

A MAGAZINE FOR YOUR MIND, BODY AND SPIRIT

WomensCare

SUMMER 2008

**SIMPLE
SOLUTIONS
TO COMMON
HEALTH
PROBLEMS**

**BREASTFEEDING
ESSENTIALS**

**GET OUR NEW
E-HEALTH
NEWSLETTER**

**"INSIDER"
INFO ON
HEART
DISEASE**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



My Doctor is Board Certified in plastic surgery.
My Doctor is Mayo Clinic trained.
My Doctor was voted one of Las Vegas' Top Docs.*
My Doctor was featured as one of
America's Top Plastic Surgeons.**

MY DOCTOR IS...
ARTHUR M. CAMBEIRO, M.D.

Rx

**SURGISPA ADVANCED
INJECTABLE FEES**

Consultation Fee	Complimentary
BOTOX®	\$375-450/bottle
Juvederm	\$375-450/syringe (\$100 off 2nd)
Restylane	\$375-450/syringe (\$100 off 2nd)
Perlane	\$425-500/syringe (\$100 off 2nd)

All injections based on promotional pricing and qualified discounts
with Pam Bowman R.N. Call for details. Expires 9/15/08



NO BREAST SCAR AUGMENTATION | BREAST LIFT | BREAST REVISION SURGERY
FACIAL REJUVENATION | TUMMY TUCK | LIPOSUCTION | BODY LIFT | BODY CONTOURING

702-566-8300 | ARTHUR M. CAMBEIRO, M.D.

2821 W HORIZON RIDGE PKWY STE 100 | WWW.SURGISPA.NET





letter

FROM THE PRESIDENT



Dear Readers,

I was deeply affected by an e-mail that I received from Miriam Doner, a young mother who thanked me for helping save her daughter Julia's life. As I read the first paragraph of her e-mail, I didn't understand how I could take any credit for this toddler's good fortune. After all, it was our WomensCare Center instructors who had taught her mother the life-saving techniques of cardiopulmonary resuscitation.

As I continued to read Miriam's e-mail, I came to understand why she included me in her praises. She pointed out that a simple phone call I placed set in motion the chain of events that made CPR classes available to numerous flight instructors and families associated with the Stars & Stripes Flight School in Boulder City.

Miriam and Julia's story is on page 27. I hope you will read the article and take away from it what I did: Miriam's story reminded me that many hands often go into making miracles happen. It also reminded me that the simplest of actions can bring about great good.

The goal of The Barbara Greenspun WomensCare Centers of Excellence is to provide simple, useful tools that can help you achieve good health and safety. Please browse through our WomensCare Calendar on pages 10-15. If you find an offering that makes you think, "I should take that," please take the time to make a simple phone call. Or if it is easier, log on to strosehospitals.org to register for a WomensCare class, group or event.

Rod A. Davis

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

coverstory

NINA RADETICH

KTNV Channel 13's news anchor, Nina Radetich, is pursuing her personal passion for fitness through her "Stay Fit Las Vegas" news segments and website (StayFitLasVegas.com). Catch up on the latest news on Nina on page 22.

BABY & CHILD BONANZA

Giddyup y'all to St. Rose's Baby & Child Bonanza featuring Dr. Bill Sears, the father of eight and the authority on "little patients" in the post Dr. Spock era. Dr. Sears is a Harvard-trained pediatrician, a medical and parenting consultant for *BabyTalk* and *Parenting Magazine*, as well as the author of more than 30 books, including the best seller, *The Baby Book*.

We've also rounded up the very best health and safety resources for your family, including: car seat safety checks, pediatric asthma and dental screenings, 30 educational booths, baby and toddler activities, family photos (\$10), a fashion show, cooking demos and much more. Bring your posse and enjoy!

BABY & CHILD BONANZA

Saturday, Oct. 18, 10 a.m. to 2 p.m.

St. Rose Dominican Hospitals

San Martin Campus Healing Garden & Aljian Conference Center

8280 W. Warm Springs Road

Call 616-4900 to register for Dr. Sears' lecture (seating limited).

WOMENSCARE CENTERS

Director: Holly Lyman

Staff: Mickey Bachman, RN, Marie Bevins, RN, IBCLC;

Amy Godsoe; Trianna Hunter, RN, CLC;

Arla Leins, CLC, Avery Lewisohn, IBCLC,

Kim Riddle, CLC; Linda Roth, CLC; Patty Vanderwal, CLC

WOMENSCARE MAGAZINE

Editor/Writer: Shauna Walch

Staff: Kim Haley, Liz Hefner, Sasha Jackowich, Tammy Kline,

Andy North

Designer: Shannon Carpenter

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

Fit for Breastfeeding

Last fall, *Fit Pregnancy* published “The Best Places in America to Have a Baby” and listed the worst. Detailed report cards cited why certain cities did not make passing grades. Las Vegas received an F+ for breastfeeding support, with *Fit Pregnancy* stating that the city “has (only) 4 lactation consultants for every 10,000 live births (a 1:2,500 ratio), the 2nd lowest ratio in the survey. The average city in the survey has 23 lactation consultants per 10,000 live births.”

Holly Lyman, director of The Barbara Greenspun WomensCare Centers of Excellence, is not certain about the methodology used for the survey, but knows that it does not reflect the commitment St. Rose Dominican Hospitals and the WomensCare Centers have to educating, encouraging and supporting mothers who wish to breastfeed their babies.

KINC – Univision’s news director, Adriana Arevalo (pictured on page 5), agrees. “I had my daughter, Montserrat, at St. Rose. My nurse and lactation consultant provided me with unconditional support and practical breastfeeding tips. Breastfeeding Montserrat has been a wonderful experience without the pain or nipple cracking that I experienced with my son, Jeronimo, who I didn’t give birth to at St. Rose,” she says.

St. Rose Dominican Hospitals has five lactation consultants for 4,200 live births (a 1:840 ratio)*, which puts the hospital’s ratio far above the national average. In addition, the hospital also employs ten lactation counselors and dozens of Maternal Child Care and Neonatal Intensive Care Unit (NICU) nurses who are also trained

* 2007 statistic

as lactation counselors, according to Trianna Hunter, RN, CLC.

“Our lactation consultants are board-certified. There is a great deal of practical experience and study necessary before you can become qualified to sit for the board test,” says Trianna. “Our counselors are professionally trained to work with inpatients and outpatients and they have the added benefit of working with our lactation consultants on a daily basis. This extra guidance gives them the expertise they need to help mothers and babies in varying circumstances.”

According to Holly, WomensCare’s breastfeeding consultants and counselors have very high standards. They provide individualized, compassionate attention and practical education to new mothers who wish to breastfeed in order to foster the best possible start for mother and baby’s life together.

Ultimately, the WomensCare Centers’ staff is interested in how they are graded by new mothers. Adriana gives them honors. “I visited a WomensCare Center recently to do a news story on the Spanish WomensCare magazine and I ended up seeking help for myself,” she says. “Breastfeeding Montserrat is my priority, but trying to run home and feed her during lunch has been hectic. I was upset that I couldn’t keep my milk supply as strong as it was when I was at home. The WomensCare Center outfitted me with a Medela Freestyle breast pump (pictured on page 14) that lets me pump both breasts simultaneously while leaving my hands free to answer phone calls and e-mails or write scripts. The WomensCare staff – and the breast pump – are incredible.” **WC**



WORLD BREASTFEEDING WEEK AUG. 1-7, 2008

This August, 120 countries will join together to support women in their efforts to provide the best, and most cost effective, nutrition for their babies – breastmilk. If you are pregnant or a new mother looking for breastfeeding support, please visit one of our two WomensCare Centers (map/addresses on page 10) or call 616-4900.

Supportive, friendly, educated, compassionate, caring are among the many adjectives new mothers use to describe the WomensCare Centers breastfeeding consultants and counselors pictured at left.

7 TIPS FOR SUCCESSFUL BREASTFEEDING

1. Take a Breastfeeding Class. While it is called “natural,” patience, practical knowledge and practice are often needed to help mother and baby become comfortable with breastfeeding. Classes can provide insight on the benefits and basic techniques of breastfeeding, as well as give expectant mothers a sense of confidence about feeding their babies.

2. Place your baby to breast right after birth. Babies tend to have a stage of quiet alert and a natural suckling instinct that are at their strongest in the first hour after birth. Some will latch right on while others will simply nuzzle or suck in frequent bursts and pauses as they get to know their mothers.

3. Try breastfeeding approximately every two hours or whenever your baby seems hungry or cries. This will help start your milk production and give your baby colostrum, a premilk fluid full of immunity-boosting antibodies. Signs of hunger may include: increased alertness, mouthing or putting hands to mouth, rooting (moving his/her head in search of your nipple) or crying.

4. Keep your baby with you at the hospital. Rooming-in, as it is called, is standard at St. Rose Dominican Hospitals, and it will allow you to breastfeed your baby on demand. Also, limit the number (or at least the times) that you accept visitors so you and baby have ample opportunity to practice breastfeeding.

5. Call upon a lactation consultant, counselor or nurse to help spot you while you breastfeed your baby in the hospital. Also, get the number of someone you can call with questions, or for support, after you leave the hospital.

6. Don't use or accept formula or pacifiers. Breast milk production works on a supply-and-demand basis. You can build a strong supply by breastfeeding exclusively. Formula and pacifiers are often offered to help you through emergencies, but normal, healthy newborns do not need formula or other supplements.

7. Take care of yourself. Try to rest when baby rests, eat well-balanced meals, drink plenty of fluids and don't be hard on yourself if breastfeeding doesn't come naturally at first. It is not a test and no grades are handed out, so give yourself and baby time to learn together.



Adriana Avevalo and her daughter, Montserrat.

WOMENS CARE'S BREASTFEEDING SERVICES

Prepared Childbirth classes include a specific segment on the benefits of breastfeeding, breastfeeding tips and techniques and support services available.

Lactation Consultants and Counselors make daily hospital rounds with a goal of meeting and greeting every new mother and providing support to those who invite it.

Breastfeeding Help Line provides mothers – in the hospital or at home – a phone number to call when they need emotional support or guidance on a breastfeeding issue.

One-on-One Consultations and follow-up care with a lactation consultant or counselor are offered for reasonable fees to all breastfeeding mothers at any time during their breastfeeding experience.

Breastfeeding Boutique offers supplies and accessories such as nursing bras, breastfeeding pillows and baby slings, as well as sales and rentals of travel, standard and hospital-grade breast pumps from Medela at both WomensCare Center locations.

New Mommy Mixers, facilitated by lactation counselors on a weekly basis at both locations, allow mothers to mix, mingle, share, support and ask a professional questions.

La Leche League brings breastfeeding mothers together to provide mutual support.

For more information, call 616-4900.

APPLY DIRECTLY TO BREAST

In Marie Bevins' perfect world, each baby would be born with a tag on his/her wrist stating, "Apply baby directly to mother's chest."

In her twenty years of experience, Marie, an International Board Certified Lactation Consultant (IBCLC) has found that, given the opportunity, a newborn baby placed on its mother's chest or abdomen will use its senses of smell, touch and sound to find its way to its mother's breast.

