

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

FALL 2006

**AUTISM
ALERT:**
**MEASURE YOUR
CHILD'S MILESTONES**
(AND LEARN ABOUT THE
MOORE INSTITUTE FOR AUTISM)

**NEW! HELP
FOR HIPPIES**
HIP RESURFACING
FOR YOUNGER ADULTS

**SERENITY
MADE SIMPLE**

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence

St. Rose Dominican Hospitals
CHW 



LET DR. CAMBEIRO HELP ENHANCE YOUR CONFIDENCE.

AS ONE OF LAS VEGAS' ONLY PLASTIC SURGEONS
UTILIZING THE NEWEST ENDOSCOPIC TECHNOLOGY,
YOU'LL HAVE MINIMAL SCARS TO HIDE OR HATE.



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702-566-8300 | ARTHUR M. CAMBEIRO, MD
MAYO CLINIC TRAINED | BOARD CERTIFIED BY THE AMERICAN BOARD OF SURGERY



coverstory

AUTISM ON THE RISE

Kaden, the adorable son of Geri Martin, seems twice as energetic as other little boys (can you imagine that?!). But, he speaks far fewer words and is less comfortable around other kids his age.

His physician and educational professionals suspect that he might have an Autism Spectrum Disorder (ASD), the fastest-growing development disability among children in the United States. However, at the time of our photo shoot, Kaden was awaiting a formal diagnosis.

There is currently no cure for autism and no effective means to prevent it. Early detection is the crucial first step in helping children with autism. With appropriate early-intervention, from ages three to five, between 20 to 50 percent of children diagnosed with autism will be able to attend mainstream kindergarten. Educators believe that Kaden is just such a child.

Learn what developmental milestones your child should reach and what behaviors are red flags not to be ignored (page 21)



On The Cover:

Geri & Kaden Martin

EXPEDITED EMERGENCY CARE FOR KIDS

St. Rose Dominican Hospitals' Siena Campus has expanded its Pediatric emergency service hours to provide children the care they need during evening and weekend hours when physician's offices might be closed.

letter

FROM THE PRESIDENT



Dear Readers,

We at St. Rose are ministry-driven and goal-oriented. Our ministry calls us to provide quality, compassionate care to our patients and our community. We recently received a number of honors that reflect our dedication to those we serve.

Our Rose de Lima Campus ranked number one among hospitals here locally and in the state based on Medicare Quality Measures. Our Siena Campus ranked second here locally and third statewide. Moreover, we ranked among the top one-third of all hospitals in the nation.

We are proud of reaching this goal and look towards the future, from the new year ahead of us to the many years and decades to come, with a sense of purpose, hope and conviction about our calling to care for you and improve the health status of our community.

Your support, either through positive feedback, constructive criticism and financial donations are welcomed and appreciated as they help guide our goals. If you would like to provide feedback on our *WomensCare* Magazine, we invite you to take our *WomensCare* survey, which is accessible at strosehospitals.org. once there, click on *WomensCare* Center in the Quick Find Menu.

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

WOMENSCARE CENTER

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WomensCare

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



St. Rose Dominican Hospitals



FOUR WEEKS
AFTER HIP
RESURFACING,
GREG OBERLING
IS TYING HIS
OWN SHOES,
WALKING FOUR
MILES A DAY
AND LOOKING
FORWARD TO
GETTING BACK
ON THE ICE.

Greg Oberling doesn't wear tie-dyed T-shirts, crystals or Birkenstocks. All the same, he can be classified as a new age

AMERICAN HIPPIY.

That's because he is among the first patients in Nevada and the first 100 or so in the United States to undergo the Birmingham Hip Resurfacing System. It's a newly approved surgical alternative to traditional hip replacement designed for healthy, active adults who suffer from debilitating arthritis.

Greg is an avid athlete who enjoys tennis, basketball and hockey. He didn't want to undergo a total hip replacement, which would have required removing the top of the leg (femoral head and neck) and replacing it with a small ball and the insertion of a hip stem down the shaft of the femur. "Total hip replacement might be a great option if I were older," said Greg. "But, my hip problems started at 35, and at 45, I am determined to play tennis and hockey again. You can't do that with a total hip replacement. They are prone to dislocate if you do."

As a result, Greg used ibuprofen, sports tape, regular icings and a "play through the pain" mindset over the course of the last decade, while waiting for an alternative to total hip replacement. When the Birmingham Hip Resurfacing System was approved, Greg's orthopedic surgeon, Dr. Michael Crovetti acted quickly, scheduling surgery for early September.

Greg's worn-out hip joint was resurfaced rather than completely replaced during surgery. Dr. Crovetti removed just a few centimeters of Greg's ball-and-socket joint and covered the areas with a durable high-carbide cobalt chrome cap that eliminated arthritis pain and restored natural motion to his hip. With this procedure, Dr. Crovetti was able to preserve both the femoral head and neck should Greg need a total hip replacement later in life.

After surgery, Greg was asked whether he would invest in a pair of Birkenstocks now that he is a "hippy." "No way. I told my wife that I want to shop for a new pair of lace up dress shoes. I can't wait to get back to playing sports, but my hip problems were so severe that I lost the ability to do the little things like bending down to tie my shoes and sleeping through the night without pain."

WomensCare talked with Dr. Michael Crovetti about the Birmingham Hip Resurfacing System. After traveling to Belgium and Ireland for surgical training and practicing the procedure locally at the MERIN Institute (see sidebar), he became the first surgeon in Southern Nevada to perform the procedure.

WC: Since the Birmingham Hip Resurfacing implant is new in the U.S., is it clinically proven?

Dr. Crovetti: While it is new to the United States, it is not a new implant or technique. More than 60,000 patients in 26 countries have had a Birmingham Hip Resurfacing procedure. The US Food and Drug Administration reviewed a tremendous amount of clinical data before approving it for use here. They took this conservative approach, because a hip resurfacing technique utilizing plastic products was introduced years ago in the U.S. However, the plastics performed poorly in highly active recipients.

WC: Who is a candidate for the Birmingham Hip Resurfacing System?

Dr. Crovetti: The typical patient will be a physically active adult who is under 60 who suffers from hip arthritis, hip dysplasia or early avascular necrosis of the hip. The implant can be used in patients over 60 whose bone quality is strong enough to support the implant.

WC: How long will the Birmingham Hip Resurfacing implant last?

Dr. Crovetti: The metal-on-metal surfaces of the new joint may very well extend its life longer than that of a traditional total hip replacement, which typically last from 15 to 20 years. A clinical study showed the Birmingham Hip Resurfacing implant had a survivorship of 98.4 percent at the five-year mark. This is tremendous considering that

patients who have hip resurfacing are returning to aggressive, high impact sports such as running, singles tennis and basketball, along with Yoga, which requires a great deal of hip flexibility.

WC: What are a patient's physical limitations after surgery?

