

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

SUMMER 2006

Opening Soon!
**San Martín
Campus**

**Vicky VanMeetren
Welcomes You**

Prepare for Surgery:
Heal Faster

**SURVIVOR:
Sinusitis City**

The **BARBARA
GREENSPUN**

WomensCare



Center of Excellence

St. Rose Dominican Hospitals





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letter

FROM THE PRESIDENT

Technology Mends. Compassion Heals.

When I had the good fortune to come to Southern Nevada and St. Rose Dominican Hospitals, I brought along a phrase...“Technology Mends. Compassion Heals.” It was the perfect fit for our hospitals. In fact, it became our motto.

The words “technology mends” defined our commitment to provide our patients the latest, lifesaving medical technology. The words “compassion heals” reflected our promise to the softer, gentler, more humanistic side of caring.

It has been fifteen years since I joined St. Rose. Medical technology has vastly improved. What was considered advanced then is outdated today. Thus, year after year, we reinvest in new technologies in order to keep our commitment to life-saving treatment.

What hasn't changed are the life affirming, core values St. Rose's Adrian Dominican Sisters set forth in 1947. Chief among our values is compassion. The word “compassion” is used more frequently now in the advertisement of various hospitals. However, its true essence is not always understood. Sister Molly Nicholson, our vice president of Mission and Spirituality, defines compassion as “to sympathize and suffer with, with a pure desire to alleviate one's pain.” Thus the role of St. Rose's interdisciplinary health care team of doctors, nurses, clinicians, case workers and chaplains is to do more than administer treatments, it also involves walking with patients in their illness, empathizing with them and helping to ease their physical, emotional or spiritual concerns.

St. Rose Dominican Hospitals is a Catholic, not-for-profit, non-tax supported, ministry-driven hospital where attending to spiritual concerns does not mean impressing a set of religious beliefs on the patient. However, if a patient expresses spiritual beliefs or needs, respecting their individual faith perspectives and values as they celebrate new life or struggle to find hope, meaning and healing in the face of loneliness, despair or death is not just the right thing to do, it is the compassionate thing to do.

It is in this spirit of compassionate healing that we at St. Rose Dominican Hospitals introduce our new San Martín Campus and express the honor it is to serve you, our fellow community members.

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

On The Cover:

Vicky VanMeetren
President, San Martín Campus



contents

SUMMER 2006



Opening Soon! San Martín Campus

4



GetWellNetwork

9



Heal Thyself

16



How To Prepare For Surgery

19



Thinking About the Unthinkable

21



Taking Medicine Correctly:
Why It Matters

23



Survival: Sinusitis City

26



Rebuilding Breasts

31

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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



T H E
San Martín
C A M P U S

Growing With Our Community

As we prepare to open the doors to the San Martín Campus, St. Rose celebrates more than a new hospital. It delights in a rich history of serving the health care and community outreach needs of our valley.

It was nearly six decades ago that the Adrian Dominican Sisters embraced a small Southern Nevada community with compassion and care. And as this community has grown and blossomed, St. Rose has reached many milestones while maintaining its promise to high-quality, care that respects the inherent dignity of each individual.

This special section provides highlights of our new campus and our philosophy of caring.

SAN MARTÍN FEATURES

- 111 all-private rooms/baths (additional 90 rooms shelled for future growth)
- 23-room Maternal Child Care Center
- Fully-digital diagnostic imaging center
- Six surgery suites
- Full Complement of cardiac services

Welcome!

The bell tower at St. Rose Dominican Hospitals' new San Martín Campus stands tall, topped with a 13-foot cross making it visible for miles. It sets an architectural tone and sends a message to the community that St. Rose is present to provide help and health care that addresses the whole person – mind, body and spirit.

"A patient often enters a hospital ill or injured and emotional," says Vicky VanMeetren, president of the San Martín Campus. "Our hospital appeals to their senses, as well as those of their loved ones. The environment is warm, welcoming and supportive."

The sense of welcome at San Martín is made evident even through the hospital's two patient wings, which flank the bell tower in an "open-arms" style. Leading into the "open arms" is a circular drive where a bronze statue of Saint Martín de Porres stands to reassure people that like him, staff members of St. Rose have committed their lives to compassionately caring for those in need.

Vicky says the hospital's interior reflects the word "hospitale," a Latin word meaning to greet and receive guests. Expansive entry doors open into a warm, inviting atrium-style lobby where lofted ceilings draw eyes, spirits and expectations upward. Reassuring phrases such as Mother Teresa's quote "Love in action is service" are etched above archways guiding patients along their health care journey.

The hospital's 111 private rooms also echo a patient-focused, friendly design with full bathrooms, expansive windows, maple floors and cabinetry, and a comfortable couch that easily converts to a single bed, so that a family member or friend can stay by the patient's side day or night.

One of Vicky's favorite spots in the hospital is the hospital's interfaith chapel located at the base of the bell tower. "It's a beautiful place of peace, prayer or reflection," says Vicky. "Local churches and synagogues have donated sacred books such as the Christian Bible, Torah, Koran, The Book of Common Prayer, The Book of Mormon and The Catholic Bible in Spanish to help us make our chapel a place of comfort for our entire community."

The San Martín Campus is located on Warm Springs Road between Buffalo and Durango just south of I-215.



Teresa Griffen, St. Rose's new V.P. of Mission for the San Martín Campus (left) says that a famous quote defines Vicky. It reads:

"People are like stained glass windows, they sparkle and shine when the sun is out but when the darkness sets in their true beauty is revealed only if there is a light from within."

Elizabeth Kubler-Ross

Vicky VanMeetren

Vicky VanMeetren (cover model) has a warm, welcoming, infectious spirit that complements her workplace. She is president of St. Rose Dominican Hospitals' new San Martín Campus.

"Vicky is intelligent, energetic and empathetic," says Sister Monica Stankus, O.P. (right) "She has many gifts wrapped up into one beautiful package."

Among Vicky's gifts was her calling to be a registered nurse. Her dedication to the quality and safety of patient care led Vicky into a career in hospital administration. She joined St. Rose in 1996 and Rod A. Davis says that he chose Vicky to lead the construction of St. Rose's Siena Campus and San Martín Campus because of her keen understanding of nursing, medical technology and construction oversight, as well as her ability to unite architects, builders, employees and patients in efforts to design and build a hospital that supports the patient's physical, emotional and spiritual needs. Vicky was named president of the San Martín Campus in 2004.

- Cancer/oncology services
- Joint Replacement Center
- Interfaith Chapel

- Chaplains available 24/7
- Healing Garden
- 33-bed Emergency Department

Healing Arts

The practice of medicine is often referred to as “the healing arts.” The phrase also suits nature-inspired artwork donated to the San Martín Campus by three professional artists. Following are their thoughts on nature curative powers:

Lona

“Roses speak to our hearts and souls with a message of love and support,” says Lona, the owner of the Bluestone Art Gallery, who calls her style of painting “up close realism.” Through a series of three gorgeous roses, painted in acrylic, Lona delivers the beauty of fresh flowers to all the hospital’s patients and visitors.

Michael Fatali

When Michael Fatali’s mother died, he turned to Mother Nature to help him heal and grow. His intimate relationship with nature is captured in his awe-inspiring photographs of the natural sandstone wonders of the southwest. Michael’s donation of art to St. Rose’s San Martín Campus is part of his ongoing commitment to provide patients receiving end of life care and patients on a journey of healing “exposure to the healing power of nature.”

Jeff Gale

Artist Jeff Gale finds the beauty in nature every time he looks through his camera lens. A number of the photos he donated to the San Martín Campus were taken through a microscope in order to “capture the reproductive essence of life” evident through the stamen and pollen of the flowers.

Attending to the Spirit

What does it mean

when a faith-based institution such as St. Rose Dominican Hospitals says it addresses a patient’s physical, emotional and spiritual needs? WomensCare asked Sister Molly Nicholson, O.P., vice president of Mission Integration for the Siena Campus.

WC: What is spirituality?

Sister Molly: The word spirit is derived from the Hebrew word, “ruah,” which is a reference to God and translates into “spirit.” Thus, spirituality can be defined as what gives our lives breath or what animates, inspires or gives our lives meaning. For some people spirituality is a connection with the divine or sacred, namely God. For others spirituality is the exploration and practice of qualities such as compassion, tolerance and forgiveness in an effort to live in harmony with universal truths. Ghandi said, “My religion is kindness.”

WC: How do we, at St. Rose Dominican attend to a patient’s spiritual health?

Sister Molly: It is often said that while we aren’t all religious, we are all spiritual when faced with our own mortality. Thus, it’s common for sick or injured patients to grapple with questions such as “Who am I?” and “What does my life and this situation represent?” or “Why is this happening to me?” as they seek to find meaning in right relationships with others and the world around them. Our call is to companion the patient and assist them in discovering meaning in their journey. Many times an ill or dying patient’s greatest concern is being at peace with God, family members or knowing that they will not be forgotten by a loved one. A cure is not always possible. However, we assist our patients and their families so they may eventually experience a level of peace and acceptance. Our chaplains are specially trained in this ministry, but each employee gives of themselves as companion to patients on their journey towards healing and inner peace.

WC: More than 100 medical schools now incorporate patient spirituality in their curricula, up from 17 in 1995. And, in a NEWSWEEK Poll, 72 percent of Americans say they would welcome a conversation with their physician about faith. Do you believe we’ll see physicians prescribing prayer?

Sister Molly: A physician often tries to understand a patient’s faith perspective in order to gain insight on what gives their patient comfort or deeper meaning in life as well as what the patient’s wishes are regarding various life-saving measures such as resuscitation. A doctor will almost invariably try to assist his or her patients in learning to live life in a meaningful way even in the midst of illness. Our physicians are concerned with helping us heal in body, mind and spirit...and thus achieve quality of life every day.



Lona



Michael Fatali



Seven Original Sisters

Walking On Hallowed Ground

Ada Ford was recently diagnosed with a rare form of cancer. While a patient,

Ada's healthcare team discovered something else rather rare about her. In 1961, Ada walked through the streets of Peru as part of the procession celebrating Martín de Porres' canonization as a saint.

