

WomensCare

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WINTER 2008

**It's Not Your Mothers
Hysterectomy**

**Demystifying
Colon Screening**

**Is Your Child
Ready to
Learn?**

The **BARBARA
GREENSPUN**
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Center of Excellence



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She's Got The Whole World In Her Hands

Many parents feel pushed to prepare their kids to excel in school even before they go to school. There are kiddy-teaching DVDs, camps and clinics and even competitions to get children into the "right school." But while extracurricular activities are meant to turn children into well-rounded adults able to compete in a fast-paced world, pediatricians want to remind parents of the importance of being a child. Find out if your child is learning ready and how giving your child "the world" might be as easy as opening your back door and saying "go play."

Gracias Harrah's

St. Rose thanks Harrah's Foundation for partnering in our Hispanic Community Outreach Initiative. A \$128,000 grant from the Harrah's Foundation enables St. Rose and our WomensCare Centers to reach out to Southern Nevada's Spanish-speaking residents through health education, health fairs, a physician referral line and an annual Spanish WomensCare magazine. Our first annual Spanish WomensCare magazine won a Pinnacle award from the Nevada chapter of the Public Relations Society of America for providing timely, easy-to-use health information specifically for Spanish-speaking women. Look for the second annual edition of the Spanish WomensCare magazine due out in March.



letter

FROM THE PRESIDENT



Dear Readers,

In the 1980s, author Robert Fulghum wrote the book "All I Really Need to Know I Learned in Kindergarten." In his attempt to write a personal credo, he found that wisdom was not to be found at the top of a graduate school mountain but in a sandpile at school. At the tender age of five, he learned important lessons — play fair, put things back where you find them, say sorry when you hurt someone and hold hands with others when you go out into the world.

We have devoted a number of pages of this WomensCare magazine to the health of our children and their learning readiness. But, Fulghum's message was meant for adults. He believed that if adults would translate these "Golden Rules" into sophisticated adult terms and apply them to relationships, work and government, they would be equally relevant. He provoked adults to imagine a world where governments put things back where they found them and everyone held hands and stuck together. He went on to assert that "life will examine us continually to see if we have understood and practiced what we were taught the first year of school."

If you feel that life is examining you or you need to do some self examination to bring relevance, order or harmony to your life, pick up Fulghum's book, head to your kitchen for some milk and cookies, then sit down and savor stories that will take you back to a wondrous place called childhood. If you are a parent worrying about whether your child is ready to excel in school, reading Fulghum's book will provide reassurance that teaching your children the "Golden Rules" will give them a foundation for living a full, meaningful life.

Rod A. Davis

Rod A. Davis

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

WOMENSCARE CENTER

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WOMENSCARE MAGAZINE

Editor/Writer: Shauna Walch
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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.



St. Rose Dominican Hospitals

A member of CHW



anita's story

Anita Walker's lovely voice reveals her inner strength and beauty. She praises her recent robotic surgery, her surgeon and the staff at St. Rose Dominican Hospitals who cared for and comforted her, but she wouldn't be photographed for *WomensCare* magazine. Anita prefers to hold on to an image of when she felt fit and more physically attractive. That was more than half a lifetime ago — before her body morphed into what she calls the “Michelin man.”

At 25, Anita was a 5'2", 110-pound physical education major with a good job and a great spouse. When she gained 10 pounds seemingly overnight, she figured it was a side effect of the comfy life she lived with her husband, Charles. She put more “umpff” into her exercise routine, but 10 pounds became 20 pounds, then 30 and 40. The first few doctors Anita consulted could find nothing physically wrong with her except for the weight gain — and the violet-purple bruises erupting on her back and legs. They questioned whether she had an eating disorder and an unhappy — maybe even dangerous — marriage.

Distraught, but determined to lose the weight, Anita enrolled in a diet program that happened to require blood tests. The nurse was shocked by Anita's low potassium level and urged her to see an endocrinologist. As Anita sat in the doctor's office, 100 pounds heavier than she had been just months before, the doctor diagnosed her problem on the spot.

It was Cushing's syndrome, a rare — or rarely diagnosed — disease which is thought to affect just 10 to 15 people per million each year in the United States, most of them women. Caused by an over production of a hormone called cortisol, the symptoms can be devastating. Anita experienced severe weight gain in her face and upper body, bruises, stretch marks, brittle teeth and bones and the loss of her long hair.

She underwent numerous procedures to mitigate the depredation of the disease, including an operation to pin her crumbling ankle together. The surgery proved hazardous and the recovery process even riskier. The day after the operation, blood clots traveled to her lungs, nearly killing her. She also underwent two brain surgeries to remove tumors on her pituitary gland — the source of the Cushing's syndrome. One of the surgeries left her with insulin-dependent diabetes.

Fast forward to 2003 when Anita and

Dr. Lynn Kowalski is a board certified gynecological oncologist who has performed more than 200 gynecological surgeries using the da Vinci® Surgical System's robot since it was introduced in 2004.



Charles moved to Las Vegas, and for the first time since her medical epic began, her disease was in remission. It was a busy time. The couple traveled quite a bit. Three years flew by before Anita returned to a regular routine and had a Pap test. The results were abnormal, which she expected. She hadn't had a period since developing Cushing's, so tissue built up in her uterus. This time, however, the tissue was precancerous and her physician recommended an open hysterectomy. Anita panicked when she heard him say "a six- to 12-inch incision." Her diabetes put her at an increased risk of bleeding and surgical infection. In addition, the average recuperation time was four to eight weeks — which, for Anita, could easily drag out to two to three months.

She and Charles began to research surgical options and learned about St. Rose's da Vinci® Surgical System, which the hospital purchased with a portion of a \$2 million gift from The Lincy Foundation. The da Vinci® is a less invasive surgical technique used by surgeons in which a robot is used to assist with surgery. The average recovery time is about one to two weeks.

Anita and Charles met with Dr. Lynn Kowalski, a board certified gynecological oncologist who has performed more than 200 gynecological procedures utilizing the da Vinci® Surgical System. Dr. Kowalski agreed to perform the surgery. It was great news, but it was followed by a devastating blow later that same day. A quick recovery from her hysterectomy was imperative. Anita would need all her strength to address her latest diagnosis — breast cancer.

At 7:30 a.m. on a mid-November morning, Dr. Kowalski made four, dime-sized incisions in Anita's abdomen (depicted

on opposite page). The robot was then positioned and its four slender arms (each about one tenth the thickness of a surgeon's arm) were guided through the incisions to the surgical site. Dr. Kowalski took a seat at the surgical console, her eyes peering through a viewfinder which provided high-definition, three-dimensional view of Anita's uterus and surrounding structures. She positioned her hands within castanet-like controls. As she operated the controls, the robot precisely translated every move, as if her own hands were inside Anita's body. The uterus was cleanly disconnected from the blood supply and surrounding tissue with tiny instruments. Dr. Kowalski then removed the uterus through the vagina and sutured the small incisions on Anita's abdomen. Anita's surgery was completed in just an hour with only a thimbleful of blood loss.

Dr. Kowalski was pleased with how Anita's surgery went but was cautiously optimistic about her recovery. "The average patient goes home from the hospital the day after a da Vinci hysterectomy and is able to quickly get back to daily routines," she said. But Anita's circumstances were not the norm.

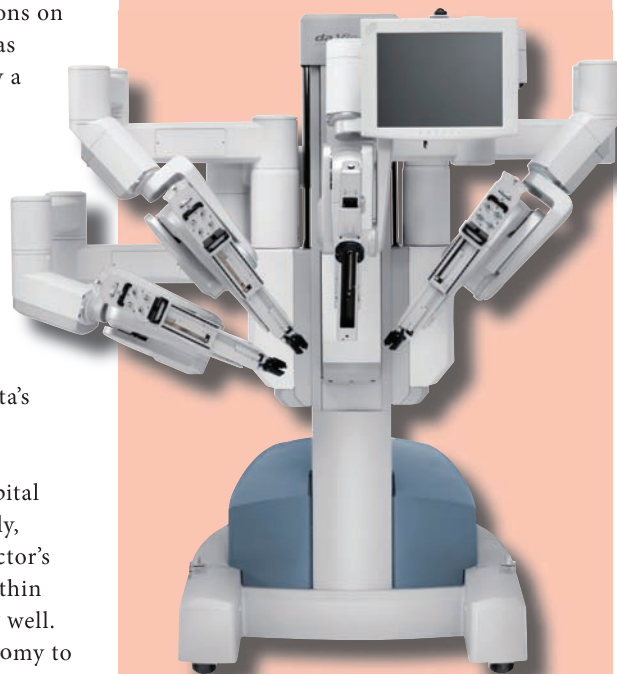
Anita was discharged from the hospital the day after her surgery and, luckily, was able to get out and about to doctor's appointments and the pharmacy within four days. "My recovery went really well. In fact, so well that I had a lumpectomy to remove the cancerous tissue from my breast just three weeks after my hysterectomy," says Anita. "If I had an open hysterectomy, it is likely that I would still be recovering. I might still be in the hospital."

