

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

SPRING 2007

**We've Made
Mammograms More
Comfortable**

**Laugh Without
Crossing Your Legs!**

**Make The Most
of Your Metabolism**

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



Upcoming Promotions

Sleep With Your Brighton Shoes on April 15 - May 15

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

Hoops, Drops, and Posts – Oh My April 30 - May 13

Receive a FREE pair of Brighton Earrings when you purchase a Brighton Necklace and Bracelet.

June Glee About Brighton June 1 - 30

Come see the amazing new Fall handbags and enter to win a handbag of your choice.

Give Peace a Chance July 1 - 31

Brighton is unveiling a powerful new bracelet with charms symboling world peace dangling from it. The bracelet will retail for \$50 and Brighton will donate a portion of the proceeds. By buying and wearing this bracelet symbolic of peace...you will truly be helping give peace a chance. (While supplies last.)

Brighton[®]

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

Fashion Show Las Vegas
Fashion Village at Boca Park
The Forum Shops at Caesars
Miracle Mile Shops formerly Desert Passage
McCarran International Airport
Grand Canal Shoppes at The Venetian



MOTHERS: Reflecting God's Loving presence on earth

It is frequently said, "Motherhood is the toughest job you will ever love." Toni Spilsbury, the founder of the Nevada Blind Children's Foundation can attest to this. See how her "mother's love" has proved that she is tough as nails and why she cherishes her calling as a parent and as a partner to other families of blind children. *Page 16*



LILLY: Smiling Through Life

During her battle with breast cancer, Lilly lost her sense of self. She could no longer see herself in the mirror, and she didn't want anyone else to see her either. Find out what made this cancer patient confident enough to say, "Look at me. I'm Lilly." *Page 4*



Thank You, Desert Daisy

St. Rose thanks Desert Daisy in The District at Green Valley Ranch for providing the beautiful Lilly Pulitzer clothing worn by our moms and daughters in this edition of WomensCare Magazine.



letter FROM THE PRESIDENT



Dear Readers,

This May we begin a year-long celebration of St. Rose Dominican Hospitals' 60th year of providing quality, compassionate care to Southern Nevada. We will proudly share stories that depict the "now" and "then" of our ministry.

Whether you have been here a short time or consider yourself an "old timer," it is likely that you will come across a name and a face that you are familiar with in these stories. That is because our patients and staff represent a wonderful cross section of our community.

One of our first glimpses at the past is a picture of Elayne and Lou LaPorta holding their son, Peter, the first baby born at St. Rose. In the decades following Peter's birth, Lou stayed involved with the hospital helping chart its course as the community grew. Lou believes that "community" can be defined as a group of people working together to achieve common goals. We do too. Our goal — our mission — is to provide comfort, dignity and excellent care to all those in need.

As Southern Nevada's only not-for-profit, non-tax supported and religiously affiliated hospitals, we are thankful for your support. In this edition you will also find a few examples of how the donations of your time, treasure and talents continue to help St. Rose adapt and grow to meet the needs of our community.

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

WOMENS CARE CENTER

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

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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.



**I'm
ALIVE!**

And I am
looking good
and feeling
better



Lilly Gill entered The Barbara Greenspun WomensCare Center of Excellence on a warm sunny afternoon with a white sailor cap (ala Gilligan's Island), pulled down far onto her forehead. Her spirits looked as if they had been pulled down, too.

“Breast cancer sent me into survival mode,” says Lilly. “I trusted in God and took on a ‘fight-to-win’ attitude toward my mastectomy, my chemotherapy and radiation. But, all the while, my gentle side—my spirit—was slowly seeping out of my body. I didn’t even realize it.”

Lilly harkens back to the day when her “spirit came up empty.” “When I shaved my head last year, I really thought I knew what to expect. My mother and best friend—both breast cancer survivors—walked with me through my journey. So, I did as she suggested. I shaved my head before my hair became brittle and fell out in big clumps. Even still, going bald was devastating to my self-esteem.”

Lilly restored her appearance and regained her sense of self-esteem with the help of The Barbara Greenspun WomensCare Center of Excellence, which serves as a certified American Cancer Society (ACS) Quality of Life Center. The WomensCare Center offers ACS’s *Look Good, Feel Better* workshops to help cancer patients use special makeup techniques to downplay the side effects of cancer treatment, which may include sallowness, uneven and puffy skin as well as discolored fingernails. WomensCare also fits cancer patients who have lost their hair with free wigs, hairpieces, turbans, hats and scarves.

“When you radiate good feelings, people take notice. I feel great. My spirit is full and soaring again.”

“The first time I came into the center, I was adamant that I wanted a basic dark brown or black wig. I wanted it to blend in with my dark skin tone,” says Lilly. “But, Linda (the program coordinator) has an intuitive sense of what will make a woman look good and feel good, too.”

A year after shaving her head, Lilly is grateful to be alive, thankful that her fiancé has stood by her side, and enjoying time with her first granddaughter. She is excited about going through the process of breast reconstruction, and she is even getting some new hair growth. “As thankful as I am to be here, I still get down once in a while. I guess that’s where I am at today. I came in hoping Linda would work her magic once again,” says Lilly.

After Linda fit Lilly with a new wig with soft brown and caramel-colored curls, Lilly headed out for a walk with her terrier, Jack. She returned a few hours later wearing the wig and a jubilant smile. Everyone she passed said hello or smiled at her. “When you radiate good feelings, people take notice. I feel great. My spirit is full and soaring again.”

CALL FOR HELP

- ACS Quality of Life Center – WomensCare’s ACS Quality of Life Center provides free wigs, turbans, hairpieces and hats to women with hair loss related to cancer. Call 616-4900.
- Mammovan – Nevada Health Center’s Mammovan provides free mammograms by appointment for age and income eligible women without insurance. Call (877) 581-6266.
- R.E.D. Rose – St. Rose’s R.E.D. Rose program provides assistance screening, diagnosis and treatment to eligible women, uninsured or underinsured and age 49 or younger. Call 616-7525 or for a Spanish Language Line call 616-4824.



Temple Midbar Kodesh members Wendy Drietzer and Isabel Goldberg are working to spread the word about the program. Here Wendy (1), Isabel (2) and WomensCare staff member Lisa Mosbey (3 and yes, 4 too) models some of the donated items. Call 616-4900.



The Susan G. Komen Breast Cancer Foundation marked its 25th anniversary with a renewed and impassioned mission that includes a new name and a new logo featuring a customized pink ribbon. Komen for the Cure has successfully brought breast cancer out of the closet, changing how the world talks about and treats the disease. St. Rose and the WomensCare Center salute Komen for the Cure and its support of our R.E.D. Rose program and breast cancer support group.

BREAST CANCER: Knowing Fact From Fiction.

Join St. Rose's Chief Radiology Technologist Aimee Moran for an exam of breast cancer issues ranging from risks to treatment and recovery on Wednesday, June 6, at 6:30 p.m. at the Henderson Multi-Generational Center on Green Valley Parkway at Paseo Verde Parkway.



Softer

MAMMOGRAMS AT ST. ROSE

Having a routine mammogram (a special X-ray exam that can detect approximately 85 percent of all breast cancers), beginning at age 40 and earlier if you are at high risk for breast cancer, is one of the best ways to insure that the disease is caught early enough to insure a good outcome. In fact, a woman whose breast cancer is detected through screening alone is, on average, 50 percent less likely to die from the disease.

Even so, many women do not get an annual or bi-annual mammogram because they believe it will be a painful experience. Research, however, indicates otherwise. Multiple studies found that while there is anecdotal discussion about mammogram screening and pain, few women experience any.

Anne Weber, St. Rose's manager of radiology, says that some women find mammograms an awkward experience, but few report pain. "It is important to note that multiple factors can influence a patient's perception of pain," Anne says. "A friend's depiction of a screening could cause anxiety, so could sitting in a waiting room for an undue amount of time before her screening. Or, she may be caught off guard if the technician does not walk and talk her through the steps of the screening,"

That is why all three of St. Rose's Radiology Departments go the extra step to make women comfortable with "softer mammograms." St. Rose's radiology technicians provide a softer mammogram by placing a soft, warm disposable "mammopad" between the woman's breast and the surfaces of the mammography unit. The mammopad adds an extra element of gentle comfort. Because the pad is radiolucent, it is invisible to the camera thus it does not compromise the clarity of the X-ray.