Dr. Crovetti: For the first year after surgery, we recommend conservative, low-impact activities like walking, swimming and bicycling to help strengthen the femoral neck and the muscles around the resurfaced joint. After that time, patients can expect to return to whatever physical activity they enjoyed before hip pain limited their mobility. They can return to jogging or singles tennis, which are not recommended for patients who have had total hip replacement.

WC: Can you summarize the benefits of the Birmingham Hip Resurfacing System?

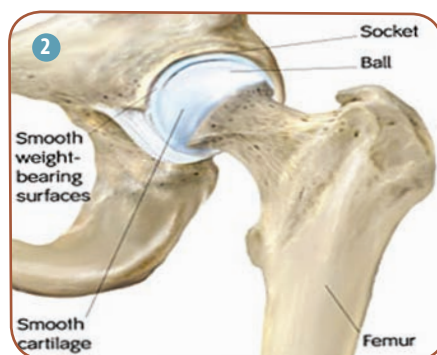
Dr. Crovetti: First, we only remove a minimal amount of cartilage and only 10 percent of the bone on the head of the femur. The rest is covered with a metal surface, which results in a more stable joint than we can achieve through total hip replacement. As such, the risk of dislocation is 10 times lower than with a total hip replacement and patients don't lose bone or have nearly the risk of fracturing or weakening bone. Second, by conserving more bone, younger patients preserve future surgery options, including a traditional hip replacement should they need one later in life.



Dr. Crovetti practices at St. Rose and is the chief of surgery for the hospitals' new San Martín Campus. He is also founder of MERIN (Medical Education & Research Institute of Nevada), an independent, not-for-profit medical education and research facility that teaches surgeons new surgical procedures and serves as a test site for innovative surgical instruments and techniques.

The success of MERIN training programs depends partly on access to cadavers. Through MERIN's Generations you can donate your whole body upon death to play a part in medical advances, patient safety, and the overall improvement in the quality of health care delivery.

To learn how to help forward medicine and improve the lives of others after death, contact MERIN at 933-5627. Counselors are available 24/7 and MERIN covers the cost of cadaver transfer and cremation after use. MERIN also holds a yearly memorial service to honor donors. For help finding a physician, call St. Rose Physician Referral at 616-4508.



- 1 The Birmingham Hip Resurfacing System uses a durable high-carbide cobalt chrome cap that preserves the femoral head and cap.
- 2 The cap results in a more stable joint, less bone loss and more natural hip motion.



Upcoming Promotions

Deck Your Home With Brighton

November 1-20

Receive a keepsake ornament with any purchase of \$100 or more.

Brighton For The Holidays

December 1-15

Enter to win a trip anywhere in the world.

Brighton's 10 days of Christmas

December 15-24

Enter to win during 10 great days of prize giveaways.

Go Red for Women 2007

January 13-February 14

Help raise awareness about heart disease with a "Go Red for Women" bracelet.

Crystal Heart Collection:

Crystal Heart Pouch \$135

French Wire Earrings \$35

Necklace \$52, Bracelet \$50



Brighton[®]

COLLECTIBLES

The District at Green Valley Ranch (702)270-0100
The Grand Canal Shoppes at The Venetian
The Forum Shops at Caesars • Desert Passage at The Aladdin
Fashion Show Las Vegas • Whalers Village, Maui
McCarran International Airport

New Summerlin Store opening Fall 2006!

Located in Fashion Village at Boca Park, two doors down from Cheesecake factory.

Call (866)489-6347 for a Brighton location nearest you.

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Contact Lens Safety

Your eyes are amazing organs. The cornea, the clear front of the eye, is one of the few parts of your our body that draws oxygen directly from the air. Thus your eyes require no blood vessels to carry oxygen to them. However, poor eye care can lead to cornea conditions where abnormal growth of blood vessels occurs in response to a lack of oxygen or infection.

Ophthalmologist Dr. Douglas Lorenz recommends the following eye care tips for people who wear contact lenses:

Do use good hygiene to prevent eye irritation and infection. Wash your hands before you put lenses in or take them out of your eyes, and store and clean contact lenses in proper commercially prepared, sterile solutions.

Don't wet your contact lens with your own saliva, which is full of potentially infectious microorganisms.

Don't wear contact lenses overnight. It puts you at a much higher risk of developing corneal ulcers. If you wear extended or continuous wear lenses, be aware of any changes in your eyes such as redness, swelling and dryness.

Do throw your contact lenses away if you have worn them beyond the time limited recommended by the contact manufacturer.

The Flu

Myths and Facts

Flu Shots
see page 8



Giving Thanks. Giving Hope. Giving Health.

As this year draws to an end and you take time to give thanks for your many blessings, consider serving as a blessing to children in need through St. Rose Dominican Hospitals' Positive Impact Program or Children's Miracle Network (CMN).

Positive Impact provides free medical, dental and vision care to children who are uninsured or underinsured. CMN is a non-profit organization united in helping St. Rose provide quality, compassionate medical care and comfort items to children. Every dollar raised by CMN in southern Nevada stays here to benefit St. Rose's pediatric patients and programs.

Address donations to:
St. Rose Dominican Health Foundation
3001 St. Rose Pkwy., Henderson, NV 89052

Myth: The flu is just a bad cold.

Fact: A cold and the flu are both respiratory illnesses, but are caused by different viruses. The flu tends to be worse than a cold and symptoms such as fever, body aches, tiredness and cough are more intense. Vaccines cannot prevent a cold, but flu vaccine can help prevent the flu.

Myth: The flu vaccine is only for people who are at high risk.

Fact: Anyone exposed to the flu virus can get the flu. High-risk groups – generally defined as the elderly, young children and people with chronic illnesses – are encouraged to get vaccinated, as are healthcare workers who are likely to come in routine contact with “high risk” groups.

Myth: If you were vaccinated last year, you don't need to get vaccinated this year.

Fact: Last year's vaccination probably won't protect you from influenza this year. A person's immunity after flu vaccination declines over time and flu viruses change. Thus, each year's flu vaccine is formulated to include current flu virus strains.

Myth: You can get the flu from the injected vaccine.

Fact: You cannot get the flu from a flu shot. The injectable vaccine is composed of an inactive virus, but minor side effects such as a low-grade fever can occur.

Myth: The flu does not cause serious health complications or death.

Fact: Flu and pneumonia together are the seventh leading cause of death in the U.S. Complications can include bacterial pneumonia, dehydration, and worsening of chronic conditions such as congestive heart failure or asthma. Children may experience sinus problems and ear infections.

Myth: There is no way for doctors to diagnose flu for sure.

Fact: A physician may diagnose the flu based on symptoms and a physical exam. Laboratory tests can also confirm a flu diagnosis.

Myth: Getting vaccinated after October or November is too late.

Fact: Flu activity often increases as early as October or November. But, in recent years, the flu season has not peaked until late December through early March.

Myth: Stomach flu is a certain type of flu.

