

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

WINTER 2010 • ISSUE 44

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BREAST CANCER
SHARE A ROSY
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THE MYSTERIES
OF MIGRAINE
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A HELPING
HAND TO LOCAL
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**HEARTBURN'S
HIDDEN
DANGER**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW





Upcoming Promotions

Celebrating The Grand Opening Of Town Square

Limited Edition Peace Bracelet

January 15th – February 14th

“Peace Charming” – This Limited Edition Peace Bracelet has been exclusively designed to show our support in promoting world peace. For each bracelet sold, Brighton will donate \$10 to a peace supporting organization.

Free Earring Tree

February 15th – February 28th

“Hanging with Brighton” – Receive an exclusive Brighton Earring Tree - our gift when you make a single Brighton purchase of \$100 or more.

(Limit one per customer, while supplies last.)

Free Umbrella

March 5th – March 21st

“Under My Umbrella” – Whether rain or shine keep yourself covered - Receive a Brighton Umbrella - our gift when you make a single Brighton purchase of \$100 or more.

(Limit one per customer, while supplies last.)

Shown: Blondie Messenger Bag \$250; Eryka Soft Shoulderbag \$200; City Clutch \$190; Cher Large Wallet \$125; Haute Spots Sunglasses \$65; Tudor Mule Shoe Boot \$200

Town Square 369-0963 • The District at Green Valley Ranch 270-0100 • Fashion Show Las Vegas 731-5929

Fashion Village at Boca Park 944-8474 • The Forum Shops at Caesars

Miracle Mile Shops at Planet Hollywood Resort & Casino • The Grand Canal Shoppes at The Venetian

McCarran International Airport - Main Terminal /D Gates/C Gates

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coverstory

MARIE HAMILTON

Breast cancer is scary, but Marie Hamilton is smiling and giving thanks to St. Rose's R.E.D. Rose program, which has helped cover some of her living expenses during her treatment for ductal carcinoma. Learn more about how you can help support R.E.D. Rose on page 18.



Brandy Pacheco shown with her baby, Maya, is a bilingual lactation counselor for the Barbara Greenspun WomensCare Centers of Excellence.

THE WOMENSCARE CENTERS AND WIC JOIN FORCES TO ENCOURAGE BREASTFEEDING

There is no better food than breast milk for a baby's first year of life. Breastfeeding provides health, nutritional, economical and emotional benefits to a mother and her baby. This is why the Barbara Greenspun WomensCare Center of Excellence has recently joined forces with the Special Supplemental Nutrition Program for Women, Infants and Children – better known as the WIC Program – to safeguard the health of low-income women, infants and small children.

The WomensCare Center (Henderson location only) now serves as an enrollment site for the WIC program and provides WIC mothers support through breastfeeding education and support services.

If you are a moderately low-income woman who is pregnant or has a child under the age of 5, call 616-4905 to find out about WIC benefits including free healthy food, personalized nutrition counseling, breastfeeding consultations and breast pumps.



WALK WITH ST. ROSE AND THE REBELS

Join St. Rose and Coach Lon Kruger for a health walk at the Thomas & Mack Center and stick around to watch the UNLV Rebels take on the Wyoming Cowboys.

Saturday morning, March 6, 2010

Thomas & Mack Center

Visit strosehospitals.org for walk information and game time

letter

FROM THE PRESIDENT



Dear Readers,

When Sharon Berrios gave birth to her baby at one of our hospitals, she made a point of telling our staff members that she chose to deliver her daughter at St. Rose after reading an article about the "Best Places to Work" awards sponsored by the *Las Vegas Review-Journal/Las Vegas Business Press*. St. Rose ranked as the "Best Place to Work" among organizations with a workforce of 1,000 or more employees.

We are flattered that Sharon has made St. Rose her hospital of choice. We are also extremely proud of the process by which we were nominated and selected to win the prestigious award. It was our employees – St. Rose nurses, clinicians, administrative and support staff – who nominated our organization as the best place to work.

This award is a great honor considering that working in a hospital can be physically and emotionally trying at times. The hours can be long, life is often on the line and the care our staff members provide is routinely scrutinized – not only by their managers but by government and health care accreditation agencies responsible for ensuring that we adhere to quality care guidelines.

We value the commitment and contributions our employees make to provide you – our community – the highest level of care delivered with compassion and dignity; and we couldn't be more pleased to know that our efforts to make St. Rose a positive, supportive, growth-oriented work environment are recognized by our number one resource – our employees!

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; Dottie Hannon; Trianna Hunter, RN, CLC; Arla Leins, IBCLC, Avery Lewisohn, IBCLC, Brittany Massenburg, R.D., CLC; Sandra Morel; Kim Riddle, CLC; Linda Roth, CLC, Patricia Vergel

WOMENSCARE MAGAZINE


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Photographer: Greg Preston

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 Centers of Excellence and WomensCare magazine are our commitment to the women of Southern Nevada.





Kelye (pronounced Kelly), posed as Alice, began having migraines in her early teens, and it's no wonder. Her mother suffers severe migraines accompanied by visual aura, which greatly increased the odds that Kelye would suffer from migraines.

The Curious Case of Migraine

There is a big buzz about Disney's new movie – Alice in Wonderland – which is richly layered with mind-bending special effects inspired by the wildly-colorful tales of author Louis Carroll.

It is often assumed that drugs fueled Carroll's fantasies in which potions made Alice big, sweet cakes made her small and her conversations with a caterpillar puffing a hookah pipe made no sense at all. In the 1950s, migraine researchers theorized that it was not drugs but rather migraine headaches accompanied by disorienting neurological aura that distorted Carroll's perceptions of space, time, touch and even body image. Thus, questions about Carroll's life became curiouser and curiouser. Did he have an incredible imagination? Were his fantasies the product of psychedelic drugs? Or, did Carroll take drugs as an antidote for a rare medical phenomenon? As Alice said, "It would be nice if something made sense for a change."


Maybe it does. Neurologist Abraham J. Nagy did his fellowship training in Headache Medicine at University College of London, Institute of Neurology, Queens Square, not far from where Carroll spent most of his life. He says, "As strange as it may seem, people who experience migraine accompanied by neurological aura sometimes describe symptoms that parallel the bizarre scenes from Carroll's books."

To that end, it seems quite appropriate that the term "Alice in Wonderland Syndrome" is now used to describe some types of migraine headaches with neurological aura.

Migraine is somewhat of a mystery

Approximately 90 percent of the adult population has at least one headache per year. Head pain is, however, just one symptom of migraine. Migraine may also cause sensitivity to light, sounds or smells, as well as nausea, vomiting and even difficulty thinking and speaking clearly.

Though the symptoms Carroll suffered are somewhat rare, migraine is a common disorder; yet the basic biology of migraine is only recently understood. For years, the throbbing of a migraine was considered to be a vascular problem caused by the dilation of blood vessels in the brain. "It's only been in the past 10 to 15 years that research aided by imaging techniques such as MRI or PET studies have shown us that migraine is a whole brain event with an



Dr. Abraham J. Nagy completed his neurology residency at Yale and did his fellowship training in London, about a one-hour drive from where author Louis Carroll lived.

underlying neurological cause. We can now see the role that the larger structures of the brain have in initiating and reacting to migraine,” says Dr. Nagy. “We’ve also found that neurochemical changes deep in the brain stimulate the release of inflammatory substances which surround the nerves and blood vessels of the head, prompting them to dilate and swell. This, in part, accounts for the pain, but even before pain occurs, the brain of a migraineur becomes hypersensitive to non-painful sensations like light, sounds and smells.”

Though a cure for migraine is yet to be discovered, research has also identified mechanisms integral to triggering migraine symptoms. This has led to the development of new medications and therapies for the treatment and prevention of migraine.

Migraine can be disabling

Approximately 12 to 16 percent of adults suffer from migraines. Over-the-counter analgesics and rest provide pain relief for some migraineurs while others suffer attacks so severe that all they want to do is find refuge in a cool, dark place (maybe in a rabbit hole?) for two to three days. Migraine headaches can be so immobilizing that the World Health Organization (WHO) ranks them as one of the 20 most disabling disorders worldwide.

Migraine has a hereditary link and is typically activated by two to three triggers

Migraine, like many disorders and diseases, has a genetic link; however, the frequency and severity of attacks may differ among family members based on their individual migraine triggers. Dr. Nagy says that the brains of migraineurs tend to prefer predictable patterns. Thus, if you look at two sisters who suffer migraines, you may find that the one who encounters more stress and more changes or disruptions in her sleep patterns, eating schedules and environment – or in her internal biochemistry (e.g. from drinking alcohol) – is more susceptible to migraine symptoms. In order to identify your migraine triggers, Dr. Nagy recommends keeping a headache pain diary. (See *What Sets Your Migraines in Motion?*)

Migraine is much more common in women

Women are three times more likely than men to suffer from migraine. Dr. Nagy says that the hormonal fluctuations a woman experiences subjects her brain to hundreds of neurochemical changes each month. This may increase her susceptibility to migraines and may also explain why many women experience migraine throughout the month not just during their periods. Couple this biologic shifting with the multiple personal and professional stressors that modern women face, and it's no wonder that migraine has become a much more prevalent disorder.

Migraine may be treated or prevented

Migraine is often under-diagnosed and under-treated because some migraineurs figure that there is no effective treatment or feel that they should have the strength to overcome the pain without medical intervention. Those who experience migraine with disorientating neurological aura may also fear that their doctor will rule them “mad as a hatter” if they disclose seeing things or situations in the distorted way Alice did. After all, even Alice



Which of these possible triggers set your migraine in motion?