"If a baby is gently supported from under its bottom, it will tend to scoot, bob or bounce its way to its mother's nipple," says Marie. "It may take the baby a half hour to an hour, but a baby, like a kitten, is a mammal that will intuitively find its way to its mother's breast milk."

Because a baby's natural instinct to breastfeed is at its strongest in the first hour after birth, Marie recommends talking to your delivery care team about your wish to keep your baby with you as much as possible after birth.

Marie also suggests keeping your baby dressed down to its diaper and against your bare skin as much as possible. "Your body heat and a light blanket draped over the two of you will keep your baby warm," she says. "The skin-to-skin contact is important because even if your baby does not breastfeed immediately, nuzzling time is still relationship- and preference-building time", she says.

"We often give a baby a bottle if it doesn't breastfeed right away, but switching from bottle to breast and back can be confusing for the baby. A bottle-fed baby doesn't really work to get milk, but it also has little control over how fast or how much it eats, thus becoming an "obligatory eater," says Marie.



Marie Bevins, RN, IBCLC

MARIE SPILLS THE 'MILK' ON BREASTFEEDING

- Breast milk is rich in nutrients which are ideal for growth and development.
- A woman's areola (area encircling nipple) secretes a smell similar to amniotic fluid which is a familiar and comfortable scent for baby.
- Breast milk is easier for baby to digest than formula.
- Breastfeeding your baby soon after birth will help your uterus contract by stimulating the release of oxytocin.
- The WomensCare Centers are distributors of Medela's Freestyle breast pump which allows a mother to pump while keeping her hands free to do other things.
- Breast milk is soothing and moisturizing. Massage a small amount onto your nipples after each feeding and allow them to air dry to prevent cracking. Avoid using soap to wash your breasts; water is sufficient.
- Breastfeeding better prepares your baby to fight off common ailments such as diarrhea, ear infections and certain lung infections.
- The WomensCare Centers sell Cutie Covers and Rings Slings – fun, fashionable covers that allow a mother to breastfeed anywhere while maintaining her modesty and baby's privacy.
- WomensCare also sells mother's tank tops with built in bras that unlatch from the top, allowing you to position and breastfeed baby without having to reveal your whole mid-section.
- Breastfeeding can reduce the risk that your child will suffer from allergies, asthma, childhood obesity or childhood cancer.
- Studies have shown that skin-to-skin contact between mothers and newborns keeps the baby as warm as an incubator. Breastfeeding will help you burn up to 500 calories a day.

gDIAPERS

Looking for a green alternative when it comes to diapering your little one? The WomensCare Centers now carry gDiapers consisting of a washable, cotton outer "little g" pant and a plastic-free, diaper refill with flushable innards, which means less diapers in landfills. * To find out more about gDiapers, visit a WomensCare Center or visit gDiapers.com.

** gDiapers studies indicate that most newer toilets are compatible with gDiapers. The Clark County Reclamation District says that while flushing diapers might take more household water, most water is reclaimed for non-drinking uses such as watering golf courses.*





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.
LASIK & Cataract Refractive Surgeon

AND INTRODUCING...

James A. Savage, M.D.
Fellowship Trained Glaucoma Specialist

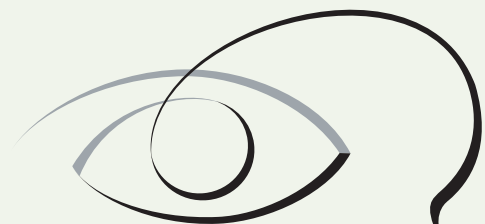
Kathleen M. Mahon, M.D., F.A.C.S.
Pediatric and Adult Strabismus

Andrew A. Mohammed, M.D.
Cataract Refractive Surgeon

- COMPREHENSIVE EYE EXAMS
- LASIK, PRK AND ICL REFRACTIVE SURGERY
- ADVANCED CATARACT SURGERY WITH TRADITIONAL OR CRYSTALENS™ LENS
- MEDICAL, SURGICAL AND LASER TREATMENT FOR GLAUCOMA
- PEDIATRIC OPHTHALMOLOGY
- MACULAR DEGENERATION EVALUATION
- DRY EYE EVALUATION & THERAPY
- EXPERT CONTACT LENS FITTING
COMPLETE OPTICAL DISPENSARY

CALL FOR AN APPOINTMENT

702.896.6043



Nevada Eye & Ear

www.nevadaeyeandear.com

Home of Alegretto Wave® Excimer Laser System.

860 Seven Hills Drive | South of St. Rose at Horizon Ridge
2598 Windmill Parkway | Windmill at Pecos

New Offices: 9100 West Post Road | I-215 between Sunset & Russell
2020 Goldring Medical Plaza, Ste. 401 | Goldring at Shadow Lane



You'll LOVE
Your NEW
MERITAGE
Home



MeritageHomes[®]

Bring in this ad to one of our 14 distinct neighborhoods and we'll give you

\$5,000 TOWARDS YOUR NEW HOME PURCHASE*

Call 877-896-9155 or visit us online at MeritageHomes.com



*Offer valid only at time purchase agreement is signed. Not valid with realtor/broker participation. Offer is only valid when using MTH Mortgage. Prices and terms subject to change without notice. No cash value. Builder reserves all rights.



Increase Your Breast Milk Supply Naturally

When it comes to breastfeeding, one woman's problem – an over abundant milk supply – might be another woman's prayer. Fenugreek and fennel, herbs women have used since biblical times, just may be the natural answers for the mother who wishes to increase and enrich her milk supply, says master herbalist and author, Nicole Carter.

Fenugreek and fennel can be purchased in pill form (ground seeds placed in capsules) at most health food and grocery stores. Nicole prefers brewing a tea instead just as women have done for more than 2000 years.

While there is no exact scientific explanation as to why the herbs work, Nicole points out the following:

- Fenugreek and fennel seeds are considered galactagogues; substances that increase breast milk production.
- The herbs have chemical properties similar to the hormone estrogen.
- The herbs stimulate sweat glands, and breasts are modified sweat glands.

Fenugreek, says Nicole, can be particularly effective in increasing a woman's breast milk supply within 24 to 72 hours. Once adequate milk production is achieved, most women can discontinue using the herb as long as they continue to stimulate their breasts by regularly breastfeeding their babies or pumping their breast milk.

Fenugreek and fennel are not for everyone, however. "I recommend drinking just a few sips of Mother's Milk Tea rather than a full glass on the first day to find out if fenugreek and fennel agree with you," says Nicole.

She also encourages discussing the herbs with your healthcare provider as fenugreek may cause reactions in women with asthma, a peanut or chickpea allergy, diabetes, hypoglycemia, a history of abnormal menstrual cycles, migraines or hypertension. **Fennel oil should not be used – doses greater than one teaspoon can be toxic.** WC

SEARCHING FOR MORE HEALTH NEWS SUCH AS THIS? ST. ROSE'S MY HEALTH NEWSLETTER™ IS A FREE E-HEALTH NEWSLETTER SERVICE THAT SCANS MORE THAN 350 PUBLICATIONS EVERY MONTH TO UNEARTH AND SECURELY DELIVER NEWS ON THE TOPICS OF YOUR CHOICE. SUBSCRIBE AT STROSEHOSPITALS.ORG

Nicole's Mother's Milk Tea

- 1 tbsp Fenugreek seeds, crushed
- 3 tbsp Fennel seed, crushed
- 1 tbsp Raspberry leaf
- 1 tbsp Nettle leaf
- Powdered Stevia (a natural sweetener)

Directions:

Crush fenugreek and fennel seeds using a mortar and pestle, a coffee grinder or by placing them in a bowl and using the back side of a spoon to press down and break them open. Mix in raspberry and nettle leaves. Place in glass quart jar, add one quart boiling water and let steep for several hours. Strain and serve hot or cold and add stevia to taste. Sip the tea slowly throughout the day for best results.

CELEBRATE NATIONAL HERB DAY



Join Nicole Carter to celebrate the ways herbs bring flavor and nutrition to food, enhance natural beauty and improve health and well being.

- Opening Smudging with Chief Leroy Spotted Feather
- Lectures
 - Growing herbs in the desert
 - Herbs in the environment
 - Health and herbs discussion
 - Women's health and beauty with herbs
 - Common plants with amazing results
 - Anti-aging secrets of the ancient Orient
 - Healing properties of tea
- Cooking demonstrations
 - Baking with herbs, Pastry Chef Donnell
 - Raw food eating
 - Cooking with herbs, Chef John
- Educational booths and children's activity area
- Yoga, Tai Chi and Labyrinth meditative walk
- Massage, reflexology, tea and vegetarian food sampling
- Free plant and herb books (while supplies last)

Saturday, October 11; 10 a.m. – 4 p.m.

San Martín Campus

Healing Garden & Aljian Conference Center

8280 W. Warm Springs Road (between Buffalo and Durango off the I-215 south) For more information call 616-4910.

Sponsored by: Center for Holistic Health, Whole Foods

august • september • october

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

INDEX

-  **Health & Wellness**
-  **Exercise & Fitness**
-  **Nutrition**
-  **Screenings**
-  **Integrative Medicine**
-  **Health Conditions**
-  **Safety & Injury Prevention**
-  **Support Groups**
-  **Breastfeeding**
-  **Pregnancy & Childbirth**
-  **Infants, Children & Parenting**



HEALTH & WELLNESS

FLU SHOTS

Wednesday, Oct. 22; noon-4 p.m.

HEND: Free for Medicare, \$20 for non-Medicare

Thursday, Oct 23; noon-4 p.m.

WEST: Free for Medicare, \$20 for non-Medicare

SENIOR PEER COUNSELING

Need to talk? Our trained peer counselors are here to listen. For women and men 50+.

Call 616-4902 to make an appointment.

HEND:WEST:RDL:SAN: \$10 requested donation.

TRANSITIONS

People age 50 and over may experience life changes related to retirement, marital or family issues and health concerns. Resources are available to help you navigate through this period of adjustment.

1st Tuesday - Aug. 5, Sept. 2, Oct. 7; 2-3 p.m.

HEND

DIVORCE SUPPORT GROUP FOR WOMEN

1st & 3rd Thursdays; 6:30-8:30 p.m.

WEST

MIGUN MASSAGE

Enjoy free 30-minute massages on the Migun Thermal Massage bed. Call 616-4900 to make an appointment.

Monday - Friday; 9 a.m.-4:30 p.m.

HEND

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming. Bring a healthy food dish.

1st Friday - Aug. 1, Sept. 5, Oct. 3; 6:30-8:30 p.m.

HEND

WOMEN OF COLOR CONFERENCE

Sunday & Monday; Aug. 10 & 11

Mandalay Bay: For cost and registration log-on to lwomenofcolor.com

KNIT TO HEAL

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!

2nd Thursday - Aug. 14, Sept. 11, Oct. 9; 10:30 a.m.-noon

HEND

LAUGHTER CLUB

Laugh your way to good-hearted living.

2nd Wednesday - Aug. 13, Sept. 10, Oct. 8; 6:30-8 p.m.