Fact: “Stomach flu” is often used to describe illnesses with nausea, or diarrhea. However, other viruses, bacteria or parasites are more likely to cause these symptoms. The flu is a respiratory disease and not a stomach or intestinal disease, yet at times nausea, vomiting and diarrhea can occur with the flu—particularly in children. Visit flucliniclocator.org to find where vaccines are being offered.

iGracias Harrah's!

Karlos LaSane (right) holds an oversized \$110,600 check for St. Rose Harrah' Foundation is helping St. Rose Dominican Hospitals improve the health status of the Spanish-speaking members of our community by providing information and education that better enables Spanish-speaking individuals and families to get the healthcare they need.



Fall Calendar

INDEX



Health & Wellness



Exercise & Fitness



Nutrition



Screenings



Integrative Medicine



Health Conditions



Safety/Injury Prevention



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



Spanish Classes



Support Groups



HEALTH & WELLNESS

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well being through rhythmic experience. Bring a healthy dish and a drum (if you have one).
Fridays — Nov. 3, Dec. 1, Jan. 5; 6:30-8:30 p.m.
WCC

KNIT TO HEAL

Learn to knit prayer shawls for patients and loved ones.
Thursdays — Nov. 9, Dec. 14, Jan. 11; 10:30-Noon
WCC

MARRIAGE MATTERS WORKSHOP

Improve your marriage through a 5-week series of skills building, visualization and peer support. Limited to the first five women.
Tuesdays — Nov. 9, Dec. 14, Jan. 11, Feb. 8, March 8; 1:30-3 p.m.
WCC

FLU SHOTS

Monday, Nov. 13; 10:30 a.m.-3:30 p.m.
Friday, Nov. 17; 9 a.m.-Noon
WCC; Free for Medicare, \$20 for non-Medicare

YOUR MEDICARE CHOICES AND OPTIONS

Join State of Nevada Medicare Counseling Reps (S.H.I.P) for unbiased updates on Medicare for 2007 benefits and "Part D" drug card plans. Open enrollment for "Part D" PDP cards begins Nov 15. Open enrollment for the Advantage Plans begins Jan 1.
Wednesdays — Nov. 15 or Dec. 13; 9-11 a.m.
WCC

CONTINUING STEPS

Stay in step with your healthy lifestyle changes through goal setting and peer support.
Monday — Nov. 27; Jan. 22; 6-7 p.m.
WCC

HOME FOR THE HOLIDAYS

Join Laurel Helfen-Lardent, OTR to learn proper body mechanics and proper equipment use when caring for your home and garden, cooking or shopping for the holidays.
Thursday, Nov. 16; 12:30-1:30 p.m.
WCC

TEA & TALK BOOK CLUB

Thursdays — Nov. 16, Dec. 21, Jan. 18; 2:30-3:30 p.m.
WCC, Call 616-4900 for books

ANGELIC MEDITATION

A guided celestial journey of light.
Monday, Nov. 20; 6-7 p.m.
WCC; \$5

ANGEL CARD READINGS

Hear the messages from your Angels through angel card readings.
Tuesdays — Nov. 21, Dec. 19 or Jan. 23; 11 a.m.-4 p.m.
WCC; \$30 for 30 minutes

MENOPAUSE HOT TOPICS

Join a Nurse Practitioner for a monthly menopause support group and education session.
Tuesdays — Dec. 5 & Jan. 2; 6-7 p.m.
WCC

LOCATIONS WITH MAP

MAC - Siena Campus, MacDonald Room
MAT - Siena Campus, Maternal Room
WEST - San Martín Campus
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



Nov • Dec • Jan

Call to Register:
WCC 616-4900 FTF 568-9601



BLESSINGS

Join Sister Anne Arabome for holiday tea and reflection on your blessings.

Thursday, Dec. 14; 2:30-3:30 p.m.

WCC

FENG SHUI AND ROMANCE

Learn Feng Shui tips to spice up your personal space.

Friday, Jan. 12; 6:30-8 p.m.

WCC; \$35

NATURAL FACELIFT AND SKIN CARE

Practice facial exercises and pressure point massages to revitalize your skin. Discover natural kitchen remedies for home facials!

Wednesday, Jan. 24; 6-7 p.m.

WCC

LEARNING TO RELAX

Learn to relax using a different relaxation technique each month.

Thursdays — Nov. 30 & Dec. 14; Monday, Jan. 15; 6-7 p.m.

WCC

Thursday, Jan. 11; 6-7 p.m.

WEST

GIRL TALK

Mothers and daughters (10-14 yrs.) discuss female puberty.

Thursdays — Nov. 9 or Jan. 11; 6:30-7:30 p.m.

MAC

ADVANCED DIRECTIVES WORKSHOP

Join the St. Rose Spiritual Care Department to complete your Advanced Directive.

Wednesday, Jan. 10; 4-5 p.m.

WCC

READY, SET — VOTE!

Register to vote, get answers about upcoming elections or demo the new Edge voting machines with the City Of Henderson City Clerk's staff.

Tuesday, Jan. 16; 1:30-4:30 p.m.

WCC

CAREGIVER WORKSHOP

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

Saturday, Jan. 27; 10 a.m.-2 p.m.

MAC (lunch provided)



EXERCISE & FITNESS

FELDENKRAIS

Body awareness through movement.

Mondays; 9-10 a.m.

WCC; \$5

POWER VINYASA YOGA

Learn to balance body, breath and spirit.

Mondays; 3:30-4:45 p.m.

WCC; \$10 per session

HEALING YOGA

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

WCC; Free

WALK THIS WAY: WALKING CLUB

Call for meeting times location; Free

YOGA

Tuesdays & Thursdays; 10-11 a.m.

WCC; \$5 per session

NIA JOYFUL MOVEMENT

Fusion fitness dancing encompassing martial arts, healing arts and dance arts.

Tuesday & Thursdays; 3:30-4:30 p.m.

WCC; First class free! \$5 per session or 5 sessions for \$20

RELAXATION 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

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes flowing body movements.

Beginner II — Wednesdays; 1:30-2:30 p.m.

Beginner I — Wednesdays; 2:30-3:30 p.m.

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

Advanced — Fridays; 1:30-2:30 p.m.

WCC; Free

Fridays; 9-10 a.m.

WEST; Free

HOW TO CONSTRUCT YOUR PERSONAL RETIREMENT INVESTMENT POLICY

Nov. 29; 12-1:45pm

Reservations required

MAC; lunch provided by the St. Rose Dominican Health Foundation

HOW TO LOWER YOUR TAX BILL THIS YEAR

Dec. 14; 12-1:45pm

Reservations required

SGR; Lunch provided by the St. Rose Dominican Health Foundation.

VALUES-BASED ESTATE PLANNING: HOW TO INCORPORATE NON-FINANCIAL GOALS IN YOUR ESTATE PLAN

Jan. 18; 12-1:45pm

Reservations required

MAC; Lunch provided by the St. Rose Dominican Health Foundation.



