

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

SUMMER 2010
ISSUE 46

**TINA MARTINI:
GOOD FOOD.
GOOD LAUGHS.**

**PATIENT SAFETY:
A SHARED
OPPORTUNITY**

**2ND ANNUAL
ROSE REGATTA
SATURDAY,
OCTOBER 16,
LAKE LAS VEGAS**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence

RESORT SPA · CASINO
LAS VEGAS



St. Rose Dominican Hospitals

A member of CHW



Upcoming Promotions

“Brighton Write-On” FREE POUCH & NOTEBOOK!

July 23rd – August 8th, 2010

Just in time for back to school...Receive a Pencil Pouch **FREE*** with a Brighton same day purchase of \$100 or more.

(*limited one per customer while supplies last)

“Brighton Bev TO-GO” FREE BEVERAGE TUMBLER!

September 10th – September 26th, 2010

Great Tumbler to keep your favorite beverage Hot or Cold! Receive the exclusive Brighton Bev TO GO **FREE*** with a Brighton same day purchase of \$100 or more.

(*limited one per customer while supplies last)

“Keeping It Safe” FREE JEWELRY CASE!

October 29th – November 14th, 2010

A perfect case to keep your Brighton treasures in. Receive our Jewelry Case **FREE*** with a Brighton same day purchase of \$100 or more.

(*limited one per customer while supplies last)



Shown: Crystal Voyage Sunglasses - \$95; Lucky Charm Pouch- \$90; Leighton Reversible Chain Tote - \$220; Cleo Bow Satchel - \$325; Tina Sandal - \$195; Cocco's Spell Wide Hinged Bracelet - \$98; First Kiss Clutch - \$110; Later Gator Belt - \$68

The District at Green Valley Ranch 270-0100 • Fashion Show Las Vegas 731-5929 • Town Square 369-0963
Fashion Village at Boca Park 944-8474 • The Forum Shops at Caesars
Miracle Mile Shops at Planet Hollywood Resort & Casino • The Grand Canal Shoppes at The Venetian
McCarran International Airport - Main Terminal /D Gates/C Gates

BRIBOR, LLC
A Borsack Enterprise



Barbara Greenspun with her husband, the late Hank Greenspun



BARBARA GREENSPUN A TRUE LEADING LADY, 1922 – 2010

Barbara Greenspun's ideals landed her many leading roles in her 88 years.

- Wife.*
- Mother.*
- Grandmother.*
- Great Grandmother.*
- Publisher.*
- Philanthropist.*

St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Centers of Excellence aspire to help women take leading roles in their lives by providing education, support and on-going events and activities aimed at enhancing their physical, emotional and spiritual well being at every age and at every stage in life.

We are saddened by Barbara's passing but inspired by the fact that she made every decade of her long life something worthy of celebration.

LET'S STAY IN TOUCH!



facebook.com/StRoseHospitals



[@StRoseHospitals](https://twitter.com/StRoseHospitals)



youtube.com/user/StRoseHospitals



strosehospitals.wordpress.com

letter

FROM THE PRESIDENT



Dear Readers,

St. Rose Dominican Hospitals will celebrate the 10th anniversary of our Siena Campus over the course of the next year. As such, we can't help but wonder about the families who gave birth to babies during the Siena Campus' first year of operation. We would like to wish their children a very Happy Birthday!

As these families reflect on the births of their sons and daughters, and the many blessings they have brought to their lives, they are likely to ponder how quickly the last decade passed. We understand because we've been doing a great deal of reflection about our Siena Campus.

Like proud parents, we recall opening the doors to the Siena Campus as if it was yesterday. We were eager to show our community how – through thoughtful, innovative thinking and collaborative effort – we designed and built a truly patient- and family-focused hospital that provided the highest quality of medical care in an atmosphere that was inviting and uplifting for patients and visitors.

Today, the Siena Campus is recognized as one of the Top 125 hospitals in the nation yet much like a 10-year-old it is still growing. We'd like to hear about how the babies born at all three of our St. Rose campuses during the last decade are growing. Join us on Facebook and share your St. Rose baby story with us. We'd enjoy hearing from you!

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

WOMENS CARE CENTERS

Director: Holly Lyman

Staff: Mickey Bachman, RN, Marie Bevins, RN, IBCLC; Amy Godsoe; Dottie Hannon, CLC; Trianna Hunter, RN, CLC; Arla Leins, IBCLC, Avery Lewisohn, IBCLC, Brittany Massenburg, R.D., CLC; Sandra Morel; Kim Riddle, CLC; Linda Roth, CLC, Patricia Vergel

WOMENS CARE MAGAZINE

Editor/Writer: Shauna Walch

Staff: Kim Haley, Liz Hefner, Tammy Kline, Jennifer McDonnell, Andy North

Designer: Shannon Moss

Photographer: Greg Preston

Published quarterly by St. Rose Dominican Hospitals

WomensCare

St. Rose Dominican Hospitals is dedicated to meeting the unique health care concerns of women and men. The Barbara Greenspun WomensCare Centers of Excellence and WomensCare magazine are our commitment to the women of Southern Nevada.



St. Rose Dominican Hospitals

A member of CHW

It's Martini Time!

