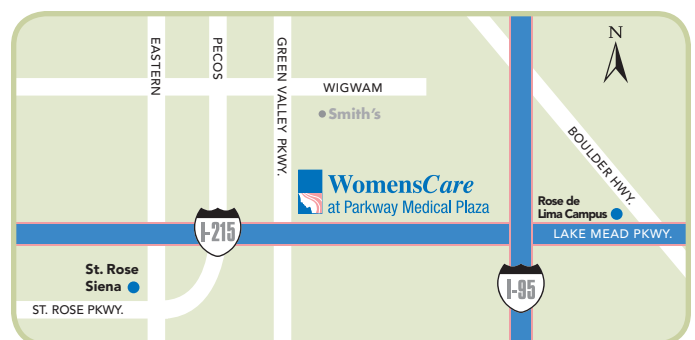
Time: 1:30-3:30 p.m.



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WOMENSCARE CENTER

100 N. Green Valley Parkway, Suite 330

phone: (702) 616-4900

web: www.stroshospitals.org

Spring Calendar

of classes and upcoming events

LADIES NIGHT OUT

Grab the girls and join the Susan G. Komen Foundation and MJ Christensen Diamond Centers for an evening of champagne, jewelry and the men of Chippendales. For more information call 822-2324.

Date: Friday, May 19

Time: 7 p.m.

Fee: \$10

Place: MJ Christensen, 8980 W. Charleston Blvd.



SUNSET MEMORIAL HIKE

Enjoy the sunset as you remember those who have gone on before you. Meditation, drumming and reflection.

Date: Tuesday, May 23

Time: 6:30-8 p.m.

Place: City View trailhead, 1843 Cypress Mesa Drive.

JUST BREATHE MEDITATION

Relax through breathing.

Date: Wednesday, May 24

Time: 6-7 p.m.

WHOLE ENERGY EATING

Let the Heartline Center teach you to tune-in to your nutritional, emotional and physiological needs.

Date: Thursday, May 25

Time: 6-7 p.m.

SWEET DREAMS!

HYPNOSIS FOR INSOMNIA

Date: Wednesday, May 17

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

TEA & TALK BOOK CLUB

Dates: Thursday - May 18, *The Children's Hour*

Thursday - June 15, *The Photograph*

Thursday - July 20, *Crow Lake*

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

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, Mini-Gastric Bypass, with Dr. Rutledge.

Dates: Thursdays - May 18, June 15, or July 20

Time: 6-7:30 p.m.

Place: St Rose - Siena, MacDonald Room

AMERICAN HEARTSAVER CPR/AED

Learn the American Heart Assoc. adult, child, infant CPR, AED, and choking for two-year certification. Meets most job requirements, except health care provider.

Dates: Friday, May 19, 12:30-5 p.m.

Saturday, June 24, 8:30-1 p.m.

Thursday, July 20, 5-9:30 p.m.

Fee: \$30 (includes AHA certification card)

SPRING CLEAN YOUR RELATIONSHIP

Let marriage and family therapists of Pathways Therapy & Wellness Center teach you and your partner to revitalize your relationship by learning to enhance what is working!

Date: Friday, May 19

Time: 6:30-8 p.m.

SLIMMING FOR SUMMER - HYPNOSIS

Dates: Choose one:

Saturday, May 20, 1-2:30 p.m.

Wednesday, May 31, 6:30-8 p.m.

Saturday, June 10, 1-2:30 p.m.

Monday, June 26, 6:30-8 p.m.

Saturday, July 22, 1-2:30 p.m.

Monday, July 31, 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

GAG THE NAG FOR GOOD!

If self-sabotage, negative people or situations stop you from realizing dreams, join Janice Marie, M.A. to learn to achieve happiness.

Date: Saturday, May 20

Time: 9 a.m.-noon

Fee: \$25

HUFF & PUFF CLUB

Kids and families join Drs. Craig Nacamura and Sean McKnight to discuss asthma and how to avoid attacks. Free lung function test.

Dates: Saturday, May 20, 10 a.m.

Saturday, June 17, Noon

Place: St. Rose - Siena, MacDonald Room

CONTINUING STEPS

For graduates of the LifeSteps weight loss program. Stay in step with your goals for healthy living.

Date: May 22 & July 24

Time: 6-7 p.m.

jun

EMOTIONAL FREEDOM FROM COMPULSIVE EATING

Join Havi Mandell, Ph.D. to learn "psychological acupuncture" to tackle long-standing issues.

Date: Thursday, June 1

Time: 5-9 p.m.

Fee: \$20

CAREGIVER WORKSHOP

Caring for loved ones at home (medications, safety, hygiene and stress). Complimentary lunch provided.

Date: Saturday, June 3

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

COGNITIVE-BEHAVIORAL THERAPY: YOUR THOUGHTS, YOUR LIFE

Join Havi Mandell, Ph.D. to transform your thoughts for healthier, happier living.

Date: Monday, June 5

Time: 6-8 p.m.

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of stroke symptoms.

Date: Wednesday, June 7

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



SAN MARTÍN CAMPUS PUBLIC OPEN HOUSE & HEALTH FAIR

Saturday, July 15, 2006, 9 a.m. – 1 p.m.

Preview St. Rose's newest arrival – the San Martín Campus and enjoy tours, entertainment, refreshments, goodies and health screenings (blood pressure, cholesterol \$5, glucose \$5, PSA (Prostate Specific Antigen) \$10, thyroid (T3, T4, TSH) \$15, blood lipid panel (Triglycerides, HDL, LDL, VLDL, Ratio) \$30. The San Martín Campus is located on Warm Springs Road east of Durango and south of I-215.

