

WomensCare

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

FALL 2007

The Women of the Silverman



#1 Open Heart Program

Robotic Surgery

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The BARBARA GREENSPUN

WomensCare 

Center of Excellence



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A member of CHW

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Give me an "H"
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Give me a "N"
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If you can lend a hand, give a shout out to the volunteer department at the San Martín Campus. We are actively recruiting volunteers to direct and escort visitors and patients, deliver flowers, pass out blankets in the emergency department, as well as assist with clerical duties in various hospital departments. "Volunteers provide a vital service to hospital employees and patients," says volunteer Marian Brown. "There is a great sense of camaraderie in our work. We have a ball helping others." Call 492-8696 for more information.

Do you have a St. Rose doctor?

Call St. Rose physician referral and a registered nurse will help you find a qualified physician whether you are looking for a family practice physician, endocrinologist, cardiologist, OB/GYN or other specialist to meet your healthcare needs. All calls are answered by a licensed RN between 8 a.m. and 4:30 p.m. on weekdays. Call (702) 616-4508. Our internet-based referral service is available 24/7 by visiting strosehospitals.org.

WomensCare is More Accessible Than Ever!

The Barbara Greenspun WomensCare Center of Excellence's second location is now open at 7220 S. Cimarron, Suite 195, just east of our San Martín Campus. Did you know that WomensCare Magazine is also available on the Web? Visit www.strosehospitals.org to find an easily accessible copy of the entire magazine.

letter

FROM THE PRESIDENT



Dear Readers,

Answering phones at The Barbara Greenspun WomensCare Center of Excellence takes teamwork. Each time our magazine's quarterly issue is mailed, our staff answers approximately 3,000 calls from area residents interested in attending classes, support groups or events. They also field calls from readers interested in learning more about the hospital services mentioned in our magazine.

In the last issue of WomensCare Magazine, we ran an article about senior peer counseling that included a community call to action. We asked seniors with a strong ability to empathize with others to counsel their peers who are facing issues such as loss, loneliness and disappointment. Two hundred seniors inquired about volunteering and eighty were able to commit to volunteer requirements. Twenty seniors have since completed our first round of peer counselor training and the next 20 are set to begin.

We are grateful for the community's response. With the selfless assistance of volunteers, we are continually able to expand the much-needed educational and outreach services our WomensCare Center provides. This is particularly important with the recent opening of our second WomensCare Center location.

Please look for the megaphone symbol throughout this issue of WomensCare to find information on how you can improve the lives and health of others through volunteering or making a donation to St. Rose or other nonprofit community organizations.

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

WOMENS CARE CENTER

Director: Holly Lyman
CLC Staff: Marie Bevins, RN, IBCLC; Arla Leins, CLC; Amy Godsoe; Trianna Hunter, RN, CLC; Kim Riddle, CLC; Linda Roth, CLC; Avery Lewisohn, CLC; Mickey Bachman, RN; Patty Vanderwal

WOMENS CARE MAGAZINE

Editor/Writer: Shauna Walch, guest writer Meghan North
Staff: Kim Haley, Liz Hefner, Tammy Kline, Andy North,
Designer: Brad Samuels

WomensCare

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

The BARBARA
GREENSPUN
WomensCare
CENTER OF EXCELLENCE



St. Rose Dominican Hospitals
A member of CHW

An Artist. An Architect. A Surgical Robot.

Da Vinci. Celebrated for painting such masterpieces as the Mona Lisa and the Last Supper. In the 1400s, Leonardo da Vinci became legendary not only as an artist, but as an architect and the “father of anatomy.”

Da Vinci drew hundreds of images of the human anatomy that were so complex they allowed every angle of a specific part of the anatomy to be seen together. His anatomical drawings are still referred to by medical school professors and his drawing, Vitruvian Man, which represents the Canons of Proportion, remains one of the most referenced and reproduced artistic images in the world.

Leonardo da Vinci's study of human anatomy helped him design what is believed to be the first known robot in recorded history. Thus, when a surgical robot was developed that would help redefine the medical arts, it was given the name da Vinci.

Da Vinci® Surgical System Revolutionizes Prostate Cancer Surgery

“**Y**ou have prostate cancer.” Each year, more than 220,000 men receive this unwelcome news. Though any diagnosis of cancer can be traumatic, urologist Michael Kaplan, M.D., says the good news is that if your doctor recommends prostate surgery, the cancer was probably caught early. And, with surgical advancements such as the da Vinci® Prostatectomy performed at St. Rose Dominican Hospitals, the likelihood of a complete recovery from prostate cancer without long-term side effects is, in most instances, better than it has ever been.

Prostate surgery can be effective in treating prostate cancer if it is caught before it spreads to other tissue and organs. For years, an “open” radical prostatectomy, a surgical procedure in which the prostate gland is removed through a six- to 10-inch incision made in the lower abdomen, was considered the standard of care. Yet it carried certain risks which revolve around the precarious positioning of the walnut-sized gland.

The prostate gland is nestled deep within the pelvic cavity between the bladder and the penis. At either side are muscles, blood vessels and nerve bundles that play a significant part in a man's sexual experience. In addition, the urethra — the tube that carries urine and semen from the body — runs right through the prostate. The surgeon must cut through the urethra and later

reconnect it to the bladder in order to remove the prostate.

The surgery is typically successful in eradicating early-stage cancer. But because of the trauma to the urethra and the potential damage to the nerves surrounding the prostate, it often takes an extended time for a man to fully regain urinary control and erectile function. In some cases, impotence and incontinence are permanent.

In an effort to reduce such side effects, many surgeons began removing prostate glands laparoscopically by the mid 1990s. Laparoscopic surgery is conducted using specially designed cameras (laparoscopes) and miniature instruments that are inserted and guided through a series of pencil-sized incisions in the abdomen. By gaining access to the prostate through less invasive measures, the risk of damaging nerves and tissue was, to some extent, minimized.

The latest evolution of prostate surgery allows surgeons like Dr. Kaplan to perform prostatectomies with the assistance of the da Vinci® surgical robot. This futuristic-sounding technology, like conventional laparoscopic procedures, enables a surgeon to access the prostate through five small incisions rather than through the single six- to 10-inch incision made during an open prostatectomy. The robotic system also

offers distinct advantages over conventional laparoscopic surgery.

First, the robotic system provides surgeons three-dimensional, high-definition images of the surgical field and prostate. Traditional laparoscopic procedures only provided a two-dimensional view. “High definition images make a remarkable difference when performing delicate procedures such as a prostatectomy for prostate cancer ... especially in terms of our ability to visualize and spare nerves which are vital for continence and potency,” said Dr. Kaplan.

The second advantage to the da Vinci® robotic system is what Dr. Kaplan calls its “intuitive” nature. During a conventional laparoscopy, a surgeon operates using long-shafted, hand-held scopes. The surgeon must look up and away from the surgical instruments and the patient to a video monitor to see an image of the affected anatomy. As a result, the surgeon's movement of surgical instruments is counter-intuitive. Dr. Kaplan compares traditional laparoscopic procedures to performing surgery while looking into a mirror.

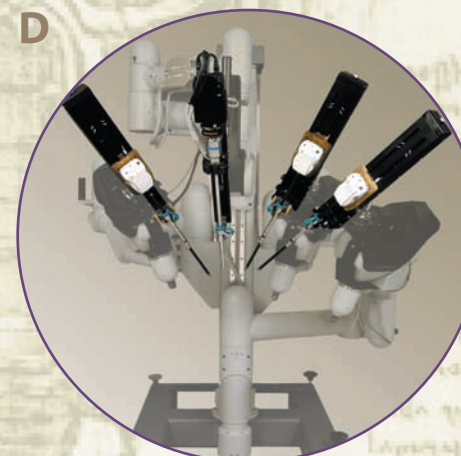
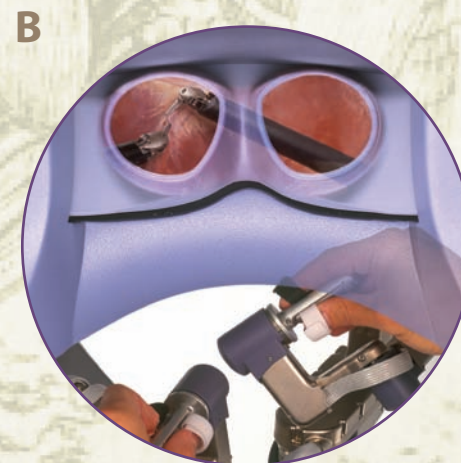
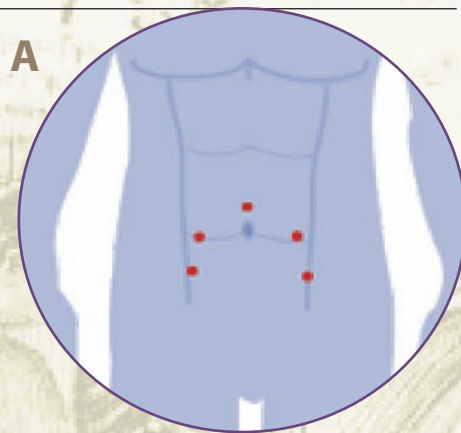




The da Vinci® Surgical System's intuitive design allows the surgeon to operate from a seated position at a console where he looks into a binocular-like monitor that positions his or her eyes and hands directly in line with the robotic surgical instruments. The surgeon has fingertip control of the instruments which have a 360-degree range of motion — far greater than that of the human wrist. In addition, the robotic system precisely translates the surgeon's movements. It can even distinguish between a decisive movement made by the surgeon and an uncontrollable hand movement such as a tremor or flinch. By improving the surgeon's ability to do more precise, delicate surgery in a more confident, controlled manner, Dr. Kaplan says that patients generally realize the following benefits:

- **Smaller surgical incisions (one inch or less) with improved appearance**
- **Less intraoperative blood loss and need for blood transfusions**
- **Reduced postoperative pain and discomfort**
- **Shorter hospital stays (two days compared to three to five days)**
- **Shorter catheter duration (seven to 10 days compared to two to three weeks)**
- **Faster overall recovery and return to work (approximately 50 percent faster)**
- **Earlier restoration of urinary continence and erectile function**

Find out how the da Vinci® Surgical System is being used in gynecological care in our next *WomensCare* magazine.