- Allergies and allergic reactions
- Health conditions such as depression, sleep irregularities or eating disorders
- Skipping meals or fasting
- Alcohol, smoking or exposure to smoke
- Bright lights, loud noises and certain odors or perfumes
- Menstrual cycle fluctuations, birth control pills, hormone fluctuations during menopause onset
- Stress
- Tension headaches
- Foods containing tyramine (red wine, aged cheese, smoked fish, chicken livers, figs and some beans), monosodium glutamate (MSG) or nitrates (like bacon, hot dogs and salami)
- Other foods such as chocolate, nuts, peanut butter

Maintaining a predictable pattern to your sleep, meal, exercise and work schedules may reduce the likelihood that your personal triggers will lead to migraine pain.

realized that it is quite normal to see a cat without a grin, but seeing a grin without a cat is quite peculiar.

“Migraine is not a character flaw or a sign of weakness. It is a very personal medical disorder that should be addressed in order to improve the migraineur’s quality of life,” says Dr. Nagy. “If you suffer from migraines, I encourage you to work with your primary care physician and, if necessary, a headache specialist. By tracking your personal and family medical history, your health and lifestyle habits, your migraine triggers and symptoms and patterns specific to your pain, your physician can help develop a care plan personalized to your needs.”

Dr. Nagy stresses that establishing healthy, predictable patterns such as going to bed and waking up at the same time each day and eating nutritious meals with an eye on avoiding foods and beverages that trigger your headache pain is important in managing the frequency and severity of migraine. Likewise, taking advantage of non-drug therapies such as biofeedback and progressive muscle relaxation training may be beneficial for migraine sufferers. However, Dr. Nagy says that OTC and prescription medications may also be necessary to prevent or manage symptoms.

Migraine may become less – or more – frequent and painful when treated with medicine

Migraine headaches are being prevented and treated with drugs that come from all branches of medicine. But taking them as prescribed by your physician is critical. When migraine medications are taken improperly – too often or too early in the headache cycle, for example – they may cause complications such as rebound headaches

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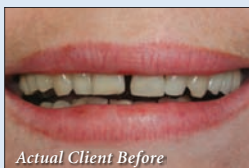
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or simply render the medications ineffective in the treatment of future headaches. Following medication directions, including dosing instructions, is very important.

Below is a list of OTCs and prescription medications which can be effective in treating migraine pain:

NSAIDs such as Naproxen sodium (Aleve), ibuprofen (Advil, Motrin) or a combination analgesic containing acetaminophen, aspirin and caffeine (ACC) are often used to treat migraines. The proper use of OTCs is crucial to avoiding serious side effects.

Triptans such as Frova, Imitrex and Zomig are specifically approved by the FDA for the treatment of migraines. Finding the right triptan for you may take trial and error. People at risk of heart disease or stroke can't take triptans.

Some antidepressants known as tricyclic antidepressants can help prevent migraines by affecting the level of serotonin and other chemicals in your brain. You don't have to have depression to benefit from these drugs.

Beta-blockers and Calcium Channel Blockers are typically prescribed to treat high blood pressure and chest pain but can also help prevent migraine headaches.

Opioids and barbiturates are not FDA-approved treatments for migraine and taking these medications more than one to two times a week can make migraines more frequent, intense, longer lasting and resistant to other medications.

Anticonvulsants (antiseizure medications) regulate how neurons in the brain communicate with each other. They may be prescribed for migraineurs who cannot take other medications because of heart disease, stroke, pregnancy or side effects to other medications.

Hormone therapy or low-dose oral contraceptives are often prescribed to help calm the fluctuation of hormones which may trigger menstrual migraines. However, because of the many challenges in using this type of medication, most headache specialists do not utilize this line of care. **WC**

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



The Rape Crisis Center recently received a \$17,000 grant from St. Rose Dominican Hospitals. The funds will be used to provide rape victims an advocate to support them through court proceedings. Pictured with check, Elena Espinoza and Lu Torres. Circle pictures from top to bottom, the three St. Rose Dominican Hospitals presidents/CEOs, Rod Davis, Val Baciarelli and Vicky VanMeetren.

Where in the World Can I Turn for Help?

The economic woes of the last two years have rocked the financial world and turned the lives of many local residents upside down, leaving them wondering where to turn for help. Local nonprofit organizations are reaching out to provide assistance, but additional resources are required to help the increasing number of individuals and families in need.

St. Rose Dominican Hospitals recently awarded more than \$271,000 in grant funding to 14 local nonprofit organizations, which will provide some of the resources necessary to help those in need turn their worlds right side up again.

WomensCare Magazine recently talked with Rod Davis, the president/CEO of St. Rose Dominican Hospitals' Southern Nevada Region and the Siena Campus along with Val Baciarelli, the president/CEO of the Rose de Lima Campus and Vicky VanMeetren, the president/CEO of the San Martín Campus,

about the CHW Community Grant Program and several of the organizations it supports.

WC: How is St. Rose Dominican Hospitals able to financially assist area nonprofit agencies?

Davis: This is the 18th year that St. Rose has made funding available to local nonprofit organizations as a way to improve the overall health and well-being of our community. As a nonprofit organization, income generated by St. Rose and other Catholic Healthcare West hospitals is used to cover costs we incur in providing medical care. Income that exceeds expenses is reinvested in the communities we serve through the expansion or enhancement of our medical services and facilities, our community outreach programs – or community outreach provided by other local organizations.

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WC: CHW Community Grants are not just awarded to organizations that provide health care, correct?

Davis: The positive impact that quality, preventive health care has on a person's life can't be understated; however, we also support a wide array of social services aimed at providing people hope. Several organizations we support – such as Giving Life Ministries and HopeLink – attend to people's most basic needs of food or shelter; and Living Grace Home provides young pregnant women who are at risk of homelessness a safe haven. By supporting this particular organization, we can help improve the health and well-being of mothers and their babies. The Barbara Greenspun WomensCare Centers of Excellence also support Living Grace Home by providing these young women prenatal and newborn care.

WC: Some of the grant recipients provide services similar to those St. Rose provides. Can you explain?

Baciarelli: It would be difficult for any one organization to meet all of the needs of a community with more than 2 million people, so collaboration with other organizations is essential. St. Rose's Helping Hands program provides frail, elderly and disabled residents vital services such as transportation to and from their medical appointments and the grocery store, which enables them to continue living independently. So does Boulder City's Lend a Hand. By assisting this organization, we can also help Boulder City residents in need gain access to medical care that can prevent illnesses or injuries that may lead to a loss of independence.

WC: Did any of the grant requests tug at the grant committee's heart strings?

Davis: They all did; however, in health care, we frequently talk about modifiable health risks. Smoking and inactivity are modifiable health risks. Childhood hunger is also a modifiable health risk – but it's a risk we tend to associate with underdeveloped countries. "Food insecurity" is a real issue right here in our valley – and without routine nutritious meals, our community's children suffer in terms of their physical and emotional health and development as well as their school performance. Our local grant committee members were pleased to support the Boys & Girls Club of Las Vegas. The funding will provide children who are members of the organization's McCabe Club (on Stewart Avenue near downtown) nutritious meals when they need them.

WC: This is the second year that the Dr. Joel and Carol Bower School-Based Health Center has received CHW grant funding. How are the funds being used?

Baciarelli: The Center provides a wide range of health care services that Henderson-area school children can access through a referral from their school nurse. CHW grant funding has helped the Center purchase equipment and education materials necessary to operate a comprehensive asthma treatment program. Asthma is the most common chronic illness among children. It causes more missed school days, it places more limits on activity than any other disease and it accounts for a high number of preventable childhood emergency room visits. The Center is also using funds to provide uninsured or underinsured children the asthma medications required to keep them healthy and in the classroom.

WC: A number of CHW grant recipients serve women or children who are the victims of violence, abuse, neglect or rape. Is the need for such services increasing?

VanMeetren: One of the tragedies of tough economic times is that when families are financially hurting, crimes against women and children escalate. Addressing or escaping situations such as domestic violence, sexual assault or child abuse can be difficult if a woman or her children don't have the financial means to afford housing, food and other essentials. Teens, on the other hand, will often flee such situations only to end up on the streets where they are susceptible to other kinds of abuse. We are proud to partner with organizations such as Shade Tree Shelter, Community Action Against Rape, Nevada Partnership for Homeless Youth and Family & Child Treatment of Southern Nevada (FACT), which provide vital services aimed at putting an end to the cycle of abuse.

WC: Can you tell our readers something interesting about a few of the CHW Community Grant recipients?

VanMeetren: I think our readers would be interested to know that several of the organizations that received grant funding were – like CHW and St. Rose Dominican Hospitals – founded by women. HELP of Southern Nevada was founded by the Junior League of Las Vegas 40 years ago and Community Action Against Rape was founded by two women in the 1970s. In the organization's early years, it operated right out of one of the women's homes. I think the Volunteers in Medicine clinic is also an impressive example of what a woman with a mission can accomplish. Florence Jameson, a highly regarded OB/GYN, opened the clinic that serves the uninsured. Dr. Jameson was one of five children raised by a single mother without health insurance. A doctor volunteered to take care of her family's health needs. Now she's trying to repay the kindness shown to her family.

WC: Each of you has said a little about almost every nonprofit organization that has received a CHW Community Grant this year. Can you share a few details about the Community Counseling Center and the Saint Therese Center?

Baciarelli: St. Rose is committed to the health of the whole person. We believe it is important to meet each individual's physical, emotional and spiritual needs, and the Community Counseling Center provides a service many people can't typically afford – quality, professional mental health services. Last, but not least, the Saint Therese Center is located right on our Rose de Lima Campus and opened a satellite center at our San Martín Campus about two years ago. These centers provide food pantries, clothing closets and various wellness services to individuals and families infected or affected by HIV/AIDS.

WC: Any last comments about these deserving nonprofit agencies?