Benefits of the da Vinci® Robot

The da Vinci Hysterectomy offers numerous potential benefits over traditional approaches to vaginal, laparoscopic or open abdominal hysterectomy, particularly when performing procedures for gynecologic cancer. Those benefits are:

- Significantly less pain
- Less blood loss
- Fewer complications
- Less scarring
- A shorter hospital stay
- A faster return to normal daily activities

In addition to being less invasive, the da Vinci® Surgical System also allows surgeons better anatomy visualization, which is critical when working close to delicate organs like the bladder.



Get Your Pap Test Once a Year

A routine Pap test, which takes less than ten minutes, can detect changes in the cells of the cervix that might lead to cervical cancer. While Pap tests are not used to screen for endometrial cancer, test results sometimes show signs of an abnormal endometrium (lining of the uterus). Follow-up tests may detect endometrial cancer.

All women, even those who have gone through menopause, should have pelvic exams that include Pap tests as part of their routine health care beginning at 21 years of age or within three years after having sex (whichever comes first). Women younger than 30 years old should get a Pap once a year as part of a regular annual gynecological exam. After 30 years of age, your doctor will let you know how often you should return for a Pap test based on your age and your health history.

Get a More Accurate Pap Test

- Schedule your Pap test between your menstrual cycles. The best time is at least five days after your menstrual period stops.
- Don't use tampons, birth control foams, jellies or other vaginal creams for two to three days before the test.
- Don't douche for two to three days before the test.
- Don't have sexual intercourse for two days before the test.

Get a Pap and HPV Test too

When getting a Pap test, you can have an HPV test at the same time. This advanced test can identify whether you have a high-risk form of HPV (human papilloma virus), which can increase your risk of cervical cancer. Check to see if your insurance covers the cost for the HPV test.

Anthem Blue Cross and Blue Shield Patients Welcomed

St. Rose and Anthem Blue Cross and Blue Shield recently reached a new patient care agreement. Commercial* Anthem Blue Cross and Blue Shield patients can now use St. Rose's three hospitals, outpatient facilities and outpatient services. If you have questions about utilizing St. Rose for your medical care, contact your insurance provider or go to St. Rose's Anthem Blue Cross and Blue Shield Q & A document at www.strosehospitals.org.

* Does not include Anthem's Partnership Plan.

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Questions to Ask Your Physician About Surgery

Anita Walker's life has been anything but easy, but she keeps a positive attitude with the help of her faith, her loving husband and a healthy understanding of her right and responsibility to ask questions about her medical care. While she is not sure what her life journey is preparing her for, she can help others prepare for surgery. Following are 10 questions to ask your physician or surgeon:

- 1 What is your experience with this procedure?
- 2 What is the reason that this procedure is necessary at this time? Must the procedure be performed immediately and if so, why?
- 3 What are the options — such as non-surgical medical treatments or alternative medicine treatments — if this procedure is not done? What is the anticipated outcome of the procedure?
- 4 What are the expected or possible benefits of doing the procedure? How likely is it that these benefits will result from the procedure?
- 5 What kind of anesthesia is required for the procedure?
- 6 What are the specific risks that this procedure involves?
- 7 What risks does my specific health history present?
- 8 What is the recovery process after this procedure?
- 9 Is this procedure covered by my insurance plan?
- 10 What about a second opinion?

Don't worry about offending your healthcare provider or surgeon with such questions. Quality medical professionals expect — and often encourage — patients to seek a second opinion before choosing a treatment option. Most insurance companies pay for a second opinion. Some even require them.



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First In Sight

OPHTHALMOLOGISTS & REFRACTIVE SURGEONS

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.
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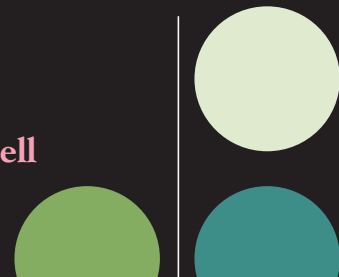
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Healthy to the Core

Did you know that the amazing apple contains only 81 calories, with almost no fat and three grams of fiber? Here are a few more facts about this non-forbidden fruit:

- The complex carbohydrates in apples can give your body a longer, more even energy boost than sugary snacks and sodas.
- The fiber in apples — insoluble and soluble — can act as both a laxative for constipation and a treatment for diarrhea.
- The hefty amounts of boron (a mineral) in apples are believed to boost alertness in older adults as well as help keep bones strong.
- The pectin in apples lowers LDL (bad) cholesterol.

An apple a day keeps the doctor away.

A diet rich in fruits, like apples, may reduce the risk of some types of cancer and other chronic diseases such as type 2 diabetes, heart disease, breast cancer, lung cancer, colon cancer, Alzheimers disease and asthma. Learn more about decreasing your risk of colon cancer on page 16.

The apple of my eye.

A study released earlier this year suggests that women who eat apples during pregnancy may be less likely to have children who develop asthma or asthma-like symptoms.

An apple for the teacher will always do the trick when you don't know your lesson in arithmetic.

Giving the teacher an apple is a nice gesture, but giving your child an apple to eat may be the answer to improving his or her grades. A USDA study found that more than half of all elementary school-age children eat little to no fruit on any given day and three out of 10 eat less than one serving of vegetables a day. Learn how nutrition affects learning on page 25.

The big apple.

Meet dietary guidelines for eating two cups of fruit a day with this two-for-one trick. Bite into and enjoy one big apple — it is the equivalent of two servings of fruit!

Are You an Apple or Pear?

It is believed that women with apple-shaped figures (that is, they hold more weight from their waist up) are more prone to heart disease than their counterparts with pear-shaped figures (those who hold more weight in hips and thighs) because there is more fat around vital organs. Fortunately, upper-body fat responds relatively rapidly to healthy lifestyle changes.



FEB • MAR • APR

Call (702) 616-4900 for information, reservations, 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

SENIOR PEER COUNSELING

If you're 50+ and need a friend to listen, call 616-4902 for an appointment with a trained peer counselor
HEND, WEST, RDL, SAN: \$10 requested donation

INNER PEACE WORKSHOPS FOR WOMEN

Fridays, 6:30-8:30 p.m.
HEND: \$20 per session
Thursdays, 4-6 p.m.
WEST: \$20 per session
Private Session \$40/hour. Call 616-4900 for an appointment.

HEALING WITH RHYTHM DRUM CIRCLE

Enhance wellbeing through drumming. Bring a healthy food item to share.
1st Friday - Feb. 1, Mar. 7, Apr. 11; 6:30-8:30 p.m.
HEND
3rd Friday - Feb. 15, Mar. 21; Apr. 18; 6:30-8:30 p.m.
WEST

CHOCOLA-TEA TASTING

Join us for a marriage of chocolates and teas.
Tuesday, Feb. 5; 6-7:30 p.m.
WEST: \$5 per person

MEDITATION

Experience peace, calm and joy through relaxation.
Monday - Feb. 11; 6-7 p.m. Heart chakra with Free Livingston
Monday - Mar. 31; 6-7 p.m. with Amy
Wednesday - Apr. 2; 6-7 p.m. with Amy
HEND
Tuesdays - Feb. 12, Mar. 11, Apr. 15; 6:30-8 p.m. with Goldie
WEST

LABYRINTH LUNCH

Learn to walk the labyrinth for peace and clarity. Bring your lunch.
2nd Tuesday; Feb. 12, Mar. 11, Apr. 8; 12-1 p.m.
SAN - Labyrinth Garden

LAUGHTER CLUB

Join Linda Garner, certified laughter leader, to laugh your way to good-hearted living.
2nd Wednesday - Feb. 13, Mar. 12, Apr. 9; 6:30-8 p.m.
SAN

SONGS FOR WELLNESS

Join John Jones to learn how music and sounds aid in healing.
Tuesdays - Feb. 19; 6-7 p.m., Mar. 18; 3-4 p.m., Apr. 22; 6-7 p.m.
SAN

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.
2nd Thursday - Feb. 14, Mar. 13, Apr. 10; 10:30 a.m.-noon
HEND

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.
3rd Thursday - Feb. 21, Mar. 20, Apr. 17; 2:30-3:30 p.m.
HEND

VITAL ENERGETIC BALANCING

Learn to raise your life force and balance your energies. Receive a free energetic evaluation chart by Mony Vital, Ph.D.
Friday, Feb. 29; 6-8 p.m.
WEST

SEVEN-COURSE MEAL FOR THE SOUL

Learn seven easy steps from the world's greatest teachings that lead to ultimate happiness. Experience Deeksha, a consciousness-raising energy technique.
Saturday, Mar. 1; 10-11:30 a.m.
HEND
Monday, Apr. 14; 6:30-8 p.m.
WEST

COPING TECHNIQUES FOR ANGER MANAGEMENT

Learn new ways to cope with and diffuse anger.
Thursdays - Mar. 6 & 13; 1-3:30 p.m.
HEND

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



A Call for Volunteers. St. Rose's Rose de Lima Campus is recruiting volunteers. Call 616-4543 for more information on how you can help make your local hospital a place of hope, health and compassionate healing.