"Martín's canonization as a saint was a day of national celebration. Thousands of people walked the streets of Peru for hours on end. There was continuous singing, chanting and praying," says Ada. "It is such a humbling experience to walk the same ground as saints who devoted his entire life to caring for and lifting up the sick and the poor."

Ada, a native of Peru was also baptized in the same baptismal font as Saint



Rose de Lima and attended school at Santa Rosa girl's school. "Ada is a lovely woman. In getting to know her, we were brought a little closer to the saints who continually inspire our healthcare ministry," said Chaplain Yolanda Nunez.

St. Rose is also special to Ada and her family. Their daughter Ursula gave birth to her two children, Robert and Sophia Rosa, at St. Rose.

What's in a Name?

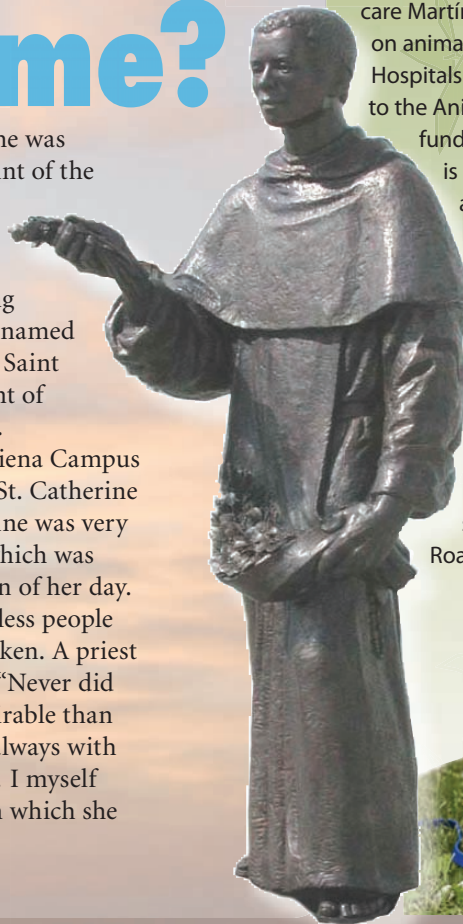
The San Martín Campus is named in honor of Saint (San in Spanish) Martín de Porres of Lima, Peru. Martín was the son of a Spanish knight and a freed woman from Panama of African descent. His love was all-embracing and shown equally to humans and to animals. He provided physical and spiritual care to the sick and poor, including slaves. He also maintained a shelter for stray animals.

Dominic – The Adrian Dominican Sisters are members of the Order of Preachers founded by St. Dominic de Guzman in the 13th century. The Order maintains his vision of preaching and teaching God's word and ministering to the most vulnerable members of society.

Rose – The hospital's Rose de Lima Campus, which was founded 59 years ago, is named after Saint

Rose of Lima, Peru. She was the first canonized saint of the Western Hemisphere. Her life was defined by a life of prayer and her devotion to helping others. Because she is named for a beautiful flower, Saint Rose is the patron saint of florists and gardeners.

Siena – St. Rose's Siena Campus is named in honor of St. Catherine of Siena, Italy. Catherine was very involved in politics, which was uncommon for women of her day. She also helped countless people who were plague-stricken. A priest who knew her wrote, "Never did she appear more admirable than at this time. She was always with the plague-stricken ... I myself witnessed the joy with which she nursed them."



The Healing Power of Nature

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul." John Muir

The sound of water cascading over rocks. The smell of lavender. The shade of a Mesquite tree. The San Martín Healing Garden is a place of respite and rejuvenation where patients and visitors can transcend physical, emotional or spiritual pain by connecting with the comforting, grounding aspects of nature.

The healing garden reflects St. Rose's commitment to addressing people's basic need for comfort and connection to all living things. Like the Siena Campus Healing Garden, the San Martín Healing Garden will be open to the community to use as a gorgeous backdrop for baby and family photos. It will also be a gathering place for activities such as WomensCare teas and Tai Chi classes.

Assisting Animals

In reverence for the compassionate care Martín de Porres lavished on animals, St. Rose Dominican Hospitals recently donated \$10,000 to the Animal Foundation's building fund. The Lied Animal Shelter is Clark County's intake and holding facility for more than 50,000 homeless, neglected and stray animals each year. To learn more about adopting a pet or donating to The Animal Foundation, call (702) 384-3333, visit animalfoundation.com or stop in at 655 N. Mojave Road near Bonanza.



Brighton[®]
Collectibles



Imagine a world without breast cancer. Let's put all of our hearts into finding a cure. Visit any of our Brighton Collectibles locations to reserve your 2006 bracelet. (Available October 1st)

Brighton Collectibles is donating a portion of the proceeds from each Breast Cancer Bracelet to the Nevada Cancer Institute.

"Jewel Signature
Medium Tote" \$230

The District at Green Valley Ranch 270-0100
Fashion Show Las Vegas ♥ The Forum Shops at Caesars
Desert Passage at the Aladdin ♥ McCarran Int'l Airport
The Grand Canal Shoppes at the Venetian ♥ Whaler's Village, Maui

New Summerlin Store opening Fall 2006. Located in Fashion Village at Boca Park, two doors from Cheesecake Factory!!

Bribor, LLC.
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Get Well with a Dose of TV

For years Americans have been told that they watch too much television and that doing so can have unhealthy side effects. So, it might sound odd that doctors and nurses at the San Martín Campus will routinely prescribe their patients a dose of TV.

You might ask, “What’s Up?” But, the better question is, “What’s on?” The answer is the GetWellNetwork. The San Martín Campus is the first hospital in Southern Nevada to implement GetWellNetwork, a sophisticated yet simple-to-use system that brings the power of television and the internet together to provide patients health education, connection to their loved ones, and a host of entertainment – all from their hospital bed.

Each patient room is equipped with an LCD/flat screen TV on a movable arm, a wireless keyboard, a remote control/mouse and the Internet.

“A patient lying in bed after breaking a hip has lots of concerns and questions. She will crave information about her condition,” says Connie Clemmons-Brown, chief nursing executive for the San Martín Campus. “Her doctor or nurse can prescribe an easily accessible series of health education videos and learning modules about hip replacement, the rehabilitation process and how to avoid falls in the future.”

Patients are able to watch the videos and complete corresponding learning modules as they feel up to it, and when they do so it is recorded on their electronic patient chart.

“When you’re ill or injured it can be tough to grasp all the information coming at you,” says Connie. “GetWellNetwork reinforces and enhances a patient’s understanding of their condition and treatment, which leads to better dialogue between the patient and doctor and other members of her healthcare team.”

Connie is equally excited that the GetWellNetwork does more than provide medical information. GetWellNetwork also gives patients the ability to check their e-mail, order movies, play video games and surf the Internet.

“A hospital is a place to rest and recover. But long days spent in a hospital bed can lead to boredom, loneliness and restlessness,” says Connie. “GetWellNetwork provides entertainment and a sense of connection to what’s going on outside the hospital. It keeps their spirits up, which can ultimately help them heal faster.”

According to Connie Drew, GetWellNetwork has two customer service features designed to improve patient satisfaction. The first is an instant messaging tool. “A patient can request to have the temperature of their room changed or to have a visit from a chaplain and their instant message is received by the staff member directly responsible for handling the request,” says Connie.

Finally, GetWellNetwork allows patients to provide feedback about their stay and the care they received while thoughts about their hospital stay are top of mind.



BabyPages

Sharing pictures of your newborn is simple with St. Rose Dominican Hospitals’ Virtual Nursery. This special service allows parents to have their baby’s first pictures posted on our online nursery. New parents receive a personal password to share with family, friends and colleagues. See a picture of St. Rose’s new arrival, the San Martín Campus, by visiting strosehospitals.org and clicking on our online nursery. Enter the following passwords: 10310s1s123456 (line 1) followed by SAN (line2).

CarePages

St. Rose Dominican Hospitals offer patients *CarePages*. *CarePages* are free, personal, private Web pages that help family and friends communicate with St. Rose patients. Our free, easy-to-use service enables you to:

Post and receive news updates — concerned family members and friends can access the most recent news about the person receiving care.

Post and receive messages — loved ones may leave messages in a non-intrusive manner, regardless of time or geographic location.

Share sensitive information securely — *CarePages* updates, messages, and photos are completely private and can only be viewed by invited guests.

A patient or patient’s loved one can start a *CarePage* before hospitalization and keep it active even after the patient leaves the hospital.

Aug • Sept • Oct

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

INDEX

 **Health & Wellness**

 **Fitness Programs**

 **Support Groups**

 **Nutrition**

 **Screenings**

 **Integrative Medicine**

 **Health Conditions**

 **Safety/Injury Prevention**

 **Breastfeeding**

 **Pregnancy & Childbirth**

 **Infants, Children & Parenting**



HEALTH & WELLNESS

HEALING WITH RHYTHM DRUM CIRCLE

Empower your life and enhance your well being through rhythmic experience. Bring a healthy dish and a drum (if you have one).

Fridays – August 4, September 8 6:30-8:30 p.m.

WCC

KNIT & CHAT TEA

Sip, chat and help teach or learn to knit.

Thursdays – August 10, September 14, October 12, 10:30-noon

WCC

CIRCLE OF WOMEN GROUP

Join other women in the quest for and celebration of knowledge, friendship and fulfillment.

2nd & 4th Thursday (August 10 & 24, September 14 & 28, October 12 & 26); 4-5:30 p.m.

WCC; \$5 per session

BELIEVING YOU ARE ALL THAT!

A motivational workshop for girls ages 12-15 to enhance self-esteem.

Saturday, August 12; 10:30 a.m.-noon

WCC

TEA & TALK BOOK CLUB

Thursday – August 17; 2:30-3:30 p.m.,

Snow Flower and the Secret Fan, Lisa See

Thursday – September 21; 2:30-3:30 p.m.,

The Glass Castle, Jeannette Walls

Thursday – October 19; 2:30-3:30 p.m.,

Prairie Nocturne, Ivan Doig

WCC

BRAIN GYM FOR SCHOOL READINESS

Children ages 9-11 join VaDonna's Learning Gym to develop the brain's neural pathways through movement.

(Aids academic learning. Parent may attend.)

Saturday, August 19; 2-3:30 p.m.

