

A MAGAZINE FOR YOUR MIND, BODY AND SPIRIT

WomensCare

WINTER 2009 • ISSUE 40

**MUSICAL
MEDICINE**

**10 YEARS OF
WOMENSCARE**

**HOPE
& HELP
FOR THE
HEALING
HEART**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW





Upcoming Promotions

Charmingly Brighton

February 15th - March 1st

FREE GIFT!!! Receive a Brighton Silk Tie Necklace as your gift when you make a Brighton charm purchase of \$25.00 or more.

Laughter In The Rain

March 6th - 22nd

FREE UMBRELLA!!! Don't wait for the rain...get your very own exclusively designed umbrella when you purchase \$100.00 or more of Brighton product.

Brighton's Maui Getaway

March 27th - April 24th

Win a Trip!!! Come into any Brighton Collectibles location to see our newest Spring handbag styles and register to win a trip for two to Maui. No purchase necessary.

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**

Grand Canal Shoppes at The Venetian

McCarran International Airport

**Main Terminal & D Gates
NEW "C Gates" location opening in March 09**



coverstory

SOME STORIES WRITE THEMSELVES. JUDITH'S PLAYED ITSELF OUT PERFECTLY.

When Judith Pinkerton arrived at WomensCare Magazine's photo shoot, Catherine Vannah (see page 4) stood in front of the camera holding her triplets who had begun to cry.

Judith began to play her violin and as her bow caressed the strings, the babies' crying stopped. So did the clicking of the camera as everyone, including the photographer, paused to marvel at how Judith's music soothed the tiny trio. The tranquil scene provided a beautiful example of why St. Rose has teamed up with Judith to offer Music for the Soul.

MUSIC FOR THE SOUL

Join Judith, a classically trained violinist and board-certified musical therapist, and her fellow musicians to experience the essence of musical medicine.

After gracing the orchestra pits of illustrious stars such as Wayne Newton, Natalie Cole and Tony Bennett, Judith has, for the past 18 years, shown the young and old how they can use their music libraries in combination with her recordings and music therapy to reduce trauma, stress, anger and anxiety and promote positive feelings.

St. Rose's Music for the Soul concerts are free of charge and are open to hospital patients, visitors and the public.

MUSIC FOR THE SOUL MONTHLY CONCERT SERIES

1st Thursday - February 5, March 5, April 2, 3-5 p.m.
San Martín Campus, Las Vegas: Entrance Foyer

letter
FROM THE PRESIDENT



Dear Readers,

This year marks the 10th anniversary of both the first Barbara Greenspun WomensCare Center of Excellence and WomensCare Magazine. It seems like just yesterday that we set out to create a center that would reflect the unique "spirit" of St. Rose's Adrian Dominican Sisters and provide women with tools to maximize their physical, emotional and spiritual well-being.

As our WomensCare Center staff reads the first paragraph of this letter, there likely will be laughter and a few tongue-in-cheek comments such as, "Really? Does it seem like just yesterday? Well, just yesterday, we taught our 718th prepared childbirth class and 2,028th yoga class."

My point is that the director of the WomensCare Centers, Holly Lyman, her staff and many volunteers have always made fulfilling the goal set forth a decade ago look easy and enjoyable. I know, however, that taking that goal from paper to practice has required incredible leadership, ingenuity, hard work and selflessness.

I speak for everyone at St. Rose — and thousands and thousands of people in the community — in thanking them for making The Barbara Greenspun WomensCare Center of Excellence (now centers with a second location in the southwest valley) an exceptional community resource that serves more than 60,000 people a year. We are blessed that each of you considers your work a labor of love.

Again, thank you, and here's to the next 10 years!

Rod A. Davis

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

WOMENSCARE CENTERS

Director: Holly Lyman

Staff: Mickey Bachman, RN, Marie Bevins, RN, IBCLC;
Amy Godsoe; Trianna Hunter, RN, CLC;
Arla Leins, IBCLC, Avery Lewisohn, IBCLC,
Brittany Massenbun, R.D., CLC; 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

Published quarterly by St. Rose Dominican Hospitals

WomensCare

St. Rose Dominican Hospitals is dedicated to meeting the unique health care concerns of women and men. 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

The Doctor Delivered Triplets

Catherine Vannah was a nurse who went on to become a doctor, but when she entered St. Rose Dominican Hospitals to deliver triplets at just 29 weeks gestation she wasn't the calm, collected Dr. Vannah, she was an anxious, expectant mother.

"You might assume that as a physician, I would have a clear grasp of what to expect with a high-risk pregnancy and preterm birth," Catherine says. "With my health — and the health of my babies — in jeopardy, much of my understanding went out the window. My husband, Matt, and I had as many questions as any other new parents facing a similar situation."

Catherine, who specializes in internal medicine, says that her experience as a nurse and a physician provided her clear perspective on one thing. "I know what it means to provide exceptional care and the care we received at St. Rose was fabulous. There was great continuity to the medical care and the doctors, nurses and respiratory therapists showed us compassion and concern. They gave us the time and attention it took to clearly explain the answers to all of our questions."

Three Months Early

Delivering triplets preterm (prior to 37 weeks gestation) is not uncommon, but Catherine's pregnancy was complicated. She experienced preterm contractions and the onset of high blood pressure — one of three key indicators for a pregnancy-related condition called preeclampsia — during the 22nd week of her pregnancy.

"Having high blood pressure during pregnancy doesn't necessarily mean a pregnant woman will develop preeclampsia, but carrying triplets put Catherine at higher risk," says perinatologist, Dr. Brian Iriye. Bed rest and blood-pressure medication were prescribed to help manage Catherine's hypertension.

During her 27th week of pregnancy, Catherine was diagnosed with preeclampsia. She was hospitalized to increase the triplets' chances of a healthy delivery while minimizing the risks to her health.

"Our goal was to prolong Catherine's pregnancy for as long as it was safe to do so," says Dr. Iriye.

"Holding off her delivery helped improve the triplets' birth weight. It also gave us the opportunity to administer steroids to Catherine which improved the babies' lung maturity and their overall chances of survival," said Dr. Iriye.

The risk to Catherine's health became too high at 29 weeks gestation. "Catherine's preeclampsia was severe. Her blood pressure reached a level that put her own health at serious risk, so we had to deliver the triplets."

According to Dr. Iriye, the cause of preeclampsia is not clearly defined but it appears to be related to the health and function of the placenta. "The only known cure for preeclampsia is the removal of the placenta which requires delivery of the baby or in Catherine's case, babies," said Dr. Iriye.

Emery, Parker and Isaac Vannah were delivered at 29 weeks gestation and weighed less than 8 pounds collectively. Though they faced several challenges associated with preterm birth — breathing and eating issues, acid reflux, jaundice and an increased susceptibility to infection — Dr. Iriye says they had a 90-95 percent chance of survival without major disabilities.

"There are certainly challenges in delivering babies almost three months early, but the triplets' outcome and Catherine's recovery were incredibly positive considering that the risk to her health was high and the chances of prolonging her pregnancy much longer were very low," says Dr. Iriye.

Catherine's tiny trio spent seven weeks in St. Rose Dominican Hospitals' Siena Campus Level III Neonatal Intensive Care Unit, followed by an additional four weeks in St. Rose's San Martín Campus Level II NICU.

At the time of the WomensCare photo shoot, the Vannah triplets weighed almost 8 pounds each, and though it had been three months since their birth, their adjusted age* was just 2 weeks old. **WC**

*Adjusted Age – The triplets' adjusted age was calculated by subtracting how long ago they were born (approximately 13 weeks) by how many weeks prematurely they were born (11 weeks). Thus, their adjusted age was just two weeks.



WHAT IS PREECLAMPSIA?

Preeclampsia — also known as toxemia or pregnancy-induced hypertension — is a pregnancy-related condition that causes blood vessels to constrict, resulting in high blood pressure and reduced blood flow. The condition can affect a mother's liver, kidneys and brain and causes reduced blood flow to the uterus, which can result in problems such as poor growth for the baby.

What causes preeclampsia? The cause of preeclampsia is not clearly defined, but women in these categories have an increased risk of developing preeclampsia:

- Mothers who have high blood pressure, diabetes or kidney disease prior to pregnancy
- Mothers who had preeclampsia during a prior pregnancy or who have a sister or mother who has had preeclampsia
- Teenage mothers; first-time mothers; mothers of multiple babies; and mothers older than age 40

What are the symptoms of preeclampsia? The symptoms of mild preeclampsia include high blood pressure, water retention and protein in the urine. The signs of severe preeclampsia may include headaches, blurred vision, inability to tolerate bright light, fatigue, nausea, infrequent urination, pain in the upper right abdomen, shortness of breath and tendency to bruise easily. Severe cases can also include the chance of dangerous seizures, a condition called eclampsia.

How is preeclampsia diagnosed? Routine blood pressure checks and urine tests at prenatal doctor appointments can help determine if a woman has preeclampsia — yet another reason why early and continuous prenatal care is so important.

How is preeclampsia treated? Delivery of one's baby is the only known way to alleviate preeclampsia. When preeclampsia is diagnosed early and monitored routinely, steps can be taken to prolong pregnancy, minimize risk to the mother and improve the chances of a healthy outcome for her baby.

If you are close to your due date and your baby is developed enough, your doctor will probably recommend delivering your baby.

If you are not close to your due date and your symptoms are mild, your doctor may recommend these steps:

- Bed rest or lying on your left side to take the weight of the baby off your major blood vessels
- Elevating your feet several times a day
- Increasing the frequency of your prenatal checkups
- Drinking a minimum of eight glasses of water and other noncarbonated, nonalcoholic beverages a day

If your symptoms are more pronounced, your doctor also may try to manage your condition with blood pressure medication until you are far enough along to deliver safely.

Can preeclampsia be prevented? There is no sure way to prevent preeclampsia, but some factors that contribute to high blood pressure can be controlled. It is important to follow your doctor's instructions regarding proper nutrition, exercise, rest and the management of any health conditions you may face.

COME TO TEA WITH MOMMY AND ME!

Celebrating Motherhood Tea Party

Mothers, daughters, grandmothers, aunts and mothers-to-be spend a memory-making afternoon celebrating motherhood. Floral dresses and hats are encouraged and photos will be available.

Saturday – April 25; 3-4:30 p.m.

San Martín Campus, Las Vegas: Healing Garden; \$15 per person (Children under 5 are free. Proceeds to benefit the Living Grace Home for Pregnant Teens. Call 616-4910 for tickets.)

DID YOU KNOW?

It was President Woodrow Wilson (term 1913-1921) who designated the second Sunday in May as "Mother's Day."