NUTRITION

NUTRITION CONSULTATION

Call 616-4900 for appt. with a Registered Dietitian.

WCC; \$45 for 30 minutes

CARDIAC NUTRITION

Thursdays — Nov. 30 or Jan. 18; 10:30 a.m.-Noon

WCC

VEGGIE SOUP FOR THE SOUL

Learn to make your favorite without eggs and dairy.

Monday, Dec. 18; 6-7 p.m.

WCC

NAVIGATING NUTRITION

Learn to combine foods for optimum energy, weight loss and balancing blood sugar.

Tuesday, Jan. 16; 6-7:30 p.m.

WEST

NUTRITION 101: ULTRAMETABOLISM

Learn about Dr. Hymn's best selling book's 8-week way to lose weight by eating foods based on your own unique genetic needs.

Friday, Jan. 26; Noon-1:30 p.m.

WEST; \$5 (lunch included)

Fall Calendar



SCREENING

BONE DENSITY

Join Desert Radiology for a Dexascan.

Monday, Nov. 13; 11 a.m.-1 p.m. or

Wednesday, Jan. 31; 5:30-7 p.m.

WCC Call 616-4900 for appt.

METABOLIC SCREENING

Learn how many calories do you need for basic body functioning?

Tuesdays — Nov. 14, Dec. 12 or Jan. 23; 2-4 p.m.

Call 616-4900 for appt.

WCC; \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD.

Thursdays — Nov. 16, Dec. 14 or Jan. 1; 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. A 12-hour fast is required.

Thursdays — Dec. 7 or Jan. 18; 7-10 a.m.

Call 616-4900 for appt.

WCC

R.E.D. ROSE

Uninsured or underinsured? If you are age 49 or younger, you may qualify for a screening or diagnostic mammogram.

Call R.E.D. Rose at 616-7525.

For Spanish speaking call 616-4824.

FREE MAMMOGRAM

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



INTEGRATIVE MEDICINE

PREPARE FOR SURGERY, HEAL FASTER

Learn to speed recovery from surgery using mind-body techniques.

Tuesdays; 2-3:30 p.m.

WCC; Free

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

HYPNOSIS FOR IRRITABLE BOWEL SYNDROME

Monday, Nov. 13; 6:30-8 p.m.

MAC; \$25 (includes CD)

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursdays — Nov. 16, Dec. 21 or Jan. 18; 4:30-6 p.m.

WCC

HYPNOSIS FOR SMOKING CESSATION

Thursday, Nov. 16; 6:30-8 p.m.

WCC; \$25 (includes CD)

Tuesday, Jan. 23; 6:30-8 p.m.

MAC; \$25 (includes CD)

POWER TO HEAL THROUGH PRAYER

Dr. Christina Stimpson shares insights on prayer from a physician's perspective.

Friday, Nov. 17; 6-7 p.m.

WCC

REFLEXOLOGY FOOT MASSAGE

Schedule 30 minutes with Sarah Wagner.

Fridays — Dec. 15 or Jan. 19; 3-6:30 p.m.

Call 616-4900 for appt.

WCC; \$30 for 30 minutes

HYPNOSIS FOR WEIGHT MANAGEMENT: EMOTIONAL EATING

Saturday, Nov. 18; 1-2:30 p.m.

Thursday, Nov. 30; 6:30-8 p.m.

Saturday, Dec. 9; 1-2:30 p.m.

Saturday, Jan. 13; 1-2:30 p.m.

Tuesday, Jan. 30; 6:30-8 p.m.

MAC; \$25 (includes CD)

MIGUN THERMAL MASSAGE

Receive a free 20-minute MIGUN massage.

Thursdays — Nov. 30, Dec. 21 or Jan. 25; 10 a.m.-5 p.m.

Call 616-4900 for appt.

WCC

HYPNOSIS FOR INSOMNIA

Tuesday, Dec. 12; 6:30-8 p.m.

MAC; \$25 (includes CD)

HERBOLGY I

Learn how to buy and use common herbs for medicinal purposes, teas, and first aid.

Saturday Jan. 6; 2-4 p.m.

WCC; \$25

HERBOLGY II

Learn the vitamin/mineral content of herbs, herb dosages, herb growing, and tea making. Take home starter items for an herbal pantry.

Saturday, Jan. 13; 2-4 p.m.

WCC; \$25

HERBOLGY III

Create teas, capsules, tinctures, syrups, compresses, oils, and salves. Materials provided.

Saturday, Jan. 20; 2-4 p.m.

WCC; \$30

HERBS FOR DETOX AND WEIGHT LOSS

Learn how to cleanse your body with herbs.

Saturday, Dec. 2; 2-4 p.m.

WCC; \$25

HYPNOSIS 101

How powerful is your mind? Learn how hypnosis works, and the many ways it can be used.

Wednesday, Jan. 24; 6-7 p.m.

SAN

PRIVATE HYPNOSIS SESSION

Call 616-4905 for appt. \$75

Nov • Dec • Jan

Call to Register:
WCC 616-4900 FTF 568-9601



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.

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.

Saturdays — Nov. 11, Dec. 9, or Jan. 13; Noon-2 p.m.

MAC

ALZHEIMER'S AND DEMENTIA

Join Mary Shapiro, MSG, for a practical and legal guide for Nevada caregivers.

Tuesday, Nov. 28; 3-4:30 p.m.

WCC

BEAT HEART FAILURE TO THE PUNCH

Congestive heart failure is a condition in which the heart is not pumping enough to meet the body's demand for oxygen. Come learn the ins and outs of CHF, how to minimize your symptoms, and when to notify your doctor. Presented by the nurses of Cardiac Rehabilitation.

Thursday, Dec. 7; 4:30-5:30 p.m.

WCC

LOWER YOUR CHOLESTEROL WITH TLC

Learn how therapeutic lifestyle changes (diet, exercise, relaxation, and supplements) can help manage cholesterol.

Thursday, Jan. 25; Noon-3 p.m.

WEST (lunch provided)

PELVIC FLOOR RECONSTRUCTION

Join Dr. Richard Wasserman for an update on urinary incontinence treatments for women.

Monday, Jan. 29; 6-7:30 p.m.

WCC

STRIKING OUT AGAINST STROKE

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

Monday, Jan. 29; 2-3 p.m.

WCC

DASH AWAY FROM HYPERTENSION

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

Tuesday, Jan. 30; 6-8 p.m.

WCC

BASIC DIABETES SELF MANAGEMENT

Join Dottie Stade, R.N., Certified Diabetes Educator for this two-session class.

Wednesday and Thursday, Nov. 29 & 30

or Jan. 10 & 11; 1:30-3:30 P.M.

WCC

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, mini-gastric bypass with Dr. Rutledge.

Tuesdays — Nov. 28, Dec. 19, or Jan. 16; 6-7:30 p.m.