WCC

LET'S ASSERT

Learn how to communicate your needs in an assertive manner for win-win conversation.

Monday, August 28; 10-11 a.m.

WCC

YOU CAN RUN BUT YOU CAN'T HIDE

Confront the fears that restrict you.

Wednesday, August 30; 6-7:30 p.m.

WCC

TOO STRESS OR NOT TOO STRESS

Understand from Dr. Ed Klein how creating your own stress causes positive and negative reactions by your body. Learn realistic stress management and relaxation techniques.

Thursday, August 31; 6-7 p.m.

WCC

CHINESE TEA CEREMONY

Experience the ancient Chinese art of "taking tea" and enjoy white, green, and oolong teas prepared gongfu style. Limited to 10 participants.

Thursday, September 7; 2-3:30 p.m.

WCC; Fee: \$10

GIRL TALK

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

Thursday, September 14, 6:30-7:30 p.m.

MAC

LOCATIONS WITH MAP

MAC - Siena Campus, MacDonald Room

MAT - Siena Campus, Maternal Room

SGR - Siena Campus, Garden Room

RDL - Rose de Lima Campus

RRR - Rose de Lima Campus, Rose Room

RAN - Rose de Lima Campus, Annex

WCC - WomensCare Center

FTF - Family to Family Center



SummerCalendar

of classes and upcoming events

CREATIVE WARDROBE MANAGEMENT

Join Christine Norrbom to create a fabulous personal style at any age!

Monday, September 18; 4-6 p.m.

WCC

PEN AND PAPER: THE ART OF JOURNALING

Join Angela Harvey to begin your journaling journey of self-discovery and growth. Bring a journal or notebook.

Thursday, September 21; 6-8 p.m.

WCC

THE PROS AND CONS OF REVERSE MORTGAGES

Is tapping into your home equity through the use of a reverse mortgage the best way to solve your need for increased income? Sponsored by SRDH Foundation

Wednesday, September 27; Noon-2 p.m.

(lunch provided) MAC

DO YOU KNOW YOUR DOMINANCE PROFILE?

Learn to identify lateral dominance for eyes, ears, brain, hands and feet, which greatly influences how we process information and learn. Great for parents!

Monday, October 9; 10 a.m. – noon

WCC; \$30 (includes The Dominance Factor book)

AROUND THE WORLD TEA TASTING

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

Thursday, October 12; 6-7:30 p.m.

WCC

CAREGIVER WORKSHOP

Learning how to care for loved ones at home. Topics covered: medications, safety, hygiene, and stress management.

Saturday, October 21; 10 a.m.-3 p.m. (lunch provided)

MAC

FINDING THE ANSWERS WITHIN

Join Dr. Havi Mandell to explore meditation, art, and writing processes for healing and personal growth. No artistic skill required.

Thursday, October 26; 6-8:30 p.m.

WCC; \$20 (includes materials)

REAL ESTATE EXIT STRATEGIES

Learn various options that will enable you to exit highly appreciated real estate without having to pay a high tax bill.

Monday, October 30; Noon-2 p.m. (lunch provided)

MAC

GROWTH ENRICHMENT COACHING SESSION

Set an appointment with Dr. Havi Mandell to bring joy to your soul and create passion for your work and your life.

Tuesday afternoons, Call 616-4900 for appt.

WCC; \$60



FITNESS PROGRAMS

INTRO TO FELDENKRAIS – AWARENESS THROUGH MOVEMENT

Join Ayla to improve your ability to think, feel, and move comfortably.

Monday, August 28; 9:30-10:30 a.m.

WCC; Free introduction

FELDENKRAIS FOR DANCERS

Develop your kinesthetic awareness to prevent injury, promote recovery, and acquire permanent skill.

Monday, August 28; 11 a.m.-noon

WCC; Free introduction

NIA - JOYFUL MOVEMENT

Enjoy a fusion fitness workout combining dance, yoga and martial arts movement for total body conditioning.

Friday, September 15; 9:30-10:45 a.m.

WCC; Free introduction

WEIGHT TRAINING FOR WOMEN WORKSHOP

Join Alison Martin, BS, Clinical Exercise Physiology, to learn the benefits and proper body mechanics of weight training you can do at home. Wear comfortable clothing.

Monday, October 2; 5-7 p.m.

WCC

HEALING YOGA

2nd & 4th Monday; 5-6 p.m.

WCC; Free

WALK THIS WAY: WALKING CLUB

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

Tuesdays & Thursdays 9-10 a.m.

Call for meeting location; Free

YOGA

Tuesdays & Thursdays; 10-11 a.m.

WCC; \$5 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes continuous flowing body movements that create focus, physical resilience, balance and a sense of well-being.

Beginners Wednesdays; 1:30-2:30 p.m.

Advanced Fridays; 1:30-2:30 p.m.

Intermediate Fridays; 2:30-3:30 p.m.

WCC; Free

RELAXATION YOGA

Relieve stress through meditation, movement and gentle stretching yoga.

Wednesdays; 9-10 a.m.

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

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 a.m.

WCC; \$8 per session

SUN STRIDERS MALL WALKERS

Join the Galleria at Sunset mall walkers. Food Court doors open at 7 a.m. every morning.

For more information call 434-2409.

HEART WALK

Join the American Heart Association to help fight heart disease and stroke.

Saturday, October 14; 8 a.m.

UNLV – 4505 Maryland Parkway

Registration: Call 367-1366 or www.lasvegasheartwalk.org



PREPARE FOR SURGERY, HEAL FASTER

Using mind-body techniques, learn how to reduce pre-surgery or procedure anxiety and speed recovery.

Tuesdays; 2-3:30 p.m.

WCC; Free Workshop

Can't attend? Borrow class materials from our resource library; purchase the class materials for \$35; purchase the materials and a phone consultation for \$60; or purchase class materials and a one-on-one consultation for \$75.

Aug • Sept • Oct

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



SUPPORT GROUPS

AA For Women

- Mondays, 7:30 p.m. & Wednesdays, noon. **WCC**

Alcoholics Anonymous

- Sundays, 6 p.m. **MAC**

ALS Support Group

- 2nd Tuesday, 11:30 a.m. **WCC**

Bereavement Support Group

- 2nd & 4th Wednesdays, 6 p.m. **WCC**

Breast Cancer Support Henderson

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

Daughters Without Mothers

- 1st Thursday, 6:30 p.m. **WCC**

DBSA Depression & Bipolar Support Alliance

- 2nd & 4th Tuesday, 6:30 p.m. **WCC**

Diabetes Support

- 1st Wednesday, 10 a.m. **WCC**

Eating Disorders Recovery Support

- Saturdays, 9:15 a.m. **MAC**

Fibromyalgia Friends

- 3rd Thursdays, 6:30 p.m. **MAC**

Gamblers Anonymous

- Tuesdays, 6:30 p.m. **SGR**

Leukemia & Lymphoma Support

- 1st Wednesday, 6 p.m. **WCC**

Multiple Sclerosis Support Group

- 3rd Wednesday, 7 p.m. **WCC**

Narcotics Anonymous,

- Wednesdays, 5:30 p.m. **SGR**

Pregnancy Loss Support Group

- 4th Tuesday, 7 p.m. **WCC**

RESOLVE Infertility Support

- 2nd Monday, 6 p.m. **SGR**

Surviving Suicide, bereavement group for adults

- 1st & 3rd Tuesdays, 6:30 p.m. **WCC**

NEW SUPPORT GROUPS

FAMILY & FRIENDS SUPPORT GROUP FOR DRUG & ALCOHOL ADDICTION

- 1st Tuesday, 7:15 p.m. **Pathways Therapy & Wellness Center, 2298 Horizon Ridge Pkwy, Suite 109.** \$10

DIVORCED DIVAS SUPPORT GROUP

- Every other Monday, 7 p.m. **Pathways Therapy & Wellness Center, 2298 Horizon Ridge Pkwy, Suite 109.** \$15



NUTRITION

NUTRITION CONSULTATION

Call 616-4900 for appt. with a registered dietitian. **WCC**; \$45 for 30 minutes

HEALTHY COOKING CLASSES

Cooking & culture by Chef Robert Leuchte on the history that shaped the foods he prepares. Receive recipes and taste samples!

Monday, August 21; 3-4 p.m. - Italy

Monday, September 18; 3-4 p.m. - North Africa

Monday, October 16; 3-4 p.m. - Near East

Rose de Lima Campus, Cafeteria

FOOD AS MEDICINE OVERVIEW

Join Erika Crotta, N.D., Ph.D. and Trudy Ekstrom, M.S., Ph.D. to learn how food can help prevent illness, support medical treatment, and help you maintain good health and quality of life.

Wednesday, October 11; 3:30-5:30 p.m.

WCC

VEGGIE SOUP FOR THE SOUL

Learn to incorporate meatless dishes in your cooking repertoire.

Monday, August 28; 6-7 p.m. - Cooking with Tofu

Monday, October 23; 6-7 p.m. - Hearty Vegetable Entrees

WCC

NUTRITION 101: THE TALE OF THE TRANS FATTY ACIDS

Enjoy lunch and learn the latest on trans fatty acids and why you should limit them.

Tuesday, September 12; noon-1:30 p.m.

MAC; \$5

CARDIAC NUTRITION

Thursday, September 21; 10:30 a.m.-noon

WCC

CONTINUING STEPS

Stay in step with your healthy lifestyle changes through goal setting and peer support.

Monday, September 25; 6-7 p.m.

WCC



SCREENINGS

SKIN CANCER SCREENING

Have a suspicious mole or spot? Have dermatologist Miriam Bettencourt, M.D. check it out.

Friday, August 18; 2-4 p.m.

Call 616-4900 for appt.

WCC

METABOLIC SCREENING

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

Tuesdays - August 29, September 26, or October 24; 2-4 p.m.

Call 616-4900 for appt.

WCC; \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the radiologists of St. Rose screen your legs for PVD.

Thursday, August 31, Tuesday, September 19 or Thursday October 26; 8 a.m.-noon.

Call 616-4900 for appt.

WCC, Rehabilitation Suite 140

HEALTH SCREENINGS

Total Cholesterol \$2, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, T3 & T4 \$10, TSH \$5, A1C (diabetes) \$10. 12-hour fast required on some tests.

