

WomensCare

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WINTER 2007



**WOMEN:
Lifblood of Our
Community**

**See Maya,
Hear Maya**

**Unmasking
Medical Conditions**

A Heart Reality

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence

St. Rose Dominican Hospitals





First In Sight

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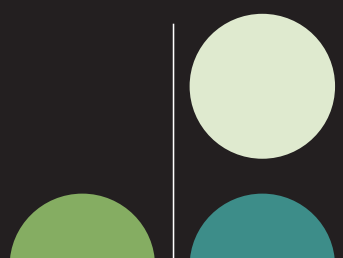


P R A C T I C E O F E X C E L L E N C E



2598 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



coverstory

MARDI GRAS GLADNESS

You would never know that Lyndy Marnell is not a professional model. She smiled effortlessly for the cameras during her photo shoot for *WomensCare Magazine*. Maybe that is because she can draw on her treasured memories of giving birth to her two youngest children at St. Rose Dominican Hospitals. She counts their births among the very happiest moments in her life. Lyndy's family, Marnell Carrao & Associates, are among sponsors of St. Rose Dominican Hospitals' 50th Annual Mardi Gras Ball.

Lyndy's dress was provided by All About You Bridal on Eastern at Pebble just off the I-215. Her gorgeous, golden Mikimoto pearls and eight-carat diamond ring are from M.J. Christensen Diamond Centers (also a sponsor of the Mardi Gras Ball).



**St. Rose's 50th Annual
Mardi Gras Ball
Saturday, February 17,
Bellagio, 616-5750**

Info: www.mardigrasball.org

letter

FROM THE PRESIDENT



Dear readers,

This year is an important and exciting year for St. Rose Dominican Hospitals. During February we celebrate our 50th Annual Mardi Gras Ball, a fundraising gala that benefits the hospital and its many community outreach programs. (Later this year, we also celebrate the 60th anniversary of our hospitals!)

As I reflect on Mardi Gras, I am constantly reminded that the beauty of our gala goes beyond glitz and glamour. Its true beauty lies in the gift of friendship. You see, fifty years ago, many area residents couldn't pay for medical care. Yet, the Adrian Dominican Sisters and the hospital staff compassionately cared for them. As a result, the Sisters routinely struggled to pay the costs of operating the hospital.

So, in 1957, friends of St. Rose came to the Sisters' aid by founding the Mardi Gras Ball, which has become Southern Nevada's longest-running fundraising event. The Sisters were deeply touched by the generosity of the community. I speak on behalf of them and everyone at St. Rose in saying we are grateful to be an enduring partner in this community, to provide you quality, compassionate care, and to serve as the beneficiary of the benevolent gifts we receive to help support our not-for-profit, non-tax supported ministry.

Blessings of good health to you and your loved ones.

Rod A. Davis
President/CEO, Nevada Market Area and
St. Rose Dominican Hospitals - Siena Campus

WOMENSCARE CENTER

Director: Holly Lyman, CLC
Staff: Marie Bevins, RN, IBCLC; Jennifer Findlay, CLC; Amy Godsoe; Trianna Hunter, RN, CLC; Alma Lopez, Tawanda McIntosh; Kim Riddle, CLC; Michelle Rodriguez, CLC; Linda Roth, CLC; Avery Short, CLC

WOMENSCARE MAGAZINE

Editor/Writer: Shauna Walch
Staff: Mandy Abrams, Tammy Kline, Andy North
Designer: Brad Samuels

Vice President of Communications for St. Rose Dominican Hospitals
Michael Tymczyn

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



Be the *Lifeblood* of Our Community



A woman is critically injured when her car is hit head on. Another begins to bleed severely during the birth of her baby. Yet another needs a blood transfusion during a complicated open-heart surgery. Their lives are saved due to the selfless act of someone they will likely never know – a blood donor. All told, more than 4.5 million American lives are saved each year with blood transfusions, and an estimated 38,000 units of blood are donated each day in our country. Yet, even so, that is barely enough to keep our health care system afloat.

According to Amy Hutch, United Blood Services Director of Donor Recruitment, it wouldn't take much to improve the situation. Just a three percent increase in the number of people who donate – about 40 people in every state per day – would be enough to buoy our nation's blood supply. As simple as it sounds, three major reasons have led to a shrinking donor pool and blood supplies. They include:

1 Aging America – The World War II generation has always comprised the majority of blood donors. They are getting older and fewer, and younger generations are not donating at the same level as their parents and grandparents.

2 Increasing Need – With more complex surgeries and more advanced and aggressive cancer treatments, adults and children are treated and living through diseases that used to kill them. As such, the U.S. uses about five percent more blood every year.

3 Donor Rejection (deferral) – Beginning with the AIDS epidemic in the early 1980s, the country has instituted more sophisticated and sensitive tests to ensure a safe blood supply. As a result many people are not eligible to give blood.

Women can give blood. “As family caregivers, women who give blood give others they care for

What Can We Do?

the message that donating blood is safe, painless

and a selfless, kind act that will help someone else in critical need,” says Amy. “We would not stop to think twice about helping an older woman who fell in a crosswalk. We would address her immediate need. We need to think of giving blood in this same way. There is someone in immediate need that we can help, that we can save right now,” she says.

There is another reason women should give blood. “We receive about 53 percent of all blood transfusions, yet men continue to outpace women in donating blood,” she says.

One of the reasons for the gender difference may be because women are likely to have lower blood iron levels than men. So, about eight out of every 100 people who show up to donate blood – nearly all of them women – wind up being turned away or temporarily deferred. However, women can donate blood even while on their period if their blood iron levels meet the U.S. Food and Drug Administration (FDA) requirement that all donors have a blood hemoglobin level of 12.5 g/dl. “Most women can increase their red blood cell levels through diet or supplements,” says Amy.

WomensCare Magazine asked Amy Hutch some of the questions you might ask about giving blood.

What Does It Take?

WC: What should a woman expect in giving blood?

Amy: Giving blood takes four easy steps. First,

we take a medical history. We then perform a quick physical. The third step is the blood draw, which only takes about 15-20 minutes. The last step is enjoying refreshments and a snack to ensure the donor's energy levels are up. The entire process typically takes about one hour.

WC: What times of year should people give?

Amy: We need blood each and every day in Las Vegas. We have to import blood from other communities to meet the demand for blood supplies locally.

WC: Have you worked with women's groups on blood drives?

Amy: We have worked with church groups, sororities and even Girl Scout troops. We invite and encourage more women to help spearhead blood drives.

WC: What type of commitment do you have to make to hold a blood drive?

Amy: We have blood drives that provide 15 donations, while others provide more than 600. In order for a group to sponsor a blood drive, we ask three things: 1) That they organize a minimum of 15-20 women or men willing to try and donate blood, 2) They provide a room of at least 600 square feet, or a location to park a bloodmobile, and 3) That they will designate a person or two people to act as “coordinators” of the event.

BLOOD DRIVE

You can help save lives by giving blood. Your donation counts.

Monday, March 26

10 a.m. to 2 p.m.

St. Rose Dominican Hospitals - San Martín Campus

8280 W. Warm Springs Road

Warm Springs between Buffalo and Durango,
just off the I-215 beltway



BLOOD BASICS

Blood is often the liquid of life. It courses through the vessels carrying oxygen and nutrients to all parts of the body, and delivering carbon dioxide and other waste products back to the lungs, kidneys and liver for disposal. It fights against infection and helps heal wounds.

What are the components of blood?