Anne adds that women can take a few of the following steps to make screening a positive, healthy experience:

- **Timing** – Breast tissue can become tender before and during menstruation. Try to schedule your mammogram a week or so after your period. Also, schedule your exam when you will not be rushed and anxious.
- **Talk** – Fibrocystic breasts—or "lumpy" breasts— may be more sensitive to being flattened. Let your technician know your condition before the exam.
- **Training** – Look for well-trained technicians. St. Rose mammographers are American Registry of Radiologic Technologists (ARRT) mammography certified and NV state licensed mammographers.
- **Temperature** – Wear clothing that keeps the unexposed portions of your body warm, e.g. long pants and shoes with socks.
- **Treat** – Reward yourself for getting a mammogram by enjoying a walk in the park, a special meal or other relaxing, fun indulgence.

WomensCare "WATER COOLER" SURVEY

WomensCare asked five women over the age of 40 whether having a mammography screening was more uncomfortable than a bikini waxing, running into the corner of a desk or having a root canal. Four out of five of the women said it was not and that the slight discomfort they felt was nothing compared to the peace of mind of knowing if they had breast cancer.



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First In Sight

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Rudy R. Manthei, D.O., F.O.C.C.O.O.
Medical Director

Douglas C. Lorenz, D.O., F.O.C.C.O.O.
Cataract Refractive Surgeon

Glen Hatcher, Jr., D.O., F.O.C.C.O.O.
General Ophthalmology

Ramsey R. Elhosn, M.D.
LASIK & Cataract Refractive Surgeon

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Menopause and Beyond!

Dry Eyes

If you are going through “the change,” your eyes may follow suit. A survey, sponsored by the Society for Women’s Health Research, found that 62 percent of perimenopausal and menopausal women experience dry eye symptoms. Yet, only 16 percent of the women experiencing symptoms knew that it might be linked to the hormonal changes of menopause.

“Left untreated, dry eye can lead to an increased risk of eye infections and even visual impairment,” says ophthalmologist Dr. Rudy Manthei. “However, it is quite treatable.”

Treatment options for dry eye vary based on the cause and severity of the disease. But, providing relief can be as simple as artificial tears or may be as involved as surgery. There are also a number of prescription therapies available, including a new prescription that increases tear production.

If you experience dry eyes regularly, Dr. Manthei suggests talking to your eye doctor as dry eyes can also be caused by certain medications and other health conditions.

Oral Health

Are you experiencing an altered sense of taste, increased sensitivity to hot and cold foods, a burning sensation in your mouth or a particularly dry mouth?

These symptoms could be caused by a variety of conditions, says Patrick Simone, DDS. However, for a perimenopausal woman they are almost as common as irregular periods, headaches, nightsweats and mood swings.

Oral changes frequently occur as a result of the hormonal changes a woman goes through during perimenopause and after menopause. Dry mouth, for example, can lead to the development of periodontal disease because saliva is not available to moisten and cleanse the mouth by neutralizing acids produced by plaque. Menopause also puts women at greater risk for bone loss. As bone density decreases in the jaw, it can lead to the loss of teeth.

“As a woman’s body ages, good oral hygiene is important to a woman’s overall health. As an added benefit, a bright, healthy smile can shave years off one’s appearance,” says Dr. Simone.

Embrace Midlife

Join Dr. Christine Northrup, known for her empowering approach to women’s health and wellness. Dr. Northrup will provide an inspirational and informative outlook on making the second half of your life healthy and full. See the *WomensCare* Calendar for more info!

MAY • JUNE • JULY

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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Health & Wellness



Exercise & Fitness



Nutrition



Screenings



Support Groups



Integrative Medicine



Health Conditions



Safety/Injury Prevention



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



Spanish Classes



HEALTH & WELLNESS

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 Program provides preventative health programming on modest or no-cost basis to help employers improve the health of their workforce.
Call 492-8116 for more information.

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming.
Fridays – May 4, June 1, July 6; 6:30-8:30 pm
WCC

LAUGHTER CLUB

Join Linda Garner, Certified Laughter Leader, to laugh your way to good hearted living.
2nd Wednesday – May 9, June 13, July 11; 6:30-7:30 pm
WEST

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.
Thursdays – May 10, June 14, July 12; 10:30 am-noon
WCC

MEDITATION

Experience relaxation with a different technique each time.
Thursday, May 10; 6-7 pm – Heart Meditation: Bring peace to the mind and love to the heart.
Monday, June 4; 6-7 pm
Thursday, July 26; 6-7 pm
WCC
Thursday, July 19; 6-7 pm – Gratitude Meditation with Goldie
WEST

ANGEL CARDS WITH PATTI

Use Angel Cards in your life.
Tuesdays – May 15, June 12 or July 10; 11 am-3 pm
WCC; \$30 for 30 minutes. Call 616-4900 for appt.
Tuesdays – May 15, June 12 or July 10; 11 am-3 pm
WEST-Angel Room; \$30 for 30 minutes Call 616-4900 for appt.

CHAKRA CLEARING MEDITATION

Learn the basics of 7 major chakras and how to clear them to balance mind and body.
Monday, May 14; 6-7 pm
WCC

TEA & TALK BOOK CLUB

3rd Thursdays – May 17, June 21, July 19; 2:30-3:30 pm,
WCC

ESSENTIAL OILS 101

Learn essential oils to make non-toxic cleaning products, a first-aid kit, and alter moods. Explore the range of aromatherapy!
Saturday, May 19; 2-4 pm
WCC; \$25

YOGA PRANAYAMA

Join Baba Anal in yoga breathwork (recommended to not eat within 3 hours)
Thursday, May 24; 5:30-6:30 pm
WCC

PLANT YOUR HEALING GARDEN

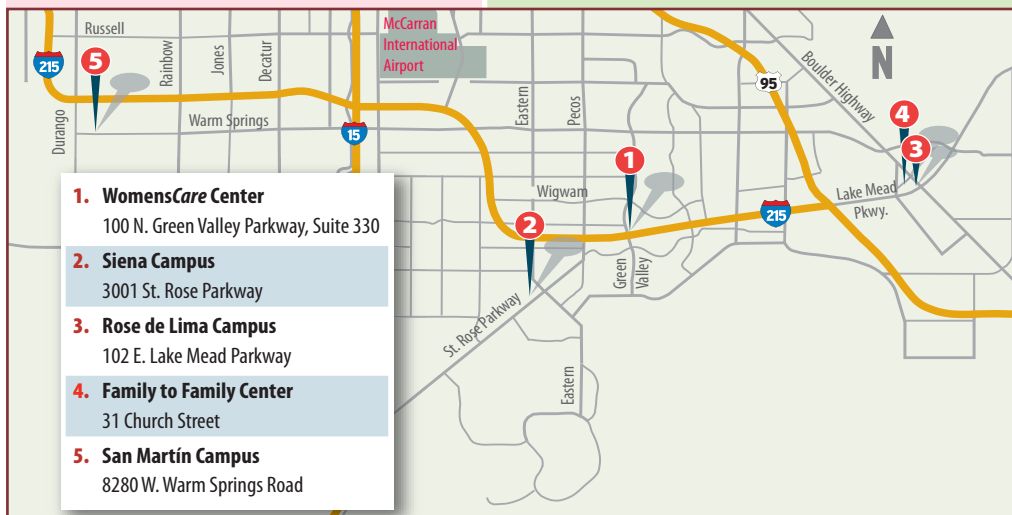
Get the dirt on how to create your own healing spot outdoors or indoors from Steve Salomon, certified arborist for Moon Valley Nursery.
Thursday, June 7; 5:30-7 pm Call 616-4900 to register
Location: Moon Valley Nursery, 9040 S. Eastern Ave.