Davis: If you are in need of assistance or know someone in need of help, contact one of these organizations or one of the many other nonprofits in Southern Nevada. They want to help. And if you are in a situation where you can help one of these organizations through a monetary gift or the donation of supplies, don't wait until a holiday to give. Your support is needed right now. **WC**

february • march • april

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

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pregnancy & childbirth

infants, children & parenting

location abbreviations

- COND - Siena Campus - Conference Room D
FTF - Family to Family Center, Henderson
HEND - WomensCare Center, Henderson
HH - St. Rose Home Health, Henderson
MAC - Siena Campus - MacDonald Room, Henderson
RAN - Rose de Lima Campus - Annex, Henderson
RDL - Rose de Lima Campus, Henderson
RDR - Rose de Lima Campus - Rose Room, Henderson
SAN - San Martín Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
WEST - WomensCare Center, Las Vegas

health & wellness

Sun, Moon & Stars – You Can Have It All!

Creating an inspired life by exploring all aspects of good living!
Saturday, Feb. 13, 9 a.m.-noon - Love Potion # 9
Saturday, March 13, 9 a.m.-noon - Accessorize, Accessorize!
Saturday, April 10, 9 a.m.-noon - New Beginnings
SAN: \$30 per session

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt.
HEND; WEST; RDL; SAN

Transitions

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

1st Tuesday – Feb. 2, March 2, April 6; 11 a.m.
HEND

Healing With Rhythm Drum Circle

Bring a healthy food item to share.
Fridays – Feb. 5, March 5, April 2; 6:30-8:30 p.m.
HEND

Laughter Club

Join Linda Gardner, certified laughter leader, to laugh your way to good hearted living.
2nd Wednesday – Feb. 10, March 10, April 14; 6:30-8 p.m.
SAN

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!
2nd Thursdays – Feb. 11, March 11, April 8; 10:30 a.m.-noon
Learn to knit or crochet.
HEND
Thursdays – Feb. 11 & 25, March 11 & 25, April 8 & 22; 1-3 p.m.
WEST

Labyrinth Spring Equinox

Celebrate the balance of light and dark during the Spring Equinox in a walking meditation.
Friday, March 19; 6-8 p.m.
SAN – Labyrinth (next to ER). Enjoy the Labyrinth anytime! Open 24 hours/7 days a week.

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – Feb. 9, March 9, April 13; 6:30-8:30 p.m.
WEST

Relaxation Meditation

Practice techniques that promote peace and good health.
Mondays, Feb. 15 & April 19; 6-7 p.m.
Thursday, March 11; 6-7 p.m.
HEND
Friday, Feb. 19; 9-10 a.m.
Tuesday, March 23; 5-6 p.m.
WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.
Thursday, Feb. 11; 1:30-3:30 p.m. – Heal your soul and your body will follow
Thursday, March 11; 1:30-3:30 p.m. – Practical ways to inner peace
Thursday, April 8; 1:30-3:30 p.m. – How to light a candle: To light up your life
HEND
Tuesday, Feb. 23; 1:30-3:30 p.m. – Heal your soul and your body will follow
Tuesday, March 23; 1:30-3:30 p.m. – Practical ways to inner peace
WEST

Positive Self Talk

What you say to yourself counts! Join Christine Essex to learn that your words have power. How are you using them? Explore ways to turn negative self talk into positive results.
Thursday, Feb. 25; 6-7:30 p.m.
HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.
3rd Thursday – Feb. 18, March 18, April 15; 2:30-3:30 p.m.
HEND

Medicare ABCD's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.
Tuesdays – Feb. 9, March 9 or April 13; 9-10 a.m.
HEND



WinterCalendar

of classes and upcoming events

Girl Talk

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

Thursday, April 22; 6:30-7:30 p.m.

HEND

Help Helping Hands!

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

Corporate Wellness & Events

St. Rose's Corporate Wellness Program provides preventive health programming (employee health fairs, health screenings, consultations, seminars/presentations) to help employers improve the health of their workforce. Call Al Medina at 492-8116 for more information.

exercise & fitness

Bollywood

Enjoy the lively dance moves of India and other countries mixed with energetic jazz steps. It's the East & West joining together to burn calories, stretch, strengthen and flex.

Wednesdays – 6-7 p.m. with Dorothy

WEST: \$5 per session or 5 sessions for \$20

The Showgirl Workout

Full body workout.

Tuesdays, Wednesdays, Thursdays – 10-11 a.m. with Jeannine

HEND: \$8 per session or 5 sessions for \$30

Beginner Pilates

Mondays & Wednesdays – 11:15 a.m.-noon with Janice

HEND: \$5 per session or 5 sessions for \$20

Zumba Latin Fitness

Fridays – 9-10 a.m. with Diane

Saturdays – 9-10 a.m. with Linda

HEND: \$5 per session or 5 sessions for \$20

Mondays & Thursdays – 6:15-7:15 p.m. with Lucy

WEST: \$5 per session or 5 sessions for \$20

Beginner Yoga

Saturdays – 11:30 a.m.-12:30 p.m. with Dorothy.

HEND: \$5 per session or 5 sessions for \$20

Belly Dancing

3rd Saturday – Feb. 20, March 20, April 17; 10-11:30 a.m. with Linda

HEND: \$5

2nd Saturday – Feb. 13, March 13, April 10; 10:30 a.m.-noon with Goldie

WEST: \$5

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-10 a.m.

Call 616-4900 for meeting location: Free

Gentle Yoga

Wednesdays – 9-10 a.m. with Jeannine

HEND: FREE Feb.-April!

Mondays & Wednesdays – 9-10 a.m. with Sharon

WEST: \$5 per session or 5 sessions for \$20

Healing Yoga

Mondays – 5-6 p.m. with Don

HEND: \$5 per session or 5 sessions for \$20

Mondays – 5-6 p.m. with Jen

WEST: \$5 per session or 5 sessions for \$20

Mixed-Level Yoga

Fridays – 10-11:15 a.m. with Jen

Saturdays – 9-10 a.m. with Dorothy

WEST: \$5 per session or 5 sessions for \$20

Tuesdays – 6-7 p.m. with Don

WEST: Free Feb.-April

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.

HEND: \$5 per session

Tai Chi

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.

New Beginner & Beginner: Wednesdays – 1:30-2:30 p.m.

Intermediate: Wednesdays – 2:30-3:30 p.m.

Fan Class: Tuesdays – 1:30-2:30 p.m.

Advanced: Tuesdays – 2:30-3:30 p.m.

HEND: First class FREE, \$3 per session or 10 sessions for \$20

Mixed: Thursdays – 10-11 a.m.

WEST: First class FREE, \$3 per session or 10 sessions for \$20

Dragon Boat Beginner Workshop

Get in shape and in synch with 20 other people to paddle a 40-foot boat for fitness and to support the R.E.D. Rose breast cancer program. New paddlers only. Call 616-4900 to register.

Saturdays – Feb. 20 or March 27; 10:30 a.m.-noon

Thursday, April 29; 5:30-7 p.m.

Lake Las Vegas Marina; \$10 per person

Wednesday open paddle – Starting April 7; 6-7 p.m.

\$5 log on to strosehospitals.org/classes or call 616-4910

nutrition

Nutrition Consultation

Meet one-on-one with a Registered Dietitian for: carbohydrate counting, weight goals, metabolic testing, meal planning, diabetes type 1, 2 and gestational, renal disease, heart disease, hyperlipidemia, hypertension, nutritional guidelines. All insurances welcome and cash discounts available. Call 616-6545 for an appointment and pricing.

Weight Watchers®

Is your weight affecting your health?

Tuesdays – March 23 (free Open House) through June 1; 5-6 p.m.

SAN: 10 weeks \$120

Wednesdays – March 31 (free Open House) through July 7; 9-10 a.m.

HEND: 10 weeks \$120

Wednesdays – Jan. 27 (free Open House) through April 7; 6:30-7:30 p.m.

MAC: 10 weeks \$120

Tuesdays – March 30 (free Open House) through June 8; noon-1 p.m.

RDL: 10 weeks \$120

Cardiac Nutrition

Learn how to eat for your heart's health.

Thursday, March 4; 10:30 a.m.-noon

HEND

Friday, March 26; 10:30 a.m.-noon

WEST

Fire Up Your Metabolism

Join Dr. Dominic Riccardi to boost your metabolism to burn more calories.

Wednesday, March 17; 6-7:30 p.m.

WEST

Veggie Soup For The Soul

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

Monday, March 22; 6-7 p.m. – It's Easy Being Green

HEND

NATIONAL NUTRITION MONTH: FOODS THAT HEAL 2

More foods that heal! Almost all foods have a medicinal quality. Come learn the benefits in Part 2 of Nicole Carter, Master Herbalist and Holistic Health Educator's, program.

Friday, March 19; 11 a.m.-12:30 p.m.

SAN: Free (lunch included) Call 616-4910 to register.



THE PROS OF PROBIOTICS

Have you had your probiotics today? What are probiotics and how do they help the body? The latest information from Nichole Gardner, MS, ND

Thursday, March 11; 11 a.m.-noon

MAC: Free (lunch included) Call 616-4910 to register.

february • march • april

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

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 the breath.

Thursday, March 25; 1-3 p.m.

HEND: Free

Tuesday, March 9; 1-3 p.m.

WEST: Free

Memory Screening

Join Senior Guidance for an assessment to help determine if your memory/memory loss is normal for your age.

Tuesday, March 16; 10 a.m.-2 p.m.

HEND

Health Screenings

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

Wednesday, Feb. 17; 7-10 a.m.

HEND: Listed above

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

WEST: Listed above



RACE FOR A CURE

St. Rose and WomensCare Magazine recognize Paula Francis for her 16 years of support of breast cancer education, early diagnosis and treatment through Buddy Check 8, which she says is the best part of her job because it has helped save lives.