SAN

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday - Aug. 21, Sept. 18, Oct. 16; 2:30-3:30 p.m.

HEND

SPIRITUAL NETWORKING & STUDY GROUP

Enjoy discussion, exploration and making connections.

4th Friday - Aug. 22, Sept. 26, Oct 24; 6:30-8:30 p.m.

WEST

REIKI HEALING CIRCLE

Experience the wonder of Reiki energy. Join a monthly healing circle.

Last Tuesday - Aug. 26, Sept. 30, Oct. 28; 6-8:30 p.m.

HEND

FALL PREVENTION WORKSHOP FOR SENIORS

Join the Southern Nevada Health District and Touro University to improve balance and learn to reduce your risk of falls.

Program sponsors: Nevada Eye & Ear, Trader Joe's, Wal-Mart. Call 616-4900 for dates and times.

HEND

BALANCING ENERGY FIELDS

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

Tuesdays - Aug. 12, Sept. 9; 6:30-8:30 p.m.

WEST

ALZHEIMER'S ASSOCIATION LECTURES

Join Christine Terry from the Alzheimer's Association for informative lectures.

Thursday - Aug. 14; 1-3 p.m. - Understanding Memory Loss

Thursday - Aug. 21; 1-3 p.m. - Partnering With Your Doctor

Thursday - Sept. 25; 1-3 p.m. - Maintain Your Brain

Thursday - Oct. 23; 1-3 p.m. - Coping with Caregiver Stress

HEND

CALENDAR ABBREVIATIONS

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 Center, 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

SummerCalendar

of classes and upcoming events

RELAXATION MEDITATIONS

Practice guided relaxation that brings peace to your body and mind.
Monday - Aug. 18; 6-7 p.m.
Thursday - Sept. 18; 6-7 p.m.
Wednesday - Oct. 29; 6-7 p.m.
HEND

LABYRINTH MEDITATION PROGRAMS

Themed labyrinth walks that inspire peace, clarity and creativity.
Tuesday - Aug. 26; 9-10:30 a.m. - Creating Creativity
Friday - Sept. 19; 6-7 p.m. - De-stress Stroll
Thursday - Oct. 2; 6:30-8:30 p.m. - Using the Labyrinth for Introspection with Gael Hancock
Tuesday - Oct. 28; 6-7 p.m. - Enlightenment through Light
SAN - Labyrinth Garden (next to ER)

HERBAL TEA BLENDING

Join master herbalist and author Nicole Carter for a mixed bag of herbal tricks and tips. Learn which herbs to keep on hand and how to blend teas like an expert.
Saturday - Sept. 6; 10 a.m.-noon
HEND; \$30 (Includes *Herbal Medicine Made Simple*, by Nicole Carter)

WOMEN'S WISDOM LUNCHEONS

Join us for free monthly lunch & learns at the Rose de Lima Campus.
Wednesday - Sept. 17, noon-1 p.m.: Join Dr. Simong Youmans to learn about nutrition's effect on hormone balancing.
Wednesday - Oct. 29, noon-1 p.m.: Metabolic Syndrome X - Screening & Lecture provided by Dr. Simong Youmans.
RAN

INTRO TO GENEALOGY

Learn about local resources to help you trace your heritage.
Thursday - Sept. 18; 4:30-5:30 p.m.
HEND

JOURNALING

Learn journaling techniques for healing.
Thursday - Sept. 18; 6:30-8 p.m.
WEST

MEDITATION TEA

Enjoy the sounds of nature in a guided meditation while sipping tea.
Saturday - Sept. 20; 10-11:30 a.m.
SAN: HEALING GARDEN

BODY CONTOURING DEMO

Join Dr. Guita Tabassi, OB/GYN, for a demo of the latest beauty technologies, including non-invasive body contouring and skin rejuvenation.
Tuesday - Sept. 23; 6:30-8:30 p.m.
WEST

CLUTTER DIET

Join Liz Nitta, professional organizer, to reduce the stress of clutter.
Thursday - Sept. 25; 6:30-7:30 p.m. or Tuesday - Oct. 7; 1-2 p.m.
WEST

CAREGIVER WORKSHOP

Join The Center for Compassionate Care, caring for loved ones at home. Topics: medications, safety, hygiene and stress management.
Saturday - Sept. 27; 10 a.m.-3 p.m. (lunch included)
RAN

HEALING BENEFITS OF AROMATHERAPY

Discover good health one scent at a time.
Saturday - Sept. 27; 10:30 a.m.-noon
WEST: \$5

UPGRADE THE SOFTWARE OF YOUR MIND

Is your brain on overload? Need to re-boot your emotions? Join Christine Essex to reprogram your thoughts.
Thursday - Oct. 23; 6-8 p.m.
WEST: \$25

GIRL TALK

Mothers and daughters (10-14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.
Thursday - Oct. 23; 6:30-7:30 p.m.
HEND

HELPING HANDS NEEDS HELP!

Needed: Volunteers to drive Henderson seniors to doctors' appointments, errands and grocery shopping.
Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides workplace preventive health programming (employee health fairs, health screenings, consultations, seminars/presentations).
Call Al Medina at 492-8116 for more information.



EXERCISE & FITNESS

HEALTH PROFILE ASSESSMENT

Fitness assessment and consultation. Includes a questionnaire, measurements (skeleton, fat free mass, upper and lower weight limits, healthy weight range, blood pressure) and a cardiovascular bicycle test.
Wednesday - Sept. 17; 10 a.m.-6 p.m.; Call 616-4900 for appt.
HEND: \$49
Wednesday - Oct. 8; 10 a.m.-6 p.m.; Call 616-4900 for appt.
WEST: \$49

BELLY DANCING

3rd Saturday - Aug. 16, Sept. 20, Oct. 18; 10:30 a.m.-noon
HEND: Free
2nd Saturday - Aug. 9, Sept. 13, Oct. 11; 10-11:30 a.m.
WEST: Free

SALSA DANCING

Spice up your summer with sizzling salsa lessons.
2nd & 4th Thursdays; 6-7 p.m.
WEST: \$5

WALK THIS WAY: WALKING CLUB

Walk your way to health. All ages and fitness levels (and strollers) welcome.
Mondays & Thursdays; 9-10 a.m.
Call 616-4900 for meeting location: Free

GENTLE YOGA FOR EVERY BODY

Mondays; 9-10 a.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

HEALING YOGA

Basic yoga postures for stretching and healing.
Mondays; 5-6 p.m. with Don
HEND: \$3 per session or \$20 for 10 sessions
Mondays; 5-6 p.m. with Jen
Wednesdays; 5-6 p.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

RELAXATION YOGA

Tuesdays & Thursdays; 10-11 a.m. with Dr. Debbie
Wednesdays; 9-10 a.m. with Jeannine
HEND: \$5 per session

MIXED-LEVEL YOGA

All levels welcome. Use yoga postures to create energy, balance and strength.
Wednesdays; 10-11:15 a.m. with Don
Fridays; 10-11:15 a.m. with Jen
Tuesdays; 6-7 p.m. with Don
Saturdays; 9-10 a.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

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. with Jeannine
HEND: \$5 per session

INTENSE BODIES BY PILATES

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

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes continuous flowing body movements to improve physical balance and spiritual well-being.
New Beginner - Wednesdays; 3:30-4:30 p.m.
Beginner I - Tuesdays; 1:30-2:30 p.m.
Beginner II - Wednesdays; 2:30-3:30 p.m.
Intermediate I - Wednesdays; 1:30-2:30 p.m.
Advanced - Tuesdays; 2:30-3:30 p.m.
HEND: Free
Demonstration Fridays; 11 a.m.-noon (for Advanced class graduates)

LIVING HEALTHY WITH CHRONIC DISEASE

Learn to cope with and control chronic health conditions (such as arthritis, asthma, diabetes, back problems, etc.) with the Stanford Chronic Disease Self Management Program's 6-week course.

Thursdays - Sept. 25 - Oct. 30; 1-3:30 p.m. HEND: Free
Tuesdays - Sept. 23 - Oct. 28; 10 a.m.-12:30 p.m. WEST Free



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

SIENA - Healing Garden: Free
Beginners - Thursdays; 9-10 a.m.
WEST: Free
New Beginner - Fridays; 8:30-9:30 a.m.
RDL Courtyard: Free

NIA JOYFUL MOVEMENT

Fusion fitness dancing that mixes dance, martial and healing arts.
Fridays; 9-10 a.m. with Stacey
HEND: First class free! \$5 per session or 5 sessions for \$20
Mondays & Wednesdays; 6:15-7:15 p.m. with Mary
WEST: First class free! \$5 per session or 5 sessions for \$20



NUTRITION

FIRE UP YOUR METABOLISM

Learn how to boost your metabolism to burn more calories.
Wednesday - Aug. 13; 6-7 p.m.
WEST

CARDIAC NUTRITION

Learn from a registered dietician how to eat for your heart's health.
Thursday - Aug. 21; 10:30 a.m.-noon
HEND
Thursday - Oct. 16; 10:30 a.m.-noon
WEST

NUTRIENT DEFICIENCY TESTING

Learn about a new, simple nutritional analysis. Dr. Youmans will explain who needs it, why and how to interpret the results.
Thursday - Aug. 21; 6-7 p.m.
MAC

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.
Monday - Aug. 25; 6-7 p.m. - Ethnic Edibles
Monday - Oct. 27; 6-7 p.m. - Greens & Things
HEND

NAVIGATING NUTRITION

Combine foods for weight loss, balancing blood sugar and energy, and healthy eating.
Tuesday - Sept. 16; 10-11:30 a.m.
WEST

EMOTIONAL EATING

Identify personal triggers and practice skills to stop emotional eating. Taught by Dr. Lindsey Ricciardi, clinical psychologist.
Wednesday - Oct. 15; 6-7 p.m.
WEST

LOW-GLYCEMIC INDEX NUTRITION

Join Dr. Simong Youmans and learn about the eating plan she recommends for her patients.
Thursday - Oct. 16; 6-8 p.m.
MAC



HERB DAY

Saturday, Oct. 11
10 a.m. - 4 p.m.

St. Rose San Martín Campus Healing Garden & Aljian Conference Center
8280 W. Warm Springs Road (between Buffalo and Durango off I-215 South)

For more information, call 616-4910.
Sponsored by: Center for Holistic Health, Whole Foods

COOKIN' CRÈME BRULÉE

Learn from Chef Donnell how to make pumpkin crème brulee and other holiday variations.
Thursday - Oct. 23; 10-11 a.m.
SAN: Cafeteria

NUTRITION CONSULTATION

Call 616-4900 for appt. with a registered dietician.
HEND: \$45 for 30 minutes



SCREENINGS

METABOLIC SCREENINGS

How many calories do you really need? 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

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD.
Thursday - Sept. 25 or Oct. 30; 8 a.m.-noon
Call 616-4900 for appt.
HEND, Rehab Suite 140: Free

HEALTH SCREENING

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. 12-hr. fast required.
Wednesday - Oct. 15; 7-10 a.m. Call 616-4900 for appt.
HEND: See above for fees.
Wednesday - Aug. 27; 7-10 a.m. Call 616-4900 for appt.
WEST: See above for fees.