When multi-tasking celebrity chef Tina Martini takes to the stage at Studio B in the M Resort, she can toss a salad, stir a cocktail and grill a lean chicken breast marinated in cherry juice while simultaneously talking up the nutritional value of every ingredient she uses. To keep guests of her live studio audience intrigued and entertained, she also folds in a healthy dose of humor.

WC: Tina Martini is a catchy name. Is it your real name?

Tina: Tina Martini is my real name, but I am not all about booze – and neither is my show. I enjoy demonstrating how to make the M Classic Bloody Mary, but I get just as many “oohs and ahhs” from the audience on the days that I make a pitcher of watermelon lemonade or whip up a blueberry cheesecake smoothie.

WC: You recently shared a secret about watermelon during one of your shows.

Tina: Viva watermelon! The rind – and the flesh – of watermelon contain an ingredient called citrulline which relaxes and dilates blood vessels much like erectile dysfunction drugs. Researchers aren't yet clear how much watermelon it takes to equal the affect of a little blue pill, but don't be surprised if your husband spends more time slicing watermelon than flipping burgers at your next backyard barbecue!

WC: The *LA Times* called your personality “as bubbly as water on the boil.” Do you have a recipe for your upbeat personality?

Tina: Food makes us feel good, so chefs are generally happy people; however, my positive attitude is backed by a recipe for radiant health that includes healthy, tasty food, physical activity and adequate rest. If we all followed this recipe, we would be a much healthier – and maybe happier? – society. I also feed off of my audience's enthusiasm. My cooking studio is an intimate setting so I can look each one of my 50 guests in the eye and answer their questions.

WC: What are some of your favorite “energy” foods?

Tina: I recently demonstrated how to make a scrumptious brown rice salad during my show. Brown rice is an unrefined grain and keeps you feeling fuller longer. It is also high in complex carbohydrates which release glucose (sugar) into the bloodstream at a slower, steadier pace than refined grains – so brown rice is a



And Now...
Chef Tina Martini!
Chef Tina Martini treats live studio audiences to cooking demonstrations, food and beverage samplings and simple secrets for healthy living at Studio B in the M Resort.



Should I buy only organic foods to improve my health?

good source of energy for several hours. Because I'm a fan of rich, vibrant color and flavor, I mix in some orange juice, lemon juice and cinnamon when cooking brown rice then top it with cherry tomatoes, green onion, Persian cucumbers, feta cheese and mint.

Another high energy food I like is agave nectar. You can find it next to the honey in most grocery stores and it makes an excellent sweetener for baked goods, mixed drinks or salad dressings and sauces. The beauty of agave nectar is that it is a real sugar not an artificial, calorie-free substitute; plus, its glycemic index is significantly lower than refined sugar so it is less likely to cause a spike in your blood sugar level. My dark chocolate, wheat free cookies are sweetened with pecans and agave nectar.

WC: Thank you for sharing a batch of your cookies with us. When I took a bite, my first thought was "Move over diamonds – this cookie is a woman's new best friend!"

Tina: That's funny. Can I use it in my show?

WC: Sure. Speaking of your show, are your audiences made up of mostly health-conscious adults?

Tina: Not necessarily. The common bond my audiences seem to share is that they are more educated and enthused about the power of their food choices after coming to Martini Time. After the show, my guests dine free at our Studio B Buffet which gives me a chance to chat with them and peek at their plates. They're excited to show me the healthy choices they've made at a Las Vegas buffet.

WC: So would a vegetarian, a vegan and a meat and potatoes fan have an equally good time at your show?

Tina: Absolutely. I change my menu every week to offer tasty samples of foods and healthy nuggets of information that appeal to everyone. One example is the king oyster mushroom. Even people who don't generally like mushrooms fall for the texture and taste of the king oyster mushroom – especially when it is grilled or tossed in a salad. Plus, these little gems pack a lot of nutritional punch. King oyster mushrooms – and other types of mushrooms – are full of minerals which have anti-tumor and cancer fighting properties and help regulate blood cholesterol and boost the immune system. The added benefit for vegetarians and vegans is that they are also a good source of protein.

WC: What brought you to this point in your life as a celebrity chef and nutritionist?

Tina: My healthy lifestyle career started when I became a group fitness instructor at 17. My major in college was kinesiology, and while going to school I managed six women-only health clubs. As I learned more about how the human body works, I expanded my focus into nutrition as well because being healthy and fit is about more than building muscles or burning calories. It's also about properly fueling our bodies.

A: The decision on whether to buy organic foods may be based on a variety of factors such as your budget and the types of food you are buying. Following are a few of the USDA's comments on organic foods:

- **Nutrition.** The USDA – even though it certifies organic food – doesn't claim that these products are safer or more nutritious.
- **Quality and Appearance.** Organic foods meet the same quality and safety standards as conventional foods. The difference lies in how the food is produced, processed and handled. You may, for instance, find that organic fruits and vegetables spoil faster because they aren't treated with waxes or preservatives. Organic foods may also vary more in color, shape and size than conventional foods but are for the most part the same.
- **Pesticides.** Conventional growers use pesticides to protect their crops from molds, insects and diseases. When farmers spray pesticides, they leave residue on produce. Buying organic food can limit your exposure to these residues.
- **Environment.** Organic farming practices are designed to benefit the environment by reducing pollution and conserving water and soil.
- **Cost.** Most organic food costs more than conventional food because of more expensive farming practices, tighter government regulations and lower crop yields. Organic farmers don't use herbicides or pesticides, so the tools they use to control weeds and pests are labor intensive. For example, organic growers may hand weed vegetables to control weeds.
- **Taste.** Taste is a subjective and personal consideration.