WinterCalendar

of classes and upcoming events

TEA ETIQUETTE — HIGH TEA

Learn Victorian tea etiquette from the Special Tea Shoppe
Thursday, Mar. 6; 2-4 p.m.
HEND: \$5 per person

INTENTION COLLAGE

Create your own reality through collage.
Saturday, Mar. 8; 10 a.m. - noon
HEND

PEACE/PRAYER BEAD WORKSHOP

Learn the history of prayer beads in all cultures and create your own design incorporating the peace wheel.
Thursday, Mar. 13; 6-8:30 p.m.
WEST: \$20 (includes materials)

BALANCE YOUR ACT

Learn how to receive and give in life by using journaling as your guide.
Thursday, Mar. 20; 4:30-6 p.m.
HEND

MAD HATTERS SPRING TEA

Wear your fanciest, funniest or frilliest hat or come early to decorate your hat to show off at the Queen of Hearts parade.
Thursday, Mar. 20; 2-4 p.m.
WEST: \$10

CAREGIVER WORKSHOP

Learn to care for loved ones at home (from medications to stress management) by The Center For Compassionate Care.
Saturday, Mar. 22; 10 a.m.-3 p.m. (includes lunch)
MAC
Saturday, Apr. 5; 10 a.m.-3 p.m. (includes lunch)
SAN

FALL-PREVENTION WORKSHOP FOR SENIORS

Join the Southern Nevada Health District to improve balance and reduce the risk of falls.
Mondays - Mar. 24-May 5; 10 a.m.-noon
HEND

DON'T BE FOOLED BY STRESS

Learn how to combat the harm of stress through relaxation and self-hypnosis. Presented by Dr. Ed Klein.
Tuesday, Apr. 1; 6-7:30 p.m.
HEND

MEDITATION TEA

Enjoy a morning of flowering teas sip by sip as you awaken your senses to spring with guided meditation in the healing garden.
Saturday, Apr. 5; 10 a.m.-noon
SAN: \$5

GIRL TALK

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

HELP HELPING HANDS!

Needed: Volunteers to drive Henderson seniors to doctor's appointments. Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventive health programs on modest or no-cost basis to improve your workforce.
Call 492-8116 for more information.



EXERCISE & FITNESS

BELLY DANCING WITH GOLDIE

Release your inner goddess through belly dancing!
Saturdays - Feb. 9, Mar. 8, & Apr. 12; 10-11:30 a.m.
WEST: Free

PARTNER YOGA

Enhance your flexibility and posture — with the help of a partner. All levels welcome.
Saturdays - Feb. 9, Mar. 8, Apr. 12; 1:30-3 p.m.
WEST: \$10 per couple

TRIATHLON TRAINING

Join Jackie Arcana, level one USA triathlon coach, to get insider information on how you can cross the finish line of a sprint triathlon. It's not as intimidating as you think!
Saturday, Mar. 15; 11 a.m. - noon
HEND

HEALING YOGA

Mondays; 5-6 p.m.
HEND: Free
Mondays; 5-6 p.m.
WEST: Free

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.
Monday & Thursdays; 9-10 a.m.
Call 616-4900 for meeting location: Free

AGELESS WOMAN WORKOUT / OSTEOPOROSIS EXERCISE

Learn breathing, yoga and slow-weighted movement techniques 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, movement and gentle-stretching yoga.
Wednesdays; 9-10 a.m.
HEND: \$5 per session

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 a.m.
HEND: \$8 per session

FLOWING ENERGY YOGA FOR WOMEN

Wednesdays, 5-6 p.m.
WEST: \$5 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes continuously-flowing body movements to create balance for physical, emotional and spiritual wellbeing.
New Beginner Wednesdays; 2:30-3:30 p.m.
Beginner I Wednesdays; 1:30-2:30 p.m.
Beginner II Wednesdays; 2:30-3:30 p.m.
Intermediate Wednesdays; 3:30-4:30 p.m.
Advanced Tuesdays; 1:30-2:30 p.m.
HEND: Free
Demonstration Friday 11am
(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
Mondays & Wednesdays; 6:15-7:15 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.



CELEBRATING NATIONAL NUTRITION MONTH!

AYURVEDIC MEDICINE BY DR. ERIKA CROTTA

Wednesday, Feb. 13; 6-7:30 p.m. - The science of good health
Wednesday, Mar. 26; 6-7:30 p.m. - Good digestion
WEST

EATING RAW FOOD

Learn what pantry goods and gadgets make cooking raw food easy.
Friday, Feb. 22; 6-7:30 p.m.
SAN

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles, and nutritional considerations.
Monday, Feb. 25; 6-7 p.m. - Cooking with soy
Wednesday, Apr. 30; 6-7 p.m. - Defining vegetarian types
HEND

FREEDOM FROM EMOTIONAL EATING

Learn a holistic approach to permanent freedom from food and weight struggles.
Thursday, Feb. 28; 6-7 p.m.
SAN

FEB • MAR • APR

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

DASH AWAY FROM HYPERTENSION

Learn to manage blood pressure through the dietary approaches to stop hypertension (DASH) eating, exercise and stress reduction program.

Thursday, Mar. 6; 9:30-11:30 a.m.

HEND

Tuesday, Mar. 25; 9:30-11:30 a.m. (includes brunch)

SAN

METABOLISM SCREENING

How many calories do you need for basic body functioning? Come find out! No caffeine, exercise or food 4-hours prior to appointment.

Thursday, Mar. 6; 8 a.m.-noon Call 616-4900 for appointment.

SAN: \$15

VEGETARIAN TALES LUNCHEON

Going veggie? Learn about the various types of vegetarians and nutritional considerations for optimum health.

Thursday, Mar. 20; noon-1:30 p.m.

SAN

HEALTHIEST FOODS ON EARTH LAB

Stop by and try to identify the healthiest foods. Prizes awarded for best guesses.

Monday, Mar. 24; 10 a.m.-2 p.m.

SAN

SUGAR BLUES

Get off of the sugar roller coaster! Learn how to manage your willpower during deprivation.

Thursday, Mar. 27; 6-7 p.m.

HEND

CARDIAC NUTRITION

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

Thursday, Mar. 27; 10:30 a.m.-noon

HEND

Thursday, Apr. 3; 9:30-11 a.m. (includes brunch)

SAN

EATING WITH DIABETES BRUNCH

Learn from a registered dietician and certified diabetes educator how diabetics should eat.

Friday, Mar. 28; 9-11 a.m.

SAN

EATING FOR ENERGY

Learn what foods, activities and lifestyle choices increase energy levels.

Wednesday, Apr. 2; 11:45 a.m.-1 p.m. (includes lunch)

SAN

LOWER CHOLESTEROL WITH TLC

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

Thursday, Apr. 10; 5:30-8:30 p.m.

HEND

Thursday, Mar. 13; 11:30 a.m.-2:30 p.m. (includes lunch)

SAN

NUTRITION CONSULTATION

Call 616-4900 for an appointment with a registered dietitian.

HEND: \$45 for 30 minutes



SCREENING

METABOLIC SCREENINGS

How many calories do you need for basic body functioning? Come find out! No caffeine, exercise or food 4-hours prior to appt.

Wednesdays - Call 616-4900 for dates and appt. HEND: \$15

Thursdays - Call 616-4900 for dates and appt. SAN: \$15

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.

Wednesday, Feb. 27; 7-10 a.m.

Call 616-4900 for appointment.

HEND: See above for fees

Tuesday, Apr. 8; 7-10 a.m.

Call 616-4900 for appointment.