HEARING SCREENING WITH DR. SUSAN SCHWARTZ

Thursday - Sept. 25; 6-7:30 p.m. Call 616-4900 for an appt.
HEND

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. Call 616-4900 for appt.
Thursday - Oct. 23; 10 a.m.-noon
HEND: Free

SKIN CANCER SCREENING

Suspicious mole or spot? Dermatologist Curt Samlaska, M.D. will check it out. Call 616-4900 for appt.
Wednesday - Oct. 15; 1:30-3:30 p.m.
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. Need support while going through breast cancer treatment? Call R.E.D. Rose at 616-7525. Se habla español - 616-4824.



INTEGRATIVE MEDICINE

HEALING TOUCH INTRO

Explore bio-energetic healing with spiritual focus.
Thursday - Aug. 21; 6-7:30 p.m.
HEND
Tuesday - Sept. 16; 6-7:30 p.m.
WEST

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner.
Friday - Aug. 29, and Thursdays - Sept. 18 & Oct. 16; 9:30 a.m.-noon:
Tuesday - Aug. 12; Thursday - Sept. 4; Friday - Oct. 3; 3:30-5:15 p.m.
HEND: \$30-30 mins.; \$60-60-mins. Call 616-4900 for appt.
Tuesdays - Aug. 26 & Oct. 21 and Friday - Sept. 26; 9:30 a.m.-noon
Thursdays - Aug. 7, Sept. 11 & Oct. 9; 3:30-5:15 p.m.
WEST: \$30-30 mins.; \$60-60-mins. Call 616-4900 for appt.

CRANIOSACRAL MASSAGE THERAPY FOR MIGRAINES, SCIATICA & FIBROMYALGIA

Schedule 30-minute session with Marcie Malloy, LMT, for this gentle method that encourages natural healing.
Saturdays - Aug. 9, Sept. 6 & Oct. 4; 10 a.m.-2 p.m.
HEND: \$30 Cash or check only. Call 616-4900 for appt.
Tuesdays - Aug. 12, Sept. 9 & Oct. 14; 10 a.m.-2 p.m.
WEST: \$30 Cash or check only. Call 616-4900 for appt.

SELF HYPNOSIS

Learn self-hypnosis techniques to make positive changes in your life.
Tuesday - Sept. 30; 6-8 p.m.
WEST: \$25

HYPNOSIS SESSIONS

\$75/hour, \$125/two hours. Call 274-6670.

SummerCalendar

of classes and upcoming events



HEALTH CONDITIONS

STROKE SUPPORT GROUP

3rd Tuesday - Aug. 19, Sept. 16, Oct. 21; 4-5 p.m.
HEND

MENDED HEARTS SUPPORT GROUP

Join a nationwide network for those with heart disease, their families, medical professionals and other interested people.

3rd Tuesday - Aug. 19, Sept. 16, Oct. 21; 10-11 a.m.
WEST

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 - Aug. 14 & 15; Sept. 11 & 12; or Oct. 9 & 10; 9 a.m.-1 p.m.

Tuesday & Wednesday - Aug. 26 & 27; Sept. 23 & 24; or Oct. 28 & 29; 5:30-9:30 p.m.

Home Health Bldg, 1125 American Pacific Dr., Ste. G

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and symptom recognition.

Tuesday - Aug. 19; 10-11 a.m.

WEST

FOOD ALLERGY PARENT EDUCATION GROUP

Parent education and support for children with food allergies.

Tuesday - Aug. 19; 7-9 p.m.

MAC

TAKING CHARGE OF CHF

Join cardiologist, Dr. Husain, to learn how to control congestive heart failure for improved quality of life.

Wednesday - Aug. 20; 5-6:30 p.m.

HEND

LAPAROSCOPIC OBESITY SURGERY

Learn about mini-gastric bypass with Dr. Rutledge.

Tuesdays - Aug. 26, Sept. 30 or Oct. 28; 6-7:30 p.m.

RAN

PREVENTING SUN DAMAGE AND PROPER SKIN CARE

Join Dr. Guita Tabassi, OB/GYN, to learn how desert dwellers can best protect and care for their skin.

Tuesday - Aug. 26; 6:30-7:30 p.m.

WEST

HAND THERAPY

Carpel Tunnel? Arthritis? Tendonitis? Join Dr. Bonnie Frazier, and hand therapist, Anne Einsohn, to learn about hand issues, prevention and treatment.

Wednesday - Sept. 3, 6:30-7:30 p.m.

HEND

LOWER YOUR CHOLESTEROL WITH TLC

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

Thursday - Sept. 11; 1-4 p.m.

HEND

WEIGHT LOSS 101

Explore the effects of being overweight, fad diets and the benefits of medical and behavioral weight loss with Drs. Dominic and Lindsey Riccardi.

Wednesday - Sept. 17; 6-7 p.m.

WEST

DO YOU HAVE ADRENAL FATIGUE? KNOW YOUR SCORE

Join Dr. Simong Youmans for a questionnaire, interpretation and lecture.

Thursday - Oct. 18; 6-7:30 p.m.

MAC

SHOULDERS ABOVE THE REST

Learn the latest shoulder treatment for frozen shoulder, rotator cuff injuries and arthritis from Dr. Michael Han.

Monday - Sept. 29; 6-7 p.m.

HEND

MANAGING CHILDHOOD ASTHMA

Parents and children will learn to avoid attacks and live symptom free with asthma. Free lung function test. Call 616-4900 for location and registration.

Saturday - Oct. 18; 10 a.m.-2 p.m.

DASH AWAY FROM HYPERTENSION

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

Wednesday - Oct. 22; 9:30-11:30 a.m.

HEND

SINUS DIAGNOSIS AND TREATMENT AT A GLANCE

Join Dr. Susan Schwartz to learn about sinus symptoms, treatments and surgery options. Free hearing screening following lecture.

Thursday - Sept. 25; 6-7:30 p.m.

HEND

CANCER QUALITY OF LIFE CENTER

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

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. Call 568-9595.

BREAST CANCER NUTRITION CONSULTATION

Breast cancer patients receive a free one-on-one consultation with a Registered Dietitian. Provided by a grant from the Susan G. Komen for the Cure. Call 616-4900 to schedule an appt.

BREAST CANCER PEER COUNSELING

Need to talk? Call 616-4910 to schedule a free peer counseling session with a trained counselor who is a breast cancer survivor.



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn the American Heart Association adult, child, infant CPR, AED and choking prevention methods. 2-yr. certification for non-healthcare provider.

Friday - Aug. 1; 2:30-6:30 p.m.

Saturday - Aug. 9; 1-5 p.m.

Friday - Sept. 19; 2:30-6:30 p.m.

Thursday - Oct. 30; 5-9 p.m.

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

Thursday - Aug. 28; 5-9 p.m.

Saturday - Sept. 27; 9 a.m.-1 p.m.

Wednesday - Oct. 1; 5-9 p.m.

Monday - Oct. 27; noon-4 p.m.

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

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn the American Heart Association's basic lifesaving adult, child, infant CPR, AED, and choking prevention methods. 2-yr. certification for all healthcare providers.

Initial Certification:

Tuesday - Sept. 30; 5-9 p.m.

Friday - Oct. 24; 2:30-6:30 p.m.

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

Tuesday - Aug. 19; 5-9 p.m.

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

RENEWAL CERTIFICATION BLS:

(Must be currently Am. Heart Assoc. certified)

Friday - Aug. 15; 6-9 p.m.

HEND: \$35 (includes AHA cert. card)

Tuesday - Sept. 2; 6-9 p.m.

Saturday - Oct. 25; 10 a.m.-1 p.m.

WEST: \$35 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and daycares for a 2-year certification. Call 616-4914 for group on-site training fees and scheduling.

AARP DRIVER SAFETY PROGRAM

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

Mondays - Aug. 11, Sept. 8 or Oct. 13; 9 a.m.-5 p.m.

HEND: \$10 (check only)

Saturdays - Aug. 16, Sept. 20 or Oct. 18; 9 a.m.-5 p.m.

SAN: \$10 (check only)

SAFE SITTER

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

Monday - Aug. 18; 8:30 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Friday - Oct. 3; 8:30 a.m.-4:30 p.m.

WEST: \$30 (includes lunch)



SUPPORT GROUPS

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 Connection, Henderson

AA for Women - Mondays - Wednesdays, noon & 7:30 p.m. **HEND**

AA for Women - Mondays - noon **WEST**

AA Co-ed - Sundays - 6 p.m. **MAC**; Sundays, Mondays, Fridays, 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**

Bereavement Support Group - 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, Southern Nevada Affiliate)

Co-dependency (CODA) - Thursdays, 12 noon **HEND**

Daughters Without Mothers - 1st Thursday, 6:30 p.m. **HEND**

Depression & Bipolar Support Alliance (DBSA) - 2nd & 4th Tuesdays, 6:30 p.m. **HEND**

Diabetes Support - 1st Wednesday, 10 a.m. **HEND**

Divorce Support Group for Women - 1st & 3rd Thursdays, 6:30 p.m. **WEST**

Eating Disorders Recovery Support - 1st Saturday, 9:15 a.m. **SGR**

Fibromyalgia Friends - 3rd Thursdays, 6:30 p.m. **HEND**

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, 6 p.m. **HEND**

ICAN: C-Section Support - 2nd Tuesday, 3:30 p.m. **WEST**

Leukemia & Lymphoma Support - 2nd Thursday, 6:30 p.m. **HEND**

Mended Hearts Support Group - 3rd Tuesday, 10 a.m. **WEST**

Multiple Sclerosis Support Group - 3rd Wednesday, 7 p.m. **HEND**

Narcotics Anonymous - Wednesdays, 5:30 p.m. **MAC**; Wednesdays, 7 p.m. **SAN**

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**

Transitions - 1st Tuesday, 2 p.m. **HEND**

SEXUAL ASSAULT PREVENTION

Learn how to avoid sexual assault and basic self-protection moves from Officer Michael Metzger, Henderson Police.

Saturday - Oct. 25; 10 a.m.-2 p.m.

RAN

LIFELINE (PERSONAL EMERGENCY RESPONSE SYSTEM)

Lifeline alarms provide immediate help in case of a fall or emergency, enabling the frail and elderly to continue to live independently. Call 616-4860 (monthly fee).



BREASTFEEDING



BREASTFEEDING HELPLINE 616-4908

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



BABY & CHILD BONANZA

Meet and talk with Dr. Sears, author of the best-seller, *The Baby Book*. Plus take advantage of a bonanza of family-focused health and safety checks, educational resources and entertainment.

Date: Oct. 18

Time: Saturday, 10 a.m. - 2 p.m.

Place: San Martín Aljían Conference Center and Healing Garden

ASSISTANCE FOR THE BREASTFEEDING MOTHER

Meet with a Board Certified Lactation Consultant or Certified Lactation Counselor. Call 616-4901.

HEND; WEST; \$40

BABY WEIGH STATIONS

Check baby's weight for free. No appointment necessary.