MAC



SAFETY & INJURY PREVENTION

AMERICAN HEARTSAVER CPR/AED

Learn the American Heart Assoc. adult, child, infant CPR, AED, and choking. two-year certification that meets jobs requirements, except health care providers.

Wednesday, Nov. 29; 5-9 p.m.

Friday, Dec. 8; 12:30-4:30 p.m.

Saturday, Jan. 6; 8 a.m.-Noon

WCC; \$30 (includes AHA cert. card)

Saturday, Jan. 20; 9 a.m.-1 p.m.

WEST; \$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 two-year certification. Call 616-4904 for group on-site training fees and scheduling

SEXUAL ASSAULT PREVENTION

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

Saturday, Dec. 2; 10 a.m.-2 p.m.

MAC

AARP DRIVER SAFETY PROGRAM

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

Monday, Dec. 11; 8 a.m.-5 p.m.

WCC; \$10 (bring your lunch)

SAFE SITTER

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

Monday, Jan. 15; 9 a.m.-4:30 p.m.

WCC; \$30 (includes lunch)



BREASTFEEDING

NEW MOMMY MIXER

Fridays; 11 a.m.-Noon

WCC

Wednesdays; 1-2 p.m.

WEST: Labor & Delivery Classroom

FEEDING FRENZY

Breastfeeding Support Chat

Tuesdays; 11 a.m.-Noon

FTF

LA LECHE LEAGUE

4th Thursday; 10 a.m.

FTF

BREASTFEEDING HELPLINE 616-4908

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

ASSISTANCE FOR THE BREASTFEEDING MOTHER

Meet with a Board Certified Lactation Consultant or Certified Lactation Counselor before or after you deliver

WCC; \$50

BABY WEIGH STATIONS

No appointment necessary — Free weight checks

WCC & FTF

Fall Calendar

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Choose from nursing bras by Medela, Bravado and Fancee Free. Bras are fitted for comfort. Extended sizes 36F-46H available.
WCC

BREASTPUMP RENTAL & SALES

Buy or rent? We rent the Medela Lactina and Symphony and carry a full line of Medela Breastpumps for purchase.



PREGNANCY & CHILDBIRTH

PRENATAL YOGA

Join Cindy Lydon, Certified Whole Birth Prenatal Yoga instructor, to learn to bond with their babies and trust in the birthing process. Call 616-4901 to register
WCC & WEST; \$40 (four-class package)

NATURAL BIRTH OPTIONS

Learn from certified nurse-midwife, April Kermani, how to ease and progress your labor naturally with birth balls, movement and alternative positions for pushing.
Wednesday, Dec. 6, 6-7:30 p.m.
WCC

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

Learn to manage gestational diabetes and plan meals based on metabolic needs and food preferences.
Call 616-4902 for appt.
SIENA; \$40 per session

NATURAL FAMILY PLANNING

Looking for natural ways to achieve or avoid pregnancy? Learn from Certified Fertility Care Specialist Mickey Bachman, R.N.
Tuesday, Jan. 23, 7-9 p.m.
RAN

PREGNANCY MASSAGE FOR LABOR

Promote well-being and relaxation and relieve the discomforts of pregnancy and labor.
Saturday, Jan. 27; 10-11:30 a.m.
WCC; \$30

CESAREAN BIRTH CLASS

Learn pre-operative preparation, what to expect in the operating room, and post-operative care.
Tuesday, Jan. 30; 6-9 p.m.
Home Health; \$45



INFANTS, CHILDREN & PARENTING

CAR SEAT SAFETY CHECKS

Thursdays; 9-11 a.m.
Call 568-9601 or 616-4901 for appt.
FTF & WCC; \$10 per family

STROLLER FIT

StrollerFit® will guide you through a safe, 50-minute workout to burn fat, build strength endurance and 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. Eight-week class.
Fridays — October 13-Dec 8; 9:30-10:45 a.m. or 11 a.m.-12:15 p.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.

WE 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.
Wednesdays — Jan. 10, 17, 24, & 31; 10:30-11:30 a.m.

WCC \$99 (includes Sign With Your Baby kit)
Saturdays — Jan. 6, 13, 20, & 27; 10-11 a.m.
WEST

THE HAPPIEST BABY ON THE BLOCK

Crying baby, sleepless nights, marital stress? Learn to calm your baby with step-by-step techniques.

Saturday, Jan. 13, 10 a.m.-Noon
WCC; \$50 class fee (\$15 includes the Happiest Baby on the Block DVD and soothing sounds CD, optional).
Call 324-8116 for an individual consultation; \$60

NUTURING TOUCH: MOMMY BABY MASSAGE

Let Jessamyn Kear, CEIM, teach you how to soothe your baby through gentle massage. Bring baby, and a blanket. For babies 0-6 months, support people welcome.

Mondays — Jan. 8, 15, 22, 11 a.m.-12:30 p.m.
WCC; \$40 per family (includes 2 oz. grapeseed oil & handouts)

SINGLE PARENT RESOURCE CONSULTS

Get a single parent survival kit, discuss child care and important child and parenting resources. For parents with children birth-age 3.
Call 568-9601 for appt.

SURVIVING THE HOLIDAYS WITH YOUR TODDLER

Learn to stay sane and see the holidays through child's eyes.
Friday, Nov. 3; 2-3 p.m.
FTF

HOLIDAY COOKIE PLATES AND COCO MUGS

Make keepsake ceramic plates and mugs with your child's special touch.
Friday, Nov. 10; 10-11 a.m. and 2-3 p.m.
FTF; Pieces start at \$5

LEARN TO TRAVEL WITH YOUR BABY

Tackle the holiday travel with your little one.
Tuesday, Nov. 7; 10-11 a.m.
FTF

TODDLER HARVEST POTLUCK

Bring your toddler and fall snacks for a potluck.
Monday, Nov. 13; 11:30 a.m.-12:30 p.m.
FTF

Nov • Dec • Jan

Call to Register:
WCC 616-4900 FTF 568-9601

BABY-PROOFING FOR THE HOLIDAYS

Learn to keep your baby safe through the holidays.

Tuesday, Dec. 5; 10-11 a.m.

FTF

CHOOSING TOYS — THE RIGHT TOY FOR EVERY BABY

Learn about toy safety and how to find the right toy.

Wednesday, Dec. 13; 2-3 p.m.

FTF

COOKIES WITH SANTA

Decorate gingerbread men, get pictures with Santa and holiday safety information.

Thursday, Dec. 14; 5-7 p.m.

RDL (Cafeteria); \$5 per family

TEETHING TROUBLES

Help little ones cope with emerging teeth and learn to care for their pearly whites.

Tuesday, Jan. 9; 10-11 a.m.

BEDTIME ROUTINES FOR THE BUSY TODDLER

Learn routines that ease your child in to bed at night.

Wednesday, Jan. 17; 2-3 p.m.