BASIC MEDICAL TERMINOLOGY

Learn terminology and techniques for communicating with your doctor.
Tuesday, June 26; 2-4 pm
WCC

LOCATIONS WITH MAP

MAC - Siena Campus, MacDonald Room
WEST - San Martín Campus
SGR - Siena Campus, Garden Room
RDL - Rose de Lima Campus
RAN - Rose de Lima Campus, Annex
WCC - WomensCare Center
FTF - Family to Family Center





Spring Calendar

of classes and upcoming events

MAKE-UP FOR THE AGELESS WOMAN

Learn make-up application for a more youthful appearance at any age. Bring three of your favorite make-up items.

Thursday, June 28; 6-7:30 pm

WCC; \$5

GIRL TALK

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

Thursday, June 28; 6:30-7:30 pm

MAC

CAREGIVER WORKSHOP

Join The Center for Compassionate Care to learn how to care for loved ones at home. Topics covered: medication, safety, hygiene, and stress management.

Saturday, June 9; 10 am-3 pm (lunch provided)

MAC



EXERCISE & FITNESS

SIZZLING SALSA

Learn to spice up your moves with salsa dancing!

Friday, May 25; 6-7 pm

WCC; Free

TRIATHLON TRAINING FOR WOMEN

Join Jackie Arcana, USAT triathlon coach for a three-part class on triathlon training – it's not as intimidating as you think! Learn the basics of training for swimming, biking, and running.

Saturday, June 23; 9-10:30 am (Lecture)

MAC

Saturdays, July 14 & 28; 9-10:30 am (Training)

Henderson Multi-Generational Center; \$40

BELLY DANCING WITH GOLDIE

Release your inner goddess through belly dancing!

Wednesday, June 25; 6-7 pm

WEST

MOTHER DAUGHTER YOGA

Moms and daughters (ages 5-15) enjoy fun, healthy bonding.

Wednesdays; 4:30-5:30 pm

WCC; Free

HEALING YOGA

Mondays; 5-6 pm

WCC; Free

EVENING YOGA

Tuesdays; 6-7 pm

WEST; Free

WALK THIS WAY: WALKING CLUB

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

Tuesdays & Thursdays; 9-10 am

Call for meeting location; Free

THE AGELESS WOMAN WORKOUT

Learn breathing and yoga techniques, as well as slow weighted movements that target the woman's aging zones.

Tuesdays & Thursdays; 9-9:30 am

WCC; \$3 per session (donated to the hospital)

YOGA WITH DR. DEBBIE

Tuesdays & Thursdays; 10-11 am

WCC; \$5 per session

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 to learn the Chinese martial art that utilizes continuous flowing body movements that create 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

NIA JOYFUL MOVEMENT

Learn fusion fitness dancing that encompasses dance, martial and healing arts.

Fridays; 9-10 am

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

SUN STRIDERS MALL WALKERS

Join the Galleria at Sunset mall walkers. Food Court doors open at 7 am daily.

Call 434-2409 for more information.



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, June 14; 6-7:30 pm

WEST

VEGGIE SOUP FOR THE SOUL

Learn to incorporate meatless dishes in your cooking repertoire.

Monday, June 25; 6-7 pm (super summer salads)

WCC

COOKING WITH KIDS AT DREAM DINNERS

Parents and kids (8 yrs. & up) assemble nutritious, freezable dinners to enjoy now or later.

Thursdays - May 10, June 7, or July 12

Log on to www.dreamdinners.com for time, prices and to register. Location: Dream Dinners, 8876 S. Eastern Ave., Suite 100

HEALTHY STEPS

Better nutrition and fitness can be as easy as 1-2-3. Take the steps to a healthier lifestyle through education, goal setting, and motivation!

Mondays, May 21 & July 23; 6-7 pm

WCC

PICNIC PAIRINGS WITH WHOLE FOODS MARKET

Join Whole Foods Market for a cheese and wine tasting in the Healing Garden.

Wednesday, May 23; 6:30-7:30 pm

Siena Garden; \$15 per person

CARDIAC NUTRITION

Learn from a registered dietitian how to eat for your heart's health.

Thursday, June 28; 10:30-noon

WCC

GOOD EATS: UNDERSTANDING NUTRITION

Gear up for good eating. Learn to understand the good, the bad, and the tasty! Four-week program taught by Amy Miracle, registered dietitian.

Saturdays - July 7, 14, 21 & 28; 9:30-10:30 am

WCC

DR. CHRISTIANE NORTHRUP "MENOPAUSE AND BEYOND: EMBRACING THE VAST POSSIBILITIES OF MIDLIFE"

The second half of your life is designed to provide more pleasure, prosperity, and fulfillment. Make your menopausal years your best.

Sunday, May 20th

Hay House I Can Do It Conference;
Call (800) 654-5126 for tickets



MAY • JUNE • JULY

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



SUPPORT GROUPS

- **AA For Women**
Fridays, 7pm **WEST**
Mondays, 7:30 p.m. & Wednesdays, noon. **WCC**
- **Alcoholics Anonymous**
Sundays, 6 p.m. **MAC**, Sundays, 7 p.m. **WEST**
- **ALS Support Group**
2nd Tuesday, 11:30 a.m. **WCC**
- **Alzheimers Support Group**
4th Tuesday, 4:30 a.m. **WCC**
- **Bereavement Support Group**
2nd & 4th Wednesdays, 6 p.m. **WCC**
- **Breast Cancer Support Henderson**
2nd & 4th Mondays, 6 p.m. **WCC**
(Funded by Susan G. Komen for the Cure)
- **CODA**
Thursdays, 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-D**
- **Fibromyalgia Friends**
3rd Thursday, 6:30 p.m. **MAC**
- **Gamblers Anonymous**
Tuesdays, 6:30 p.m. **MAC**
- **Multiple Sclerosis Support Group**
3rd Wednesday, 7 p.m. **WCC**
- **Narcotics Anonymous**
Wednesdays, 5:30 p.m. **MAC**
- **Pregnancy Loss Support Group**
4th Tuesday, 7 p.m. **SGR**
- **Racing 4 Recovery, recovery support for substance abuse**
Thursdays, 7 p.m. **WEST**
- **RESOLVE Infertility Support**
2nd Monday, 6 p.m. **WEST-D**
- **Surviving Suicide, bereavement group for adults**
1st & 3rd Tuesdays, 6:30 p.m. **WCC**



SCREENING

METABOLIC SCREENINGS

How many calories do you need for basic body functioning? Come find out!
Thursdays – May 24, June 21 or July 19; 9am-noon.
Call 616-4900 for appt.
WCC; \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD.
Thursdays – May 24 or June 28; 8 am-noon
Call 616-4900 for appt.
WCC, Rehab Suite 140

BONE DENSITY

Join Desert Radiologists for a free screening done on the wrist.
Tuesday, May 22; 10 am-1 pm, or July 24; 1-4 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.
Thursdays, May 31 or July 19; 7-10 am
Call 616-4900 for appt.
WCC



INTEGRATIVE MEDICINE

MIGUN THERMAL MASSAGE

Receive a free 15-minute trial MIGUN massage or purchase five 40-minute massages for \$20
Every Tuesday & Thursday; 9 am-6 pm
WCC;
Call for an appt.

PREPARE FOR SURGERY, HEAL FASTER

Learn to ease anxiety and speed surgical or medical recovery using mind-body techniques.
1st & 3rd Tuesdays; 2-3:30 pm
WCC; Free
2nd Monday; 6-7:30 pm
MAC; Free
Can't attend the workshop? Borrow the class materials for free. Purchase materials for \$35. Purchase materials plus phone consultation, \$60. Purchase materials plus one-on-one consultation, \$75.

MASSAGE FOR MIGRAINES & TMJ THROUGH CRANIOSACRAL THERAPY

Join Marcie Malloy, massage therapist, for this gentle method encouraging natural healing.
Thursday, June 21; 9 am-noon
WCC: \$30 for 30-minute massage.
Call 616-4900 for appt.