HEND; WEST; FTF

BREASTFEEDING BOUTIQUE, NURSING BRA FITTINGS AND SALES

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

HEND; WEST

BREASTPUMP RENTALS & SALES

Our lactation staff can help you decide whether 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

NEW MOMMY MIXER

Mondays; 11 a.m.-noon, FTF

Wednesdays; 11 a.m.-noon, WEST

Fridays; 11 a.m.-noon, HEND

LA LECHE LEAGUE

4th Thursday - Aug. 28, Sept. 25, Oct. 23; 10-11 a.m., FTF

2nd Thursday - Aug. 14, Sept. 11, Oct. 9; 10-11:30 a.m., WEST



PREGNANCY & CHILDBIRTH

PRENATAL YOGA

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

HEND; Free

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

WEST; Free

LAMAZE CLASS

Prepare to give birth with Lamaze method of relaxation and conditioning that enables couples to work as a team.

Call 616-4901 for class dates and locations.

NATURAL FAMILY PLANNING

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

Monday - Sept. 22; 7-9 p.m.

WEST

Tuesday - Oct. 14; 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.

Friday - Oct. 10; 6-8 p.m.

HEND

BABY ROSE 568-9074

Free physician referral, child birth education and prenatal vitamins for uninsured pregnant woman.

Family Education

Call 568-9601 to enroll in Family to Family Classes

HYPNOBIRTHING™

Learn a relaxed, natural childbirth method enhanced by hypnosis techniques which enable women to use their natural instincts to bring about a safe easier, more comfortable birth.

Tuesdays - Sept. 2, 9, 16, 23; 6-9 p.m.

RAN: \$100 (includes book and two CDs)

Tuesdays - Oct. 7, 14, 21, 28; 6-9 p.m.

WEST: \$100 (includes book and two CDs)



INFANTS, CHILDREN & PARENTING

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

MOMMY & BABY YOGA

Moms and babies ages 6 weeks-1 year enjoy a stretching and bonding experience.

Saturdays; 1:45-2:45 p.m.

HEND: Free

Fridays; 11:30 a.m.-12:30 p.m.

WEST: Free

TODDLER PLAY GROUP

Toddlers 3 years and under come over to play!

Fridays; 1-2 p.m.

WEST

CAR SEAT SAFETY CHECKS

Call 616-4901 for appt.

HEND: \$10 per family

STROLLER FIT

Get fit with a safe, 50-minute, fat-burning and strength building stroller workout. Call 419-6287 for pricing.

Mondays, Tuesdays, Wednesdays, Thursdays & Fridays; 9 a.m.
Galleria at Sunset.

POSTPARTUM DEPRESSION SUPPORT GROUP

Learn coping skills for transitioning into motherhood. Call 616-4901 to register.

2nd & 4th Saturdays; 10-11 a.m.

HEND

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play. Designed for children with and without disabilities, ages 1 to 3 years.

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

FTF

HAPPIEST BABY ON THE BLOCK!

Learn practical tips for soothing your baby from the best-selling book by Dr. Karp. Prenatal through 3 months.

Tuesday - Aug. 12; 9-10:30 a.m.

FTF

BABYWEARING 101

Learn to hold and give comfort to your baby while remaining hands free!

2nd Thursdays - Aug. 14, Sept. 11, Oct. 9; 10-11 a.m.

FTF

COUPLEHOOD TO PARENTHOOD

Discuss the ups and downs of parenthood with Kathleen Santor, MFT, from the Stress Management Center in Nevada. For parents of children birth to 4 years.

Friday - Aug. 22; 11 a.m.-noon

FTF

INDIGO CHILDREN

Join Christine Essex to understand your indigo child.

Tuesday - Sept. 2; 4-5:30 p.m.

HEND

DETOX YOUR HOME!

Your household cleaners could be hazardous to your health.

Learn how to use natural, non-toxic ingredients to clean without polluting the environment or causing health problems.

Wednesday - Sept. 3; 6-7 p.m.

WEST

TAMING THE TEMPER

Learn the meaning of "toddler tempers" and how to handle them. 1 to 4 years.

Wednesday - Sept. 3; 10-11 a.m.

FTF

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

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

Wednesdays - Sept. 3, 10, 17 & 24; 11:30 a.m.-12:30 p.m.

Saturdays - Oct. 4, 11, 25 & Nov. 1; 9:30-10:30 a.m.

HEND: \$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 3 years old). Call 616-4901 to register.

Thursdays - Sept. 4, 11, 18, 25; 11 a.m.-noon

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

Saturdays - Oct. 4, 11, 25 & Nov. 1; 11 a.m.-noon

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

LOVE & LOGIC- Early Childhood Made Fun!

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

Mondays - Sept. 8, 15, 22, 29 & Oct. 6; 6-8 p.m.

FTF: \$25

INFANT MASSAGE

Learn from a certified infant massage therapist how to soothe, relax, and bond with your baby through our three-week infant massage class. Bring an extra blanket and dress baby in easy to remove clothing. 0 to 6 months.

Thursdays - Sept. 18, 25 & Oct. 2; 11a.m.-noon

HEND: \$40 (includes workbook and oil)

CONTANDO Y CANTANDO EN ESPANOL / COUNTING AND SINGING IN SPANISH

Come and join us as we explore a new language through music. Birth-4 years.

Wednesday, Oct. 1; 2-3 p.m.

FTF

PAJAMA TIME!

Put your little one in pj's and bring his or her favorite stuffed animal for story time, goodies and craft making. 12-4 years.

Tuesday, Oct. 14; 10-11 a.m.

FTF

TEENIE HALLOWEENIE PARTY!

Join us for a pint-sized costume party for babies and toddlers with Pumpkin Patch Photos, story time with Henderson Libraries, games and prizes!

Thursday, Oct. 30; 10 a.m.-1 p.m.

FTF: Pumpkin Patch Photos \$5

Friday, Oct. 31; 1-3 p.m.

WEST: Pumpkin Patch Photo \$5

ONLINE REGISTRATION AVAILABLE

FOR FAMILY EDUCATION CLASSES.

LOG ON TO: STROSEHOSPITALS.ORG
OR CALL 616-4901

ONGOING FAMILY EDUCATION CLASSES

Pregnant & Uninsured? - Call Baby Rose 568-9074

Prepared Childbirth Classes - \$75 (Includes Labor of Love Kit) - HEND & WEST

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

Refresher Childbirth - \$30

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 car seat safety check) - HEND

Prenatal Yoga - Free - HEND & WEST

Mommy & Baby Yoga - Free - HEND & WEST

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club) - Free, 2nd Tuesday

Pregnancy Smoking Cessation - Call the Nevada Tobacco Users' Helpline 877-0684

Siena Campus Maternity Tour - 3rd Saturday afternoon or Monday evening.

Rose de Lima Campus Maternity Tour - 3rd Saturday morning.

San Martín Campus Maternity Tour - 3rd Saturday.

Call 616-4901 to register for maternity tours.

The Insider: Dr. Herb Cordero Takes A Virtual Tour Of The Heart

Imagine, if you will, your cardiologist taking an actual tour of your heart vessels – capturing hundreds of pictures, measuring the width between walls and squeezing through the narrowest passageways of your coronary arteries to analyze dangerous plaque buildup. Using this insider information, your cardiologist delivers precise treatment that thwarts an impending heart attack.

What may sound like the makings of a scene from the *Twilight Zone* – or maybe a Rick Moranis movie (think *Honey, I Shrunk the Cardiologist!*) – is physically impossible. However, with the use of the Volcano Intravascular Ultrasound (IVUS), interventional cardiologist, Dr. Herb Cordero, is doing an insider's job at St. Rose Dominican Hospitals when it comes to treating coronary artery disease.

WomensCare magazine recently sat down with Dr. Cordero to get the inside scoop on the Volcano IVUS.

WomensCare: What is IVUS?

Dr. Cordero: IVUS is an enhancement to a traditional angiogram. Before its advent, an angiogram was the best way to detect blockages in the coronary arteries.

WC: Can you describe a traditional angiogram and explain the advantages of IVUS?

Dr. Cordero: During an angiogram, we use a tiny camera to capture two-dimensional images of the arteries. The images, which are similar to X-rays, show shadows indicating that plaque is narrowing or blocking arteries.

IVUS is the new gold standard for diagnosing and treating coronary artery disease. It uses ultrasound technology to produce fully rotational, four-dimensional images of the heart's vessels from the inside out. We've gone from shadows to seeing virtually everything which means we can better assess and address a patient's heart problems.

WC: Is this the same ultrasound technology used to capture images of a baby in the womb?

Dr. Cordero: Yes, on a miniscule scale. The typical hand-held ultrasound device is about the size of a small TV remote. IVUS is about as thin as a pencil lead.

WC: How is an intravascular ultrasound performed?

Dr. Cordero: The IVUS procedure is similar to an angiogram. We make a small incision in the patient's groin and thread a tiny coronary catheter through the femoral artery up to the coronary arteries. Then



Interventional Cardiologist,
Herb Cordero, M.D.

the IVUS, rather than a camera, is slipped through that catheter. It emits high frequency sound waves which bounce off the walls of the arteries. As the waves bounce back, they create highly detailed images of the arteries.

WC: Why is IVUS being heralded as life-saving technology?

Dr. Cordero: It's received a great deal of positive news coverage in the aftermath of recent controversy regarding the safety of cardiac metal and drug-eluting stents, tiny mesh tubes used like scaffolding to prop open a patient's narrowed arteries. They have helped save millions of lives; however, some patients experienced problems based on the stent's positioning or because medication guidelines related to drug-eluting stents were not followed properly.

The FDA has ruled stents safe for most people if used according to protocol. The lifesaving benefit of IVUS is that with more detailed images, we can more precisely implant stents, thereby reducing the possibility that a patient will experience scarring, blood clotting or other complications.

WC: St. Rose's IVUS is part of an integrated platform. What does that mean?

Dr. Cordero: We have the advantage of IVUS and two other diagnostic tools – fractional flow reserve (FFR) and virtual histology (VH) – in one comprehensive system. These three technologies can be purchased as separate units. However, that means inputting vital patient data three times, viewing three screens and such. Volcano has brought these three technologies together providing a simpler more unified process for the physician, nurses and technicians.

WC: Can you tell us about FFR and VH?

Dr. Cordero: FFR measures how much blood is getting to a heart muscle with the presence of an arterial blockage as compared to how much normal blood flow there might be if there were no blockage. It is a great assessment tool for establishing “here's what we've got” and “here's the goal we want to achieve” in relation to blood flow through the coronary arteries.

VH automatically measures, analyzes and color codes the plaque found in the arteries. The red areas indicate vulnerable plaque which is the most likely to cause cardiac events. Defining plaque is extremely difficult – if not impossible – when looking at the shadowy, grayscale imagery of a traditional angiogram. Virtual histology is new, but it has amazing potential.