First In Sight

OPHTHALMOLOGISTS & REFRACTIVE SURGEONS

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

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

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

Rajy M. Rouweyha, M.D.
Cornea, External Disease and LASIK 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



Nevada Eye & Ear

www.nevadaeyeandear.com

CALL FOR AN APPOINTMENT

702.896.6043

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



WHAT DOES “BED REST” REALLY MEAN?

According to *Time* magazine, more than 700,000 pregnant women are put on bed rest each year. It is typically prescribed to treat pregnancy complications and delay premature delivery. If your doctor prescribes bed rest, be sure to ask exactly what he or she recommends. For example, do you really have to stay in bed or can you relax in a recliner with your feet elevated? Can you get up to use the bathroom or make breakfast for your family? Write down your list of questions or visit a pregnancy web site and print a recommended list of questions to ask your physician about bed rest.

BRIGHT IDEAS FOR BED REST

Relaxing in bed all day can be a luxury when it’s a “get to,” but if it becomes a “have to,” you’ll need some activities to help you beat the bed-rest blues. A few ideas:

- Keep a basket of books, magazines and writing materials next to your bed.
- Keep a cooler stocked with healthy drinks and snacks next to your bed.
- Learn a foreign language or better yet, sign language, which has been proven to help infants better communicate before their speaking skills are fully developed.
- Complete unfinished family albums or scrapbooks so that you have time to start a new one for your baby.
- Volunteer. If you have a special talent such as crocheting or knitting, make a few bonnets or blankets for your baby. Then make a few extra to donate to St. Rose Dominican Hospitals’ Baby Rose program.
- Take an online class or watch online birthing and parenting classes.
- Create a family health history. Online support and tools are available at www.hhs.gov/familyhistory/.

GOOD NEWS FROM THE NICU

A Neonatal Intensive Care Unit (NICU) can be a strange and frightening place for the parents of premature or sick newborns. Learn how St. Rose Dominican Hospitals’ NICU staffs help parents of preemies feel comfortable, cared for and involved in their preemies care in the forthcoming Spring Issue of *WomensCare Magazine*. Also, learn how the thoughtful donations of local families are making a big impact on the tiniest members of our community!

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

Pajama Party! Do you have a girlfriend on bed rest? Wondering what you can do to help lighten her load? Could you do a few of her household chores? Help her answer a few work-related calls and e-mails? Cook a meal for her family? Throw her a pajama party? Organizing a girls’ night in with food, games and flannel pajamas could be a welcome gift — just be sure to ask first.

Laying Wagers on Your Delivery Date? On average, a mother will give birth between 38 and 42 weeks gestation if she is carrying a single child, at 35 weeks if she is having twins and at 33 weeks if she is carrying triplets.



Catherine and Parker

SHOP | DINE | LIVE



**MORE THAN 55 NATIONAL BRANDS, UNIQUE BOUTIQUES,
SPECIALTY SHOPS AND DINING OPTIONS**

Including Ann Taylor Loft, Anthropologie, Brighton Collectibles, Chico's, Coach, Coldwater Creek, J. Jill, P.F. Chang's China Bistro, Pottery Barn, REI, The Cheesecake Factory, West Elm, White House | Black Market, Whole Foods Market, Williams-Sonoma, and many more.

THE | DISTRICTSM
at green valley ranch

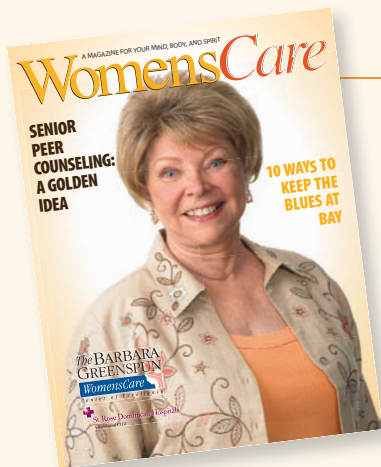
2240 Village Walk Dr. Henderson, NV 89052 | 1-215 & Green Valley Parkway
www.shop-the-district.com | 702.564.8595

Visit The Carousel at The District™, our vintage-style carousel located at The Green.
An American Nevada Company Address



Caring Women

IN CELEBRATION OF THE 10TH ANNIVERSARY OF THE BARBARA GREENSPUN WOMENSCARE CENTERS OF EXCELLENCE, HERE ARE A FEW WORDS ABOUT SOME OF THE WOMEN WHO PUT THE WORD "CARE" IN WOMENSCARE.



Suzanne's Bright Light Burns On. When the WomensCare Centers set out to initiate a senior peer counseling program, they received a gift — the phone number of Suzanne Moore-Zambrzicky, a senior peer counselor for a Catholic Healthcare West (CHW) hospital in Southern California. Suzanne had relocated to Southern Nevada and eagerly accepted the opportunity to teach the WomensCare Centers' volunteer counselors how to help their peers address feelings of depression, loneliness, loss or hopelessness. Suzanne recently lost her battle with cancer, but her bright light left behind is an amazing legacy of helping other seniors live more positive, peaceful lives.

For more information on Senior Peer Counseling services, call 616.4900.

Jackie and Cecelia Pay It Forward. Jackie Brown and Cecelia Moseley first appeared in WomensCare Magazine in 2001, and while both breast cancer survivors are tired of seeing this photograph, it is worth showing one more time. Cecelia, a former client of St. Rose's R.E.D. Rose program (see page 12 of the calendar), has volunteered at the WomensCare Centers for eight years. She supports women facing breast cancer by serving as the co-facilitator of the WomensCare Centers' breast cancer support group. As the executive director for Susan G. Komen for the Cure Southern Nevada Affiliate, Jackie's incredible commitment to fundraising allows the nonprofit organization to support St. Rose's R.E.D. Rose program and WomensCare's breast cancer services through grant funding.



Sign up for the Komen Race for the Cure taking place **Saturday, May 2, 2009**, by visiting komensouthernnevada.org



Jeannine Helps WomensCare Stretch Its Efforts. There are many benefits to practicing yoga — improved breathing, flexibility, strength and mood. Jeannine Martin's yoga and Ageless Woman Workout classes, which are taught at The Barbara Greenspun WomensCare Centers of Excellence, offer another benefit. Jeannine donates all of the proceeds from the classes she teaches to the WomensCare Centers. Jeannine's generosity gives the WomensCare Centers the extra flexibility to continually expand the programs and services offered to the community.

See page 11 for yoga classes taught by Jeannine and others at the WomensCare Centers.

Sisters Inspire "Whole Person" Healing. As vice presidents of mission integration for St. Rose Dominican Hospitals, Sister Molly Nicholson, O.P. and Sister Monica Stankus, O.P., advocate for medical care and community outreach programs that treat the whole person. Their devotion to addressing the physical, emotional and spiritual needs of each St. Rose hospital patient and the clients who visit The Barbara Greenspun WomensCare Centers of Excellence make them a constant source of inspiration, as well as effective sounding boards, to the staff of the WomensCare Centers.



READ ABOUT OTHER CARING WOMEN IN THE SPRING EDITION OF WOMENSCARE MAGAZINE COMING MAY 1.

february · march · april

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



Programas en Español



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



HEALTH & WELLNESS

SENIOR PEER COUNSELING

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt. HEND; WEST; RDL; SAN: \$10 requested donation.

TRANSITIONS

Over 50? Get help navigating life changes related to retirement, family issues and health concerns.

1st Tuesday - Feb. 3, March 3, April 7; 2-3 p.m.

HEND

WIDOW SUPPORT GROUP

1st Wednesday - Feb. 4, March 4, April 1; 2-3 p.m.

HEND

LIFE AFTER DIVORCE

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

WEST

MIGUN MASSAGE

Enjoy free massages on the Migun Thermal Massage bed. Call 616-4900.

Monday-Friday; 9 a.m.-6 p.m.

HEND

HEALING WITH RHYTHM DRUM CIRCLE

Bring a healthy food item to share.

1st Friday - Feb. 6, March 6, April 3; 6:30-8:30 p.m.

HEND

3rd Friday - Feb. 20, March 20 (Spring Equinox at the Labyrinth), April 17; 6:30-8:30 p.m.

WEST

RELAXATION MEDITATIONS

Monday, Feb. 9; 6-7 p.m.

Monday, March 30; 6-7 p.m.

Wednesday, April 29; 6-7 p.m.

HEND

Wednesday, Feb. 25; 3:30-4:30 p.m.

Monday, April 13; 10-11 a.m.

WEST

JOURNALING FOR GROWTH & HEALING

Wednesday, Feb. 11; 2-3 p.m. - Listen to Your Heart

Wednesday, March 11; 2-3 p.m. - Spring into Writing

Wednesday, April 8; 2-3 p.m. - Renew Yourself and Write!

WEST

THE LAUGHTER CLUB

2nd Wednesday - Feb. 11, March 11, April 8; 6:30-8 p.m.

SAN: Conf. Room C

KNIT TO HEAL

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

2nd Thursday - Feb. 12, March 12, April 9; 10:30 a.m.-noon

HEND

3rd Thursday - Feb. 19, March 19, April 16; 1-2 p.m.

WEST

LABYRINTH MEDITATION PROGRAMS

Find peace, clarity and creativity through themed walks and activities.

Friday, Feb. 13; 4-5 p.m. - Opening the Heart to Love

Friday, March 20; 6-9 p.m. - Celebrating the Spring Equinox

Wednesday, April 22; 2-3 p.m. - Honoring Earth Day

SAN - Labyrinth (next to ER)

BALANCING ENERGY FIELDS

Eliminate negative feelings and experience peace and joy; Goldie Amira

Tuesdays - Feb. 10, March 10, April 14; 6:30-8:30 p.m.

WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday - Feb. 19, March 19, April 16; 2:30-3:30 p.m.

HEND

MENOPAUSE SUPPORT

Monthly speakers, updates and support; Liz Waggoner, MS

3rd Thursday - Feb. 19, March 19, April 16; 6-7:30 p.m.

HEND

SPIRITUAL NETWORKING & STUDY GROUP

Fridays - Feb. 27, March 27, April 24; 6:30-8:30 p.m.