HYPNOSIS FOR SMOKING CESSATION

Monday, June 4; 6:30-8 pm
MAC; \$25 (includes CD)

HYPNOSIS 101

Learn how hypnosis works, and the many powerful, positive uses of your own mind.
Wednesday, May 30; 6-7 pm
MAC

REFLEXOLOGY FOOT MASSAGE

Schedule 30 minutes with Sarah Wagner (prenatal appointments available)
Thursdays – May 17, June 14, July 20; 2-6 pm
Fridays – May 25, Jun 22, July 20; 2-6 pm
WCC; \$30 for 30 minutes Call 616-4900 for appt.

HYPNOSIS FOR WEIGHT MANAGEMENT: SLIMMING FOR SUMMER

Saturday, May 19; 1-2:30 pm
Tuesday, June 12; 6:30-8 pm
Saturday, July 14; 1-2:30 pm
MAC; \$25 (includes CD)

HYPNOSIS FOR POSITIVE THINKING/ ANXIETY REDUCTION

Monday, July, 16; 6:30-8 pm
MAC; \$25 (includes CD)

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.
Thursday, June 21; 4:30-6 pm
WCC

ACUPUNCTURE FOR THE FACE

Learn how acupuncture can be used to treat trigeminal nerve, TMJ, migraines, facial toning, improving collagen and elasticity from Dr. Farolyn McSweeney.
Tuesday, July 24; 6-7:30 pm
WCC

PRIVATE HYPNOSIS SESSION

Call 616-4905 for appt.
\$75



HEALTH CONDITIONS

CANCER QUALITY OF LIFE CENTER

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

BASIC DIABETES SELF MANAGEMENT

Join Dottie Stade, R.N., Certified Diabetes Educator for this two-session class.
Wednesday and Thursday, May 16 & 17 or July 11 & 12; 1:30-3:30 pm
MAC

MEN'S HEALTH

Join Dr. Sheldon Freedman for an update on erectile dysfunction
Wednesday, May 16; 6-7:30 pm
WEST



Spring Calendar

of classes and upcoming events

LAPAROSCOPIC OBESITY SURGERY

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

Tuesday, May 24, June 28 or July 26
MAC

WEIGHT LOSS MEDICATION UPDATE

Join Dr. Dominic Ricciardi to discuss pros and cons

Monday, May 28; 6-7:30 pm

WEST

ALTERNATIVE APPROACHES TO ARTHRITIS

Join chiropractor Dr. Robert DeMartino to learn about the cause of arthritis and how to relieve or prevent joint disease

Thursday, June 14; 7-8:30 pm

MAC

LOWER YOUR CHOLSTEROL WITH TLC

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

Monday, June 18; 2-5 pm

WCC

DON'T SNEEZE, LAUGH OR GIGGLE: STRENGTHENING PELVIC FLOOR

Join Dr. Richard Wasserman for a discussion on urine loss.

Monday, June 18; 6-7:30 pm

WEST

CONTEMPORARY TREATMENT OF OBESITY

Dr. Dominic Ricciardi and Dr. Lindsey Ricciardi will present medical and behavioral strategies for weight loss.

Monday, June 18, 6-7:30 pm

WEST

MENOPAUSE HOT TOPICS: BIO-IDENTICAL HORMONES

Join Dr. Gregory Gex for updates on risks and benefits.

Wednesday, June 20; 6:30-7:30 pm

WEST

DASH AWAY FROM HYPERTENSION

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

Wednesday, June 27; 5:30-7:30 pm

WCC

HEALTHY FEET ARE HAPPY FEET

Join Dr. Lee Wittenberg for a discussion on summer foot care.

Monday, July 16; 6-7 pm

WEST

METABOLIC SYNDROME/SYNDROME X

Join Dr. Ricciardi to understand how obesity causes health related problems.

Wednesday, July 18; 6-7:30 pm

WEST

LIVING WITH LUPUS

Join Dr. Christina Stimson for support and insight.

Monday, July 30; 6-7 pm

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 (monthly fee)

HEARTSAVER CPR/AED

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

Wednesday, May 30; 5-9 pm

Friday, June 15; 2:30-6:30 pm

Saturday, June 23; 9 am-1 pm

Saturday, July 21; 2:30-6:30 pm

Wednesday, July 25; 5-9 pm

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

Saturday, May 12; 9 am-1 pm

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

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn the American Heart Association adult, child, infant CPR, AED, and choking. 2-yr. certification for all health care providers.

Initial Certification: Tuesday, May 22; 5-9 pm;

Monday, July 16; 9 am-1 pm;

Recertification (must have current AHA card):

Wednesday, June 6; 2:30-6:30 pm

Saturday, July 28; 9 am-1 pm

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

Recertification (must have current card):

Thursday, May 17; 1-5 pm

WEST; \$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, July 21; 10 am-2 pm

MAC

AARP DRIVER SAFETY PROGRAM

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

Mondays, June 4 or July 30; 9-5 pm

WCC; \$10

Saturday, July 21; 9-5 pm

WEST; \$10

SAFE SITTER

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

Saturday, June 30 or July 23; 9 am-4:30 pm

WCC; \$30 (includes lunch)



BREASTFEEDING

NEW MOMMY MIXER

Fridays; 11 am-noon

WCC

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

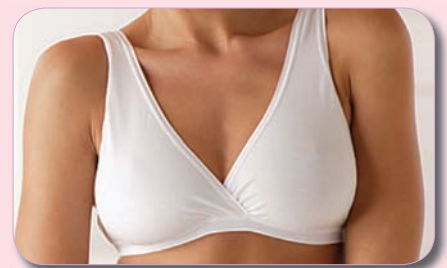
No appointment necessary - Free weight checks

WCC & FTF

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Choose from a variety of nursing bra styles by Medela, Bravado and Fancee Free. Bras fitted for comfort and function. Extended sizes 36F-46H available.

WCC



BREASTPUMP RENTAL & SALES

Buy or rent? Our lactation staff can help you make the best decision for your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela Breast-pumps for purchase.

NEW 2007 LIMITED EDITION PUMP IN STYLE ADVANCED



MAY • JUNE • JULY

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

Congratulations to
St. Rose's Vicky Van
Meetren, Southern
Nevada's Mother of
the Year!



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)

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

SPECIAL CARE NURSERY SUPPORT GROUP

Join our nursery nurse to discuss answers to your concerns, find support and prepare to bring your new baby home.
Fridays; 10:30-11:30 am
WCC

SPA DAY FOR MOMS TO BE

Relax and enjoy the journey of becoming new moms with pampering chair massages, reflexology, mini-facials, and meditation.
Tuesday, May 8; 6-8 pm
WCC; \$10

CESAREAN BIRTH CLASS

Learn pre-operative preparation, what to expect in the operating room, and post-operative care.
Thursday, May 31; 5:30-9 pm
Home Health; \$45

NATURAL BIRTH OPTIONS

Learn to ease and progress labor naturally with birth balls, movement during labor and alternative positions for pushing.
Wednesday, June 6; 6-7:30 pm
WCC

LAMAZE COUPLES CLASS

Prepare to give birth with Lamaze method relaxation and conditioning techniques that enable couples to work as a team to minimize medical interventions. Take it in addition to the childbirth class series.
Mondays - June 4, 11, 18 & 25; 7-9 pm
WEST; \$75

NATURAL FAMILY PLANNING

Learn natural ways to achieve or avoid pregnancy from certified fertility care specialist, Mickey Bachman, R.N.
Tuesday, June 18, 7-9 pm
RAN

HYPNOBIRTH-THE LECLAIRE METHOD

Learn self-hypnosis techniques to use throughout pregnancy and birth and ways to bond with baby and openly communicate with your partner.
Saturday, June 23; 9:30 am-4:30 pm
WEST; \$75



INFANTS, CHILDREN & PARENTING

Call 568-9601

CAR SEAT SAFETY CHECKS

2nd & 4th Thursdays; 8-10:30 am Call 616-4901 for appt.
WCC & WEST; \$10 per family

STROLLER FIT

Stroller Fit will guide you through a safe, 50-minute workout to burn fat, build strength endurance and flexibility. For more information, call 419-6287.
Mondays, Wednesdays, Thursdays & Saturdays; 8:30 am
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
Fridays; 9:30 am-12:15 pm
FTF