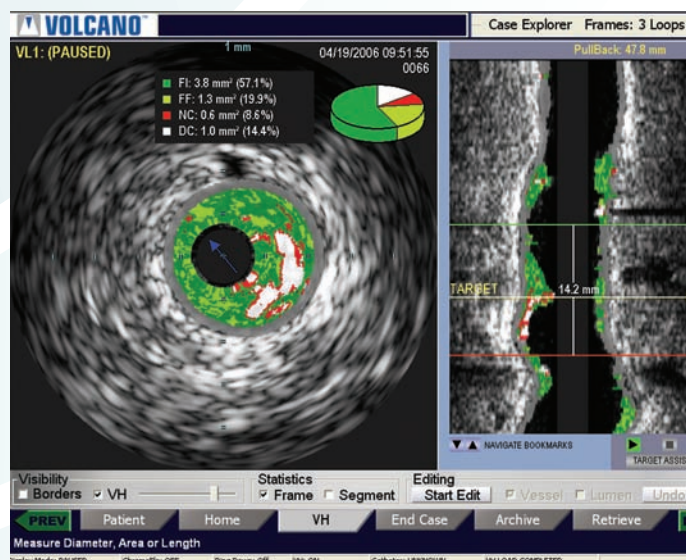
WC: How do these integrated technologies affect patient care?

Dr. Cordero: This procedure takes only about an hour – the same time

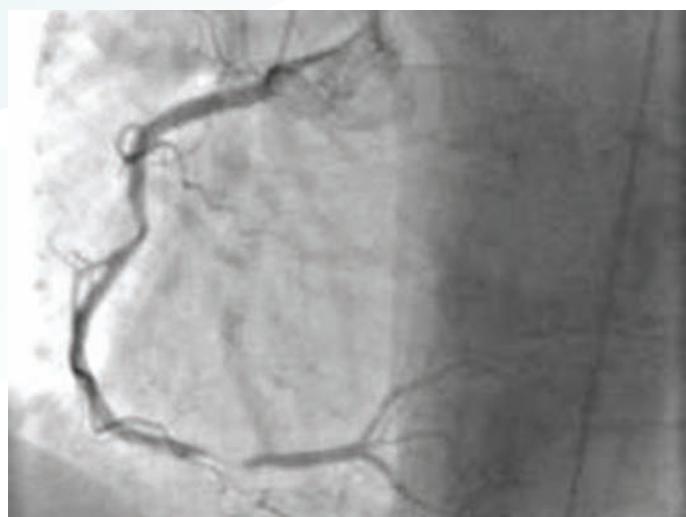
as a traditional angiogram – but IVUS enables us to either immediately treat the patient (perhaps by stenting an artery or performing an angioplasty which is done by inflating a balloon inside the artery to push plaque back so the blood can travel its normal course) or recommend the best alternate treatment plan. Sometimes we find that we need to send the patient for open heart surgery, but when we are lucky, we can send a patient home with a clean bill of health.

As a physician, using IVUS gives me the ability to say “all is clear in here” with a much higher level of confidence. **WC**

IVUS Image



Traditional Angiogram



DO YOU HAVE A ST. ROSE DOCTOR?
702-616-4508

Beauty.

Let your smile express it.



Actual Client's Before and After

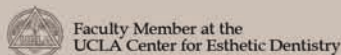
SIMONE

BEAUTIFUL SMILES BY DESIGN

PATRICK A. SIMONE D.D.S, MAGD
702-735-2755 | PATRICKSIMONEDDS.COM

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

Master in the Academy of General Dentistry
Member of the American Dental Association
Nevada Dental Association & Southern Nevada Dental Association
Participant in the Seattle Institute for Advanced Dental Education
Member in the Academy of Cosmetic Dentistry
Member of American Academy of Dental Administration



WALK BENEFITS HEARTS

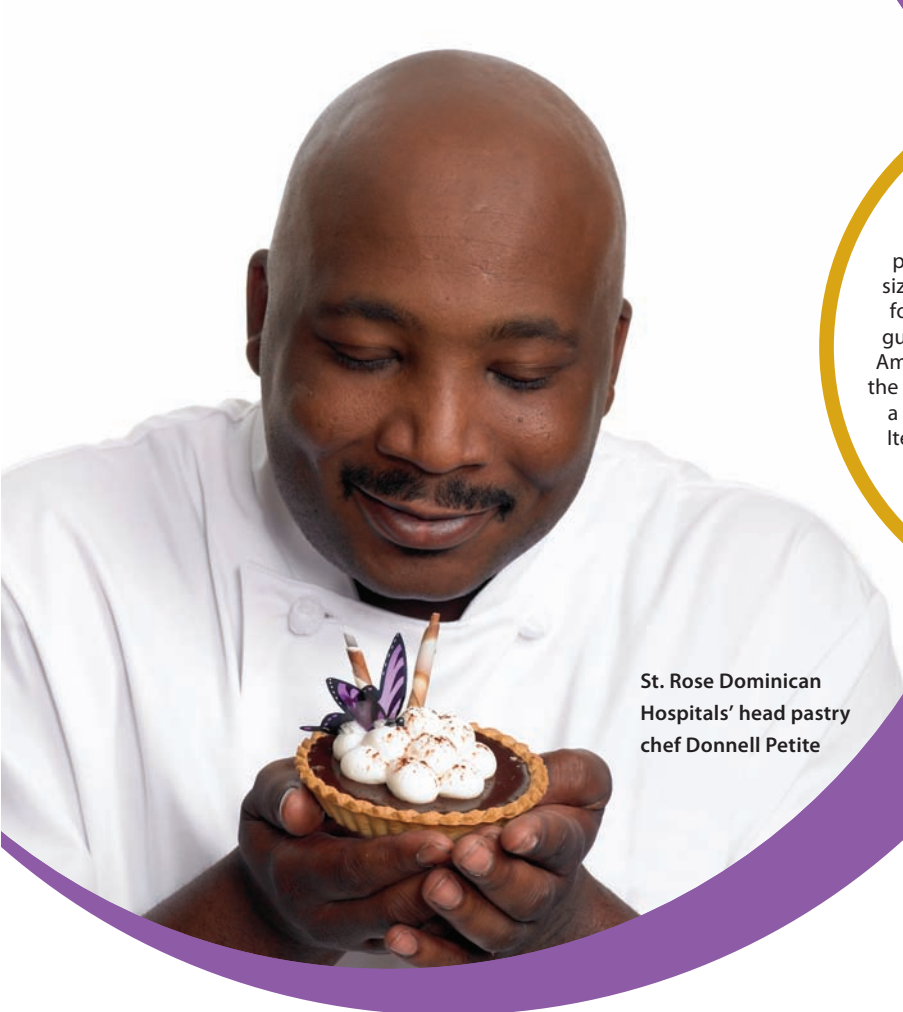
Las Vegas Heart Walk – 5k
Saturday, Oct. 11, 2008, 8 a.m.
Mountain's Edge Exploration Park

Get in step with the American Heart Association as it raises funds for research and educational programs here in Nevada. Walk, talk and take advantage of healthy entertainment and educational opportunities. There is no registration fee although participants are encouraged to raise funds. Walkers who raise more than \$100 are eligible to receive a complimentary Heart Walk T-shirt and other prizes. Sign up by visiting lasvegasheartwalk.org.

Walking in this event – and walking on a regular basis – can also help you:

- Manage your weight.
- Control your blood pressure.
- Decrease your risk of heart attack.
- Boost your "good" cholesterol.

Walking can do wonders for the rest of your body, too. Studies indicate that taking a brisk 30-minute walk almost every day can help reduce your risk of breast cancer, type 2 diabetes, colon cancer, constipation and osteoporosis, as well as relieve arthritis and back pain. Walking has also been shown to strengthen muscles, bones and joints, improve sleep and elevate overall mood and sense of well-being.



St. Rose Dominican Hospitals' head pastry chef Donnell Petite

Servings and Portion Perspective. If you are eyeing a “ginormous” chocolate muffin, keep some perspective on serving size versus portion size. A serving is a standardized unit of food, for example a cup or ounce used in dietary guidelines such as the Dietary Guidelines for Americans. A portion is the amount offered in the packaging of prepared foods or the amount a person chooses to put on his or her plate. Items such as cookies and muffins are often sold in portion sizes that constitute 2 to 3 servings which can be confusing and leads people to eat more than they should.

Have Your Carbs and Eat Them Too. Most diabetics can enjoy small servings of sweets by substituting a small serving of dessert for other carb-containing foods such as bread, tortillas, crackers, cereal, juice, fruit, milk, yogurt, potatoes, corn or peas in meals and snacks. The key is to know how many carbs you can safely have per meal and substitute a sweet for other carbs during the same meal.

Comfort Foods Equal Caring

The smell, taste and texture of fresh baked goods are deeply comforting to Donnell Petite. They take him back to his boyhood, and in particular, to the summers he spent rolling dough in his grandma's pie shop.

Donnell went on to hone his skills with a rolling pin at Stratford College and in the kitchens of The Ritz-Carlton and the White House. That is why, when Donnell took a position as the head pastry chef at St. Rose Dominican Hospitals, his colleagues shook their heads.

“A hospital isn't typically considered the place a pastry chef makes a name for himself, but the position and the timing were right for me,” he says. “It's allowing me to strike a better balance between my career and family life.”

It is also affording Donnell an unexpected level of creativity. He is not limited to churning out breakfast muffins, croissants and chocolate chip cookies (though his are awesome!). He makes elaborately decorated teddy bear cakes for new mothers and delicacies such as chocolate covered strawberries, chocolate truffles and tiramisu for international hospital executives who visit St. Rose Dominican Hospitals. Donnell also continues to bake pies.

His biggest creative challenge, however, is catering to the needs and cravings of St. Rose patients who have dietary restrictions based on chronic conditions such as diabetes. It is also his most rewarding. He continually seeks ways to make bakery items with a healthy heaping of

control over the ingredients and portion sizes.

One of Donnell's most popular patient desserts are his cheesecake popsicles – three by two inch rectangles of traditional cheesecake dipped in chocolate, drizzled with white chocolate and served on a stick. “It may not be the huge, triangular-shaped slab of cheesecake served at restaurants because it is made with Splenda and low-fat cream cheese, but the presentation says ‘Wow!’ and the three or four bites it takes to finish it are just enough to satisfy most people's craving for something sweet,” says Donnell.

From time to time, a patient or their loved one will ask Donnell the obvious: “Why do you serve dessert to people with chronic diseases like diabetes?” Donnell's answer is twofold. First, he says, is the comfort aspect. A small treat goes a long way toward brightening a patient's day.

Second, and most importantly, St. Rose teaches patients how to proactively manage diseases such as diabetes. “The old myths that people with diabetes cannot have sugar or that eating sugar can cause diabetes, have been proven wrong. Knowledge and portion control are key,” says Donnell. “Most diabetics can eat small quantities of foods made with sugar as long as they work them into their diabetic meal plan, just as they would any other carb-containing food.”