Join Paula along with St. Rose and the WomensCare Centers for the Race for the Cure to be held **Saturday, May 1, 2010**. Visit komensouthernnevada.org for event information and registration.

Do You See What I See?

Join The Shepherd Eye Center for a free eye screening. Check your current prescription; learn about Glaucoma and other eye ailments.

Thursday, March 18; 10 a.m.-noon

HEND: Free

Thursday, March 4; 10 a.m.-noon

WEST: Free

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, March 18; 8 a.m.-noon

HEND, Rehab Suite 140: Free

R.E.D. Rose

Uninsured or underinsured? 49 or younger? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure and the National Breast Cancer Foundation.

integrative medicine

Reflexology Foot Massage

Schedule 30 or 60 minutes with Sarah Wagner. Call 270-6313 or e-mail sarah@barsoles.us to schedule an appt.

Mondays – Feb. 15, March 8, April 19; 9:30 a.m.-12:30 p.m.

Fridays – Feb. 12 & 26, March 12 & 26, April 9 & 23;

3:30-5:45 p.m.

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

Thursdays – Feb. 4, March 11, April 1; 9:30 a.m.-12:30 p.m.

Tuesdays – Feb. 16, March 16, April 13; 3:30-5:45 p.m.

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

CranioSacral Massage Therapy

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. Schedule 30 or 60 minutes with Marcie Malloy, LMT. Call 616-4900 for appt.

Saturdays – Feb. 20, March 27, April 24; 10:30 a.m.-2:30 p.m.

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

Saturdays – Feb. 27, March 20, April 17; 10 a.m.-2 p.m.

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

Healing Touch Intro

Explore bio-energetic healing with a spiritual focus.

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

WEST

Thursday, March 18; 6-7:30 p.m.

HEND

Lay Down And Lose Weight With Hypnosis

Bring your own pillow.

Wednesdays – March 3 or April 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesdays – March 24 or April 21; 6-8 p.m.

WEST: \$25 (includes CD)

Stress Management With Hypnosis

Wednesday, March 10; 6-8 p.m.

WEST: \$25 (includes CD)

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Feb. 4, March 4, April 1; 1:30-3 p.m. with Freddie

HEND

1st Tuesdays – Feb. 2, March 2, April 6; 7:15-8:15 p.m.

WEST

smoking cessation

Freedom From Smoking

Seven-week American Lung Association smoking cessation program in a supportive setting.

Wednesdays – April 14, 21, 28, May 5, 12, 19, 26 & Friday, May 7; 10:30 a.m.-noon

RDL

Tuesdays – April 27, May 4, 11, 18, 25, June 1, 8 & Thursday, May 20; 5:30-7 p.m.

SAN

Relax And Stop Smoking With Hypnosis

Wear comfortable clothes.

Thursday, March 25; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Feb. 24; 6-8 p.m.

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

1-800-QUIT-NOW (1-800-784-8669)

When you are ready to quit smoking, a trained and experienced professional counselor will work with you to develop an individualized plan based on your level of addiction and other factors.

health conditions

D.A.T.E.

(Diabetes Awareness Treatment & Education)

A comprehensive diabetes class accredited by the American Diabetes Association. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

Thursday & Friday – Feb. 11 & 12, March 4 & 5, April 8 & 9; 9 a.m.-1 p.m.

Tuesday & Wednesday – Feb. 23 & 24, March 30 & 31, April 27 & 28; 5:30-9:30 p.m.

Home Health: 1125 American Pacific Dr., Ste. E

Breast Cancer Updates

Join Dr. Souzan El-Eid for updates and treatments for breast cancer.

Monday, Feb. 15, March 15 & April 19; 6-7:30 p.m.

SAN

The Colors Of Lupus

Education and Support

4th Tuesdays – Feb. 23, March 23, April 27; 6-8 p.m.

HEND

2nd Saturdays – Feb. 13, March 13, April 10; 12:30-2:30 p.m.

WEST

Striking Out Against Stroke

Tuesday, March 16; 9:30-10:30 a.m.

HEND

WinterCalendar

of classes and upcoming events

GO GREEN EARTH DAY CELEBRATION

Join St. Rose and the Las Vegas Chamber of Commerce Green Initiative to find out how you can help our community go green!

- Why Green? – Mary Beth Horiai
- What Can We Recycle? – Evergreen Recycling
- The Harms of Plastic Bottles – Cyner Green
- Making Green: Equipment Rebate Program – Southwest Gas
- Grow Your Business Green & Efficient – Ecologic Construction and more!

Thursday, April 22; 10 a.m.-2 p.m.

SAN: FREE (\$4 box lunch is available in the Café). Call 616-4910 for lecture seating.



Dash Away From Hypertension

Tuesday, March 30; 5:30-7:30 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.

Thursdays – April 1 through May 6; 10 a.m.-12:30 p.m.

WEST

Laparoscopic Obesity Surgery

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

Tuesday – Feb. 16, March 16 & April 20; 6-7:30 p.m.

RAN

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Tuesday, April 13; 9 a.m.-12:30 p.m.

WEST

Cancer Quality Of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support. Call 616-4910 for appt.

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.

Diabetic Updates — Chronic Pain

Join Dr. Tim Tollestrup to learn about innovative surgical solutions for chronic pain issues with emphasis on diabetic neuropathy.

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

HEND

Hemorrhoids: Separating Fact From Fiction

Join Dr. Roger Hsuing to learn about symptoms, treatment and prevention of this common anorectal disorder.

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

HEND

Tuesday, April 27; 6-7 p.m.

WEST

Migraine Updates

Learn from Dr. Abraham Nagy the latest on migraines: new understandings, new therapies.

Wednesday, March 24; 6-7 p.m.

HEND

Wednesday, April 14; 6-7 p.m.

WEST

safety & injury prevention

Heartsaver CPR/AED

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

Saturday, Feb. 13; 10:30 a.m.-2:30 p.m.

Saturday, March 27; 10:30 a.m.-2:30 p.m.

Thursday, April 8; 5-9 p.m.

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

Tuesday, Feb. 23; 5-9 p.m.

Saturday, March 20; 10 a.m.-2 p.m.

Thursday, 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 health care providers. Initial Certification.

Thursday, Feb. 18; 5-9 p.m.

Tuesday, March 30; 5-9 p.m.

Friday, April 16; 1-5 p.m.

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

Saturday, Feb. 6; 10 a.m.-2 p.m.

Saturday, March 6; 10 a.m.-2 p.m.

Tuesday, April 6; 5-9 p.m.

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

Worksite CPR & First Aid Classes

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

AARP Driver Safety Program

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

Monday – Feb. 8, March 8 or April 12; 9 a.m.-1 p.m.

Friday – Feb. 19, March 19, or April 23; 2-6 p.m.

HEND: \$12 for AARP members; \$14 for non members (check only)

Safe Sitter

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

Mondays – Feb. 15 or April 5; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Sexual Assault Prevention

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

Saturday, April 17; 10 a.m.-2 p.m.

RAN

Join Sgt. Misty Pence from Las Vegas Metro Police Dept. to learn to identify offenders and protect yourself from danger. Parents and teens encouraged to attend.

Saturday, March 20; 10 a.m.-noon

SAN

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 614-5877 (monthly fee).

programas en español

Para más información por favor llame a 564-0896

¿Necesita a una doctor que hable español?

Llame al 616-4999

Chequeo/Instalación de Asientos de Seguridad Infantil GRATIS

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

Costo: Donacion de \$10 por familia

Actividades con tus Niños

Acompañenos los jueves de 10:00 a 11:00 de la mañana a disfrutar de una hora llena de arte y juegos con sus niños menores de 4 años. La señora rony de Conexion de Familia a Familia y St. Rose Dominican Hospitals, les invitan a aprender temas de salud, educación y mucho mas para beneficio de sus familias.

Llame al 564-0896 para mas informacion

Cree su propia obra de arte y llévesela a su casa. Etnerprise Library. Conference Room, 25 E. Shelbourne Avenue, Las Vegas, NV 89123.

Nevada Check Up

Los padres pueden reunirse con un representante en realcion con la cualificación para el programa Nevada Check Up. # martes de cada mes. Llame al 564-0896 para mas informacion.

february • march • april

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

support groups

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

AA for Women – Mondays, 7:30 p.m. & Wednesdays, Noon **HEND** Mondays, Noon **WEST**
AA co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**; Thursdays, 7 p.m. **SGR**; Sundays, Mondays, Fridays, 7 p.m. **SAN**
Al-Anon Support Group – Thursdays, 7 p.m. **SAN**
ALS Support Group – Last Wednesday, Noon **HEND**
Alzheimer's Support Group – 4th Tuesday, 4:30 p.m. **HEND**
Bereavement Support Group – 2nd & 4th Wednesdays, 6 p.m. **HEND**
Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND**
Caregiver Support Group – 2nd Tuesday, 1:30 p.m. **HH**
CCFA – 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. **HH**
Eating Disorders Recovery Support – 1st Saturday, 9:15 a.m. **SGR**
Food Addicts Anonymous – Every Monday, 7 p.m. **SAN**
Fibromyalgia Friends – 3rd Thursday, 6:30 p.m. **HEND**
Gamblers Anonymous – Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**
Henderson Mothers of Multiples – 3rd Thursdays, 7 p.m. **MAC**
Infertility Support Group – 2nd Monday, 6 p.m. **SAN**
Leukemia & Lymphoma – 2nd Thursday, 6:30 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**
Nicotine Anonymous – Saturdays, 2:30 p.m. **HEND**
Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**
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, 11 a.m. **HEND**
New Widows Support – 1st & 3rd Wednesdays, 1 p.m. **HEND**
Widows Social Support – 1st & 3rd Wednesdays, 2 p.m. **HEND**

breastfeeding

St. Rose WIC Nutrition Program

Healthy food, nutrition consultation, breastfeeding consults and pumps for pregnant women and children up to age 5. Call 616-4905.