FAMILY CINCO DE MAYO FIESTA

Join us for a day filled with fun in the sun (don't forget the sunscreen). Friday, May 4; 11 am-noon
Location: Mission Hills Park (95 & College)

STORY TIME & LUNCH IN THE PARK

Bring your sack lunch to Paseo Verde Park and join us for story and craft.
May 8; 10-11 am
FTF

INFANT SUMMER SAFETY

Learn to protect your little one in the Las Vegas heat.
Friday, May 18; 2-3 pm
FTF

TODDLER PROOFING YOUR HOME

Protect your children from accidental drowning.
Tuesday, May 15; 10-11 am
FTF

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs to help your baby communicate, thereby reducing tantrums and improving IQ and vocabulary.
Saturdays - June 2, 9, 16, & 23; 9:30-10:30 am
Wednesdays - June 6, 13, 20, 27; 11:30 am-12:30 pm
WCC; \$99 (includes Sign With Your Baby kit
Saturdays - July 7, 14, 21 & 28; 10-11 am WEST \$99 (includes Sign With Your Baby kit)

SING AND SIGN: BABY SIGN LANGUAGE LEVEL II

For parents and baby graduates of Baby Sign Level I (up to three years old).
Saturdays - June 2, 9, 16, & 23; 11 am-noon
WCC; \$85 (includes Pick Me Up)

FAMILY PICNIC

June is National Family Month. Join us to celebrate families with a potluck lunch at Mission Hills Park.
Saturday, June 2; 10 am-noon

INFANT PICASSO

Prepare to celebrate Dad by making a fun Father's Day craft.
Tuesday, June 12; 10-11 am
FTF

CELEBRATE DADS!

Calling all toddlers, come and make a fun Father's Day craft to celebrate your dad!
Friday, June 15; 2-3 pm
FTF

SLEEP SOLUTIONS

Tips to help your child (and you!) sleep through the night. (ages 4 months and up)
Tuesday, June 19; 2-3 pm
FTF



WOMEN'S WISDOM CONFERENCE

PAMPER your soul with Yoga, Tai Chi, or Meditation.
EMBRACE your spirit through creative activities to align with your intentions.
FREE YOURSELF through NIA and Drum Circle.
Saturday, July 14, 8 am - 4:30 pm
WEST; \$40 (includes lunch) Call 616-4900 for registration or logon to www.stroshospitals.org for conference brochure

The sweet delights of the Cupcakery make a tasty Mother's Day Indulgence

Call 207-CAKE to order or stop by the store on
S. Eastern next to Red Robin restaurant.



TODDLER HEALTHY SUMMER SNACKS

Running out of snack ideas? Get some help and recipes for creating healthy snacks.

Tuesday, July 10; 9-10 am

FTF

INFANT WATER PLAY

Bring the little ones together to cool off while splashing in the water. For children 6-12 months old.
12-48 months old.

Wednesday, July 11 & 25; 9-10 am

FTF

HOMEMADE BABY FOOD

Learn to make nutritious and tasty food for your baby.

Ages 0-12 months

Monday, July 16; 2-3 pm

FTF

To enroll in classes held at
Family to Family (FTF), please call 568-9601.

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)

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)

WEST 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)



SPANISH CLASSES

Programas en Español

Llame al 568-9601

¿Necesita a un Médico? Llame al 616-4999

ASIENTOS DE SEGURIDAD INFANTIL

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

Jueves, 9-11 am

FTF y WCC : Gratis

COMENZANDO BIEN

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

FTF: Gratis

APRENDA A CONVERSAR EN INGLÉS

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

FTF; \$30



MOTHER'S DAY TEA IN THE HEALING GARDEN

Mothers, Daughters, Grandmothers, and Mothers-to-be spend a memory-making afternoon celebrating motherhood! Floral dresses and hats encouraged.

Saturday, May 12, 3-4:30 pm

WEST- San Martín Campus Healing Garden; \$10 per person
Proceeds to benefit the Living Grace Home for Pregnant Teens

Spring Mothers

WomensCare takes pleasure in getting to know hundreds of mothers each year. Here are a few who truly take the toughest job on earth to heart.



Natalie has an easy-going nature for a mother of three whose life is not always simple or smooth. Her daughter, **Brea**, who was born with hydrocephalus, a condition often called “water on the brain.” When the shunts that drain fluid from Brea’s brain became seriously infected, she was hospitalized at St. Rose for nearly three months. Natalie was constantly by Brea’s side, helping doctors and nurses fight for her daughter’s life. Today, Brea is crawling, talking and posing for cameras as St. Rose’s Children’s Miracle Network Child of the Year. “St. Rose gave us a miracle — Brea’s life,” says Natalie. “They cared for Brea and our whole family.”

Please support CMN balloon campaigns at Costco, Walmart, Sam’s Club and other area stores.



Tawanda is all about kids. She is the toddler education specialist for St. Rose’s Family to Family (F2F) Center. Her workday is spent helping parents and toddlers form bonds of communication through interactive play. She also provides education on childhood concerns such as proper nutrition, separation anxiety and night terrors. After work, she heads home to her husband and her only child, **Janae**, and that is just the way this mommy likes it. “I love helping families set a positive foundation for interacting and communicating with their children,” says Tawanda. “But, at the end of the day, nothing is more important than building a relationship with my own little family.” F2F is supported in part by a grant from the MGM Voice Foundation. Call F2F at 616-4901 for more information.

*There is no friendship, no love,
like that of a mother for her child.*

**Be well informed
on what to do.**

Looking for information on upcoming kids' events and activities? Vegasparents.com provides a calendar of monthly activities, special events and contests aimed at making family time the best times of your life.



As **Toni** prepared to give birth to fraternal twins, she was filled with joy. **Cassidy** was born healthy. (Bliss) **Connor** was missing an eye. (Immense pain) Then Toni learned he was blind in both eyes. (Agony) Finally, she learned Connor might not make it. (Willpower and Perseverance)

Toni and her husband helped Connor through two tumultuous years of ER visits and surgeries brought on by a rare type of hydrocephalus complicated by a missing pituitary gland. While doing so, Toni founded the Nevada Blind Children's Foundation to provide families of blind and visually impaired children resources to support their children's developmental and educational needs. With the support of Connor's family and friends, NBCF recently opened its foundation offices at Charleston and Valley View. For more information, call 735-6223 or log on to nvblindchildren.org

Susan is a single-mother who moved to Southern Nevada to attain a better quality of life for herself and her pride and joy, **Matthew**. As she got settled, she struggled to cover the cost of rent, car payments and insurance. So, when Matthew broke his arm at school, she panicked about where to turn for help. Her son's school referred her to St. Rose's Positive Impact Program.

For nearly 20 years, Positive Impact has provided free medical, dental and vision care for uninsured and underinsured children who meet eligibility requirements. "We love St. Rose. The hospital's help gave me comfort that we made the right move," says Susan, who now works for the Chamber of Commerce. She makes sure that new residents know about the hospitals' community outreach assistance programs. For more information, call 616-7525.



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LOSING IT

Losing weight is enough to drive a woman crazy. So when Dr. Dominic Ricciardi speaks, women listen. Dr. Ricciardi specializes in bariatric medicine (the treatment of obesity), treating patients through a comprehensive program of diet and nutrition, exercise, lifestyle changes and, when medically appropriate, appetite suppressants and other medications.

WomensCare magazine recently gave women the opportunity to ask Dr. Ricciardi their weight loss questions.



Dr. Dominic Ricciardi

Question: I want to lose weight, but I think I have a slow metabolism. What can I do?

Dr. Ricciardi: It is a misconception that excess weight is caused by a slow metabolism. In fact, you may have a faster than average metabolism. Your body gets energy in the form of calories to sustain itself. This is what we consider your metabolism. The more of you there is, the more energy you need (or the more calories you burn).

A variety of factors influence your metabolism. Gender, age, physical activity and fat-to-muscle ratio and age are examples. An adult's metabolic rate decreases by about 1% a year, most likely the result of losing muscle. So, if you continue to eat like an 18-year-old, you are likely consuming more calories than you burn, which causes weight gain. Eating sensibly, being physical active and building muscle mass through resistance exercise will help fire up your metabolic engine.