- A** The da Vinci® Surgical System enables surgeons to perform a radical prostatectomy through smaller incisions thereby minimizing damage to surrounding tissue and nerves.
- B** The surgeon sits at a console that provides three-dimensional, high-definition (HD) images of the surgical site. Images can be enlarged to provide incredibly clear views of the prostate and surrounding tissue and nerves. A surgical assistant is at the patient's side to help position the surgical robot.
- C** The surgeon can precisely direct the movement of the da Vinci® Surgical System's endoscopes and endowrist surgical tools through fingertip controls. The robotic surgical tools have a 360-degree range of motion.
- D** The pencil-width endoscope is equipped with incredibly small endowrist surgical tools that are able to precisely cut, cauterize and suture.

It's a Senior Thing

If you are a senior dealing with issues such as loss or loneliness, talking to someone close to your own age, with similar experiences and values may help you work through your feelings about difficult life issues. The Barbara Greenspun WomensCare Center of Excellence's Senior Peer Counseling Program is staffed by compassionate senior volunteers who are trained and supervised by a mental health professional to provide nonjudgmental, emotional support to other seniors. Call 616-4900 for an appointment.



"Drivers Wanted"



"Drivers Wanted" are words you would expect to see on the back end of an eighteen wheeler. But, St. Rose Dominican Hospitals is soliciting volunteers who are willing to drive frail, elderly and disabled individuals to medical appointments, the pharmacy and the grocery store. By volunteering just a few hours a week, you can help someone maintain their independence and postpone or avoid costly, long-term, out-of-home care. For more information, call 616-6554.

Da Vinci Experience

When Leonardo da Vinci wasn't painting masterpieces, he was busy conceptualizing and chronicling more than 13,000 pages of notes and drawings on inventions such as bicycles, hang gliders, tanks and robots to name a few. His thoughts were so far ahead of his time that the available technology did not allow for the construction of many of his blueprints.

Centuries later, a group called The Artisans of Florence took Da Vinci's ideas and actually built working replicas of his conceptualizations. Sixty of these precise replicas are now on display in Southern Nevada along with a gallery housing recreations of his paintings. Many of the exhibits are interactive so that both children and adults can understand precisely how many of the groundbreaking machines accomplish their work. Specially trained docents are also on hand to answer questions regarding Da Vinci and his works.

Thru March 2, 2008
Henderson Events Plaza, 200 Water Street
Call 267-2171 for ticket information or visit
hendersonlive.com

Corneal Donation



The cornea, the clear outer layer of the eye, is often called the window of the eye. But this window does not need to close after death. According to Dr. Rudi Manthei, ophthalmologist, corneal transplant is one of the most frequently performed human transplant procedures. In 2005, nearly 32,000 corneal transplants were performed in the U.S. and approximately 90 to 95 percent of the transplants successfully restored the vision of the recipient.

A report in the April 2007 issue of the "Archives of Ophthalmology" states that one corneal donation could possibly benefit up to three patients with eye disease or damage because a surgeon does not always need to transplant an entire cornea. He or she can remove and transplant only diseased sections of the cornea. In addition, advanced age, poor eyesight or cataracts do not prevent you from becoming a donor.

If you are interested in becoming an organ donor, the Nevada Department of Motor Vehicles can place a donor designation on your driver's license or Nevada State ID card. This consent covers the donation of heart, lungs, liver, pancreas, kidneys and intestines. The state Registry Form available at nvdonor.org allows you to specifically indicate what organs and tissue you wish to donate. Tissue includes bone, skin, heart valves, tendons, blood, blood vessels and corneas. Organs and tissue that are to be donated for transplantation are removed in a manner that preserves the body for an open-casket funeral. In addition, most major religions consider organ and tissue donation a kind and selfless act.



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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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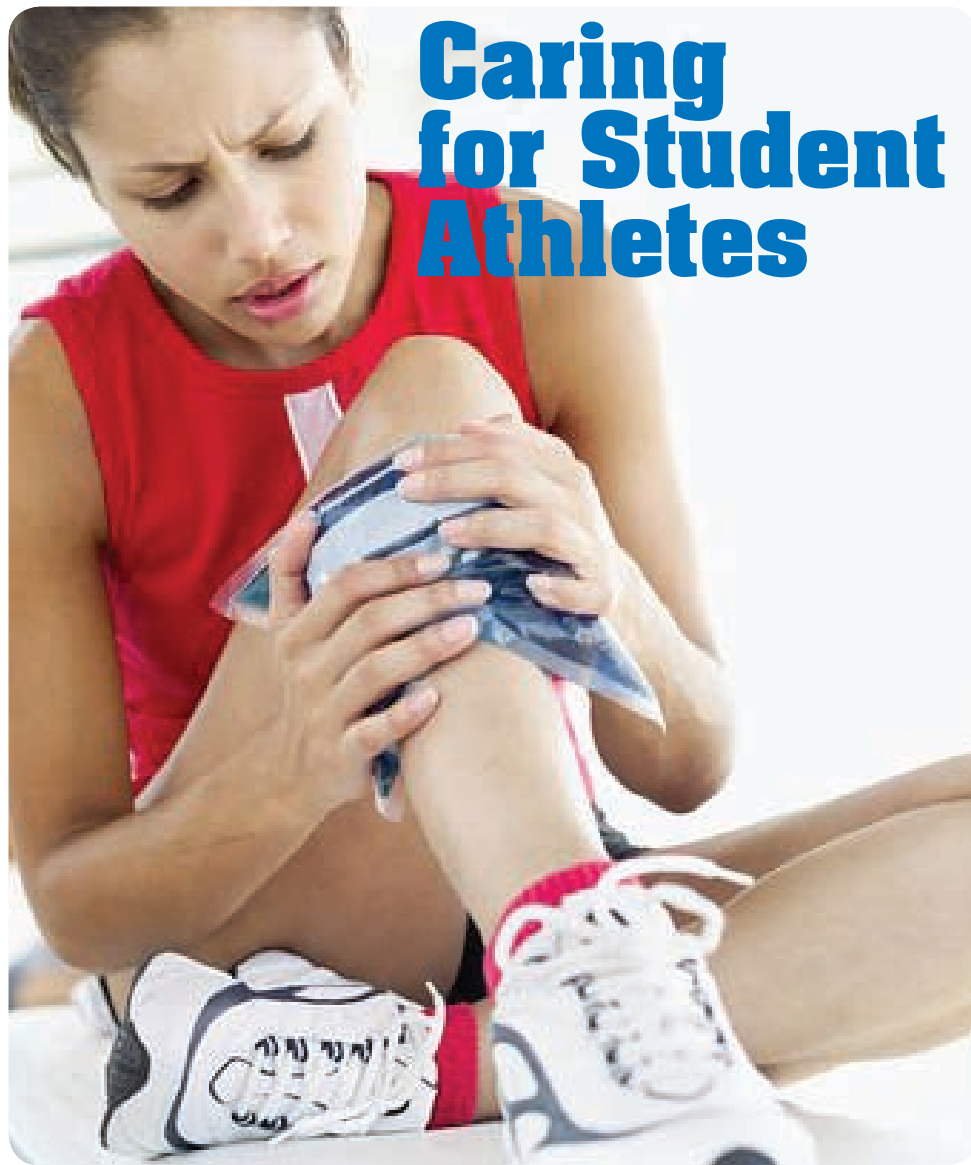
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Caring for Student Athletes

Broken bones, pulled muscles, serious bumps and bruises — athletes and injuries go together like, well, footballs and helmets. After the ice packs are applied, Scott Byleckie, an athletic trainer for the St. Rose Community Outreach Sports Medicine Program, is there to help student athletes get back in the game. "I take care of the injured players right away to keep what might be a minor injury from turning into a major one," said Byleckie.

In its 16th year, the program's main purpose is to place a certified trainer at practices and games to care for injuries that might otherwise go untreated. Basic High School was the first valley school to adopt the program, which currently includes seven area high schools.

"The program is for all athletes in all sports," said Byleckie. "At Basic, we have about 400 – 500 student athletes. In any given year, I see about half of them whether they come to me for help with a specific injury

or for preventative measures like taping or stretching before a game."

The program started when area doctors saw a need to have a trainer at the schools that could supply readily-accessible care to student athletes. "I communicate with the students' doctors, surgeons and therapists. I also work with the coaches and keep them apprised of the students progress and when they will be ready to return to practice or game play," said Byleckie.

Whether it's administering first aid on the field or running drills and exercises better suited to the needs of injured players during practices, the St. Rose sports medicine trainers are there to assist injured student athletes so they can get back to playing the sports they love. They also check equipment such as helmets and padding to make sure they are in proper working order. "I give athletes the care they need to keep them healthy for collegiate sports and for life," said Byleckie.

Angel's in Need



If you look around the community, you will find there are angels in our midst — children and seniors — who need a helping hand. St. Rose Dominican Hospitals – San Martín Campus hopes to make the upcoming holiday season a little brighter for these special souls through its collaboration with the Salvation Army's Angel Tree program.