Thursdays, September 14 or October 19; 7-10 a.m.

Call 616-4900 for appt.

WCC

FREE MAMMOGRAM

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

Thursday, August 3 & Friday, August 4

Call (877) 581-6266.

RDL



INTEGRATIVE MEDICINE

HYPNOSIS FOR ANXIETY

Tuesday, August 15; 6:30-8 p.m.

MAC; \$25 (includes CD)

HEALING TOUCH ONE-ON-ONE SESSION

Schedule a one-hour healing touch session with Jeanne Clark, MA, BSN, CHTP

Thursdays - August 17, September 21, or October 19;

12:30 or 2 p.m.

Call 616-4900 for an appt.

WCC; \$60

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursdays - August 17, September 21,

or October 19; 4:30-6 p.m.

WCC

HYPNOSIS FOR WEIGHT MANAGEMENT: THE MIND LEADS, THE BODY FOLLOWS!

Saturday, August 19; 1-2:30 p.m.

Tuesday, August 29; 6:30-8 p.m.

Saturday, September 16; 1-2:30 p.m.

Tuesday, September 26; 6:30-8 p.m.

Saturday, October 7; 1-2:30 p.m.

Tuesday, October 24; 6:30-8 p.m.

MAC; \$25 (includes CD)

SummerCalendar

of classes and upcoming events

MIGUN THERMAL MASSAGE

Receive a free 20-minute MIGUN massage.
*Tuesday, August 22, Thursday, September 28,
Tuesday, October 31; 10 a.m.-5 p.m.*
Call 616-4900 for appt.
WCC

IMAGINE IT. SEE IT. BELIEVE IT.

Learn visualization techniques that can heal mind and body and improve relationships or your performance.
Thursday, August 24; 6-7 p.m.
WCC

REFLEXOLOGY FOOT MASSAGE

Schedule 10 to 60 minutes with Sarah Wagner.
*Friday, August 25, Monday, September 11,
Friday, October 20; 3-6:30 p.m.*
Call 616-4900 for appt.
WCC; \$1 per minute (10-minute minimum)

MASSAGE BASICS

Bring a friend or partner and learn basic massage techniques. Presented by Nina Jaroslowsky, massage instructor.
Saturday, August 26; 10 a.m.-noon
WCC; \$10 per person

BIOFEEDBACK

Learn through biofeedback how the body is affected by stress. See demonstrations of biofeedback software.
Monday, September 11; 3:30-4:30 p.m.
WCC

HYPNOSIS FOR SMOKING CESSATION

Wednesday, September 13; 6:30-8 p.m.
MAC; \$25 (includes CD)

MEDITATIVE CHANTING

Learn to relax through chanting.
Wednesday, September 20; 5:30-6:30 p.m.
WCC

HEALING OILS

Join Frances Meyer, RN, PN, to learn about how to use 12 different healing oils.
Tuesday, September 26; 6-9 p.m.
WCC; \$20 (includes book)

BODY TALK

Did you hear what your body said? Explore how your body communicates to you and others.
Tuesday, October 3; 6-7 p.m.
WCC

BACH FLOWER REMEDIES

Learn to use gentle, effective flower essences to help heal depression, anxiety, and fears.
Monday, October 16; 6-7 p.m.
WCC

ACUPUNCTURE: GOOD POINTS, GOOD HEALTH

Learn about acupuncture and Oriental Medical Theory presented by Dr. Farolyn McSweeney, Horizon Ridge Wellness Clinic.
Tuesday, October 24; 6-7 p.m.
WCC

PRIVATE HYPNOSIS SESSION

Call 616-4905 for appt. \$75



HEALTH CONDITIONS

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for info, wigs, hats, turbans and liquid supplements.
Call 616-4900 for appt.

TOOLS TO TRANSFORM DEPRESSION

Learn and create quick mind-body-spirit ways to help move from depression to serenity with Dr. Havi Mandell.
Monday, August 21; 6-8 p.m.
WCC; \$10

CONQUERING CHOLESTEROL THROUGH LIFESTYLE CHANGES

Thursday, September 7; 9 a.m.-noon
WCC

DIABETES SELF MANAGEMENT

Join Dottie Stade, R.N., certified diabetes education for this two-session class.
Wednesday and Thursday, September 13-14; 1:30-3:30 p.m.
Call 616-4902 to register.
WCC

JOINT REPLACEMENT

Information seminar.
Wednesday, September 20; 10-11a.m.
MAC

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, minigastric bypass with Dr. Rutledge.
Thursday, August 24, Tuesday, September 19, Tuesday, October 17; 6-7:30 p.m.
MAC

BASIC WOUND CARE

Join the Wound Healing Center at St. Rose Dominican Hospitals to learn about chronic wound management. People with diabetes, peripheral vascular problems, along with family members or caregivers are encouraged to attend.
Thursday, September 21; 9:30-11 a.m.
RAN

NAMI PEER-TO-PEER RECOVERY

Suffering from mental illness? National Alliance on Mental Illness accredited mentors guide participants in mindfully developing an individual relapse prevention plan.
Saturdays, September 23 – November 18; 2-4 p.m.
Call 657-6731 to register.
RAN

HUFF & PUFF CLUB

Kids and families join Dr. Craig Nacamura and Dr. Sean McKnight to discuss the asthma process and learn how to avoid attacks. Free lung function tests.
Saturday, September 16; noon
MAC

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of stroke symptoms.
Thursday, September 28; 6-7 p.m.
WCC

DASH AWAY FROM HYPERTENSION

Learn to manage high blood pressure through the Dietary Approaches to Stop Hypertension (DASH) eating, exercise, and stress reduction program.
Thursday, October 19; 6-8 p.m.
WCC



SAFETY/INJURY PREVENTION

AMERICAN HEARTSAVER CPR/AED

Learn the American Heart Assoc. adult, child, infant CPR, AED, and choking, 2-yr. certification that meets job requirements, except health-care providers.
Saturday, August 26, 9a.m.-1:30 p.m.
Friday, September 15, 12:30-5 p.m.
Wednesday, October 4, 5-9 p.m.
WCC; \$30 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

American Heart Association CPR, AED, & First Aid classes. Meets job requirements for the lay rescuer for OSHA, schools, daycares and other job requirements for a 2-year certification. Call 616-4904 for group on-site training fees and scheduling

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.
Saturday, September 9; 10 a.m.-2 p.m.
MAC

Aug • Sept • Oct

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

SAFE SITTER

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

Saturday, September 23; 9 a.m.-4:30 p.m.

WCC; \$30 (includes lunch)

AARP DRIVER SAFETY PROGRAM

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

Monday, September 25; 8 a.m.-5 p.m.

WCC; \$10 (bring a sack lunch)



BREASTFEEDING

NEW MOMMY MIXER

Every Friday; 11 a.m.-noon

WCC

FEEDING FRENZY

Breastfeeding Support Chat

Every Tuesday; 11 a.m.-noon

FTF

LA LECHE LEAGUE

4th Thursday; 10 a.m.

WCC

BREASTFEEDING HELPLINE 616-4908

Speak to a Certified Lactation Counselor about your breastfeeding questions and concerns.

ASSISTANCE FOR THE BREASTFEEDING MOTHER

Meet with a board certified lactation consultant before or after you deliver.

WCC; \$50

BABY WEIGH STATIONS

No appointment necessary – Free weight checks

WCC & FTF

BREASTFEEDING BOUTIQUE

NURSING BRA FITTINGS AND SALES

Choose from nursing bras by Medela, Bravado and Fancee Free. Bras are fitted for comfort and function. Other breastfeeding items are also available.

WCC

BREAST PUMP RENTALS AND SALES

You can provide your baby with the best nutrition possible by collecting breast milk for use while you are away. Choose a Lactina or Symphony. Get expert advice and select equipment for the most effective and efficient breast milk collection possible.

WCC

New! Limited Edition Pump in Style Advance



medela



PREGNANCY & CHILDBIRTH

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 616-4901 to register.*

WCC; \$40 (four-class package)

NATURAL BIRTH OPTIONS

Not sure if pain medication or an epidural is right for you? Learn from certified nurse-midwife, April Kermani, how to ease and progress your labor naturally. Learn about birth balls, movement during labor, water birth, and alternative positions for pushing.

Wednesday, September 6; 6-7:30 p.m.

WCC

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

Learn from a registered dietitian, the self-care skills needed for managing your gestational diabetes and how to successfully meal plan based on metabolic needs and food preferences.

Call 616-4902 for appt.

SIENA; \$40 per session

FEELING BEAUTIFUL AND BODACIOUS: PREGNANCY FASHION SHOW

Join Bellies & Blossoms for a pregnancy fashion show and learn about all the new fall fashions.

Tuesday, October 10; 6-7 p.m.

WCC

NATURAL FAMILY PLANNING

Looking for natural ways to achieve or avoid pregnancy?

Learn about Natural Family Planning from Certified Fertility Care Specialist Mickey Bachman, RN.

Tuesday, September 19; 7-8:30 p.m.

MAT

ONGOING FAMILY EDUCATION CLASSES

Pregnant & Uninsured?

Call Baby Rose 616-4508

Prepared Childbirth Classes

\$75 (Includes Labor of Love Kit)

Bed Rest Learning DVD Module — \$50

Teen Prepared Childbirth Class — Free

Refresher Childbirth — \$30

Baby Basics — \$30

Grandparents Baby Basics — \$30

Breastfeeding — \$30

Infant CPR — \$20

New Fathers Lecture (NFL) —

\$20 (includes car seat safety check)

Prenatal Yoga — \$10

Mommy & Baby Yoga — \$10

Sibling Class — \$20/family

Bellies and Buddies —

Free, 2nd Tuesday, 6 p.m.