A medical condition or medications can also slow your engine. Your physician can help identify potential problems such as hypothyroidism.

Question: I've tried diets and lost weight. But, as soon as I stray from the diet, my weight creeps up again. Is there a diet that is easy to stick to?

Dr. Ricciardi: You have come realize that "fad" diets are designed for short-term success.

Think about it. Cutting out breads and pasta will decrease your caloric intake and result in weight loss. But, what is the likelihood that you will never eat bread again? If your diet restricts you from eating foods you enjoy, you will likely overindulge in them when you stop dieting.

A good deal of scientific evidence suggests that dieting can increase your risk of obesity. Thus, my recommendations do not promise the immediate results that fad diets do.

First, focus on portion control. Food is so plentiful that it can be challenging. Consider this: there are 3,500 calories in a pound. So, if you eat just 100 calories more than you burn in a day, you could gain a pound a month or 10 pounds in a year. Fortunately, it also works the other way. So, look for ways to shave off 100 to 200 calories from your daily intake. Drink water or diet colas rather than sugary sodas and juices. Cut back on the amount of condiments or dressing you add to a sandwich, baked potato or salad (see chart on page 21).

Second, move more. Take the stairs. Walk to the store. Little steps lead to a small but effective calorie deficit that produces dramatic results over time.

Question: I gained 30 pounds after marrying and having kids. I lost 20 pounds by eating healthier and exercising. But, no matter what I do, I can't lose the last 10. Why?

Dr. Ricciardi: Congratulations on taking healthy steps to lose 20 pounds. However, it may be a time to reevaluate your "ideal" weight because your mind and body are not in sync.

See your physician and discuss your weight. If you are not at a healthy weight, eat more mindfully. Most people think they are eating less than they really are.

Also consider that your metabolism may have slowed if you quickly dropped 20 pounds. If you lost more than a couple of pounds a week, you probably lost not only fat, but a lot of muscle, which can put the brakes on your metabolism. Also, if you followed an overly restrictive diet your body may be in "preservation mode." So, while you are saying, "I'll cut more calories to lose more," your body is probably saying, "I'm starving...I'll conserve calories and slow down my energy output in order to save myself."

Question: I am a severely overweight yo-yo dieter. It only seems to get harder and harder to lose weight. I'm thoroughly depressed. What can I do?

Dr. Ricciardi: It is important for you to know that you are not alone. Most overweight people are good at losing weight. Keeping it off is the challenge. That is why obesity should be viewed as a chronic disease, like high blood pressure. If I stopped someone's blood pressure medicine, her blood pressure would probably go up again.

Obesity is similar. When intervention stops the weight returns. The lesson to be learned is that if you ignore the issue the problem returns. Allowing yourself to be emotionally bothered when you are off track only worsens your situation. You will have bad days...do not let them become bad weeks or months.

Also keep in mind that losing just 5-10% of your body weight can decrease your risk of illness—such as diabetes, high cholesterol and high blood pressure.



SAFE HAS A COLOR.



Who protects you when you're on the road? Do you have someone you can count on? You can rely on your American Family agent to help make sure you have enough coverage on your vehicles, while never paying too much. Safe has a color. Personal attention has a shape. The red roofline of American Family. The symbol of protection. For the name of an American Family agent near you, visit amfam.com or call 702-733-4989 ext. 51506.

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Is It A MAGIC PILL?

The Food and Drug Administration (FDA) recently approved a weight-loss medication called Orlistat for over-the-counter purchase. Dr. Dominic Ricciardi says, "There is a lot of excitement generated when a medication which was only available by prescription becomes available to the general public. But, it is not a 'magic' weight-loss pill."

Dr. Ricciardi says that it is easiest to define Orlistat as a "fat blocker" that works by inactivating the enzymes in your intestines that breakdown fat. Since fat is not broken down it is eliminated through your stool rather than being absorbed by the body.

Orlistat has proven effective as an adjunctive therapy, says Dr. Ricciardi. That means it is effective when taken as part of an overall weight reduction and management plan that includes eating a healthy, well-balanced diet and exercising regularly. Although it is a relatively safe medication, if you continue to eat greasy, high fat foods you are likely to experience very unpleasant side effects like severe bloating and the loss of continence in your stool.

That's Baloney! Isn't It?

Can losing weight really be as simple as "dressing down" your sandwich? Check out the chart and see how many calories you could save by dressing your sandwich with mustard rather than mayonnaise or opting for a heavy sprinkling of vinegar without the oil. You'll save about 85 calories and that's no baloney!

CONDIMENT	NO. OF CALORIES PER TABLESPOON
VINEGAR	2
OIL	125
MUSTARD	15
MAYONNAISE	100
BUTTER	100
CREAM CHEESE	50
MARGARINE	100
SALAD DRESSING	75
GRAVY	50



A Healthy Perspective On Weight Loss

In 2002, Lisa Mosbey's thyroid went berserk. As a result, her energy plummeted and her weight escalated. Lisa's physician prescribed medication which jumpstarted her thyroid, but losing weight was something she would have to work at.

Lisa enrolled in the Healthy Steps program offered by the WomensCare Center. The program promotes a balanced and comprehensive approach to achieving a healthy weight. It worked. As Lisa made healthier food choices, she gained the energy to exercise and ultimately lost weight. The lifestyle modifications she made were so successful that she was able to discontinue taking medication within a year.

"I didn't go on a diet per se. I lost weight by watching what I ate and how much I ate. I also began exercising," said Lisa. "I don't think there is a cure for weight issues. It is a constant commitment."

Lisa continues to frequent support groups like Healthy Steps. "Going to the support group is my way of 'checking in.'" It reinforces my commitment to eating right and exercising," she says. "The best part is that, over the course of four years, I went to so many WomensCare classes that they hired me to coordinate events. I love it."



Take Healthy Steps.
See page 11 for details.

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



TEENS: ON THE INTERNET!

Teenagers often act like they know everything — or at least more than their parents. When it comes to the Internet, it is often fact rather than adolescent delusion. This is disconcerting considering the danger that lurks on the World Wide Web. By doing some homework, you can educate yourself about how you can teach your children to use the web safely and responsibly at every age and every stage of their lives. Web sites such as Microsoft's Protect Your Family pages can help. Here are a few of the tips offered by many web safety sites:

- Chat offline with your kids each day, and talk about their online activities as you would any of their other activities.
- Keep computer use to open "family" areas.
- Create a family oath about safe, responsible use of the Internet.
- Research parental control devices that allow you to track your child's online usage and block materials you find objectionable.

TEENS: BEHIND THE WHEEL

Your daughter may be begging you to get her driver's license. Chances are she will try to beg her way out of participating in anything beyond the basic driver education courses required to get her license. But, before you hand over the keys to the car, consider giving her an edge — the Driver's Edge. It is a free one-day course supported by the Nevada Department of Public Safety that is held at the Las Vegas Motor Speedway.

Driver's Edge teaches teens safe, responsible handling of a vehicle with fun, MTV-type twists. Speaking of twists, your daughter will get behind the wheel to learn how to react and recover from dangerous driving situations such as hydroplaning and "fish tailing." She will also don "drunk" glasses to gain perspective on how alcohol could impair her ability — or a friend's ability — to drive. Driver's Edge founder Jeff Payne says that he meets a lot of girls and guys who think they own the road. Payne says that by the end of the day, teens drive like they own the car. Visit driversedge.com for more info.

- An average of one young driver is involved in a police-reported motor vehicle collision every 16 seconds.
- About 22 young drivers are involved in a fatal collision each and every day in the U.S. That's equivalent to about a classroom full of students.

Guarding Against Cervical Cancer

In the summer of 2006, the Federal Drug Administration (FDA) approved a new vaccine that prevents infection from four types of human papilloma virus (HPV), a sexually transmitted disease known to cause 70 percent of cervical cancers and 90 percent of genital warts.

The Advisory Committee on Immunization Practices, which advises the government on vaccine policies, backed the widespread use of the vaccine for preadolescent girls from 11 to 12 years of age in hopes of safeguarding them before most become sexually active.