WEST

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

COND - Siena Campus - Conference Room D



WinterCalendar

of classes and upcoming events

THE FOUR WAYS WE COMMUNICATE

Tuesday, March 3; 6:30-8 p.m.
WEST

LIVING JOYFULLY

Diana Gibbs
Wednesday, March 11; 10-11 a.m.
HEND

ALZHEIMER'S ASSOCIATION LECTURES

Christine Terry
Wednesday, March 11; 2-4 p.m. - Research Updates
Wednesday, March 25; 2-4 p.m. - Planning for Caregivers
Wednesday, April 8; 2-4 p.m. - Planning for Emergencies
HEND

USE YOUR VOICE FOR RELAXATION

Relax through breathing, humming and toning with Judith Pinkerton, Music Therapist.
Wednesday, March 18; 6-7 p.m.
WEST

CURRENT TRENDS IN ESTATE PLANNING FOR SENIORS

Join Tina Walls, Esq., for an update on the current law. Reservations required; call 616-4900.
Thursday, March 19; 2-3:30 p.m.
Las Ventanas Life Care Community, 10401 W. Charleston Blvd.
Thursday, April 16; 11:30 a.m. - 1:30 p.m.
SAN

THE ZEN OF PAINTING

Susan Fidelman
Friday, March 20; 1-3 p.m.
WEST: \$15 (includes canvas and supplies)

THE SOUND OF HEALING: MUSIC4LIFE

Reduce stress, anxiety, depression and move toward feeling happy.
Wednesday, April 1; 6-7 p.m.
WEST

GIRL TALK

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

CAREGIVER WORKSHOP

Learn how to care for loved ones at home. Topics covered: medications, safety, hygiene and stress management; St. Rose Hospice Services
Saturday, April 18; 10 a.m.-3 p.m. (lunch included)
Home Health, 1125 American Pacific

ST. ROSE CORPORATE WELLNESS

Take advantage of preventive health programming (employee health fairs, health screenings, consultations, seminars/presentations) to improve the health of your workforce. Call Al Medina at 492-8116 for more information.

LABYRINTH SPRING EQUINOX

Celebrate with food, meditation, drumming, and dance!
Friday, March 20; 6-9 p.m.
SAN: Labyrinth (next to ER)



EXERCISE & FITNESS

ZUMBA LATIN FITNESS

Saturdays - 9-10 a.m.; Linda
HEND: \$5 per session
Mondays - 6:15-7:15 p.m.; Megan
1st & 3rd Wednesdays - 3:30-4:30 p.m.; Linda
WEST: \$5 per session

BALLET YOGA

Thursdays - 11 a.m.-noon; Dr. Debbie
HEND: \$5 per session

BEGINNER YOGA (English/Spanish)

Saturdays - 11:30 a.m.-12:30 p.m.; Rosa
HEND: \$3 per session or \$20 for 10 sessions

BODY AWARENESS & CARE

Manage pain and stiffness through proper posture, active release stretching and self-care; Don McNamee.
Tuesday, Feb. 3; 7-8 p.m. - Upper body
Wednesday, Feb. 4; 9-10 a.m. - Upper body
Tuesday, Feb. 17; 7-8 p.m. - Lower body
Wednesday, Feb. 18; 9-10 a.m. - Lower body
WEST
Monday, March 9; 6-7 p.m. - Upper body
Monday, March 23; 6-7 p.m. - Lower body
HEND

BELLY DANCING

3rd Saturday - Feb. 21, March 21, April 18; 10-11:30 a.m.; Linda
HEND: Free
2nd Saturday - Feb. 14, March 14, April 11; 10:30-noon; Goldie
WEST: Free

SALSA DANCING

2nd & 4th Thursdays - 6-7 p.m.; Cindy
WEST: \$5

WALK THIS WAY: WALKING CLUB

All ages and fitness levels (and strollers) welcome.
Mondays & Thursdays - 9-10 a.m.
Call 616-4900 for location: Free

GENTLE YOGA

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

HEALING YOGA

Mondays - 5-6 p.m.; Don
HEND: \$3 per session or \$20 for 10 sessions
Mondays - 5-6 p.m.; Jen
Wednesdays - 5-6 p.m.; Justine
WEST: \$3 per session or \$20 for 10 sessions

YOGA

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

MIXED-LEVEL YOGA

Wednesdays - 4:30-5:30 p.m.; Don
HEND: \$3 per session or \$20 for 10 sessions
Wednesdays - 10-11:15 a.m.; Don
Fridays - 10-11:15 a.m.; Jen
Tuesdays - 6-7 p.m.; Don
Saturdays - 9-10 a.m.; Justine
WEST: \$3 per session or \$20 for 10 sessions

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

Learn breathing, yoga and movement techniques that target a woman's aging zones.
Tuesdays & Thursdays - 9-9:45 a.m.
Tuesdays & Thursdays - 5-5:45 p.m.
HEND: \$5 per session

INTENSE BODIES BY PILATES

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

TAI CHI

Chinese martial art for balance and well-being; Stella Huang
New Beginner - Wednesdays - 1:30-2:30 p.m.
Beginner I - Tuesdays - 1:30-2:30 p.m.
Beginner II - Wednesdays - 3:30-4:30 p.m.
Intermediate - Wednesdays - 2:30-3:30 p.m.
Advanced - Tuesdays - 2:30-3:30 p.m.
Fan Practice - Mondays - 1:30-2:30 p.m.
HEND: Free
Beginners - Thursdays - 9-10 a.m.
WEST: Free

THE HEART DOCTOR IS IN

Get a healthy dose of information on how to keep your heart in good condition: Dr. Herb Cordero, cardiologist.

Thursday, February 19; 8-11 a.m.

8-9 a.m. - Screenings: Total Cholesterol - Free; Lipid Panel - \$30; Blood Pressure - Free; Body Fat - Free; 4-lead EKG - Free; Carbon Monoxide - Free

9 a.m. - Heart Healthy Breakfast

9:15-10:30 a.m. - Lecture: Dr. Cordero

10:30-11 a.m. - Tai Chi, Meditation, Labyrinth Walk

SAN: FREE (Seating limited! Call 616-4910 for reservations)



february • march • april

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

NIA JOYFUL MOVEMENT

Fusion fitness dance with martial and healing arts.

Fridays - 9-10 a.m.; Stacey

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

YOGA WORKSHOP

Enjoy the blending of beginner yoga and the fluidity of Middle Eastern dance (no experience needed).

Saturday, March 28; noon-2:30 p.m.

WEST: \$25



NUTRITION

VEGGIE SOUP FOR THE SOUL

Vegetarianism: cooking, lifestyle and nutritional considerations.

Monday, Feb. 16; 6-7 p.m. - To Soy or Not to Soy

Monday, April 27; 6-7 p.m. - Quick Lunches

HEND

CARDIAC NUTRITION

Thursday, Feb. 26; 10:30 a.m.-noon

HEND



SCREENINGS

CALL 616-4900 FOR SCREENING APPOINTMENTS.

HOW HIGH IS YOUR CO?

Smoke? Don't Smoke? Either way, get a free carbon monoxide screening to measure the concentration of CO in your breath.

Thursday, March 26; 1-3 p.m.

HEND: Free

Tuesday, April 28; 1-3 p.m.

WEST: Free

MEMORY SCREENING

Learn if your memory/memory loss is normal for your age.

Tuesday, March 3; 10 a.m.-2 p.m.

HEND

METABOLIC SCREENINGS

Find out how many calories you need for basic body functioning. No caffeine, exercise or food four hours prior to appointment.

Wednesdays - HEND: \$15

Thursdays - SAN: \$15

HEALTH SCREENINGS

Total Cholesterol \$5; Lipid Panel (LDL, HDL, triglycerides) \$30; Glucose \$5; PSA \$10; Thyroid panel (TSH, T3 & T4) \$15; A1C (diabetes) \$10. 12-hour fast is required.

Wednesday, March 18; 7-10 a.m.

HEND

Wednesday, April 29; 7-10 a.m.

WEST



NATIONAL NUTRITION MONTH SERIES:

Call 616-4900 to reserve your seat!

Lectures held at San Martin Campus, Las Vegas

Lower Cholesterol with TLC (therapeutic lifestyle changes); Amy Godsoe.

Wednesday, March 4; 11:30 a.m.-2:30 p.m.

Intuitive Eating; Sharon Nasser, R.D.

Thursday, March 5; 9:30-10:30 a.m.

The Kitchen Pharmacy: Health-Giving Spices; Nicole Carter, Master Herbalist

Friday, March 6; noon-1 p.m.

The Science Behind Raw & Living Food; Chef Sharynne Frazer, FreshFusionLive.TV

Monday, March 9; noon-1:30 p.m.

PERIPHERAL VASCULAR DISEASE SCREENING

Thursday, March 19; 8 a.m.-noon

HEND, Rehab Suite 140: Free

SKIN CANCER SCREENING

With Dr. Curt Samlaska.

Tuesday, March 17; 1:30-3:30 p.m.

HEND: Free

R.E.D. ROSE

Uninsured or underinsured? 49 or younger? You may qualify for a screening or diagnostic mammogram. Need support while going through breast cancer treatment? Call R.E.D. Rose at 616-7525. Si, habla español - 616-4824.



INTEGRATIVE MEDICINE

REIKI HEALING CIRCLE

Experience Reiki energy through a monthly healing circle.

2nd Thursday - Feb. 12, March 12, April 9; 1-2:30 p.m.;

Freddie Stewart

4th Tuesday - Feb. 24, March 24, April 28; 6-8:30 p.m.;

Bonnie McWeeny

HEND

3rd Thursday - Feb. 19, March 19, April 16; 6:30-8 p.m.;

Free Livingston

WEST

Low Glycemic Index Nutrition; Dr. Simong Youmans
Wednesday, March 11; noon-1 p.m.

Emotional Eating; Dr. Lindsey Ricciardi, Clinical Psychologist

Thursday, March 12; 9:30-10:30 a.m.

Lean, Green & Sexy Vegan Cooking; Chef Mayra, "Dr. Flavor"

Friday, March 13; noon-1 p.m.

Cardiac Nutrition; Sharon Nasser, R.D.

Thursday, March 19; noon-1:30 p.m.

Spring Cooking Demo: Orzo and Blanched Asparagus; St.

Rose Chef John McDermott

Monday, March 23; 2-3 p.m.

Fire Up Your Metabolism; Dr. Dominic Ricciardi

Tuesday, March 24; noon-1 p.m.

Simplifying Nutrition Through Food & Supplements;

Kristin Keilty, R.D.

Wednesday, March 25; noon-1 p.m.

Foods that Heal; Nicole Carter, Master Herbalist

Friday, March 27; noon-1 p.m.

Spring Desert Cooking Demo: Poached Pear with Cake; St

Rose Pastry Chef Donnell Petite

Monday, March 30; noon-1 p.m.

Foods & Nutrients that Stop Inflammation; Nichole Gardner, N.D.

Tuesday, March 31; 9:30 - 10:30 a.m.