NURTURING PARENTING PROGRAM FOR TEEN PARENTS AND THEIR FAMILIES

Teen parents earn a certificate for attending each 4-week class, plus receive baby supplies! Learn to enjoy parenthood and balance life. Topics include: understanding child development, infant massage, and how to build nurturing routines. Call 568-9601 for class schedule and locations.



SPANISH CLASSES

Programas en Español
Llame al 616-4907

¿Necesita a un Médico? Llame al 616-4999.

APRENDA A CONVERSAR EN INGLÉS

Grupos pequeños de menos de 10 personas.
Maestros americanos con mucha paciencia.

Martes y Jueves, 14 de Noviembre – 23 de Enero; 5:30 - 6 pm

FTF; \$30

DIABETES

Lo último acerca de la diabetes con la Dra. Claudia Vogel.

Lunes, 4 de Diciembre, 6-7 pm

Lunes, 15 de Enero, 6-7 pm

WCC; Gratis

ASIENTOS DE SEGURIDAD INFANTIL

La ley específica que usted tiene que colocar un bebé o a un niño en el automóvil en un asiento para niños hasta la edad de 6 años y 60 libras (27 kilos).

Jueves, 9 - 11 a.m.

FTF y WCC; \$10

COMENZANDO BIEN

Aprenda lo que usted puede hacer para tener un embarazo sano.

Lunes, 20 de Noviembre, 2-4 pm

Lunes, 9 de Enero, 6-8 pm

FTF: Gratis



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,

1st & 3rd Wednesdays, 10:30 a.m. RRR;

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

Breast Cancer Support,

2nd & 4th Mondays, 6 p.m. WCC

(Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)

Daughters Without Mothers,

1st Thursday, 10 a.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. MAC

Healing Power of Prayer,

2nd Friday, 6 p.m. (beginning Jan. 12) WCC

Multiple Sclerosis Support Group,

3rd Wednesday, 7 p.m. WCC

Narcotics Anonymous,

Wednesday, 5:30 p.m. MAC

Pregnancy Loss Support Group,

4th Tuesday, 7 p.m. WCC

RESOLVE Infertility Support,

2nd Monday, 6 p.m. SGR

Surviving Suicide,

Bereavement support group for adults,

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

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

Sibling Class; \$20/family

Bellies and Buddies

(Pregnant Mom Club) Free — 2nd Tuesday; 6 p.m.

Pregnancy Smoking Cessation

Call the Nevada Tobacco Users' Helpline 877-0684

Siena Campus Maternity Tour

3rd Saturday Afternoon or Monday Evening

(Call 616-4901 for reservations)

Rose de Lima Campus Maternity Tour & Tea,

3rd Saturday Morning (Call 616-4901 for reservations)

San Martin Campus Maternity Tour,

3rd Saturday (Call 616-4901 for reservations)

Beauty.

Let your smile express it!



Actual Client



Before



After

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

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Member of the American Dental Association,
Nevada Dental Association & Southern Nevada 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.



Faculty member
at the UCLA Center
for Esthetic Dentistry



Sustaining Member
AMERICAN ACADEMY
OF COSMETIC DENTISTRY.



Real Men Get Prostate Exams

If you were to compile a list of things men would rather not do, prostate exams would probably top it. The prostate is a walnut-sized gland located between the bladder and the penis and in front of the rectum. Many men are embarrassed to have their prostate gland examined, but the benefits outweigh the risks considering that prostate cancer kills more men who don't smoke than any other cancer.

The exam includes two parts:

1. A blood test that measures levels of Prostate Specific Antigen (PSA)
2. A physical exam of the prostate, the Digital Rectal Exam (DRE)

When Should My Husband, Father or Son Get an Exam?

- Annual screening should start at 50
- Men with one risk factor should start annual screenings at 45
- Men with more than one risk factor should start annual screening at 40

The greatest risk factor for prostate cancer is age. (risk increases significantly after age 50). Heredity also poses a risk. (Men with a father or brother with prostate cancer are twice as likely to get the disease). Race is also a factor. Prostate cancer occurs about 60 percent more often in African-American men than in Caucasian men.

A general practice physician or urologist may perform a prostate exam. For help finding a doctor, call our Physician Referral Line at 616-4508.

Manage YOUR MEALS

Healthy Eating For Every Season

Enjoy what you eat without overdoing it by following the USDA Food Guide recommendations below and learning to measure your meals no matter what the season.

Meat & Protein

You should have two to three servings a day of lean meats or other proteins such as cooked dry beans, eggs, nuts or two tablespoons of peanut butter. When choosing meats and poultry, prepare chicken or turkey by removing skin and meats by trimming away visible fat. Broiling, baking, roasting or grilling meats is recommended over frying, which adds fat to the food.

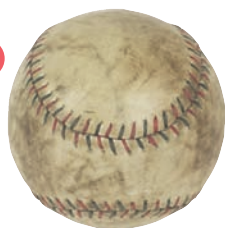
A serving: Two to three ounces of lean meat, poultry or fish, which is about the size of a deck of cards.



Fruit

You should have two to three servings a day. Red grapes, bananas and citrus fruits such as oranges and grapefruit are full of essential nutrients such as Vitamin C, Vitamin A, potassium and folate. Try to eat whole fruits because they contain fiber without the sweeteners added to many juices (which makes them a great choice for diabetics too).

A serving: One medium-size piece of fruit, which is about as big as a baseball.



Vegetables

You should have three to five servings of vegetables per day. Broccoli, carrots or cut up red and yellow peppers are a salt-, fat- and guilt-free option that can satisfy cravings for crunchy foods, are excellent for dipping in salsa, and are packed with a punch of essential nutrients.

A serving: A ½ cup of chopped or cooked vegetables, which is about as big as a light bulb.



Milk & Dairy

You should have two to three servings per day, such as one cup of lowfat milk, yogurt or cottage cheese or 1½ ounces of cheese.

A serving: Three pieces of cheese, each one about the size of a domino.



Breads & Grains

You should have six to eleven servings a day one slice of bread, ½ hamburger bun, ½ cup of rice, one large tortilla or two small ones.

A serving: is about as big as a bar of soap.



Note: Limit yourself to one serving of sweets (just two or three bites) a day and limit the use of solid fats such as butter and lard when preparing foods.

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



IT'S NOT OK.

Violence against women in any form is a crime, whether the abuser is a family member, someone you date, a current or past spouse, boyfriend, or girlfriend, an acquaintance or a stranger. You are not at fault. You did not cause the abuse to occur...

Violence against women is a crime, even if the abuser is a family member, past spouse, someone you date or a friend. "Often, victims won't seek help because they don't believe they can survive without their abusers financial support. They may also be emotionally drained, suffer very low self-esteem and feel incapable of making decisions for themselves," says Julie Proctor, Executive Director of S.A.F.E.House. "Victims must understand that they are not at fault for the violent behavior of someone else, and, that there are people who want to and can help."