Adopt an Angel from the tree between 9 a.m. and 5 p.m. from November 28 through December 5 at the San Martín Campus. Your Angel tag will provide you with the Angel's first name, age, sex, sizes, and the item(s) they would like or need as a holiday gift. There is no recommended spending limit but it is suggested that you provide three to four gifts for your Angel. Please purchase new gifts for your Angel and return them to the San Martín Campus by December 9.

ICE



If you had a medical emergency — such as a car accident — would those who came to your aid know how to contact your family? A simple program called ICE (In Case of Emergency) enables first responders (paramedics, firefighters, police or others) to identify victims, contact next of kin and get important medical information. Participants are encouraged to enter emergency contact information in their mobile phone directory in the following format: ICE1-me, ICE2-husband, ICE3-mom, ICE4-dad, ICE5-daughter, etc. The popularity of the program has spread across Europe and is gaining momentum here in the United States. In addition, the ICE symbol is available online. Print it and stick it to your phone, your car or other items.

NOV • DEC • JAN

Call (702) 616-4900 for information, reservation and to learn about other programs.

INDEX



Health & Wellness



Exercise & Fitness



Nutrition



Screenings



Support Groups



Integrative Medicine



Health Conditions



Safety/Injury Prevention



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



Classes in Spanish



HEALTH & WELLNESS

FLU SHOTS

Wednesday, Nov. 28; 1 p.m.-4 p.m. Call 616-4900 for appt.
 HEND: Free for Medicare, \$20 for non-Medicare
Tuesday, Nov. 20; 8 a.m.-noon. Call 616-4900 for appt.
 MULTI-GEN (250 S. Green Valley): Free for Medicare, \$20 for non-Medicare
Thursday, Nov. 15; 10 a.m.-1 p.m. Call 616-4900 for appt.
 WEST: Free for Medicare, \$20 for non-Medicare

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventive health programs on a modest or no-cost basis to help improve the health of your workforce. Call 492-8116

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well being through drumming. Bring a healthy food item to share.
1st Friday - Nov. 2, Dec. 7, Jan. 4; 6:30-8:30 p.m.
 HEND
3rd Friday - Nov. 16, Dec. 21, Jan. 18; 6:30-8:30 p.m.
 WEST

LAUGHTER CLUB

Join Linda Garner, certified laughter leader, to laugh your way to goodhearted living.
2nd Wednesday - Nov. 14, Dec. 12, Jan. 9; 6:30-8 p.m.
 SAN

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.
2nd Thursday - Nov. 8, Dec. 13, Jan. 10; 10:30 a.m.-noon
 HEND
3rd Wednesday - Nov. 21, Dec. 19, Jan. 16; 10:30-noon
 WEST

MEDITATION

Experience relaxation with a different technique each time.
Thursday, Nov. 8; 6-7 p.m.
Thursday, Dec. 13; 6-7 p.m.
Wednesday, Jan. 30; 6-7 p.m.
 HEND

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.
3rd Thursday - Nov. 15, Dec. 20, Jan. 17; 2:30-3:30 p.m.
 HEND

SOUL WRITING

Call out the words, rhythms and truths most precious to your soul. Wake your inner muse and write!
Thursday, Nov. 15; 6:30-8 p.m.
 WEST

YOUR MEDICARE PART D CHOICES AND OPTIONS

Make changes or enroll in Medicare "Part D," drug card plans, during open enrollment with help from State of Nevada Medicare counseling reps (S.H.I.P.)
Thursday, Nov. 29; 9-noon. Call 616-4900 for appt.
 HEND
Wednesday, Dec. 5; 9-noon. Call 616-4900 for appt.
 WEST

HANDWRITING ANALYSIS

What does your writing say about you? Find out how to master relationships through handwriting analysis.
Thursday, Nov. 29; 6-7:30 p.m.
 HEND

TEA BLENDING

Create a tea for your personalitea based on your creativitaea, spiritualitea and originalitea.
Thursday, Dec. 6; 6-8 p.m.
 WEST: \$10

GIRL TALK

Mothers and daughters (10-14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.
Thursday, Jan. 10; 6:30-7:30 p.m.
 MAC

LOCATIONS WITH MAP

- SAN - San Martín Campus, Las Vegas
- WEST - WomensCare Center, Las Vegas
- MAC - Siena Campus-MacDonald Room, Henderson
- SGR - Siena Campus-Garden Room, Henderson
- RDL - Rose de Lima Campus, Henderson
- RAN - Rose de Lima Campus-Annex, Henderson
- HEND - WomensCare Center, Henderson
- FTF - Family to Family, Henderson

- 1. WomensCare Center - Henderson**
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
- 6. WomensCare Center - West**
7220 Cimarron Road, Suite 195

Fall Calendar

of classes and upcoming events

CAREGIVER WORKSHOP

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

Saturday, Dec. 1; 10 a.m.-3 p.m. (lunch provided)

SAN

Saturday, Jan. 12; 10 a.m.-3 p.m. (lunch provided)

MAC

MASKS WE WEAR

Create a mask that empowers you from within.

Thursdays, Jan. 10 & 24; 6:30-8 p.m.

WEST: \$25

DRINK TO YOUR HEALTH

Teas, Tisanes and herbal infusions that are good for you.

Tuesday, Jan. 10; 6-7:30 p.m.

WEST: \$5

ROSE TRIMMING

Join the South Valley Rose Society to learn how to grow beautiful roses.

Saturday, January 12; 10 a.m.-1 p.m.

SIENA - Healing Garden



EXERCISE & FITNESS

BELLY DANCING WITH GOLDIE

Release your inner goddess through belly dancing.

Saturdays - Nov. 10, Dec. 8, & Jan. 12; 10-11:30 a.m.

WEST: Free

PARTNER YOGA

Enhance your flexibility and posture with the use of a partner. All levels welcome.

Saturdays - Nov. 10, Dec. 8, Jan 12; 1:30-3 p.m.

WEST: \$10 per couple

MOTHER DAUGHTER YOGA

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

Wednesdays; 4:30-5:30 p.m.

HEND: Free



GO GREEN

Join Mary Beth Horiai on how to save. Save the planet! Save the money! Save natural resources! Learn how our efforts can create a community grassroots movement that makes a difference in our future. Tuesday, Jan. 22; 6-7 p.m. HEND

HEALING YOGA

Mondays; 5-6 p.m.

HEND: Free

Mondays; 5-6 p.m.

WEST: Free

MID-MORNING YOGA

Wednesdays & Fridays; 10-11:15 a.m.

WEST: \$5 per session

EVENING YOGA

Tuesdays; 6-7 p.m.

WEST: Free

WALK THIS WAY: WALKING CLUB

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

Tuesdays & Thursdays; 9-10 a.m.

Call 616-4900 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; 9-9:45 a.m.

HEND: \$5 per session

YOGA WITH DR. DEBBIE

Tuesdays & Thursdays; 10-11 a.m.

HEND: \$5 per session

RELAXATION YOGA

Relieve stress through meditation and gentle stretching yoga.

Wednesdays; 9-10 a.m.

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

INTENSE BODIES BY PILATES

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

HEND: \$8 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes continuous flowing body movements that create balance for total well being.

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

Beginner II Wednesdays; 3:30-4:30 p.m.

Intermediate I Tuesdays; 1:30-2:30 p.m.

Intermediate II Tuesdays; 2:30-3:30 p.m.

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

HEND: Free

Demonstration Wednesday; 1:30-2:30 p.m.

(for advanced class graduates)

SIENA - Healing Garden

Beginners Thursdays; 9-10 a.m.

WEST: Free

NIA JOYFUL MOVEMENT

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

Fridays; 9-10 a.m.

HEND: First class free! \$5 per session or 5 sessions for \$20

Wednesdays; 6-7 p.m.

WEST: First class free! \$5 per session or 5 sessions for \$20

SUN STRIDERS MALL WALKERS

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

Call 434-2409 for more information.



NUTRITION

NUTRITION CONSULTATION

Call 616-4900 for appointment with a registered dietitian.

HEND: \$45 for 30 minutes.

SUGAR BLUES

Learn the effects of sugar on the body and steps to overcome sugar addiction.

Thursday, Nov. 15; 6-7 p.m.

WEST

HEALTHY STEPS

Take the steps to better nutrition and fitness through education, goal setting and motivation!

Monday, Nov. 26; 6-7 p.m. - Staying on track through the holidays

Monday, Jan. 28; 6-7 p.m. - Eating to boost the metabolism

HEND

CARDIAC NUTRITION

See page 27

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles, and nutritional considerations.

Monday, Dec. 10; 6-7 p.m. - Satisfying vegetarian soups

HEND

HEALTHY EATING...EASY AS 1,2,3

Learn 3 easy techniques to eating healthier without shocking your taste buds.

Thursday, Jan. 17; 6-7 p.m.

WEST

RAW FOOD EATING

Learn how to make raw food meals, stock your pantry and what kitchen gadgets can make it easier.

Friday, Jan. 25; 6-7:30 p.m.

HEND

LABYRINTH MEDITATION

Learn how to walk the labyrinth to experience peace and clarity. See page 32 for more details. 2nd Tuesday; Nov. 13, Dec. 11, Jan. 8; 1-2 p.m. SAN - Labyrinth Garden



Call (702) 616-4900 for information, reservations, and to learn about other programs.

NEW
SENIOR PEER
COUNSELING
Call 616-4900 for appt.