Adapted from USDA information.

WC: Did your passion for cooking come naturally?

Tina: I had the good fortune to grow up in the kitchen next to a wonderful mom who cooked and made her own natural remedies, so I am a firm believer that if healthy foods and herbs can help us grow, they can also help us fight off or heal a host of illnesses.

WC: What healthy, healing foods would you recommend that women include in their diets?

Tina: My favorite female foods are the pear, the avocado and the eggplant. Foods that are shaped like a woman's womb actually strengthen our wombs, help balance our hormones and protect our hormone receptors. Current research indicates that if we eat just one avocado per week, it can reduce our risk of cervical cancer by 54 percent. One specific benefit of the pear and eggplant is that they are both high in abscisic acid – one of the most powerful weapons against cancers.

WC: What advice would you give women struggling with their weight or going from diet to diet?

continued on page 7

Seeing Her Smile Is Right Up There With Hearing Her Laugh.

Everyday's a Good Day at Nevada Eye & Ear.



COMPLETE OPHTHALMOLOGY SERVICES INCLUDING:

Cataract Surgery with Advanced Lens Options | Cornea Transplants | Macular Degeneration Evaluation | Medical & Laser Treatment for Glaucoma | Dry Eye Therapy | LASIK&PRK | Complete Eye Exams | Expert Contact Lens Fitting

COMPLETE EAR, NOSE, & THROAT SERVICES INCLUDING:

Diagnosis & Treatment | Nasal & Sinus Surgery | Snoring & Sleep Apnea | Thyroid | Allergy & Skin Patch Testing
Specialized treatment in diseases of the Ear, Hearing & Balance | Hearing Aids | Facial Cosmetic Surgery

For more information or for an appointment
Call (702) 896-6043 | nevadaeyeandear.com



2598 Windmill Parkway (Windmill at Pecos) | 9100 West Post Road (I-215 between Sunset & Russell)
2020 Goldring Medical Plaza, Ste. 401 (Goldring at Shadow Lane)

continued from page 5

Tina: My show and advice aren't preachy. I stick to the three Ms – motivation, moderation and movement. As a chef, I have to taste test food throughout the day as part of my job so I'm not a bean pole. I'm a real girl who is a size 12. Yet I am really healthy because I eat nutritious foods, get proper rest and ride my spin bike almost every day. I'm also doing what I love which is truly motivating.

WC: Stroke education is a major focus of St. Rose Dominican Hospitals and the WomensCare Centers. Can you recommend a few foods that may help prevent stroke?

Tina: Blueberries, pomegranate seeds and concord grapes are powerful foods that help fight the formation of leaky blood vessels – and fruits and vegetables the color of blood help purify the blood. The properties of red fruits and vegetables are beneficial in regulating blood pressure levels and lowering bad cholesterol levels which can reduce your stroke risk – and purple foods help fight the formation of arterial plaque, which can restrict or block blood flow to the heart and the head. So load up on red leaf lettuce, tomatoes, ruby chard, eggplant and purple cabbage along with red apples, cherries and strawberries when you go grocery shopping. Also, pick up a bottle of grape seed oil and try cooking or making a salad dressing with it. It not only helps prevent the risk of plaque build up in the arteries, it can also help reverse it.

WC: There's never a dull moment – or a dull knife – in your show. Can you share a few kitchen safety tips with our readers?

Tina: A chef's mantra is "keep your knives sharp and hold them correctly." To better control your knife, grip the knife with your hand high up on the handle at the base of the blade. Then pinch the base of the blade between your thumb and index finger – the way you might hold a credit card out to someone. It's also important to have control of your cutting board and the food you're slicing or dicing. To keep your cutting board from slipping, simply place a damp cloth between your counter and the board, and when slicing a round vegetable such as an onion or jicama, prevent it from slipping out from under your knife by cutting a thin slice off the bottom. By doing so, the vegetable will lie flat so you can safely chop and dice it.

WC: Where can people find a visual of how to hold a knife and use it correctly?