Lactation Counselor Certification (CLC)

March 1-5 p.m.; 8 a.m. - 5 p.m.

WEST: \$675, call 508-888-8044

Breastfeeding Helpline 616-4908

Certified Lactation Consultants or Counselors can address your breastfeeding questions and concerns.

Breastfeeding Consultation

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor.

HEND; WEST: \$40 for St Rose Dominican Hospitals patients; \$50 for all other clients. \$10 for follow-up appointments.

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

Breastpump 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 breastpumps for purchase.

HEND; WEST

New Mommy Mixer

Mondays – 11 a.m.-noon, FTF

Wednesdays – 11 a.m.-noon, WEST

Fridays – 11 a.m.-noon, HEND

La Leche League

4th Thursday – Feb. 25, March 25, April 22; 10-11 a.m.

FTF

pregnancy & childbirth

Log on to www.strosehospitals.org for class dates and more information.

Pregnant And Uninsured?

Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free for baby rose participants. To sign up for your classes, call 616-4901.

Childbirth Express

Learn the most important information on childbirth education condensed into 5 hours. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

Saturday, Feb. 13; 9 a.m.-2 p.m.

\$35 fee includes prepared childbirth book
HH

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays; 1-2 p.m.

SGR

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: \$3 per class or 8 sessions for \$20

Mondays – 5:15-6:15 p.m.

WEST: \$3 per class or 8 sessions for \$20

Natural Family Planning

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

Tuesday, March 16; 6-8 p.m.

WEST

Tuesday, April 20; 6-8 p.m.

WEST

CLICK AND TELL! WE VALUE YOUR INPUT

St. Rose is partnering with UNLV to conduct a survey of our community's health care needs. To participate in a short on-line survey, please log on to:

<https://www.surveymonkey.com/s/CommunityHealthSurvey>

All information gathered from this survey will remain confidential. If you have any questions about the survey, or trouble accessing the website, please call (702) 895-1040.

Receive a coupon for a free exercise class or free total cholesterol screening – and be entered into a drawing for a free one-hour foot reflexology session – if you provide your email address (optional).



Family Education

infants, children & parenting

Call 568-9601 for FTF programs
Call 616-4900 for HEND & WEST programs

Car Seat Safety Checks

Call 616-4901 or 568-9601 for appt.

Fridays – Feb. 12, 26, March 12, 26, April 9, 23; 3-5:30 p.m.-

Tuesdays – Feb. 16, March 16, April 13; 5-6:30 p.m.

HEND; FTF \$10 per family

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 11:30 a.m.-12:30 p.m.

WEST: \$3 per class or 8 sessions for \$20

Toddler Play Group

Toddlers 3 and under join Family to Family Las Vegas West for music and movement.

Tuesdays – 3-4 p.m.

WEST

Postpartum Peer Support Group

Mom-to-mom support for those struggling with the transition into parenthood. Babies welcome. Call Megan for more information at 351-0752.

Mondays – 10-11 a.m.

WEST

Busy Moms Network

Can't add more hours to your day? Then add balance and peace of mind by learning how to keep parenting a priority while juggling other responsibilities. Children welcome to attend.

1st & 3rd Saturday – 2-3 p.m.

HEND

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 a.m. & 11 a.m.

FTF

Moving Forward — Teen Parent Chat

Join Miss Tawanda on topics that affect you.

1st Tuesdays – 4-5 p.m.

FTF

Bye Bye Binkie

Learn time tested tips for throwing out the pacifier for good. Ages 12-48 months.

Thursday, Feb. 11; 2-3 p.m.

Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to 2 years) learn ASL sign language.

Thursdays – Feb. 18, 25, March 4, 11; 11:30 a.m.-12:30 p.m.

Saturdays – March 6, 13, 20, 27; 12:30-1:30 p.m.

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

Wednesdays – March 17, 24, April 7, 14; 10:30-11:30 a.m.

HEND: \$99 (includes Sign with Your Baby kit). For more information, log on to www.WeecanSign.com

Sing And Sign: Baby Sign Language Level II

For parents and baby graduates of Baby Sign Level I (up to 3 years old).

Saturdays – March 6, 13, 20, 27; 2-3 p.m.

Thursdays – April 8, 15, 22, 29; 11:30 a.m.-12:30 p.m.

WEST: \$78 (includes Pick Me Up kit)

Fridays – March 5, 12, 19, 26; 1:30-2:30 p.m.

HEND: \$78 (includes Pick Me Up kit). For more information, log on to www.WeecanSign.com

Hearts And Hands

Celebrate the month of love with a fun story and craft that you and your toddler will enjoy. Ages 12-48 months.

Wednesday, Feb. 24; 2-3 p.m.

FTF

Love & Logic — Early Childhood Made Fun!

Parents come to this 5-session program to learn practical skills for handling frustrating parenting concerns.

Mondays – March 1, 8, 15, 22, 29; 4-6 p.m.

FTF: \$25

Tuesdays – April 6, 13, 20, 27; 4-6 p.m.

WEST: \$30

Cutting Loose With Dr. Seuss!

Come celebrate Dr. Seuss's birthday with goodies, crafts and more. Please bring a gently used book for our book exchange. Ages birth-48 months.

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

FTF

Kickin It With Baby — Teen Parent Program

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn baby bucks to shop in the baby boutique. Call Tawanda at 568-9601. Ages birth-48 months.

Thursdays – March 4, 11, 18, 25 & April 1; 6-8 p.m.

FTF

Sleepless In Vegas

Learn healthy sleep habits for your little ones. Ages birth-12 months.

Tuesday, March 16; 10-11 a.m.

FTF

Spring Bazaar With Our "Mom" Preneurs

Our creative mummies will be setting up shop with their hand crafts, baby gear and holiday items available for purchase.

Saturday, March 27; noon-2 p.m.

FTF

Happiest Baby On The Block

Learn the award winning techniques for soothing a fussy newborn developed by Dr. Harvey Karp. Parent kits are available for check out or purchase. Ages prenatal-4 months.

Tuesday, April 6; 10-11 a.m.

FTF

Earth Day Celebration

Enjoy the day outdoors and participate in our earth friendly activities.

Call for details and location. Ages birth-48 months.

Thursday, April 22; 11 a.m.-noon

Mothers Day Tea — Save The Date

Monday, May 10; 11 a.m.-12:30 p.m.

FTF



ONLINE REGISTRATION AVAILABLE for family education classes.

Log on to: strosehospitals.org or call 616-4910.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

Lamaze - \$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 - \$3 per session

Mommy & Baby Yoga - \$3 per session

Sibling Class - \$20/family

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

Siena Campus Maternity Tour - 3rd Saturday afternoon or 4th Monday evening

Rose de Lima Campus Maternity Tour - 3rd Saturday morning

San Martin Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for the tours.

Today was a good day.



I saw my Ophthalmologist...
Jason had his hearing tested...
Mom's glaucoma was checked...
Heather had her allergy shot...

and I visited the new medical Skin Clinic at Nevada Eye & Ear.

All at Nevada Eye & Ear. Today was a good day.

All Nevada Eye & Ear doctors are Board Certified Ophthalmologists or Otolaryngologists with fellowship training in Glaucoma, Pediatrics, Cornea/External Disease, Facial Plastic Surgery or Neurotology/Skull Base Surgery.



2598 Windmill Pkwy.
(Windmill at Pecos)

9100 West Post Road
(I-215 between Sunset & Russell)

2020 Goldring Ave., Suite 401
(Near Valley Hospital - Eyes only)

999 Adams, Suite 104
(Boulder City ENT only)

**Let us make your day. To schedule an appointment call (702) 896-6043.
Or just stop by and visit us at one of our Optical Shops.**

Same day appointments available • Se Habla Español

www.nevadaeyeandear.com

It's Easy Being Green!

Father Bob Irish, vice president of Mission Integration for the San Martín Campus, is Irish in name only, but he's still got the touch of the green. He and other members of the Las Vegas Chamber of Commerce's Green Initiative are guiding local companies toward a more eco-friendly business climate. Below they offer a few rules of thumb that can help you go green at work or in your home office:

Make the most out of your paper. Recyclable papers are now as bright white and easy to use in printers and copiers as non-recycled papers. Try a ream or two to see if you notice a quality difference. To save paper also try making double-sided copies, shredding throw-away documents to use as package stuffing or e-mailing documents rather than sending out paper copies. — *Office Depot*

Reduce energy used by office equipment. Up to two-thirds of the electricity used to power office equipment may be used while they are turned off. Avoid this energy drain by plugging computers, printers and other office equipment into a power strip with an "on/off" switch that can be turned off at the end of each work day. Some power strips also have a "smart" setting that cuts back the current going to computers when they are left on but idle. — *NV Energy*

Be bright about light. Make it a habit to turn off the lights when you leave your office or conference room for more than 15 minutes and utilize natural light when you can. Also use Energy Star-rated light bulbs and fixtures, which use at least two-thirds less energy than regular lighting. Installing timers or motion sensors that automatically shut off lights is another way to reduce energy output. — *NV Energy*

Rethink your ink cartridges. Too many old ink cartridges are still ending up in landfills, even though they are easy to recycle. Simply take or send them back to the office supply store where you purchased them. Many office supply stores will provide you free mail-back boxes and may even give you credit on your next purchase when you do so. — *Evergreen Recycling*

Reconsider business travel. Investigate whether or not your company can save time and fuel by telecommuting and video conferencing rather than traveling across town or across the country for business meetings. Also, make a point to find out about the Regional Transportation Commission's Club Ride program that helps commuters find better ways to get to work, such as carpooling, vanpooling, taking transit, bicycling and walking. For more information, visit rtcsouthernnevada.com. — *Regional Transportation Commission* **WC**



Breathing Easy! of St. Rose Dominican Hospitals received the 2009 Clean Air Award from the American Lung Association and the Clark County Department of Air Quality and Environmental Management.