HOW MUCH JOY CAN YOU STAND?

Join Dr. Mandell to bring your dreams and creativity to life through a joy-filled exploration.

Date: Thursday, June 15

Time: 6-9 p.m.

Fee: \$20 (includes materials)

RELAXATION RESPONSE

Learn to recognize and achieve relaxation presented by Denny Miller.

Date: Friday, June 16

Time: 9:30-10:30 a.m.

DIGGING A GRAVE WITH YOUR FORK?

Learn the healing power of whole foods with Susan Silberstein, Ph.D.

Date: Friday, June 16, 7-8:30 p.m.

Fee: Free. Call 598-5259 to receive free ticket for seating.

Place: Henderson Convention Center, 200 S. Water St.

ETHICAL WILL

Write values and life lessons to leave to others.

Date: Monday, June 19

Time: 2-4 p.m.

NUTRITION CONCEPTS

Join Laura Beede, RD, for updates and nutrition basics.

Dates: Wednesday, June 21, 6-7 p.m.

Wednesday, July 19, 2-3 p.m.

FAMILY HISTORY & GENETIC RESEARCH

Join Tracey Long, RN, CDE, to learn about family history/genealogy and advances in genetics.

Date: Thursday, June 22

Time: 2-4 p.m.

A MEDITATION OF SOUND & COLOR

Join Suzanne Corey to nourish and nurture your body and mind with the gathering of vibration frequencies.

Date: Thursday, June 22

Time: 6-7 p.m.

Fee: \$10

PILLOW TALK

Join marriage and family therapists of Pathways Therapy & Wellness Center to learn how the two of you can better communicate needs and desires.

Date: Friday, June 23

Time: 6:30-8 p.m.

ANTI-INFLAMMATORY EATING

Tame inflammation in the arteries through the healing powers of food.

Date: Thursday, June 8

Time: 3-4:30 p.m.

HYPNOSIS FOR SMOKING CESSATION

Date: Thursday, June 8

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

IF YOUR CABIN IS LOSING PRESSURE: PUT YOUR MASK ON FIRST

Learn about the benefits of taking care of you first from Angela Harvey.

Date: Thursday, June 8

Time: 6-7:30 p.m.

Fee: \$10

BRAIN GYM FOR ADULTS

Develop the brain's neural pathways through movements that improve concentration, memory, reading, writing, organizing, and coordination.

Date: Saturday, June 10

Time: 9 a.m.-noon

SAFE SITTER

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

Dates: Mondays - June 12, June 26, or July 31

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

Fee: \$30 (includes lunch)

SPIRITUAL ASSESSMENT: WHO AM I?

Join Sister Molly Nicholson for a personal assessment of our human and spiritual paths.

Date: Wednesday, June 14

Time: 2-4 p.m.

Spring Calendar

of classes and upcoming events

VEGGIE SOUP OF THE SOUL

Learn to eat like a vegetarian. Bring a meatless dish, a recipe, and/or an open-mind.

Date: June 26 - Discovery of great grains

Time: 6-7 p.m.

HYPNOSIS FOR PAIN MANAGEMENT

Date: Tuesday, June 27

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

HEALTH SCREENING

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 — June 29 or July 27

Time: 7-10 a.m. Call 616-4900 for appt.

Fee: Per screening

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Date: Thursday, June 29

Time: 5-8 p.m.

GIRL TALK

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

Date: Thursday, June 29

Time: 6:30-7:30 pm

Place: St Rose - Siena, MacDonald Room

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GUIDED IMAGERY MEDITATION

Learn to guide your mind on a relaxing journey.

Date: Thursday, July 6

Time: 6-7 p.m.

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: Monday, July 10

Time: 2-4:30 p.m.

CRYSTAL CLEAR ENERGY

Join Suzanne Corey to learn how the energy from mathematical crystals opens chakras.

Date: Thursday, July 13

Time: 6-7 p.m.

JOURNALING WITH THE MEDICINE WHEEL

Learn about the medicine wheel from Dr. Mandell and how it can provide insight through journaling.

Date: Monday, July 17

Time: 2-4 p.m.

HYPNOSIS FOR IRRITABLE BOWEL SYNDROME

Date: Tuesday, July 18

Time: 6:30-8 p.m.

Fee: \$25 (includes CD)

Place: St. Rose - Siena, MacDonald Room

AARP DRIVER SAFETY PROGRAM

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

Date: Wednesday, July 19

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

Fee: \$10

Place: Rose de Lima Campus, Annex

TOXIC WAIST

The obesity epidemic in the U.S., presented by author, Denny Miller.

Date: Wednesday, July 26

Time: 3-4 p.m.

Fee: Free (Books available for purchase)

LEARN ABOUT INFERTILITY

Join Dr. Littman to review basics of fertility evaluation and treatment.

Date: Monday, July 31

Time: 6-7 p.m.

Fee: Free (Books available for purchase)

LAUGHTER YOGA

Meditate through laughter to give your spirit and body a lift.

Date: Thursday, July 27

Time: 2-3 p.m.

FREE MAMMOGRAM

Lack health insurance? Call the Nevada Health Center's Mammovan. Free mammograms by appointment for age and income eligible women without insurance. Call (877) 581-6266.

Date: Thursday, Aug. 3 & Friday, Aug. 4

Place: Rose de Lima Campus

ONGOING OFFERINGS

AT THE WOMENSCARE CENTER

HEALING YOGA

Date: 2nd & 4th Mondays

Time: 5-6 p.m.