Pregnancy Smoking Cessation —

Call the Nevada Tobacco Users' Helpline 877-0684

The Adoption Alliance —

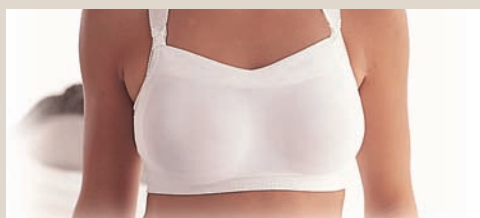
Adoption Services, 968-1986

Siena Campus Maternity Tour —

3rd Saturday afternoon (Call 616-4901 for reservation)

Rose de Lima Campus Maternity Tour & Tea —

3rd Saturday morning (Call 616-4901 for reservation)



SummerCalendar

of classes and upcoming events



INFANTS, CHILDREN & PARENTING

CALL TO REGISTER
FTF call 568-9601 • WCC call 616-4900

CAR SEAT SAFETY CHECKS

Thursdays; 8:30-11 a.m.
Call 568-9601 or 616-4901 for appt.
FTF& WCC; \$10 per family



Exercise With Your Baby™

StrollerFit® will guide you through a safe, effective, innovative, 50-minute workout to burn fat, strengthen and tone muscles, build cardiovascular endurance and improve flexibility. For more information call 595-1128. Mondays, Wednesdays, & Saturdays; 8:15 a.m. Galleria at Sunset; Visit www.strollerfit.com/henderson for class pricing.

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. Every Friday; 9:30-10:45 a.m. or 11a.m.-12:15p.m. FTF

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. FTF

BABY PROOFING BASICS

Make a plan for keeping baby safe around the house. Tuesday, August 22; 10-11 a.m. FTF

FIRST AID FOR THE ACTIVE TODDLER

Get the tools you need to respond to any mishaps. Wednesday, August 30; 10-11 a.m. FTF

WEE CAN SIGN: 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. Saturdays – September 9, 23, 30 & October 7; 9:30-10:30 a.m. WCC; \$99 (includes Sign With Your Baby kit)

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL II

Parents and babies (birth to 3 years) who have graduated from Baby Sign Language Level I class. Saturdays – September 9, 23, 30 & October 7; 11:00 a.m.-noon WCC; \$85 (includes Pick Me Up)

SEX & MOTHERHOOD

Having a baby really does change everything. Join the Therapists of Pathways Therapy & Wellness Center and learn how to get your groove back. Friday, September 15; 2-3:30 p.m. FTF

BLISSFUL BABY: MOMMY & BABY INFANT MASSAGE

Get a baby to sleep better and calm colic. Let Avery Short, CIMI, teach you to soothe your baby through the gentle touch of massage. Bring your baby, a blanket, and a washcloth. Support people welcome. Monday, September 18; 11 a.m.-12:30 p.m. WCC; \$20 per family (includes 2oz. grapeseed oil & workbook)

EXPLORING FULFILLMENT DURING MOTHERHOOD

Finding your personal fulfillment as a mother. Presented by Pathways Therapy & Wellness Center. Tuesday, September 26; 10-11:30 a.m. FTF

BUILDING BLOCKS OF DEVELOPMENT

Learn about the 40 assets of healthy development that help children grow up healthy, caring, and responsible. Tuesdays - October 3, 10, 17, & 24th; 10-11 a.m. FTF

BLISSFUL BABY: DADDY & BABY INFANT MASSAGE

Dads put your hands to work soothing your little one. Let Avery Short, CIMI, teach you and other dads the gentle touch of massage. Bring your baby, a blanket, and a washcloth. Saturday, October 14; 10:30 a.m.-noon WCC; \$20 per family (includes 2oz. grapeseed oil & workbook)

LAP TIME SING-A-LONG

Get a refresher course in babies' favorite playtime songs! Tuesday, October 17; 2-3 p.m. FTF

TEENIE HALLOWEENIE PARTY

Take part in a pint-size costume party with pumpkin patch photos, story time with the Henderson District Library, food, and fun! Monday, October 30; 10 a.m.-noon FTF

SINGLE PARENT RESOURCE CONSULTS

Get a single parent survival kit, discuss child care and important child and parenting resources. Call 568-9601 for appt.

TEEN PARENTING

This certified program helps teen parents develop strong parenting skills and relationships with their children. Call 568-9601 for class schedule and location.



WISE WOMAN WEEKEND

Seek your inner wisdom on Mt. Charleston for a weekend filled with hiking, yoga, Tai Chi, meditation, drumming and quilting. Friday-Sunday, October 6, 7 & 8 \$200 (includes transportation, meals, activities, and dormitory lodging) Call 616-4900 for reservations.

HEAL Thyself

Design Your Own Recovery Room

Have you ever experienced a throbbing headache, aching feet or a bruised ego? These are just a few of the little hurts we endure as part of everyday living. WomensCare Director Holly Lyman says that “amazingly” most women will survive all of the aforementioned hurts — even if they are all experienced on the same day.

To help heal these hurts more efficiently, Holly Lyman suggests creating a recovery room — a healing space — that provides you a place of refuge, regeneration and celebration of the sweeter, less bumpy side of life. Holly says that if you can't create a whole recovery room, the corner of a room or office will do. Following are Holly's tips for designing your healing space.

- **Get color!** Go green to evoke feelings of growth and renewal. Layer on light blue for a peaceful, spiritual spot. Paint with whites to create a sense of purity and simplicity. Express joy with yellow or create warmth and energy with red. Most importantly, choose colors that bring you positive emotional responses.

- **Add art!** Whether you are drawn to an impressionist painting of the seaside or like to dwell on a picture of an angel your child drew, art helps define your vision for your healing space.

- **Select sounds!** Sounds from a tabletop fountain or the recordings of nature can do more than set a tone, they have the power to transport your imagination to beautiful, peaceful places or memorable moments in your life.

- **Tout treasures!** Display or give use to cherished objects, e.g. fill a crystal vase with sand and seashells you collect on trips to the beach.

- **Nurture Nature!** Make a home for a plant or goldfish in your healing space. Or add “no upkeep necessary” elements of nature such as pinecones.

- **Get decadent with décor!** An overstuffed chair and a cozy throw can help your body, mind and spirit relax and unwind. Add soft lighting and a whimsical touch such as a pillow embroidered with a saying like “Cherish Yesterday, Dream Tomorrow, Live Today” to give focus to your space.

- **Create customs!** Lighting a candle and practicing deep breathing or sitting down to sip a cup of tea can help create a break between your demanding day and your healing time.

Create An Indoor Healing Garden

They decorate your home, add flavor but not calories to your food, and help ease upset stomachs, headaches and possibly more serious ailments such as arthritis. What are these super substances? Herbs. Your kitchen window sill can be the perfect place to start a small indoor herbal healing garden. Herbologist Nicole Carter shares the health benefits of a few easy to grow herbs:

Mint — Touted for its ability to settle a nervous stomach, soothe the digestive tract and slow the growth of most harmful bacteria and fungi, mint can also be used topically to soothe skin. Nicole's tip: Fill ice cube trays with mint and water and freeze. Then pop them into ice tea or lemonade for a healthy, refreshing boost of flavor.

Sage — Sage is often paired with chicken, turkey, pork and sausage. But throughout history it has proved to be more than just a seasoning. Sage also aids in the digestion of meats and heavy sauces. Nicole's sage advice: Add sage routinely to your meals as evidence suggests it may boost your memory power.

Parsley — Parsley is not just a garnish for dinner plates, it's the world's most popular herb because it's rich in vitamins such as A and C, as well as compounds that clear toxins from the body and reduce inflammation. Because of its high chlorophyll content, it's also a breath freshener. Nicole's tip: By finely chopping parsley, you can sprinkle it on salads, vegetable sautés and grilled fish to add a nutritional punch to your meal.

Nicole says that by growing and gathering herbs to brew or cook, you can make a positive connection between the use of herbs and your health. Following are more of Nicole's tips.

Cooking with herbs. Gently wash herbs, crush them in your hand to release their flavor and add them to

dishes during the last minute of cooking in order to preserve their flavor, nutritional and healing properties.

Brewing herbs. To make tea, place one tablespoon fresh leaves or flowers (as appropriate, depending on the species) or one tablespoon dried herbs to a teaball or steeping cup that's resting in a mug. Pour hot (not boiling) water in the mug, cover the mug, and let steep for five minutes or less. Add honey, lemon or sugar as desired.

Use caution with herbs. Because the effect of herbs used in pregnancy has not been well researched, the FDA urges caution on the use of most herbal teas in pregnancy and during breastfeeding.



Feeling anxious? Confined? Like you need a change of scenery? WomensCare health educator, Amy Godsoe, recommends getting a dose of the great outdoors. Get in touch with nature right here in Southern Nevada by:

Paying the Water District a visit — As you walk the lovely drought-resistant gardens, you'll find water-efficient ways to beautify your yard. Located at 3701 W. Alta Drive, Las Vegas. Admission, classes and demonstrations are free. The Gardens will move to the Springs Preserve site after it opens in 2007. Call (702) 258-3205.

Going to the Birds — Stroll around the paths and ponds of the Henderson Bird Preserve and see resident birds such as quail and roadrunners and migratory waterfowl like the wood duck and tundra swan, as well as golden eagles and peregrine falcons. The Preserve is open daily from 6:00 a.m. to 3:00 p.m. at 2400 B Moser Drive, near Sunset Road and Boulder Highway. (702) 267-4180.

Retreating to Mt. Charleston — Sign up for WomensCare's Wise Women Weekend. Enjoy nature hikes, rhythmic drumming, journaling and yoga, as well as making friendships with women who are like a breath of fresh air. Turn to page 15 for more info.