Yet, some parents felt their guard go up when states began proposing the idea of making the vaccine mandatory for 11- and 12-year-old girls. Many questioned whether immunizing their daughters would be the equivalent of giving them licenses to have sex. Others expressed fear that it might give teens the misconception that they are protected from all STDs.

"As Catholic-based hospitals, we advocate teen abstinence," says Holly Lyman, director of the WomensCare Center. "As a community health care provider, we also support open discussion of health issues. We encourage parents to talk openly and early about sexuality, sex and sexual diseases with their children."

Lyman said that parents who frequent WomensCare classes are talking about the vaccine and two important points they believe mothers and fathers should ponder. The first is that the vaccination may protect daughters from HPV in the tragic event that she is sexually assaulted.

The second consideration is that even if a young woman abstains from sex before marriage, she could still contract HPV from her husband if he has had sex before. HPV does not always present symptoms, so a husband may unknowingly have it and unintentionally pass it on to his bride.

Note: According to the vaccine maker, sexually active females may benefit from vaccination. They would receive the full benefit of the vaccine if they were not previously exposed to any type of HPV. If they had been infected with one or more HPV type, they would still get protection from the virus types they had not acquired. However, there is no test available for clinical use to determine if a female has had any or all of the four HPV types in the vaccine.

- **25% of sexually active teenagers get a STD every year.**
- **80% of infected teens don't know they have a STD.**

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IMPORTANT EXAMINATIONS

As a woman, there are certain medical tests you should undergo to protect your health and keep you feeling well. The chart below tells you what tests to expect and to inquire about at each stage of your life.



TYPE OF EXAM	FREQUENCY
Breast exam (self exam)	Once a month after age 20
Complete physical (physician exam)	Once every five years to age 45; every two to three years to age 65; every year after age 65. Should include: weight, height, blood pressure, heart rate; routine blood and urine tests; breast exam; skin, eye and ear exams; lymph node exam; sigmoidoscopy (after 50); stool test for occult blood (after 50); chest X-ray (if doctor suspects a problem); pelvic exam and pap smear.
Dental checkup	Every six months to a year for exam and regular cleaning.
Eye exam	Every two years if you wear glasses or contacts; if you have good vision, start every two years after 40.
Hearing	Once during adolescence; at 18 and every 10 years thereafter.
Blood Pressure	At least once every year or two starting at 20.
Cholesterol	At least once every five years starting at 20.
Electrocardiogram (EKG)	Baseline once before 40, then as often as your doctor recommends.
Thyroid Test	At 35 and then every five years.
Skin check	Once every three from 20 to 39; once a year after 40.
Colon	Digital rectal exam and sigmoidoscopy once every five years after 50
Fecal occult blood test	Once a year after 50.
Breast exam	Every three years for women in their 20s and 30s; once a year after 40.
Mammogram	Once a year for women 40 and over.
Pap smear and pelvic exam	Once a year for women 18 and over; also once a year for younger women who are sexually active or who smoke.
Bone density	Soon after menopause, if considering hormone replacement therapy or bone-building drugs.
Sexually Transmitted Disease Screenings (STDs)	Talk to your health care provider if you or your partner have had sexual contact with more than one person, or if either of you have ever had an STD.

Good Communication with your doctor

Establishing good communication with your health care provider is important. Tony Alamo, M.D., chief medical officer for the San Martin Campus, advises asking these three questions if you are seeing a doctor for an illness or injury:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

Dr. Alamo also suggests writing down your symptoms of illness or details of your injury and bringing them to your doctor's appointment.

For help finding a doctor, call 616-4508. To find a Spanish-speaking doctor, call 616-4999.

Urinary Incontinence: Common and (often) Controllable

“I laughed so hard that I peed my pants!”



The phrase is common, yet for the women who experience the unintentional, unexpected loss of urine, incontinence is not comical.

Many find it so embarrassing that they stifle their laughter, curb their exercise or resort to the long-term use of feminine pads and adult diapers.

Urogynecologist Dr. Richard Wasserman believes it is time to take urinary incontinence off the list of taboo topics because one of every three women will likely experience urinary incontinence during their lifetime. Yet at least half of those who do, don't talk to their physician about it.

Can we talk here?

Incontinence is common, he says. “Unfortunately, many younger women see incontinence through the eyes of a humiliated second-grader,” says Dr. Wasserman. “And, as women age, they tend to discount incontinence or even laugh it off as an unavoidable fact of aging. Incontinence is not a disease, it's a symptom. If we identify and treat the underlying problem, we have a very good chance to clear the symptom no matter what a woman's age.”

In fact, medical statistics indicate that eight out of 10 cases of urinary incontinence are controllable or curable.

Why Uncontrollable Urges and Leakages Occur

Urine leakage can be caused by problems such as urinary tract infections, vaginal infections or irritations that when treated, cure the incontinence, says Dr. Wasserman. But, the two most common types of incontinence are called stress incontinence and overactive bladder.

Stress Incontinence

Stress incontinence occurs when the urinary sphincter does not stay closed. Thus, when

pressure — physical stress — is put on the bladder through laughing, coughing, sneezing, lifting heavy objects or other movements such as exercise, an involuntary loss of urine may take place. Weakened pelvic floor muscles, which often result from pregnancy, childbirth and menopause, typically cause stress incontinence, says Dr. Wasserman.

Urge Incontinence

Urge incontinence, often referred to as overactive bladder, is characterized by the need to empty your bladder more frequently than usual or a sudden, uncomfortable need to urinate with or without urine leakage. Dr. Wasserman describes it as an “unwelcome alarm clock.” It occurs when muscles of the bladder squeeze or contract more often than normal and at inappropriate times. The exact cause of urge incontinence is unknown, however, underlying causes can include drug side effects, nerve damage, neurological disease (e.g. multiple sclerosis, Parkinson’s disease, etc.) or stroke.

Mixed Incontinence

Women can have a combination of stress and urge incontinence known as mixed incontinence.

Diagnosing Incontinence

According to Dr. Wasserman, diagnosing incontinence starts with an open conversation between a woman and her physician. “Your physician will most likely take your medical history, and you may be asked to keep a diary to track the timing, frequency and amount of urine voided or leaked, and any associated factors, such as coughing or sneezing.”

“We can also use office tests like ultrasounds to measure the amount of urine remaining in the bladder after urination to determine how well the bladder empties, and laboratory testing to look for infection or blood in the urine, as well as to measure kidney function,” says Dr. Wasserman.

Another diagnostic tool, which may be recommended before proceeding to more invasive treatments such as surgery, is called urodynamic testing. It is a process of examining the bladder, urethra and urethral sphincter as the bladder is filled with water, when the bladder is full and when the person coughs or bears down. “Urodynamics allows us to test bladder capacity, the pressure in the bladder and urethra, and how fast urine flows during urination,” says Dr. Wasserman.

Treatment

Treatments vary based on diagnosis, according to Dr. Wasserman. However, he finds that one of the most effective tools is pelvic floor physical therapy, whereby a specially trained physical therapist uses modalities such as biofeedback.

Kegel

Practicing Kegel exercises can strengthen muscles of the pelvic floor and sphincter to reduce or cure leakage. However, many women do them incorrectly, minimizing their effectiveness.

Diet

Getting enough fluid is important, but an excessive amount of fluid — particularly fluids with caffeine — can contribute to the frequency and urgency of urinating. Limiting caffeinated beverages, reducing fluid intake in the evening hours and cutting back on the amount of spicy and acidic foods and or beverages consumed may also help decrease bladder urges.



Dr. Richard Wasserman

Urogynecologist Dr. Richard Wasserman believes it is time to take urinary incontinence off the list of taboo topics because one of every three women will likely experience urinary incontinence during their lifetime.

Electrical Stimulation

Brief doses of electrical stimulation can strengthen and retrain the muscles in the lower pelvis in a way similar to exercising the muscles. It can be used to reduce both stress incontinence and urge incontinence.

Biofeedback

Biofeedback uses a small sensor placed inside the vaginal walls to measure when the bladder and urethral muscles contract and release. This knowledge, paired with pelvic muscle exercises and electrical stimulation, can provide substantial relief from stress and urge incontinence.