SUPPORT GROUPS

AA For Women

Mondays, 7:30 p.m. & Wednesdays, noon **HEND**;
Wednesdays, 12:30 p.m. **WEST**

Alcoholics Anonymous

Sundays, 6 p.m. **MAC**; Sundays, 7 p.m. **SAN**

ALS Support Group

2nd Tuesday, 11:30 a.m. **HEND**

Alzheimer's Support Group

4th Tuesday, 4:30 p.m. **HEND**

Bereavement Support Group

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

Breast Cancer Support

2nd & 4th Mondays, 6 p.m. **HEND**
(Funded by the Susan G. Komen for the Cure
Foundation, Las Vegas Affiliate)

CODA

Thursdays, 4 p.m. **HEND**

Daughters Without Mothers

1st Thursday, 6:30 p.m. **HEND**

DBSA Depression & Bipolar Support Alliance

2nd & 4th Tuesdays, 6:30 p.m. **HEND**
1st & 3rd Thursdays, 6:30 p.m. **SAN**

Dr. Dean Ornish for Reversing Heart Disease

1st & 3rd Tuesdays, 1 p.m. **WEST**

Diabetes Support

1st Wednesday, 10 a.m. **HEND**

Eating Disorders Recovery Support

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

Fibromyalgia Friends

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

Gamblers Anonymous

Tuesdays, 6:30 p.m.; Fridays, 7 p.m.;
Saturdays, 6 p.m. **MAC**

Menopause Support Group

1st Thursday, 6 p.m. **WEST**

Multiple Sclerosis Support Group

3rd Wednesday, 7 p.m. **HEND**

Narcotics Anonymous

Wednesdays, 5:30 p.m. **MAC**

Pregnancy Loss Support Group

4th Tuesday, 7 p.m. **SGR**

RESOLVE Infertility Support

2nd Monday, 6 p.m. **SAN**

Surviving Suicide

Bereavement support group for adults, 1st & 3rd
Tuesdays, 6:30 p.m. **HEND**



SCREENING

METABOLIC SCREENINGS

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

Wednesdays - Call 616-4900 for dates and appt.

HEND: \$15

Thursdays - Call 616-4900 for dates and appt.

SAN: \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose radiology department screen your legs for PVD.

Thursday, Jan. 17; 8 a.m.-noon.

Call 616-4900 for appointment.

HEND, Rehab Suite 140: Free

HEALTH SCREENINGS

Total Cholesterol \$2; Lipid Panel (LDL, HDL, triglycerides)
\$30; Glucose \$5; PSA \$10; T3 & T4 \$10; TSH \$5; A1C (diabe-
tes) \$10. 12-hr. fast required.

Wednesday, Nov. 21; 7-10 a.m.

Call 616-4900 for appointment.

HEND: See above for fees

Wednesday, Jan. 23; 7-10 a.m.

Call 616-4900 for appointment.

WEST: See above for fees

MEMORY SCREENING

Are you concerned about your memory retention? An as-
sessment provided by Senior Guidance can help determine
if your memory loss is normal for your age.

Tuesday, Nov. 13 or Jan. 15; 10 a.m.-2 p.m.

Call 616-4900 for appointment.

HEND: Free

Tuesday, Dec. 11; 10 a.m.-2 p.m.

Call 616-4900 for appointment.

WEST: Free

DO YOU SEE WHAT I SEE?

Join the Shepherd Eye Center for a free eye screening. Check
your current prescription, learn about glaucoma and other
eye ailments.

Tuesday, Dec. 4; 10 a.m.-noon.

Call 616-4900 for appointment.

WEST: Free.

Thursday, Jan. 17; 10 a.m.-noon.

Call 616-4900 for appointment.

HEND: Free

R.E.D. ROSE

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

Call R.E.D. Rose at 616-7525. For Spanish speaking, call
616-4824.

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

PREPARE FOR SURGERY; HEAL FASTER

See page 27

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner (prenatal
appointments available).

Thursday, Nov. 8 & Jan 24; 9:30 a.m.-12:30 p.m.

Wednesday, Dec. 12; 1:45-5:15 p.m.

HEND: \$30-30 min.; \$60-60-min. Cash or check only. Call
616-4900 for appointment.

Friday, Nov. 16 & Jan 11; 1:45-5:15 p.m.

Friday, Dec. 7; 9:30 a.m.-1 p.m.

WEST: \$30 for 30 -min. \$60 for 60-min. Cash or check only.

Call 616-4900 for appt.

HYPNOSIS TO BEAT HOLIDAY STRESS

Monday, Nov. 12; 6:30-8 p.m.

MAC: \$30 (includes CD) Cash or check only.

AYURVEDIC MEDICINE BY DR. ERIKA CROTTA

Wednesday, Nov. 14 - Six Stages of Prevention; 6-7:30 p.m.

Wednesday, Dec. 5 - Power of the Mind; 6-7:30 p.m.

Wednesday, Jan. 23 - Food as Medicine; 6-7:30 p.m.

WEST

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursday, Nov. 15; 4:30-6 p.m.

HEND

Thursday, Jan. 17; 4-5:30 p.m.

WEST

HERBS FOR HOLIDAY GIVING

Learn to make great gifts out of basic herbs. Create three
gifts to take home!

Saturday, Nov. 17; 2-4 p.m.

HEND: \$30 (includes materials)

HERBS FOR DETOX AND WEIGHT LOSS

Learn how to cleanse your body with herbs.

Saturday, Jan. 12; 2-4 p.m.

HEND: \$25 (includes materials)

HYPNOSIS FOR WEIGHT LOSS

Monday, Jan. 14; 6:30-8 p.m.

MAC: \$30 (includes CD) Cash or check only.

CRANIOSACRAL MASSAGE THERAPY FOR MIGRAINES, TMJ & FIBROMYALGIA

Join Marcie Malloy, massage therapist, for this gentle
method encouraging natural healing.

Wednesday, Nov. 14; 10 a.m.-2 p.m.

Saturday, Jan. 12; 10 a.m.-2 p.m.

HEND: \$30 for a 30-minute massage.

Call 616-4900 for appointment.

Thursday, Dec. 6; 10 a.m.-2 p.m.

WEST: \$30 for a 30-minute massage.

Call 616-4900 for appointment.

Fall Calendar

of classes and upcoming events

BALANCE ENERGY FIELDS

Join Goldie to eliminate negative feelings and experience peace and joy.

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

WEST

HEALING BENEFITS OF AROMATHERAPY

Learn how plants have been used throughout history to balance moods, lift spirits and kill bacteria and viruses.

Wednesday, Jan. 16; 6-7 p.m.

WEST \$5

PRIVATE HYPNOSIS SESSION

Call Bernice Cain at 898-1383 for an appointment.

\$75 per session



HEALTH CONDITIONS

NEW! REVERSING HEART DISEASE SUPPORT GROUP

See page 27

HPV UPDATE WITH DR. GEX

Monday, Dec. 3; 6:30-8 p.m.

WEST

CANCER QUALITY OF LIFE CENTER

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

HEND; WEST

MENOPAUSE SUPPORT GROUP

Join Dr. Patti and other women for support during all stages of menopause.

1st Thursday - Nov. 1, Dec. 6, Jan. 3; 6-7:30 p.m.

WEST

THE SCIENCE OF WEIGHT LOSS

Drs. Dominic & Lindsey Ricciardi explore the research on current medical and behavioral weight loss.

Thursday, Nov. 8, Tuesday, Dec. 11 or

Monday, Jan 14; 6-7:30 p.m.

WEST

HUFF & PUFF CLUB

Parents and kids learn about the asthma process and how to avoid attacks. Free lung function test. Call 616-4900 to register.

January 19th

Saturday, Noon

MAC

LAPAROSCOPIC OBESITY SURGERY

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

Thursdays - Nov. 29, Dec. 27 or Jan. 31; 6-7:30 p.m.

MAC

DASH AWAY FROM HYPERTENSION

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

Wednesday, Nov. 28; 6-8 p.m.

HEND

Friday, Dec. 7; 10-noon

WEST

LOWER YOUR CHOLESTEROL WITH TLC

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

Monday, Dec. 3; 9:30 a.m.-12:30 p.m.

HEND

Tuesday, Jan. 8; 5:30-8:30 p.m.

WEST

DIABETES SURVIVAL SKILLS

Join Dottie Stade, RN, certified diabetes educator for this two-session class.

Wednesday, Nov. 14th; 1:30-2:30 p.m.

Wednesday, Jan. 16th; 1:30-2:30 p.m.

HEND

NATURAL SOLUTIONS TO HEADACHE PAIN

Join Dr. Robert DeMartino, D.C., to discuss different types of headaches, their causes and how to prevent them by using safe, natural and effective alternative methods.

Tuesday, Dec. 4; 6:30-7:30 p.m.

HEND

IF THE SHOE FITS

Are these shoes made for walking? Learn from Dr. Cyaandi Dove the proper way to fit a shoe. Includes foot screening.

Tuesday, Dec. 20; 6:00-7:30 p.m.

HEND



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn the American Heart Association adult, child, infant CPR, AED and choking. Earn a 2-year certification for the non-healthcare provider.

Thursday, Nov. 15; 5:30-9:30 p.m.

Wednesday, Dec. 5; 5:30-9:30 p.m.

Saturday, Dec. 29; 10 a.m.-2 p.m.

Monday, Jan. 7; 9 a.m.-1 p.m.

Saturday, Jan. 26; 1-5 p.m.

HEND: \$30 (includes AHA cert. card)

Tuesday, Nov. 6; 9 a.m.-1 p.m.

Friday, Jan. 18; 1:30-5:30 p.m.

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

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn the American Heart Association adult, child, infant CPR, AED, and choking. Earn a 2-year certification for all healthcare providers. Initial and renewal certification.

Friday, Nov. 30; 2:30-6:30 p.m.

HEND: \$50 (includes AHA cert. card)

Thursday, Dec. 13; 5:30-9:30 p.m.