Fee: Free

WALK THIS WAY: WALKING CLUB

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

Dates: Tuesdays & Thursdays

Time: 9-10 a.m.

Fee: Free

YOGA

Date: Tuesdays & Thursdays

Time: 10-11 a.m.

Fee: \$5 per session

CHAIR EXERCISE

Learn to raise your heart rate and gain strength by doing seated exercises.

Date: Tuesdays

Time: 2-3 p.m.

Fee: Free

TAI CHI

Join Stella Huang to learn the Chinese martial art that creates focus, balance, physical resilience, emotional well-being and spiritual illumination.

Dates: Beginning – Wednesdays, 1:30-2:30 p.m.

Intermediate – Thursdays, 1:30-2:30 p.m.

Fee: Free

RELAXATION YOGA

Relieve stress through meditation, movement and gentle yoga.

Dates: Wednesdays, 9-10 a.m.

Fee: \$5 per session (donated to the R.E.D. Rose program)

INTENSE BODIES BY PILATES

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. everyday. call 434-2409.

PRIVATE HYPNOSIS SESSIONS

\$75. Call 616-4905

Family to Family Connection



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**

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

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

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

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

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, 6:30 p.m. **WC**

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

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

Gamblers Anonymous — Tuesdays, 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**

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

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

NV Blind Children's Foundation — 3rd Saturday, 10 a.m. **WC**

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

Gambler's Anonymous Hotline
(702) 385-7732

Call (702) 568-9601 to register.

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

Staff: Jen Findlay, CLC; Betty Fitzgerald, RN, IBCLC; Michelle Rodriguez, CLC; Jen Ross, CLC

CAR SEAT SAFETY CHECKS

Dates: Thursdays

Time: 8:30-11 a.m. Call 568-9601 or 616-4901 for an appointment.

Fee: \$10 per family

FEEDING FRENZY

Breastfeeding Support Chat.

Dates: Every Tuesday

Time: 11 a.m.-Noon

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play. Designed for children with and without disabilities, ages 12-36 months.

Dates: Every Friday

Time: 9:30-11 a.m.

BACK TO WORK CONSULTATIONS

An individual consult to help new moms returning to work. Discuss scheduling, childcare, time management and more. Call 568-9601 for appt.

BUILDING BLOCKS OF DEVELOPMENT

Learn "40 assets" of developing healthy, caring responsible kids from Marsha Hayes of Raising Nevada.

Dates: Tuesdays — May 23, 30, June 6, & 13

Time: 10-11 a.m.

OUTDOOR STROLLER ROLL

Pack up the stroller and join other moms at Paseo Verde Park for a stroll.

Date: Wednesday, May 24

Time: 9-10 a.m.

Place: Paseo Verde Park, 1851 Paseo Verde Pkwy. (Desert Shadow Trail)

DROWNING PREVENTION

Protect your children from accidental drowning.

Date: Thursday, May 11

Time: 10-11 a.m.

NATIONAL FAMILY MONTH PICNIC

Celebrate families with a picnic at Mission Hills Park.

Date: Saturday, June 3

Time: 10 a.m.-Noon

TODDLER FIELD TRIP TO LIED DISCOVERY CHILDREN'S MUSEUM

Introduce your toddler to the fun of the children's museum! Bring a sack lunch.

Dates: Friday, June 9

Friday, July 14

Time: 10-11:30 a.m.

Fee: \$3 per child, Adults free

CELEBRATE DADS!

Prepare to celebrate Dad by making a fun Father's Day craft.

Date: Friday, June 16

Time: 1 p.m. or 2 p.m.

SLEEP SOLUTIONS

Gain tips to help you and your child (4 mos. & older) sleep through the night.

Date: Thursday, June 15

Time: 2-3 p.m.

LOVE LANGUAGES FOR COUPLES

Discover ways to give and receive love and reconnect with your partner. Based on *The Five Love Languages* by Gary Chapman. Adults only.

Date: Thursday, June 22

Time: 7-8:30 p.m.

LOVE LANGUAGES FOR CHILDREN

Learn how to best express your love for your child. Based on *The Five Love Languages of Children* by Gary Chapman.

Date: Thursday, June 29

Time: 6:30-8 p.m.

INFANT WATER PLAY

Bring the little ones (6-12 mos.) to cool off while splashing in the water.

Dates: Tuesday, July 11 & Wednesday, July 26

Time: 9-10 a.m.

HOMEMADE BABY FOOD

Learn to make nutritious tasty food for your baby.

Date: Wednesday, July 19

Time: 2-3 p.m.

LITTLE HANDS, BIG HEARTS

FUND-RAISER FOR FAMILY TO FAMILY

Create tiles or mugs with your child's handprints or footprints as gifts or keepsakes.

Dates: Tuesday, May 30 or Thursday, June 1 at

Family to Family

Fridays, May 26 or June 9 at WomensCare

Time: Noon-1 p.m.

Fee: \$10 per tile, \$15 per mug

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 on bonding with babies and trusting the birthing process. Call 616-4901 to register for this class.

Fee: \$40 (four-class package)

STROLLERFIT



Get StrollerFit® with a safe, effective 50-minute workout to burn fat and tone muscles. For information call 595-1128.

Date: Mondays, Wednesdays, & Saturdays

Time: 8 a.m.

Fee: Visit www.strollerfit.com/henderson

Place: Galleria at Sunset

BELLIES & BUDDIES

Pregnant? Join expectant mom's for support in a fun, friendly environment.

