

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

# WomensCare

SPRING 2010  
ISSUE 45

**GET THE MOST  
FROM YOUR MRI**

**PARENTS  
IMPROVING  
HOSPITAL CARE**

**YOU AND YOUR  
HYSTERECTOMY  
OPTIONS**

**KNOW THY  
THYROID**

*The* **BARBARA  
GREENSPUN**

**WomensCare**

*Center of Excellence*



**St. Rose Dominican Hospitals**

A member of CHW





## Upcoming Promotions

*"Ears to You"*

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*April 23rd – May 9th, 2010*

Purchase any Brighton necklace and bracelet and you can choose a pair of earrings **FREE\***  
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*Shown: Posey Wallet \$125; City Girl Soft Media Case \$58; Zahara Soft Shoulderbag \$185; Oyster Croco Thong \$155; Z-Stripe Sunglasses \$65; Deandra Embroidered Shoulderbag \$175; Vacaville Timepiece \$125; Z-Stripe Large Pouch \$92*

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# letter

FROM THE PRESIDENT



Dear Readers,

St. Rose is making significant changes at our Rose de Lima Campus to expand the services (and number of rooms) available to our adult patients. These changes will help St. Rose better meet the increasing healthcare needs of baby boomers.

Among changes we are making is the designation of a new Clinical Decision Unit (CDU). Our CDU team will closely monitor ER patients who are stable but require further observation and evaluation to determine if they should be released from the hospital or admitted for inpatient treatment. Transferring observation patients to the CDU will likely reduce the time it takes ER patients to be seen and treated.

We are also expanding our Inpatient Rehabilitation Facility (IRF) from 14 to 28 beds to better serve community members who experience disabling conditions such as stroke, hip fractures, neurological disorders or joint replacements as a result of an illness or injury. The IRF helps patients reach their highest potential for recovery so that they can return home to their daily activities.

In order to make these changes, we recently consolidated the Maternal Child Care and neonatal intensive care (NICU) units of our Rose de Lima and Siena Campuses. Our obstetric and NICU services for the Henderson area are now centered at the Siena Campus – and our San Martín Campus continues to provide such service in the Las Vegas.

I invite you to read this edition of WomensCare Magazine to learn about other technologies, programs and events aimed at helping our community enjoy good health.

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

## coverstory

### NATALIE KNUTH AND HER SON, LINCOLN

Natalie Knuth and her son, Lincoln, routinely visit the Barbara Greenspun WomensCare Centers of Excellence to take advantage of breastfeeding support services and Mommy and Me classes. Her letter (below) is one of the many affirmations that continually inspire and reinforce the work done at our WomensCare Centers.

St. Rose and our WomensCare Centers are dedicated to improving the health and wellness of women, men and their loved ones through quality health education, support groups and events that are relevant at various stages and ages of life. Our full calendar of offerings for May, June and July – including our Women, Infants & Children (WIC) services and our Chronic Disease Management series – can be found on pages 10–15.

Dear Mr. Davis,

*I want to express my gratitude for the outstanding services provided by the Barbara Greenspun WomensCare Centers of Excellence. As a first time mommy of a fabulous son, our first experience with St. Rose entailed several prenatal and childbirth classes that exceeded my expectations and I could not have dreamed up a more nurturing environment for a natural, drug-free childbirth. And, as an exclusively breastfeeding mother, the WomensCare Center is a resource I've come to cherish and depend on immensely.*

*The WomensCare Centers provide not only places for education and development, they serve as havens for overwhelmed mothers, resources of security for families and pathways to greater understanding of the human condition. The staff is incredibly professional, dedicated and kind.*

*I am deeply appreciative.  
Natalie Knuth*

#### WOMENSCARE CENTERS

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# 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.

The BARBARA  
GREENSPUN  
WomensCare  
Center of Excellence



St. Rose Dominican Hospitals

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1.



2.



3.



4.



## Parents Become St. Rose Partners

ST. ROSE DOMINICAN HOSPITALS RECENTLY ENLISTED A GROUP OF EXPERTS TO PROVIDE RECOMMENDATIONS ON HOW ITS NEONATAL INTENSIVE CARE UNITS AND MATERNAL CHILD CENTERS CAN PROVIDE PARENTS AND THEIR EARLY – OR ILL – ARRIVALS THE BEST CARE. MEET 1. THE DUKES, 2. THE FAIRBANKS, 3. THE RUTHS AND 4. THE WALKERS.

Mark and Lori Duke's son, Crossen, was born nine weeks premature and underwent two surgeries during his 10 weeks in the Neonatal Intensive Care Unit (NICU) at St. Rose Dominican Hospitals – Siena Campus. The family's experience was emotional and eye opening. "Giving birth to a preemie or sick baby isn't the birthing experience that parents dream of – it's a heart-wrenching wakeup call. You quickly learn how fragile life is and how important it is to have good NICU care," says Lori. "When we finally got to take Crossen home, I bawled. Mark and I were so happy Crossen was healthy, but I was sad to leave behind the nurses who had cared for Crossen and become our family's support system."

Less than a year after Crossen's birth, the Dukes received a call inviting them back to the hospital to take part in a NICU process improvement project called Parents as Partners. Scott Rolfe, the Siena Campus NICU manager, says, "The aim of the project was simple. We were soliciting the input of our past NICU and Maternal Child Centers families to help improve the care we provide to future patients of St. Rose Dominican Hospitals' MCC and NICU units."

"We were willing to offer any input – or help – we could," says Mark. "We saw it as an opportunity to reconnect with the nurses and staff members who had done so much for us."

Jen and Steve Fairbanks also quickly agreed to take part, although Jen says, "I was beyond grateful to St. Rose for helping save my babies lives – but I was also very quick to speak my mind in the NICU. So I was surprised and impressed that Scott and the NICU team were so open to my constructive criticism."

Ultimately, the Dukes, the Fairbanks and the two other Parents as Partners couples – Geoff and Shelby Walker and Kevin and Amanda Ruth – found that providing their



## What steps will I need to take to add my baby to my insurance and get her/his Social Security card and birth certificate?

**A:** When it comes to adding your baby to your insurance, I recommend starting early. Though you can't add your baby to your insurance before he or she is born, you can call your health insurer or your HR department (if you have job-related health insurance) to find out what forms or information you will need to submit once your baby is born. Health insurance companies typically provide new parents 30 days to enroll their newborn.

Most hospitals, including St. Rose Dominican Hospitals, provide new parents a birth registration form. If you check the box indicating that you want a Social Security card for your child, the hospital will submit the application for you. Both parent's Social Security numbers are required on the form. You should receive your child's Social Security card in about 10 to 16 weeks.

Copies of your child's birth certificate will be available through the Southern Nevada Health District (SNHD) two to four weeks after your child's birth. You can visit SNHD offices to apply, pay for and pick up a copy. Or you can apply by mail, fax or on-line. Visit [www.southernnevadahealthdistrict.org](http://www.southernnevadahealthdistrict.org) for more information.

answer via: Maria Mclay, MSW, LSW, social worker

input was easy and empowering. “The journey wasn’t about bashing staff members or stroking their backs. It was about sharing,” says Lori. “The hospital has its medical protocols and its core values but what really impressed us was the value that St. Rose placed on our perspective as patients, parents and the advocates for our babies.”

### From the Parents’ Perspective

Scott, along with other hospital managers, nurses, physicians and staff members, met with the parents once a month for nearly a year to discuss topics including admitting and discharge processes, nutritional issues ranging from the hospital’s food to breastfeeding, social services support, NICU and preemie care education, communication and medical treatment.

The parents unanimously agree that the most positive improvement St. Rose made as a result of the Parents as Partners process was to grant parents and grandparents 24-hour NICU visitations in order to accommodate their work and home lives. “Our NICU previously operated on a 21-hour visitation schedule with hour-and-a-half closures in the morning and the evening,” says Scott. “Our doctors and nurses felt that it was important to have scheduled NICU closures so that they could hold meetings, provide preemie reports and regroup in a private setting.”

The parents had a different perspective. “Preemies can spend weeks or months in the NICU. Leaving our babies at the hospital for even a few hours – let alone the entire day – while I was at work and during the night when I was at home with our older daughter, Indy, was tough,” says Kevin. “When Amanda and our twins were in the hospital, I met a number of dads like me. They’d rush home after work to see their older kids and then rush to the NICU to see their newborn only to have to sit and wait until visiting hours resumed.”

Providing parents with 24-hour access to the NICU was a culture change that required physicians and nurses to rethink how they did their jobs, but Scott says, “The Parents as Partners process worked well because our nurses and doctors attended the meeting on visitation hours. They listened to the parents’ rationale for 24-hour NICU visitations and, ultimately, our doctors and nurses came full circle in support of the around-the-clock visitation policy.”

Another Parents as Partner’s pleaser was designating “advocates” who ensure that fathers are offered support, information and the opportunity to be involved in their child’s birth – even during emergency C-sections and the first critical hours following a preemie’s birth.

“Shelby gave birth to our micro-preemies by emergency C-section during her 25th week of pregnancy. I felt totally helpless and useless in the situation and the hospital knew it because I shared my concerns,” says Geoff. “When we were invited to take part in Parents as Partners a year later, we were happy to hear that they had already implemented

the dadvocate program based on the input we’d given when Colbie and Kenna were born.”

The Fairbanks also liked the idea of dadvocates. Their twins, Logan and Veronica, were critically ill, micro-preemies delivered by emergency C-section 16 weeks before Jen’s due date. “I’ll never forget that in the midst of these dire circumstances, our doctor and nurses took a moment to pause and invite Steve to cut the umbilical cords,” says Jen. “It was a magical moment that meant so much to us considering that we didn’t know if our babies would make it through the night. It might have been the only memory we had as a family of four.”