Human blood is made up of about 22 percent solids and 78 percent water. The components of human blood include:

- **plasma, in which the blood cells are suspended, includes the following:**
 - ...red blood cells - carry oxygen from the lungs to the rest of the body.
 - ...white blood cells- help fight infections and aid in the immune process.
 - ...platelets - help to control bleeding.
- **fat globules**
- **chemical substances, including the following:**
 - ...carbohydrates
 - ...proteins
 - ...hormones
- **gases, including the following:**
 - ...oxygen
 - ...carbon dioxide
 - ...nitrogen

Where are blood cells produced?

Blood cells are produced in the bone marrow, a jellylike substance inside the bones that is composed of fat, blood, and special cells that turn into the various kinds of blood cells.

What nutrients pump up blood?

1. **Iron** – Iron carries oxygen through your bloodstream to give you energy. If you are iron-deficient you may feel weak or fatigued because oxygen is not effectively reaching your tissues and organs at the rate your body demands. If you need to pump some iron into your blood, consider the following:

Iron Boosting Food:

Dark, leafy greens such as spinach
Artichokes
Black walnuts
Dried fruit like raisins and prunes
Iron-enriched cereals such as cream of wheat
Red meats
Egg yolks
Oysters, Clams and Scallops
Turkey or chicken

Beans, lentils, chickpeas and soybeans

And, yes, liver

Also eat foods rich in Vitamin C to help your body better absorb the iron. While iron supplements can be another effective way of boosting the iron levels in your blood, an individual's iron needs vary at different stages of life. Be sure not to take more than the recommended daily allowance unless prescribed by your doctor, as excessive iron can be harmful.

2. **B12** – The body needs this B vitamins to make blood cells. The recommended daily allowance of B12 is 6mcg for adults.

3. **Folic Acid** – Folic acid is the synthetic form of folate found in supplements and added to fortified foods. It helps support blood production.

blood count(s)

1 The number of pints it takes to save as many as three people's lives.

56 The number of days it takes your body to replace the red blood cells and iron lost after donating.

6 The number of times you can donate blood each year.

42 The number of shelf-life days for a red blood cell donation. Platelets have a shelf life of just five days

17 The earliest age at which you can donate blood in most states.

3 Every 3 seconds someone needs blood in the U.S.

110 The minimum weight typically required to donate blood.

14 The number of tests for infectious disease, which are performed on every unit of blood donated in order to keep the U.S. blood supply safe.

90 The percentage of Americans who will need blood or blood products by 75 years of age.

250 The number of pints of blood provided to Southern Nevada hospitals every day. About one out of every 10 people entering a hospital needs blood.

February is Hemophilia Awareness Month

When someone has a bleeding disorder they have a tendency to bleed longer because their blood does not clot properly, not because they bleed faster. Bleeding disorders may be caused by rare inherited disorders, they may develop during the course of certain diseases such as liver disease, or as a reaction to treatments including prolonged antibiotic use. The symptoms of bleeding problems can range from mild to severe causing symptoms such as excessive or easy bleeding and bruising, nose bleeds and abnormal menstrual bleeding. The risks include joint scarring and joint disease, vision loss from bleeding into the eye; chronic anemia (low red blood count) from blood loss, neurological or psychiatric problems and

death. Death occurs when there is large amounts of blood loss or bleeding in critical areas, such as the brain. However, contrary to popular thinking, people with bleeding disorders do not bleed to death from minor injuries.

The Hemophilia Foundation of Nevada, a non-profit dedicated to helping people with blood disorders was founded by Renee Paper, who worked as a St. Rose emergency room nurse for many years.

*Hemophilia Foundation of Nevada
(702) 564-HFNV (564-4368) for urgent calls, a representative is available 24 hours a day.*

The needles and bags used to collect blood are used just once and then destroyed. Thus, you can't acquire an infectious disease from donating blood.



Upcoming Promotions

Go Red for Women 2007

January 13 - February 14

The 2007 "Go Red for Women" bracelet is available for \$50. For every bracelet purchased, \$5 will go to the American Heart Association.

Fill Your Heart With Brighton

February 2 - 16

Receive an adorable earring tree with \$100 purchase.

Who'll Stop The Rain

March 3 - 18

Receive a specially designed umbrella when you purchase \$100 or more.

Sleep With Your Brighton Shoes On

April 15 - May 15

Receive a special Sleep Shirt when you purchase a pair of Brighton Shoes.

Zahra Chain Bag \$130
Linx Eyeglass Case \$45
Linx Medium Wallet \$95



The District at Green Valley Ranch (702) 270-0100

Fashion Show Las Vegas • Fashion Villiage at Boca Park • The Forum Shops at Caesars

Desert Passage at the Aladdin • McCarran International Airport • Grand Canal Shoppes at The Venetian

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Unique Lives & Experiences

Vernita Irvin-Mayes has always wanted to see Maya Angelou. So, when The Barbara Greenspun WomensCare Center of Excellence signed on to sponsor Maya Angelou's Unique Lives & Experiences tour, Vernita offered to help host the Center's reception with the legendary lady.

Maya Angelou's Unique Lives & Experiences tour is an important event for anyone to witness. Her unique life continues to inspire and empower. Maya's writings and mission-driven work is a testimony to personal triumph coupled with the perseverance of the human spirit.

Vernita, a member of the St. Rose Dominican Hospital Health Foundation Board, says "That even though women have varied life experiences, we have the capacity to empathize and learn from the struggles and sorrows of other women." She believes that Maya's message will resonate and empower those who see her."

"Many women have experienced some of the same challenges associated with Maya's life; abandonment, abuse and segregation. However, many have never shared those experiences with others, mainly because of the pain and shame associated with them," says Vernita. "Whenever I think of Maya, I picture her calmness and early sense of introspection. When I hear her, I am drawn to her every word. It's as if her words will save me or give me direction."

"I think in seeing and listening to her you will also feel her calmness and sharing spirit. Her confidence, truth and magnetism will hopefully motivate you to live your most unique and fulfilling life."



Vernita (r) is wearing a coral necklace designed by her daughter, Donna (l). Donna was bedridden for nearly a year with a chronic illness, but used her downtime to perfect a skill that has developed into a 1 Of A Kind Design business.



See Maya. Hear Maya.

Share an evening with one of America's most engaging and accomplished women, the best selling author and poet and three-time Grammy Award winner, Maya Angelou.

Maya Angelou

Unique Lives & Experiences

Time: **7:30 p.m.**

Date: **Tuesday, February 27, 2007**

Place: **Cashman Theatre**

(Valet Parking On Site)

Price: From \$45

Charge: (702) 474-4000

(Mention the code "Care" for a 10% discount)

Also available at all Ticketmaster locations.
www.ticketmaster.com

FEB • MAR • APR

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

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Nutrition



Screenings



Support Groups



Integrative Medicine



Health Conditions



Safety/Injury Prevention



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



Spanish Classes



HEALTH & WELLNESS

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming.
Fridays - February 2, March 2, April 6; 6:30-8:30 pm
WCC

A SWEET AFFAIR: CHOCOLATE TASTING

Experience the true essence of fine chocolate.
Sponsored by Whole Foods Market.
Friday, February 9; 6:30-9:00pm
WCC

HELP HELPING HANDS!

Needed - Volunteers to drive Henderson seniors to doctor's appointments and donations of gently used medical equipment for community loan closet (walkers, wheelchairs).
Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness provides preventative health programs on a modest or no cost fee scale to improve the wellness of your workforce.
Call Al Medina at 492-8116.