REFLEXOLOGY FOOT MASSAGE

Call 616-4900 for 30 or 60 minute appt.; Sarah Wagner.

Mondays - Feb. 16, March 16, April 13; 9:30 a.m.-noon

Fridays - Feb. 13 & 27, March 13 & 27, April 10 & 24; 3:30-4:45 p.m.

HEND: \$30-30 mins.; \$60-60 mins.

Tuesdays - Feb. 10 & 24, March 10 & 24, April 7 & 21; 3:30-4:45 p.m.

Thursdays - Feb. 5 & 19, March 5 & 19, April 2 & 16; 9 a.m.-11:15 a.m.

WEST: \$30-30 mins.; \$60-60 mins.

CRANIOSACRAL MASSAGE THERAPY

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. Call 616-4900 for 30-minute session; Marcie Malloy, LMT.

Saturdays - Feb. 21, March 14, April 4; 10 a.m.-2 p.m.

HEND: \$30 Cash or check only.

Tuesdays - Feb. 24, March 17; April 7; 1:30-4:30 p.m.

WEST: \$30 Cash or check only.

RELAX AND STOP SMOKING WITH HYPNOSIS

Wear comfortable clothes.

Wednesday, Feb. 18; 6:30-8 p.m.

WEST: \$25 (includes CD)

LAY DOWN AND LOSE WEIGHT WITH HYPNOSIS

Bring your own pillow.

Tuesday, Feb. 24; 6:30-8 p.m.

WEST: \$25 (includes CD)

Celebrating Motherhood Tea Party

Saturday, April 25, 2009

See Page 5 for more details

PAIN MANAGEMENT WITH HYPNOSIS

Tuesday, April 21, 6:30-8 p.m.

WEST: \$25 (includes CD)

STRESS REDUCTION WITH HYPNOSIS

Tuesday, March 24, 6:30-8 p.m.

WEST: \$25 (includes CD)

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursday, April 30; 6-7:30 p.m.

HEND

Wednesday, March 25; 6-7:30 p.m.

WEST

HYPNOSIS SESSIONS

\$75/hour, \$125/two hours, call 274-6670; Christine Essex, CHT.



HEALTH CONDITIONS

CONGESTIVE HEART FAILURE (CHF) MANAGEMENT

St. Rose can work with you and your physician to monitor and manage your CHF symptoms, limitations, visits to the ER and hospitalizations. Available at various locations. Free. Call 614-5877.

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.

Tuesday & Wednesday - Feb. 24 & 25, March 24 & 25, April 28 & 29; 5:30-9:30 p.m.

Thursday & Friday - Feb. 12 & 13, March 12 & 13, April 9 & 10; 9 a.m.-1 p.m.

St Rose Home Health, 1125 American Pacific Drive, Suite G

STROKE SUPPORT GROUP

3rd Tuesday - Feb. 17, March 17, April 21; 4-5 p.m.

HEND

FOOD ALLERGY PARENT EDUCATION GROUP

Successfully managing emotional issues related to food allergy.

Tuesday, Feb. 24; 7-9 p.m.

SAN

FREEDOM FROM SMOKING

Seven-week American Lung Association smoking cessation program.

Mondays - Feb. 16, 23, March 2, 9, 16, 23, 30; 10-11:30 a.m.

RDL

Wednesdays - April 22, 29, May 6, 13, 20, 27, June 3; 5:30-7 p.m.

SAN

LAPAROSCOPIC OBESITY SURGERY

Learn about mini gastric bypass; Dr. Robert Rutledge.

Tuesdays - Feb. 24, March 31, April 28; 6-7:30 p.m.

RAN

THE MANY FACES OF FACE PAIN

Join Dr. Daniel Norris for an overview of TMJ/TMD, migraines, headaches, neuralgias and toothaches.

Wednesday, Feb. 25; 6-7:30 p.m.

HEND

Wednesday, March 4; 6-7:30 p.m.

WEST

ORAL APPLIANCES FOR THE CPAP INTOLERANT

Can't use CPAP? Get an assessment to determine if an oral appliance will work for you; Dr. Daniel Norris.

Thursday, Feb. 26; 6-7:30 p.m.

HEND

Thursday, March 5; 6-7:30 p.m.

WEST

LIVING HEALTHY WITH CHRONIC DISEASE

Learn to cope and control health conditions (arthritis, asthma, diabetes, back problems, etc.) through the six-week Stanford Chronic Disease Self-Management Program.

Mondays - April 13 through May 18; 10 a.m.-12:30 p.m.

HEND: Free

AN OUNCE OF PREVENTION

Learn what screenings and tests may prevent most chronic illnesses; Dr. Vesna Jamboric.

Wednesday, April 15; 6-7 p.m.

WEST

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for wigs, hats, turbans and support. Call 616-4900 for an appointment.

HEND; WEST

BREAST CANCER PROSTHESIS & BRA FITTINGS

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

BREAST CANCER PEER COUNSELING

Need to talk? Call 616-4910 for an appointment with a trained counselor who is a breast cancer survivor.



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the nonhealthcare provider.

Saturday, Feb. 14; 10 a.m.-2 p.m.

Monday, March 16; 5-9 p.m.

Saturday, April 11; noon-4 p.m.

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

Friday, Feb. 27; 5-9 p.m.

Saturday, March 28; 10 a.m.-2 p.m.

Wednesday, April 29; 5-9 p.m.

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

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for all healthcare providers. Initial certification.

Saturday, Feb. 28; 10 a.m.-2 p.m.

Friday, April 17; 5-9 p.m.

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

Wednesday, Feb. 11; 5-9 p.m.

Saturday, March 14; 1-5 p.m.

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

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes for two-year certification. Meets requirements for OSHA, schools and daycares. Call 616-4914.

AARP DRIVER SAFETY PROGRAM

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

Mondays - Feb. 9, March 9, April 13; 9 a.m.-5 p.m.

HEND: \$10 (check only)

Saturdays - Feb. 14, March 14, April 11; 9 a.m.-5 p.m.

SAN: \$10 (check only)

SAFE SITTER

Youth ages 11-16 learn safe, nurturing childcare and medical emergency techniques.

Monday, March 2; 8:30 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

SEXUAL ASSAULT PREVENTION

Learn "how not to" become a target for sexual assault; Officer Michael Metzger, Henderson Police.

Call 616-4900 for more information.

RAN

FALL PREVENTION WORKSHOP FOR SENIORS

Learn to avoid falls and improve balance through this seven-week program. Exercise, refreshments, giveaways and camaraderie. Call 616-4900.

HEND

GET A LIFELINE

Lifeline personal emergency response systems provide immediate help in the event of a fall or emergency. Enables the frail and elderly to live independently. Call 616-4860 (monthly fee).

AMERICAN RED CROSS PROGRAMS

Pet First Aid; First Aid; Child CPR. Log on to www.redcrosslasvegas.org or call 791-3311.

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for an appointment.

HEND; WEST; FTF: \$10 per family



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
COND - Siena Campus, Conference Room D

AA for Women – Mondays, 7:30 p.m. & Wednesdays, noon **HEND**
AA for Women – Mondays, noon **WEST**
AA Co-ed – Sundays, 6 p.m. & Saturdays, 7 p.m. **RAN**
 Sundays, Mondays, Fridays, 7 p.m. **SAN**
Al-Anon Support Group – Thursdays, 7 p.m. **SAN**
Alzheimer's Support Group – 4th Tuesday, 4:30 p.m. **HEND**
Autism Support Group – 3rd Thursday, 6 p.m. **RAN**
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** (Funded by Susan G. Komen for the Cure, Southern Nevada Affiliate)
CCFA (Crohn's and Colitis Foundation of America) – 3rd Sunday, 2 p.m. **RAN**
Co-dependency (CODA) – Thursdays, noon **HEND**
Daughters Without Mothers – 1st Thursday, 6:30 p.m. **HEND**
DBSA Depression & Bipolar Support Alliance – 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 Thursday, 6:30 p.m. **HEND**
Gamblers Anonymous – Tuesdays, 6:30 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**
ICAN: C-Section Support – 2nd Tuesday, 3:30 p.m. **WEST**
Infertility Support Group – 2nd Monday, 6 p.m. **SAN**
Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**
Life After Divorce – 1st & 3rd Thursday, 6:30 p.m. **WEST**
Menopause Support – 3rd Thursday, 6 p.m. **HEND**
Multiple Sclerosis Support Group – 3rd Wednesday, 7 p.m. **HEND**
Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**, Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**
Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**
Stroke Support – 3rd Tuesday, 4 p.m. **HEND**
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**
Widow Support – 1st & 3rd Wednesdays, 2 p.m. **HEND**

¿SÍ? PROGRAMAS EN ESPAÑOL

PARA MÁS INFORMACIÓN, POR FAVOR LLAME A 616-4824.

HISPANIC HEALTH FAIR

Screenings, education booths, car seat checks, yoga and giveaways. *Saturday, April 18, 8 a.m.-1 p.m.*
SAN

¿NECESITA A UNA DOCTOR QUE HABLE ESPAÑOL? Llame al 616-4999.

PARTICIPE EN EL CLUB "MI MAMI Y YO"

Comparta experiencias con otras mamis. Hágase amistades. Disfrute de un café y de pan. Cada primer y tercer miércoles del mes.

COMENZANDO BIEN ¿Está embarazada? Únase a nosotros en Comenzando Bien una clase prenatal para mujeres Hispánicas. Aprenda lo que usted puede hacer para tener un embarazo saludable.

CHEQUEO/INSTALACIÓN DE ASIENTOS DE SEGURIDAD INFANTIL GRATIS La ley específica que usted tiene que colocar a un bebé o a un niño en el automóvil en un asiento para niños hasta la edad de 6 años y 60 libras (27 kilos). Para un chequeo o instalación de un asiento de seguridad infantil llámenos.
 Costo: Gratis

USTED Y LA SALUD DE SUS SENOS

¿Por qué es importante cuidar la salud de los senos? ¿Qué es un autoexamen del seno (BSE)? Este clase le ayudara a entender mejor el cancer del seno. La detección temprana salva vidas.

CONOCIMIENTO DE LA DIABETES

Cuidados básicos de la diabetes. Esta clase le ayudara a entender mejor la diabetes y como prevenirla.