Saturday, Jan. 12; 1-5 p.m.

WEST: \$50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA job requirements for schools, daycares and other job requirements for a 2-year certification.

Call 616-4904 for group onsite training fees and scheduling.

AARP DRIVER SAFETY PROGRAM

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

Mondays - Nov. 12, Dec. 10, Jan. 14 or Feb. 11; 9 a.m.-5 p.m.

HEND: \$10 (check only)

Saturdays - Nov. 17, Dec. 15, Jan. 19 or Feb. 16; 9 a.m.-5 p.m.

SAN: \$10 (check only)

SEXUAL ASSAULT PREVENTION

Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Michael Metzger, Henderson Police.

Saturday, Dec. 1; 10 a.m.-2 p.m.

MAC



SAFE SITTER

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

Friday, Dec. 28; 9 a.m.-4:30 p.m.

WEST: \$30 (includes lunch)

Monday, Jan. 21; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Call (702) 616-4900 for information, reservations, and to learn about other programs.



BREASTFEEDING

BREASTFEEDING HELPLINE 616-4908

Speak to a certified lactation consultant or counselor about breastfeeding questions and concerns.

ASSISTANCE FOR THE BREASTFEEDING MOTHER

Meet with a board-certified lactation consultant or certified lactation counselor, before or after your child is born. Call 616-4901 for an appointment.

HEND/ WEST: \$50

NEW MOMMY MIXER

Fridays; 11 a.m.-noon

HEND

Wednesdays; 11 a.m.-noon

WEST

LA LECHE LEAGUE

4th Thursday - Nov. 22, Dec. 27, Jan. 24; 10 a.m.

FTF

BABY WEIGH STATIONS

Free weight checks. No appointment necessary.

HEND/ WEST/ FTF

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

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

HEND/ WEST



BREASTPUMP RENTAL & SALES

Our lactation staff can help you make the decision to rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breastpumps for purchase.

HEND/ WEST



PREGNANCY & CHILDBIRTH

PRENATAL YOGA

Join Cindy Lydon, certified whole birth prenatal yoga instructor, for a class that enables women to bond with their babies and trust in the birthing process.

Saturdays; 12:30-1:30 p.m.

HEND

Mondays; 5:15-6:15 p.m.

WEST

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

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

SIENA: \$40 per session. Call 616-4901 for appointment.

Mondays; 5:15-6:15 p.m.,

WEST

LAMAZE CLASS

Learn Lamaze relaxation and conditioning techniques that enable couples to work as a team to minimize medical intervention. Take this class in addition to the childbirth class series.

Tuesdays - Oct. 30, Nov. 6, 13, 20 or Jan. 8, 15, 22, 29; 7-9 p.m.

WEST: \$75

CESAREAN BIRTH CLASS

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

Thursday, Nov. 29; 6-9 p.m.

Home Health: \$45

FERTILITY AWARENESS

Learn natural ways to achieve or avoid pregnancy by certified fertility care specialist, Mickey Bachman, RN.

Monday, Dec. 3; 7-9 p.m.

RAN

NATURAL BIRTH OPTIONS

Learn how to ease and progress your labor naturally with birth balls, movement during labor and alternative positions for pushing.

Wednesday, Dec. 5; 6-8 p.m.

HEND



INFANTS, CHILDREN & PARENTING

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for appointment.

HEND/ FTF/ WEST: \$10 per family

STROLLER FIT

Stroller Fit will guide you through a 50-minute workout to burn fat, build strength and flexibility.

For information, call 419-6287.

Mondays, Tuesdays, Wednesdays, & Thursdays; 8:30 a.m.
Galleria at Sunset. Visit www.strollerfit.com/henderson for class pricing.

HEALING THE SOUL POST PREGNANCY

Learn how to heal within so you can care for your family. Call 616-4901 to register.

2nd & 4th Saturdays - Nov. 10 & 24;

Dec. 8 & 22; Jan. 12 & 26; 10-11 a.m.

HEND

SINGLE MOM'S SOCIAL

Moms, relax and de-stress while your kids enjoy pizza for dinner and play in a kid-friendly environment!

3rd Wednesday - Nov. 21; Dec. 19 & Jan. 16; 6-7:30 p.m.

Call 616-4900 to register.

FTF

EXPLORE AND LEARN WITH NEIS

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

Fridays; 9:30 and 11:15 a.m.

FTF

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs to help communication, thereby reducing tantrums and improving IQ and vocabulary. Call 616-4901 to register.

Wednesdays - Nov. 14, 21, 28 & Dec. 5; 11 a.m.-noon.

Saturdays - Jan. 5, 12, 19 & 26; 9:30-10:30 a.m.

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

Wednesdays - Jan. 9, 16, 23 & 30; 10-11 a.m.

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). Call 616-4901 to register.

Saturdays - Jan. 5, 12, 19 & 26; 11 a.m.-noon

HEND: \$85 (includes Pick Me Up kit)

DIA DE LOS MUERTOS

Come celebrate a Mexican tradition where we honor our ancestors through crafts and remembrance. Ages 12 to 36 months.

Friday, Nov. 2; 2-3 p.m.

FTF

COOKIE PLATES & COCO MUGS

Design artful pottery with your child's foot or hands. Make great holiday gifts or keepsakes for years to come. (Cost varies on selection)

Monday, Nov. 12, and Tuesday, Nov. 13; 9-11 a.m. and

1-3 p.m.

FTF

LOOK WHO'S TALKING—UNDERSTANDING NEWBORN LANGUAGE

Learn the universal language of newborn babies (Dunstan Infant Language—as seen on Oprah).

Birth-3 months

Friday, Nov. 9, 2-3 p.m.

FTF

Fall Calendar

of classes and upcoming events

Call 568-9681 to enroll in Family to Family Classes

LOVE & LOGIC

Learn practical skills to handle the most frustrating parenting concerns. 5 sessions.

Thursdays - Oct. 18, 25, Nov. 1, 8, & 15; 4-5:30 p.m.

Mondays - Jan. 14, 21, 28, Feb. 4 & 11; 6-7:45 p.m.

FTF: \$25 (Adults only)

COLOR ME HEALTHY

Toddlers love to learn their colors. Explore and enjoy foods from the rainbow. 24-48 months.

Monday, Nov. 5; 10-11 a.m.

FTF

HOMEMADE BABY FOODS

Learn to make nutritious and tasty foods for your baby. Birth-12 months.

Friday, Nov. 16, 2-3 p.m.

FTF

PLANES, TRAINS AND AUTOMOBILES- TRAVELING WITH BABY

Ease the level of stress when it comes to traveling with little ones. Birth-12 months.

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

FTF

SHALOM IN THE HOME

Capture peace and tranquility in your home with holiday celebrations. Birth-48 months.

Tuesday, Dec. 4; 2-3 p.m.

FTF

TODDLER TOY SAFETY- "YOU'LL POKE YOUR EYE OUT!"

Learn what toys to avoid and what toys are appropriate for your adventurous toddler. 12-48 months.

Monday, Dec. 10; 10-11 a.m.

FTF

COOKIES WITH SANTA!

Decorate a gingerbread man and get pictures with Santa!

Thursday, Dec. 13th ; 5-7 p.m.

RDL (cafeteria); \$5 per family

TODDLERCIZE

Enjoy dance and silly songs!

Tuesday, Jan. 8; 10-11 a.m. (12-24 months)

Tuesday, Jan. 22; 10-11 a.m. (25-48 months)

FTF

TOOTH FAIRY SAYS...WITH DR. MARYAM SINA FROM DENTISTRY FOR CHILDREN

Learn healthy tooth care for your little ones. Birth-48 months.

Monday, Jan. 14; 2-3 p.m.

FTF

HEALTHY HOUSE

Learn what to look out for in your home, from lead poisoning to carbon monoxide. Birth-48 months.

Friday, Jan. 18; 2-3 p.m.

FTF

ONGOING FAMILY EDUCATION CLASSES

Pregnant & Uninsured?

Call Baby Rose 616-4508

Prepared Childbirth Classes

\$75 (Includes Labor of Love Kit)

HEND & WEST

Bed Rest Learning DVD Module

\$50, Call 616-4900

Teen Prepared Childbirth Class

Free, Call 616-4900

Refresher Childbirth

\$30, Call 616-4900

Baby Basics

\$30-HEND & WEST

Grandparents Baby Basics

\$30-HEND

Breastfeeding

\$30-HEND & WEST

Infant CPR

\$20-HEND & WEST

New Fathers Lecture (NFL)

\$20 (includes carseat safety check)

Prenatal Yoga

Free - HEND & WEST

Sibling Class

\$20/family - MAC

Bellies and Buddies

(pregnant mom club) Free -

2nd Tuesday, 6-7 p.m.

HEND

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 Martín Campus Maternity Tour & Get Well Network Demo

(In-room TV, movies, patient education programming and Internet access all at your fingertips), 3rd Saturday. (Call 616-4901 for reservations.)



CLASSES IN SPANISH

Programas en Español

Llame al 568-9601

¿Necesita a un médico? Llame al 616-4999



Chequeo/instalación de asientos de seguridad infantil GRATIS

La ley especifica que usted tiene que colocar a un bebe o a un niño en el automóvil en un asiento para niños hasta la edad de 6 años y 60 libras (27 libras). Para un chequeo o instalación de un asiento de seguridad infantil llámenos.

Aprenda a conversar en Inglés

Curso de 12 semanas, nivel principiantes e intermedio, grupos pequeños de menos de 10 personas. Costo por todo el curso \$30 (incluye libro de texto). Henderson y Las Vegas oeste

Clases de ciudadanía

Prepárese para el examen de ciudadanía Estadounidense. Gratis. Las Vegas oeste.