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.
Thursdays - February 8, March 8, April 12; 10:30-noon
WCC

LIVE, LAUGH, LOVE

Join Sister Anne Arabome for tea and reflection on love in your life
Wednesday, February 14; 3-4 pm
WCC

MEN'S WELLNESS EXPO

Saturday, February 10; 10-2 pm
Dula Center 318-8452

TEA & TALK BOOK CLUB

Thursday - February 15; 2:30-3:30 pm
Water for Elephants
Thursday - March 15; 2:30-3:30 pm,
Running With Scissors
Thursday - April 19; 2:30-3:30 pm
Happiness Sold Separately
WCC

LAUGHTER YOGA

Laugh your way to good health, relaxation, and peace of mind.
Monday, February 19; 6-7 pm
WCC
Thursday, April 5; 6-7 pm
WEST

SHOPPING SMARTS

Spend wisely. Learn to tell true fashion from short-term trends. Learn fabrics, colors, silhouettes and shopping spots that are right for you!
Thursday, March 8; 6-7:30 pm
WCC

CLEAR FEAR NOW

Experience fear identifying and clearing techniques and learn meditations and art creations to manifest a courageous new you.
Fridays, March 9, 16, 23, & 30; 10-11:30 am
WCC \$40

MEDITATION

Experience relaxation with a different technique each time.
Monday, March 19; 6-7 pm
Thursday, April 12; 6-8 pm
WCC
Thursday, March 1; 6-7 pm
WEST

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



- 1. WomensCare Center**
100 N. Green Valley Parkway, Suite 330
- 2. Siena Campus**
3001 St. Rose Parkway
- 3. Rose de Lima Campus**
102 E. Lake Mead Parkway
- 4. Family to Family Center**
31 Church Street
- 5. San Martín Campus**
8280 W. Warm Springs Road

Winter Calendar

of classes and upcoming events

SPRING SPA DAY

Enjoy mini massage, reflexology, facials and pampering!

Tuesday, March 20; 1-3 pm
WCC; \$10

GIRL TALK

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

Thursday, March 22; 6:30-7:30 pm
MAC

Thursday, April 19; 6:30- 7:30 pm
WEST

LOVE/LIVE THE BEAUTY YOU ARE

Awaken and joyfully embrace your goddess self.

Thursday, March 22; 6-8:30 pm
WCC; \$20

IT CAN WAIT

Teens ages 13-17 join Dr. Maria Keller for a lecture on making good choices.

Wednesday, March 28, 6 - 7:30 pm

SINGLE SISTERHOOD

Empower, energize and embrace your single status.

Thursday, March 29, 6-7:30 pm
WCC

A NATURAL APPROACH TO MENOPAUSE

Learn complementary approaches to menopause through bio-identical hormone replacement therapy and lifestyle changes from Dr. Robert Toledo, OB/GYN.

Saturday, April 28; 10-11am
WCC

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 pm
WCC; Free Workshop
2nd Mondays; 6-7:30 pm
MAC

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.



EXERCISE & FITNESS

HEALING YOGA

Mondays, 5-6 pm
WCC; Free

WALK THIS WAY: WALKING CLUB

All fitness levels and strollers welcome.
Call for meeting location.
Tuesdays & Thursdays; 9-10 am
Call for meeting location; Free

MIND, BODY CONNECTION

Slow, sustained weighted movements with breath work and yogic stretches.

Tuesdays & Thursdays; 9-9:30 am
WCC; \$3 per session (donated to the hospital)

YOGA

Tuesdays & Thursdays; 10-11 am
WCC; \$5 per session

NIA JOYFUL MOVEMENT

Fusion fitness dancing encompassing martial and healing arts.

Fridays 9-10 am
WCC; First class free! \$5 per session or 5 sessions for \$20

EVENING YOGA WEST

Tuesdays; 6:30-7:30 pm
WEST; Free

RELAXATION YOGA

Relieve stress through meditation, movement, and gentle stretching yoga.

Wednesdays; 9-10 am
WCC; \$5 per session (donated to the R.E.D. Rose program)

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 am
WCC; \$8 per session

TAI CHI

Join Stella Huang for a martial art that creates focus and balance for physical, emotional and spiritual well-being.

Beginner I Wednesdays; 1:30-2:30 pm
Beginner II Wednesdays; 2:30-3:30 pm
Intermediate Wednesdays; 3:30-4:30 pm
Intermediate Fridays; 2:30-3:30 pm
Advanced Fridays; 1:30-2:30 pm
WCC; Free
Beginner I Fridays; 9-10 am
WEST; Free

SUN STRIDERS MALL WALKERS

Join the Galleria at Sunset mall walkers. Food Court doors open at 7 am every morning.
Call 434-2409 for more information

JOIN OUR TEAM TO RACE FOR THE CURE!

Saturday, May 5
Logon to: www.lvracefortheure.com
- join team WomensCare



NUTRITION

NUTRITION CONSULTATION

Call 616-4900 for appt. with a Registered Dietitian.
WCC; \$45 for 30 minutes

PROPER PH

The importance of balancing acidic and alkaline foods for the body's proper ph.

Thursday, February 22; 6-7:30 pm
WCC

VEGGIE SOUP FOR THE SOUL

Learn to incorporate meatless dishes in your cooking repertoire.

Monday, February 26; 6-7 pm
Eating Raw Foods presented by Go Raw Café
Monday, April 23; 6-7 pm
Eating Organic presented by Whole Foods Market
WCC

ESSENTIAL GLYCONUTRITION

Learn how 8 essential sugars help cell-to-cell communication for optimum nutrition.

Wednesday, February 28; 6:30-8 pm
WCC

CARDIAC NUTRITION

Learn from a Registered Dietitian how to eat for your heart's health.

Thursday, March 22; 9-10:30 am
WEST
Thursday, April 19; 10:30 am-noon
WCC

CONTINUING STEPS

Stay in step with your healthy eating and exercise plan through goal setting and peer support.

Monday, March 26; 6-7 pm
WCC

SIMPLIFYING SUPPLEMENTS

Confused about supplements? Learn the guidelines and recommendations.

Thursday, April 26; 6-7:30 pm
WCC

FEB • MAR • APR

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

PRIVATE HYPNOSIS
SESSION
Call 616-4905
for appt. \$75



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
(Funded by the Susan G. Komen Foundation, Las Vegas Affiliate)
- **CODA**
Thursday, 4 p.m. **WCC**
- **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. **MAC**
- **Healing Power of Prayer,**
2nd Friday, 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**
- **Racing 4 Recovery, recovery support for substance abuse**
1st Thursday, 7 p.m. **WEST**
- **RESOLVE Infertility Support**
2nd Monday, 6 p.m. **WEST**
- **Surviving Suicide, bereavement group for adults**
1st & 3rd Tuesdays, 6:30 p.m. **WCC**



SCREENING

METABOLIC SCREENINGS

Find out how many calories you need for basic body functioning.
Tuesdays - February 27, March 27 or April 24; 10am-noon
Call 616-4900 for appt.
WCC; \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD.
Thursdays - March 8 or April 12; 8 am-noon
Call 616-4900 for appt.
WCC, Rehabilitation Suite 140

DEXASCAN BONE DENSITY

Let Desert Radiology test your bone strength with a Dexascan.
Wednesday, March 21; 1-3 pm
Call 616-4900 for appt.
WCC

HEALTH SCREENINGS

Total Cholesterol \$2, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, T3 & T4 \$10, TSH \$5, A1C (diabetes) \$10.
12-hr. fast required.
Thursday, March 29; 7-10 am
Call 616-4900 for appt.
WCC

SKIN CANCER SCREENING

Have a suspicious mole or spot? Have dermatologist Curt Samlaska, M.D. check it out.
Tuesday, April 10; 1-3:30 pm
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.