“Letting the hospital know how much that one gesture meant to us – and how much we believe it means to other families in similar situations – makes this communication process worthwhile,” adds Steve.

Finding clear, consistent means of communication that can be adapted to each family’s needs was also something that was routinely discussed at the Parents as Partners meetings. “Geoff and I exhausted our FMLA weeks before Colbie and Kenna got to come home, so we both had to go back to work. It was challenging because we wanted to know how the girls were doing at all times,” says Shelby. “It took a few days to get a communication process down, but the nurses worked to sync their schedules with ours. I would get up at 2:30 a.m. each morning to call the hospital, and the nurses would be ready and waiting to provide a status report. Then we’d repeat the process again at 6:30 a.m. before Geoff and I went to work.”

*continued on page 7*

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Amanda, who spent 11 weeks in the hospital prior to delivering twins, Otis and Remy, had a great deal of time to assess the care and services provided for antepartum patients (expectant mothers hospitalized before delivery due to illness or pregnancy complications). The hospital immediately acted on one of her simple suggestions: To put mini-refrigerators in antepartum patient rooms. “The hospital’s nutrition department was happy to accommodate my eating habits, but when you’re on bed rest with twins it’s hard to eat regular meals. Having a mini-refrigerator lets antepartum patients keep their favorite healthy snacks and drinks on hand so they can eat small portions throughout the day or night.”

As handy as the mini-refrigerators have been, Amanda’s most important suggestions centered on improving the hospital’s communication about admitting and discharge paperwork procedures for high-risk pregnancy patients and preemies. “A St. Rose social worker visited me on the morning I was discharged from the hospital to go over important paperwork and instructions about how to obtain copies of the twin’s birth certificates, apply for their Social Security cards and add them to our insurance policy,” says Amanda. “The problem was that I was too distracted to really tune in to what she was telling me because our twins were about to be transferred from the Level III to the Level II NICU.”

“Amanda’s comments and ideas have led to key improvements in our communication about paperwork,” says Scott. “Now, even before a social worker visits, a new mom receives information about important paperwork from the hospitals’ GetWellNetwork® which she can access from the TV in her hospital room and the keyboard at her bedside.” Instructions are also posted on the hospitals’ website.

Of course there are certain types of information that can’t be easily conveyed through an Internet site or brochure. “Moms and dads who have healthy babies begin caring for them on their first day of life, but it can be very different when you give birth to a baby months before your due date,” says Jen. “I’d never known anyone who’d had a preemie. No one at work or at church could give me guidance based on experience, so I felt very isolated and afraid at first. I wasn’t sure how to help care for our twins and I didn’t quite understand exactly where in the NICU structure I fit in.”

Jen says that over the course of a few weeks, the nurse who routinely cared for her twins – and a hospital breastfeeding consultant – provided her the sense of self-assuredness she needed. “St. Rose strives to offer family-centered care, and from our family’s perspective the best thing they can provide any parent of a NICU baby is a sense of confidence in their parenting skills and their ability to advocate for their children.”

Shelby agrees and says, “When you’re not a medical expert, it’s easy to say ‘just do what’s best for my baby.’ As the weeks passed, however, our NICU nurses frequently reminded us that we were getting to know our girls and the care they received very intimately. They provided the encouragement we needed to trust in our parenting skills and to speak up and help make important decisions for our daughters.”

St. Rose’s NICU nurses also provided Shelby something else – a handmade Mother’s Day card bearing Colbie and Kenna’s tiny hand

prints. On Father’s Day (the twin’s 89th of 113 days in the hospital), they provided Geoff a baseball signed Happy Father’s Day with an imprint of the twin’s tiny footprints.

“The special gifts the nurses made for us meant so much because they provided the sense of joy every new parent lives to experience,” says Shelby. “The Maternal Child Centers department and the NICU department are busy places, but any time the staff can give to provide parents a moment of sheer joy is important and very much appreciated.” **WIC**

Scott Rolfe, NICU manager, is pictured with Debbie Pavlica, the Director of MCC, Pediatrics and NICU Services (left) and Janice Inholt (center), administrative manager of the MCC unit. Together the team (including Nicole Howard, Patient Advocate, not pictured) facilitated the Parents as Partners process improvement project to get patient input on how St. Rose Dominican Hospitals can provide expectant parents and the parents of preemies and sick newborns the highest level of care and comfort.





# are your eyes aging you?

wrinkles - dark circles - saggy eyelids

Jason Michaels MD is the ONLY board-certified dermatologist in Las Vegas focusing solely on cosmetic procedures. He speaks nationally on advanced injection techniques and industry trends and is published on the same topics. He was named Vegas' Image Maker by Vegas Magazine and has a live TV skincare segment on Fox 5's MORE show.

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# Help Reform the Cost of Children's Healthcare

Making the cost of your child's healthcare more affordable may not take a trip to Capitol Hill. Here are a few ways you can reduce your child's current and future medical bills:

## Encourage Regular Exercise

**15 percent of Nevada's children are obese, so they have higher risk factors associated with cardiovascular disease and diabetes.** The rise in obesity in children is due in part to the time they spend engaging in sedentary activities such as watching TV and playing video games. Help your child achieve or maintain a healthy weight – and develop healthy exercise habits that will last a lifetime – by encouraging his or her interests in sports or fitness activities.

"When guiding your child toward healthy activities, be mindful of your child's personality and preferences," says Jason Williams, founder of Junior Athletics, a local non-profit organization. "The key is to help your child discover healthy activities they'll 'get to' enjoy rather than 'have to' do." He suggests using a comparison shopper's mindset. "If your child is new to organized sports or physical fitness programs, look for programs that focus on exposing kids to the fundamentals – and fun – of healthy activities rather than those that promise to train your child to compete like a professional athlete." To learn more about free soccer, basketball, dance and cheer programs offered by Junior Athletics, visit [www.juniorathleticsinc.org](http://www.juniorathleticsinc.org).

## Emphasize Eating Right

**A recent study on kids eating habits found that more than 27 percent of children's daily calories are coming from snacks such as potato chips, candy, desserts and sweetened beverages.** Help your child make healthy meal and snack choices by taking your child and a copy of the Women, Infants & Children (WIC) Approved Food list with you when you shop for groceries – even if you aren't a program participant. "The WIC approved food list is a great tool because it is based on basic, highly nutritious foods such as milk, eggs, fruits, peanut butter and whole-grain breads and cereals such as Cheerios and Kix," says Nicole Beck, RD. "Give your child the duty of helping you find items on the list and before you know it your cart will be filled with good foods rather than prepackaged snacks and desserts."

Nicole suggests allowing your child to pick one of their favorite snacks to put in their lunchbox each day so he or she doesn't feel that they are being punished or that they need to sneak treats from friends. Also compare receipts and set a small portion of the amount you save aside to take your child out for a treat such as ice cream once a week rather than stocking prepackaged and less nutritious snacks and sweets in your cupboards and refrigerator. WIC approved grocery lists are available on the Internet or at the WomensCare Centers.



## Avoid Substantial Risks

**Childhood traumas such as fractures, sprains, burns and other physical injuries from accidents or violence cost more than \$6 billion a year.** Taking risks – whether by riding a bike for the first time or trying a trick on the monkey bars – is part of a child's developmental process. Yet some risks, such as riding an all terrain vehicle without a helmet or playing a sport without the proper protective gear, are avoidable. Make sure your child is properly outfitted and educated about important safety measures for each sport or activity they participate in. "Keep in mind that more than 60 percent of all sports-related injuries occur while kids are practicing, so it's important to teach your kids to honor safety rules even when they are not playing a formal game," says Dr. Jason Nielson, a children's sports medicine and pediatric orthopedic surgeon. **WIC**



## What are the five most costly medical conditions in children?

**A:** Agency for Healthcare Research and Quality (AHRQ) found that \$98.8 billion was spent to treat all medical problems in children under 17 in 2006. The most expensive problems include:

1. Mental disorders including but not limited to depression, learning disorders and autism.
2. Asthma which is one of the most common serious chronic illnesses in children.
3. Trauma-related disorders such as fractures, sprains, burns and other physical injuries from accidents or violence.

Acute bronchitis and infectious diseases such as viral and bacterial infections complete the top five.

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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, May 8, 9 a.m.-noon – Labyrinth Walking*  
*Saturday, June 12, 9 a.m.-noon – Dream Decoding*  
*Saturday, July 10, 9 a.m.-noon – Ancient Tea Ceremony*  
 SAN: \$20 per session

### Senior Peer Counseling

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

### Healing With Rhythm Drum Circle

Bring a healthy food item to share.  
*1st Fridays – May 7, June 4, July 2; 6:30-8:30 p.m.*  
 HEND

### Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated! Do you have a friend or loved one who is sick? Stop by the Center and pick up a prayer shawl for them.  
*2nd Thursdays – May 13, June 10, July 8; 10:30 a.m.-noon*  
*Learn to knit or crochet.*  
 HEND

*Thursdays – May 6 & 20, June 3 & 17, July 1, 15 & 29; 1-3 p.m.*  
 WEST

### Labyrinth Summer Solstice

Celebrate the year's longest day of the year by bringing light into your own life through a reflection and meditative Labyrinth walk.  
*Friday, June 18; 6:30-8:30 p.m.*  
 SAN: Labyrinth (next to ER). Enjoy the Labyrinth anytime! Open 24 hours/7 days a week.