PRENANCY & CHILDBIRTH

PRIVATE CONSULTATION - 616-4908

Certified Lactation Consultant or Counselor
HEND; WEST: \$40

BABY WEIGH STATIONS

Free weight checks. No appointment necessary.
HEND; WEST; FTF

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Nursing bras by Medela, Bravado and Fancee Free fit for comfort and function. Extended sizes 36F-46H available.
HEND; WEST

BREAST PUMP RENTAL & SALES

Rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breast pumps for purchase.
HEND; WEST

NEW MOMMY MIXER

Mondays - 11 a.m.-noon

FTF

Fridays - 11 a.m.-noon

HEND

Wednesdays - 11 a.m.-noon

WEST

LA LECHE LEAGUE

4th Thursday - Feb. 26, March 26, April 23; 10-11 a.m.

FTF

2nd Thursday - Feb. 12, March 12, April 9; 10-11:30 a.m.

WEST



PREGNANCY & CHILDBIRTH

LAMAZE CLASS

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

Tuesdays - Feb. 3, 10, 17, 24; 7-9 p.m.

FTF: \$75



BREASTFEEDING

freestyle
 HANDS-FREE BREASTPUMP



BREASTFEEDING HELPLINE - 616-4908

Certified Lactation Consultants or Counselors available to answer your questions.

CELEBRATING MOTHERHOOD TEA PARTY

Saturday – Apr. 25; 3-4:30 p.m.

San Martín Campus, Las Vegas;

Healing Garden; \$15 per person

(children under five are free.

Proceeds to benefit the Living

Grace Home for Pregnant Teens.

Call 616-4910 for tickets).

Family Education

Call 568-9601 to enroll in Family to Family Classes

HYPNOBIRTHING™

Learn natural childbirth methods and hypnosis techniques to bring about a safe, more comfortable birth.

Tuesdays - Feb. 3, 10, 17 & March 3; 6-9 p.m.

Wednesdays - March 4, 11, 18, 25; 6-9 p.m.

Wednesdays - April 1, 8, 15, 22; 6-9 p.m.

RAN: \$100 (includes book and CDs)

PRENATAL BELLYDANCING

Feminine, safe conditioning of body and mind for a positive birth experience. Includes strength and flexibility exercises; Amira

2nd & 4th Fridays; 6-7 p.m.

HEND

MAYBE BABY?

Prepare before pregnancy; Dr. Guida Tabassi and Mickey Bachman, RN.

Tuesday, March 17; 6-7 p.m.

WEST

PRENATAL YOGA

Bond with your baby and trust the birthing process; Cindy Lydon, certified whole birth prenatal yoga instructor.

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

HEND: Free

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

WEST: Free

NATURAL FAMILY PLANNING

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

Tuesday, April 7; 7-9 p.m.

WEST



INFANTS, CHILDREN & PARENTING

CALL 568-9601 FOR FTF PROGRAMS

CALL 616-4900 FOR HEND & WEST PROGRAMS

MOMMY & ME NIA WORKOUT

Moms and kids ages 6 weeks to 3 years old.

Fridays - 10-10:45 a.m.

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

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play designed for children ages 12 to 36 months with and without disabilities.

Fridays - 9:30 & 11:15 a.m.

FTF

MOMMY & BABY YOGA

Moms and babies ages 6 weeks to 1 year.

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 and under join Family to Family Las Vegas West for music, movement and more.

1st & 3rd Tuesdays - 10-11 a.m.

WEST

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for an appointment.

HEND; WEST; FTF: \$10 per family

VALENTINE'S DAY CRAFT!

Ages 12 to 48 months dress for a mess and make a "heart"-felt craft.

Friday, Feb. 13; 2-3 p.m.

FTF

LOVE & LOGIC

Learn practical skills for parenting young children. Five weekly sessions.

Tuesdays - Feb. 17, 24 & March 3, 10, 17; 10 a.m.-noon

Fridays - April 3, 10, 17, 24 & May 1; 6-8 p.m.

FTF: \$25

KICKIN' IT WITH BABY

Teen mamas and mamas-to-be join us for dinner, sharing and education. Eight-week session. Earn Baby Bucks to shop in the Baby Boutique.

Thursdays - Feb. 26, March 5, 12, 19, 26, & April 2, 9, 16; 6:30-7:30 p.m.

FTF

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs language.

Thursdays - March 5, 19, 26; & April 2; 11:30 a.m.-12:30 p.m.

Thursdays - April 16, 23, 30; & May 7; 11:30 a.m.-12:30 p.m.

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

Saturdays - March 7, 14, 21, 28; 10-11 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).

Wednesdays - March 4, 18, 25; April 1; 11:30 a.m.-12:30 p.m.

Saturdays - March 7, 14, 21, 28; 11:30 a.m.-12:30 p.m.

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

BABY'S FIVE SENSES!

Learn to enhance your little one's senses. Birth to 12 months.

Wednesday, March 4; 10-11 a.m.

FTF

MAKING MUSIC: FOR INFANTS AND TODDLERS

Join City Lights Music Together for sharing songs, instrument play and movement.

Friday, March 6; 11-11:45 a.m.

HEND

FOOD ALLERGIES

Discuss the ups and downs of parenting a child with mild to severe food allergies. Birth to 48 months.

Wednesday, March 11; 2-3 p.m.

FTF

"FAST" FOODS

Quick meals for parents on the go with a recipe swap. Ages 12 to 48 months.

Friday, March 20; 2-3 p.m.

FTF

FIRST AID FOR BABIES

Tips for common injuries; includes a helpful craft. Birth to 12 months.

Thursday, April 9; 2-3 p.m.

FTF

EARTH DAY CELEBRATION!

Learn ways to keep our earth clean and take something special home with you! Ages 12 to 48 months.

Wednesday, April 22; 10-11 a.m.

FTF

STRANGER DANGER

Ages 12 to 48 months. Do's and don'ts for dealing with strangers and strange situations.

Tuesday, April 28; 2-3 p.m.

FTF

ONGOING FAMILY EDUCATION CLASSES

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

Lamaze - \$75

Hypnobirth - \$100

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)

Prenatal Yoga - Free

Mommy & Baby Yoga - Free

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club)

- Free, 2nd Tuesday, 6-7:30 p.m.

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 the tours.

ONLINE REGISTRATION AVAILABLE FOR FAMILY EDUCATION CLASSES. LOG ON TO: STROSEHOSPITALS.ORG



A Message from the Heart

St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Centers of Excellence are addressing a serious matter of the heart — congestive heart failure (CHF).

This year, approximately 500,000 people in the United States will be diagnosed with CHF. According to Medicare studies, the six-year survival rate for individuals with CHF who are age 67 or older may be worse than that for most types of cancer.

As grim as this news sounds, the term “heart failure” is somewhat misleading. The “failing” heart does not stop beating unexpectedly as it would in the event of sudden cardiac arrest, rather it slowly loses proper function over time. There is no cure for CHF but if diagnosed early, there is time to treat the symptoms. Sophisticated medications, surgeries and medical devices can help the failing heart function better, and with diligence, people can learn to manage CHF symptoms to positively impact how well they feel and how long they will live.

St. Rose and the WomensCare Centers are committed to helping our patients, their families and caregivers — and our community as a whole — address CHF. We aim to help people with heart failure

improve their physical and emotional well-being in order to live better and longer.

St. Rose and the WomensCare Centers have a heartfelt question for you:

Will you be our heart health partner?

In this issue of WomensCare Magazine, you will find easy-to-read information about CHF, stories that highlight the treatment plans for two individuals whose hearts stopped pumping effectively and the WomensCare Calendar of Classes that includes many heart-healthy offerings for both women and men. **WC**

DO YOU HAVE A ST. ROSE DOCTOR?

If you suspect that you have heart failure or if your CHF symptoms are not in control, please see your doctor. If you do not have a doctor, the St. Rose Physician Referral program can help you find one. Simply call 616.4508.

Simple Facts About CHF

What is CHF? Heart failure, also known as congestive heart failure, describes a condition in which the heart does not pump enough blood to meet the body's need for the oxygen and nutrients necessary to function properly.

What causes CHF? Heart failure usually develops slowly, after an injury to the heart. Injury may be caused by a heart attack, too much strain on the heart due to years of untreated high blood pressure or a diseased heart valve. Common causes of heart failure include:

- Coronary artery disease
- Previous heart attack (myocardial infarction)
- High blood pressure (hypertension)
- Valve disease
- Congenital heart disease (a condition present at birth)
- Cardiomyopathy (enlarged heart)
- Endocarditis (infection of the heart's inner lining)
- Myocarditis (infection of the heart)
- Diabetes

What are the symptoms of CHF? The symptoms of heart failure aren't always obvious. In fact, some people may dismiss symptoms like fatigue or shortness of breath as signs of growing older.

Symptoms include:

- Shortness of breath
- Swelling of the feet and legs
- Lack of energy, feeling tired
- Difficulty sleeping at night due to breathing problems
- Swollen or tender abdomen, loss of appetite
- Cough with "frothy" mucus or phlegm
- Increased urination at night
- Confusion
- Impaired memory
- Heart palpitations

How is CHF diagnosed? Only your doctor can tell if you have heart failure and how far the condition has progressed. Your doctor will review your medical history, including your family history and lifestyle, and will perform a full physical examination. To rule out or confirm the diagnosis of heart failure, your doctor may order some of these diagnostic tests:

- Echocardiogram
- Electrocardiogram (EKG)
- Chest X-ray
- Exercise test (stress test)
- Cardiac catheterization

If you have CHF, your doctor may also track your ejection fraction which is defined as the percentage of blood that is pumped out of the heart during each beat. It's a key indicator of your heart's health and how well your heart is functioning as a pump.

How are symptoms of CHF treated? Because there is no cure for heart failure, your doctor is likely to recommend a multi-disciplinary approach to managing your symptoms that may include:

- **Lifestyle Changes.** Quitting smoking, losing weight or reducing your stress levels can reduce strain on your heart.
- **Heart Medications.** Many kinds of medications are used for treating heart failure such as ACE inhibitors, beta-blockers, blood thinners and diuretics. In general, a combination of heart medications is typically used.
- **Cardiac Resynchronization Therapy (CRT).** An CRT implantable device sends tiny electrical pulses to the heart to help it beat in a more "synchronized" fashion. The CRT may also improve the pumping efficiency of the heart.
- **Heart Surgery.** If you have a weak valve, your doctor may consider heart surgery to repair or replace the valve. If the heart failure is serious and irreversible, heart transplant surgery may be considered.

Talk to your doctor about treatment options that are right for you.