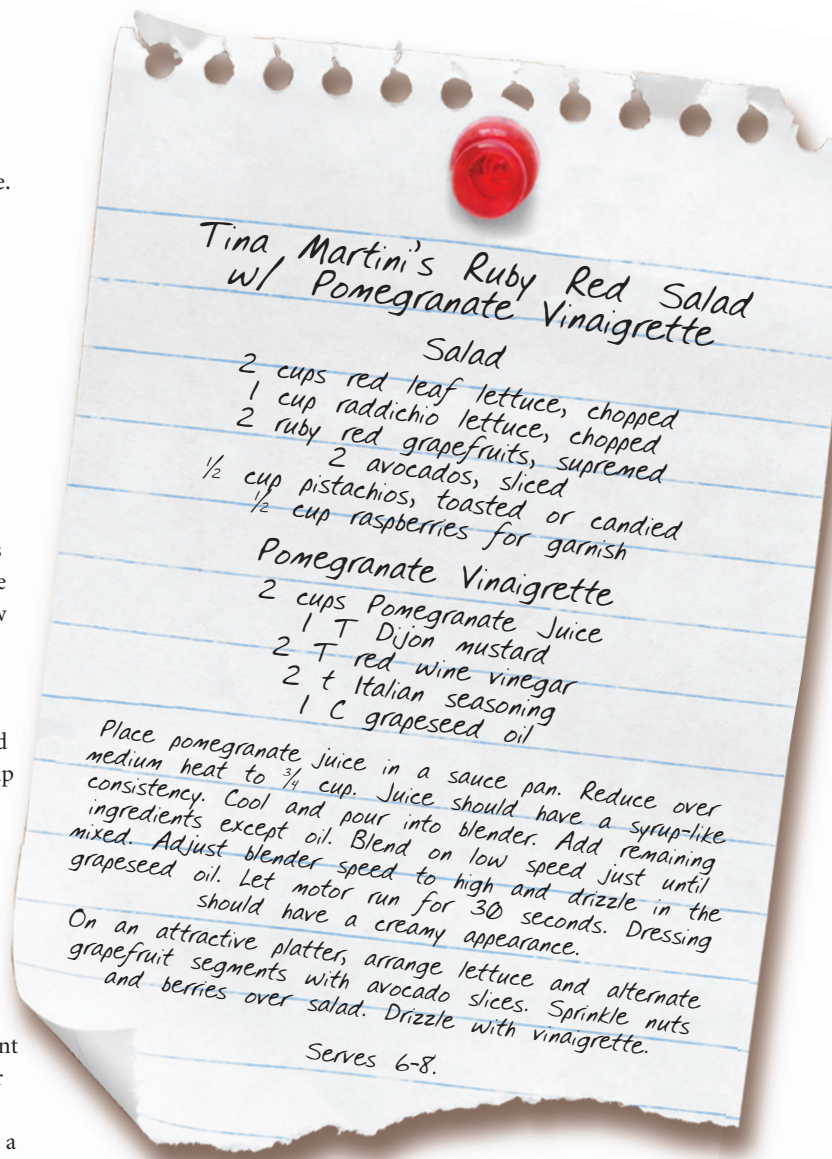
Tina: There are a lot of great illustrations and videos on the Internet, and people can certainly come see me live at Studio B in the M Resort. I also do a live demonstration cooking show for television which airs on Cox 96 and streams live on www.Cox96.net. It can also be accessed via ON DEMAND (Cox Channel 1, Best of the Valley).

WC: Last question...What are you craving right now?

Tina: A cheeseburger! I've got an out-of-this world recipe for a burger made of smashed blacked beans that I top with ancho chili, caramelized onions and a slice of Swiss cheese. Yum!

WC: Okay, I was wrong. This is the last question. Can you post each of the recipes you've talked about on The M Resort's website?

Tina: Sure. The address is www.themresort.com. I'll also post them to St. Rose Dominican Hospitals' Facebook page. **WC**



St. Rose Dominican Hospitals Ladies' Day Out at Martini Time! Become a Fan of St. Rose Dominican Hospitals on Facebook by September 1, 2010, and you'll be automatically entered to win four tickets to Tina Martini's live studio audience cooking show. Ten four-packs of tickets will be given away!

about an hour ago • [Comment](#) • [Like](#)



100 people like this.

Ooh...pick me, pick me!



Are You Inspired to Save a Life?



Everyone knows someone who has battled breast cancer — a mom, daughter, sister, friend. When you join Passionately Pink for the Cure[®], you can help put an end to breast cancer. It's easy and fun! Just gather a group of friends, wear pink and raise money to support the work of Susan G. Komen for the Cure[®].



We'll provide lots of great ideas and helpful materials to get you started.
Just request your Passionately Pink kit at passionatelypink.org.

Komen Southern Nevada www.komensouthernnevada.org 702.822.2324

Paddle for A Purpose - to Help Save Someone's Life.

Get involved in the 2nd Annual Rose Regatta – A Dragon Boat Festival at Lake Las Vegas – and paddle your way to raising funds to support breast cancer services and support programs offered by St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence. Here's how:

Paddle - Form a dragon boat team of 14-20 paddlers, plus a drummer, or sign up for the event as an individual paddler and be placed on a team. Registration packets and practice schedules are available at roseregatta.org and the WomensCare Centers.

Pledge - Pledge a donation to a team, to an individual paddler or support any of the following fundraising tributes*:

- **Flowers on the Water** – Purchase a flower at the event for and toss it on the water during a traditional tribute honoring those who are living with or who have lost their lives to breast cancer.
- **Paint a Paddle** – Purchase a paddle for \$10 from the WomensCare Centers, paint or decorate it with a message of hope and healing, then return it to so it can be displayed and sold at the Rose Regatta.
- **Light a Lantern** – Purchase a Chinese lantern (\$5 at the event) that will adorn the floating stage as a symbolic gesture to light the way to funding to support un- and under-insured women and men affected by breast cancer.

Cheer - Enjoy the day at Lake Las Vegas and cheer on Rose Regatta paddlers and performers.

*Donations can also be made directly to the St. Rose Dominican Health Foundation by mail (Attn: St. Rose Dominican Health Foundation, Rose Regatta, 3001 St. Rose Parkway, Henderson, NV 89052) or by phone 616-5750. **WC**



Kim Alexander

I'LL BE THERE!

Kim Alexander recently celebrated her 43rd birthday with steak, cake and incredible gifts, including:

The gift of life. Kim was diagnosed with breast cancer at 37, but she is now celebrating her fifth year of living cancer free. Kim says, "The Barbara Greenspun WomensCare Centers of Excellence were 'there' to help serve as my support system. The emotional strength I received through the Centers' support groups helped me fight breast cancer and win."