WEST: See above for fees

SKIN CANCER SCREENING

Have a suspicious mole or spot? Have dermatologist Curt Samlaska, M.D. check it for you.

Thursday, April 10; 1:30-3:30pm

Call 616-4900 for appointment.

HEND: Free

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

Learn to ease anxiety and speed up surgical or medical recovery using mind/body techniques.

HEND: Borrow the book & CD from our resource library or purchase for \$35.

REFLEXOLOGY FOOT MASSAGE

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

Monday, Feb. 4; Wednesday, Mar. 12;

Thursday, Apr. 3, 9:30 a.m.-12:30 p.m.

Thursday, Feb. 21; Monday, Mar. 24;

Wednesday, Apr. 30, 1-5:15 p.m.

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

Tuesday, Feb. 12; Thursday, Apr. 17 2:15-5:15 p.m.

Tuesday, Mar. 4, 10 a.m.-1 p.m.

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

BODY CONTOURING DEMO

Join Dr. Guita Tabassi (OB/GYN) for a demo of non-invasive body contouring, a discussion of skin rejuvenation techniques and the latest in beauty technology.

Wednesday, April 2, 6:30-8pm

WEST

CRANIOSACRAL MASSAGE THERAPY FOR MIGRAINES, SCIATICA & FIBROMYALGIA

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

Tuesday, Feb. 19; 4-6 p.m.

Saturday, Mar. 22; 10 a.m.-2 p.m.

Thursday, Apr. 24; 9 a.m.-12:30 p.m.

HEND: \$30-30-minute massage. Call 616-4900 for appointment.

Thursday, Mar. 6; 3-6 p.m.

Tuesday, Apr. 15; 2-6 p.m.

WEST: \$30-30-minute massage. Call 616-4900 for appointment.

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursday - Feb. 21 or Apr. 17; 4:30-6 p.m.

HEND

Thursday, Mar. 20; 4:30-6 p.m.

WEST

ESSENTIAL OILS: 101

Learn how to make non-toxic cleaning products, first-aid kit items and mood-changing oils from Free Livingston.

Monday, Mar. 3, 6-7:30 p.m.

HEND: \$25

PRIVATE HYPNOSIS SESSION

Call Bernice Cain 898-1383 for appointment.

\$75 per session

THE DOCTOR IS



**Tuesday, February 26
8 a.m. - noon SAN**

Join Dr. Kalla for heart screenings, breakfast & exercise (see page 21)
Call 616-4900 to register



Winter Calendar

of classes and upcoming events



HEALTH CONDITIONS

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

BREAST CANCER, PROSTHESIS & BRA FITTINGS

Uninsured? Receive a free professionally-fitted bra and prosthesis. Provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate.
Call 568-9595 for more information.

WEIGHT LOSS 101

Explore research on current medical and behavioral weight loss with Drs. Dominic & Lindsey Ricciardi
Wednesdays - Feb. 13; Mar. 12; or Apr. 16; 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.
Saturday - Feb. 16, noon-2 p.m. RAN
Saturday - Mar. 15; noon-2 p.m. SAN
Saturday - Apr. 19; noon-2 p.m. MAC

FOOD ALLERGY PARENT EDUCATION GROUP

Receive education and support for children with food allergies.
Tuesday, Feb. 19; 7-9 p.m.
MAC

BIOIDENTICAL HORMONE SERIES

Join H. Shawn Wijesinghe, M.D. of Vegas Valley Wellness for bioidentical hormone replacement.
Wednesday, Feb. 20; 6-7:30 p.m. Women —Recapture your youth
Wednesday, Mar. 19; 6-7:30 p.m. Men —Recapture your youth
Wednesday, Apr. 30; 6-7:30 p.m. —Stress and adrenal fatigue
WEST

LAPAROSCOPIC OBESITY SURGERY

Dr. Rutledge talks about the latest surgery for weight loss: mini-gastric bypass.
Tuesdays - Feb. 26, Mar. 25 or Apr. 29; 6-7:30 p.m.
MAC

KNEES: SNAP, CRACKLE & POP!

Learn more about knee injuries involving the ALS, the meniscus and arthritis from Dr. Michael Han.
Thursday, Feb. 28; 6-7 p.m.
HEND

D.A.T.E. (DIABETES AWARENESS TREATMENT & EDUCATION)

A comprehensive diabetes class accredited by the American Diabetes Association.
Call 616-6545 for pricing and registration.
Thursday & Friday - Feb. 14 & 15; Mar. 13 & 14; or Apr. 10 & 11; 9 a.m.-1 p.m.
Tuesday & Wednesday - Feb. 26 & 27; Mar. 25 & 26; or Apr. 29 & 30; 5:30-9:30 p.m.
Home Health Bldg., 1125 American Pacific Dr., Suite G

BASIC DIABETES SELF MANAGEMENT

Join Dottie Stade, R.N., certified diabetes educator, for a basic understanding of diabetes.
Wednesday, Mar. 19; 1:30-2:30 p.m.
HEND

SHOULDERS ABOVE THE REST

Learn the latest shoulder treatments for frozen shoulder, rotator cuff injuries and arthritis from Dr. Michael Han.
Tuesday, Apr. 8; 6-7 p.m.
WEST



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn the American Heart Association adult, child, infant CPR, AED and choking. A 2-year certification for the non-healthcare provider.
Saturday, Feb. 9; 10 a.m.-2 p.m.
Wednesday, Feb. 27; 5-9 p.m.
Friday, Mar. 14; 2:30-6:30 p.m.
Monday, Mar. 31; 5-9 p.m.
Saturday, Apr. 5; 10 a.m.-2 p.m.
Wednesday, Apr. 23; 5-9 p.m.
HEND: \$30 (includes AHA cert. card)
Tuesday, Feb. 12; 9 a.m.-1 p.m.
Saturday, Mar. 8; 12:30-4:30 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 — a 2-year certification for all healthcare providers. Initial and renewal certification.
Friday, Feb. 22; 2:30-6:30 p.m.
Saturday, Mar. 22; 10 a.m.-2 p.m.
HEND: \$50 (includes AHA cert. card)
Thursday, Apr. 10; 5-9 p.m.
WEST: \$50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED and 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 616-4914 for group on-site training fees and scheduling.

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce car insurance rates with this safe-driving program.
Mondays - Feb. 11, Mar. 10 or Apr. 14; 9:00 a.m.-5 p.m.
HEND: \$10 (checks only)
Saturdays - Feb. 16, Mar. 15 or Apr. 19; 9 a.m.-5 p.m.
SAN: \$10 (checks only)

SEXUAL ASSAULT PREVENTION

Learn how not to become a sexual assault target plus learn basic self-protection moves from Officer Michael Metzger, Henderson Police.
Saturday, Mar. 1; 10 a.m.-2 p.m.
MAC

SAFE SITTER

Youths, ages 11-16, learn to provide safe, nurturing childcare and how to respond to medical emergencies.
Monday, Mar. 17; 8:45 a.m.-4:30 p.m.
HEND: \$30 (includes lunch)
Saturday, Mar. 29; 8:45 a.m.-4:30 p.m.
WEST: \$30 (includes lunch)



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 you deliver.
Call 616-4901 for an appointment.
HEND; WEST: \$40

NEW MOMMY MIXER

Fridays; 11 a.m.-noon
HEND
Wednesdays; 11 a.m.-noon
WEST

LA LECHE LEAGUE

4th Thursday - Feb. 28, Mar. 27, Apr. 24; 10-11 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

Get insight on whether to rent or buy based on needs and budget. We rent the Medela Lactina and Symphony and carry Medela breast pumps for purchase.
HEND; WEST

CELEBRATING MOTHERHOOD TEA

Mothers, daughters, grandmothers, and mothers-to-be spend a memory-making afternoon celebrating motherhood! Floral dresses and hats encouraged.
Saturday, April 26; 3-4:30 p.m.
Proceeds to benefit the Living Grace Home for Pregnant Teens. Call **616-4900**
SAN Healing Garden; \$15 per person



FEB • MAR • APR

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



SUPPORT GROUPS

AA For Women

Mondays, 7:30 p.m. & Wednesdays, noon **HEND**
Fridays, 7 p.m. **SAN**
Mondays, noon, **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**
1st & 3rd Wednesdays, noon **WEST**

Breast Cancer Support

2nd & 4th Mondays, 6 p.m. **HEND**
1st & 3rd Mondays, noon **WEST**
(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**

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**

Grieving the Loss of Your Premie

1st & 3rd Mondays starting Mar. 3rd 6 p.m.. **HEND**

Leukemia & Lymphoma

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

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**

Senior Peer Counseling

call 616-4902 **HEND, WEST, RDL, SAN**



PREGNANCY & CHILDBIRTH

MOMMY & BABY YOGA

Moms and babies ages 6 wks.-1 yr. Join Rebecca Taylor for a stretching and bonding experience.