YOU & YOUR SYMPTOMS

- **Manage your medications.** Know the name, dosing frequency, benefits and side effects of medications that you've been prescribed and take them according to your doctor's orders. Inform your doctor of any side effects you experience.
- **Watch your weight.** Weigh yourself each morning and eat healthy, nutritious foods that are low in fat and cholesterol.
- **Say no to salt.** Limit your intake of salt to reduce fluid retention.
- **Avoid cigarettes and alcohol.** Read about the *Freedom from Smoking* program on page 25.
- **Get plenty of rest.** If you have trouble breathing while you sleep, try using a few extra pillows to prop yourself up. If this doesn't help, discuss other possible solutions with your doctor.
- **Conserve energy.** Schedule periods of rest into your day.
- **Put your feet up and take a load off your heart.** Sit down and elevate your feet between activities to reduce swelling in your lower extremities and help move blood back toward your heart.
- **Follow the forecast.** If the weather is extremely cold, dress warmly. Cover your head and mouth for warmth and for easier breathing. In the summer, do errands and outside chores during the cooler morning and evening hours.
- **Address emotional concerns.** Consider ways to reduce stressors and ease feelings of anguish or anxiety you have regarding your condition.

Beauty.

Let your smile express it.



Actual Client's Before and After

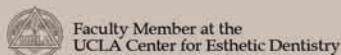
SIMONE

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



WEIGHING IN ON CHF

If you have CHF, it is important to monitor your weight on a daily basis. Sudden weight gain may mean that your body is retaining extra fluid which could be a sign that your condition is getting worse. To track your weight effectively, first ask your doctor how much sudden weight gain is considered abnormal for you, then weigh yourself on the same scale at the same time each day and write your weight on a calendar. If you suddenly gain weight, call your healthcare provider.

WATCH OUT FOR THE MIDDLE

Knowing how to navigate the aisles of your grocery store is an important step in eating healthy and maintaining your weight. Healthier items such as fruits, vegetables, lean meats and fish are typically located on the perimeter aisle of the store, whereas cookies, crackers, candies, sodas and less healthy choices are most often found in the middle of the store.

CHF MANAGEMENT PROGRAM

To learn more about how St. Rose can work with you and your physician to monitor and manage your CHF symptoms, call 614.5877.

**Free CHF
Monitoring Services.**

The free monitoring services provided through St. Rose Dominican Hospitals' Congestive Heart Failure Management Program help patients better control their symptoms. Participating in the program reduces the likelihood that they will need unscheduled, and sometimes costly, visits to their doctor's office or the hospital.

**Getting Help in
Getting Out.**

"After having a heart attack and developing congestive heart failure. I was homebound for a while. St. Rose's Helping Hands program provided transportation to doctors' appointments and the grocery store. I also utilized the county's CAT Paratransit program to get to the library. Getting out of the house was a big step in regaining physical and emotional strength." —*Trisha Roberts, St. Rose patient*

Trisha Roberts with CHF Management Program representative, Heather Matthews, M.S., HFS.

Grandma Trisha: Living (Like She Wants to) with Congestive Heart Failure

Trisha Roberts moved to Southern Nevada in 2005 so she could be involved in the lives of her three grandsons, Patrick, Andy and David. She experienced a major heart attack less than two years later and, given just a 10 percent chance of survival, feared her dream of watching her grandsons grow up was beginning to fade.

Today, however, with the help of St. Rose Dominican Hospitals' Congestive Heart Failure (CHF) Management Program, Trish is doing more than watching her grandsons grow up. Three nights a week, she helps make their dinner, oversees their homework and shuttles them to and from sports practices, so that her daughter can attend classes to earn a second degree.

"The heart attack left me so weak and tired that I could barely take care of myself, let alone my grandsons," said Trisha. "I had a triple bypass at St. Rose the year after my heart attack. It got the blood flowing efficiently through my arteries again but it couldn't repair the damage the heart attack had done to my heart muscle. I was diagnosed with congestive heart failure."

Congestive heart failure is a chronic, life-threatening condition in which the heart can't pump enough blood to meet the needs of

the body's other organs. It may be caused by high blood pressure, coronary artery disease, heart defects, infection of the heart muscle or valves or, as in Trisha's case, damage caused by a heart attack. Obesity, diabetes, smoking, alcohol and drug abuse and side effects to certain medications also increase a person's risk of developing congestive heart failure.

Though a "failing" heart keeps pumping, the blood flows out of the heart slowly, which can cause blood on the way back to the heart to pool in the lungs, legs and feet. This can deprive the body's other organs of the oxygen and nutrient-rich blood they need to function properly.

In an effort to keep her symptoms under control and improve her quality of life, Trisha enrolled in St. Rose Dominican Hospitals' Congestive Heart Failure Management Program, a partnership between the hospital and local physicians designed to help patients monitor and manage symptoms of CHF.

For the first step in the program, Trisha's vital statistics were evaluated by a St. Rose Home Health nurse and a monitoring plan was established with the approval of Trisha's cardiologist, Dr. Jose

continued on page 21

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

Call 258-3930 or visit snwa.com

A community service of Southern Nevada Water Authority.



Tap vs. Bottled

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

continued from page 19

Aquino. Trisha now visits St. Rose Dominican Hospitals' out-patient cardiac rehabilitation center twice a week where exercise physiologist Heather Matthews, M.S., H.F.S., measures her blood pressure, heart rate, oxygen saturation level and body weight. Heather then forwards the information to a Home Health nurse to monitor and to communicate to Trisha's cardiologist, if necessary.

The monitoring sessions encompass more than a quick measurement of Trisha's vital signs and a "see you next time," says Trisha.

"If I have swelling in my feet or have gained more than a few pounds in the course of a week, Heather and I talk through the possible causes and she gives me helpful tips to bring my symptoms back under control," says Trisha.

As the second step toward better health, Trisha also exercises at the cardiac rehabilitation center under the guidance of Matthews and in the company of other patients facing similar health challenges.

"The staff and other patients are so welcoming. It's a healthy, motivational environment that helps me stick to my monitoring schedule and exercise program," says Trisha.

Pleased with how well the CHF program was working, Trisha took the elevator adjacent to the rehabilitation center up to The Barbara Greenspun WomensCare Center of Excellence. There, she enrolled in the WomensCare Center's *Healthier Living* program which provides participants effective self-care strategies for reducing the physical, emotional and logistical issues related to living with a chronic condition.

"One of the best things I took away from the *Healthier Living* program was the simple pursed-lip breathing technique (described below)," Trisha says. "If I find myself getting winded and fatigued, it helps me breathe easier."

It is no wonder that Trisha sometimes needs a moment to catch her breath as she works to keep her commitments to the CHF monitoring and exercise program, her volunteer duties at a local library and her labor of love — caring for her grandsons. She wouldn't have it any other way, considering that she is alive and living her dream in spite of having congestive heart failure. **WGC**

Exercise physiologist Heather Matthews takes her job to heart by helping patients with CHF manage their condition through monitoring their vital signs and overseeing their exercise programs.



Simple Solutions to Healthier Living. "The WomensCare Centers' *Healthier Living* program helps patients with chronic conditions identify the problems they face, search out and try possible solutions and then evaluate their effectiveness. We had a patient who said, 'I can't find the energy to take a shower or do my hair anymore,' so we brainstormed ways she could simplify the process. She came to the next session and said, 'Using a shower chair and sitting down while I dried my hair really worked.' When a patient is able to retool their thoughts from 'I can't do it' to 'I can do it another way,' they take a critical step in learning to live well with a chronic condition." —Amy Godsoe, WomensCare health educator

BREATHE EASIER AND BLOW YOUR WORRIES AWAY

Short of breath? Stressed? A simple technique called pursed-lip breathing can help you breathe easier, relax, rejuvenate and get on with your life.

Technique

1. Relax your neck and shoulder muscles.
2. Inhale a slow, normal breath through your nose for two counts, keeping your mouth closed.
3. Pucker or "purse" your lips as if you are going to whistle.
4. Exhale slowly and gently through your pursed lips for four counts.

Benefits of Pursed-Lip Breathing

Pursed-lip breathing can:

- Empty your lungs of old air more completely, allowing more new air to enter the lungs.
- Keep your airways open longer, thus decreasing the work it takes to breathe.
- Prolong exhalation, which can slow your breathing rate.
- Relieve shortness of breath.
- Provide general relaxation.



Billy Joe Hill

Now “Someday” Is Not So Scary

THANKS TO A POCKET WATCH-SIZED CARDIAC RESYNCHRONIZATION THERAPY (CRT) DEVICE, BILLY JOE HILL HAS THE EQUIVALENT OF A FULL CARDIAC CARE TEAM ON HIS SIDE IN THE EVENT THAT HE “SOMEDAY” NEEDS IT.

Billy Joe Hill spent 27 years as a diplomat with the U.S. State Department, with his career taking him to every continent except Antarctica while serving at numerous U.S. embassies and consulates around the world. While stationed in Thailand, he met Vipa Saekow Chotisang, the woman who captured his heart.

It was in Nouakchott, Mauritania, the largest city in the Sahara Desert, that a physician first captured (via EKG) the electrical abnormality in Billy Joe’s heart. Billy Joe was medivaced to the American Hospital in Paris, France, where he had an angiogram. He was then sent to Bethesda, Maryland, for further evaluation. Though no treatment plan was recommended at that time, a physician forecast that his condition might “someday” require medical attention.

Billy Joe’s duties took the Hills back to Mauritania and on to several other embassies, but they returned to Thailand every few years to visit family and friends and take advantage of the world-class medical care offered at the internationally accredited Bumrungrad Hospital in Bangkok. The term “someday” resurfaced during his last full physical examination there when test results revealed that his heart function was beginning to decline.

In 2006, the Hills retired to Las Vegas. They had seen more of the world than they had of the United States and were eager to relax and enjoy the Entertainment Capital of the World and nearby attractions such as Hoover Dam, Zion National Park and Sedona.

That is when Billy Joe began to feel that his “someday” had really arrived. He experienced weight gain, routinely struggled to catch his breath and never had the energy to follow through on the plans the couple had made to enjoy their new surroundings.

“I looked as if I’d spent too much time at the buffets and sitting in front of a slot machine,” says Billy Joe. “But I was actually too tired to get up and go see the megaresorts and casinos. Even simple things — like getting up from the couch to grab a glass of water — made me tired and light-headed.”

St. Rose physician, Dr. Jud Fisher, reviewed Billy Joe’s extensive medical records and prescribed the best medications available. When they failed to improve his symptoms, Fisher referred him to electrophysiologist, Dr. Erik Sirulnick, a cardiologist who specializes in the diagnosis, prevention and treatment of arrhythmias. Sirulnick

found two issues plaguing Billy Joe's heart.

"Billy Joe had nonischemic cardiomyopathy, which means his heart muscle didn't squeeze well. His symptoms, however, were not a result of the nonischemic cardiomyopathy; they were caused by less well-defined sources, such as a potential virus, a phenomenon you could see on his EKG. It affected his heart so profoundly that he experienced extreme fatigue even without exertion — and medication alone could not improve it," says Sirulnick.