BREAST SELF EXAM REMINDER PROGRAM

Subscribe to our FREE monthly Breast Self Exam Reminder by calling 616-7525 or email Roxana.Rodriguez@chw.ed

FREE MAMMOGRAM

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



INTEGRATIVE MEDICINE

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.
Thursdays - February 15, March 15 or April 19; 4:30-6 pm
WCC

REFLEXOLOGY FOOT MASSAGE

Schedule 30 minutes of foot relief with Sarah Wagner.
Fridays - February 16, March 9 or April 13; 3-6:30 pm
Call 616-4900 for appt.
WCC; \$30 for 30 minutes

HYPNOSIS FOR WEIGHT MANAGEMENT: NEW YEAR-NEW YOU!

Saturdays - February 17 or March 17; 1-2:30 pm
Mondays - February 26 or April 30; 6:30- 8 pm
MAC; \$25 (includes CD)

HYPNOSIS FOR SMOKING CESSATION

Mondays - February 19 or April 23; 6:30-8 pm
MAC; \$25 (includes CD)

MIGUN THERMAL MASSAGE

Receive a free 15-minute trial MIGUN massage.
Tuesdays - February 20, March 20, April 17; 11 am-5 pm
WCC; Free
Schedule a 40-minute massage
Thursdays - February 22, March 22, April 19; 11 am-5 pm
Call 616-4900 for appt.
WCC; \$5 each or 5 sessions for \$20

THE SCIENCE OF GOOD HEALTH

Implement simple principles of health into your life with Dr. Erika Crotta, Naturopathic & Ayurvedic Medicine.
Wednesday, February 21; 6-7:30 pm
WEST

THE SIX STAGES OF PREVENTION

Learn physical signals of imbalance or disease and how to prevent or reverse problems. Presented by Dr. Erika Crotta, Naturopathic & Ayurvedic Medicine.
Wednesday, March 21; 6-7:30 pm
WEST

HYPNOSIS FOR POSITIVE THINKING / ANXIETY REDUCTION

Tuesday, March 27; 6:30-8 pm
MAC; \$25 (includes CD)

AYURVEDIC FORUM FOR WOMEN'S HEALTHCARE

Keynote speaker Alakananda Ma will present an in-depth focus on an Ayurvedic approach to women's health concerns. Followed by open panel discussion.
Saturday, April 21; 9 am-noon
MAC; \$25 (donation to the scholarship fund)

Winter Calendar

of classes and upcoming events



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.

LAPAROSCOPIC OBESITY SURGERY

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

Tuesday, February 20, March 13 or April 17; 6-7:30 pm
MAC

AUTISM UPDATE

Join Dr. Moore for support, education, and an update on Autism.

Tuesday, February 27, 6-7:30 pm
MAC

LOWER YOUR CHOLSTEROL WITH TLC

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

Monday, March 5; 5:30-8:30 pm
WCC

STRIKING OUT AGAINST STROKE

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

Tuesday, March 13; 4-5 pm
WEST

LIFESTYLE CHANGES AFTER A HEART ATTACK

Learn to improve heart health through lifestyle changes. Presented by Dr. Sunil Kalla, Cardiologist.

Monday, April 2; 6-7 pm
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, April 17; 6-8 pm
WEST

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.

Tuesday, April 24; 4:30-5:30 pm
WCC

OSTEOPOROSIS

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

Wednesday, April 25, 6-7 p.m.
WCC



SAFETY & INJURY PREVENTION

LIFELINE (Personal Emergency Response System)

Lifeline alarms provide immediate help in case of a fall or emergency enabling the frail and elderly to continue to live independently with peace of mind.

For more information call 616-6540

HEARTSAVER CPR/AED

Learn AHA adult, child, infant CPR, AED, and choking. 2-yr. certification for the non-healthcare provider.

Saturday, February 24; 9 am-1 pm

Monday, March 12; 9 am-1 pm

Wednesday, April 4; 5-9 pm

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

Saturday, April 14; 9 am-noon

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

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn AHA adult, child, infant CPR, AED, and choking. 2-yr. certification for all healthcare providers.

Initial Certification: Monday, April 16; 4:30-9 pm

Recertification (must have current AHA card): Wednesday, March 7; 4:30-9 pm

Saturday, April 28; 8:30 am-1 pm

WCC; \$50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

AHA CPR, AED, & First Aid classes. Meets job requirements 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 and basic self-protection moves from Officer Wilson, Henderson Police.

Saturday, March 24; 10 am-2 pm

MAC

AARP DRIVER SAFETY PROGRAM

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

Monday, March 26 or April 30; 9 am-5 pm

WCC; \$10

Thursday, March 15; 9 am-5 pm

WEST



AN EVENING WITH DR. MAYA ANGELOU

Win a front row seat to hear Dr. Angelou or purchase discounted tickets.

Contest: Send us one page about how you have lived your best life or hope to. fax to 616-4909, email to Linda.roth@chw.edu or mail to WomensCare Center by Feb. 15th. Include your name and contact information. Winners will be notified on Feb 16th

Prize: 80 winners will receive: Pre-program reception at the WomensCare Center; One front-section seat Ticket; Transportation to and from Cashman Field; and Back-stage reception with Dr. Angelou

Purchase Tickets: Receive a 10% discount (use code "Care") for tickets call Ticketmaster, (702) 474-4000 or ticketmaster.com

Tuesday, February 27; 7:30-9:30 pm

HOME SWEET HOME

Join Certified Aging in Place Specialist, Bill Foster, to learn about home modifications that support independence, safety and comfort.

Tuesday, April 24; Noon-1:30 pm

WCC

SAFE SITTER

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

Monday, February 19 or April 2; 9 am-4:30 pm

WCC; \$30 (includes lunch)

INFANT CPR WEST

Learn CPR and choking rescue techniques for infants (birth to one year).

SAN; \$20/Couple



BREASTFEEDING

NEW MOMMY MIXER

Fridays; 11 am-noon

WCC

FEEDING FRENZY

Breastfeeding Support Chat

Tuesdays; 11 am-noon

FTF

LA LECHE LEAGUE

4th Thursday; 10 am

FTF

BREASTFEEDING HELPLINE 616-4908

Speak to a Certified Lactation Consultant or Counselor about your 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

FEB • MAR • APR

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



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 & 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 during labor, and alternative positions for pushing.

Wednesday, March 7; 6-7:30 pm
WCC

INFERTILITY WORKSHOP

Join RESOLVE and fertility specialists for information on male and female infertility and conception and pregnancy after 40. To register call (877) 203-7778 or visit www.southwest.resolve.org

Saturday, March 24; 8am-2:30 pm
WEST

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

Learn to manage gestational diabetes and plan meals based on metabolic needs and food preference.

Call 616-4902 for appt.
SIENA; \$40 per session

NATURAL FAMILY PLANNING

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

Tuesday, April 24; 7-9 pm
RAN

CESAREAN BIRTH CLASS

Learn pre-operative preparation, what to expect in the operating room, and post-operative care.

Wednesday, March 28; 6-9 pm
Home Health; \$45



INFANTS, CHILDREN & PARENTING

STROLLER FIT

Enjoy a 50-minute workout to burn fat, build strength endurance and flexibility without having to leave your little one. For more information call 595-1128.

Mondays, Wednesdays, & Saturdays; 8:00 am
Galleria at Sunset. Visit www.strollerfit.com/henderson for class pricing

CAR SEAT SAFETY CHECKS

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

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

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

Saturdays - March 3, 10, 17 & 24; 9:30-10:30 am
Wednesdays - April 11, 18, 25 & May 2; 1-2 pm
WCC \$99 (includes Sign With Your Baby kit)

WEE CAN SIGN: LEVEL II

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

Saturdays - March 3, 10, 17 & 24; 11 am-noon
WCC \$85 (includes Pick Me Up)

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 Fridays; 9-11 am
FTF

BACK TO WORK CONSULTATIONS

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

SIBLING PLAYGROUP

Play group designed for families with toddlers and younger siblings.