Date: 2nd Tuesdays - May 9; June 13, July 11

Time: 6-7 p.m.

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES

Learn self-care skills for managing gestational diabetes including meal planning based on metabolic needs and food preferences.

Date: Thursdays — May 18 or July 20

Time: 6-7:30 p.m.

Place: St Rose - Siena, Maternal Child Classroom

SAY IT 2 WAYS: SPANISH

Teach your toddler Spanish in a fun interactive setting. For parents and toddlers (2-4 years old).

Date: Wednesdays - June 7, 14, 21, & 28

Time: Noon-1 p.m.

Fee: \$85 (includes workbook and flash card kit)

WEE CAN SIGN: BABY SIGN LANGUAGE I

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

Date: Saturdays - June 17, 24, July 1, & 8, 10-11 a.m.

Wednesdays - July 5, 12, 19, & 26, Noon-1 p.m.

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

WEE CAN SIGN: BABY SIGN LANGUAGE II

For parents and baby (birth to 3 years) graduates of Baby Sign Language Level I.

Dates: Saturdays — June 17, 24, July 1, 8

Time: 11:15 a.m.-12:15 p.m.

Fee: \$85 (includes Pick Me Up)

NATURAL BIRTH OPTIONS

Join certified nurse-midwife, April Kermani, to learn about laboring naturally. She will discuss promoting labor and easing pain through movement and the use of birth balls, labor pools and alternative positions for pushing.

Date: Wednesday, June 7

Time: 6-7:30 p.m.

NATURAL FAMILY PLANNING

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

Date: Monday, July 10

Time: 7-8:30 p.m.

Place: St Rose - Siena, Maternal Child Classroom

BLISSFUL BABY: INFANT MASSAGE

Let Avery Short, CIMI, teach you in three sessions how to soothe your baby through the gentle touch of massage. Bring baby, a blanket, and a washcloth. Support people welcome.

Date: Fridays — June 9, 16, & 23

Time: 10-11 a.m.

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

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.

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)

Rose de Lima Campus Lullaby Lane 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, free
- Breastfeeding Warmline 616-4908, free
- Breastpump Rentals, Lactina & Symphony



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Participant in the Seattle Institute for Advanced Dental Education.
Member in the Academy of Cosmetic Dentistry.
Member of American Academy of Dental Administration.



Faculty member
at the UCLA Center
for Esthetic Dentistry



Sustaining Member
AMERICAN ACADEMY
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CLEARING THE CLOUDS

More than half of all Americans age 65 and older have protein deposits called cataracts, which cloud the lens of the eye and impair vision. Cataract surgery, a procedure to remove the clouded lens and replace it with a plastic one, is the most frequently performed surgery in the U.S.

The FDA recently approved a new multifocal refractive intraocular lens designed to correct vision impaired by cataracts and presbyopia, a condition related to aging that blurs vision at near points, such as when reading, sewing or working at the computer.

"This newest lens, which is called Rezoom™, is designed to distribute light over five optical zones," says Dr. Rudy Manthei. "So, it provides patients with distance, mid-distance and close up vision in a range of light conditions."

As a result, Manthei says the lens greatly reduces the chances that patients will need glasses, including reading glasses, or contacts after surgery.

The exact cause of cataracts is uncertain, so there is no proven method of preventing them. Because they are common in older adults, the American Academy of Ophthalmology recommends that people ages 40 to 64 have a comprehensive eye examination every two to four years and every one to two years for people 65 and older.

Celebrating Mothers, Fathers & Family

GOD COULD NOT BE EVERYWHERE AND THEREFORE HE MADE MOTHERS AND FATHERS
— ADAPTED FROM A JEWISH PROVERB

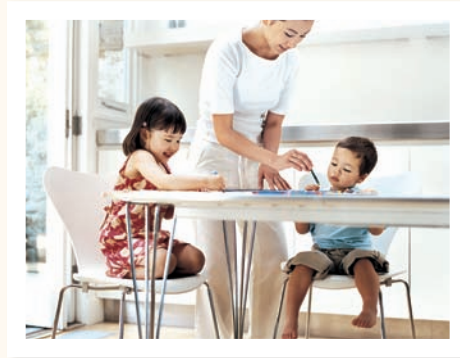
Mother's Day is Sunday, May 14, 2006
Father's Day is Sunday, June 18, 2006



← **Michele Jenkins at eight months pregnant.**
How do you envision your pregnancy and the birth of your baby? WomensCare offers a full array of Prepared Childbirth Classes to help you prepare for a healthy, flexible pregnancy and birth plan. See page 13 for details.

Celebrate Dads! →

Prepare to celebrate Dad by making a fun Father's Day craft with your child's hand.
Date: Friday, June 16
Time: 1 p.m. or 2 p.m.
See page 12 for details.



← Cheers to Your Little Slugger!

St. Rose Dominican Hospitals and the Las Vegas 51's are saying cheers to your little slugger. Parents who give birth to a baby at St. Rose this year between May 1 and Sept. 5 will receive a Las Vegas 51's infant T-shirt, a "my first baseball" baseball, a congratulatory message on the Cashman Field scoreboard and the baby's name in a Review-Journal newspaper ad.



↓ Children are Miracles

Help St. Rose help children who need medical miracles by purchasing a Children's Miracle Network balloon at any of the following locations: Wal-Mart, Sam's Club and Neighborhood Markets (May-June) and Costco (May). Tune into KUPN (Channel 25 or Cox 14) the first weekend in June for the CMN Telethon.