Saturdays, 1:30-2:30 p.m.

HEND: Free

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: Free

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

WEST: Free

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 appt.

PRECIOUS PREMIES SUPPORT GROUP

Join our nursery nurse and parents for peer support and information on preparing to bring your baby home.

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

HEND

LAMAZE CLASS

Learn the Lamaze method of relaxation and conditioning that enables couples to work as a team to minimize medical intervention. This class should be taken in addition to the childbirth class series.

WEST: \$75

CESAREAN BIRTH CLASS

Learn preoperative preparation, what to expect in the operating room and postoperative care.

Thursday, Mar. 27; 6-9 p.m.

Home Health: \$45

NATURAL FAMILY PLANNING

Learn natural ways to achieve or avoid pregnancy with certified fertility care specialist, Mickey Bachman, R.N.

Thursday, Mar. 27; 7-9 p.m.

RAN

NATURAL BIRTH OPTIONS

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

Thursday, Mar. 13; 6-8 p.m.

HEND.



INFANTS, CHILDREN & PARENTING

MOTHERS OF MULTIPLES

2nd & 4th Mondays 11-noon

WEST

3rd Mondays 11-noon

FTF

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 safe, 50-minute workout to burn fat, build strength, endurance and flexibility.

Call 419-6287.

Mondays, Tuesdays, Wednesdays, Thursdays & Fridays; 9 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 - Feb. 9 & 23; Mar. 8 & 22; Apr. 12 & 26; 10-11 a.m.

HEND

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; 9:30-11:15 a.m.

FTF

STORYTIME WITH MISS CAT

Come dressed as your favorite animal. 24-48 months

Tuesday, Feb. 5; 2-3 p.m..

FTF

LOOK WHO'S TALKING — UNDERSTANDING NEWBORN LANGUAGE:

Learn the universal language of newborn babies (Dunstan Infant Language — as seen on Oprah). Prenatal-3 months

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

FTF

BOOK SWAP

Bring gently-used children's books to swap. Birth-48 months

Wednesday, Feb. 6; 10-11 a.m.

FTF

HELP! MY TODDLER HITS & BITES

Come join us to discuss ways to end hitting and biting. 12-48 months.

Tuesday, Feb. 12; 2-3 p.m.

FTF

LOVE & LOGIC

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

Mondays - Feb. 25, & Mar. 3, 10, 17, & 31; 9-10:45 a.m.

Thursdays - Apr. 10, 17, 24 & May 1 & 8; 4-5:45 p.m.

FTF

For FTF Classes
Call 568-9601 to register

WinterCalendar

of classes and upcoming events

BAA BAA BABY ANIMALS — NURSEY RHYMES & LULLABIES

Come dance, sing, learn finger plays and rhymes! 6-12 months
Thursday, Feb. 28; 10-11 a.m.
FTF

WE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs to stimulate communication that reduces tantrums and improves IQ and vocabulary. Call 616-4901 to register.

Wednesdays - Feb. 27, Mar. 5, 12, 26; 11a.m.-noon
WEST

Saturdays - Mar. 29 & Apr. 5, 19, 26; 9:30-10:30 a.m.

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

Wednesdays - Apr. 9, 16, 23, 30; 1-2 p.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.

Mondays - Mar. 3, 10, 24, 31; 10:30-11:30 a.m.

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

Saturdays - Mar. 29 & Apr. 5, 19, 26; 11 a.m.-noon

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

HOMEMADE BABY FOOD

Learn to make nutritious and tasty foods for your baby.

Birth-12 months

Wednesday, Mar. 5; 10-11 a.m.

FTF

GREEN EGGS & HAM ... PICKY EATERS

Helpful tips and great recipes for getting those picky eaters to eat! 12-48 months

Tuesday, Mar. 11; 2-3 p.m.

FTF

A DAY OF HOPE: INFERTILITY WORKSHOP

Join RESOLVE and fertility specialists for a conference covering infertility to adoption. Register at www.southwest.resolve.org

Saturday, March 29; 8 a.m.-4 p.m.

SAN

SOCKETS, LOCKS & GATES, OH MY! BABY PROOFING

Join us as we discuss popular ways to baby proof your home.

Birth-12 months

Wednesday, Apr. 2; 10-11a.m.

FTF

INFANT MASSAGE

Join our certified infant massage instructor to learn to soothe cries and colic with massage in three sessions. Bring your baby, a blanket and a washcloth. Support people welcome.

Saturdays - Apr. 5, 12, 19; 2-3 p.m.

HEND: \$30 per family

CHOOSING QUALITY CHILDCARE

Learn to look, listen and ask the right questions to find the right child care. Birth-48 months

Tuesday, Apr. 29; 10-11 a.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 HEND

Baby Basics

\$30-HEND & WEST

Grandparents Baby Basics

\$30-HEND

Breastfeeding

\$30-HEND & WEST

Infant CPR

\$20-HEND & WEST

Prenatal Yoga

\$10-HEND & WEST

Sibling Class

\$20/family – MAC

Bellies and Buddies

(pregnant mom club)

Free – 2nd Tuesday, 6-7:30 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

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

New Fathers Lecture (NFL)

\$20 (includes car-seat safety check)



CLASSES IN SPANISH

Programas en Español
Lláme al 568-9601

¿Necesita a un médico? lláme 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.



Colon Health Screening

A simple, discreet test could reveal important facts about your colon and possibly prevent colon cancer.

It might just make a woman's 10 most embarrassing moments list — somewhere between stepping out of the bathroom with your skirt back hiked up into panty hose and mistakenly asking an acquaintance if she's expecting. But submitting a stool sample for analysis doesn't have to make the top 10 list if you focus on the fact that a fecal occult blood test (FOBT) could detect the second leading cause of cancer deaths in our country — colon cancer.

"Colon cancer is nearly 90 percent preventable because it develops from polyps, which are grape-like growths on the lining of the colon and rectum that may become cancerous over time," says Robyn Rosenfeld, a gastrointestinal technician at St. Rose Dominican Hospitals. "Screening tests, including FOBT, can detect polyps so that we can remove them before they become cancerous."

Colon cancer deaths in the United States were projected at about 52,180 deaths for 2007 (26,000 men and 26,180 women), according to the American Cancer Society. Considering that more than 50 percent of the victims were expected to be female, WomensCare asked Dr. Rajat Sood to talk about the disease and how women can lower the risk of colon cancer in 2008 and the years ahead.

WC: What is the colon and what is its function?

Dr. Sood: The colon and the rectum make up the large intestines which serve as your body's waste management system. After food is digested in the stomach and nutrients are absorbed in the small intestine, the remaining waste moves into the tubular-shaped bowels where it solidifies and remains for one or two days until it passes out of the body.

WC: How does colon cancer develop?

Dr. Sood: Cells in the lining of the colon or rectum can go haywire and begin to develop out of control. The abnormally-growing cells create polyps, which are small tumors that may be benign (not cancerous) or malignant

(cancerous). About 30 to 50 percent of adults will have polyps, but not all of them will lead to cancer. Even those that are potentially cancer causing will take a few years to grow into cancerous tumors. So if polyps are found early enough, we can remove them before they become cancerous.

WC: How can women lower their risk of colon cancer?

Dr. Sood: The first step in lowering your risk of colon cancer is making healthy lifestyle choices (see "Reducing Your Risk" page 17). The second step is to get the appropriate screenings based on age and risk factors (see "Screening Schedule" page 17). There are three tests that can effectively detect precancerous polyps and cancer in its early stages when treatment is most beneficial. The first is a fecal occult blood test (FOBT) to check for blood in the stool. The second is a sigmoidoscopy. To perform this screening, we use a flexible tube equipped with a camera to inspect the lower colon. The third is a colonoscopy. It is similar to the sigmoidoscopy, but the scope used is a longer tube so we are able to inspect the entire colon.

WC: What would you tell women who might be embarrassed or scared about having these tests?

Dr. Sood: I would encourage them to take a "let's just do it and get it over with" attitude. When it comes to medical screenings, research shows that dread and embarrassment are largely based on anticipation rather than the screening itself, and we can effectively reduce colon cancer deaths by at least 60 percent through preventive measures such as FOBTs and colonoscopies. I would also encourage women to talk to others. A few people might say they felt a bit embarrassed or the tests were slightly uncomfortable. The majority will tell you that they got peace of mind knowing they are cancer free. If you ask a colon cancer survivor, there is no doubt they will tell you these tests are worth their weight in gold.