Tuesdays-February 20, March 20, April 17; 10-11 am
FTF

MOMMY PLAYGROUP

A special night out for mummies only - discuss parenting, child development and make crafts.

Fridays - February 23, March 23, April 20; 6:30 - 7:30 pm
FTF

INFANT MASSAGE

Learn massage techniques for infant (ages 0-6 months) relaxation, improved digestion and sleep. Three sessions.

Mondays- March 12, 19 & 26; 2-3 pm
FTF; \$15

TAWANDA'S PAJAMA TIME

Bring a new pair of children's pajamas to donate to the "Pajama Program" for foster care children.

Wednesday, February 21; 10-11 am
FTF

WORKING PARENT FAMILY PLAYGROUP

Play group designed for working families of children ages 1-2

Wednesday, February 28; 6:30 - 7:30 pm
FTF

BABY CUISINE

Make and take healthy homemade baby food.

Tuesday, March 13; 2-3 pm
FTF; \$5

HEALTHY EATING THE FIRST YEAR

Start your baby and the whole family on the right path to healthy eating. 0-12 months

Wednesday, March 21; 10-11 am
FTF

ST. PATRICK'S DAY CRAFT FOR TODDLERS

Craft day for toddlers ages 12-48 months

Wednesday, March 14; 2-3 pm
FTF

PICKY TODDLER

Coping with the food battles for toddlers ages 12-48 months

Monday, March 19; 2-3 pm
FTF

INFANT & CHILD CPR

This class is for Adults only, please no children.

Friday, April 6; 1-4 pm
FTF

BABY'S FIRST CHECK-UP

Prepare for baby's first year check up - know what to ask and what to expect as your baby transitions into a toddler.

Ages 0-12 months
Thursday, April 19; 2-3 pm
FTF



WE CAN! COOK TOGETHER, MOVE TOGETHER

In partnership with Henderson Parks & Recreation Dept. and We Can! Parents and kids, ages 8-16, get involved in our cooking laboratory for fun cooking in the kitchen and a closer look at food facts. Sponsored by Dream Dinners and Whole Foods Market.

Saturday, March 24; 1-3 pm

Henderson MultiGeneration Center; 250 S. Green Valley Pkwy., Call 616-4900 to register

Winter Calendar

of classes and upcoming events

FIRST AID FOR THE ACTIVE TODDLER

Learn to deal with unexpected bumps and bruises. Ages 12-48 months
Thursday, April 19; 2-3 pm
FTF

TEETHING TROUBLES

Recognize teething symptoms and learn how to ease your baby's pain. Ages 0-12 months
Wednesday, April 25; 2-3 pm
FTF

SUMMER SAFETY

Keep your child safe during the summer months. Ages 0-48 months
Thursday, April 12; 10-11 am
FTF



SPANISH CLASSES

Programas en Español
Llame al 616-4907

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

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 am
FTF y WCC

COMENZANDO BIEN

Aprenda lo que usted puede hacer para tener un embarazo sano.
Febrero 21, Marzo 21, y Abril 18, 6-8 pm
FTF: Gratis

APRENDA A CONVERSAR EN INGLES

Grupos pequeños de menos de 10 personas. Maestros americanos con mucha paciencia.
Curso principiantes :
Martes y Jueves, Febrero 6 - Marzo 15, 5:30- 6 pm
Cursos de nivel intermedio:
Martes y Jueves, Febrero 6 - Marzo 15, 6 - 6:30 pm
FTF; \$30

LOS HOSPITALES ST. ROSE DOMINICAN HOSPITALS

ofrecen un servicio de recordatorios para la detección temprana del cáncer del seno. Si usted desea suscribirse a nuestro servicio GRATUITO de Recordatorios para el Auto-examen del Seno por favor llamar al (702) 616-7525 ó (702) 616-4824 o envíe un mensaje electrónico a Roxana.Rodriguez@chw.edu

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, 6-7 pm

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 reservation)

**San Martin Campus Maternity Tour &
Getwell Network Demo**
(In room TV, Movies, internet access all at your fingertips)
3rd Saturday (Call 616-4901
for reservations)

MASK MAKING

Create a mask of merriment to celebrate Mardi Gras and the amazing you.
Friday, February 16 & 23; 4-6 pm
WCC: \$25 (\$5 donated to cancer research)



A heart REALITY



Fact: Coronary artery disease (CAD), the most common type of heart disease, is the leading cause of death in the United States in both men and women.

CAD develops when fatty material, calcium and scar tissue (plaque) builds up in the arteries. The plaque can narrow and harden the arteries, restricting the amount of blood that arteries carry. Left untreated, CAD leads to fatigue, shortness of breath and chest pain. If plaque builds up to the point of completely blocking blood flow to the heart, it may cause a heart attack or cardiac arrest.

1,000 Pictures Tell A Story of Heart Health

There are a number of healthy lifestyle steps you can take to reduce your risk of CAD (see page 19). And, at St. Rose Dominican Hospitals, we are using a sophisticated X-ray technology called Coronary Computed Topography Angiography (CCTA). By capturing 1,000 pictures of your heart with a non-invasive procedure, doctors can rule out or detect CAD in its early stages when it is still possible to manage it through non-invasive means such as lifestyle modifications and medications.

WomensCare Magazine sat down with radiologist J. Paul Wiesner, M.D., to ask him to explain the procedure's benefits.

WC: How do CCTA scans differ from traditional CT scans?

Dr. Wiesner: A traditional CT takes just one image of your heart at a time. So, it may take 30 minutes or more to capture images of your heart. Newer diagnostic imaging technology such as the 16-, 32- and 64-slice scanners, capture more pictures or slices, thus provide a clearer image of the heart. St. Rose's 64-slice scanner can capture 1,000 pictures of the heart in between four



J. Paul Wiesner, M.D.

heartbeats, which means we can complete the scans in about 20 to 30 seconds. A faster procedure means less patient discomfort and much less radiation exposure.

WC: How are you able to effectively view all 1,000 images?

Dr. Wiesner: Advanced computer software enables us to stack the pictures one on top of another to create a three-dimensional image of the heart. From a computer monitor, we can view a patient's heart from any angle to determine the size and health of the heart muscle, the health of major blood vessels and coronary arteries, including the presence of any plaque build up.

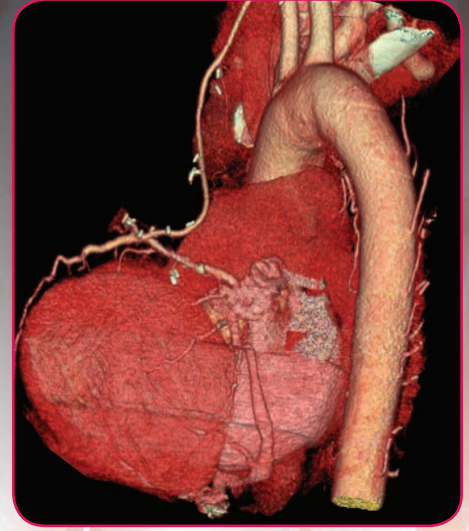
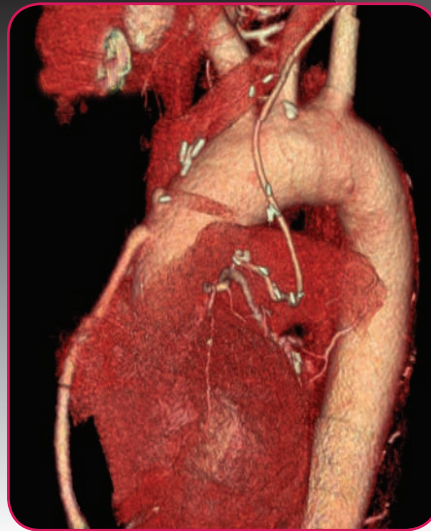
WC: Will CCTA make cardiac catheterization obsolete?