"In Billy Joe's case, the muscular damage that led to such profound weakness and his heart's inability to pump also, unfortunately, caused damage to the integrity of his heart's electrical system, leaving him with a condition called a left bundle branch block (LBBB). While the heart's electrical impulses typically keep the chambers of the heart beating in unison, the electrical impulses in the left lower chamber of Billy Joe's heart weren't firing properly. His cardiac condition, specifically the weakness of the cardiac muscle itself, was serious enough to put Billy Joe at a highly elevated risk of sudden cardiac arrest."

With two issues that needed medical intervention, Sirulnick recommended one solution: cardiac resynchronization therapy (CRT), utilizing Medtronic's 3D Defibrillator that offers both CRT pacing as well as defibrillation capability. Sirulnick implanted the CRT device underneath Billy Joe's skin near his collarbone and connected it to his heart via leads (wires) in less than two hours.

In the weeks that led up to the procedure, Billy Joe was scared.

"When I was finally faced with having to do something about my heart problems, my imagination got the best of me. I found myself thinking that the surgery would be some sort of assembly line process and the CRT device a gadget that would take over my heart," says Billy Joe.

Sirulnick acknowledged Billy Joe's fears and encouraged him to read the research on the CRT device as well as to discuss it with Fisher. Any remaining anxiety Billy Joe had quickly faded when he was admitted to St. Rose Dominican Hospitals – San Martín Campus, which recently opened the valley's most advanced EP Cardiology Laboratory specializing in the diagnosis and treatment of arrhythmias.

"Dr. Sirulnick and the staff were very attentive throughout the process. That, and the fact that it was nothing like the factory-style installation I expected, helped calm my anxiety," said Billy Joe.

Something else Billy Joe hadn't expected was just how well he would feel after surgery.

"The affect that the cardiac resynchronization therapy had on my health was instantaneous. Within hours after surgery, my heart felt stronger and I began regaining my quality of life," says Billy Joe.

Seven weeks after surgery, Billy Joe's heart is beating strong and he has begun to lose weight, even though Vipa and he have visited a couple of hotel buffets. Sirulnick is extremely pleased with Billy Joe's progress and says that "someday" soon — about six months post-surgery — he will perform a sonogram (ultrasound exam) on Billy Joe's heart.

"We know that the CRT device is helping Billy Joe's heart pump better. I also think that we'll find it has helped his heart recoup some of its former strength." **WC**



The Medtronic 3D Defibrillator is a cardiac resynchronization device the size of a pocket watch.

THE BENEFITS OF CARDIAC RESYNCHRONIZATION THERAPY (CRT)

Billy Joe Hill recently had a Medtronic 3D Defibrillator, a CRT device the size of a pocket watch, implanted near his collarbone and connected to his heart. It provides the following benefits:

A normal heart rhythm. "The CRT device functions as a pacemaker by sending tiny electrical pulses to the lower chambers of Billy Joe's heart. That electrical stimulation helps his heart beat in a stronger, more synchronized manner, which means it can more effectively pump blood and oxygen to his other vital organs," says Dr. Sirulnick. "As Billy's physiological needs change, the device automatically adjusts to meet his body's needs."

An immediate life-saving response system. "The CRT device has a built-in defibrillator that is able to recognize if Billy Joe's heart stops beating. In the event that ever occurs, the CRT device will promptly deliver a life saving shock to his heart. It is phenomenal technology that is equivalent to having an entire cardiac team follow Billy Joe around 24/7 just in case his heart stops," says Sirulnick.

A remote monitoring system. "The CRT device has remote monitoring capabilities that automatically send key information about the CRT and Billy Joe's heart function to me via the Internet. This saves Billy Joe time because he doesn't need to come to the office as frequently for checkups," says Sirulnick. "In the event that Billy Joe feels symptoms, he can also activate the CRT monitoring system through a simple connection to a standard phone line. This feature provides Billy Joe peace of mind from knowing that we receive the device's data within minutes, which is especially helpful if he is experiencing symptoms that he thinks we should be aware of immediately," says Sirulnick.



VOLVO
OF LAS VEGAS

2009 VOLVO C30 T5

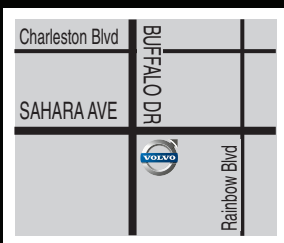
28
MPG
HWY



\$319

Per Month
LEASE SPECIAL

PLUS COMPLIMENTARY FACTORY
SCHEDULED MAINTENANCE.



WEST SAHARA & BUFFALO • LAS VEGAS

800.382.8985

www.volvooflasvegas.com

*Limited Time Offer. Not all lessees will qualify for financing. Monthly Payment of \$319 based on \$24,862 MSRP of 2009 C30 T5M includes destination charge. Lease term is 36 months with \$1999 CCR plus taxes and fees. Lessee is responsible for excess wear and mileage over 10,500 miles/year at \$0.20/mile. See Sales Consultant for qualifications and complete details.



Stop Smoking FOR GOOD!

If you've chewed nicotine replacement gum, worn the nicotine patch, taken a smoking cessation class or tried going cold turkey and still have the urge to light up, the American Lung Association's *Freedom from Smoking* program can help you quit smoking for good. The seven-week program is now offered free of charge at The Barbara Greenspun WomensCare Centers of Excellence.

Why should this program work any better than other approaches you've tried?

"The *Freedom from Smoking* program treats you with a comprehensive approach to smoking cessation," says WomensCare Centers health educator, Amy Godsoe. "The initial phase of the program includes a behavioral analysis designed to help you identify the reasons why you smoke and the unique benefits that you will realize from quitting to help you make giving up cigarettes the priority it needs to be in your life."

The program also addresses the addiction and habit components of smoking and provides tracking sheets that enable you to effectively pinpoint the people, places or situations that trigger your urge to light up. Armed with this information, the *Freedom from Smoking* program can help you plan effective ways to keep the temptation to smoke at bay and address any temporary setbacks that might occur on the road to a smoke-free life.

As individualized as the program is, the classroom setting offers the additional benefit of peer support.

"When you come together with others who share the goal of giving up smoking, there is an exchange of ideas on how to curb cigarette cravings and avoid the weight gain that sometimes accompanies quitting. You'll also find the moral support to address the types of stressful situations that cause you to reach for your cigarettes," said Godsoe. **WC**

FOR MORE INFORMATION ON THE PROGRAM, SEE CALENDAR ON PAGE 13 OR CALL 616.4900.

Get to Know Your CO.

Take advantage of a free, five-minute carbon monoxide screening at the WomensCare Centers. CO is a clear, odorless gas that poisons the blood of smokers, putting them at higher risk for cardiovascular disease. The good news is that if you give up cigarettes, your CO level will drop to that of a nonsmoker in a relatively short period of time. Seeing the toxicity level of your blood go down may motivate you to give up cigarettes for good. See page 13 for more details.

SAVE FACE

The visual effect smoking has on a person's appearance may be as clear as the nose on his face. Premature wrinkles, "whistlers' lines" around the mouth and skin discoloration around the eyes and on the lips may be telling signs that a person smokes, says plastic surgeon Arturo Cambeiro, M.D.

"Smoking interferes with the body's production of collagen — the natural protein that keeps skin looking smooth and youthful," says Dr. Cambeiro. "Giving up cigarettes and focusing on healthy habits such as eating a diet rich in antioxidants like vitamin C, exercising and wearing sunscreen every day can help slow this aging process."

According to Cambeiro, minimally invasive facial rejuvenation techniques such as collagen injections can also diminish the effects smoking has on the skin. "Botox® is an FDA-approved injectable that can soften crow's feet or lines between the brows, and injectable fillers such as Restylane® can plump up the deep vertical lines that form around a smoker's mouth. Microdermabrasion is a skin polishing technique that can bring a healthier, more even glow to the entire face."

If you are considering facial rejuvenation, Cambeiro suggests researching options on the Internet and talking with a doctor — either a plastic surgeon or dermatologist — to determine what techniques are best for your skin type and your individual needs or wants.

Health plans for individuals, businesses, and full houses.



Introducing a new choice for health coverage that's got that Vegas flair.

From showgirls...to moms on the go...Las Vegas has its own unique style. Just ask anyone who calls it home.

We deserve health coverage that's as distinctive as we are. One that's local, affordable, and stacked with flexible health benefit plans. That's just what Coventry Health Care offers. It's the perfect fit for individuals, businesses—and even the busiest family.



**Learn more about Coventry.
Call your broker or 1-877-233-3561.**

Coventry Health Care is a registered name of Coventry Health and Life Insurance Company;
Coventry Health Care PPO products are underwritten by Coventry Health and Life Insurance Company.

www.CHCNevada.com



Find Healthy Savings in Tough Economic Times

The National Women's Health Resource Center (NWHRC) recently released the results of its fourth annual Women T.A.L.K. Survey, and it's clear that the financial crisis and increasing medical costs are impacting women's decisions regarding healthcare.

According to the Women T.A.L.K. Survey, 45 percent of women have failed to seek medical care in the past year because the cost of a service was too high or because they were cutting back on spending. Skipped services include everything from regular doctors' visits and recommended medical procedures to medication for themselves or their families. Hispanic women were most likely to have skipped healthcare in the past year (58 percent) versus white (43 percent) or African American (42 percent) women.

"Almost every woman knows someone who can't afford their house payment right now, let alone healthcare, and they are worried about ending up in the same situation," says Holly Lyman, director of The Barbara Greenspun WomensCare Centers of Excellence. "Unfortunately, skipping routine medical checkups and annual health screenings as a way to save money can be more costly in the long run."

Holly offers these tips for saving money on healthcare expenses:

Ask for generic prescriptions and samples. Ask your healthcare provider if there is a lower-cost generic alternative to your prescription or if there are samples you may try so that you can reduce your prescription drug costs.

Compare prescription prices and promotions.

Compare prescription prices and promotions offered by drugstores and online prescription services. Keep in mind that if you take several medications — and purchase them at various places based on the price — it is important to keep a comprehensive list of the prescriptions. Share this information with your healthcare providers and pharmacists in order to reduce the chances of negative drug interactions.

Read medical bills carefully. Check your bills carefully for errors and call your health plan, healthcare provider or hospital with any questions. You might find that a charge will be reduced or removed from your bill.

Use all the services your medical plan covers. If you pay for health insurance that includes services such as routine dental cleanings and yearly eye exams, use them.