↓ Looking for the ultimate Mother's Day gift?

M.J. Christensen's Diamond Centers has a full-line of gorgeous Aaron Basha charm bracelets and charms, including the original ceramic and ceramic and diamond baby shoes.



↑ Help Us Find Fantastic Fathers!

WomensCare would like to know why your father is fantastic. Tell us why with a typed or handwritten letter on a single sheet of paper and we will enter him to win our ultimate Father's Day package from NeedABasket.com complete with great goodies such as baseball tickets, barbecue tools, and much, much more! Entries must be received by May 19. Send entries to The Barbara Greenspun WomensCare Center of Excellence, 100 N. Green Valley Parkway, Suite 330, Henderson, NV 89074. For great gift giving ideas, visit NeedABasket.com.

National water quality standards aren't good enough for David Rexing.

A national leader in the American Water Works Association, David Rexing's expert focus has been on **water safety in Southern Nevada for nearly 30 years.** As manager of one of the largest municipal water quality research centers in the West, David directs SNWA's research related to the detection and treatment of both regulated and unregulated contaminants, along with research on emerging water quality issues. That's another reason our vital water supply continues to **meet** or **surpass** all federal Safe Drinking Water Act standards.

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.



DAVID REXING
SNWA Research & Development 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

CAN A HOLE IN YOUR HEART RELIEVE THE HURT?

St. Rose
Dominican
Hospitals is the only
facility in Nevada
performing TMR

If someone were to say, “She has a hole in her heart,” you might picture someone suffering from deep emotional pain or a cardiac birth defect. But today, St. Rose cardiovascular surgeon V.C. Smith, M.D. is purposefully “drilling” holes in the hearts of his patients to relieve their chest pain.

Dr. Smith is the only cardiovascular surgeon in Nevada to perform a procedure called transmyocardial laser revascularization (TMR). *WomensCare* asked Dr. Smith to elaborate on TMR and how it works.

WomensCare: What is TMR?

Dr. Smith: TMR is a relatively new surgical procedure used to relieve discomfort among patients who suffer chronic chest pain (angina) that has not or cannot be effectively treated through coronary bypass, an angioplasty with stenting, or medications.

WC: How Is TMR done?

DS: In most cases, TMR is performed along with coronary bypass (open-heart surgery). However, it can be performed as an isolated procedure by creating a small incision on the left side of the chest to access the heart.

To begin TMR, an incision is made in the center (open heart) or on the left side (isolated procedure) of the chest. Then, using a computerized, hand-held carbon dioxide laser, we create a series of 20 to 40 channels (holes about the size of a pin head) in the left lower pumping chamber of the heart. We create each channel between heartbeats, when the ventricle is filled with blood and the heart is relatively still, in order to prevent electrical disturbances in the heart.

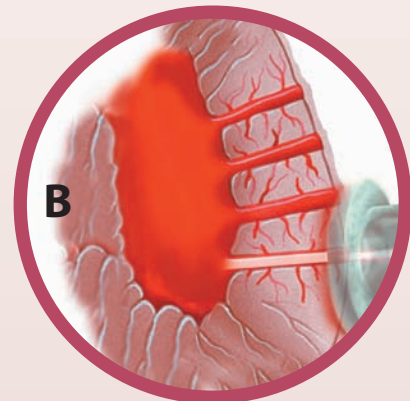
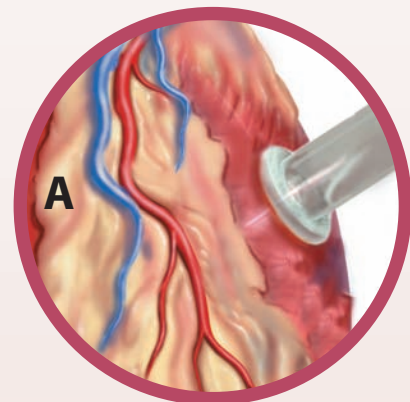
WC: How does it work?

DS: How TMR reduces angina is not fully understood. The first clinical studies suggested that the tiny channels acted as pathways able to carry more blood to the heart. Based on more recent studies, we believe that new blood vessels form around the microscopic injuries caused by “drilling” holes in the heart and it is these new vessels that help nourish the heart with blood. TMR may also reduce the number of nerve fibers that conduct the pain of angina.

What we do know is that in a study reported in “The New England Journal of Medicine,” 72 percent of patients experienced significant improvement in angina symptoms one year after TMR, compared to 13 percent of patients who received medication to treat their symptoms. TMR patients required fewer hospitalizations and less medication due to chest pain. While the procedure is proving to enhance quality of life for angina sufferers, it has not yet been shown whether or not it could also lengthen life expectancy.

WC: Who is a candidate for TMR?

DS: TMR may be a good alternative for patients with severe angina that has not or cannot be controlled with medication or treated with coronary bypass surgery or coronary angioplasty with or without stent placement. A woman who suffers severe angina but is at high risk for a second bypass or angioplasty or has no bypass conduits (veins or arteries) might be an excellent candidate for TMR. Some of the patients who are not candidates for TMR include those with poor heart function, mitral valve disease (“leaking”), emergency cases and recent heart attack. **WC**



- A.** The CO₂ laser creates smooth, straight channels in the left lower pumping chamber of the heart.
- B.** Evidence suggests that TMR results in the formation of new blood vessels. This allows oxygen-rich blood to permeate oxygen-deprived heart tissue.