Dr. Wiesner: Cardiac catheterization is still considered the "gold standard" in detecting CAD (sidebar). However, about 40 percent of angiograms come back negative – meaning the patient has no significant narrowing of the major coronary arteries. So, for patients who are at moderate to high-risk for CAD, yet do not exhibit many symptoms or have atypical symptoms, CCTA is a non-invasive option to cardiac catheterization that can be performed with less discomfort and potentially less risk to the patient. Additionally, there is no recovery time. Patients can resume normal daily activities after the procedure.

WC: What if a patient has a CCTA and still requires an angiogram?

Dr. Wiesner: If there are strong indicators or previous records of significant CAD, a doctor will likely opt to perform a cardiac catheterization without an initial CCTA. However, there can be benefits to having both procedures. The diagnostic information gained from a CCTA can provide doctors key information on how to prepare for interventional procedures (see sidebar). By evaluating the CCTA heart image, they can determine what type of stent, balloon or equipment will be required in order to open up the clogged arteries to improve blood flow to the heart.

A BETTER VIEW OF YOUR HEART



With St. Rose's CCTA technology, our radiologists are able to capture multiple pictures of the heart allowing them to view it from any angle to detect coronary calcification and plaque build up. Below is part of a series of pictures rotating from one side of the heart to the other.

TERMS TO KNOW

Cardiac Catheterization, also called an angiogram, is used to confirm or rule out the presence of heart disease, for example, artery blockage, and evaluate the function of the heart muscle. In order to perform the procedure, the patient is given a mild sedative and pain medication. Then a thin tube, called a catheter, is inserted through the groin up to the heart vessels. A contrast solution is sent through the catheter into the vessels while digital X-rays are taken. Based on the digital images, doctors can tell whether the coronary arteries are narrowed and whether the heart valves are working correctly. After the procedure,

the patient rests in the hospital for two hours before being released. Patients will experience soreness in the groin area for a few days.

Interventional Procedures are used to open up blocked arteries to improve blood flow to the heart. They are performed in the same way that a cardiac catheterization is -- by threading a catheter through the groin or arm to the heart. Once the blocked artery is identified, the doctor may perform any of a number of interventional procedures to open the artery. Here are a few:

- **Angioplasty:** A small balloon is attached

to the tip of a catheter and is inflated in the blocked artery to compress the plaque into the artery wall and stretch the artery open to increase blood flow to the heart.

- **Stenting:** A small, metal mesh tube, called a stent, is attached to a balloon that is threaded into the blocked coronary artery. Once in place, the balloon is inflated and the stent expands to hold the artery open. Then the balloon is deflated and removed, and the stent remains in place permanently. Over the course of a few weeks, the artery heals around the stent.

"You're right. It's a Trailigaz Tonozone TCZ-3012 ozone generator!"

– Ron Zegers

Southern Nevada Water System Director Ron Zegers is one of the few who could recognize this sophisticated piece of equipment, which is part of the system used to treat the community's drinking water supply. Like the cutting-edge technology used by its member agencies, this state-of-the-art generator plays a critical role in destroying potentially harmful bacteria.

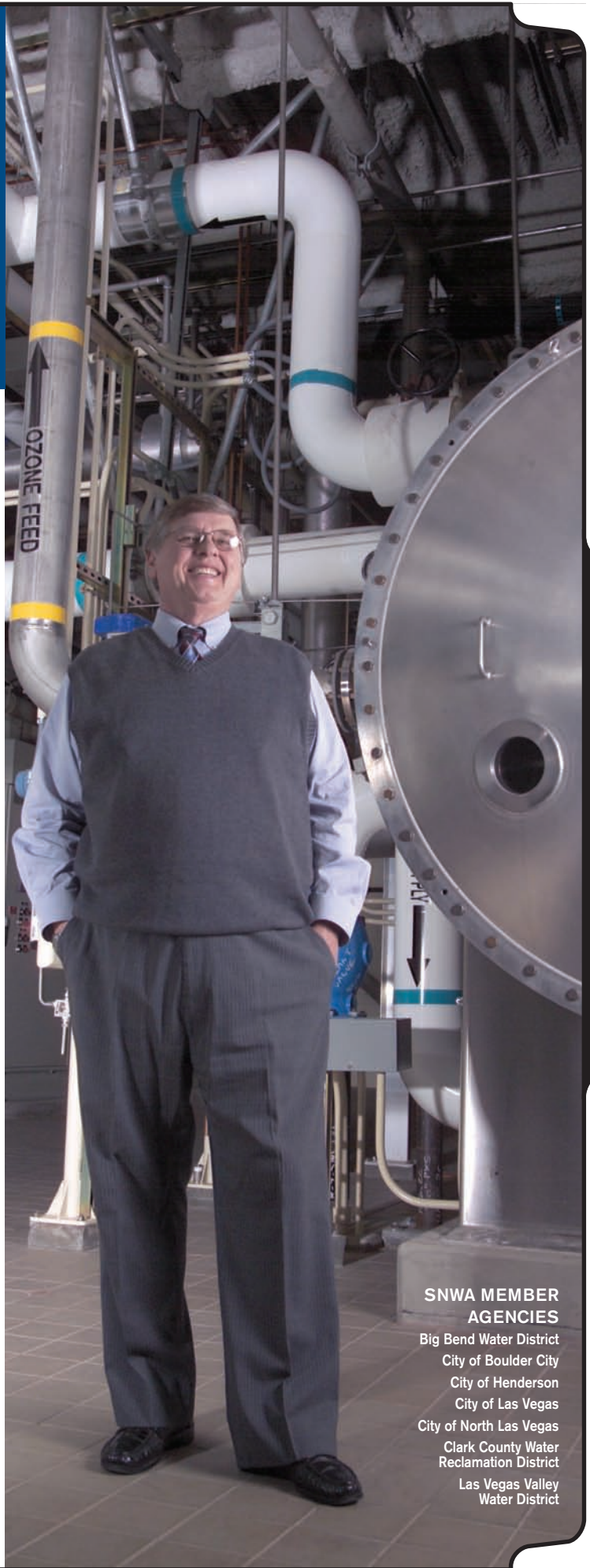
Southern Nevada has one of the country's most advanced municipal water treatment systems, which is just one of the many reasons our water continues to **meet** or **surpass** federal Safe Drinking Water Act standards.

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.



RON ZEGERS
Southern Nevada Water System Director

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



Heart Healthy Living

Turn the Same Old Recommendations Into Something New for You

If you are at risk for heart disease, it is likely you can recite your physician's recommendations for a heart healthy lifestyle. But, making lifestyle changes can be easy to say and hard to do. So, what steps can you take to make healthy lifestyle changes you can stick to? Try these tips:

To Stop Smoking, Try Hypnosis. Hypnosis is not the hocus-pocus of old Las Vegas lounge shows. Through techniques such as guided imagery and positive affirmations, hypnosis can help you develop a dislike for smoking that helps curb your cravings and reinforce your resolve to kick the habit.

To Get Moving, Try Dancing. Physical activity does not have to mean getting to the gym three to four times a week. You can get active by turning on your favorite music and dancing, doing side-to-side steps or

even marching to the beat. If you like the interaction of a class, consider a WomensCare class such as Nia Joyful Movement, which is a fusion of fitness dancing encompassing martial and healing arts.

To Eat Right, Try our "Just Dessert" Recipe. Or attend WomensCare's Cardiac Nutrition Class. A registered dietitian will help you learn how to plan and prepare heart healthy meals that incorporate your personal preferences and health needs.