Father Bob Irish recycling

SIMPLE ECO-SOLUTIONS

The average American generates 4.5 pounds of trash every day – almost twice the amount of trash that he or she produced daily in 1960. Consider simple eco-friendly ways you can reduce your carbon footprint.

Refill – Take a reusable mug to your favorite coffee stop for your morning coffee or tea. Chances are they will fill up your mug at a price equal to or less than using their cups in order to reduce their use of paper and plastic cups.

Re-news – What happened on the day of your best friend or co-worker's birthday? Search your local newspaper for a page with fun, interesting stories and use it as wrapping paper. Top it with a colorful bow you saved from a past gift you received.

Repurpose – If you're a mom whose home is overrun by tiny toys such as marbles, plastic soldiers or Bakugans, look inside your cupboard for an Ovaltine or Nestle Quick canister that can be re-purposed after it's empty. You can typically peel the label right off these canisters and use indelible ink to re-label them.

Note: Make sure that repurposed canisters do not have sharp metal edges.

JOIN US FOR A GO GREEN! CELEBRATION. SEE PAGE 13 FOR DETAILS.

Positively Rosy

St. Rose Dominican Hospitals R.E.D. Rose program stands for Responsible Early Detection and provides uninsured and underinsured women free breast cancer screenings, mammograms, biopsies and surgical care. For those who are undergoing breast cancer treatment, the program also offers various forms of living assistance so women can give their full energies to their breast cancer fight and their families.

Now in its second decade, the program is not only continuing to help save lives, it is helping change them for the better. Read how a survivor and supporter are assisting R.E.D. Rose and why two R.E.D. Rose patients have such a great sense of hope.



Survivor, Terry Johnson, who appreciates a steep, arduous hike, describes her fight against breast cancer as an “uphill battle.” Fortunately, after 10 months of cancer treatment, doctors told Terry that her cancer was in remission and that she could move forward with her life. Her reaction to the news was mixed. “I was thrilled that my cancer was gone, but I was also unnerved,” she said. “Cancer beat up my body. I wasn’t sure how to get my life back on track when I barely had enough strength to get off the couch.”

Terry rebuilt her strength and stamina by going on daily walks and worked her way back up to running and hiking again. “I became hyper-focused on getting healthy – and being prepared just in case I had to combat breast cancer again,” she says. “Being fit and healthy isn’t an obsession anymore, it’s simply a reflection of my passion for life.”

Last year, Terry found a new love in the recreational sport of dragon boat racing through competing in the Rose Regatta, the St. Rose dragon boat festival that raised money for R.E.D. Rose.

Terry is now helping people affected by cancer bridge the gap between fighting for their lives and living their best lives through ACT (After Cancer Treatment), a social, health and fitness group she formed. To learn more about ACT, visit meetup.com, enter keyword “cancer” and your Southern Nevada Zip Code.



R.E.D. Rose Client, Dianne DiCiaccio’s, doctor describes her breast cancer as aggressive and disorganized. “My cancer is just like me,” says Dianne. The self-deprecating humor of this single mother is hard to believe considering she showed up at the *WomensCare* magazine photo shoot with her two boys – just an hour or so after finishing a round of chemotherapy.

Before Dianne adopted James and Brendan three years ago, the boys had bounced around foster homes. As a result, they often need extra reassurance that Dianne will always be there for them.

“When I was preparing for a trip, James got really upset so I attached a picture key chain with a photograph of myself to his backpack,” says Dianne. “It reminds him that whether or not I am with him, I will always be his mom.”

Recently, Dianne has needed a dose of reassurance, too. After being laid off of her job and losing her medical insurance, she found a lump in her breast. An initial biopsy indicated that the fluid-filled cyst in her breast was not cancerous, yet Dianne felt something still wasn’t right. “Each time my boys hugged me, it hurt,” says Dianne. Further testing revealed that she had a rather rare form of breast cancer that only affects the outer layer of the cyst.

“This is not a disease you ask for; but during my struggles, R.E.D. Rose is covering some of my medical care and living costs so I can go to treatment and spend time with my boys rather than having to look for work,” says Dianne. “I am happy and grateful for the support we’re receiving.”

Contact
R.E.D. ROSE if
you are an uninsured
or underinsured woman
49 years or younger. You
may qualify for a breast
cancer screening or diagnostic
mammogram. Need support
while going through breast
cancer treatment? Call
R.E.D. Rose at
616-7525.



R.E.D. Rose Supporter, Julie Larson, is tickled pink by Carl's Jr.'s Pink Star Program that supports The National Breast Cancer Foundation (NBCF). For three weeks each May, Carl's Jr. customers who make a \$1 donation to NBCF get a die-cut Pink Star to personalize and place on a restaurant lobby display. They also receive coupons good for discounts on food purchases to be redeemed on future visits.

The Carl's Jr. Pink Star Program raised more than \$1 million for NBCF last year; and, in turn, NBCF awarded a \$30,000 grant to R.E.D. Rose to fund mammograms and ultrasounds for under insured and uninsured women.

"We've had the opportunity to get to know St. Rose and meet women who have directly benefited from R.E.D. Rose," says Julie, the marketing and community relations director for Carl's Jr. of Las Vegas, the franchisee for the Las Vegas, North Las Vegas and Henderson locations. "It's heart warming to see how our customers' donations are helping women right here in our community."

Julie hopes that Carl's Jr. of Las Vegas will raise more money for NBCF than any of the corporation's other restaurant franchisees this May. "Appealing to people's compassionate side is easy – there is such strong support for the fight against breast cancer," says Julie. But to raise more money for NBCF than any other franchisee, she's also hoping to wet the appetites of health-conscious eaters who may not be familiar with Carl's Jr.'s low-cal, low-carb and gluten-free menu items such as:

- Carl's Jr. Charbroiled Chicken Lettuce Wrap (180 calories) – Lose the bread but not the flavor of a Carl's Jr. Charbroiled Chicken sandwich by substituting the bun for a lettuce wrap.
- Carl's Jr. Charbroiled Chicken Salad (250 calories) – Enjoy a low fat salad topped with Carl's Jr. low-fat balsamic dressing (35 calories) for a satisfying meal of less than 300 calories. **WC**



Chicken Salad

R.E.D. Rose Client, Marie Hamilton, moved to Las Vegas in 2004.

At the time, she was a social butterfly who followed local bands and went dancing and drinking wine with friends. "I painted this town red," says Marie. Today, she says, "I plan to paint this town pink."

Marie's transformation began when she became pregnant by a verbally abusive boyfriend. During a prenatal visit, Marie's doctor told her that she had fibroids that were increasing in size. She, in turn, told him about a small knot she felt in her breast. Testing revealed that she had ductal carcinoma.

"I am a fighter, but instead of fighting breast cancer, I fought the diagnosis," says Marie. "I used my need to be ultra informed about the disease as a stalling technique. I read books, I researched treatment options and I sought second opinions."

Marie suffered two serious blows that put an end to her procrastination. First, she suffered a miscarriage and, second, she learned that her cancer had grown. "I finally realized it was time to take care of me. I was not able to carry my baby and I was unwilling to carry on in a bad relationship. I needed to fight cancer," she says. "Cancer is a scary disease that we associate with dying, but everywhere I turn I am given hope and help from my church, from Komen for the Cure and from St. Rose." R.E.D. Rose has provided Marie emotional support and living assistance that has allowed her to fight breast cancer.

Marie is no longer a die-hard party girl although she still loves to dance. "Dancing makes me feel alive – and living matters," she says. "I'm not as much of a social butterfly anymore. I've become a grounded woman, but I feel good – my spirit has wings."



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Saturday, May 1, 2010

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For further information, call 702.252.RACE or visit our website at www.komensouthernnevada.org.

**Thank You for your support.
We hope to see you on Race Day!**

**“The task ahead of us is never as
great as the POWER behind us.”**

-Ralph Emerson

Secrets of a Heart Healthy Woman

There isn't one single thing that the heart healthy woman does to reduce her risk of cardiovascular disease – there are at least four. She doesn't smoke, she eats nutritious foods, she exercises regularly and she maintains a healthy weight.

Maybe her heart healthy lifestyle choices are no secret to you, but did you know that only 3 percent of all Americans adhere to all four of them? It's true – so, if you're among the many people who could use some effective heart health tips, chances are that maybe one of her other secrets will work for you.

She gets excited about what she can eat. While some women dwell on what they can't eat or fall for the empty promises of fad diets, she adopts a "lucky me" attitude about eating great tasting healthy meals. She looks forward to a bowl of fresh mixed berries and pomegranate seeds. Or she has a salad made with baby greens, grilled salmon, red peppers, feta cheese and pine nuts, which are high in oleic acid – the monounsaturated fat that aids the liver in eliminating harmful triglycerides from our body.

She gets her beauty rest. The heart healthy woman who gets seven to eight hours of sleep each night has confidence that she will wake looking and feeling refreshed while also reducing her risk of heart disease and heart-related problems. A British study of more than 10,000 adults found that females who routinely slept for six hours or less were much more likely to develop high blood pressure than well-rested women (and men).

She gets a fit of the giggles. Even if times are tough, the heart healthy woman tries to keep a sense of humor. For an easy chuckle, she might tune in to her favorite sitcom or search out the Top 10 funniest videos on youtube.com because she realizes a good laugh can reduce stress, get her blood pumping and possibly provide a boost to her immune system.