Comidas que curan

Aprenda recetas de alimentos que tienen propiedades curativas - GRATIS.

Clases de meditación

Relájese usando distintos métodos de meditación. Gratis. Las Vegas oeste.

SILVER (WO) MAN

Ready, Set... *You Go Girl!*

When the third annual Silverman Triathlon gets under way in Henderson on November 11, 2007, approximately one-third of the swimmers, runners and cyclists will be women. This is in keeping with national and international trends. Today, women make up more than 30 percent of the people who participate in multi-sport races — a 20 percent plus increase in female competitors in just the past ten years. While the Silverman attracts competitors from around the globe, WomensCare would like you to meet three local women who are competing in this demanding competition.



Athlete: Reenie Griffin, WomensCare Magazine cover model

Competition: Half Triathlon

Motivation: "Girl Power," the theme of a Danskin triathlon, caught Reenie Griffin's attention in college. She has competed in "sprint" triathlons ever since. She loves the people involved in multi-sport events, the chance to physically and mentally challenge herself and the opportunity to help other women who want to train and compete. This wife and mother of four is particularly motivated to compete in the Silverman half-triathlon division because it is part of her training for her first full triathlon next June in Nice, France.



Athlete: Tiffany Vincent

Division: Silverman Relay, Swimmer

Motivation: Tiffany Vincent attended all-girl sport camps during her summers in Canada. "I grew up surrounded by strong female role models," said Tiffany, who went on to earn an athletic scholarship at UNLV. While swimming competitively for the Rebels, she earned her degree as a registered nurse. Today, she is a pediatric emergency room nurse who continues to swim and is training for her first half marathon in January. This WomensCare model is fast becoming a role model herself.

TRIATHLON



Athlete: Karen Lasko

Division: Full Silverman Triathlon

Motivation: Karen says she was a lot like other little girls. She loved to run, swim and ride her bike. "It was good fun and it still is," she said with a soft Kiwi accent that contrasts her iron will. A resident of Southern Nevada, this mother of four won an IronMan competition for her age group in her native New Zealand, which earned her a spot to compete in the IronMan in Hawaii. An IronMan competition consists of a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run.



Dr. Pamela Ivey, Cardiologist

Dr. Pamela Ivey, cardiologist, and her husband are triathletes. While she will be on the run at the Silverman Triathlon, she will not be competing. As the triathlon medical director, Dr. Ivey will be in constant motion as she attends the needs of athletes who become sick or injured during the course of the competition. According to Dr. Ivey, dehydration and hypothermia are two of the most frequent medical issues triathletes face and both can have life-threatening affects.

St. Rose Dominican Hospitals is proud to assist the Silverman Triathlon and Dr. Ivey by serving as the medical supply sponsor for the event.

Heat or Ice?

You hurt your knee running. What is the rule of thumb for sports injuries? Try RICE, an acronym for...

R for rest

I for ice

C for compression

E for elevation

Ice is typically recommended to reduce/decrease swelling for an injury as it limits inflammation and helps ease pain. Heat is good for treating chronic muscle spasm (ex: chronic low back pain). Try to avoid heat when there is an indication of inflammation, muscle tear, wound or possible skin infection.

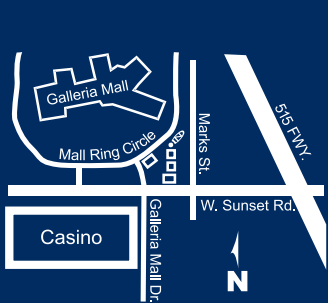
Zappos[!]

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Extra Special Care for Early Deliveries

When Lana Graham's sister was expecting a baby, Lana threw her a baby shower complete with a Super Bowl-style baby pool. Friends and relatives who placed cash bets on what they believed the baby's weight, length, date and time of delivery would be earned chances at winning hundreds of dollars. All bets were off when Lana's sister went into labor five weeks early.

While the arrival of a baby is typically a time of great anticipation, expectations can quickly turn to anxiety when a baby is born prematurely or with health issues. That is why the doctors, nurses, case managers, chaplains and other caregivers at St. Rose Dominican Hospitals do their utmost to provide emotional support for new parents while caring for the medical needs of premature and sick babies.

During St. Rose's 60th year, each of the hospital's three campuses is enhancing its nurseries to provide the neonatal intensive care services necessary to help meet community needs. A neonatal intensive care unit (NICU) — also called a special care nursery — is a hospital nursery equipped with advanced medical technology. Specially trained healthcare professionals, such as neonatologists, care for the newborns who are born prematurely (before 37 weeks of pregnancy), have a low

birth weight (less than 5.5 pounds), are born at full term but experience difficulties at the time of delivery or show signs of medical problems within the first few days of life.

The nurseries at the Rose de Lima and San Martín campuses, which previously provided Level I care, are now licensed as Level II NICUs. That is, they are able to care for moderately ill or premature newborns who need oxygen, IVs or special medications, an incubator or other assistance to maintain body temperature, as well as feeding assistance such as tubes or special help with bottle or breastfeeding.

And with the coming of the new year, St. Rose Dominican Hospitals – Siena Campus Level II NICU will complete its advancement to a Level III NICU, the highest licensure designation available from the state. As a Level III NICU, the Siena Campus nursery will be equipped to provide around-the-clock care for newborn infants who are extremely premature (weigh less than 2.19 pounds), critically ill or require surgical intervention.

So while it is hard to predict when a baby will arrive, expectant parents can be assured that St. Rose Dominican Hospitals' team of caregivers will huddle around them to provide quality care and emotional support.

Special Care Nursery Support Group

If you are the parent of a preemie or hospitalized newborn, join our NICU nurse and other parents to address questions and concerns, find peer support and prepare for bringing your new baby home. Call 616-4901 to register. Fridays starting Jan. 4th; 10:30-11:30 a.m. HEND

Care for Your Unborn Child

A healthy pregnancy is the greatest gift a woman can give her baby. If you are pregnant and uninsured – or know a woman who is – St. Rose's Baby Rose program can help you get early, continuous prenatal care with free services such as physician referral, childbirth education, prenatal vitamins, and Medicare and Medicaid assistance. Call 616-4508 for more information.

Your Man is NFL Material!

Having a baby? If you are, your husband is about to become an elite member of the NFL – the New Father's League. Our NFL Training Camp will provide him strategies from the NFL playbook and prepare him to adjust his game plan as needed. Fathering fumbles and fouts? Not your man. He's part of a winning team and with this type of training, he's sure to be a NFL Hall of Famer!

The Handoff. If your husband routinely resorts to the handoff at diapering, feeding or bathing time, refrain from unsportsmanlike conduct. Act like a referee and use a NFL coin toss to decide whose turn it is to take possession of tending to the baby!





Upcoming Promotions

On the Hook

November 2 - 15

With the purchase of any Brighton Handbag, receive a specially designed handbag hook.

Handbags and Holidays

November 16 - December 14

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UTI

Little Girls and Urinary Tract Infections

Madeline loves bubble baths. She likes lathering foam on her face to create bubble beards and piling bubbles on top of her head to build beehive hairdos. But after Madeline developed a urinary tract infection (UTI), her pediatrician advised her not to soak in sudsy bathwater. Unfortunately for some girls, the chemicals in bubble bath and soap can irritate the urethra.



Over the course of the following year, Madeline got a few more UTIs. Then in late August, after returning from a lakeside vacation, she developed a kidney infection. It became so severe that she was hospitalized at St. Rose Dominican Hospitals – San Martín Campus. Madeline missed most of her first week of fourth grade.

Her mother, Cindy, was concerned and confused. If the chemicals in bubble bath were partly to blame for Madeline's UTI, was there something in lake water that could have caused her kidney infection? *WomensCare* magazine asked pediatric urologist Clare Close, M.D., to give a UTI 101 explanation of urinary tract infections.

WC: What is a urinary tract infection?

Dr. Close: The urinary tract system – the kidneys, the bladder, and the tubes that connect them – makes urine and stores it before it leaves the bladder. When bacteria get into the system, a urinary tract infection may occur. Some UTI's are not serious and will clear themselves from the body. Other infections can be serious and left untreated

may involve the kidneys and lead to kidney scarring.

WC: Is it possible that bubble baths or lake water could have caused Madeline's UTI and kidney infection?

Dr. Close: The chemicals in products such as bubble baths, laundry detergents and chlorine can disturb the natural flora that protects a girl's urinary tract system. If this happens bacteria may be able to colonize in the area around the urethra. A more common cause of UTI's is dysfunctional voiding. This is a fancy way of saying that a child holds her bladder too long or does not empty her bladder fully allowing bacteria more time to colonize. It can also cause enlargement of the sphincter muscle at the base of the bladder which makes it difficult to empty the bladder completely.

It is unlikely that there was something in the lake water that caused Madeline's infection. If bathrooms weren't readily available at the lake, Madeline may have held her urine for an over extended period of time giving bacteria

time to colonize in the bladder. There may be another reason – such as an anatomical issue – that makes Madeline prone to infections, however.

WC: Where does infection-causing bacteria come from?

Dr. Close: The bacteria that cause UTIs typically comes from the stool. Therefore, if a child has hard or large and infrequent stools, bacteria has more opportunity to grow on the perineal area. Additionally, when the bowels become distended from constipation, it can be more difficult for a child to empty her bladder completely.

WC: Are there other causes of UTIs and kidney infections?

Dr. Close: UTIs can be caused by an anatomical abnormality called vesicoureteral reflux (VUR), which causes urine to flow backward from the urethra to the bladder. Some kids may simply be more genetically susceptible. Their mucosa, which is the lining of their urinary tract provides bacteria a friendly place to colonize.