### Fiscally Fit

Join the Financial Planning Association of Nevada for monthly lectures to get your finances in shape!  
*Thursday, June 3; 6-8 p.m. - Introduction to Financial Planning*  
*Thursday, July 1; 6-8 p.m. - Investment Basics and Retirement Planning*  
*Thursday, Aug. 5; 6-8 p.m. - Risk Management & Insurance*  
 WEST

### Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.  
*2nd Tuesdays – May 11, June 8, July 13; 6:30-8:30 p.m.*  
 WEST: \$5 per session

### Relaxation Meditations

Practice techniques that promote peace and good health.  
*Tuesday, May 11; 5-6 p.m.*  
*Monday, June 7; 6-7 p.m.*  
*Tuesday, July 13; 5-6 p.m.*  
 HEND  
*Tuesdays – May 4, June 8, July 6; 5-6 p.m.*  
 WEST

### Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.  
*Thursday, May 13; 2-4 p.m. – Walk the Sacred Path*  
*Thursday, June 10; 2-4 p.m. – Creative Conflict*  
*Thursday, July 22; 2-4 p.m. – Living With a Grateful Heart*  
 HEND  
*Tuesday, May 25; 1:30-3:30 p.m. – Walk the Sacred Path*  
*Tuesday, June 22; 1:30-3:30 p.m. – Creative Conflict*  
*Tuesday, July 27; 1:30-3:30 p.m. – Living With a Grateful Heart*  
 WEST

### Positive Self Talk

What you say to yourself counts! Join Christine Essex to learn to turn negative self talk into powerful, positive results.  
*Wednesday, June 2; 6-7:30 p.m.*  
 HEND

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.  
*3rd Thursdays – May 20, June 17, July 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 – May 11, June 8 or July 13; 9-10 a.m.*  
 HEND



# SpringCalendar

of classes and upcoming events

## Caregiver Workshop

Join St. Rose Hospice Services to learn how to care for loved ones at home. Topics covered: medications, safety, hygiene and stress management.

**Wednesday, June 23; 1-4 p.m.**

HH

## Girl Talk

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

**Thursday, July 22; 6-7 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.

## exercise & fitness

### Freewheelin'

Ride your way to health! Freewheelin provides guided bike rides, helmets and the use of bicycles... all for free! Bike safety sessions are offered and must be taken prior to riding. Ages 18 and over call 269-5200 to register.

**Mondays – 10 a.m.**

Location: Humana Guidance Center; 1000 N. Green Valley Pkwy., Ste. 720

### The Showgirl Workout

Full body workout to jazz.

**Wednesdays – 10-11 a.m. with Jeannine**

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

### Beginner Pilates

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

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

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

### Zumba Latin Fitness

**Wednesdays – 4:30-5:30 p.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 Saturdays – May 15, June 19, July 17; 10-11:30 a.m. with Linda**

HEND: \$5

**2nd Saturdays – May 8, June 12, July 10; 10:30-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**

**Tuesdays & Thursdays – 10-11 a.m. with Jeannine**

HEND: FREE May-July

**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

**Tuesdays – 6-7 p.m. with Don**

**Saturdays – 9-10 a.m. with Dorothy**

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

**Fridays – 9-10:15 a.m. with Jen NEW TIME**

WEST: FREE May-July

## Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga and movement techniques that target the 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.

**Beginner: Wednesdays – 1:30-2:30 p.m.**

**Intermediate & Fun Class: Wednesdays – 2:30-3:30 p.m.**

**Advanced: Wednesdays – 3:30-4:30 p.m.**

HEND: \$3 per session or 10 sessions for \$20

**Mixed Level: Thursdays – 10-11 a.m.**

WEST: \$3 per session or 10 sessions for \$20

## Dragon Boat Beginner Workshops

Get in shape and in synch with 20 other people as you paddle a 40 foot boat in support of St. Rose's R.E.D Rose breast cancer program. New paddlers only. To register, log on to [www.roseregatta.org](http://www.roseregatta.org) or call 616-4900.

**Mondays – May 24, June 14, July 19; 6-7:30 p.m.**

**Wednesdays – May 19, June 9, July 14; 6-7:30 p.m.**

**Saturdays – May 15, June 26, July 24; 9-10:30 a.m.**

LAKE LAS VEGAS MARINA: \$10 per person

## Dragon Boat Open Paddling

If you have completed the Beginner Workshop or have paddled with us previously, join in for fun and fitness or to sharpen your paddling skills. To register, log on to [www.roseregatta.org](http://www.roseregatta.org) or call 616-4900.

**Mondays & Wednesdays – 6-7 p.m.**

**2nd & 4th Saturdays – May 8 & 22; 10-11 a.m.; June 12, 26, July 10, 24; 9-10:30 a.m.**

LAKE LAS VEGAS MARINA: \$5 per person

## Dragon Boat Teams

For experienced Dragon Boat paddlers. Grab your own "team" of 14-20 people, including your steersperson and coach/drummer, and practice your skills!

LAKE LAS VEGAS: \$100 (includes: boat, equipment and fee for whole team) call LLV Marina at 856-0078 for reservations.

## Pink Paddlers

Breast cancer survivors join the team! To register log on to [www.roseregatta.org](http://www.roseregatta.org)

**1st & 3rd Mondays – May & June; 6-7 p.m.; July 7-8 p.m.**

LAKE LAS VEGAS: FREE

## Paddle to the Core

Stand Up Paddle (SUP) is a fun, low impact activity that will challenge your mind, body and soul. It's called "walking on water." Join our SUPer Club for a new way to socialize. Log on to [www.suplv.com](http://www.suplv.com) for lesson dates, times and registration or call 335-3036.

## nutrition

### Nutrition Consultations

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.

### Food That Heal 2

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, May 14; 10-11:30 a.m.**

SAN: \$5

## SIENA CAMPUS EXPANSIONS

St. Rose is expanding and remodeling our Siena Campus Emergency Department to include:

- A more private, expanded admitting and triage area
- Eight new "fast track" patient bays
- Two additional pediatric beds
- Expanded security area

Two new state-of-the-art operating rooms will also be added to the Siena Campus.



# may • june • july

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

## Cardiac Nutrition

Learn how to eat for your heart's health.

**Thursday, June 3; 10:30 a.m.-noon**

HEND

**Thursday, July 8; 10:30 a.m.-noon**

WEST

## Fire Up Your Metabolism

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

**Tuesday, June 15; 6-7:30 p.m.**

WEST

## Emotional Eating

Identify personal triggers and practice new skills to stop emotional eating. Taught by Dr. Lindsey Riccardi, clinical psychologist.

**Tuesday, June 22; 6-7:30 p.m.**

WEST

## DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA.

**Wednesday, June 23; 3-5 p.m.**

HEND

## screenings

### Call 616-4900 For Screening Appointments.

## Striking Out Stroke

Get six screenings to assess your stroke risk and learn the American Stroke Association's facts for striking out stroke. Followed by a healthy breakfast.

- Cholesterol Lipid profile • Blood Pressure check • Body Mass Index
- Carbon Monoxide level • Stroke questionnaire screening
- Nutritional considerations and facts

**Thursday, June 3; 8-10 a.m.**

MAC: \$30 for lipid profile

## Vein Lecture and Screening

Join Drs. Irwin Simon and Eugene Porecca, board certified surgeons, to learn current updates on non-surgical procedures for venous and varicose veins. Free vein screening.

**Tuesday, May 25; 6-7:30 p.m.**

WEST

**Thursday, June 3; 6-7:30 p.m.**

HEND

## How High Is Your CO?

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

**Tuesday, May 18; 1-3 p.m.**

WEST: Free

**Monday, June 14; 1-3 p.m.**

HEND: Free

## 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, June 16; 7-10 a.m.**

HEND

**Wednesday, July 28; 7-10 a.m.**

WEST

## YOU CAN MAKE A DIFFERENCE IN A CHILD'S HEALTH

Next time you make a run to Costco, Sam's Club or Walmart, make it a charity run by purchasing a \$1 Children's Miracle Network iconic balloon at the check out stand. 100 percent of the proceeds benefit sick and injured children cared for at St. Rose Dominican Hospitals. Children's Miracle Network and St. Rose Dominican Hospitals are both not-for-profit organizations committed to providing children access to quality, compassionate healthcare.



## Do You See What I See?

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

**Tuesday, June 29; 10 a.m.-noon**

HEND: Free

**Tuesday, July 27; 10 a.m.-noon**

WEST: 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

### Acupressure: Press Here for Relief

Explore the body's energy pathways and learn where the pressure points are located in order to relieve everyday ailments.

**Monday, June 7; 11:30 a.m.-1 p.m.**

WEST

### Reiki Healing Consults

Touchless energy work with Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appt.

**Saturday, June 5; 9 a.m.-noon**

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

### Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

**1st Thursdays – May 6, June 3, July 1; 1:30-2:30 p.m. with Freddie**

HEND

**1st Tuesdays – May 4, June 1, July 6; 7:15-8:15 p.m. with Freddie**

WEST

### Reflexology Foot Massage

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

**Mondays – May 17, June 7, July 12; 9:30 a.m.-12:30 p.m.**

**Fridays – May 7, 21, June 4, 18, July 9, 23; 2:15-5:45 p.m.**

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

Call or e-mail for an appointment

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 – May 22, June 12, July 10; 10 a.m.-2 p.m.**

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

**Tuesdays – May 11 & July 27; 10 a.m.-2 p.m.**

**Saturday – June 19; 10:30 a.m.-2:30 p.m.**

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

## Healing Touch Intro

Explore bio-energetic healing with a spiritual focus.

**Thursday, July 29; 6-7:30 p.m.**

HEND

## Lay Down And Lose Weight With Hypnosis

Bring your own pillow.

**Tuesday, July 20; 6-8 p.m.**

WEST: \$25 (includes CD)

## smoking cessation

### Freedom From Smoking

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

**Tuesdays – July 6, 13, 20, 27, Aug. 3, 10, 17 & Thursday, July 29; 5:30-7 p.m.**

RDL: Free

**Thursdays – June 10, 17, 24, July 1, 8, 15, 22 & Tuesday, June 29; 5:30-7 p.m.**

SAN: Free

### Relax And Stop Smoking With Hypnosis

Wear comfortable clothes.