Get the Facts and a Free FOBT

Join St. Rose and Dr. Sood for a free lecture on the prevention and treatment of colon cancer. Appetizers and refreshments will be served and free take-home FOBT test kits will be offered.

When: 6 to 8 p.m., Tuesday, March 18, 2008

Where: St. Rose – Siena Campus,
MacDonald Conference Center

RSVP: 616-4903

What Is a Fecal Occult Blood Test?

A FOBT is a non-invasive screening that tests for blood in the stool. It is typically performed on a "take-home" basis so that you can collect stool samples in private and on your own schedule. A small sample of stool is placed on a chemically treated card, then returned to the lab in a discrete package. Lab technicians place a special chemical solution on top of the sample and if it turns blue, there is blood in the stool sample.

Blood in the stool could be a symptom of colon cancer or it may also be a sign of hemorrhoids, anal fissures or ulcers or a side effect from the regular use of aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs). If an abnormality is found, a colonoscopy is generally recommended. When polyps are found, typically, they are removed if possible.

Screening Schedule

(recommend by the American Cancer Society)

- Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) yearly
- Flexible sigmoidoscopy (FSIG) every 5 years or
- Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) yearly plus flexible sigmoidoscopy (FSIG) every 5 years
- Double contrast barium enema every 5 years
- Colonoscopy every 10 years
- Combined testing is recommended over the annual FOBT or the five-year FSIG alone.

Symptoms

Colon cancer often develops silently in the early stages. As it progresses, the following symptoms may arise:

- Rectal bleeding
- Blood in the stool
- Prolonged diarrhea or constipation
- A change in the size or shape of the stool
- Abdominal pain or a cramping pain in the lower stomach
- A feeling of discomfort or urge to have a bowel movement when there is no need.
- Vomiting
- Constant fatigue

Many colon symptoms are not cancer, but if you notice one or more of these symptoms for more than a few weeks, consult your health care provider.

Reducing Your Risk

Age, family history and personal health history (Crohn's, colitis, etc.) influence the risk of colon cancer. You can improve your colon health through the following:

Diet Eat at least five servings of fruits and vegetables each day to maintain overall health, a healthy weight and routine bowel movements. Also, limit your fat intake to no more than 30 percent of your total daily calories. A study of 90,000 nurses found that those who ate beef, pork or lamb on a daily basis were 2.5 times more likely to develop colon cancer than women who ate red meat less than once a month.

Physical Activity Exercise for 30 minutes a day most days of the week to reach and maintain a healthy weight as well as regular bowel movements, which reduces the time your colon is exposed to harmful substances (carcinogens) that may cause cancer.

Smoking Cessation Smoking and excessive alcohol consumption can increase the risk of colon cancer. Quit smoking and moderate the use of alcohol or stop drinking altogether.

According to studies, the long-term use of multivitamin supplements containing folic acid may significantly decrease colon cancer risk.

Colon "Colondar"

The 2008 Colon "Colondar" is an artistic wall calendar that features 12 beautiful and strong colorectal cancer survivors, all diagnosed under the "stereotypical" age of 50. By showing their scars and sharing their extraordinary personal stories, they are saving lives and teaching about colorectal cancer in an unexpected way. Erika Kratzer, featured on the opposite page, founded the colondar. Holly Pike, a Henderson, NV, resident is featured on the October 2008 calendar page. To order the calendar, visit www.colondar.com. Proceeds benefit colon cancer awareness projects.



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The 5-year survival rate when breast cancer is found early and confined to the breast.

Breast Implants?

You can have a mammogram. Inform the radiologist so that the mammography machine can be positioned to avoid full compression of your implants.

Uninsured?

St. Rose's R.E.D. Rose program provides free breast health services for age- and income-eligible women. Call **616-7525**.

Disabled?

St. Rose's Helping Hands may be able to provide you with a ride to your mammogram screening. Call **616-6554** for more information.

Appointment?

St. Rose offers mammograms at each of its three campuses (with a physician's order).

Rose de Lima Campus **616-4585**
Siena Campus **616-5585**
San Martin Campus **492-8585**

Enlist!

Komen Race for the Cure, Saturday, May 3, 2008, Fremont Street Experience. Go to komensouthernnevada.org or join our WomensCare team at either one of our WomensCare Centers.

Veterans.

Join the Southern Nevada Affiliate of Susan G. Komen for the Cure as we celebrate breast cancer survivors and co-survivors in our 1st Annual Survivor Celebration Luncheon on March 15, 2008, at the Rio Hotel. Doors open at 10 a.m. and the lunch program begins at 11 a.m. Tickets are \$30 per person. Call **777-7776** to purchase your tickets or visit the Rio box office in person. Contact **822-2324** for additional information.



Hut ² Get Your **MAMMO!**

Since the late 1980s, women across the country have battled breast cancer with breast self-exams, annual clinical breast exams and mammograms — recommended in guidelines for women over 40 years of age. Demonstrating their esprit de corps, they have also participated in events like the Komen Race for the Cure wearing their pink ribbons with pride.

While the war is far from won, battle victories were declared along the way. Throughout the 1990s, the overall rate of breast cancer deaths in the U.S. dropped steadily as a result of early detection and disease treatment.

PINK ALERT!

A comprehensive national survey indicates that the breast cancer prevention troops may be in retreat with fewer women getting mammograms. “Mammogram rates leveled off around the year 2000 and started declining in 2003,” says Jackie Brown, executive director of Susan G. Komen for the Cure’s Southern Nevada chapter. “It could be the cost of the screening, conflicting reports on the benefits of mammograms for women under 50, the fear of finding out something is wrong or a belief we have this disease whipped. We are not sure, but we hope it turns out to be a blip on the screen — not a negative trend. We are concerned that a decrease in mammography screenings could lead to an increase in breast cancer deaths.”

According to Susan G. Komen for the Cure, mammograms are a proven method in finding small tumors before they can be felt. “Earlier detection through mammography screenings is saving lives,” says Jackie. “As an added benefit, smaller tumors can often be removed through lumpectomies in which only the lump plus a surrounding area of normal tissue is removed.”

Survey results indicate that the decrease is a nationwide trend and not confined to women of a certain education level, socio-economic or ethnic group. In fact, mammogram screenings dropped by nearly 7% among women 50-64, the group with the largest number of breast cancer cases and the group that can potentially benefit the most from mammography.

Breast Self Exam (BSE) Do a monthly BSE by age 20 to become familiar with the look and feel of your breasts to detect any changes that might require medical attention. For BSE guides, visit www.komen.org/bse/.

Clinical Breast Exam Get a clinical breast examination about every three years during your 20s and 30s as part of your a regular health checkup and every year for women age 40 and older.

Mammograms Start getting a yearly mammogram at age 40 or get earlier or more frequent testing based on your personal or family health history. There is no recommended age for women to stop having mammograms.

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84 Percent

Amount by which women can reduce their risk of cardiovascular disease by maintaining a desirable body weight, eating a healthy diet, exercising regularly, consuming only a moderate amount of alcohol and not smoking.

THE DOCTOR IS IN FOR YOUR HEART HEALTH

Join Cardiologist Dr. Sunil Kalla, M.D (and his personal trainer) for a healthy dose of information and ideas on how to keep your heart in good condition.

Tuesday, February 26

- 8-9 a.m. Screenings: Total cholesterol-Free; Lipid panel-\$30; Blood pressure; Body fat
- 9 a.m. Heart healthy breakfast
- 9:15-10:15 a.m. Lecture: Dr. Kalla
- 10:30-11:00 a.m. Tai Chi, meditation, labyrinth (pick one)
- 11:15 a.m.-noon Nutrition lab and healthy snack

San Martín Campus

SAN: Call **616-4900** to reserve a complimentary seat.

Wear Red

Even if it means raiding your girlfriend's closet, join the American Heart Association's Go Red for Women campaign by wearing red the week of February 1st to show your support for reducing the risk of heart disease among women.

REVERSING HEART DISEASE SUPPORT GROUP

Peer led support group for individuals who want to make or maintain intensive lifestyle changes as recommended by either the Dr. Dean Ornish Program for Reversing Heart Disease, the Pritikin Program or the MacDougall Program.

1st & 3rd Tuesday - Feb. 5 & 19, Mar. 4 & 18, Apr. 1 & 15; 1-2 p.m.

WEST

Lunch with the Ladies

Join us Thursday, February 28, at the Four Seasons Hotel for the American Heart Association's Go Red Luncheon sponsored by St. Rose and The Barbara Greenspun WomensCare Center of Excellence. Tables and individual seats available. Call **367-1366**.