The gift of community. Kim and her family were set to move out of state when she found out that her husband landed a new job in Las Vegas. She shared the news with the WomensCare Centers in an e-mail that read, "We're not moving! I'll be there to help the Pink Paddler's team compete in this year's Rose Regatta. Yippee!"

The gift of sisterly love. "I sometimes think I had breast cancer and survived so that I could help my younger sister, Kris, beat it too," says Kim. "When she breaks down and gets emotional, I'm there ... I get it." Kim has been by her side during each of her sister's breast cancer treatments. Kris' ninth chemotherapy treatment was on Kim's birthday and Kim says, "I couldn't have asked for a more awesome present than to hear her doctor's prognosis. Kris' tumors have shrunk to the point she'll likely need just one more treatment."

SPONSORED BY:

Bank of America



Green Valley Grocery

Susan G. Komen for the Cure • Colliers International
Steinberg Diagnostics



SATURDAY, OCTOBER 16, 2010

Paddle for a Purpose to Support Those Affected by Breast Cancer at the MonteLago Village - Lake Las Vegas. Visit roseregatta.org or call 616-5750.

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

index

health & wellness

exercise & fitness

nutrition

screenings

integrative medicine

smoking cessation

health conditions

safety & injury prevention

programas en español

support groups

breastfeeding

pregnancy & childbirth

infants, children & parenting

location abbreviations

COND - Siena Campus - Conference Room D

FTF - Family to Family Center, Henderson

HEND - WomensCare Center, Henderson

HH - St. Rose Home Health, Henderson

MAC - Siena Campus - MacDonald Room, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

RDL - Rose de Lima Campus, Henderson

RDR - Rose de Lima Campus - Rose Room, Henderson

SAN - San Martín Campus, Las Vegas

SGR - Siena Campus - Garden Room, Henderson

WEST - WomensCare Center, Las Vegas

health & wellness

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

Create an inspired life by exploring all aspects of good living!

Saturday, Aug. 14, 9 a.m.-noon – Finding Your Passion

Saturday, Sept. 11, 9 a.m.-noon – Discover the Poet Within

Saturday, Oct. 9, 9 a.m.-noon – Birthday Party for Sun, Moon, Stars

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 Friday – Aug. 6, Sept. 3-no meeting, Oct. 1; 6:30-8 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 & 4th Thursdays – Aug. 12 & 26, Sept. 9 & 23, Oct. 14 & 28; 10:30 a.m.-noon – Learn to knit or crochet.

HEND

2nd & 4th Thursdays – Aug. 12 & 26, Sept. 9 & 23, Oct. 14 & 28; 1-3 p.m.

WEST

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.

2nd Tuesday – Aug. 10, Sept. 14, Oct. 12; 6:30-8:30 p.m.

WEST: \$5 per session

Relaxation Meditation

Practice techniques that promote peace and good health.

Tuesday, Aug. 10; 5:30-6:30 p.m.

Tuesday, Sept. 14; 5:30-6:30 p.m.

Monday, Oct. 4; 5:30-6:30 p.m.

HEND

Tuesdays – Aug. 3, Sept. 7, Oct. 5; 5-6 p.m.

WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.

Thursday, Aug. 19; 2-4 p.m. – The Wind Beneath Our Wings

Thursday, Sept. 9; 2-4 p.m. – Mirror, Mirror on the Wall

Thursday, Oct. 14; 2-4 p.m. – Living Life to the Fullest

HEND

Tuesday, Aug. 24; 1:30-3:30 p.m. – The Wind Beneath Our Wings

Tuesday, Sept. 28; 1:30-3:30 p.m. – Mirror, Mirror on the Wall

Tuesday, Oct. 26; 1:30-3:30 p.m. – Living Life to the Fullest

WEST

Healthy Creative Clutter Management

Suffering from stress due to excessive clutter? Learn tricks to help you get organized and LOVE your space.

Tuesday, Sept. 14; 6-7:30 p.m.

HEND

Wednesday, Oct. 13; 6-7:30 p.m.

WEST

Intention Collage

Allow your creativity to flow as you create a visual story board of your dreams, hopes and future desires.

Wednesday, Sept. 15; 6-8 p.m.

WEST: \$5 (includes materials)

Full Moon Labyrinth Meditation

Walk the Labyrinth and learn the significance of the full moon and how it relates to our lives.

Tuesday, Sept. 21; 6:30-7:30 p.m.

SAN

Medicare ABCD's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.

Tuesdays, Aug. 10 or Oct. 12; 9-10 a.m.

Thursday, Sept. 23; 9-10 a.m.

HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Aug. 19, Sept. 16, Oct. 21; 2:30-3:30 p.m.

HEND



SummerCalendar

of classes and upcoming events

Assertiveness Training

Join Dr. Lindsey Riccardi and learn how to improve your relationships by asking for what you need, saying no and expressing yourself.

Wednesday, Oct. 6; 6-7:30 p.m.
WEST

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

Ballroom Dancing

Dance like the stars with on-going Arthur Murray dance lessons. Call 269-5200 for more information.

Thursdays – 11 a.m.

LOCATION: 1000 N. Green Valley Pkwy., Ste. 720: Free

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

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

Zumba Latin Fitness

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 Lynn.