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BRUSHING FOR

2



Good oral hygiene is essential for mothers-to-be because they are brushing for the health of two people, says Dr. Patrick Simone, DDS. "Women with gingivitis or tooth decay are at a higher risk of delivering their babies prematurely. Because of this, it is a good idea for women to have a comprehensive dental check up before becoming pregnant."

According to Dr. Simone, women may experience increased gingivitis (gum disease) or develop pregnancy gingivitis beginning in the second or third month of pregnancy. The risk can increase in severity throughout the eighth month. Signs of gingivitis may include swelling, bleeding, redness or tenderness in the gum tissue.

While the correlation between gingivitis and premature babies has been documented over numerous years, more recent studies have indicated that the bacteria that cause tooth decay may also lead to preterm labor. Researchers at New York University hypothesize that oral bacteria associated with tooth decay and cavities may travel to the uterus. The bacteria, along with molecules released by the body in response to the bacteria, could lead to pre-term uterine contractions and cervical dilation. When the cervix is dilated, it is speculated that even more bacteria is able to enter the uterus.

continued from page 21

WC: Is it true that urinary tract infections are more common in girls?

Dr. Close: The female urethra is less than half the length of a male's urethra, so it is easier for bacteria to reach a girl's bladder. It is important to realize, however, that a boy can get a UTI and it should be taken seriously as it is more likely to be caused by an anatomical issue. A radiological test and workup are recommended when a boy gets a UTI.

WC: What is the treatment for a urinary tract infection in children?

Dr. Close: The traditional course of treatment includes antibiotics and an increased intake of fluids. However, if a girl has had multiple bladder infections or UTIs with fever, a radiological workup is generally recommended. The workup consists of a renal and bladder ultrasound to determine if the organs appear normal or if there is a congenital abnormality. The sonogram is also used to determine if there has been any damage to the kidneys. Girls who have had several infections may have scarring or dilation of the kidneys where the urine collects before flowing to the bladder.

A urological study may also be prescribed to test for VUR. During the procedure, a special contrast dye is dripped into the bladder through a catheter. The child then urinates and images are taken to see if any of the dye flows backward into the kidneys. If we get a normal reading on these tests, we know that the problem is probably related to bladder and bowel habits. The next step is to address the child's bladder functions – to see how much urine they hold, how they relax the sphincter and how well they empty their bladder. These tests are all non-invasive. If the problem is related to bladder function, we work diligently on bladder retraining and bowel habits.

WC: What is bladder retraining?

Dr. Close: Bladder retraining is a simple method of instructing and encouraging children to fully empty their bladders every two hours while awake even if they do not feel a sensation of fullness. This helps insure that the bladder does not become so full that the bladder and sphincter become dysfunctional. It also helps eliminate bacteria from the urethra and bladder before it has time to cause infection. Water consumption and a diet rich in fiber are also important because they help prevent constipation.

UTI Prevention

- Encourage your child to go to the toilet frequently.
- It may not seem "lady like," but teach your little girl to sit on the toilet seat with her legs spread when she urinates. This will reduce the risk that urine or bacteria will get trapped in the perineal and vaginal area.
- Teach girls to wipe their bottoms from front to back rather than back to front (to reduce the spread of germs from the bowel to the opening of the urethra).
- Discourage frequent bubble baths and the use of soaps and shampoo in bath water. Also have your child urinate after a bath.
- Encourage your child to get out of a wet bathing suit or sweaty athletic gear and into clean, dry clothes after they are done swimming or playing sports.
- Encourage your child to drink plenty of fluids, especially water, with meals to reduce the likelihood of constipation and to dilute the concentration of urine.
- Encourage your child to wear loose cotton underpants during the day and no underpants while sleeping. This provides the body an opportunity to breathe and keeps sweat from being trapped close to the body.

UTI Symptoms

Symptoms of UTI in children who are at potty-training age or older may include:

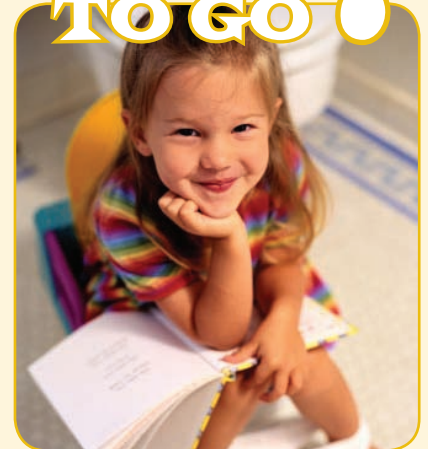
- Pain or burning when urinating
- Urge to urinate frequently but usually passing only small amounts of urine
- Loss of bladder control, changes in urination habits or bedwetting
- Pain in the lower abdomen
- Reddish or pinkish urine
- Cloudy or foul-smelling urine
- Pain in the back just below the rib cage, on one side (flank pain)

A doctor's evaluation can determine whether a UTI or another condition is causing your child's symptoms.



Dr. Clare Close is fellowship trained in pediatric urology and board certified in urology.

IS IT
TIME
TO GO?



- ... You're about to sit your child down at church or in a movie theater.
- ... You're 25 miles away from your road trip destination.
- ... Your child is ready to cannon ball into a swimming pool.
- ... Your student is raising one hand and pointing to her privates with the other.

Considering that UTIs are more common among children who hold their bladder for too long, it is a good idea to encourage a child to use the bathroom just before asking them to sit still for a long period of time or just before they engage in sporting activities. And though taking a road trip bathroom break can be inconvenient, a five to ten minute potty stop is probably quicker than a trip to an urgent care or emergency room.



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Eating Disorder Recovery Group

It's 9:15 a.m. on a Saturday morning and women begin to amble into the MacDonald Conference Center at the Siena Campus. One clutches a cup of coffee. Another chats with her husband. By 9:30 a.m., the gathering comes together as a group — albeit 15 minutes later than the WomensCare Centers Eating Disorder Recovery Group's published start time.

A woman named Debbie is among the first to speak. She enjoys an easy rapport with the group's facilitator, St. Rose registered dietician Sharon Nasser. The two women developed a bond based on their similar Long Island upbringings.

Debbie's eating disorder began as part of her teenage rebellion. "Some kids rebelled by taking drugs and they ended up losing control. My goal was to gain control. I came from a very controlling family, and the one thing that my parents didn't have power over was what I put in my mouth."

As a five-foot, six-inch teenager, Debbie experienced a natural high each time she lost weight but when she hit a low of 80 pounds, she lost the control she fought so hard to attain. Her heart stopped and she nearly died. Death, she said, might have been preferable to what the hospital physician told her. "He told me that if I continued to live the way I was living, I might not ever be able to have children," she said.



Those words struck a chord with Debbie and her boyfriend, Eric, who held her hand as she worked her way back to a healthy weight.

Twenty years later, Debbie is married to her high school sweetheart and has a healthy perspective about her weight and what she eats. Yet, this svelte mother of five says, "I am not going to kid you, I could still look at a model or an actress in a fashion magazine and think, 'I could get that skinny.' My eating disorder is not something that I was cured of, but it is a control issue that I have learned to manage." As such, Debbie's management plan includes periodically sitting in on a WomensCare Center Eating Disorder Recovery Group.

a TEAM approach to treatment

People struggling with an eating disorder often feel all alone, but it does not have to be that way. The WomensCare Eating Disorder Recovery Group provides females of all ages an opportunity to just listen or talk in a safe, supportive environment.



Sharon Nasser, R.D.

When women find acceptance and encouragement, they also tend to find that they have the ability to support someone else in the recuperative process, says Sharon. "Women often share phone numbers so that they can help each other between group meetings. Some form lasting friendships. As beneficial as such support can be, it is not a formal form of treatment. It is a supplement to a treatment plan."

There is no one-size-fits-all approach to treating an eating disorder. "Because it is generally a coping mechanism for issues like depression, anxiety or troubled interpersonal relationships, an interdisciplinary team approach to treating these issues is recommended," says Sharon.

A treatment team might include a general physician, a psychiatrist or professional counselor to address the psychological factors of an eating disorder and a registered dietician certified by the American Dietetic Association who has professional training in addressing eating disorders.

The WomensCare Center Eating Disorder Recovery Group is held every Saturday at 9:15 a.m. in the MacDonald Conference Center on the Siena Campus. Attendees are welcome to bring family members or friends who want to offer support or are seeking an understanding of eating disorders. Call 616-4900 for more information.

Home Team Advantage

Lon Kruger is a fan of St. Rose Dominican Hospitals



Coach Lon Kruger (center left) stands with cardiovascular surgeon Dr. V.C. Smith (center right) and St. Rose open heart surgical and ICU team.

In August, the head coach of the UNLV Runnin' Rebels basketball team underwent a routine annual stress test in preparation for the 2007-2008 school year and basketball season. Results from the test indicated a need for further cardiac assessment. Based on those examinations, coronary blockages were identified and the determination was made to do open-heart bypass surgery.



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LON KRUGER
Head Basketball Coach



Red -
Thanks again for the outstanding care extended by you and your staff last week. All displayed tremendous teamwork and were always ready to provide sincere assistance in every way possible. You made the recovery process almost enjoyable!

Thanks again -
Lon Kruger

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Two days later, Coach Kruger checked into St. Rose Dominican Hospitals' Siena Campus. During a four-hour procedure, cardiovascular surgeon, Dr. V.C. Smith, harvested arteries from the coach's left arm and right leg to perform a sextuple bypass that repaired clogged vessels in the coach's heart. Within a week, the coach rebounded from surgery and was back in his office working part time.

Significant media interest about Coach Kruger's condition was fueled by the fact that last season he led the Runnin' Rebels to the Sweet 16 for the first time in 16 years. Yet, of the many media questions he fielded, only one caught him off guard: "Did you consider traveling outside of Nevada for your surgery?"