That knowledge alone can be as comforting to a patient as Donnell's perfectly proportioned serving of chocolate caramel pie (pictured above). **WOC**

Brighton® COLLECTIBLES

Upcoming Promotions

Chinoise Chic

August 1 - 31

Come and see the exclusive collection of Chinese inspired jewelry to commemorate the 2008 Summer Olympics and enter to win a trip for two to China! (No purchase necessary)

Light One Candle with Brighton

September 5 - 21

FREE GIFT! Receive a lovely glass candle as your gift with a Brighton purchase of \$100 or more. (Limit one per customer)

Brighton's Power of Pink

September 26 - October 31

Support breast cancer by purchasing an exquisitely designed *Power of Pink* bracelet (\$60). Reserve this limited edition piece today by calling any of our locations. Brighton will donate \$10 for each bracelet sold to Nevada Cancer Institute.

Brighton® COLLECTIBLES

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

Grand Canal Shoppes at The Venetian

BRIBOR, LLC
A Borsack Enterprise

Shown: Inner Circle Collection - Jewelry \$27 - \$43

Shown: Kismet Collection - Jewelry \$31 - \$65





Sweet & Sour SOLUTIONS

LOOKING FOR A SOLUTION TO COMMON HEALTH PROBLEMS? HELP MAY BE AS CLOSE AS YOUR KITCHEN OR PURSE.

Vinegar – A spoonful of vinegar may help your blood sugar go down. Why? Vinegar appears to have effects similar to some commonly prescribed diabetes medications such as Acarbose and Metformin. Studies have shown that consuming two tablespoons of vinegar with a meal can dramatically reduce post-meal insulin and glucose spikes in blood that often follow by interfering with the absorption of carbohydrates. Diabetics and people with pre-diabetes can make proactive choices such as choosing a vinaigrette dressing for salads rather than something such as creamy ranch or blue cheese dressing. However, diabetics should not discontinue taking diabetes medication without consulting their physician.

Lemonade – If life gives you kidney stones, make lemonade. Why? Lemon juice is full of citrate, a stone-preventing substance. Thus, drinking lemonade may help you reduce the occurrence of stones naturally. In addition, physicians typically advise people prone to kidney stones to drink a lot of fluid (enough to pass at least 2.5 quarts of urine a day). Drinking a tall, cool glass of lemonade is a refreshingly flavorful way to take in more fluids. Make lemonade from fresh squeezed lemons and a sugar substitute or from a concentrate. Most powdered lemonades do not contain much natural citrate.

Gum – Chew on this: four out of five dentists may actually recommend that you chew gum. Why? According to Dr. Patrick Simone, DDS, gums such as Trident are made with a natural sugar substitute called Xylitol, which is helpful in preventing dental cavities. Xylitol inhibits *Streptococcus mutans*, the main bacteria responsible for causing cavities. Dr. Simone recommends chewing just a few pieces a day, e.g. after each meal, if you can't brush your teeth. He advises, however, that most dentists do not recommend gum chewing for children under four years of age as it can present a choking hazard (and could end up in their hair or on your carpet!).

Sugar – The suckers your child's pediatrician hands out could be a powerful pain reliever. Why? In a study published in the medical journal *Pediatrics*, 100 infants were given either a sugar solution or plain water through a syringe and then a pacifier two minutes before their immunization shots. The infants' discomfort was then measured by using standard pain indicators such as crying, facial expressions, body movement and behavior. The results showed that 2- and 4-month old infants given the sweet solution experienced less pain than infants given the water placebo.

Looking for more quick health tips? Sign up for the St. Rose e-Health Newsletter at strosehospitals.org.

Ready, Set...She's On

NINA RADETICH ON-AIR AND OFF-ROADING

Nina Radetich arrives for her second visit to The Barbara Greenspun WomensCare Center of Excellence in a sport utility vehicle fully outfitted with racks for her on- and off-road biking escapades. She, conversely, is dressed for on-air success in an ultra-feminine coral-colored summer suit. In that moment, Nina's persona is as clear as an HDTV newscast. She is a woman on the go, chasing opportunity, whether it's covering a breaking news story or covering a rugged mountain trail in an off-road triathlon.

Pursuing – and Sharing – Her Passion

Nina's first visit to the WomensCare Center took place in August 2007 during her second week of work at KTNV Channel 13. She was in research and development mode for "Stay Fit Las Vegas," her on-air news franchise.

"I am committed to living a healthy life and I hope to inspire Southern Nevadans to take charge of their own well-being. Pursuing my personal passion on the job is exciting. This is a time of career renewal for me," said Nina.

On that first visit, Nina was out to glean information on how the WomensCare Centers help more than 50,000 participants a year take a vested interest in their physical, mental and emotional health. "How do you determine which health and lifestyle issues will interest women the most?" she asked. "What sources are utilized to collect data on health issues and wellness trends? How do you establish editorial calendars for the WomensCare magazine?"

WomensCare turned the table on Nina a time or two to find out how she spent the time she took off between jobs, what she was doing to overcome a hip injury, whether she expected to be mended in time to take part in the Silverman Triathlon and if and when WomensCare magazine could feature her and "Stay Fit Las Vegas."

Ultimately, a WomensCare magazine story about Nina had to wait. Though she was already employed by Channel 13, Nina couldn't appear on camera or in print until June 2008 based on a non-compete clause* in her contract with her former employer.

Deprogramming a Television Anchor

"I know, I know. I can't go on the air for months. I probably should have taken more time to relax and ease into my new position. I guess I am just programmed this way," she said. "Do you offer a class to help women deprogram their professional overdrive?"

Nina realizes that she is not alone in her predicament. "There are thousands and thousands of working women just waiting to exhale. We want to relax; we even stress out about it. Yet it takes years of hard work to build a great career, so it can be difficult to step away, even for a few months," she said.

"Sure, there is the money thing. We either work to live or to afford our chosen lifestyles, but one of the bigger issues is that we fear that if we relax for too long, it will be hard to handle the career demands when we go back. I was fearful that my skills or my drive would go soft."

Working Out Stress

Fast forward to this past May. Five weeks before her debut as Channel 13's nightly news anchor, Nina made her second visit to the WomensCare Center. She had not violated her non-compete clause, yet outside of work she was still competing. She participated in the Rock n' Roll Marathon in Phoenix, the local Rage Triathlon and the Xterra – a grueling off-road triathlon. She also ran in several local charity races, including the Run for a Wish hosted by her former co-anchor, Kendell Tenney.

For Nina, running, swimming and biking are forms of relaxation and recreation. She calls exercise her stress reliever, her energy giver and her "go to" activity. She tries to schedule a minimum of 30 minutes of exercise into her calendar every day.

"This morning is a perfect example of the benefit of exercise" she says. "My dog had to go out at 1:30 in the morning. I got up, took her outside, the sprinklers came on and she got soaked. Before I could dry her off, she made a beeline for the stairs and settled in on my side of the bed. I went to another bed, but I had a hard time sleeping and woke up really groggy. Even though I wanted to stay in bed, I got up and did my scheduled work out. It was the best decision. My head is clear, I feel great and I even made it here on time."

Working days, however, isn't this night-time news anchor's cup of tea. "I have a new-found sense of appreciation for people who work from 8 a.m. to 5 p.m. It's get up, work all day and get off about the time most businesses close their doors for the day. It's nearly impossible to get to the DMV or a doctor's appointment," says Nina. "I end up running lots of errands on Saturdays, so I don't really relax until mid-day Sunday."

Nina feels less pressured when working evenings. She enjoys exercising, running errands and going to lunch with friends before work. There are occasions when she gets a bit weary around 9 p.m. but she discovered, quite by accident, that Starbuck's hot chocolate gives her the little boost she needs to be camera-ready for her 11 p.m. newscast.

Hot chocolate, it turns out, isn't this fitness buffs' only indulgence. "Let's be clear about something. I don't think eating healthy means giving up dessert. I love my ice cream and I am Irish so, of course I have to have my potatoes. I could live on steak fries," she says.

At that point, WomensCare urged her to try the "out of this world" blue cheese mashed potatoes at Hank's in the Green Valley Ranch Resort and Casino before asking her about how she maintains a balanced diet.

“The USDA recommends that we eat five servings of fruit and vegetables a day, so that’s my nutritional goal. I typically have fruit with breakfast and a salad for lunch so by dinner time, I feel pretty successful about working out and eating right. Therefore, I can enjoy a little ice cream or steak fries without any guilt.”

WomensCare checked in with Nina just four days before her first night anchoring Channel 13’s newscast to ask if she had deprogrammed and relaxed during her final weeks before going back on air. She had. She spent a week vacationing in Hawaii and then went to California to compete in the Temecula Xterra. “I opted out after the cycling stage of the competition,” she said. “It was a disaster. The heat was excruciating for mid-May. I don’t think anyone was really prepared and I didn’t want to end up in the hospital with serious dehydration and severe sunburn. There will be other opportunities to do an Xterra.” **WC**

* CONTRACTS AND NON-COMPETE CLAUSES ARE STANDARD IN THE NEWS BROADCAST INDUSTRY AND TYPICALLY RESTRICT A NEWS ANCHOR FROM APPEARING ON CAMERA OR IN PRINT FOR ANOTHER STATION FOR A 12-MONTH PERIOD.

WomensCare snapped photos of Nina in one of the few quiet moments during her first on-camera foray for KTNV Channel 13’s nightly newscasts. Nina’s outfit by *Winston & Chloe – Furniture, Fashion and Great Finds*.



Yvetta Kennedy knows our drinking water is on tap because she tests it every week.

To help ensure the safety of our drinking water, Yvetta Kennedy serves on one of five panels of highly trained Southern Nevada Water Authority employees and private sector volunteers who meet weekly to **taste** and **smell** water samples drawn from various locations in the Las Vegas valley.

Yvetta and the other panel members serve as the front line in ensuring that our vital water supply continues to **meet** or **surpass** all federal Safe Drinking Water Act standards.

To learn more about how our water is treated and tested for safety, call the **Southern Nevada Water Authority** at 258-3930 or visit snwa.com. No one knows more about water quality than your local water agency.

Ask The Authority

Call 258-3930 or visit snwa.com

A community service of the Southern Nevada Water Authority.



YVETTA KENNEDY
SNWA Flavor Panelist

SNWA MEMBER AGENCIES

Big Bend Water District
City of Boulder City
City of Henderson
City of Las Vegas
City of North Las Vegas
Clark County Water Reclamation District
Las Vegas Valley Water District

A FEW OF NINA'S STAY FIT TIPS

Follow Your Passion – Doing what you love is a big part of well-being. It may or may not make you wealthy, but it is likely to bring you true joy.

Calendar/Schedule – Schedule exercise or relaxation time into your daily and weekly calendar. Write it in ALL CAPS or in red ink if you have to, but treat it with the respect you give other important appointments.

Fruits and Vegetables – Get the recommended five fruits and vegetables a day by incorporating a serving or two of fruits and vegetables into every meal. Simply slicing banana or blueberries into your breakfast cereal and having a plum for a mid-morning snack can add up to two or three servings of fruit. A salad at lunch can easily add up to three or four servings of vegetables.

Little Indulgences – Don't forgo your favorite foods. Just eat smaller portions and take time to eat slowly so that you really savor the flavor.

Be Prepared – You never know when your dream job may come along or when a friend will call to invite you on an impromptu walk at the park. Keep your resume updated and an athletic bag in your car.