Some of the benefits of TMR are:

- Improved quality of life
- Relief of chest pain
- Improved blood flow to the heart
- Decreased hospital admissions
- Decreased need for pain relieving medications

CHRONIC PAIN


Addressing the Hurt That Didn't Heal

Dr. Rainer Vogel treats patients in pain. He treats patients in pain from injuries, conditions such as arthritis and those in pain as a result of medical therapies such as cancer radiation. He also treats Ann Taylor's pain.

Ann is a wife and mother who teaches high school culinary classes. She suffers from constant pain in her lower back and hip. She can't recall an accident that led to her herniated disks. All the same, Dr. Vogel understands that the chronic pain that zaps Ann's energy and enthusiasm is real and has long outlasted the physical damage she once incurred. There are two types of pain. Acute pain is short in duration, usually the result of an injury, surgery or illness. It typically goes away as the normal healing process progresses. Chronic pain, however, is ongoing. It may be related to part of an overall disease process such as cancer or the lingering effect of an old injury that went untreated or undertreated. Sometimes there is no clear-cut reason for the pain. Dr. Vogel says that Ann's pain may be caused by the repetitive stress she's put on her body by teaching on her feet and lifting heavy pots and pans day after day, year after year.

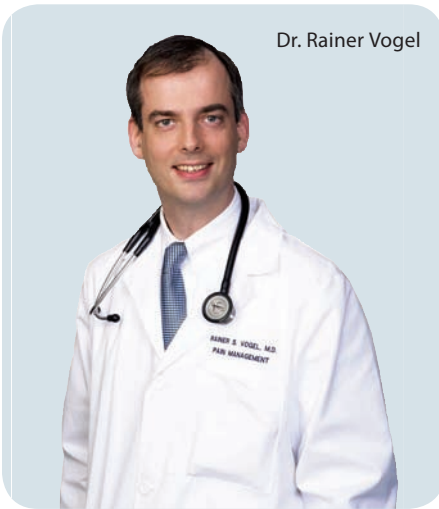
Regardless of how chronic pain originates, it can lead to physical changes that increase sensitivity to further pain. These physical changes may include: alterations in neurotransmitters that help moderate pain, mood and sleep; a decline in the body's own pain-relieving ability; or heightened sensitivity to pain after repeated tissue injury.

"When pain becomes a chronic condition like Ann's, we must look at and treat it as a disease in and of itself and not just as a symptom of an injury. It isn't always easy to do," says Dr. Vogel. "Ann's pain is as individual as she is. Therefore, her



Ann Taylor, was in great pain when this picture was taken. She has since had steroid injections that have provided her relief from chronic pain.

Dr. Rainer Vogel



treatment must address how and why she perceives pain.”

As individual as pain is, there are some similarities — and reasons for concern — when it comes to women and pain. Women are more likely than men to suffer from chronic pain and chronic conditions such as migraines and fibromyalgia. They are also more likely to report and seek treatment for more serious, more frequent pain and longer lasting pain than men.

Taking all this information into consideration, it might be hard to believe that, historically, a woman’s pain was more likely to go undertreated than a man’s pain. Theories on why this happens abound and the medical community is working to address such discrepancies. However, many women believe that if no direct cause or outward signs of injury are present, their pain was thought to be “all in their heads.”

The truth be known, pain is in your brain, whether you are a woman or man. “If you twist an ankle, you do not perceive pain until your body sends a message to your brain to say, ‘we’ve got a twisted ankle here’ and your brain responds with a ‘wow, that hurts,’” says Dr. Vogel. “In the case of chronic pain, the brain may remember it long after injured tissue or bone heals. It seems as if the ‘wow, that hurts’ button gets stuck in the ‘on’ position.”

Pain Management Options

Treating chronic pain isn’t cut and dry. Dr. Vogel says that developing a chronic pain management plan integrating a number of the techniques mentioned below in a comprehensive manner often yields the best results.

Pharmacological Pain Management

Medications for treating chronic pain range from over-the-counter, anti-inflammatory drugs such as aspirin and ibuprofen to controlled substances such as muscle relaxants and opiates. Additionally, antidepressants and special neuropathic pain medicines have proven effective in suppressing some types of pain.

Physical Pain Management

This includes treatment options such as physical therapy, acupuncture, exercise, massage and weight management. All have various benefits depending on the individual and the type of pain.

Interventional Pain Management

This is probably one of the fastest growing areas of pain management. It includes things as simple as the injection of steroids close to the spinal cord and injections of pain medication into the joint. More invasive technologies for chronic pain are spinal cord stimulators, or neuromodulation, in which an implanted device sends a mild electrical current through the nerves to block pain signals from hitting the brain. New medications that can be injected into the joints of arthritis sufferers relieve pain and have some regenerative effect.

Psychological and Behavioral Pain Management

This may involve various mind/body therapies such as meditation, mental imagery, music therapy, hypnosis and biofeedback. WomensCare offers classes in meditation, hypnosis and other alternative therapies that can help relieve pain. **WC**

ANN TAYLOR UNDERWENT STEROID INJECTIONS JUST BEFORE HER FIRST CONVERSATION WITH WOMENSCARE MAGAZINE, AND INJECTIONS IN HER HIP JUST ONE DAY AFTER SHE WAS PHOTOGRAPHED FOR THE MAGAZINE. THE INJECTIONS HAVE PROVIDED HER SIGNIFICANT PAIN RELIEF.