If you are a victim of violence:

- Leave or call the police if you, your children or a family member living with you is in danger
- Get immediate medical attention if you have been hurt and take pictures of the cuts and bruises
- Seek help from a family member, friend, colleague, health care provider or church
- Make plans for what you'll do if you are threatened or attacked again, including:
 - An escape plan (try to avoid the kitchen or places where weapons are stored)
 - Keep a bag (identification, important papers such as child custody papers

and bank statements, important contact numbers, extra keys to your house and car, money and a day or two supply of prescription medicines you or your children require daily) in a safe place you can get to such as a family member's house.

Is It Abuse? Abuse is defined as one person purposely causing harm to another. Such harm can be physical, sexual, psychological or emotional. A psychological or emotional abuser may continually humiliate someone, control their lives by limiting their access to things such as friends and family, food or the like.

Aging and Abuse. Older women who have suffered years of abuse, may be less likely to tell anyone about it and may need more help. Often health problems or a fear of being alone keep them dependent on their abusive partner.

Protect Your Pet. Animal abuse is common in the homes of battered women. If you leave an abusive home, take your pet if you can. Shelters such as Shade Tree Shelter offer safe haven programs for pets.

Abuse Against Men. Violence, both physical and sexual, happens to men too, but they

are often too afraid and embarrassed to admit it and may not leave an abuser — whether a father, wife or partner — for the same reasons women stay with their abusers. If you know a battered male, encourage him to seek help.

Crisis?

These agencies provide counseling, support and housing assistance for battered women. They can also provide more detailed "escape" planning tools.

S.A.F.E. House

921 American Pacific, Suite 300
(702) 564-3227, Hotline/Shelter
(702) 451-4203, Office/Counseling

Shade Tree Shelter

1 West Owens at Main Street
North Las Vegas
(702) 385-0072

Safe Nest for Women

(702) 646-4981





One in 166 children in the U.S. are diagnosed with an autism spectrum disorder today, as compared to one in 10,000 in the 1980s.

Know what red flags you should recognize in your child's behavior.

Geri Martin hopes her little boy, Kaden, will soon begin to talk in full sentences. As he grows up, she prays he will make a few great friends and cultivate the skills to get a job by the time he reaches adulthood.

Her wishes may sound a bit simple, particularly in a society that encourages children to reach for the stars. But Kaden, who has just turned three, is behind other kids his age in language and speech. He rocks back and forth for long periods of time, and often gets upset and acts out when other kids get too close to him.

Kaden's pediatrician and a few school district specialists have observed his behavior. They share Geri's concern that her son might have an Autism Spectrum Disorder (ASD), a neuro-developmental disorder affecting the brain. Children with

an ASD develop differently from other children and have communication, social and behavioral difficulties, which are typically present before three years of age.

Coming to the realization that Kaden might have autism has been heart wrenching for Geri and her husband, Steve. Yet, the difficulty they've encountered in trying to get a formal assessment and diagnosis in Southern Nevada has been almost harder to accept.

"Local not-for-profit organizations, the state and school district are very willing to assist Kaden learn, but they don't provide a diagnosis. There are only a handful of places to go here locally for a formal assessment and diagnosis," says Geri. "I was told that the only clinic willing to see Kaden has a two-year waiting list for an initial appointment.

By then, Kaden would be five."

Geri's sense of frustration is obvious and understandable because there is no known cure for autism. What is known is that early diagnosis and intervention through highly-structured educational programs that aim to help autistic children learn to speak, interact with others and control their behavior is their best hope. There are a few medications, but they are not a cure, they simply help manage some of the symptoms, e.g. depression or compulsive behaviors.

So, what is going on? Why is it so hard to get an assessment and diagnosis? Has this disorder become an epidemic? To get a grasp on the situation, consider that in the late 1980 is only about one in 10,000 children were diagnosed as autistic. For most Americans, watching Dustin Hoffman in the

RISING rates of autism

movie “Rainman” might have been their only experience with autism.

Today, the Centers for Disease Control (CDC) report that as many as 1 in 166 children have a disorder that falls somewhere on the autism spectrum. Doctors’ offices, clinics and educational institutions are flooded with kids in need of assessment, especially here in the fastest growing area of the U.S. Parents of young children like Kaden panic wondering whether the window of opportunity to help their child reach important developmental milestones will close before they receive a definitive diagnosis.

Dr. Dennis and Dr. Elizabeth Moore, who have founded the new Moore Institute for Autism in honor of their son (see Taking Action), try to put the “autism” issue in perspective with these basic thoughts:

First the number of children classified as

having an ASD is on the rise. While the exact cause is unknown, experts believe that the rate of incidence is increasing based on a complex combination of genetic susceptibility, medical conditions and environmental factors. Second the drastic increase is also due to a change in how certain developmental disorders are now classified.

In past decades a child who couldn’t talk by three might have been termed “speech delayed,” a student who could not keep up and function normally in school might have been diagnosed as having a “learning disability,” and the son or daughter with severe disabilities including an I.Q. below 70 to 75, might have been diagnosed as “mentally retarded.” On the other end of the spectrum, a child who was unusually bright but lacked social skills and preferred to be on his own might have been labeled as a “loner” or a “square peg” by his classmates.

Based on newer classifications, all of these children might fall somewhere on the autism spectrum. It is called a spectrum disorder because the symptoms and the severity of the disorder vary widely from mild to moderate or severe. About 30 percent of autistic children will never talk. Some will talk about something they like at length, yet have difficulty listening to others. And intellectual functioning will widely vary based upon I.Q. testing (varied from low I.Q. of 30 to 40 in non-verbal children to over 120 for high-functioning children).

Geri, although scared and frustrated, chooses to remain optimistic for a number of reasons. First, Kaden cheerfully recites his numbers and colors. Second, doctors and educators who have unofficially observed Kaden say they believe he will be classified as “high functioning.” And lastly, she finds the Moore’s effort to address autism locally as a huge step forward for families in need.

MEASURING milestones

Height, weight and head circumference are the common ways to measure your child’s growth. But, it is not enough. From birth to five years, you and your health care providers must monitor whether or not your child reaches significant milestones in how he plays, learns, speaks and acts.

Such milestones include: the ability to react to sounds, colors and movements, express joy, and coo or babble within their first year; the ability to use hand gestures, e.g. wave goodbye and speak three or more words by 18 months; the ability to engage in simple pretend play, use at least 10 words and two-word phrases by around 24 months; the ability to use short sentences and show interest in playing with other children by age 3.

Comprehensive lists of language, social and behavioral milestones your child should reach are available at firstsigns.org or cdc.gov/actearly.

Dr. Elizabeth Moore emphasizes that as

a mother, you know your child best. “It is normal to wonder whether your child is as smart as the kid who can recite his ABCs by two, that is not an indicator that your child has a developmental problem,” she says. “As a parent if you sense that something is missing, you see that your child isn’t meeting milestones or is losing skills he or she previously had, then trust yourself and your concerns and have your child evaluated.