To Stress Less, Try Yoga Or Meditation. WomensCare offers classes in both. Or join us for our Spring Spa Day for pampering that will leave you feeling refreshed and ready to return to your many and varied duties.

See the WomensCare Calendar for more details.

Heart Healthy Eating...



Get Your Just Desserts

Can you eat a heart healthy dinner that is just dessert? Yes (certain desserts). In a matter of minutes you can make this simple heart healthy dinner-dessert that is simple and sophisticated.

Chocolate Citrus Surprise Here's what you'll need:

Dark Chocolate: A small 1.6-ounce bar of dark chocolate. Research indicates that dark chocolate may improve heart blood flow. Select chocolate that is at least 70 percent cocoa as it has relatively little sugar in it.

Nuts: A small handful of nuts. As little as two ounces of nuts a week appears to help lower heart disease risk. Brazil nuts, cashews, peanuts, pistachios and particularly walnuts may lower cholesterol, protect against irregular heart rhythms, improve blood vessel function and lower cardiovascular risk. Avoid nuts that are salted, fried or candy-coated.

Fruit: A cereal-sized bowl of fruits. Fruits provide many health benefits. For example, they are full of antioxidants, which prevent cholesterol in the arteries.

Preparation: Cut a slice from the top of an orange. Remove pulp, and reserve pulp and shell. Half an apple. Slice one half into thin sections. Chop the other half into bite size pieces
Slice 6 to 8 strawberries
Chop nuts
Rinse blueberries
Rinse raspberries

Fill orange shell with chopped apple, walnuts sliced strawberries, blueberries and raspberries. Put orange shell on plate and artfully arrange apple slices and additional fruit around it. Place the chocolate bar in a small bowl and squeeze the orange pulp over it. Melt it in the microwave. Stir the mixture and drizzle it over your fruit display. Sit down and savor your "just desserts" slowly!

live free. live healthy.



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MASKING Medical Conditions?

Antacid After Every Meal? Taking antacids after meals may mask symptoms of something more serious than a simple case of heartburn. Gastroesophageal Reflux Disease (GERD) causes abnormal reflux of stomach acid into the esophagus when the muscle between the two does not close properly. A physician evaluation is recommended for persistent heartburn or acid indigestion, which is the regurgitation of a bitter, sour tasting fluid. Other symptoms may include frequent belching, difficulty swallowing, chronic irritation in the throat or hoarseness in the morning.

Unaware of Infertility? Hormone-altering birth control methods like the Pill, the Patch or the Ring, may mask symptoms of infertility. These methods bring on a "false" period, which is bleeding that's not a response to ovulation. Thus health conditions that tend to cause irregular or missed periods may not be evident.

Is Teen's Internet Preoccupation Depression? A study presented at the annual meeting of the American Psychiatric Association found that teens who that were most preoccupied with the Internet also scored highest on a test gauging the symptoms of depression. According to the report, findings held true regardless of the teenager's gender, age, and grade point average. The study also suggests that addiction to the Internet can isolate teens from family and friends intensifying depression.

Uncovering the Cause of Eczema. Eczema is a skin condition that is almost always itchy and often brings on a rash, which most frequently occurs on the face, knees, hands or feet. Topical treatments are available by prescription and over-the-counter. However, they only mask the symptoms. The cause of eczema is not clear, but it is known that it is the body's response to an irritant or allergen. Thus, if you or your child has eczema, ask your doctor if she or he would recommend an allergy test to determine the possible triggers of eczema.

Laughter and Loathing. Is laughter a response to humor, an expression of happiness, or a tool employed to mask someone's contempt? The true joy of laughter began waning in the 1960s with the advent of TV laugh tracks, according to a 1999 study. Worse, it stated that nowadays many people use laughter to mock someone's failed attempt at humor, to sugar-coat criticisms or create the illusion of comfort in awkward situations.

Intoxicated or Not? According to U.S. researchers, brain changes that occur during adolescence may temporarily shield teens from certain effects of alcohol -- such as intoxication and hangover. But, the lack of signs of intoxication may mask the potentially damaging effects alcohol can have on an alcoholic teen's neural systems involved in learning and memory.

Looking for a doctor to help you do more than mask the symptoms of an illness or allergy? Call St. Rose Physician Referral at 616-4508.

A man and a woman are smiling warmly at the camera. They are wearing white, fluffy robes. The man is leaning his head against the woman's shoulder. The background is a soft, out-of-focus light blue and white.

Beauty.
Let your smile express it.



Actual Client's Before and After



S I M O N E

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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.

Prayer Shawls:

Made With A Stitch And A Prayer

On Thursday evenings, a small group of women meet at Phyllis Wood's home to crochet. As they stitch, they chat and they pray. Some prayers are said in silence. Others are shared or even said in unison.

The women are crocheting prayer shawls for patients at each of St. Rose's three hospitals. When one of the women completes a shawl, the group joins together to lay their hands on the shawl. They ask God to provide the shawl's recipient a sense of healing – whether physical, emotional or spiritual.

“God gives each of us talents. We use our ability to crochet to bring comfort to people in need,” says Phyllis. “Our hope is that when the shawl is draped around the recipients shoulders, she or he will feel the arms of God enfold them and experience the unconditional love and healing he provides.”

Teresa Griffen, VP of Mission Integration for St. Rose's San Martín Campus, says she has given prayer shawls to comfort retirees who find themselves hospitalized far from their families. She has given shawls to breast cancer patients, who come to the WomensCare Center's support groups to gain hope, understanding and a sense of sisterhood as they battle their disease. And, she says, the blankets have been given to mothers of pediatric cancer patients. “A mother will spend countless hours at the bedside of a sick child. When she prays, we hope the shawl provides her warmth and reassurance that others are praying for her child too.”

A number of unexpected benefits have come from crocheting prayer shawls, says Phyllis. “As we pray for patients, we also take time to praise God for the many blessings he bestows upon us and ask his intercession in our lives,” says Phyllis. “The process has become a peaceful ritual, and in giving we receive.”

“As we crochet and pray for patients, we also take time to praise God for the many blessings he bestows upon us and ask his intercession in our lives. The process has become a peaceful ritual, and in giving we receive.”

Phyllis Wood

Put Your Prayers Into Action

Got Talents? Begin or become part of a Prayer Shawl circle. See the WomensCare Calendar for details on our knitting circle. Or visit www.strosehospitals.org and go to the WomensCare link for suggested guidelines on making prayer shawls.

Got Yarn? Donate yarn to our prayer shawl bank for women to use in knitting or crocheting shawls. Donations can be dropped off to the WomensCare Center or to the reception desk at any of St. Rose Dominican Hospitals' campuses.



From Left;
Billie Ferre
Gloria Davis
Phyllis Wood
Joyce Kinzer



NO BREAST SCAR AUGMENTATION.

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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Go Grapefruit!

Craving a real taste of sunshine? Section a fresh, flavorful grapefruit readily available during the winter season!

▼ BENEFITS

- 110% of the daily value of Vitamin C
- 24% of the daily value of dietary fiber
- Vitamin A
- No Fat
- No Sodium
- No Cholesterol
- Low in calories (About 60)
- Shown to reduce the risk of certain cancers (breast, cervical, colon and prostate cancer).

▼ SCENT OF A WOMAN

A study found that the scent of grapefruit on women made them seem younger to men — about six years younger — without making them smell too young — like bubble gum. No other tested scent such as mint, lavender and banana affected men's judgment of a woman's age.