5 Numbers to know

You know your phone number, your house number, your bank account and pin number. Learn more about the following five numbers to improve your heart health.

	FACTOR	GOAL [note:< means less than]	WHY?
1	Total Cholesterol <ul style="list-style-type: none"> • LDL ("Bad") • HDL ("Good") • Triglycerides 	LDL cholesterol goals vary <ul style="list-style-type: none"> • Optimal - < 100 mg/dL to 129 mg/dL • Near Optimal/Optimal- < 130 mg/dL to 159 mg/dL • Borderline High- < 160 mg/dL to 189 mg/dL • High - < 190 mg/dL and above 50 mg/dL or higher < 150 mg/dL	LDL clogs arteries. A lower LDL decreases the risk of heart disease. HDL eliminates cholesterol HDL from the body, lowering your chance of heart disease. The higher the triglycerides (fat in the bloodstream), the higher the risk for heart disease.
2	Blood Pressure	< 120/80 mmHg	High blood pressure damages arteries increasing the risk of heart attack or stroke.
3	Fasting Glucose	< 100 mg/dL	High blood sugar (glucose) can signal diabetes, a risk factor for heart disease.
4	Body Mass Index (BMI)	< 25 Kg/m ²	A higher BMI – a calculation of height and weight – can increase the risk of heart disease.
5	Waist Circumference	< 35 inches	Larger waistlines increase the risk of heart disease because of the fat's proximity to vital organs.



Upcoming Promotions

Go Red

Now through February 15

With the purchase of the Go Red Bracelet, Brighton will donate \$5 to the American Heart Association

Show Off Your Brighton Heart

February 1 - February 15

Receive a Brighton Heart T-shirt Free with a Brighton purchase of \$100 or more (one per customer while supplies last)

I Wish It Would Rain

February 29 - March 15

Receive a Brighton Umbrella Free with a Brighton purchase of \$100 or more (one per customer while supplies last)

Brighton.

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

**Fashion Show Las Vegas
(702) 731-5929**

**Fashion Village at Boca Park
(702) 944-8474**

The Forum Shops at Caesars

**Miracle Mile Shops
at Planet Hollywood Resort & Casino**

**McCarran International Airport
Main Terminal & D Gates**

Grand Canal Shoppes at The Venetian



Healthy Bodies Healthy Minds Healthy Kids

Last September, the Clark County School District opened S. Robert Joseph Bailey Elementary School in remembrance of the big impact one diminutive sister had on kids and education in Southern Nevada.

Physically speaking, Sister Robert Joseph Bailey, OP, was a wisp of a woman. But her big heart and big ideas became the backbone of St. Rose Dominican Hospitals' community outreach efforts.

When Sister Robert Joseph entered the Dominican order, she took the robust name Robert Joseph in honor of her brother. It seemed to set the tone for her hearty ministry which touched the lives of thousands of area children.

Sister Robert Joseph was a teacher. She taught at St. Peter's Elementary School on Boulder Highway for many years. After the school closed, she went to work for the hospital to oversee the dietary department and later directed St. Rose's community education efforts.

Her passion for helping children led her to establish St. Rose's Positive Impact Program, which provides free medical, dental and vision care to uninsured and underinsured children of income eligible families. Sister Robert Joseph organized the program after Frank Lamping, former principal of Burkholder Middle School, called her seeking help for a student he found limping across the schoolyard. The boy had suffered a broken ankle three days prior and desperately needed medical attention. "Sister Robert Joseph immediately arranged for a physician at St. Rose to care for the youngster. She touched so many lives as an advocate of the less fortunate," said Lamping.

Sister Robert Joseph's commitment to kids also led to the founding of the Positive Impact on Reading Program to help children who struggle with reading. The program helped Robert L. Taylor Elementary School become the 2004 state champions and the 2005 national champions in the Reading is Fundamental Community Reading Challenge.

"Sister Robert Joseph knew just how to capture the hearts and imaginations," says Janet Dobry, Ph.D., principal of Robert Taylor Elementary School. She and the hospital staff would dress up in western duds and conduct Buckaroo Days (pictured above). Students were invited to the hospital for fun-filled and informative field trips that emphasized good health and helped alleviate the anxieties kids have regarding hospitals.

A Legacy and A Motto.

Principal Corean Mayorga was filled with pride when she opened the doors to S. Robert Joseph Bailey Elementary School. To honor the legacy of Sister's commitment to kids and their health, the principal and her teachers established the motto "Healthy Minds. Healthy Bodies. Healthy Kids."

The school's staff reinforces that motto through healthy snacks, exercise and health education. "Sister Robert Joseph knew that kids who were nutritionally starved, sick or in pain could not perform as well academically," said Mayorga. "She worked to give every child a genuine chance at succeeding in school and in life by focusing on their fundamental needs for comfort, support, security and safety."

.....
Special Care for Babies. St. Rose has enhanced its nursery services at each of its three campuses. The Rose de Lima Campus and the San Martín Campus are now licensed Level II NICU (neonatal intensive care) units able to care for babies who are born prematurely, at a low birth weight or who are moderately ill. The Siena Campus, now a Level III NICU, is able to provide around-the-clock care for the babies who are extremely premature (weighing less than 2.19 pounds), critically ill babies or in need of surgical intervention. St. Rose also offers support groups for parents of preemies. See our WomensCare Calendar pages for more details.

Is Bottled Really Better?

Of all the choices of water available to you, only one must meet all federal standards of the Safe Drinking Water Act. Do you know which it is? The answer may surprise you – **it's your tap water**. Thanks to cutting-edge technology used to treat our drinking water, Southern Nevada's tap water continues to **meet** or **surpass** federal Safe Drinking Water Act standards. Isn't that refreshing?

While your water has been tested and treated by some of the top experts in the industry, you may still be considering supplemental treatment systems to improve the taste or reduce the hardness.

Before you buy, ask the **Southern Nevada Water Authority** for objective information about credible products. No one knows more about water quality than your local water agency.

Ask The Authority

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A community service of Southern Nevada Water Authority.



Tap vs. Bottled

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City of Boulder City

City of Henderson

City of Las Vegas

City of North Las Vegas

Clark County Water Reclamation District

Las Vegas Valley Water District



3 STEPS TO SUCCESS

1 ESTABLISH GOOD SLEEP HABITS.

30 to 40 Percent of Children Do Not Get Enough Sleep.

Sleep deprivation can negatively affect a child's attitude, academic performance and even physical growth considering that 80 percent of a child's growth hormones are secreted at night. The chart below, provides the estimated amount of sleep children need from preschool through high school. For more on teens and sleep, see page 27.

2 EMPHASIZE THE IMPORTANCE OF A HEALTHY BREAKFAST.

40 Percent of Kids Do Not Eat Breakfast.

Countless studies prove that children who eat breakfast behave and perform better in the classroom. Students who participated in a Minnesota breakfast study had an increase in math grades and reading scores, increased student attention, reduced nurse visits and improved student behavior. "Feeding their bodies good food feeds their brains," says Heather Millard, a registered dietitian who is the director of St. Rose Dominican Hospitals' nutrition department. "Breakfast doesn't have to be bacon and eggs. A bowl of whole grain cereal like Cheerios with milk and bananas works if your family is short on time. The important part is that they eat and eat something wholesome."

3 ENCOURAGE GOOD DENTAL HYGIENE

50 Percent of Children at Age 5 Have Had Some Tooth Decay.

Fifty percent of kids have had at least one filling and 78 percent of 17 year olds have experienced tooth decay. "The pain of cavities can affect every part of a child's day," says Dr. Patrick Simone, DDS. "It may disrupt sleep, make it difficult to chew and even leave a child prone to other childhood illnesses including ear and sinus infections." Kids should brush, floss and use a cavity-fighting mouth rinse twice a day. Dr. Simone also recommends dental seals to protect molars from cavity-causing bacteria.



This is Nuts!

Are Staples of the American Diet

Dangerous to Your Child? Food allergies are a serious subject. Eleven million Americans suffer from them and the numbers continue to climb. Peanut allergies, for instance, doubled in just 5 years among children under 5. The good news is that children often outgrow allergies to eggs, milk, wheat and soy. Unfortunately, allergies to peanuts, nuts and seafood can be much more persistent. If you have a child affected by a food allergy, get information and gain support through St. Rose's Childhood Allergy Parent Education Group on February 19, from 7 to 9 p.m. at our Siena Campus. call 616-4900 for more information.