PAIN REPORTS

I Feel Your Pain. When a person experiences chronic pain, they may withdraw from normal family activities, show frustration towards people they are closest to and not feel like a normal man or woman. Family members may respond by babying or being overprotective of that person. As a result, the loved ones of chronic pain sufferers suffer too. Dr Vogel suggests that open, honest communication about how pain affects the family and participation in support groups can help. Consider attending “Caregivers Workshop.” See page 9 for details.

The emotional link between pain and fear of pain can make pain worse. For this reason, health care providers work to assess and address pain in both emotional and physical terms.

Biofeedback — Biofeedback is a technique that can help you learn to influence your pain perceptions. Small sensors attached to the skin provide feedback about muscle tension, skin temperature, brain waves and other vital signs. By using the feedback about how your body responds to pain, you can learn to change your behavior toward pain to realize relief.

Studies indicate that an anti-inflammatory diet can reduce pain. Inflammation is a major source of pain, such as arthritis pain. It is theorized that eating foods such as tart cherries, which are high in anti-inflammatory properties, have been linked to reduction of pain of arthritis and gout.

Cannes Drop Earrings \$32
 Cannes Necklace \$53
 Cannes Bracelet \$53



Trixie Embossed Shoulderbag \$200
 Available in Black, Bronze & Almond



Sonata Flower Hobo \$260

Upcoming Brighton Promotions

May 1-14—Light Up Your Ears!

Receive a free pair of earrings with the purchase of any Brighton necklace and bracelet.

May 1-31—Shoe of the Month!

Register to win a trip to Italy just for trying on the Shoe of the month.

June 2-11—Beach Towel Frenzy!

Receive a Brighton Beach Towel free with the purchase of any pair of Brighton sunglasses

July 1-31—Shoe of the Month!

Register to win a trip to Italy just for trying on the Shoe of the month.

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GO TO THE DENTIST NOW AND SAVE LATER

Does fear of painful procedures keep you from going to the dentist? Dr. Patrick Simone, DDS, says that doing so may lead to pain in your pocketbook.

“Some people use their dentist’s office like an ER — only in the event of emergencies,” says Dr. Simone. “Unfortunately, if you wait until a toothache becomes urgent, it is likely that it will take more in-depth dental work to correct it, which will only heighten the fear and anxiety about going to the dentist.”

Dr. Simone sees another problem ... cost. It may cost as little as \$200 for a routine cleaning and the filling of a cavity, whereas a root canal and crown can cost upwards of \$1,500.

“I encourage patients who have anxiety about dental work to take charge of their dental health by practicing good oral hygiene on a daily basis and planning routine check-ups on a benefit-reward basis,” says Dr. Simone. “That means you make and keep routine check-ups because it benefits your health. Then, you reward yourself with a few hours of personal time shoe shopping, getting a facial or seeing a matinee with girlfriends. It gives such patients something fun to look forward to.”

CONTROL ASTHMA

Asthma is the most common chronic childhood disorder in our country, affecting about 6.2 million children. Among children, asthma is the number one reason for missing school (14 million lost days each year), the leading cause of ER visits and the third-ranking cause of hospitalization among those younger than 15 years. In addition, asthma-related deaths have increased about threefold from the late 1970s.

As alarming as these statistics sound, asthma — a chronic inflammation of the airways associated with recurrent wheezing, chest tightness and cough — can typically be controlled through education, medication and reducing triggers, according to Tom Southwick, director of respiratory services at St. Rose Dominican Hospitals.

To help local kids take control of their asthma, St. Rose physicians and respiratory therapists offer free Huff n' Puff Club screenings (see page 8) for kids including:

- A pulmonary function test to measure lung volume, capacity and air flow rates.
- A peak flow test to discern if the child's breathing levels are 'normal' for their height, weight and age.
- Instruction on the proper use of medications and inhalers.
- Free consultation with a pediatric allergist or pulmonologist.



Dr. Sean
McKnight

Pediatric allergist Sean McKnight, M.D. says “studies indicate that most patients don't follow daily treatment regimens that their doctor prescribes or use their inhalers as instructed. If we help parents and children follow a regimen, we can help them control their asthma.”

Asthma Warning

Asthma warning signs and symptoms may include:

- Audible whistling or wheezing when exhaling.
- Coughing spasms.
- Waking at night with coughing or wheezing.
- Shortness of breath.
- A tight feeling in your child's chest.

Asthma can be difficult to diagnose in children as the symptoms are sometimes confused with colds or respiratory infections. However, if one or both of the child's parents have asthma, if the child has or has had numerous respiratory infections, had a low birth weight, is obese, has Gastroesophageal Reflux Disease (GERD) or an allergy to an allergen listed below, they may be more likely to develop asthma.

Avoiding Allergens

Asthma is characterized by excessive sensitivity of the lungs to various “triggers,” which cause a series of events that result in narrowing of the airways. Following are some frequent triggers:

- cigarette smoke, including second-hand smoke
- allergic reactions to allergens such as pollen, mold, animal dander, feathers, dust and bugs such as cockroaches
- vigorous exercise (see Sidelined?)
- exposure to cold air or sudden temperature change
- excitement/stress
- respiratory infections, colds
- pet dander. **WC**

FOR HELP IN DIAGNOSING ASTHMA AND CORRECTLY IDENTIFYING YOUR CHILD'S TRIGGERS, TALK WITH YOUR DOCTOR OR CALL 616-4508 FOR A PHYSICIAN REFERRAL.



ASTHMA ODDS & ENDS

Should She Be Sidelined?