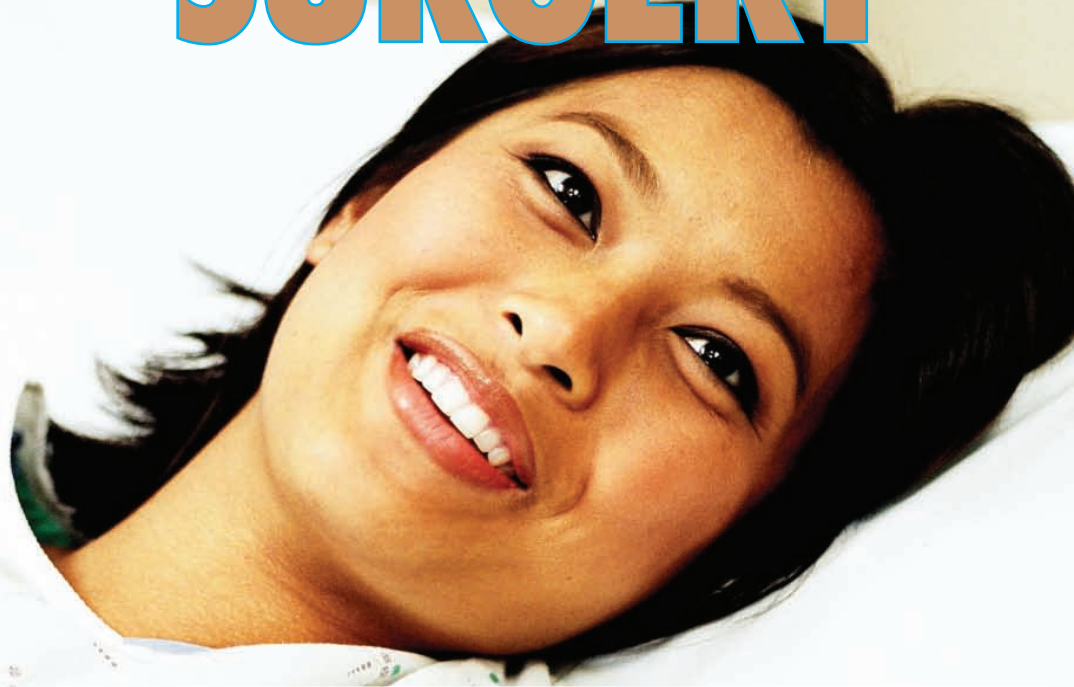
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How to prepare yourself for SURGERY



As Patti McCurdy lie waiting for surgery, she was snugly wrapped in a soft white blanket adorned with sparkles. The blanket wasn't woven of cotton or wool. It was crafted from thoughts and prayers sent to her by friends and family...“And, boy, did it feel great,” says Patti.

The “blanket” is step 3 of a 5-step program which author and researcher Peggy Huddleston outlines in her best selling book, *Prepare for Surgery: Heal Faster*. Peggy encourages patients to organize a group of loved ones to “wrap you in a blanket of love ... of positive thoughts and prayers” 30 minutes prior to surgery.

St. Rose Dominican Hospitals offers a Prepare for Surgery: Heal Faster program. Patti found it wonderfully effective in reducing her pre-surgery jitters and her overall concern about the health of her heart.

Bill Hershey, a St. Rose facilitator for the program, says that a wealth of research supports the fact that patients who go into surgery anxious and afraid can compromise the body's power to heal. By contrast, he says, people who prepare for surgery can create a biochemistry of healing. Their brains will begin to produce chemicals that strengthen the immune system.

Among the five techniques of Prepare

for Surgery: Heal Faster are relaxation and visualization exercises. “We work with patients to create scenarios of how they will feel when they wake up from surgery, how they will feel two weeks after surgery and what activity or special occasion they will enjoy a year after surgery. Our goal is to help patients relax by focusing on a positive, healed outcome rather than the surgical process of getting there,” says Hershey.

Patti also followed the fourth and fifth steps of the program, which emphasize talking to your anesthesiologist about any questions or concerns you may have prior to surgery and asking your surgical team to read or make a series of healing statements during surgery. “I was surprised at how open and willing the team was to my request,” says Patti. “They did it and I know it helped. I felt at peace and very healthy after the procedure.”

Prepare for Surgery: Heal Faster workshops are offered free at The Barbara Greenspun WomensCare Center of Excellence and include use of Peggy Huddleston's book and relaxation CD on a borrow-and-return basis. Private, for-fee consultations are also available. The programs are not limited to people having surgery at a St. Rose Dominican Hospitals facilities. See page 11 for more details.

Guide Your Health Care

Guided imagery techniques, such as those described in Peggy Huddleston's Book *Prepare for Surgery: Heal Faster*, are becoming an increasingly popular component of health care. Such techniques are not an alternative to medical or surgical treatment. Guided imagery is, however, an inexpensive, powerful tool in which you can actively participate in your health care. Some of the benefits include:

- Reduced anxiety
- Decreased pain and need for pain medication
- Decreased side effects and complications of medical procedures
- Reduced recovery time and shortened hospital stays
- Strengthened immune system and enhanced ability to heal

A study conducted at Harvard Medical School found that patients who received an informational visit by their anesthesiologist prior to surgery were more likely to be calm on the day of the procedure.

A study at the University of Wisconsin showed when patients prepared for surgery they were calmer, experienced less bleeding during surgery, used less pain medication after surgery, and left the hospital sooner than those who didn't prepare.



Bill Hershey and Patti McCurdy

Finally, A Place That Knows Noses

(and everything connected, too!)



Did you know...

A stuffy nose isn't the only symptom of a sinus disease?

What about those plugged ears?

At Nevada Eye & Ear, we know that everything is connected,
including your scratchy throat and watery eyes.



Nevada Eye & Ear offers complete diagnosis and treatment of conditions of the ear, nose and throat – *and allergy too*. With three physicians that are Board Certified in

Otolaryngology and with offices valley-wide,

Nevada Eye & Ear continues its tradition as a Center of Excellence.

Scott E. Manthei, D.O., F.O.C.O.O., Medical Director

Ryan E. Mitchell, D.O. & John R. Alway, D.O.

For appointments call:
702 - 896 - 6043




Nevada Eye & Ear

Southwest
9100 W. Post Road
I-215 at Sunset
Near San Martin Hospital

Green Valley
2598 Windmill Pkwy.
Windmill at Pecos

Seven Hills/Anthem
860 Seven Hills Drive
South of St. Rose Parkway

Boulder City
999 Adams, Suite 104
Near Boulder City Hospital



If you become seriously ill or injured and are unable to make decisions about your own health care - or unable to make those decisions known - who will make those decisions for you?

Will your loved ones, or anyone for that matter, know what your wishes are?

Using a legal planning tool known as an “advance directive,” you can do something now to make sure your loved ones are not burdened with making such decisions for you, while at the same time ensuring you are provided the level of medical care that you want in accordance with your own moral and religious beliefs.

An advance directive is an oral or written instruction about your future medical care to which your loved ones and health care professionals can refer in the event you become unable to speak for yourself. Two legal documents — a Medical Power of Attorney and a Living Will— are types of advance directives. These documents will not be used as long as you are able to express your own decisions. A Do Not Resuscitate consent may be given to your health care professional in order for a Do Not Resuscitate Order to be issued. These orders deal only with cardiopulmonary resuscitation and related care such as defibrillation (shocking the heart), not other life-saving measures. In some states, there are also special rules about consenting in advance to a “Do Not Resuscitate (DNR)” order, while in others, preferences about cardiopulmonary resuscitation can be included in the medical power of attorney or living will.

If you create advance directives, it’s also important to remember:

- You should discuss all advance directives in detail with your loved ones, your health care professional, and your lawyer. Make sure they understand your wishes.
- Keep the original signed copies of these documents in a safe accessible place, but not in a safe deposit box.
- Give photocopies to your family, close friends, clergy, health care professionals and anyone else who might become involved in your health care.
- If you change these documents, make sure that you give copies of the new versions to everyone who received the old ones. When creating or changing these documents, also include a list of everyone to whom you’ve given a copy.

Thinking About The Unthinkable

Completing Advance Directives

Confidence. Your smile says it all!



SIMONE
SMILE DESIGN

Voted "One of the Top Four Dentists in Las Vegas"
—"BEST DENTISTS," *LAS VEGAS LIFE* magazine

Patrick A. Simone D.D.S., MAGD
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Before



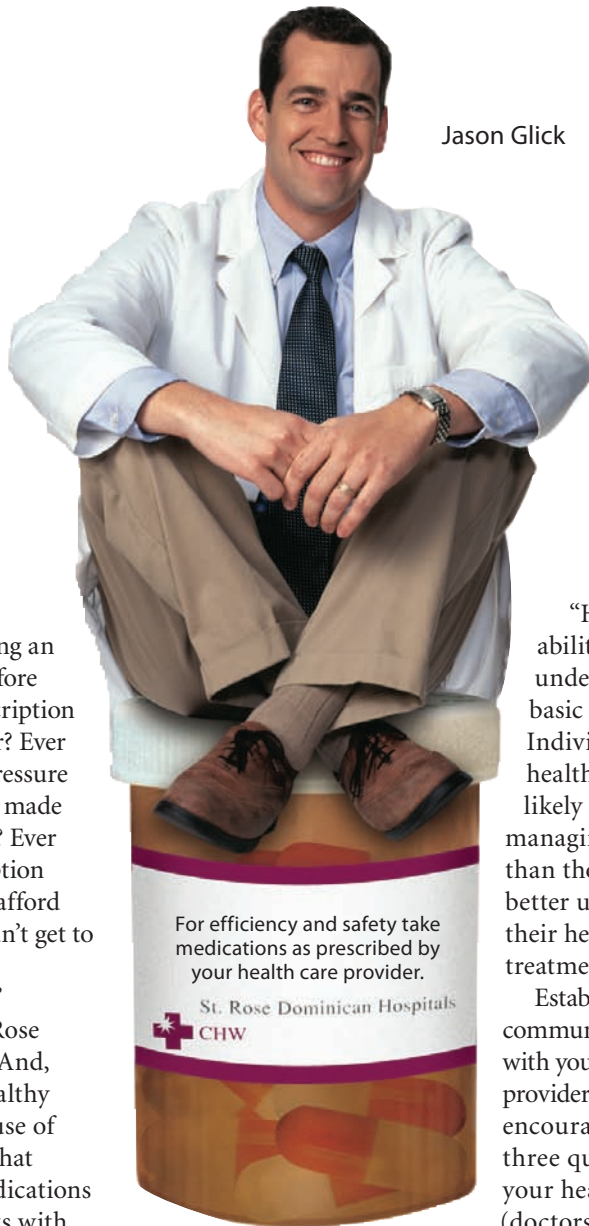
After

Faculty member at
the UCLA Center
for Esthetic Dentistry



Master in the Academy of General Dentistry. Member of the American Dental Association, Nevada Dental Association & Clark County Dental Association. Participant in the Seattle Institute for Advanced Dental Education. Member in the Academy of Cosmetic Dentistry. Member of American Academy of Dental Administration

Taking Medication Correctly: Why It Matters



Jason Glick

Have you ever stopped taking an antibiotic before you finished the prescription because you felt better? Ever skipped your blood pressure medication because it made you urinate too often? Ever failed to fill a prescription because you couldn't afford the medicine or couldn't get to the pharmacy?