Find out more about Stay Fit Las Vegas at stayfitlasvegas.com.

SIZE UP YOUR FRUITS AND VEGETABLES

A serving size, which (which is typically ½ to 1 cup), is smaller than most people think so eating the recommended five servings of fruits and vegetables a day may be easier than you ever imagined. The following equal about one serving:

- 1/2 to 1 apple
- 1/2 cup canned fruit
- 1/2 of a banana
- 8 or so baby carrots
- 1/2 cup cooked vegetables
- 1 cup raw, leafy vegetables
- 1/2 cup (4 ounces) vegetable juice



Use a measuring cup to get a better feel for the amount of fruits and vegetables you regularly consume.



Pet Blessings

Nina's workday wraps up at around 11:30 p.m. about the time most of us head to bed. But, sleep isn't the first thing on her mind: her two dogs are her primary concern. "Dogs are a blessing. They are always anxiously awaiting our return with unconditional love," she says. Nina believes that dogs are also naturals when it comes to holding busy people accountable to their home lives. "If you come home two hours later than usual to find that your dog has had an accident on the floor, your initial reaction could be to get upset with the dog, but you have to stop and realize where the fault lies. Your dog would surely have gone out by itself, if it could," she said.

3RD ANNUAL PET BLESSING

Join Nina Radetich for St. Rose Dominican Hospitals' 3rd Annual Pet Blessing at the San Martín Campus to celebrate the feast day of Saint Martín de Porres. St. Martín, for whom the San Martín Campus is named, was known to have shown great affection for all living creatures. He tended to the needs of the sick and injured whether human, canine, feline, fowl or other.

Sunday, Nov. 2; 1-3 p.m.
St. Rose Dominican Hospitals – San Martín Campus
Healing Garden
8280 W. Warm Springs Road (between Buffalo and Durango
off I-215 South). Call 492-8555 for more information.

FASHION

Along Came A Spider
Ann Taylor Loft
Anthropologie
Brighton Collectibles
Cachet
Chico's
Coach
Coldwater Creek
Colorz
Desert Daisy
A Lilly Pulitzer® Signature Store
Francesca's Collections
Gymboree
J. Jill
Jos A Bank Clothiers
New Balance
Pink The Boutique
Roni Josef Design
Talbots
The Walking Company
White House | Black Market

SPECIALTY STORES

Absolute Pilates
Alligator Soup
Argento Jewelry
Aveda - Gianna Christine
Spa, Salon & Wellness
Bluestone Gallery
DaMincci Jewelers
Fidelity Investments
Flea Bags Barkery & Bowtique
Floral Essence
Hallmark Gold Crown
Las Vegas Golf & Tennis
Magnolia Lane
My Gym Children's Fitness Center
Optic Gallery
Pottery Barn
Pure Beauty Salon
REI
The Sports Shop
West Elm
Whole Foods Market
Williams-Sonoma

DINING

Al's Garage
Balboa Pizza Company
Ben & Jerry's
Coffee Bean & Tea Leaf
Crazy Pita Rotisserie & Grill
Elephant Bar
Ethel's Chocolate Lounge
Gelato Cafe
Kennedy Tavern
King's Fish House
La Salsa
Lucille's Smokehouse Bar-B-Que
Panera Bread
P.F. Chang's China Bistro
The Cheesecake Factory
Tacone Flavor Grill



SHOP | DINE | LIVE

More than 55 national brands, unique boutiques,
specialty shops, and dining options.

THE | DISTRICTSM
at green valley ranch

www.shop-the-district.com

I-215 & Green Valley Parkway | 702.564.8595

The shops and restaurants of The District are located on the east and west sides of Green Valley Parkway

an American Nevada Company address

Julia's Lifesavers

VITAL LINKS IN THE CHAIN OF SURVIVAL

The American Heart Association (AHA) calls it the "chain of survival." It is a series of steps individuals can take to help save someone's life in the event of a heart attack or stroke. Cardio pulmonary resuscitation (CPR) is a vital link in the chain, and because it is instrumental in saving lives in other types of emergencies such as car accidents and choking episodes, The Barbara Greenspun WomensCare Centers recommend and offer AHA CPR classes to the general public (see calendar for details).

Miriam Doner was amazed when her CPR training enabled her to save the life of her 18-month old daughter, Julia. Even more miraculous was the fact that she had earned her AHA CPR certification less than 24 hours before Julia choked on a hair barrette.

As Miriam reflected about the incident, she was aware that she was not the only one responsible for saving Julia's life. There were many others who played vital roles so she took the time to thank the staff of St. Rose and The Barbara Greenspun WomensCare Center of Excellence who proved to be essential links in the chain of her daughter's survival. **Meet Julia's lifesavers on page 29.**

"There are lots of misnomers about what to do when a child chokes. If I hadn't taken the class, I might have tried to stick my finger down Julia's throat to get at the barrette she choked on. It would have been disastrous in that situation." – *Miriam*

Julia is a living, "breathing" doll because her mother is CPR certified.



ONE DAY A YEAR, YOUR CLOTHES SUPPORT ANOTHER WOMAN'S BREASTS.

Passionately Pink for the Cure® turns the simple act of putting on your clothes into a show of support for a friend or co-worker battling breast cancer. Learn how you can start a team, raise funds and move us closer to a cure at passionatelypink.org.



A PROGRAM OF SUSAN G. KOMEN FOR THE CURE

PICK YOUR PINK. PLAY YOUR PART. END BREAST CANCER.™

- **Link 1:** Stars & Stripes Flight School in Boulder City asks St. Rose president and avid flyer, Rod Davis, what organization could provide CPR certification classes for their flight instructors and their families. Davis makes a quick phone call to The Barbara Greenspun WomensCare Centers of Excellence to ask for their assistance.
- **Link 2:** WomensCare health educator, Amy Godsoe, calls Sandi Bradley, the administrative assistant at the flight school and schedules dates and times to offer two adult CPR certification classes.
- **Link 3:** WomensCare Center CPR instructors, Christine Segatto and Brenda Haddon, stay after the adult CPR class to instruct and certify Miriam, who was pregnant with her second child, in infant and toddler CPR.
- **Link 4:** The following morning, as Miriam is driving to Las Vegas, she hears Julia cough and gag. Then there is silence. Miriam pulls off the freeway and into a parking lot as quickly as possible. Julia isn't breathing. Miriam remains calm, unbuckles Julia and positions her head lower than the rest of her body. Miriam then uses the heel of her hand to deliver five firm back blows between Julia's shoulder blades. Julia begins to turn a bit purple. Miriam tries back thrusts two more times. On the third try, she dislodges the barrette. Julia begins to breathe again without mouth-to-mouth resuscitation. Miriam hugs her daughter. When Miriam finally releases Julia from a long, loving embrace, the toddler points to the barrette on the ground and says, "No, No!" **WC**



1



2



3



4



CHILDREN AND CHOKING

17,000 children end up in U.S. emergency rooms each year as a result of choking.

160 children die each year in the U.S. from choking.

Candy, gum and snack foods such as nuts and popcorn are the most common food-related items children choke on. However, coins, beads, balloons and small toy parts can be equally dangerous.

For more children's health news, subscribe to St. Rose e-Health Newsletter at strosehospitals.org and select the type of news you wish to receive on a monthly basis from an extensive list of topics such as women's health, men's health, senior health, pregnancy, parenting and more. You can revise your choice or unsubscribe at any time.

"I thought about getting CPR certified at least a dozen times. I know there are many people who have too. I hope our story will prompt other mothers and fathers to take for CPR classes."
 – Miriam

...then comes baby and the baby carriage...
NOW WHAT?



Nevada Federal has the answers to cover the financial part of that question — from checking to financing a bigger home to saving for your child's future and everything in between.

- ✂ **New Start and Free Checking Accounts**
- ✂ **Full-Service Realtor Services**
- ✂ **First-Time Home Buyer Programs**
- ✂ **Coverdell Education Savings Account**

Proudly serving the financial needs of new parents since 1950.
Isn't it time **You** joined? All Clark County residents can open an account today!
18 Valley Branch Locations • nevadafederal.org • 457-1000

Bring in this ad and
Get \$100 **N**

deposited into your savings account after you open a new full-service* account.

NEVADA FEDERAL[®]
CREDIT UNION



*Full-service account includes Savings, Checking, Visa® check card and E-Statements. Other terms and conditions apply. Ask for details. Offer expires August 31, 2008. 06/2008. FSR use FT code CA.

10 Simple Steps to a Feel Good Day

A FEW MINUTES OF FREE TIME CAN BE A LUXURY IN A WOMAN'S BUSY DAY. DOING ABSOLUTELY NOTHING CAN BE A BLESSING, BUT IF YOU CAN'T SIT STILL, HERE ARE A FEW QUICK AND SIMPLE WAYS TO MAKE YOUR DAY AND SOMEONE ELSE'S SPECIAL.

- 1 Hold the elevator door (or any door) open for someone you don't know.
- 2 Turn your phone off during one meal so that you can focus completely on the conversation with your dining companions. If you are eating alone, take the time to daydream or really experience your meal.
- 3 Schedule 30 minutes of exercise four to five times a week into your daily calendar for the next month (a good habit takes a few weeks to form).
- 4 Call a local organization to see how you can help. The St. Rose Helping Hands program, for instance, needs volunteers to drive homebound seniors to doctor's appointments.
- 5 Take a healthy walk and pick up litter along the way.
- 6 Reflect for a few minutes and then give thanks for your blessings.
- 7 Write a letter to an American soldier serving overseas – or send him/her a paperback book. Find out how at anysoldier.com or operationpaperback.org.
- 8 Leave a friend a "Have a Great Day!" voicemail that will be waiting for them when they arrive at work in the morning.
- 9 Sing your favorite song.
- 10 Step outside to enjoy a sunrise or sunset.

NOW, TAKE A MOMENT TO COME UP WITH 10 MORE IDEAS OF YOUR OWN.



If you would like to volunteer at St. Rose or support one of our non-profit healthcare ministries, visit strosehospitals.org to find out how you can contribute to the health of others in our community.

WHOLE HOUSE WATER TREATMENT

World's Best Drinking Water System



Stop scrubbing sinks, tubs & toilets.



Removes hardness & chlorine for softer, smoother skin & cleaner, silkier hair.



Get clean laundry for a change. Save on soap products.

Clean, soft purified water with

NO Electricity, NO Salt*

Delivers the purest water in independent tests.
Conserves water.

TRY CONDITIONED WATER & PURE DRINKING WATER FOR ONLY

\$950 Introductory
Rental Trial

www.kwater.com

Call our Las Vegas office at **888-748-1935**

Tracking # M14C

Kinetico quality water system/Las Vegas, Nevada
NSL 46462 • All offers OAC *Useing K-lite



 **Kinetico**[®]
home water systems
Nationwide Since 1970



St. Rose Dominican Hospitals

A member of CHW

102 East Lake Mead Parkway
Henderson, Nevada 89015
(702) 616-4900
strosehospitals.org

Non-Profit
Organization
U.S. Postage
PAID
St. Rose
Dominican Hospitals

Postmaster: Please deliver within August 1-4.