"There was no need to leave our community to find quality healthcare. There is a culture of healthcare excellence right here at St. Rose Dominican Hospitals," said Coach Kruger. "The hospital's open heart team has incredible surgical expertise, and the delivery of care before and after surgery is exceptional. The hospital's staff members always have their game faces on — they are very caring and attentive to patients and their loved ones."

That winning combination of surgical excellence and compassionate patient care has earned the St. Rose open heart program the #1 ranking in the state for overall cardiac services, percutaneous coronary intervention (PCI) and cardiac

surgery based on outcome data analyzed by HealthGrades, the independent market research firm that rates hospital services.

St. Rose founded its open heart program in 2001 based on a "closed program" game plan which puts Dr. V.C. Smith at the head of the open heart surgical team and all of the procedures that take place at the Siena Campus. "There are good open heart programs which have various surgeons rotating in and out of the operating rooms. But by working with the same professionals day in and day out, we have developed a very successful, seasoned team. We have solid communication and are in tune with one another's surgical skills and preferences," said Dr. Smith. "That level of familiarity and understanding gives us more opportunity and time to focus on the patient and on continual quality improvement."

The approach makes perfect sense to Coach Kruger, who believes that positive communication, consistency and collaborative hard work turns talented players into a winning team. His own strong leadership skills helped revitalize UNLV's basketball program after a period of significant instability, which included nine different head coaches in the previous 13 seasons.

This month, with a clean bill of health, Coach Kruger is off and running with the Rebels as they begin their 2007-2008 season.

HEART CLASSES

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Join us for a peer-led support group for individuals who want to make or maintain intensive heart-healthy lifestyle changes recommended by the Dr. Dean Ornish Program for Reversing Heart Disease, the Pritikin Program, and/or the MacDougall Program. 1st & 3rd Tuesday - Nov. 6 & 20, Dec. 4 & 18, Jan. 15; 1-2 p.m. WEST

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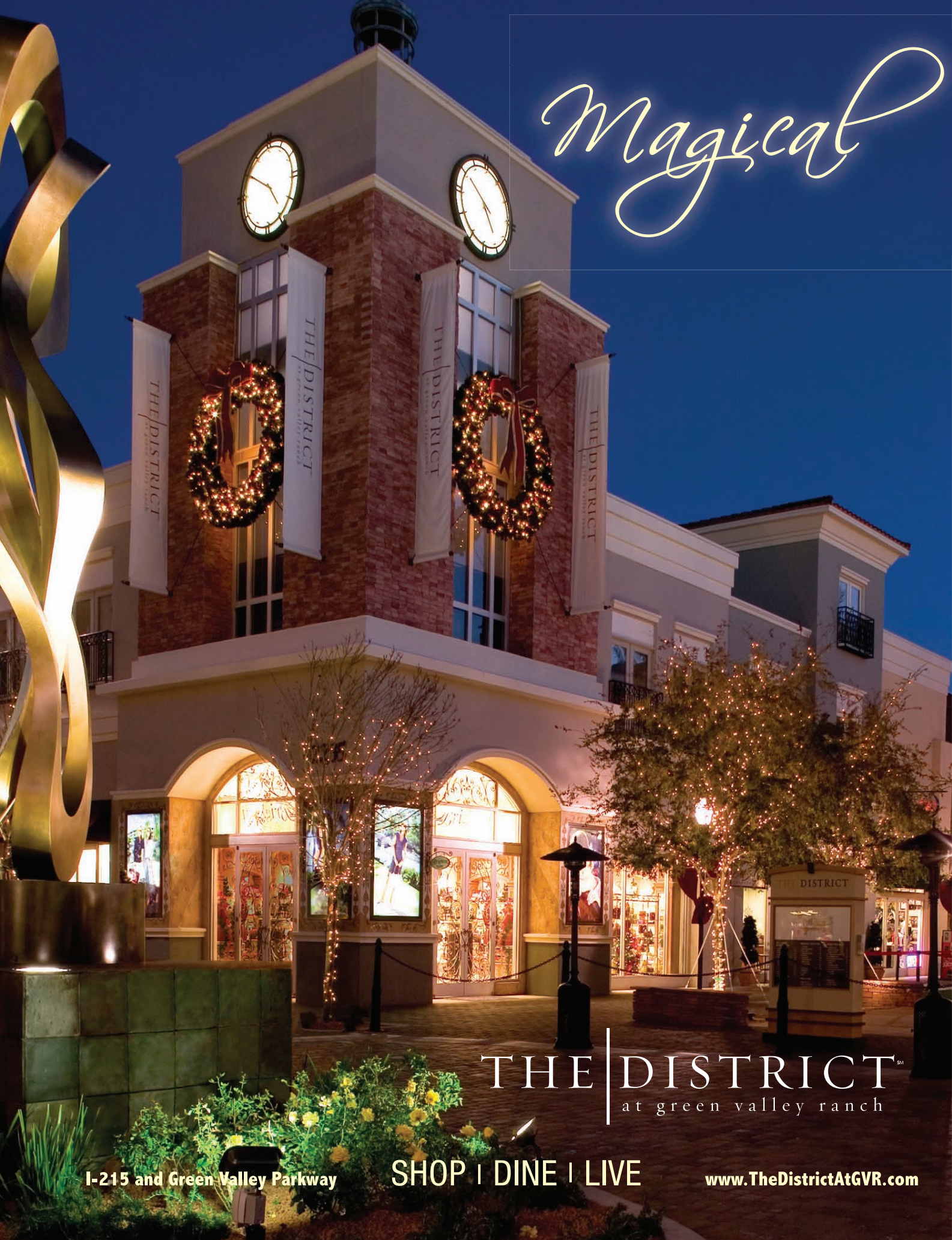
Learn from a registered dietitian how to eat for your heart's health. Thursday, Nov. 29; 10:30 a.m.-noon WEST Thursday, Jan. 31; 10:30 a.m.-noon HEND

Open Heart Program

The open heart surgery program at the new St. Rose Dominican Hospitals – San Martín Campus is, like our Siena Campus program, a closed program. The San Martín Campus program is led by cardiovascular surgeon Robert Wiencek, M.D.



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In the game of life, fruits rich in antioxidants have the ability to run interference on free radicals — the natural byproducts of metabolism that have been implicated in a number of chronic illnesses such as heart disease and cancer. Thus, fruits such as the blueberry, cherry and dried plum have earned the title of “super fruits.”

St. Rose dieticians say there is still a great deal to learn about antioxidants and how they are best absorbed by the body. Thus, they recommend eating a variety of fresh, dark-colored fruits.

Go BLUE!

Blueberries score high as an antioxidant-rich fruit that protects against the effects of aging, heart disease and cancer. They may also help in treating bruises, varicose veins and hemorrhoids. Blueberries are packed with flavonoids and vitamin C, which work together to improve blood circulation (reducing swelling) and help form collagen, the tissue that holds skin together. Blueberries also contain a type of flavonoid which strengthens the walls of capillaries weakened by bruising.



Go RED!

Cherries are a great source of beta carotene (vitamin A) and are rich in vitamins C and E. Cherries may help reduce inflammation and ease the pain of arthritis and gout, offer protection against cardiovascular disease and certain cancers, reduce the risk of diabetes and insulin resistance syndrome and possibly help prevent memory loss. Let's hear a cheer for the cherry!



Go PURPLE!

Like their red and blue counterparts, dried plums are full of antioxidants and are also a good source of vitamin C, beta carotene and fiber while being very low in calories. Researchers hope women will be rah-rah for dried plums. A recent study found that if postmenopausal women who are not on hormone replacement therapy eat five dried plums daily, it might boost bone health. And this fruit, formerly known as a prune, contains soluble and insoluble fiber that serves as a natural laxative.



The Dried Fruit Bowl

Having a party? Before you fill your serving bowls with greasy potato chips and fattening dips, consider substituting a few of those processed foods with dried fruit. Studies have shown that dried fruit offers many of the same health benefits as fresh. The U.S. Department of Agriculture (USDA) tested 41 fruits and vegetables and found that fresh blueberries had the highest antioxidant levels. Dried blueberries,

however, pack an even bigger punch, with four times the antioxidants of the fresh variety. Dieticians recommend eating dried fruits in modest amounts. Because dried fruits have a lower water content they have a higher proportion of sugar and calories than fresh fruits. Additionally, manufacturers may add sugar to some dried fruits to balance tartness.

It is recommended that most women eat two cups of fruit a day based on a 2,000 calorie diet. One cup is about the equivalent of one apple or pear, two plums or a half pint (8 oz.) container of blueberries.

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Reclamation District
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Your Spiritual Journey

St. Rose Dominican Hospitals – San Martín Campus is inviting women to reconnect with their sense of spirit in a special way — a walking labyrinth. The hospital recently dedicated its labyrinth, which is a replica of the one laid in the floor of Chartres Cathedral (pictured here) in France around 1220.

A labyrinth is an ancient pattern found in various forms around the world. It is often likened to a maze. However, a labyrinth has no tricks and no dead ends. Rather, on this prayer path or meandering meditation, all roads lead to the center. It is that journey to the center and back which provides women the opportunity to quiet their mind, meditate and reconnect with or illuminate their spiritual strength.

Labyrinth Lecture

Learn the 5,000-year history, symbolism and contemporary revival of the labyrinth.

Thursday, January 24; 6-8 p.m. SAN

Labyrinth Facilitator Training

Join labyrinth craftsman, Robert Ferre, for a training designed to give participants the skills necessary to present labyrinth events and ceremonies for the public, schools and places of worship.

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