"You're not alone," says Jason Glick, St. Rose Pharmacy Director. "And, you may not be as healthy as you could be because of it." Studies estimate that nearly half of the medications prescribed for patients with chronic conditions such as high blood pressure, or asthma are not taken as prescribed.

Why? Here are some common reasons why many people don't or can't take their medications as directed: forgetfulness, inadequate instruction of how to take the medication provided by a health-care provider or pharmacist; trouble opening the container; side effects

such as sleepiness or dizziness; can't afford the medications.

According to Jason, not taking your medications as directed may cause serious health problems such as: longer or repeated hospitalization, increased risk of side effects or harmful drug interactions; increased chance of a recurring infection.

"Health literacy" is the ability to obtain, process, understand and act on basic health information. Individuals with limited health literacy are far more likely to have difficulty managing their medications than those who have a better understanding of their health condition and treatment recommendations.

Establishing a good, communication relationship with your health-care providers is important. Jason encourages you to ask these three questions of your of your health care providers (doctors, nurses, physician's assistants, dentists and pharmacists):

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Also consider bringing a list of questions and a list of medications you are taking or have been prescribed, as well as someone who will listen and take notes for you.

10 Questions to Ask About Your Prescriptions

1. What is the name of the medicine and what is it for? Is this a brand name or the generic name?
2. How and when do I take it – and how long?
3. What side effects should I expect, and what should I do about them?
4. Should I take this medicine on an empty stomach or with food? Is it safe to drink alcohol with this medicine?
5. If it's a one-time-a-day dose, is it best to take it in the morning or evening?
6. What foods, drinks, other medicines, dietary supplements, or activities should I avoid while taking this medicine?
7. Does this medicine replace any other medication I am taking?
8. When should I expect the medicine to work, and how will I know if it is working? Are there any tests required with this medicine (for example, to check liver or kidney function)?
9. How should I store this medicine?
10. Is there written information available about the medicine? Is it available in large print or a language other than English?

This information provided courtesy of the National Women's Health Resource Center

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

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Healthy Bites

Lip Service

Give your lips a healthy dose of attention with four simple steps. Drink water to hydrate your body, including your lips. Apply an SPF 15 lip balm to your lips daily. Use a humidifier to keep your home and your smackers moist. Exfoliate your lips by gently brushing them with your tooth brush.



Got Apologies?

It can be hard to say you're sorry to someone when you screwed up. So, work yourself into it. Try these intros to your admittance of regret "Hey, I really screwed up. Sorry," "Wow! Like what was I thinking? I guess I wasn't. Sorry." And, if you're both at fault and the other person apologizes first, but you still find it difficult to do so, try beginning with, "You-a culpa. Mea culpa."

Choosing the Right Words

Writing a condolence letter can be hard, so follow simple rules. Keep the letter short. Do offer your sympathy, but don't say you know how they feel (their feelings are unique). Don't write things such as "it was a blessing," instead share a fond memory of the departed and offer your assistance (if you are genuinely able and willing to help).

Pull To the Right

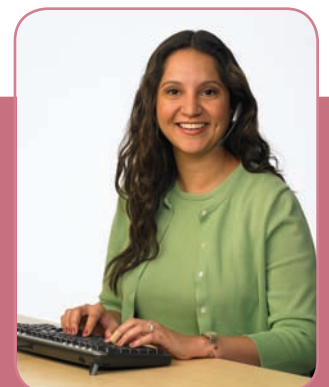
What should you do when you see the lights of an emergency vehicle? Pull as far to the right side of the road as you can and stop, letting the emergency vehicle pass on the left. If you cannot move to the right because of another vehicle, just stop. Also remember to stay at least 300 feet behind emergency vehicles using their lights and sirens. Fines for failing to yield to an emergency vehicle can run as high as \$250.

Alcohol & Appetite

Research shows that when you drink more alcohol you're likely to eat more food. Drinking before or during a meal can increase calorie consumption by 40 percent because it reduces your impulse control.

Need to Find a Physician? St. Rose's Physician Referral specialist can help you find the physician that is right for you. Call 616-4508 between 8:30a.m. and 4:30 p.m., Monday through Friday for assistance.

¿Necesita a un Médico? Llame a la línea de referencias médicas de St. Rose Dominican Hospitals. Una especialista lo comunicarán a usted y a su familia con un médico que habla español. La línea esta disponible entre 8:30 de la mañana y 4:30 de la tarde, lunes a viernes. Llame al 616-4999.



It's been an eight-week test of survival for Judy. She's struggled with post-nasal drip, battled constant congestion and fought fatigue.

To add insult to injury, she has bad breath. Judy's formed alliances with friends who can commiserate with her. She's gagged down over-the-counter medications and home remedies in hopes of stemming the constant drainage that runs down the back of her throat. Yet, immunity continues to elude her. Judy is on the verge of tears and ready to wave her white hanky. Can she persevere? Will she survive her latest episode of chronic sinusitis in southern Nevada? Judy's not alone. While there is no formal "Sinusitis City" tribe, there are thousands of local residents who, like Judy, suffer chronic sinusitis, a challenge of living in southern Nevada among mulberry and olive trees, construction dust, second-hand smoke and increasing levels of smog.

Dr. Randall Weingarten, a St. Rose otorhinolaryngologist (ear, nose and throat doctor), offers the following tips for breathing easier in "Sinusitis City:"

1. Understand The Challenge.

Sinusitis occurs when the sinus tubes become blocked and oxygen levels decrease, helping bacteria grow. As the cavities become inflamed or blocked, nasal secretions don't properly drain. "There are two types of Sinusitis — acute and chronic," says Dr. Weingarten. "Acute sinusitis is usually caused by infection with a single type of bacteria or virus. Antibiotics may be prescribed. However, such infections generally clear up on their own within a week or two."

According to Dr. Weingarten, the symptoms of chronic sinusitis are typically milder than acute sinusitis. While a person suffering chronic sinusitis may only experience one or two



SURVIVAL: Sinusitis City

symptoms, the symptoms may persist for two to three months and reoccur throughout the year, which can lead to tissue damage in the sinuses.

"The reason chronic sinusitis can be difficult to treat is that it is caused by allergies or by an infection with a mix of bacteria," says Dr. Weingarten.

2. Know Your Opponents.

Respiratory infections, such as colds and acute sinusitis, can cause nasal linings and sinuses to swell. However, because chronic sinusitis is more often caused by asthma or allergy, Dr. Weingarten says that it is important to get such conditions under control. If you think you may have allergies or asthma, consult your physician.

3. Go On The Defensive.

During allergy season or a cold, Dr. Weingarten recommends taking the following steps to avoid sinusitis:

- Avoid allergy triggers and take your allergy medication as directed
- Drink lots of fluids, but limit or avoid alcohol, which causes nasal and sinus membranes to swell
- Avoid cigarette smoke
- Use a humidifier
- Attach electrostatic filters to heating and air conditioning equipment to help remove dust, pollen, and mold from the air.
- If traveling by air, use a nasal spray decongestant 30 minutes prior to takeoff and 30 minutes before landing

4. Discuss Treatment Options. According to Dr. Weingarten, treatment typically includes a regimen of antibiotics, decongestants and oral or nasal steroids. Surgery can be effective in removing nasal obstructions such as damaged tissue and nasal polyps or in enlarging the natural openings from the sinuses to allow better drainage. However, surgery is only recommended if other treatment regimens fail. The surgical system Dr. Weingarten utilizes is described in the following article.

SYMPTOMS OF CHRONIC SINUSITIS

Major symptoms

- Pressure/pain on your cheeks, nose, forehead, temples or around or behind your eyes
- Difficulty breathing through your nose
- Yellow or greenish discharge that drains into the nose or down the back of throat
- Reduced sense of smell

Minor symptoms

- Aching in your upper jaw and teeth
- Headache
- Bad breath
- Ear pain
- Fatigue
- Cough

A person with chronic sinusitis may experience only one or two symptoms. The symptoms, however, may persist for long periods of time and reoccur throughout the year.



Safely Navigating Sinuses

“The brain, optic nerve and the eyes are just millimeters away from the sinus cavities, so there is little room for error when navigating and performing surgery in the intricate maze-like sinuses.”

Dr. Randall Weingarten



The human sinuses are a series of interconnecting caverns. For the past decade, surgeons have used the endoscope, which is like a miniature telescope, to perform surgery on sinuses. The endoscope gave surgeons a better view of the sinus cavities, but did not allow surgeons to see around corners or locate their surgical instruments in relation to the surrounding anatomy.

“The brain, optic nerve and eyes are just millimeters away from the sinus cavities, so there is little room for error when navigating and performing surgery in the intricate maze-like sinuses,” says Weingarten.

Today, St. Rose Dominican Hospitals’ GE InstaTrak Surgical Navigation System provides surgeons a way to precision-guide surgical instruments through the complex sinus cavities to find and remove damaged tissue, clear blocked sinuses, remove nasal polyps, and perform other procedures to help patients with acute and chronic sinus disorders.

Here’s how the InstaTrak System works:

Prior to surgery, a patient is fitted with an InstaTrak headset and computer tomography scans (CT or CAT scans) of her or his skull are taken. The CT scans are then loaded to

the InstaTrak Surgical Navigation System to build a computerized model of a patient’s skull anatomy. Displayed on a computer monitor, the horizontal, vertical and sagittal views of the patient’s skull, provide a map for the surgeon to follow.

For surgery, the patient again dons the headset, which like the surgeon’s instruments is equipped with electromagnetic sensors. The InstaTrak’s electromagnetic tracking system links the surgeon’s instruments and the patient’s headset to the system’s computer so that when the tip of the surgeon’s surgical instrument is inserted into the patient’s nostrils, the instrument appears on the computer monitor as a set of cross hairs, which move through the computerized model of the patient’s skull. This allows the surgeon to see the exact location of the surgical instrument in relation to the patient’s anatomy.