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

Belly Dancing

3rd Saturday – Aug. 21, Sept. 18, Oct. 16; 10-11 a.m. with Linda

HEND: \$5

2nd Saturday – Aug. 14, Sept. 11, Oct. 9; 10:30-noon with Goldie

WEST: FREE

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 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

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

Saturdays – 9-10 a.m. with Lynn

WEST: FREE

Tuesdays – 6-7 p.m. with Don

Fridays – 9-10:15 a.m. with Jen

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

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 & Fan 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 Workshop

Get in shape and in synch with 20 other people to paddle a 40-foot boat for fitness and a purpose to support the RED Rose breast cancer program. New paddlers only. To register, log on to www.roseregatta.org or call 616-4900.

Mondays – Aug. 9 or 23; 6:30-8 p.m.

Wednesdays – Aug. 4, 18 or Sept. 1; 6:30-8 p.m.

Saturdays – Aug. 7 or 21; 9-10:30 a.m.

LAKE LAS VEGAS: \$10 per person

Pink Paddlers

Breast cancer survivors join the team! To register log on to www.roseregatta.org or call 616-4900.

1st & 3rd Mondays – Aug. 2 & 16; 7-8 p.m. and Sept. 20 & Oct. 4; 6:30-7:30 p.m.

LAKE LAS VEGAS: FREE

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 or call 616-4900.

Wednesdays – Aug. 4, 11, 18 & 25; 6:30-7:30 p.m.

LAKE LAS VEGAS: \$5 per person

nutrition

Nutrition Consultation

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

Cardiac Nutrition

Learn how to eat for your heart's health.

Monday, Aug. 30; 10:30 a.m.-noon

HEND

Monday, Oct. 4; 10:30 a.m.-noon

WEST

Emotional Eating

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

Wednesday, Sept. 1; 6-7:30 p.m.

WEST

The Healing Magic of Teas

A drink for health! Nicole Carter will explain the healing properties and the best way to brew green, black, white, red and herbal teas.

Saturday, Sept. 18; 10-11 a.m.

SAN: \$5

Fire Up Your Metabolism

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

Wednesday, Sept. 22; 6-7:30 p.m.

WEST

DASH Away From Hypertension

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

Thursday, Oct. 28; 6-8 p.m.

WEST

PET BLESSING

Bring your beloved pet and join us for our 4th Annual Pet Blessing held in honor of Saint Martín de Porres after whom the San Martín Campus was named. Martín was known for proving care and compassion toward all living things, including animals. The group pet blessing will be at 2:30 p.m.

Many of our community's animal-friendly organizations will be on-site to provide pet care information, provide demonstrations and hold prize drawing.

Saturday, October 30, 9 a.m. - noon
San Martín Campus Healing Garden



august • september • october

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

screenings

Call 616-4900 For Screening Appointments.

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.

Thursday, Sept 2; 7-10 a.m.

HEND: Listed above

Tuesday, Oct. 26; 7-10 a.m.

WEST: Listed above

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.

Thursday, Sept. 9; 1-3 p.m.

HEND: Free

Tuesday, Oct. 19; 1-3 p.m.

WEST: Free

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, Sept 16; 8 a.m.-noon

HEND, Rehab Suite 140: Free

Skin Cancer Screening

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

Thursday, Sept. 23; 2-4 p.m.

HEND: Free

Do You See What I See?

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

Thursday, Sept. 30; 10 a.m.-noon

HEND: Free

Tuesday, Oct. 5; 10 a.m.-noon

WEST: Free

Memory Screening

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

Thursday, Oct 21; 10 a.m.-2 p.m.

HEND

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 for Balance

Learn simple energy flows to help bring physical and emotional balance.

Monday, Sept. 27; 11 a.m.-1 p.m.

WEST

SHOP A DOC EVENT

Join us for our FREE Shop a Doc event – your opportunity to hold fast, informative face-to-face interviews with several private-practice OB/GYNs – allowing you to gather important information you need to choose your doctor.

Saturday, October 2, 2010

Interview sessions: 10:00 a.m. and 11:30 a.m., 1:00 p.m. and 3:00 p.m. (pick one)

St. Rose Dominican Hospitals - San Martín Campus

Reservations are required • Call 702.492.8795



Reiki Healing Consultations

Touchless energy work with Freddie. Schedule 30 or 60 minutes.

Call 616-4900 for apt.

Tuesdays – Aug. 17 & Oct. 19; 11 a.m.-1:30 p.m.

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

Tuesday – Sept. 7; 9 a.m.-noon

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

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Aug. 5, Sept. 2, Oct. 7; 1:30-2:30 p.m. with Freddie

HEND

1st Tuesdays – Aug. 3, Sept. 7, Oct. 5; 7-8 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 apt.

Mondays – Sept. 20 & Oct. 4; 9:30 a.m.-12:30 p.m.

Fridays – Aug. 20, Sept. 10 & 24 or Oct. 8 & 22; 2:45-5:45 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 apt.

Saturdays – Aug. 28, Sept. 11 or Oct. 23; 10 a.m.-2 p.m.

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

Tuesdays – Aug. 24 or Oct. 5; 10 a.m.-2 p.m.

Saturday, Sept. 25; 10 a.m.-2 p.m.

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

HEND

Lay Down And Lose Weight With Hypnosis

Bring your own pillow.