**Wednesday, June 30; 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.

# SpringCalendar

of classes and upcoming events

## health conditions

### Living Healthy With Chronic Disease

Learn to cope and control health conditions through the six-week Stanford Chronic Disease Self Management Program.

**Wednesdays – May 5 through June 9; 10 a.m.-12:30 p.m.**

Location: Valley View Recreation Center – 500 Harris St., Hend.  
Call 267-4060 to register.

**Tuesdays – June 15 through July 20; 10-12:30 p.m.**

WEST

**Saturdays – July 24 through Aug. 28; 1-3:30 p.m.**

Location: Black Mountain Recreation Center – 599 Greenway Rd., Hend.  
Call 267-4070 to register.

### 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 – May 13 & 14, June 10 & 11, July 8 & 9; 9 a.m.-1 p.m.**

**Tuesday & Wednesday – May 25 & 26, June 29 & 30, July 27 & 28; 5:30-9:30 p.m.**

HH

### Laparoscopic Obesity Surgery

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

**Thursday – May 18 or July 20; 6-7:30 p.m.**

RAN

### Treatment Options for Prostate Conditions

Dr. Brian Golden will discuss advancements in the minimally-invasive treatment options of benign prostatic hyperplasia and prostate cancer.

**Thursday, May 20; 6-7 p.m.**

SAN

### The Colors of Lupus

Education and Support.

**4th Tuesdays – May 25, June 22 and July 27; 6-8 p.m.**

HEND

**2nd Saturdays – May 8, June 12 and July 10; 12:30-2:30 p.m.**

WEST

### Getting Back to Life without Back Pain

What causes adult back pain and what are treatment options presented by orthopaedic surgeon, Dr. Andrew Cash.

**Wednesday, June 16; 3:30-4:30 p.m.**

WEST

### Alzheimer's Association Lectures

With Christine Terry.

**Thursday, June 24; 1-3 p.m. – Maintain Your Brain**

**Thursday, July 29; 1-3 p.m. – Understanding Memory Loss**

HEND

### Striking Out Against Stroke

Recognizing the risk factors, signs and symptoms for stroke.

**Friday, July 9; 9-10 a.m.**

HEND

### Lower Cholesterol With TLC (therapeutic lifestyle changes)

**Tuesday, May 18; 5:30-8:30 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 prosthesis provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 568-9595.

## 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.

**Wednesday, May 19; 5-9 p.m.**

**Saturday, June 12; 10:30 a.m.-2:30 p.m.**

**Friday, July 16; 2-5 p.m.**

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

**Thursday, May 27; 5-9 p.m.**

**Monday, June 28; 11 a.m.-3 p.m.**

**Saturday, July 17; 10:30 a.m.-2:30 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.

**Saturday, May 8; 10:30 a.m.-2:30 p.m.**

**Wednesday, July 7; 5-9 p.m.**

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

**Thursday, May 20; 5-9 p.m.**

**Thursday, June 10; 5-9 p.m.**

**Saturday, June 26; 10 a.m.-2 p.m.**

**Wednesday, July 21; 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.

**Mondays – May 10, June 7 or July 12; 9 a.m.-1 p.m.**

**Fridays – May 21, June 18 or July 30; 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 – June 28 or July 26; 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, July 24; 10 a.m.-2 p.m.**

RAN

## programas en español

### Para más información por favor llame a 564-0896

### ¿Necesita a una Doctor Que Hable Español?

Llame al 616-4999

### Actividades Con tus Niños

Acompañenos cada tercer lunes de cada mes, 9:30 a 10:30 de la mañana, a disfrutar de una hora llena de arte y juegos con tus niños menores de 4 años. Conexión de Familia a Familia y St. Rose Dominican Hospitals, les invita a aprender temas de salud, educación y mucho más para el beneficio de sus familias.

**Llame al 564-0896 para más información.**

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

### Nevada Check Up

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



## STROKE SCREENING

Get six screenings to assess your stroke risk and learn the American Stroke Association's facts for striking out stroke. Followed by a healthy breakfast.

- Cholesterol Lipid profile
- Blood Pressure check
- Body Mass Index
- Carbon Monoxide level
- Stroke questionnaire screening
- Nutritional considerations and facts

**Thursday, June 3; 8-10 a.m.**

MAC: \$30 for lipid profile

# may • june • july

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**

**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**

**CCFA** – 3rd Sunday, 2 p.m. **RAN**

**Co-dependency (CODA)** – Thursdays, Noon **HEND**

**Daughters Without Mothers** – 1st Thursday, 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**

**Stroke Support Group** – 3rd Tuesday, 4 p.m. **HEND**

**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 breast pumps for pregnant women and children up to age 5. Call 616-4905.

### Breastfeeding Helpline 616-4908

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

### Breastfeeding Consultations

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**



## VOLUNTEER YOUR SKILLS

Give your time and your talents and get an incredible sense of satisfaction in return.

**San Martin Campus Gift Shop.** Do you have some retail experience and a friendly smile to share with patients and visitors? Contact 492-8695 about gift shop volunteer opportunities.

**Rose de Lima Campus.** Got computer skills and a good bedside manner? Consider volunteering a four-hour shift each week to instruct patients on how to utilize St. Rose's bedside GetWellNetwork. Contact 616-7514 for more information.

**Rose de Lima Campus ER.** Are you good communicating with others under pressure and on the spot? Consider volunteering as an Emergency Room Customer Advocate. Contact 616-7514 for details.

## Breastfeeding Boutique Nursing Bra Fittings and Sales

Nursing bras by Medela and Bravado. 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

**Fridays – 11 a.m.-noon**

**HEND**

**Wednesdays – 11 a.m.-noon**

**WEST**

## La Leche League

**4th Thursdays – May 27, June 24, July 22; 10-11 a.m.**

**FTF**

## pregnancy & childbirth

Log on to [www.strosehospitals.org](http://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

Get the most important information on childbirth education in a condensed five-hour class for those with busy schedules. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

**Saturdays – May 29, June 19 or July 10; 9 a.m.-2 p.m.**

\$35 fee includes prepared childbirth book **HH**

### Sweet Peas NICU Support Group

Parent educational support.

**1st & 3rd Wednesday – 1-2 p.m.**

Quiet Room; **SIENA**

### 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.

**Wednesday, June 16; 6-8 p.m.**

**WEST**

**Wednesday, July 28; 6-8 p.m.**

**WEST**

# 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 – May 21, June 18, July 30; 3-5 p.m.**

**Fridays – May 11, June 8, July 20; 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

**Fridays – 1:30 p.m.-2:30 p.m.**

HEND: \$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

### Busy Moms Network

Gain a sense of balance and peace of mind by learning how to keep parenting a priority while juggling other responsibilities. Children welcome to attend.

**1st 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 for play group.

**1st Tuesday – 4-5 p.m.**

FTF

### Teething Solutions

Learn helpful tips for soothing a teething baby for ages birth to 12 months.

**Tuesday, May 4; 10-11 a.m.**

FTF

### Mother's Day Tea

Enjoy a pampered moment with Family to Family Connection. Take home craft included to celebrate all the special mommies for children ages birth to 48 months.

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

FTF

### Wee Can Sign: Baby Sign Language Level I

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

**Wednesdays – June 2, 9, 16, 23; 10:30-11:30 a.m.**

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

**Saturdays – May 8, 15, 22 & June 5; 12:30-1:30 p.m.**

**Thursdays – May 20, 27, June 3, 10; 11:30 a.m.-12:30 p.m.**

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

**Saturdays – July 10, 17, 24, 31; 12:30-1:30 p.m.**

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

For more information, log on to [www.WeecanSign.com](http://www.WeecanSign.com).

### Sing and Sign: Baby Sign Language Level II

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

**Wednesdays – July 7, 14, 21, 28; 10:30-11:30 a.m.**

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

**Saturdays – May 8, 15, 22 & June 5; 2-3 p.m.**

**Saturdays – July 10, 17, 24, 31; 2-3 p.m.**

WEST: For more information, log on to [www.WeecanSign.com](http://www.WeecanSign.com).

### Bubbles In The Backyard

Bubbles, bubbles everywhere! Come and celebrate as we share. For ages birth to 48 months.

**Tuesday, May 18; 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 for ages birth to 48 months.

**Thursdays – May 20, 27, June 3, 10, 17; 4-6 p.m.**

### Love & Logic Introductory

Learn more about the Love & Logic-Early Childhood Made Fun parenting approach for ages birth to 12 months.

**Wednesday, June 9; 10-11 a.m.**

FTF

### Love & Logic - Early Childhood Made Fun!

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

**Tuesdays – June 15, 22, 29, July 6, 13; 10 a.m.-noon**

FTF: \$25

### Look Who's Talking

Discuss the development of speech in babies and how you can encourage and foster language for ages birth-12 months.

**Tuesday, June 8; 10-11 a.m.**

FTF

### Ice Cream Social

Celebrate the first day of summer with ice cream at the park for ages birth-48 months. Call 568-9601 for details and location.

**Monday, June 21; 2-3 p.m.**

FTF

### Bon Appetit, Baby

Get great recipes for homemade baby food and tips on when to start solids for your baby for ages birth-12 months.

**Wednesday, July 7; 10-11 a.m.**

FTF



**ONLINE REGISTRATION AVAILABLE** for family education classes.

Log on to: [strosehospitals.org](http://strosehospitals.org) or call 616-4910.