She gets moving for the sheer joy of it. Federal exercise guidelines now recommend 60 minutes of moderate-activity exercise on most days, which may seem like a chore – even to the heart healthy woman. She says to heck with the "feds" and "guidelines" and moves because it's more fun to dust when she dances around the house and listens to her favorite music. Her daughter's friends also love it when she challenges them in double-dutch jump roping. A heart healthy woman makes social connections at yoga classes and finds time to think and enjoy a beautiful day by taking a 15-20 minute walk to the third closest coffee shop to her house.

She gets involved in volunteering. The woman who gives from the heart helps her own heart, but that's not why she volunteers. Even though volunteering has been shown to reduce anxiety and depression and increase an overall sense of well-being, she does it for the schools, the arts or the environment.

She gets help. If the heart healthy woman sounds a bit too perfect, keep in mind that she needs a GPS system to find her way to the gas station and she's not afraid to admit it. Everyone needs a little help now and then. She asks for it by visiting her doctor routinely and by surrounding herself with people who support her and her healthy lifestyle choices. **WC**

continued on page 22



MODIFIABLE HEART HEALTH RISKS

33%

of women ages 40 to 60 have at least one risk factor for heart disease that they can change. Do you?

18%

SMOKING

The approximate percentage of American women who smoke.

60%

INACTIVITY

The percentage of Americans who are not meeting the recommended levels of physical activity.

POOR DIET

200 TO 300

The number of extra calories the average American eats today compared to the caloric intake of the average American in the 1970s.

OVERWEIGHT/OBESITY

62%

The percentage of all American women ages 20 and older who are overweight – about 33 percent of them are obese (extremely overweight).

Q

Am I at risk for heart disease?

Get vital information about your heart health and how you can live a heart-smart life by asking your doctor these key questions:

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me and what do I need to do about it?
3. What are my cholesterol numbers? What do they mean for me and what do I need to do about them?
4. What are my body mass index (BMI) and waist measurement? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What lifestyle changes can I make to improve my heart health?
8. How can I tell if I'm having a heart attack?

You may be at risk for "metabolic syndrome," a cluster of heart health risk factors that can increase your risk of heart disease and diabetes (regardless of your LDL cholesterol level) if you are overweight, inactive and have three or more of the following conditions:

- A waist measurement of 35 inches or more
- Triglycerides of 150 mg/dL or more
- An HDL level of less than 50 mg/dL
- Blood pressure of 130/85 mmHg or more (either number counts)
- Blood sugar of 100 mg/dL or more

FOR YOUR HEART HEALTH

Join Dr. Sheila Kar, Clinical Chief of Cedars-Sinai Heart Institute, for a healthy dose of information on how to keep your heart in good condition. Presented by St. Rose Dominican Hospitals, Barbara Greenspun WomensCare Centers and K/E Centers For Advanced Medicine, LLC.

Friday - Feb. 26; 8 - 11:15 a.m.

8-9:30 a.m. - Lab Screenings (fast for 12-hours) - Total Cholesterol - Free; Lipid Panel - \$30; A1C - \$10; Glucose - \$5; Blood Pressure - Free; Body Fat - Free; 3-Lead Heart Rhythm Strip - Free; Carbon Monoxide - Free

8-9:30 a.m. - Heart Healthy Breakfast Buffet

9:30-10:30 a.m. - "What's Stressing Your Heart?" Sheila Kar, M.D.

10:45-11:15 a.m. (pick one) - Tai Chi, Meditation, Labyrinth Walk

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



Dr. Sheila Kar, Clinical Chief,
Cedars-Sinai Heart Institute

The American Heart Association recognizes St. Rose as a Gold-Level Fit Friendly company for taking the lead in providing our employees education and incentives to adopt healthy, active habits that reduce the health risks associated with sedentary lifestyles.



WOMEN, DIABETES AND HEART DISEASE

Women with diabetes have more than double the risk of a heart attack than non-diabetic women. If you are among the 7 million women in the United States who have diabetes, knowing the ABCs of diabetes can help lower your risk of having a heart attack or stroke.

A is for the A1C test, which is short for hemoglobin A1C. It measures your average blood glucose (blood sugar) over the past three months. It lets you know if your blood glucose level is under control. Get this test twice a year and aim for a number below 7.

B is for blood pressure. The higher your blood pressure, the harder your heart has to work. Get your blood pressure measured at every doctor's visit – and consider investing in a good blood pressure monitor you can use at home. The numbers to aim for are below 130/80 mmHg.

C is for cholesterol. LDL, "bad" cholesterol, builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year. The number to aim for is below 100 mg/dL. Your doctor may advise you to aim for an even lower target number, for example, less than 70. Be sure to ask your doctor these questions:

- What are my ABC numbers?
- What should my ABC target numbers be?
- What actions should I take to reach my ABC target numbers?

HOW QUICK WOULD YOU BE TO RESPOND TO A HEART ATTACK?

Research indicates that on average, women take from two to four hours longer than men to respond to symptoms of a heart attack which can severely limit the beneficial use of some life-saving treatments. It is important for every woman to know the warning signs of a heart attack.

HEART ATTACK WARNING SIGNS

Some heart attacks play out like a sudden, chest-gripping soap opera scene, but the majority of heart attacks start slowly with mild pain and discomfort that may be confused for other ailments. As a result, many women wait too long before seeking help. Here are symptoms commonly associated with a heart attack:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Chest pain or discomfort is the most common heart attack symptom women experience; however, women are somewhat more likely than men to experience symptoms such as shortness of breath, nausea and/or vomiting and back or jaw pain.

STROKE WARNING SIGNS

If you or someone with you has one or more of these signs, seek immediate medical treatment:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

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Ask The Authority

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City of Boulder City

City of Henderson

City of Las Vegas

City of North Las Vegas

Clark County Water Reclamation District

Las Vegas Valley Water District



Could Heartburn Lead to a Condition that is as Serious as a Heart Attack?

If just the thought of your favorite food makes your mouth water, one taste of it will get your digestive juices flowing. As soon as you sink your teeth into a meal, acid automatically secretes into your stomach and by the time that first bite travels down your esophagus and into your stomach, acid is ready to begin breaking down your food. As sophisticated as the digestive system is, overindulging in your favorite foods or eating too quickly can lead to heartburn, the result of stomach acid regurgitating into the esophagus. The burning sensation caused by a bad case of heartburn can radiate through your chest and throat, making it feel as if you are having a heart attack. Gastroenterologist Dr. Joseph Fayad says that the occasional regurgitation of stomach acid is probably no cause for alarm. If, however, you suffer heartburn two or more times a week, he suggests you consult your doctor as you may have GERD (gastro esophageal reflux disease).

Chronic GERD should be taken seriously as it can scar the esophagus making it hard to swallow. It can also cause Barrett's esophagus, a condition that increases a person's risk of esophageal adenocarcinoma – a cancer that can be every bit as life-threatening as a heart attack.

Why Heartburn and GERD Happen

According to Dr. Fayad, the digestive system operates like a sophisticated machine but is subject to some glitches and operator errors. Over eating is just one way of overloading your digestive system.

“The esophagus is a muscular tube designed to function as a one-way delivery system that transports food from your throat to your stomach. At the end of the esophagus is a ring of muscle – called the lower esophageal sphincter (LES) – that serves as a security gate. It opens to allow food and beverages into the stomach and then quickly closes,” says Dr. Fayad. “Heartburn and GERD occur when the LES does not close properly allowing acid to flow back up and irritate the lining of the esophagus.”

continued on page 27

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Identifying Barrett's Esophagus

Barrett's esophagus most commonly occurs in people who have suffered from years of chronic GERD, and is most often diagnosed in Caucasian men over the age of 50. The occurrence of Barrett's esophagus and esophageal cancer are not common – but adenocarcinoma is one of the fastest-growing cancers in the United States, so Dr. Fayad recommends that adults older than 40 who have had GERD for several years undergo an upper gastrointestinal (GI) endoscopy and biopsies to check for Barrett's esophagus and early warning signs of possible cancer.

To perform an upper GI the patient is sedated, then the doctor passes an endoscope (a flexible tube with a light and a viewing lens) down the esophagus. "The cells of the esophagus are normally light pink and healthy looking," says Dr. Fayad. "In patients with Barrett's esophagus, the esophageal cells mutate to become more like the bright reddish cells that line the stomach and small intestine."

Barrett's esophagus is, in and of itself, a benign condition that causes no symptoms and may even lead to the improvement of GERD symptoms. "It's possible that the lining of the esophagus becomes more like the cells of the stomach as a defense mechanism meant to protect the esophagus from ongoing acid injury and pain," says Dr. Fayad. "The problem is, the longer a person has Barrett's esophagus, the more likely it is that the mutated cells will develop irregularities called dysplasia."

Because a high rate of dysplasia is considered a precursor to adenocarcinoma, Dr. Fayad performs a biopsy by passing a small pincher-like device through the endoscope to remove small tissue samples from the affected area of the esophagus.

If a patient's biopsy results confirm the presence of Barrett's esophagus but no precancerous cells are found, Dr. Fayad typically prescribes daily medications to reduce and control reflux. He may also suggest lifestyle modifications to control GERD and recommend periodic follow-up endoscopies and biopsies. If high grade dysplasia is found, several courses of treatment may be considered.

The most traditional – but invasive – form of treatment is to surgically remove the affected portion of the esophagus. Several less invasive forms of "early intervention" have been introduced but have had troublesome side effects. Most recently, a new FDA-approved ablative therapy using the Bârrx Halo 360° has shown positive outcomes with little to no side effects.

"The procedure using the Halo system provides the precision necessary to remove just the affected layers of precancerous cells," says Dr. Fayad. "This reduces the risk of injury to deeper tissue and gives healthy tissue a chance to take its place."