Exercise induced asthma (EIC) is not necessarily a reason to “sit out” the game. Swimming is great for kids with asthma as it develops lung capacity and breathing techniques. Sports such as baseball, which allow some “down time” can make managing asthma symptoms easier than sports that require constant motion. Talk with your child's doctor before she starts an exercise program.

The Value of Vitamin D

Expectant mothers who take higher amounts of vitamin D may decrease their child's risk for asthma. A study followed 1,300 mother-child pairs for three years. By the time the children were 2 years old, there was a clear association between higher vitamin D intake when the mother was pregnant and lower risk of wheezing and asthma in the children.

Is Your Pet Part of Your Child's Asthma?

An allergy test can tell. If your child is allergic to the pet, it might be best to find your pet a good home. If you can't let go of the pet, designate bedrooms as pet-free zones, wash your pet frequently and replace furnishings that attract pet dander with those that it is less likely to stick to, e.g., replace carpets with hardwood floors, exchange fabric furniture for leather and put up wood or plastic blinds instead of cloth drapes. Use high-efficiency particulate air (HEPA) air filters and HEPA vacuum bags to reduce dander.

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Check Out TAI CHI



Mind, Body, Spirit Benefits

As Stella Huang stands with her feet spread wide and knees flexed, she glides gracefully through a series of movements with names

such as Fair Lady Shuttles Loom. Her graceful confidence comes from a lifetime of practicing and 20 years of teaching tai chi.

“Tai chi is wonderful exercise for the body, mind and spirit,” says Stella. “Practicing tai chi postures gently works muscles, focuses concentration and improves what the Chinese call ‘chi,’ the vital life energy that sustains health and calms the mind.”

Stella teaches tai chi at The Barbara Greenspun WomensCare Center of Excellence (see page 11). She is routinely asked to teach more classes as the popularity of tai chi — an ancient Chinese martial art form — continues to make its sweep across America. As it does, research studies indicate that its health benefits are abundant, particularly for older individuals. Consider the following:

Approximately one of every three adults 65 years or older falls each year. Studies indicate that tai chi can reduce seniors’ risks of falls. “In practicing tai chi, the legs are slightly

bent and the body’s weight is shifted from side to side, which helps build muscle strength. And, the swaying motion helps people cultivate better balance. People become more in tune with their center of gravity making them less likely to fall,” says Stella.

Nearly 1 in 3 adults have arthritis or chronic joint symptoms. A study published in Journal of the American Geriatrics Society found that 12 weeks of tai chi helped older people with arthritis in the legs get around better and experience less pain. “Because tai chi provides a low-impact way to keep moving, it does more than build strength. The gentle circular motions of the knees, hips and arms help relieve joint stiffness,” says Stella.

Evidence also suggests that tai chi decreases blood pressure and cholesterol, delays early bone loss in postmenopausal women and promotes good sleep patterns, as well as overall feelings of well being. Tai chi is a great exercise option for sedentary people or those looking for an exercise they can master because it:

- Is self-paced and noncompetitive.
- Does not require special clothing or equipment.
- Can be done anytime, anyplace.
- Is easy to do in groups or alone.
- Can add new movements as you become more proficient.

The intensity of tai chi varies somewhat depending on the style. Stella teaches the Chang style, which is gentle and suitable for everyone. However, before beginning any form of exercise, it is recommended that you talk to your health care provider if you have any personal physical limitations.

WC

ST. ROSE TIDBITS

Thank you Harrah’s!

The Harrah’s Foundation has awarded St. Rose Dominican Hospitals a \$110,600 grant to develop health initiatives aimed at Spanish-speaking residents of the Las Vegas Valley. Look for details on these new initiatives in our summer issue coming out on August 1.

Muchas Gracias a Harrah’s!

¡Muchas Gracias Harrah’s! La Fundación de Harrah’s ha concedido una beca de \$110,600 a St. Rose Dominican Hospitals para desarrollar iniciativas de la salud para los residentes Hispanohablantes del valle de Las Vegas. Busque detalles de estas iniciativas nuevas en la edición de esta revista que saldrá el primero de agosto.

Looking for a physician?

Whether you are looking for a family doctor, a dermatologist, rheumatologist or a gynecologist, St. Rose’s Physician Referral can help you find a doctor to address your individual needs. Call 616-4508.

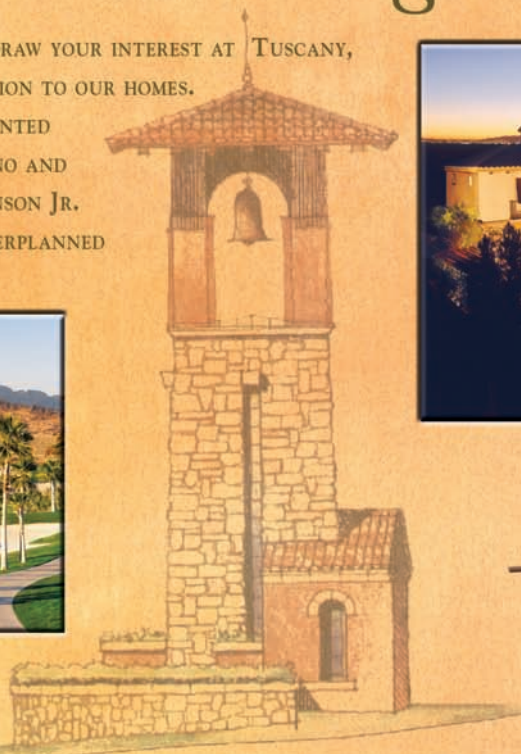
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