## ONGOING FAMILY EDUCATION CLASSES

**Prepared Childbirth Classes - \$50-HEND & WEST**

**Childbirth Express - \$35**

**Bed Rest Learning DVD Module - \$50**

**Teen Prepared Childbirth Class - Free**

**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**

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

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

**San Martin Campus Maternity Tour - 3rd Saturday**

Call 616-4901 to register for the tours.



OUR FIGHT IS ON BEHALF OF ALL SISTERS.  
BUT OUR INSPIRATION BELONGS TO ONE.

Our Founder,  
Nancy G. Brinker

Her Sister,  
Susan G. Komen

Years ago, Nancy G. Brinker made her dying sister a promise: to do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure. For more information about Komen for the Cure's mission to end breast cancer forever, visit [komensouthernnevada.org](http://komensouthernnevada.org) or call 702.822.2324.



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*Imagine life without breast cancer.®*



# The Purpose of these Paddles is to Paddle for a Purpose.


## Fun

The highly spirited Rose Regatta dragon boat race and festival is breathing new life into the ancient Chinese sport of dragon boat racing. Individuals, families, friends and businesses are invited to come together and use their collective paddle power to move 40-foot dragon boats across scenic, serene Lake Las Vegas. Join the fun as a paddler or spectator!

## Fitness

People age 13 and over can take part in dragon boat racing, but be advised of the side effects of taking part in the Rose Regatta: Participants are susceptible to developing a renewed sense of self and community or company spirit – as well as improved core strength – through paddling!

## Fundraising

Join a team or organize a team and race your way to raising funds for St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence breast health services, including medical care and psychosocial support for uninsured and underinsured women and men battling breast cancer. If you can't race in the Rose Regatta, consider volunteering, sponsoring or making a monetary or in-kind donation. 



**SATURDAY, OCTOBER 16, 2010**

For more details about dragon boat training sessions, race registration and the full line up of events and entertainment scheduled for the 2nd Annual Rose Regatta, visit [www.roseregatta.org](http://www.roseregatta.org).



*Smile and say chi!* “Dragon boat racing practice is a fun way to meet up and spend time with friends. We all paddled our hearts out, but there’s also a rhythm to rowing that gives you a great sense of peace inside.” – Lisa Katz

*Hello, meet my inner dragon.* “Wow! I found a new side of myself paddling to raise money to fight breast cancer.” – Norine Rathbone, breast cancer survivor

# A Better MRI No Matter Which Way You Slice It



**S**t. Rose Dominican Hospitals – Rose de Lima Campus is the first hospital in southern Nevada to get GE’s new Wide Bore Magnetic Resonance Imaging (MRI) machine. Why is this such big news? *WomensCare* Magazine recently sat down with Dr. Dana Murakami, chief radiologist at the Rose de Lima Campus, to discuss why this particular MRI machine will make a big difference in the medical treatment that patients receive.

**WC:** Can you start by telling our readers what MRI is?

**Dr. Murakami:** Magnetic Resonance Imaging (MRI) is a non-invasive imaging technique that allows your physician to “see” inside your body without performing a surgical procedure and without harmful radiation.

Until recently, MRI was primarily used to produce images of the head, the neck and the spine. Significant improvements to MRI technology now make it an excellent choice for full body imaging. Newer MRI machines with advanced computer programs can now produce high-quality images of the body’s bone structure as well as soft tissues such as the heart and blood vessels, the kidneys and other parts of the urinary tract system, abdominal organs such as the liver, spleen and gallbladder, and both female and male reproductive organs.

This ability to image soft-tissue structures of the body makes MRI, in many cases, the best technology we have to identify and evaluate abnormalities such as tumors, inflammation and degenerative changes. MRI is valuable in diagnosing a broad range of conditions, including cancer and muscular and bone abnormalities.

This technology is also improving the level of diagnostic accuracy and care of patients with bone and joint problems because MRI allows us to image not only the bone but also important supporting structures of the joints such as ligaments, tendons and menisci.

**WC:** How does a MRI machine work?

**Dr. Murakami:** An MRI system produces highly detailed images of the body through the use of a powerful magnet, radio waves and a computer. To perform an MRI study, the patient is placed on a table which is then positioned inside the MRI’s circle-shaped opening called a “bore.” Then a series of cross-sectional images called “slices” are taken of the body part to be assessed. Various images output by the computer allow radiologists and doctors to view the body parts from multiple angles which aids in the discovery of abnormalities.

**Radiologist, Dr. Dana Murakami, has spent two decades performing MRI studies and evaluating MRI images, so when it came time to invest in a new MRI for the Rose de Lima Campus, he closely studied the newest MRI technologies available before selecting GE’s new MRI scanner.**

**WC:** How does the GE Optima 450w “wide bore” system differ from other MRI systems?

**Dr. Murakami:** The standard MRI machine has a bore width of 60 cm which hasn’t changed since the technology was introduced in the 1970s. What has changed is the size of many patients. Today, the average American man and woman are approximately 20 pounds heavier than in the 1970s – and the number of adults who are overweight or obese has doubled. It was a terrible impediment to have patients who couldn’t fit in the MRI, so the wide bore machine makes one of the best diagnostic tools available accessible to more patients.

**WC:** There are “open bore” MRI machines that accommodate patients who are larger or have claustrophobia. So what is the distinct advantage of developing a closed, wide bore MRI?

**Dr. Murakami:** The open MRI makes getting into the machine easier for most overweight and obese patients – and for those who suffer feelings of claustrophobia. Unfortunately, because the shape of the circular bore is compromised with an open MRI, so is its magnetic field. As a result, scans from an open MRI aren’t of comparable quality to those produced by a closed MRI. In addition, the exam times are typically longer for an open magnet.

GE placed a priority on developing a 70-centimeter wide bore MRI to better accommodate larger patients at higher risk for a host of health problems including heart disease, diabetes and joint issues. In doing so, GE rethought every aspect of the MRI system and as a result, they not only developed a wider bore that improves patient comfort, they improved MRI technology and performance overall.

**WC:** How much difference does widening the bore by 10 cm make?

**Dr. Murakami:** Although a 10 centimeter increase in diameter may not sound like much, it creates a significant – 37 percent increase – in the machine’s cross-sectional area which translates into a much larger opening that is much more accessible and comfortable for all patients. To accomplish this, GE used a wider and higher quality

magnet which, in turn, enabled them to shorten the bore's tunnel length. Now, for example, if we're imaging a patient's abdomen, we position the MRI table so that the bore covers just the mid-section of the body. This alleviates the patient's feelings of confinement. Additionally, the stronger magnet, wider bore and improved computer software capabilities provide a larger imaging field so we can scan any body part to be studied in just a few, quick sequences.

**WC:** How does MRI differ from a CT scan and how would a patient know which diagnostic imaging technique they should have?

**Dr. Murakami:** MRI and CT scanners are both incredible diagnostic imaging tools, each with its own strengths. MRI is better able to image soft tissue which is important to the diagnosis of many diseases; and, because MRI uses a powerful magnet and radio waves rather than x-ray technology, patients are not exposed to harmful radiation. This is particularly important in those instances when a patient must undergo diagnostic imaging numerous times over the course of their treatment or their lifetime. Thus, a child with cancer or a senior with Alzheimer's disease can undergo routine MRI studies without any long-term side effects.

CT scanners still offer higher quality images when studying bony structures and are often the preferred test in emergency situations as scans can be done in about five to ten minutes. Typical MRI studies take between 30 minutes to an hour; however, with the new GE Wide Bore MRI, we can complete a study within 10 to 20 minutes.

MRI and CT scans are sometimes used to complement one another, and although CT scans expose patients to harmful radiation, recent reports on CT scanner safety have prompted the development of a new era of CT scanners that expose patients to far lower doses. We expect to continue to see this trend unfold.

**WC:** Is MRI safe for everyone?

**Dr. Murakami:** MRI is a painless process that poses little to no risk for most patients. For safety purposes, however, a full medical history of a patient is taken prior to an MRI. We don't recommend MRIs for pregnant women even though there are no known harmful effects to a woman's fetus. Also, implanted medical devices like pacemakers or nerve stimulators that contain metal or electronics may malfunction during an MRI. In a select amount of cases, contrast solution is injected into the patient to better define an abnormality and in a few rare cases, these patients may experience an allergic reaction that is typically easily controlled.

**WC:** Thank you, Dr. Murakami. Could you sum up the advantages of the wide bore MRI in one sentence?

**Dr. Murakami:** The new wide bore MRI at St. Rose Dominican Hospitals – Rose de Lima Campus provides the best possible MRI without any tradeoffs or compromises in patient comfort and provides the highest quality diagnostic imaging quality. **WC**

70cm  
wide bore



## COULD SURGERY SOLVE TYPE 2 DIABETES AMONG OBESE ADULTS?

The The American Diabetes Association (ADA) recommends considering gastric bypass surgery for adults with type 2 diabetes who have a body mass index (BMI) of 35 or more.

Almost all adults with Type 2 diabetes are overweight or obese. "Although lifestyle modifications such as diet and exercise and medications can help, diabetes can lead to serious complications such as blindness, heart attack, stroke and even death," says Dr. Rutledge. "The ADA is recommending gastric bypass surgery as an option among type 2 diabetics with a BMI over 35 or more because patients see a rapid remission of their symptoms soon after surgery and typically don't require medications following surgery."

Learn more about St. Rose's bariatric surgery program in the next edition of WomensCare Magazine.



GE's new  
wide bore  
MRI.