Tuesday, Sept. 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Sept. 29; 6-8 p.m.

WEST: \$25 (includes CD)

Stress Management through Hypnosis

Tuesday, Oct. 5; 6-8 p.m.

HEND: \$25 (includes CD)

smoking cessation

Freedom From Smoking

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

Tuesdays – Oct. 5, 12, 19, 26, Nov. 2, 9, 16 & Thursday, Oct. 28; 11 a.m.-12:30 p.m.

HEND: Free

Relax and Stop Smoking With Hypnosis

Wear comfortable clothes.

Tuesday, Sept. 21; 6-8 p.m.

HEND: \$25 (includes CD)

Tuesday, Oct. 12; 6-8 p.m.

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

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

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

health conditions

Healthy Aging: Up2me

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

Tuesdays – Aug. 24 through Sept. 28; 10:30 a.m.-noon

HEND: FREE

Mondays – Sept. 13 through Oct. 18; 2:30-5 p.m.

HH: 1125 American Pacific, Ste.D: FREE

Mondays – Oct. 25 through Nov. 29; 9-11:30 a.m.

LOCATION: Heritage Park Senior Facility (50+), 300 S. Racetrack Rd. Call 267-2920 to register. FREE

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 – Aug. 12 & 13, Sept. 9 & 10, or Oct. 14 & 15; 9 a.m.-1 p.m.

Tuesday & Wednesday – Aug. 24 & 25, Sept. 28 & 29, or Oct. 26 & 27; 5:30-9:30 p.m.

HH: 1125 American Pacific Dr., Ste. D

SummerCalendar

of classes and upcoming events

Diabetes Update

Join leading diabetes specialist, Anne Peters, MD, Professor at USC for a free glucose and HbA1c screening, healthy breakfast and lecture.

Tuesdays – Oct. 26; 8-10:30 a.m.

WEST: FREE

Laparoscopic Obesity Surgery

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

Tuesdays – Aug. 17, Sept. 21 or Oct. 19; 6-7:30 p.m.

RAN

Enough Is Enough

Join Dr. Arthur Herpolsheimer for a brief discussion on abnormal uterine bleeding (AUB) and available in office treatment options.

Thursday, Sept. 9; 6-7:30 p.m.

HEND

The Wellness Series

Join Chiropractor, Dr. Robert DeMartino, for natural solutions to prevent asthma, sinus problems, sleep disorders or just to get a restful night of sleep.

Thursday, Sept. 30; 7-8 p.m. – Natural Solutions To Breathing Problems

Thursday, Oct. 28; 7-8 p.m. – Natural Solutions To Sleep Problems

HEND

New Treatments for Low Back & Neck Pain

Join Dr. Robert Odell for new treatments utilizing physics instead of pharmacology for the treatment of neck and low back pain.

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

HEND

New Treatments for Neuropathy

Join Dr. Anthony Ricciardi and Dr. Robert Odell for this lecture on sophisticated electromedical treatment combined with peripheral nerve blocks in reversing all forms of neuropathies.

Thursday, Sept. 16; 6:30-7:30 p.m.

HEND

Thursday, Oct. 14; 6:30-7:30 p.m.

WEST

Alzheimer's Association Lectures

With Christine Terry.

Thursday, Sept. 16; 1-3 p.m. – Alzheimer's Research Updates

Thursday, Oct. 7; 1-3 p.m. – Alzheimer's and Safety

HEND

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Thursday, Aug. 26; 4-7 p.m.

HEND

Food Allergy Parent Education Group

Receive education and support for children with food allergies.

Tuesday, Aug. 24; 7-9 p.m. – Management of Food Allergies at School

SAN

Cancer Quality of Life Center

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

WEST

Breast Cancer Prosthesis & Bra Fittings

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

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, Aug. 25; 5-9 p.m.

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

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

Wednesday, Aug. 4; 5-9 p.m.

Saturday, Sept. 18; 10:30 a.m.-2:30 p.m.

Thursday, Oct. 21; 5-9 p.m.

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

BLS Healthcare Provider CPR/AED Course

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

Saturday, Aug. 14; 10:30 a.m.-2:30 p.m.

Wednesday, Sept. 15; 5-9 p.m.

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

Saturday, Aug. 28; 10:30 a.m.-2:30 p.m.

Friday, Sept. 24; 1-5 p.m.

Wednesday, Oct. 6; 5-9 p.m.

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

Worksite CPR & First Aid Classes

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and day cares 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 – Aug. 9, Sept. 13 or Oct. 11; 9 a.m.-1 p.m.

Fridays – Aug. 20, Sept. 24 or Oct. 22; 1-5 p.m.

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

Safe Sitter

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

Monday, Aug. 23; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Sexual Assault Prevention

Join Sargent Annette Darr from Las Vegas Metropolitan Police Department to learn to identify offenders and protect yourself from danger. Parents and teens are encouraged to attend.

Saturday, Sept. 11; 10 a.m.-1 p.m.

SAN

programas en español

Para más información por favor llame a 564-0896

¿Necesita a una Doctor Que Hable Español?

Llame al 616-4999

Evaluación del desarrollo infantil

Es una evaluación que permite determinar el desarrollo físico y psicológico de los niños de 2 a 48 meses.

Para una cita o más información, llame a 702-564-0896.