To perform Halo ablation therapy, Dr. Fayad passes an endoscope down into the lower esophagus. A catheter is then inserted into the esophagus alongside the endoscope. A balloon device at the tip of the catheter is covered by a band of radio



Gastroenterologist,
Dr. Joseph Fayad

frequency electrodes. Once the electrodes of the balloon are positioned on the desired treatment area, the balloon is inflated to fit flush against the patient's esophagus and a short, controlled burst of energy is delivered to the area to burn off the affected cells.

Although patients may experience some chest discomfort and difficulty swallowing for a few days after the procedure, this typically passes within three to four days.

Elimination of the Barrett's esophagus tissue does not cure pre-existing GERD. However, clinical studies have demonstrated the Barrett's tissue can be completely eliminated with the HALO ablation technology in more than 98 percent of patients. "If we can eliminate Barrett's esophagus, the likelihood for esophageal adenocarcinoma is greatly reduced." **WGC**

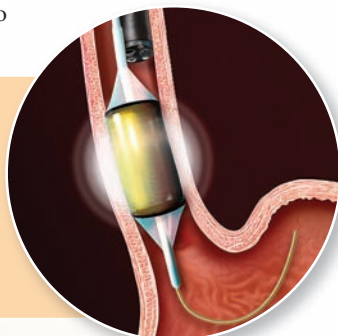
REDUCE YOUR RISK OF HEARTBURN AND GERD

Occasional heartburn can typically be managed by taking over-the-counter medications that reduce stomach acids and by:

- Eating smaller portions at each sitting, eating slowly and eating at least three hours prior to bedtime
- Reducing your intake of possible trigger foods and beverages such as alcohol, caffeinated drinks, high fat and spicy foods
- Drinking warm liquids or chewing gum after meals to help wash food down, as well as diluting and flushing out stomach acid
- Raising the head of your bed several inches to help prevent reflux during the night
- Wearing loose-fitting clothes to avoid inadvertently pushing stomach contents upward
- Avoid smoking
- Losing excess weight

HALO 360° Ablation Catheter

Depending on the extent of the Barrett's, the HALO 360° ablation catheter is introduced into the esophagus and used to deliver energy to the targeted areas.



Do you pop a pill then plopp into bed? If you take medication with little or no water before bedtime, the medication can sit in your esophagus all night, burning a hole in the tube's lining. Learn which OTC and prescription drugs are most likely to cause pill ulcers and take medications as directed. In most cases, drinking approximately four to eight ounces of water per pill will help wash medication down. Also, standing or sitting upright for at least 15 minutes after taking medication will help move it to your stomach faster.



Star Nursery Prescription:

Dr. Q's Seasonal Gardening Tips

February

Pruning ideas: Prune deciduous trees and shrubs as needed. Remove dead, broken or dying branches. Create open canopies. Don't forget safety! Use goggles and gloves.

What to fertilize: Fertilize deciduous fruit trees such as apple, pear, peach, and apricot or almond. Apply 2 or more cups as directed, of Dr. Q's Fruit & Nut (13-7-7) fertilizer. Repeat in May.

March

Prevent weeds before they start: Weeds are starting to grow fast, because it is warming up. Now is when they are also easier to control. Use a pre-emergent like Portrait or Preen for your lawn or garden (always read the label first).

Plan before you plant: Rotate your vegetables, herbs and other annuals in your garden. Avoid planting them in the same spot year after year. Rotating can help prevent disease and pest populations from increasing. Go to www.StarNursery.com for the best advice.

April

Dead head flowering perennials & annuals: Remove the dead flowers from plants like Dianthus, Coreopsis, Roses and more. Then fertilize with Dr. Q's Rose & Flower Food after each bloom period. Get the most from your flowers!

Planting ideas: It is still a good time to plant citrus. Dr. Q's advice is; "Plant them so that the top of the root ball is flush, or slightly higher than the surrounding soil. Don't bury them." Use Dr. Q's Gold Dust Starter Fertilizer to see they get off to a good start.

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Shopper to Savior

DEBBIE PAVLICA, RN, IS THE DIRECTOR OF MATERNAL CHILD CARE, PEDIATRICS AND NEONATAL SERVICES AT ST. ROSE DOMINICAN HOSPITALS – SIENA CAMPUS; BUT SHE WAS HUNDREDS OF MILES FROM THE HOSPITAL AND HEADED TO A SHOPPING MALL WHEN SHE STOPPED ON THE SIDE OF A ROAD AND SAVED A LITTLE GIRL'S LIFE.

On the evening before Debbie was scheduled to teach a patient satisfaction course at a Catholic Healthcare West conference in Redding, California, she checked into her hotel then headed to some nearby shops in search of pantyhose. That's when she came upon a major automobile accident.

Though several motorists had already pulled over to call 911, Debbie parked and ran toward a car that had been thrown across the intersection. She heard the screaming cries of two boys who had made it out of the mangled car and saw their mother making her way out of the front passenger seat. Debbie circled around to the driver's side to check on their father who was pinned behind the steering wheel. As she did, she glimpsed a mop of curly red hair in the rear of the car. It was a toddler slumped over in her car seat. She was in cardiac arrest.

Debbie carefully lifted the little girl from her car seat, laid her down and began performing cardiopulmonary resuscitation. Onlookers formed a circle to cheer Debbie on and pray for the little girl's survival.


"I didn't know if we would get her back," says Debbie. "I've worked in pediatric units resuscitating kids for many years, but I have never had to pull a child from a car and do my job on a sidewalk."

After Debbie performed three rounds of cardiopulmonary resuscitation, the little girl's eyes opened and her vital signs began to improve. "As a nurse and a mom, I didn't think I could love children or my job any more," says Debbie. "I've been through the gamut of emotions, but a situation like this one was incredibly moving ... I felt as if I'd seen an angel."

Paramedics arrived at the scene of the accident five to 10 minutes later and Debbie helped them place the little girl on a backboard and secure a C-collar around her neck. She was rushed to a nearby hospital where she was stabilized and then airlifted to a trauma center in a nearby city.

WomensCare Magazine reached Debbie by phone two days later. She was shopping again. While she hadn't purchased any pantyhose, she did buy a new car seat for the little red-headed girl.

"She's still in intensive care, but I am confident she is going to be OK," says Debbie. In fact, the little girl went home from the hospital 10 days after the accident. **WC**



Debbie hugs a special pillowcase tight as she thinks about a little girl whose life she recently saved. "Hug your children tight," she says. "They are so precious and in need of love and protection."

CAR SAFETY FOR OLDER KIDS

Most parents are aware of child safety seat laws and guidelines for infants and toddlers, but reinforcing car safety and seat restraint guidelines for growing children can't be stressed enough. Kids 12 and under should ride in the back seat (in an age- and size-appropriate seat with proper restraints). Riding in the back seat, ideally in the middle of the back seat, protects kids from possible injuries and even deaths that can occur when a car is t-boned and passenger-side air bags deploy.

A study of more than 45,000 crashes from 2000 to 2005 involving 8- to 17-year-old passengers found that 9,807 kids in that age range were killed, with 12- to 16-year-old passengers being the most likely to die. Of the children who died, more than half were riding in a car with a driver younger than 20, almost two-thirds were unrestrained, more than 20 percent of the fatalities involved alcohol and three-quarters of the accidents happened on roads with speed limits of more than 45 mph. If your child is a teenage driver, consider enrolling him or her in the free Driver's Edge Safety program. For more information, call 896-6482 or visit driversedge.org.

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“How come the dove gets to be the peace symbol? How about the pillow? It has more feathers than the dove, and it doesn’t have that dangerous beak.”

*— Jack Handey,
author of *Deep Thoughts* -
formerly of Saturday Night Live*

A Case for Smiles

Ten-year-old Brock Cuellar (above) has had several rounds of chemotherapy at St. Rose Dominican Hospitals. Each time he checks into the Pediatric Unit, he has the opportunity to select a pillowcase of his choice. So do other pediatric patients facing life altering illness and injuries. It’s a simple way to give these kids a reason to smile.

Many of the first pillowcases made for children at St. Rose were sewn by Natalie Fleischer and the Sun City Sewing Club. Natalie read about an organization called “A Case for Smiles” in a sewing magazine. The organization was founded by a mother whose son had osteosarcoma, a form of bone cancer. What began as a way to brighten her son’s days in the hospital has turned into a major movement that collaborates with nearly 150 hospitals and pediatric hospices across the United States, Canada and South Africa.

“I knew this was something we could do here in southern Nevada, so I called Kathy Cooper, St. Rose’s child life specialist, and she was thrilled to initiate the pillowcase program for the hospitals’ pediatric patients,” says Natalie. “I reached out to Cynthia’s Sewing Centers and Kohl’s and they were also excited about getting involved. We now have people of all ages sewing pillowcases – even young men!”

A Case for Smiles is churning out so many pillowcases that they are now being offered to children with serious illnesses and injuries at almost every hospital in southern Nevada.

IF YOU WOULD LIKE TO DONATE FABRIC OR THREAD, OR PARTICIPATE IN SEWING FOR “A CASE FOR SMILES,” VISIT CONKERRCANCER.ORG FOR FURTHER INFORMATION.

St. Rose Dominican Hospitals – Rose de Lima Campus has been presented with the 2009 *HealthInsight Quality Award*. *HealthInsight*, a private, nonprofit community-based organization dedicated to improving the healthcare systems of Nevada and Utah, recognized just two Nevada hospitals as recipients of the award: St. Rose Dominican Hospitals – Rose de Lima Campus and Mesa View Regional Hospital in Mesquite. The hospitals were selected for demonstrating high quality health care and excellence in performance on publicly reported quality of care measures related to the treatment of heart attacks, heart failure, pneumonia and surgical infection prevention.



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