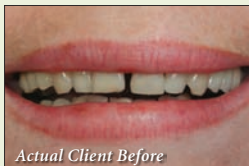
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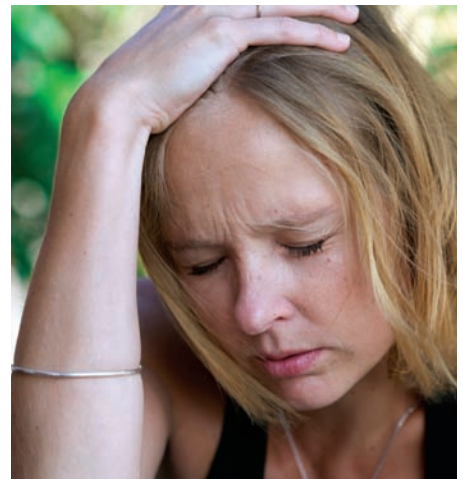
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Faculty member  
at the UCLA Center  
for Esthetic Dentistry



Sustaining Member  
AMERICAN ACADEMY  
OF COSMETIC DENTISTRY.



### DOES IT HURT TOO MUCH TO SMILE?

Could what's going on in your mouth make your head ache? According to Dr. Patrick Simone, DDS, dental and jaw problems may result in headache or migraine pain, so it is important to have oral health issues professionally addressed.

Oral health problems such as cavities and dental abscesses can trigger headache and migraine pain; so can clenching your jaw or grinding your teeth together – a problem known as bruxism. “If you routinely clench or grind your teeth while sleeping, your headaches may be more pronounced in the morning,” says Dr. Simone. “Your dentist can provide a mouth guard for you to wear at night to prevent damage to your teeth and possibly ease your headaches.” If your bruxism is stress related, your dentist can also provide lifestyle tips to help you stop grinding your teeth.

Lifestyle tips may also help relieve symptoms related to temporomandibular joint (TMJ) disorders. TMJ disorders may be caused if the joints – located on each side of your head, just in front of your ear – erode, move out of proper alignment or become damaged by arthritis or an impact injury. The muscles that stabilize the joint can also become fatigued from overwork by bruxism or the simple act of repetitively chewing gum. In some cases, TMJ may be treated with mouth guards, dental procedures aimed at improving the patient's bite or even surgery.

# One in 1,000,000 Reasons to Learn About Robotically-Assisted Surgery



Nearly one million women in the U.S. will undergo gynecological surgery this year followed by another one million women the year after that. What would you do if you learned you would be one of them?

Wouldn't you want to know about your surgical options – particularly if there was a choice that was less painful, could get you back into the swing of things sooner, and if you're still considering having a child, better preserve your chances of a healthy pregnancy? Your health alone is reason enough to learn about robotically-assisted da Vinci® Surgery.

## Know Your Options for These Operations:

- **Hysterectomy** (600,000 annually, 1 in 3 women by age 60)
- **Uterine and vaginal prolapse correction** (200,000 annually)
- **Myomectomy fibroid removal** (65,000 annually)

A majority of these gynecological surgeries are still performed through the conventional approach – an open incision in the abdomen – or laparoscopic surgery, although more women than ever are choosing less invasive robotically assisted da Vinci® Surgery. This newer surgical approach gives surgeons more precision than laparoscopic surgery and results in a shorter hospital stay, fewer surgical complications, less scarring and a quicker recovery than conventional surgery. Women who undergo a da Vinci® Hysterectomy, for instance, typically return to their daily activities in 14 to 20 days, whereas the typical recovery period required for open incision hysterectomy is six weeks. **WC**



da Vinci®

## FIND OUT IF IT IS FOR YOU

St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence invite you to learn more about the benefits of robotically assisted da Vinci® Surgery at one of the following talks:

### YOU & YOUR UTERUS: MINIMALLY INVASIVE SURGERY FOR FIBROIDS AND INFERTILITY

Join Dr. Lynn Kowalski for an update on your options.

**Thursday, May 13, 6-7:30 p.m.**

MAC

### NOT YOUR MOTHER'S HYSTERECTOMY: YOUR MINIMALLY INVASIVE SURGICAL OPTIONS

Join Dr. Lynn Kowalski for an update on your hysterectomy options.

**Thursday, May 20, 6-7:30 p.m.**

MAC

### NOT YOUR MOTHER'S HYSTERECTOMY: OPTIONS FOR HYSTERECTOMY AND GYNECOLOGIC CANCERS

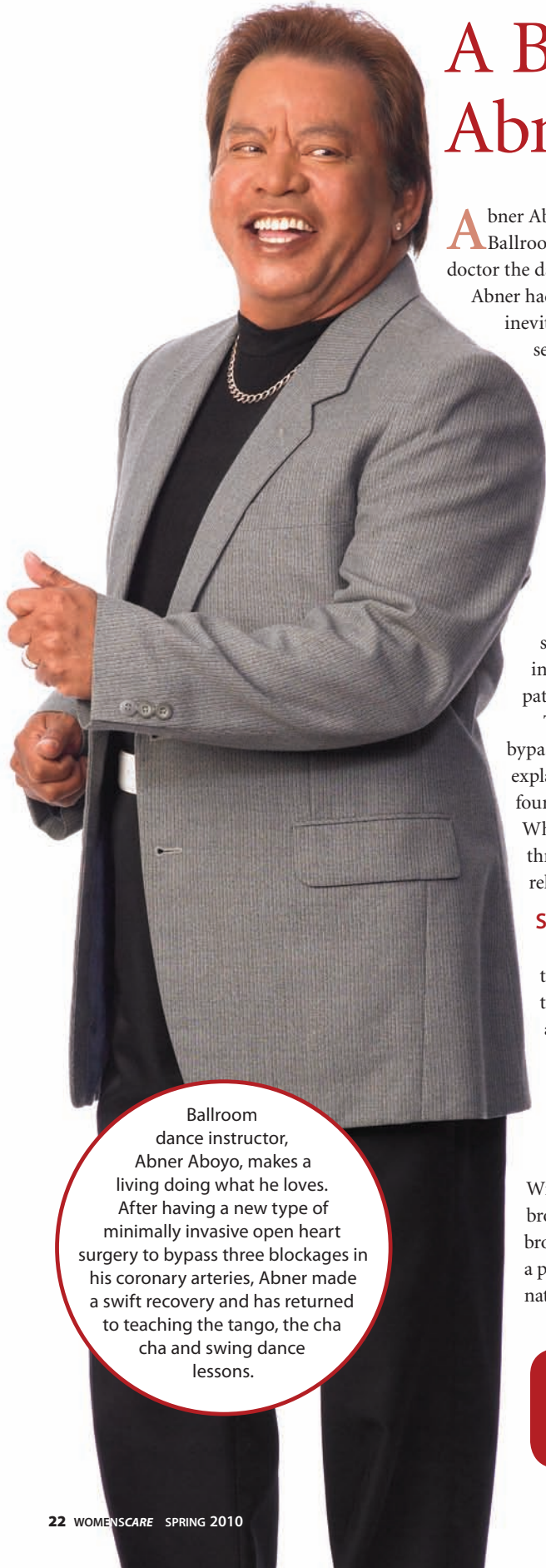
Join Dr. Lynn Kowalski for an update on your options.

**Friday, May 28, 1-2:30 p.m.**

MAC

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

# A Better Way to Repair Abner's Arteries



**A**bner Aboyo lives life to the bouncy six- and eight-count beat of West Coast swing. Ballroom dancing is not only his passion, it's his profession which is why he called his doctor the day that teaching swing lessons left him breathless. A series of tests showed that Abner had suffered a minor heart attack and that a life-threatening cardiac event was inevitable without surgical intervention to bypass – or reroute – blood around three severe blockages in his coronary arteries.

"I wasn't as anxious about the surgery as I was the recovery," says Abner. "My family is in California so I wasn't sure they would be able to come and help me around the house or drive me to doctor appointments after I was released from the hospital."

Also of concern to Abner was how soon he would be well enough to dance again. "Dancing is very physical. I was afraid that I wouldn't be able to teach classes for several months while my body healed."

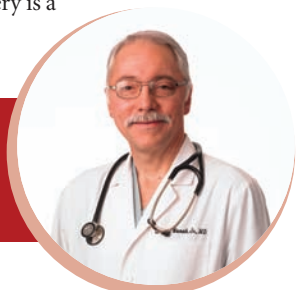
Abner's cardiologist took his concerns into consideration and referred him to cardio-vascular surgeon, Dr. Robert Wiencek. He and his partner, Dr. Michael Wood, are among just a few physicians in the world – and the first surgeons in Nevada – to perform coronary bypass surgery through a minimally-invasive procedure that causes less physical trauma to tissue and bone providing patients a quicker, less painful recovery.

The technique is called minimally-invasive cardiac bypass surgery/coronary artery bypass grafting – or MICS CABG (pronounced mix cabbage) for short. As Dr. Wiencek explained how he could sneak into Abner's body and access his heart through a three to four-inch incision in the space between his fourth and fifth rib, Abner was intrigued. When Dr. Wiencek estimated that Abner would be in and out of the hospital in about three days and be able to return to the dance floor in a matter of weeks, Abner was relieved and ready to undergo the procedure.

## Same Successful Cure Performed Through a Less Invasive Surgery

Coronary bypass surgery was introduced in the late 1960s as a revolutionary way to alleviate chest pain and restore blood flow through the arteries in order to reduce the risk of heart attack. Today, nearly a half million coronary bypass procedures are performed annually in the United States making it one of the country's most common major surgeries. It is also one of its most well studied procedures which has led to a series of surgical advancements that have decreased coronary bypass mortality rates to as low to 1 percent (or as high as 4 percent) depending on factors such as the health and age of a patient.

Considering the success rate of traditional coronary bypass surgery, and Dr. Wiencek's 28 years as a cardiovascular surgeon, he could have easily taken an "if it's not broken, don't fix it" mindset except for the fact that a patient's breast bone (sternum) is broken during a traditional coronary bypass. "Providing patients the same cure through a procedure that is less traumatic than traditional surgery is a natural progression in cardiovascular surgery," he says.