Timed Voiding or Bladder Training

Developing a regular schedule of urinating can help reduce the chance of leakage among women with stress incontinence. It can also help reduce bladder urges in some women who have urge incontinence. By timing bladder voiding, the bladder can be trained to hold more urine and gradually increase the time between urination.

Medications

There are numerous medications that can help control urine leakage. Some inhibit contractions of an overactive bladder, others relax muscles so that the bladder empties more completely during urination and hormones such as estrogen are thought to cause muscles involved in urination to function normally.

Pessaries

A pessary is a ring that is inserted into the vagina to help support the urethra. It may reduce or eliminate stress or overflow incontinence, for women who want to delay or forgo surgical treatment.

Implants

Implants of bulk material such as collagen can provide a short-term benefit for women with stress urinary incontinence caused by complete failure of the urethral sphincter muscles. The bulk material is injected into the walls of the urethra to help it close.

Surgery

Surgical treatment of incontinence may be considered if other treatments are unsuccessful. Because most stress incontinence results from weakened muscles that cause the bladder to droop down toward the vagina, most surgeries involve pulling the bladder up to a more normal position. For severe cases, the surgeon may secure the bladder with a sling that holds up the bladder while compressing the bottom of the bladder and the top of the urethra to prevent leakage.

Pads and Diapers

While many women resort to absorbent pads and diapers, doctors consider them a last resort as they do not correct urinary incontinence.

Ultimately, Dr. Wasserman agrees that urinary incontinence is not funny, but he believes it should not be a taboo topic when effective treatment is readily available.

So, Who Is Running for the Bathroom?

Pregnancy and Vaginal Delivery

- 67% experience incontinence during pregnancy

Excessive Weight

- 60% greater chance of experiencing incontinence

Hysterectomy

- 60% greater chance of experiencing incontinence by age 60

Menopause

- 56% of all menopausal women experience incontinence

Physical Activity

- One out of three physically active women experience incontinence

Diabetes

- 70% greater chance of women experiencing incontinence

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First Born

June 29, 1947

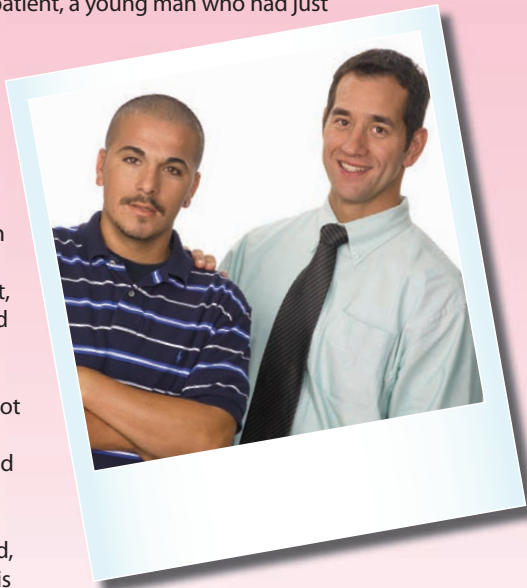
Lou LaPorta was an air force bombardier when he and his wife, Elayne, moved to Southern Nevada in the 1940s. When his tour of duty at Nellis Air Force Base ended, they decided to stay. "We came from a small town in New York and we felt that Southern Nevada offered that same sense of community," says Lou. On June 29, 1947, Elayne gave birth to the couple's son, and Rose de Lima's first child, Peter. In the years and decades that followed, Lou LaPorta lent his time and talents to St. Rose in a variety of volunteer positions, including the hospitals' community board chair. Elayne became one of the world's most renowned biblical folk artists.



First Response

August 2005

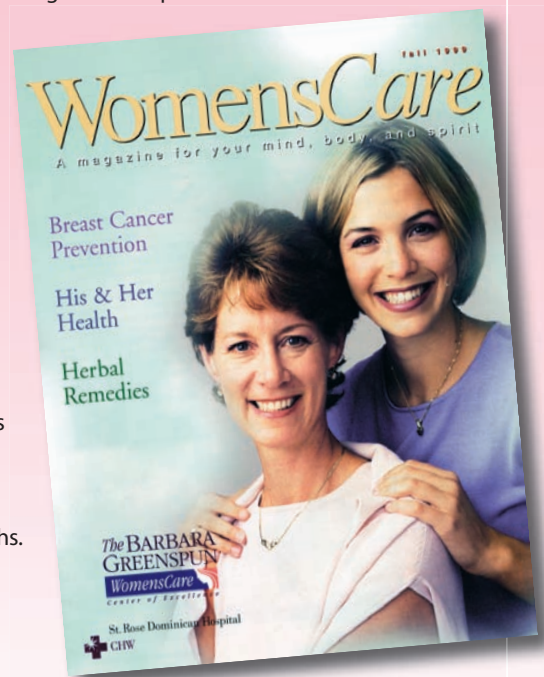
Orthopedic surgeon Randall Yee remembers when St. Rose opened its Level III Trauma Center at St. Rose Dominican Hospitals – Siena Campus in August 22, 2005. How could he forget? He rushed in to treat the first patient, a young man who had just graduated from high school. Chris and his father, Bobby, had been very busy at work that day. When Chris jumped off their forklift, Bobby stepped on the gas to get back to work. He did not realize that his son had slipped and fallen. As the forklift surged forward, it ran over Chris crushing his legs and ankles. Dr. Yee and the trauma team worked quickly with a confident commitment to rebuild his legs. Christopher's father felt absolutely blessed his son was taken to St. Rose and cared for by Dr. Yee.



First Edition

September 1999

In September 1999, St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Center of Excellence debuted WomensCare Magazine, a free quarterly magazine mailed to 100,000 homes. The hope and the plan were to publish a magazine that promoted healthy lifestyle habits by stimulating positive communication between women and their physicians, their families and friends. The first issue featured breast cancer survivor Madlyn Jamison and her daughter Lauren. Since that time, the magazine has grown in pages and its circulation has nearly quadrupled in number. Madlyn and Lauren's lives have grown too. Mother and daughter both married wonderful men in the past 12 months. Congratulations, ladies!



Dr. Shane Snyder uses global experience for local advantage.

An internationally recognized expert

in the field of emerging contaminants, Dr. Shane Snyder's job as Research and Development Manager for the Southern Nevada Water Authority is to help the water treatment team and laboratory testing personnel detect and perfect the removal of potential pollutants before they enter our water system.

While he has traveled the world spreading his knowledge of "global sustainability," his work also attracts top research professionals to SNWA's new state-of-the-art lab at the base of the River Mountains. **"Water quality is a global issue, but we always bring it back to this valley,"** he said.

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.

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SHANE SNYDER, Ph.D.
SNWA Research and Development Manager

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The Power of a Single Flower

A bouquet of flowers is a gorgeous gift. But, even a single flower has the power to let a gal pal know you care. Here are a dozen simple ways to show her you value her as a friend:

1. Call from the grocery store just to ask if your friend needs anything.
2. Send her a Mother's Day card giving specific examples of why she is a great mother.
3. Plan a date night for her and her husband. Then watch her kids.
4. Send her two or three of your favorite poems or prayers.
5. Buy a stack of magazines and spend a few hours reading them with her.
6. Make a double serving of your famous casserole — and give one to her.
7. Offer to drop off and pick up her kids from school for an entire week.
8. Take funny photos of her kids to give to her on a day she needs a "pick me up."
9. Ask her to lunch at a restaurant the two of you can walk to.
10. Ask her opinion — it counts.
11. Make a call to her husband or significant other before her birthday and their anniversary.
12. Leave a friendly note or a single flower on her car.



Great Gifts

Where did WomensCare get the great flower for this photo? At St. Rose. The gift shops at each of St. Rose's three campuses have a great selection of gifts, and the proceeds from all sales support the hospitals' mission. Equally important is that the shops are staffed by volunteers willing to share the gift of their time with St. Rose. If you are interested in volunteering at one of our three campuses, call 616-7514 for the Rose de Lima Campus, 616-5543 for the Siena Campus and 492-8695 for our new San Martín Campus.

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