▼ GRAPEFRUIT & SHALLOT DRESSING

- 1 teaspoon olive oil
- 1/2 cup chopped shallots
- 4 grapefruits (squeeze 3 grapefruits to make about 2 cups juice, section the remaining grapefruit to mix into the salad)
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons sugar
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons olive oil

brown. Stir in juice. Boil over medium-high heat, and cook until reduced to 1 cup (about 6 minutes). Remove from heat; cool. Place the grapefruit juice mixture, cilantro, sugar, and pepper in a blender; process until smooth. With blender on, slowly add 2 tablespoons oil; process until smooth.

Yield: 1 cup (serving size: 1 tablespoon)

Mix: Mix with field greens, goat cheese, red onion and chopped, tender cooked asparagus.

Heat oil in a large nonstick skillet over medium heat. Add shallots; cook 5 minutes or until golden

Find great grapefruit and citrus scented body and bath products at Chelsea, an upscale woman's boutique in the new expansion of The District at Green Valley Ranch

Choose grapefruits that are heavy for their size, firm, with tight and shiny skin.

Try This!

▼ RED GRAPEFRUIT MASK

Grapefruit, a natural astringent, is great for cleansing and smoothing skin, while its scent is naturally invigorating.

- 1/2 large red grapefruit
- 3 tablespoons very fine oatmeal
- 2 tablespoons chopped parsley

Mix oatmeal with chopped parsley. Add juice from the red grapefruit to create a soft mix. Let the mixture rest 5 minutes. Spread mixture over face and neck (avoid eye area) and let dry for 15 minutes. Rinse off with warm water. Follow with toner and moisturizer.

! CAUTION!

Grapefruit juice inhibits a special enzyme in the intestines that is responsible for the natural breakdown and absorption of many medications such as cholesterol lowering, blood pressure and psychiatric drugs. When the action of this enzyme is blocked, the blood levels of these medications increase, which can lead to toxic side effects from the medications.



Mother & Child:

Breastfeeding Reduces Diabetes Risk

Dr. Claudia Vogel is a new mother and an endocrinologist who treats diabetics. Considering her dual jobs, she is doubly excited about recent research suggesting that breastfeeding may reduce the risk of diabetes for both mother and child.

A study of more than 157,000 mothers found that for each year a woman breastfed a baby, she was 15 percent less likely to develop type 2 diabetes in the next 15 years. "The study indicated that feeding

one baby for 12 months or two babies for six months worked equally well," she says. "This is great news for

mothers who may find it difficult to breastfeed for an entire year due to short maternity leaves."

Researchers summarize that the extra calories a mother burns from breastfeeding may help her lose weight, thus reduce her diabetes risk. Lactation also improves the body's ability to process insulin and metabolize blood sugar.

The Growing Up Today Study, which included 15,000 children, found that breastfed children may be less likely to become obese or develop type 2 diabetes later in life. "We have known that breastfeeding protects and promotes the health of our babies. This new development underscores the fact that breastfeeding is an important first gift that mothers who are able to nurse can give to their children," says Dr. Vogel.

What About Me?

Breastfeeding and the Diabetic Mom

While these new research findings are welcome, they might leave pregnant women with diabetes type 1 or diabetes type 2 wondering "What about me?"

Most women who have diabetes can successfully breastfeed if they pay special attention to their health. Dr. Vogel recommends that diabetic women take care to:

- Work closely healthcare providers to control diabetes. Because weight, hormone and glucose levels fluctuate during and after pregnancy, a diabetes management plan should include glucose monitoring and nutritional guidelines to follow after giving birth through the point that you wean your baby from breastfeeding.
- Breastfeed immediately after giving birth to help milk "come in" and reduce the risk that mom or baby will develop hypoglycemia.
- Pump as soon after delivery as possible if baby is premature, too ill to breastfeed, or not yet breastfeeding well. Until such time as your child can breastfeed, your expressed milk or colostrums can be given by an eyedropper or syringe your baby.

Breastfeeding mothers burn almost 500 additional calories daily. That is about the same number of calories burned in running four to five miles.

Feel Good About Nursing

Fabulous Breastfeeding Finds Available at the WomensCare Center Boutique

▶ **The Medela Swing Pump** – Designed for moms on the go, it fits in a purse or briefcase, features one-touch let down button designed for faster milk flow and uses 2-Phase Expression technology, an advanced pumping pattern that mimics a baby's natural nursing rhythm. Thus, even when you are away from baby, you can maintain a convenient nursing routine.



▽ **Pump & Store Bags.** Making pumping fast and easy with Medela's sterile and freezable Pump & Store bags, which are compatible with all Medela breastpumps sold through the WomensCare Center.



△ **Buy or Rent Medela Pumps.** The WomensCare Center rents the Medela Lactina and Symphony and carry a full line of Medela Breastpumps for purchase. Our lactation staff can help you make the best decision for your needs and budget. Call the WomensCare Center at 616-4900.



◀ **Medela Breastfeeding & Sleeping Bras.** The WomensCare Center Boutique sells and sells a variety of nursing bras in a variety of styles and colors. Extended sizes 36F-46H available.

◀ Endocrinologist Dr. Claudia Vogel holds her newborn, Michael, (OPPOSITE PAGE) in a **RING Sling**, which comes in a number of fashionable fabrics. The sling allows her to move about with her baby, as well as discretely breastfeed him.



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kid's DENTAL CARE



as a parent, you realize that you have a responsibility to teach your child good dental hygiene. But, did you know that most dentists recommend that you help your child brush her teeth until he or she is five or six years of age?

"A child may lack the manual dexterity to tie their shoes until they are in kindergarten or even first grade," says Dr. Patrick Simone, D.D.S. "The same holds true for handling a toothbrush and effectively brushing all of their teeth."

In order to make dental hygiene something your child finds fun rather than something they

fear, Dr. Simone suggest letting them pick out a new toothbrush every two to three months along with their favorite flavor of toothpaste.

If you have a subscription to a music service such as I-tunes, he suggests buying and playing Raffi's song "Brush Your Teeth." You can also type in Raffi's Brush Your Teeth Chant to access lyrics on the Internet.

Dr. Simone points out that it is critical for parents to assist their children in brushing their teeth because tooth decay occurs faster in children than in adults. "You also want to help your child develop positive, lifetime habits that protect their teeth," Dr. Simone adds.



Shield Your Eyes From The Sun

As a kid your mom probably told you not to look directly at the sun. The sun can damage your eyes in a number of ways. It can cause cataracts, the clouding of the lens of your eyes causing a blurring of vision because light cannot pass through the lens to the back of the eye.

"Cataracts are typically just a result of the aging process, but certain factors such as overexposure to the sun's ultraviolet rays is estimated to cause up to 20 percent of cataracts," says Dr. Rudy Manthei.

Surgically removing the lens of the eye and replacing it with a plastic lens can treat cataracts. The operation tends to be extremely effective and can normally be done under local anesthetic on an outpatient basis. When cataract surgery is not an option, special glasses or contact lenses can also be used to correct vision impaired by cataracts.

To reduce your risk of cataracts, Dr. Manthei recommends wearing UV rated sunglasses, as they can block between 99 and 100 percent of UV radiation. Wearing a hat could shield you from as much as 50 percent of the sun's UV rays.

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We wear the mask that grins and lies,
It hides our cheeks and shades our eyes,--
This debt we pay to human guile;
With torn and bleeding hearts we smile
And mouth with myriad subtleties.
Why should the world be over-wise,
In counting all our tears and sighs?
Nay, let them only see us, while
We wear the mask.

(excerpted from "The Mask"
by Paul Lawrence Dunbar)



Masks

Are you masking personal pain, sadness, or turmoil with false smiles in order to make those around you believe you feel fine? Identify three positive steps you can take to work toward and reveal a true smile and genuine joy.

If you can only come up with two, here is a hint: Check the WomensCare Magazine Calendar for information on classes such as Clear Fear Now.

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