**Dr. Wiencek, the first cardiovascular surgeon in Nevada to perform minimally invasive surgical coronary artery bypass grafting.**

Ballroom dance instructor, Abner Aboyo, makes a living doing what he loves. After having a new type of minimally invasive open heart surgery to bypass three blockages in his coronary arteries, Abner made a swift recovery and has returned to teaching the tango, the cha cha and swing dance lessons.



## What are the benefits of having MICS CABG for coronary bypass surgery?

- Less pain and physical trauma (no broken bones)
- Less bleeding
- Lower risk of wound infection
- Lower risk of lung dysfunction which can lead to post-operative pneumonia
- Fewer lifestyle restrictions, including no driving restrictions
- Faster recovery, many patients are discharged from the hospital within two to three days and can return to work within two weeks
- Smaller incision of 2 to 4 inches for an improved cosmetic outcome

Traditional coronary bypass requires making a six- to eight-inch incision down the center of a patient's chest then cutting through the breast bone to open the chest and access the heart. Once the patient's blockages are bypassed and normal blood flow to the heart is restored, the breast bone must be wired together again. The highly invasive process takes a six- to 12-week recovery period but can prolong a patient's life for years or even decades. MICS CABG, on the other hand, can provide patients the same lifesaving – and life extending – benefits with an estimated recovery time of just four to six weeks.

Minimally invasive surgical techniques are quickly becoming the hot topic in various areas of medicine because they can fix a patient's problem and do so safely with the added benefit of causing the least amount of trauma to the body and patient as possible. Orthopedic surgeons are, for instance, performing total hip replacements through three-inch incisions and gynecologists and urologists are performing hysterectomies and prostate removals through incision sites that are smaller than a quarter with the assistance of robotically-assisted surgery (see page 21).

The benefits patients realize from such minimally invasive procedures include less blood loss, fewer blood transfusions, reduced risk of post operative infections, less scarring and lower pain levels. As such, their hospital stays – and overall recovery times – tend to be a few days shorter.

MICS CABG is not the first or most common form of minimally-invasive coronary bypass. Another procedure called minimally invasive direct coronary bypass (MIDCAB) allows cardiovascular surgeons to make a small incision directly over the coronary artery to be bypassed. The surgery is, however, only applicable when repairing one or two blockages that are easily accessible. "MIDCAB is a worthy advancement but it is not an option for patients like Abner who suffer several serious blockages or blockages located on the segment of an artery that winds around and is embedded in the back side of the heart," says Dr. Wiencek.

In order to perform MICS CABG at St. Rose Dominican Hospitals, Dr. Wiencek traveled to the Heart Institute of New York last year. There he trained with Dr. Joseph McGinn who pioneered the minimally invasive technique and began performing the surgery in 2005. He then returned to Las Vegas, formed and trained a MICS CABG team at the San Martín Campus and started performing the procedure earlier this year.

Among Dr. Wiencek's first patients was an 81-year old man with several blockages. Though he might have opted to perform his initial MICS CABG procedure on a younger, healthier patient, Dr. Wiencek says, "The appeal of MICS CABG is that it provides an alternate, safer route to a patient's heart which is a plus for older and sicker patients who are more likely to suffer wound infections or lung dysfunction after a traditional open heart procedure."

### **Bypassing Abner's Damaged Arteries**

On the morning of Abner's surgery he had a bit of pre-surgery jitters but he was upbeat in knowing that the MICS CABG procedure would get him back to dancing the jitterbug within a month. "I think that minimally invasive surgery gives patients a psychological leg up," says Dr. Wiencek. "When they know that they will experience less pain and fewer physical limitations after surgery, they tend to have

less anxiety about having an open heart procedure and, after the fact, they are typically more willing to take part in programs like cardiac rehabilitation which help them recover and resume their normal activities sooner."

Once in the operating room, Dr. Wiencek made a four-inch incision between Abner's fourth and fifth rib and spread them apart without cutting through or breaking them. He also made a second smaller incision on Abner's abdomen through which he inserted a thin metal tool called a positioner that suctions to a small part of the heart. Using the positioners, he turned Abner's heart to the desired position and stabilized it so that he could perform the surgery "off pump" which means without stopping Abner's heart beat.

Using veins that had been grafted from Abner's legs, Dr. Wiencek began sewing the grafts on to create detours around the damaged portions of one of Abner's arteries. He then used the positioners to turn Abner's heart around so that he could create two more bypasses for arteries embedded on the backside of his heart.

After the three bypasses were complete, blood coursed smoothly to Abner's heart and Dr. Wiencek was able to detach the positioners, stitch the muscles between the ribs/chest cavity closed and remove the device which helped keep his rib separated during surgery. As a final step, Dr. Wiencek applied topical glue to the incision sites.

"Because the entry point for MICS CABG is small, we don't have to suture the outside of the skin which minimizes the amount of scarring," says Dr. Wiencek. In fact, he says, a woman's MICS CABG scar is unlikely to be seen because the incision can be made in the natural fold of her breast.

Three days after his surgery, Abner's nurse removed the dressings which covered his incision sites and applied three small bandages. He then began packing his things to go home and prepare for the arrival of his three brothers who were coming to town the following day. "I am glad I asked my brothers to wait until I was out of the hospital to visit," says Abner. "I feel good. I'm breathing easier and my pain is much less than I imagined. I almost feel like I could go back to dancing but I'm going to take it easy and make the most of my time with my family." **WC**

# Water should not be like a box of chocolates.

As SNWA Lab Manager, Linda Blish makes sure our water meets or surpasses federal drinking water standards – with no surprises. Linda oversees a busy, highly trained staff. Did we mention busy? Together, they analyze our water 500,000 times a year.

If you have questions about water quality – or if you're looking for a supplemental water treatment system – contact the SNWA. No one knows more about water quality than your local water agency.

Go to [snwa.com](http://snwa.com), or call 258-3930.



SOUTHERN NEVADA WATER AUTHORITY



# Cooling the Body. Saving the Brain.

When a person's heart stops for more than about four minutes changes occur which cause heart muscles and brain cells to begin dying – and cells can continue to die even if the person's heart starts beating again. In order to reduce the potential brain damage that results from this cell death, paramedics with the City of Henderson Fire Department are now trained and equipped to provide a treatment called therapeutic hypothermia.

According to Dr. Rick Henderson, medical director for St Rose's emergency departments, paramedics can deliver a cooled intravenous saline solution to cardiac arrest victims who remain unconscious after their heart beats have been restored. The therapeutic saline solution quickly lowers the patient's body temperature to 89.6 degrees, well below the body's normal temperature of 98.6. "Cooling the patient's core body temperature reduces the brain's need for oxygen," says Dr. Henderson. "This can help minimize the cell damage that typically occurs after the heart stops and blood flow to the brain has been interrupted."

The Henderson Fire Department responds to approximately 150 cardiac arrest calls each year and it is estimated that the cooling therapy may be appropriate for approximately one in every six patients. "Some patients are beyond reviving by the time paramedics arrive and others quickly regain consciousness after a defibrillator is used to deliver a quick shock to their heart," says Dr. Henderson. "But for certain patients this may be the difference between recovery and serious brain damage or brain death." **WGC**



## ACT F.A.S.T.

A stroke is a serious emergency that needs immediate medical attention. By memorizing the symptoms associated with the acronym **F.A.S.T.**, you may help save a life.

**FACE** = Does one side of the face droop? Ask the person to smile.

**ARMS** = Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**SPEECH** = Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

**TIME** = If the person shows any of these symptoms, CALL 911 or get to the hospital immediately.

Learn more about how St. Rose is using therapeutic hypothermia to help cardiac arrest patients and get more information on St. Rose's new Stroke Center (opening late this summer at the Siena Campus) in our Summer 2010 edition of *WomensCare* Magazine coming out August 1.

## IS YOUR CONDITION CHRONIC?

If diabetes, arthritis, heart disease or another chronic condition has taken control of your life, the Barbara Greenspun *WomensCare* Center's Chronic Disease Self-Management Program can help you gain the know how – and the confidence – to take charge of your health. Based on Stanford School of Medicine's model, the program is based on highly participative workshops that offer men and women mutual support and is proven to help people with chronic health problems lead more active and fulfilling lives.

The series of six, weekly workshops covers:

1. techniques to deal with problems such as frustration, fatigue, isolation and pain,
2. appropriate exercises for maintaining and improving strength, flexibility and endurance,
3. appropriate use of medications,
4. communicating effectively with family, friends and health professionals,
5. nutrition, and
6. how to evaluate new treatments.

The program will not conflict with your existing chronic disease programs or treatments as it is specifically designed to enhance disease-specific education provided through cardiac rehabilitation, diabetes education, asthma or smoking cessation programs.

FOR MORE INFORMATION, CALL THE WOMENSCARE CENTER AT 616-4900

# Knowledgeable women make smart financial decisions



When the financial markets are so uncertain, many investors fear what the future may hold. Do you worry whether you can still retire comfortably, put your children through college or create a legacy for your family? Has the economic downturn shaken your confidence and caused you to put your financial goals on hold?

Keep in mind a recessionary economy doesn't have to upset your life's hopes and dreams. With the right information, insights and planning, we can help you face the road ahead with confidence. Let's discuss your future. It's a conversation worth having. Please call to schedule an appointment.

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## Do you need to have your thyroid checked?