“InstaTrak allows us an incredibly clear view of the sinus cavities and the surrounding anatomy allowing us a greater degree of efficiency as we work to open sinuses by removing blockage such as damaged sinus tissue or polyps,” says Dr. Weingarten.



Nam H. Dang, MD

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DR. NAM DANG HAS SPENT THE LAST 20 YEARS BLAZING THE PATH TO A CURE FOR THE MANY VARIETIES OF BLOOD CANCERS—MOST PROMINENTLY LYMPHOMA. ONE OF THE LEADING EXPERTS IN HEMATOLOGICAL MALIGNANCIES, HE'S A PHYSICIAN SCIENTIST WHO HAS JOINED NEVADA CANCER INSTITUTE TO SHARE AND CONTINUE HIS WORLD-RENOWNED WORK WITH NEVADANS.

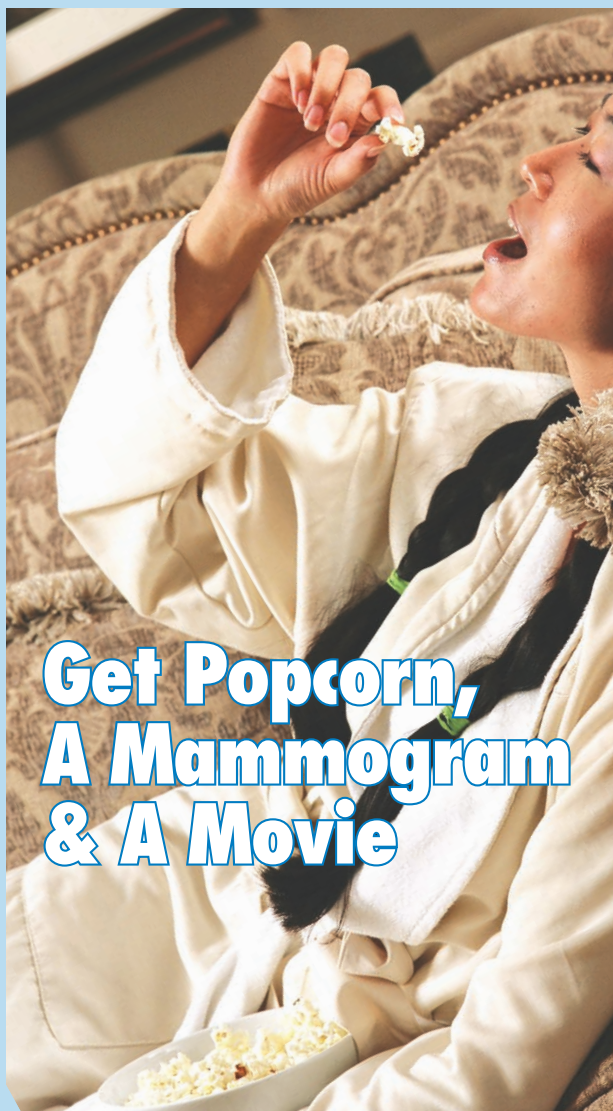
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Get Popcorn, A Mammogram & A Movie

If you walk through the radiology department at St. Rose Dominican Hospital campus this October, you'll be welcomed by the radiology staff members and the smell of freshly-popped popcorn.

It's part of the hospital's "Get A Mammogram & A Movie" Campaign, designed by women on the radiology staff to encourage females over 40 years of age to get an annual mammogram as recommended by the American Cancer Society and Susan G. Komen Breast Cancer Foundation.

Radiology manager Anne Weber, says that despite aggressive public information campaigns and the advice of their doctors, many women are reluctant to get their yearly mammogram. A Harvard study of 72,000 women found that only six percent of women who needed mammograms every year returned every year during the next decade despite the hospitals' reminder program.

According to Anne, there are a number of reasons women are "reluctant" or unable to get mammograms.

- Lack of motivation. Schedule your mammogram at the same time as your girlfriend, sister or mother, with a plan to enjoy your popcorn and movie together afterwards. "Our goal is to help women set a 'medical me time' that includes an opportunity to spend some easy, enjoyable relaxation time," says Anne.

- Don't like medical procedures. With St. Rose's digital (filmless) radiology system, radiology techs can obtain clearer pictures of the breast, which typically means a quicker procedure.

- Don't have a referring doctor. A woman must get a doctor's referral for a mammogram because the hospital and its radiologists are legally bound to ensure that a woman's report is provided to her physician.

- Lack health care insurance. If you are a woman 49 years or younger, you may be eligible for St. Rose's R.E.D. Rose program, which provides uninsured or underinsured

women access to mammograms, diagnostic services and medical treatment. Call 616-4622 for more information.

- Fear of results. Only 2 to 4 mammograms of every 1,000 performed lead to a diagnosis of cancer. About 10% of women who have a mammogram will require more tests, and the majority only need an additional mammogram. Don't panic if this happens to you. Only 8 to 10% of those women will need a biopsy, and most (80%) of those biopsies will not be cancer.

There is positive news for women diagnosed with breast cancer. Because of better screening, diagnosis tools and treatments, women are surviving longer with breast cancer (88 percent of women are still alive five years after diagnosis, and 63 percent are still alive 20 years after their diagnosis. Those figures are undoubtedly higher now, notes the American Cancer Society, since they were based on women diagnosed before more recent treatment advances.

Getting a Mammogram

- First, you will need to get a doctor's referral. Call 616-4508 to find a doctor who best suits your needs.
- You will be asked to undress above the waist. A wrap will be provided by the facility for you to wear.
- A female technologist will position your breasts for the mammogram. She will be the only one present during the mammogram.
- The whole procedure takes about 20 minutes. The actual breast compression only lasts a few seconds.
- You may feel some discomfort when your breasts are compressed. Thus, try not to schedule a mammogram when your breasts are likely to be tender (e.g. before or during your period).
- You will receive your results via mail within 30 days. Generally, you will be contacted within 5 working days if there is a problem with the mammogram.

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The female breast is emblematic of femininity, sexuality and maternity. Thus, if a woman loses one or both breast to cancer, she may experience more than the loss of flesh. She may feel as if she has lost a part of her identity, which can emotionally tear at and scar the heart muscle behind the breasts even though the surgery doesn't.

For some women, reconstructing their breast after mastectomy helps them rebuild their sense of self. Thus *WomensCare* talked with Dr. Arthur Cambeiro, a plastic surgeon who completed his fellowship at the Mayo Clinic in Rochester, MN about reconstructive surgery.

WC: What types of reconstruction surgery are available to women?

Dr. Cambeiro: The two most common types are saline implants and muscle flap reconstruction.

When a significant amount of skin is removed, breast reconstruction with saline implants is done in a two-part procedure. During the first operation, the plastic surgeon will insert a tissue expander beneath the skin and chest muscle to help

Rebuilding Breasts



contour of the breast. During the procedure, the surgeon transfers some abdominal skin, fat, and a small piece of muscle under the skin to the intended breast area. It takes longer than implant operations and a patient's hospitalization is about three to four days, compared to one day with implant surgery. However, the breast usually looks and feels more natural to most women.

WC: Which is better, a breast implant or a reconstructive flap?

Dr. Cambeiro: It's a question of preference. For many women, implants are a very good option. It's a shorter operation, a speedier recovery and provides a very good cosmetic result. Creating the flap is a more difficult operation with a more prolonged recovery, but they last forever and get better with time as the scar tissue softens and the effects of gravity serve to make the breast look very realistic.

WC: If you have a single mastectomy with an implant, won't it look unbalanced next to the unaffected breast?

Dr. Cambeiro: It can happen. So many women will elect to have reconstruction done on both breasts after a mastectomy. It is important to note that a woman's insurance may also cover reconstructive surgery on the unaffected breast for symmetry purposes.

WC: Because a woman's nipple is often affected by cancer, it is usually removed. How is it replaced?

Dr. Cambeiro: Nipple replacement is done a few months after the breast reconstruction, after the body has had time to heal. Often times tattoo the nipple area so that the coloring is similar to that of the woman's natural breast.

WC: When is the best time for a woman to have reconstructive surgery?

Dr. Cambeiro: A great number of women can have immediate reconstructive surgery and wake up with a breast, because doctors are catching cancer at such an early stage. In such situations, immediate reconstruction is safe and acceptable.

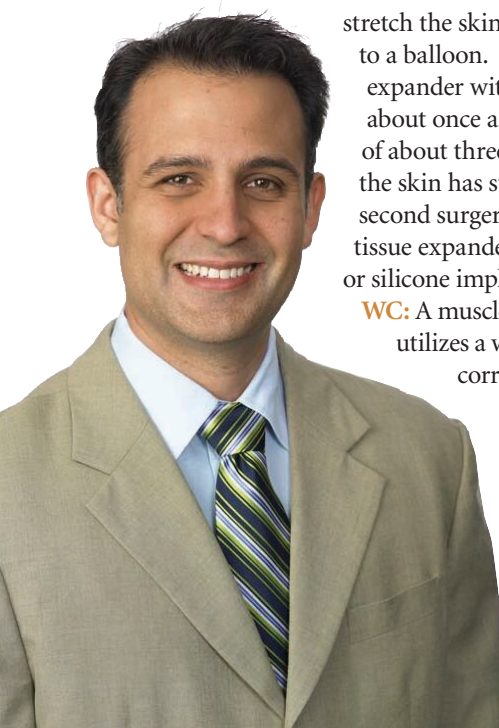
In cases where the tumor is more advanced or doctors recommend radiation or prolonged chemotherapy, we might delay reconstruction until treatments end so we don't interfere with the treatment or visa versa. For instance, radiation therapy could affect the reconstruction, causing an implant to fail prematurely or a flap to harden or shrink a bit.

stretch the skin. The expander is similar to a balloon. The surgeon will fill the expander with salt-water solution about once a week over the course of about three to four months. Once the skin has sufficiently stretched, the second surgery is performed to replace tissue expander with a permanent saline or silicone implant.

WC: A muscle flap reconstruction utilizes a woman's own tissue, correct?

Dr. Cambeiro: Yes. In a TRAM (Transverse Rectus Abdominus Muscle) flap procedure, the surgeon utilizes a patient's own tissue to rebuild the

Dr. Arthur Cambeiro, M.D.



Located between Lake Las Vegas and the Strip lies an oasis called Tuscany.

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