Keep on track with your regular checkups. Visit your healthcare provider for regular checkups to increase the likelihood that he or she can identify and treat health issues before they become more serious and more costly.

Visit an urgent care instead of an ER. If you don't have a life-threatening medical condition that needs same-day attention, e.g., flu, pink eye or a minor cut, and you aren't able to visit your doctor, consider going to an urgent care facility rather than a hospital emergency room.

Practice preventive measures. Check out the wealth of free health information available in magazines and on the Internet. For reliable, easy-to-read, preventive tips on issues such as nutrition, exercise, weight loss, smoking cessation, allergies and asthma, sign up for St. Rose's e-Health Newsletter at strosehospitals.org.

Investigate community services. Look into free or discounted health services offered by the Southern Nevada Health District, hospitals, dental and medical schools, church parish-nurse programs, health clubs, community centers and your children's school.

Holly also encourages men and women to take full advantage of The Barbara Greenspun WomensCare Centers of Excellence. "The WomensCare Centers continually evolve to meet the most relevant needs of men and women in our community," says Holly. "We are committed to helping everyone get through these tough times with programs that promote good health, coping strategies and a sense of community." WC

Susan G. Komen for the Cure: Local Advocacy Efforts

We're on a Mission. Join Us.



For more than 25 years, the women and men of Susan G. Komen for the Cure® have pioneered the breast cancer movement. Today, we make up the world's largest and most progressive grassroots network of survivors and activists, working together to fulfill our promise to end breast cancer forever.

While we're known for our support of breast cancer research and community programs, we consider sound public health policy an equally worthy goal. Through our signature grassroots advocacy program, Komen Champions for the Cure™, Komen has become a global leader in breast cancer public policy. Maintaining and enhancing this leadership role in the breast cancer movement demands that Komen continue to increase its investment in the policy arena. And it demands that the organization harness and leverage the power of its grassroots network, both in the U.S. and around the world.

To enhance our successful public policy efforts, we have established the Susan G. Komen for the Cure Advocacy Alliance. The Komen Advocacy Alliance is a non-profit, non-partisan organization that will allow us to build upon the bold public policy successes of Susan G. Komen for the Cure and take our policy efforts to the next level. As a 501c4 organization, the Alliance has more latitude to advocate for life-saving breast cancer public policy change.



Local Advocacy Efforts

Komen Southern Nevada is focusing on two primary concerns – the lack of oncology services for uninsured and low-income breast cancer patients and the potential cuts to the state budget for Medicaid-funded breast and cervical cancer treatment. Without these valuable services, hundreds of women could go undiagnosed and untreated; further expanding the cancer crisis in the state of Nevada. Contact the local affiliate to get involved with our public policy efforts.

Take Legislative Action

Join the millions of Komen for the Cure advocates by helping to educate Congress, federal officials, state legislators and other policy makers about breast cancer through community involvement. With growing gaps in screening and treatment services for Southern Nevadans, it is more important than ever that you add your voice to those of nearly 200,000 other Komen Champions. Join our virtual advocacy forum today at www.ActNowEndBreastCancer.org.

Our history as a grassroots movement demonstrates the collective power of individuals to bring about change. Together, we can shake the halls of power and speed our journey to a world without breast cancer.



Presented by 

NATIONAL SERIES SPONSORS



May 2, 2009 • Fremont Street Experience

www.komensouthernnevada.org



702-822-2324 | 4850 W. Flamingo Rd, Suite 25 | Las Vegas, NV 89103
komensouthernnevada.org | Email: office@komensouthernnevada.org



Celebrate Earth Day with Us!

Earth Day is a global experience that you can participate in locally with The Barbara Greenspun WomensCare Centers of Excellence and St. Rose's Family to Family Center. Join us for an all-day event that highlights the positive impact we can have on the health of our world.

EARTH DAY at The Barbara Greenspun WomensCare Center of Excellence-West

7220 Cimmarron Road, Suite 195

Wednesday, April 22; Call 616-4910 for reservations.

11 a.m.-noon – The Eco-Savvy Consumer; Tan Wells

Noon-2 p.m. – Plants That Heal Our Bodies and Our World; Nicole Carter, Master Herbalist

2-3 p.m. – Labyrinth Walk: Connecting to the Earth

3-4 p.m. – Healing Teas: The Types, Benefits and Brews; Nicole Carter, Master Herbalist
Labyrinth (next to ER)

5-6 p.m. – Healing Yoga; Justine
Healing Garden

6-7 p.m. – Wear the Earth with Eco-Wear; Tiffany Parks

EARTH DAY at Family to Family

Want to help protect the earth? Start small! Parents bring your little ones to learn small ways you can work together to keep our earth clean. Special take-home. Ages 12 to 48 months.

Wednesday, April 22; 10-11 a.m.

Family to Family Center, Henderson
31 Church Street

It's Easy Being Green

Saving the Earth may sound like a big, expensive job, but it's much easier than that. Did you know that the average house creates double the greenhouse gas emissions of the average car? You can take small, simple steps to reduce your carbon footprint without leaving your own home or spending a dime.

It's as Easy as 1, 2, 3

1. Turn off video games. Did you know you can trim your energy bill by turning off your Wii, Play Station and Xbox when they are not in use? While many kids and adults don't think twice about leaving a game on overnight, a video game console can suck up as much energy as two refrigerators.
2. Unplug small appliances. Count the number of small appliances and gadgets plugged in around your house. If they are not in use, it pays to unplug them. The energy eaten up by coffee makers, toaster ovens and battery chargers for wireless devices such as iPods, cell phones and Blackberries (even when they aren't in use) makes up about 5 percent of your power bill.
3. Turn down your water heater. Making hot water can account for as much as 14 percent of your home's energy budget. By wrapping your water heater with an insulating "blanket," turning down the water heater thermostat a bit (particularly when you're out of town) and installing low-flow shower heads, you can cut your energy costs.


There are many other ways to save energy in and around your home. Join WomensCare and Family to Family for our Earth Day celebrations and find out how simple it is!

WHAT'S MY CARBON FOOTPRINT?

Your carbon footprint is a measurement of the impact your daily activities have on global warming. Fossil fuels are burned — or used indirectly — for our transportation, home energy, food and more. Those fuels generate carbon dioxide (CO₂), the heat-trapping gas primarily responsible for climate change. In fact, the average American generates 20 tons of CO₂ every year — about the same amount of CO₂ produced by three new cars. To measure your carbon footprint, visit a web site such as nature.org. Kids can measure their carbon footprint at zerofootprintkids.com.

...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!

20 Valley Branch Locations • nevadafederal.org • 457-1000

Bring in this ad and

Get \$50

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



NEVADA FEDERAL
CREDIT UNION



*Full-service account includes Savings, Checking, Check card and E-Statements. Other terms and conditions apply. Ask for details. Offer expires April 30, 2009. Ad date 1/2009. FSR use FT code CA.



No man stands so straight as when he stoops to help a (child).
- Knights of Pythagoras

Mission Matters

Andy North
with children
in Guatemala

Catholic Healthcare West (CHW), the eighth largest hospital system in the nation, is a not-for-profit that operates 41 hospitals in California, Arizona and Nevada. Its beginnings go back nearly 150 years to a time when many pioneering women religious traveled from abroad to carry on the healing mission of Jesus in America. With this rich heritage as a foundation, CHW recently carried out its second annual CHW International Healthcare Ministry Medical Brigade.

Andy North, director of public policy & external affairs for St. Rose Dominican Hospitals and a member of the WomensCare Magazine team, was part of the 26-member envoy that traveled to Esquipulas, Guatemala. While there, the team of doctors, nurses and staff from 13 CHW hospitals spent eight days providing medical care, consultations, medications, education and supplies to residents who have limited or no access to medical care. Andy, a nonmedical member of the team, served as an interpreter, acted as a patient-flow coordinator at the various mobile clinics and documented the journey through photos and a blog.

“St. Rose and CHW recognize and honor our responsibility to serve those who are poor or disadvantaged both domestically and internationally,” says Andy. “During my time in Guatemala, I experienced an entire spectrum of emotions, from sadness at hearing of the death of a local child at a hospital many miles away, to joy at receiving a heartfelt ‘Thank You’ from someone I had just helped.”

“The poverty was astounding in comparison to the relative wealth in which we all live, but time and time again, I saw that the people were happy. It reminded me that material possessions count for very little when compared to having basic necessities such as health, food and family,” says Andy.

This was not Andy’s first ministry experience. He first learned Spanish on a two-year mission in Argentina for The Church of Jesus Christ of Latter-day Saints before finishing his undergraduate degree at from Brigham Young University (BYU). [WGC](#)

WHAT’S MY MISSION TODAY?

You don’t have to join the Peace Corps or travel on a church-sponsored trip to a faraway land to be mission-minded. Consider three ways you might improve the life of someone else or the world around you, then act on at least one of your ideas today. Repeat the process tomorrow.

Simple examples of mission-mindedness:

- After reading today’s newspaper, I will pass my copy on to someone else who cannot afford a subscription.
- I can make my lunch today rather than eating out and use the money I save to purchase a ream of paper for my child’s classroom.
- I will take a walk today and pick up and dispose of each piece of litter I find.

GRACIAS, HARRAH’S

St. Rose Dominican Hospitals thanks Harrah’s Foundation for partnering in our Hispanic Community Outreach Initiative. With Harrah’s support, St. Rose and the WomensCare Centers are reaching out to local Spanish-speaking residents with preventive health education, health fairs, a physician referral line and the third annual Spanish WomensCare Magazine which will be published and distributed this Spring!

Time for a Better Water Conditioner?

TRY OUR WHOLE HOUSE WATER TREATMENT

USES **NO SALT*** & **NO ELECTRICITY**



*Removes chlorine and hardness...
for softer skin and silkier hair*



*Get whiter, brighter laundry
and save on soap products*



*Provides quality water at every
faucet for the whole family*

WORLD'S BEST DRINKING WATER SYSTEM

Delivers the Purest Water in Independent Tests

NEW HIGH FLOW REVERSE OSMOSIS - MORE WATER, HIGHER PRESSURE, SAVES WATER



Try it for only
\$9.50
Introductory Trial
Limited Time Offer

Call our local Las Vegas office today

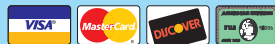
1-888-748-1935

Tracking #M14C

For more details visit our web site

www.kwater.com

Kinetico Quality Water Systems, Las Vegas, NV
*Using K-Life, Homeowners Only, OAC, NSL #46462



 **Kinetico**[®]
home water systems

Delivering Quality Water to Las Vegas for Over 30 Years



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 February 1-4.