Could your thyroid – the small butterfly-shaped gland at the base of your neck – be the culprit for a host of symptoms you are experiencing? Consider this: more than 20 million Americans (most of them women) suffer from thyroid disease or dysfunction and don't know it. *WomensCare Magazine* asked otolaryngologist (ENT) Dr. Randall Weingarten and endocrinologist Dr. Reed Litchfield what basic information women should know about thyroid problems. Here's what we learned:

### **If you're suffering an energy crisis, it could be your thyroid's fault.**

If you're suffering from symptoms such as ongoing fatigue, a feeling of malaise and difficulty keeping your weight in check, write them down rather than writing them off or ridiculing yourself. Then talk to your doctor. One in five women develops a thyroid problem. The most common problem – hypothyroidism – is a slow down in the production of thyroid hormone which controls the body's basal metabolic rate and heat production. An under active thyroid can leave you feeling sluggish – and cold! Hypothyroidism is typically treated with a daily dose of a synthetic form of thyroid hormone.

*continued on page 29*

# LIVE A LITTLE

## IN THE ITALIAN TRADITION.

Everything is good in moderation. What you can experience in abundance is unprecedented hospitality in the Italian tradition at Panevino Ristorante, a premier Las Vegas dining destination.

The view is dazzling. The dining experience will leave you breathless. We welcome you with open arms to become part of our family of guests. Enjoy authentic Italian dishes skillfully crafted by world renowned Chef Mario Andreoni.

AFTER ALL, WHAT'S LIFE WITHOUT A LITTLE INDULGENCE?



### RECEIVE A COMPLIMENTARY DESSERT TRIO

Mention this ad and receive a complimentary dessert trio when you purchase a lunch or dinner entrée at Panevino Ristorante. One per table. Offer valid through July 31, 2010. Management reserves all rights.

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**Dr. Weingarten, ENT, performs more than 100 thyroidectomies at the Siena Campus each year. Dr. Litchfield, endocrinologist, specializes in the evaluation and management of medical issues related to hormonal and metabolic disorders.**

### **“Normal” is a relative term when it comes to thyroid hormone levels.**

If you’ve had a thyroid-stimulating hormone (TSH) blood test and your doctor says your thyroid numbers are normal yet you still don’t feel like your usual self, ask for your test results. Also ask about whether or not you could have an atypical case of hypothyroidism. There’s evidence suggesting that what is considered a “normal” thyroid level may not be the same for everyone. TSH levels are important to diagnosing hypothyroidism, but your health history, your symptoms and how they affect your quality of life should also be taken into consideration. They may play a key role in getting an accurate diagnosis.

### **A thyroid check is part of a thorough physical exam.**

When you go for your annual physical, you probably expect your doctor to check your blood pressure and your cholesterol, but keep in mind that a thyroid check is also part of a thorough examination. Your doctor should check your thyroid by using his or her hands to feel the gland at the lower, front part of your neck to check for swelling or nodules – growths or lumps that indicate an underlying thyroid issue so they could be assessed. If your doctor doesn’t typically perform a thyroid check, ask for one as one in 12 women has a nodule or nodules.

### **What’s known about thyroid nodules is mostly good news in the grander scheme of things.**

Exposure to radiation or genetics can increase your risk of getting a nodule but the cause for growths isn’t completely clear. What is known is that about 95 percent of nodules are benign (non-cancerous). If yours is benign, your doctor may take a wait and watch approach – or if it is a fluid-filled nodule, drain it by a needle biopsy. Surgery is recommended if a nodule is suspected to be cancer or is cancerous – or may be suggested if the nodule is large enough that it makes it hard for you to breathe or swallow or if it fills with fluid after being drained once or twice. Radioactive iodine therapy may be used to destroy thyroid tissue if you have a cancerous nodule or a noncancerous nodule that is making too much thyroid hormone thus causing a condition that speeds up the thyroid called hyperthyroidism.

### **If you hear the words “thyroid cancer,” keep listening.**

Cancer is frightening and many people fear that it is a death sentence but papillary and follicular thyroid cancers account for



## **Do you suffer from several symptoms that could be related to hypothyroidism?**

**A:** The *Reader’s Digest* lists hypothyroidism as one of the 10 diseases doctors miss most, stating that half of the cases go undiagnosed because their symptoms are mistaken as the natural effects of aging.

- fatigue • depression • low body temperature
- weight gain • dry or itchy skin
- thin, dry hair or hair loss • puffy face, hands and feet
- decreased taste and smell • slow heart rate • constipation
- poor memory • trouble with concentration
- hoarseness or husky voice • irregular or heavy menstruation
- muscle aches • infertility • high cholesterol
- goiter (enlarged thyroid gland)

You can be born with hypothyroidism or it can occur spontaneously, develop during or after pregnancy or after treatment for hyperthyroidism.

about 90 percent of thyroid cancers. These tumors are typically found in the early stages when they are very treatable. The survival rates over the short and long-term are well above 90 percent. Factors such as your age, your overall health and the stage of your cancer at the time of diagnosis are, however, important to your prognosis and treatment plan. Routine check ups in the years and decades after thyroid cancer treatment are also vital as it is a cancer that has a tendency to return. **WC**

## **FOODS THAT SUPPORT THYROID FUNCTION**

What you eat may affect how well your thyroid works. If you have hypothyroidism, talk to your doctor about diet recommendations. In general, a diet that has whole foods that provide a healthy mix of minerals including iodine, selenium, zinc, iron and copper along with a balance of Vitamins A, C, E, B2, B3, B6 is suggested to support thyroid function.

Following is a short list of foods that can help fuel your thyroid:

- Nuts and Seeds
- Vegetables – Kelp, mushrooms, asparagus, lentils, sweet potatoes, squash, leafy greens such as spinach and beans
- Fruits – Cantaloupe, kiwi, strawberries, papaya, guava and citrus fruits
- Grains – Whole grain breads and cereals
- Meats & Fish – Organ meat (e.g. liver), eggs, tuna, halibut, salmon, clams, oysters and sardines
- Nuts & Seeds – Brazil nuts, almonds, sunflower and pumpkin seeds

Your physician may also advise that you only eat small portions of foods (called goitrogens) that can interfere with thyroid hormone production. These include cabbage, broccoli, cauliflower, radishes and turnips.

# Dr. Q's Summer Prescription

## May

Stick to your fertilizing program. It is a good time to use fertilizer with high sulfur to help plants absorb nutrition. Feed flowers with Dr. Q's Rose & Flower Food, or Fruit Trees with Fruit & Nut Food.



Check your potted plants, except for the toughest most resistant, they might need to be watered twice a day. Keep the pot out of afternoon sunlight to avoid cooking the roots. Use Dr. Q's Potting Soil Plus; it's the best for holding moisture!

## June

Check your drip watering system. Walk your landscape and make sure all the emitters are working. Measure flow rates; Details at [starnursery.com](http://starnursery.com) - read Gardening Tip 1052. Star Nursery has all the irrigation items you need.

Prevent blossom end rot, water regularly and add calcium.

Follow a schedule.

Avoid over watering and under watering, as this will damage roots and nutrition uptake. Calcium is needed by fruits and vegetables so use Dr. Q's Vegetable & Tomato Food.



## July

Water lawns in the early morning and finish before 11:00 am. Don't water in the evening! Wet grass in the dark will often become infested with fungus. Use Fung-Away™ to prevent and control lawn fungus.

Check your drippers again to see if any popped out. Heat is making the hoses softer. Drip emitters for shrubs and trees should run an hour, but not daily. Lightly fertilize your container plants every 3 weeks, use Dr. Q's Plant Tonic or Houseplant Tonic.



I'm Dr. Q... plant physician, surgeon of soil, mulcher, M.D., you get the idea. Star Nursery's landscape expert. I'm Dr. Q, I even make house calls.



Talk to a Star Nursery representative to set up your House Call or phone 333-STAR (7827)

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# What Would Happen If You Lived Like You Were Dying?

From Chris Allen's *Live Like You Were Dying*:

So if your life flashed before you  
What would you wish you would've done  
Yeah... gotta start  
Lookin' at the hand of the time  
we've been given here  
This is all we got and we gotta start pickin' it  
Every second counts on a clock that's tickin'  
Gotta live like we're dying  
We only got 86,400 seconds in a day to  
Turn it all around or throw it all away  
We gotta tell 'em that we love 'em  
While we got the chance to say  
Gotta live like we're dying

From Tim McGraw's *Live Like You Were Dying*:

I asked him when it sank in,  
That this might really be the real end?  
How's it hit you when you get that kind of news?  
Man whatcha do?  
An' he said: I went sky diving, I went  
rocky mountain climbing,  
I went two point seven seconds on a  
bull named Fu Man Chu.  
And I loved deeper and I spoke sweeter,  
And I gave forgiveness I'd been denyin',  
An' he said: Some day, I hope you get the chance,  
To live like you were dyin'.

From Nickelback's *If Today Were Your Last Day*:

My best friend gave me the best advice  
He said each day's a gift and not a given right  
Leave no stone unturned, leave your fears behind  
And try to take the path less traveled by  
That first step you take is the longest stride  
If today was your last day and tomorrow was too late  
Could you say goodbye to yesterday?  
Would you live each moment like your last  
Leave old pictures in the past?  
Donate every dime you had, if today was your last day?  
What if, what if, if today was your last day?

## WHY WAIT FOR AN ILLNESS OR BRUSH WITH DEATH TO BRING NEW MEANING TO YOUR LIFE?

In her book *Is Illness a Spiritual Journey*, Dr. Christina Puchalski says, "Illness and the prospect of dying offers us the opportunity to move deeply within ourselves and explore life's most intimate and profound questions" including:

- Who am I really? • What do I hold sacred? • Whom do I love, and have I loved well? • What do I believe in?
- Is there a God? If so, what is my relationship with God? • Is there life after death? • What does that mean to me? • Has my life mattered?

## Monday, May 31, 2010, is Memorial Day

Memorial Day was founded in 1865 as a national day of remembrance for those who have died in our nation's service. It is also an opportunity to show support for veterans of war and those men and women serving in our country's military today.



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