Age	Nighttime sleep	Daytime sleep
4 years	10 to 12 hours	0-2.5 hours (1 or no nap)
5 years	10 to 12 hours	0-2.5 hours (1 or no nap)
6 years	10 to 11.5 hours	None
7-8 years	9.5 to 11.5 hours	None
9-12 years	9 hours	None
Teens	8 to 9 hours or more	None

FASHION

Along Came A Spider
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Ethel's Chocolate Lounge
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Is Your Teenager Sleepy at the **Wrong Times?**

She's awake and alert late at night but virtually lifeless for half the day. What's happening to your teenage daughter and how might it affect her academic abilities? It's a valuable lesson in biology, says pediatrician, Carrie Wijesinghe, M.D.** "During puberty, a teen's internal clock naturally resets itself to stay up later. So even when your daughter's alarm sounds (or you yell) she may not jump right out of bed because her body is still producing sleep hormones. But the importance of a good night's sleep can't be emphasized enough."

Sleep prepares your teenager to learn and master new skills. It also helps her brain filter and reinforce information, thoughts and images from earlier in the day as well as solve problems — whether they are math equations or questions about how to resolve a conflict with a friend.

The positive effects of sleep were underscored by a landmark study in Edina, Minnesota. Students' SAT college entrance exam scores jumped more than 100 points on average when schools adjusted their schedules to begin an hour later.

While your daughter's school probably won't reset the morning bell to accommodate her sleep needs, Dr. Wijesinghe encourages you to help your child get adequate rest with the following:

- Stress a consistent bedtime.
- Encourage routines that signal the body that it's time for sleep.
- Ban electronic equipment (including cell phones and iPods) an hour before bed.
- Discourage caffeinated beverages in the late afternoon and evening.
- Promote exercise.
- Create "dawn" by opening curtains and turning on soft lights an hour before your teen wakes up.
- Discourage "binge sleeping" on weekends. Sleeping an hour or two later on Saturdays and Sundays is okay, but sleeping the day away can actually make it harder to get up on Monday morning.

*** A:** She will have a sleep deficit of two hours and fifteen minutes.

****Dr. Wijesinghe teaches Girl Talk, a daughter-mother class covering the changes girls' bodies undergo during puberty. See details on page 11.**

Q: If a teenager needs 9.00 hours of sleep to be alert and learning ready and your daughter goes to bed at 11 p.m. and wakes up at 5:45 a.m. in order to make it to school by 7:15 a.m., what kind of sleep deficit will she have?*



IS YOUR
CHILD
PLAY
DEPRIVED?



Promote Free Playtime

Schedule ample free playtime into your child's calendar.

Limit passive entertainment, e.g. television and video games.

Provide "true toys" such as dolls, blocks, clay and paints with which children use their imagination, as well as bikes, balls and board games for older children.

The United Nations

High Commission for Human Rights has declared that every child has a right to play, which might have you wondering if its delegates have enough to do. As it turns out, a child's right to play is serious business in more ways than one.

The UN's declaration endeavors to preserve a global birthright impinged upon by child labor, war, neighborhood violence and poverty. According to an American Academy of Pediatrician's (AAP) report, protecting a child's right to play is equally important in peaceful and prosperous neighborhoods where it is endangered by hurried lifestyles and an intense focus on academics, organized sports and enrichment activities.

The AAP report is among a growing number of papers written in defense of open-ended, child-driven free play. It is careful not to discount other activities that compete for children's time or disparage parents who feverishly work to ensure their child is not left behind today or left out of college tomorrow. Rather the report serves to recognize that there are compelling reasons to "let" children play.

"You can feel the undercurrent of anxiety among parents today," says pediatrician James McGhee, M.D. "We live in an increasingly complex, competitive and results-driven society in which parents are bombarded by messages that lead them to believe they need to prepare children for adult roles from infancy on."

The push to prepare kids for the future has become so strong that kids are overscheduled and child-driven, while free play has become undervalued. The AAP says that loading your child's schedule with too many activities can increase stress. Without a doubt, certain children thrive even when they have a drive-thru dinner in mom's minivan while practicing spelling words and changing from ballet slippers to soccer cleats. The number of children suffering from depression and anxiety is on the rise because they are not getting the opportunity to decompress or replenish energy and spirit.

"Parents today need more than a 'play is A-okay' from their children's health care provider," says Dr. McGhee. "They could use a written prescription that spells out how many doses of free playtime their children require each day for optimal cognitive development as well as physical, social and emotional health."

Pediatricians are not alone in the effort to help parents reclaim playtime for their children — toddlers to teens. Park services, toy manufacturers and educators (yes, even those who administer standardized tests) have seeded the Internet with evidence that the child's play of the past is still serious business today because it remains the primary way children learn about themselves, others and their world.

A Lego Learning Institute paper entitled "What do Children Need to Learn to Become Powerful Players in the World and Worklife of Tomorrow?" emphasizes that although society places great emphasis on teaching academics and skills, children need active parental support of their natural urge to learn through play.

An A+ In Free Play If your child's favorite school subject is recess, don't be disappointed. A child's ability to store new information is enhanced by a clear-cut and significant change in activity. A simple change in academic instruction (switching from reading to math) does not offer the dramatic change in cognitive effort or the physical and emotional release that "free play" provides. Thus, recess can prepare children to return to academic studies.

Free Play Is Okay!

- Play inspires imagination, creativity and original thought.
- Play promotes learning and longer attention spans.
- Play can promote gross and fine motor skills.
- Play encourages investigation, discovery and understanding.
- Play allows children to practice roles and model adult behavior.
- Play allows the pursuit of deeper interests.
- Play brings greater joy to life.
- Play promotes relaxation and stress reduction.
- Play provides an opportunity to express worries and practice conflict resolution.
- Play promotes independence and a sense of power and freedom.
- Play encourages collaboration.
- Play promotes healthy risk taking which leads to personal and physical growth.
- Play allows for repetition that leads to accomplishment.
- Play can be free and fun!

Leave No Child Inside

Improved ability to concentrate, advanced motor skills, higher test scores. These are just a few of the benefits kids realize by playing outdoors in a natural setting. Yet, a University of Maryland study found that there was a 50% drop in the number of kids who participated in outdoor activities such as hiking, walking and fishing between 1997 and 2003.

Provide outdoor opportunities for play.

Monitor free play for safety without directing play.

Organize safe sites and times for kids to play within your neighborhood or an area park.

Make time to actively play with your kids.

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Read It and Reap!

A burst of research confirms what teachers like Lindsay Ozmun (right) and Kristen Pittenger (left) intimately understand: When parents read to their children early and often, their children reap the benefits. They are more ready to learn and more successful at learning to read.

"There are reading-readiness tools like the Leap Frog system, but in a class full of kindergartners it's apparent which children have been read to consistently. They are ready to sit, listen and absorb what they hear," says Ozmun, who encourages parents to:

- Make reading a daily habit.
- Use different expressions and voices to keep your child's attention.
- Emphasize rhythms and rhymes in stories and encourage your child to repeat them.
- Take time to talk about the pictures.
- Encourage your child to ask questions.
- Read books about things that interest your child.
- Let your child choose his own books. If the book is too long to hold his attention, read some, skip some and talk about the pictures.
- Read stories again and again. It familiarizes them with how stories are organized.

Ozmun and Pittenger are on the same page when it comes to the expectations placed on a child to read. "Most children learn to read

by 6 or 7 years of age," says Pittenger. "Some children learn at 4 or 5 years of age, but most other children will catch up to their reading level during the second or third grade," she adds.

Pittenger advises against pushing your child to read before he or she is ready because it can curb a child's interest in learning. Once they are ready to read, she suggests casually trying the following:

- Encourage your child to read out loud to help build confidence.
- Read with your child to model more advanced reading skills.
- If your child asks for help with a word, provide it so he does not lose the meaning of the story unless the child wants to sound out a word.
- Stop each reading session at or before fatigue or frustration set in.
- Give your child praise!



a b c d e f g h i j k l m n o p q r s t u v w x y z



Pediatricians Prescribe Reading.

Because recent discoveries in neuroscience show that reading aloud actually stimulates the growth of a baby's brain, the American Academy of Pediatrics (AAP) encourages pediatricians to include "read to your children out loud" right along with other parenting instructions (e.g., the importance of child safety seats and good nutrition) covered during well-child visits.

Read Across America Day is March 3, 2008.

Your child's school probably has something in store for Read Across America Day. Be prepared at home, too. Celebrate by reading a book like Dr. Seuss's *Green Eggs and Ham* and let the kids cook up eggs and ham with you. It only takes a drop or two of green food coloring to make a green eggstravaganza.



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