“You need to think about this as a red flag situation. If your child exhibits a number of red flags, there is cause for concern and you need to take action,” says Dr. Elizabeth Moore.

Dr. Dennis Moore says, “Many children will exhibit a repetitive or compulsive behavior such as lining up their toys or arranging their food just so. And, we adults will do things like continually tapping a pen on the table much to our co-workers’ chagrin. It’s not really that isolated behavior you are looking for, but a fistful of red flags.”



See “Red Flags” on page 21



First In Sight

OPHTHALMOLOGY & REFRACTIVE CENTER

Serving Southern Nevada for 19 years, the physicians and staff of Nevada Eye & Ear are dedicated to providing you with the highest quality of personalized care with a true balance of integrity and professional expertise in all areas of Ophthalmology and truly strives to be a Center of Excellence.

- Adult & Pediatric Eye Exams
- Advanced Cataract Surgery with Traditional or ReZoom™ Lens
- LASIK & PRK Refractive Surgery & ICL Implantable Contact Lens
- Medical & Laser Treatment for Glaucoma, Diabetic Retinopathy & Macular Degeneration
- Dry Eye Therapy

CALL FOR AN APPOINTMENT
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Nevada Eye & Ear

P R A C T I C E O F E X C E L L E N C E

2589 Windmill Parkway | Windmill at Pecos
 9100 West Post Road | I-215 between Sunset & Russell
 860 Seven Hills Drive | South of St. Rose at Horizon
www.NevadaEyeAndEar.com



Dental Sealants Prevent Decay

You haven't had a cavity since you were 11. Yet your dentist recently recommended dental sealants to protect your teeth from cavities. Dr. Patrick Simone, D.D.S., says don't be offended, your dentist is simply defending your teeth from decay, which can happen at any age.

"Brushing and flossing help clean the smooth surfaces of teeth, but bristles often miss food and plaque lodged in the back teeth. Applying a plastic sealant to the depressions and grooves of the chewing surfaces of the molars is a simple solution for 'sealing out' the plaque and acids that lead to tooth decay," says Dr. Simone.

Applying sealants is as simple as cleaning the teeth, roughening the surfaces with a solution that helps the sealant adhere to the tooth and painting the sealant onto the tooth enamel, where it bonds to the tooth and hardens.

Sealants typically last several years, and as long as they remain intact, the surface of your tooth will be protected from decay. "Sealants can be especially helpful for people with chronic conditions such as diabetes, which if not properly controlled, can easily lead to tooth decay," says Dr. Simone.



Red Flags: Recognizing Developmental Issues

- ▶ Does not speak or regresses in speech ability (strongest predictor of developmental issues)
- ▶ Avoids or exhibits a lack of appropriate eye contact
- ▶ Engages in repetitive behaviors such as rocking, spinning, flapping arms, obsessively lining up objects or compulsively harming himself or herself, e.g. through biting
- ▶ Exhibits abnormal sleep or eating patterns
- ▶ Does not engage in imaginary play
- ▶ Does not interact with other children or family members

Dr. Dennis Moore says any child may exhibit a "quirky" behavior. It's not an isolated behavior you're looking for, but rather a fistful of red flags.

Dr. Dennis and Dr. Elizabeth Moore feel for the parents of autistic children. They have felt the hurt of autism first hand. The Moore's own son, Dennis III, is severely autistic. Their search for answers, support and services led them to act. They recently founded the Moore Institute for Autism (MIA).

MIA is not just the institute's initials, but also the well-known acronym for "missing in action." That is just how many families touched by autism describe their affected son or daughter. A child with autism may be physically present in the family and dominate much of their time, attention and finances, but have a blank or far off look that seems to say, "I don't see you mom or dad." They may be unable to interact in a way that communicates or demonstrates their needs, their wants or their affection for the very family members who love them most.

The Moore's MIA is a three-phased project. The initial phase is a new clinic focused on the assessment, diagnosis and early intervention of autism. The Moore's are also working on their five-year goals, which include a multidisciplinary school for children with all levels of autism and a residential facility with the guidance from local specialists, physicians and university and community leaders.

The assessment, diagnosis and intervention services take place in a series of clinic visits. An initial unstructured visit allows the child to roam, play and get familiar with the clinic. The second visit involves a pediatric evaluation, as well as observation and behavioral analysis conducted by a multidisciplinary team of specialists that may include doctors, therapists and/or educators. I.Q. tests and laboratory tests such as scans of the brain (e.g. MRI or CT scans) may be recommended.

A review of all the findings are compiled into a report and an action plan recommended. The action plan may call for speech, physical or occupational therapy aimed at helping the child develop language, social and behavioral skills. Such services are provided through the clinic or may be available to the child through the school district or other organizations.

MIA is a not-for-profit and currently fee-for-service organization. Some health insurance plans may provide reimbursement. The MIA goal is to seek grants and donations to lessen the financial burden of parents. The clinic is located at 108 E. Lake Mead Parkway in the St. Rose Professional Building on St. Rose's Rose de Lima Campus. For more information, call 558-3298.



The Moore's son, Dennis III, is severely autistic, while their daughter, Katie (shown in family picture), is not. Boys are three to four times more likely to be diagnosed with an ASD than girls.



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1

Learn from the innocent. Live for the moment. As adults, we spend a lot of time worrying about the future. Animals and very young children live in the present.

2

Understand that anxiety is not reality. It's your mind's worst-case scenario. When we're anxious, we imagine a future and behave as if it is here. Becoming aware of our thoughts as "script," not reality, can help put some distance between you and your fears.

3

Develop a storybook ending. Once you understand that anxiety is the result of your imagination working overtime, use your mind's creativity to think up happy endings.

4

Add more texture to your life. Children find comfort in plush teddy bears and "blankies." You can too. Wear soft clothes, put flannel sheets on your bed, sleep with a corner of a blanket in your hand.

Seven Steps to *Serenity*

5

Take your pulse. Put your hand on your neck and feel your heart beat. Focus in a meditative manner and tell yourself, "This is my heart beating." Then put your hand on your belly and feel the rise and fall of your diaphragm, and say, "This is my body breathing." Use these calming touchstones anywhere — in meetings on a plane or before a medical treatment.

6

Nurture other living things. Forge connections with living things has proven health benefits. Attend to something that is alive and growing: children in need, a pet or your garden.

7

Trouble sleeping? Displace your inner dialogue by listening to someone else talk. Storytellers on tape provide another voice, telling a story that's organized and compelling. Try Garrison Keillor, Robert Fulghum or Tom Bodett. Their soothing voices offer mellow messages with uplifting humor.

These anxiety and stress busting ideas are provided in partnership with Canyon Ranch Spa Club. Want another stress reducing idea. Take our on-line WomensCare Survey. Go to strosehospitals.org and click on WomensCare under the Quick Find menu. We'll enter you into a drawing to win two spa treatments at Canyon Ranch Spa Club in the Venetian.

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