FTF

Revisión e instalación del asiento de seguridad

90% de los asientos de seguridad no están instalados correctamente.

Asegure que el suyo lo está y aprenda a usarlo correctamente.

Para una cita o más información, llame a 702-564-0896.

FTF



STRIKING OUT STROKE

Participate in screenings to help determine your risk factors for stroke and then enjoy a healthy breakfast and lecture from Dr. Scott Selco, Medical Director of Stroke Care from St. Rose Dominican Hospitals on how to recognize a stroke and what to do if one occurs.

8-9:30 a.m. Screenings: Cholesterol Lipid profile - \$30; fasting required, Free Blood Pressure check, Body Mass Index, Carbon Monoxide level, Stroke questionnaire screening, Nutritional considerations and facts, American Stroke Association programs and information

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

9:30-10:30 a.m. - Lecture by Dr. Scott Selco

Tuesday, August 31; 8-10 a.m.

MAC: Free or \$30 for lipid profile. Call 616-4900 to register.

august • september • october

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, Tuesdays, 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 – Mondays, 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**
Interstitial Cystitis – 2nd Wednesday, 7:30 p.m. **HEND**
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**
Pediatric Seizure & Epilepsy Support Group – 2nd Monday, 6:30 p.m. **MAC**
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 consultations, breastfeeding consultations and breastpumps for qualifying pregnant women and children up to age 5.
HEND: Call 616-4901; WEST Call 616-4900

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 BONANZA

Round up the family to enjoy a day of health and safety resources, education and fun! Sign up for a lecture or enjoy the interactive booths and demonstrations in the healing garden. Activities include car seat safety checks, face painting, Halloween costume contest, and photos in our mini-pumpkin patch.

Lectures (seating limited, please register at 616-4900)

11:00 a.m. - Lecture "Eating, Sleeping, Pooping & Crying" Ask the Pediatrician with Dr. James McGhee

Noon - Parenting with Love and Logic presented by Family to Family Connection

Demos in the Healing Garden Gazebo

10:30 a.m. - Gymboree Playtime

11:00 a.m. - Baby/Toddler Sign

11:30 a.m. - Move with Your Baby Fitness with Sarah Harding

Noon - Halloween Costume Contest

1:00 p.m. - City Lights Music

1:30 p.m. - Toddler Zumba

Fall Bazaar with our "Mom" preneurs

Saturday, Oct. 30; 10 a.m.-2 p.m.

Siena Campus, Healing Garden & Conference Center

Baby Weigh Stations

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

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

Wednesdays – 11 a.m.-noon

WEST

Fridays – 11 a.m.-noon

HEND

La Leche League

4th Thursday – Aug. 26, Sept. 23, Oct. 28; 10-11 a.m.

FTF

pregnancy & childbirth

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

Pregnant And Uninsured?

Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free for Baby Rose participants. To sign up for your classes, call 616-4910.

Childbirth Express

This class provides the most important information on childbirth education condensed into 5 hours for those with busy schedules. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

Saturdays – Aug. 28, Sept. 18 or Oct. 16; 9 a.m.-2 p.m.

HH: \$35 fee includes prepared childbirth book

Sweet Peas NICU Support Group

Parent education and support.

Wednesdays – 1-2 p.m.

SIENA: Quiet Room

Prenatal Yoga

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

Saturdays – 12:30-1:30 p.m.

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

Mondays – 5:15-6:15 p.m.

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

Natural Family Planning

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

Tuesday, Sept. 28; 6-8 p.m.

WEST

Tuesday, Oct. 19; 6-8 p.m.

WEST

Family Education

infants, children & parenting

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

Dancing with Miss Jenny®

Miss Jenny uses homemade, creative props to bring out desired movements from the child to develop gross motor, fine motor and cognitive skills. Parents participate with children while bonding and achieving developmental milestones.

Thursdays – 11 -11:30 a.m. starting Sept. 2
HEND: FREE

Car Seat Safety Check

Call 616-4901 or 568-9601 for appt.

Fridays – Aug. 13, 27; Sept. 10, 24; Oct. 8, 22; 3-5 p.m.
Tuesdays – Aug. 10, Sept. 14, Oct. 12; 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 - 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 & Family to Family Henderson for music and movement.

Tuesdays – 3-4 p.m.
WEST
Tuesdays – 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

Teens & Tots Playgroup

Join Miss Tawanda as we share and play with our little ones!

Tuesdays – Aug. 3, Sept. 21; 11 a.m.-noon
Wednesday, Oct. 6; 11-noon
FTF

Fingerplays & Rhymes-Baby Buddies

Come sing along to some classic songs and fingerplays with your wee ones. Ages birth-12 months

Wednesday, Aug. 4; 10-11 a.m.
FTF

Kickin It with Baby-Teen Parent Program

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

Thursdays – Aug. 5, 12, 19, 26 & Sept. 2, 9; 4-6 p.m.
FTF

Toddler Zumba

Experience the exciting rhythm of Latin music and movement with your toddler.

Tuesdays – Aug. 17, Sept. 21, Oct. 19; 4-5 p.m.
WEST: \$3 per class

Toddlers & T.V.

Discussion on the benefits and concerns of tv programming for toddlers. Ages 12-48 months.

Friday, Aug. 20; 10-11 a.m.
FTF

Love & Logic – Early Childhood Made Fun!

Learn practical skills for handling some of the frustrating parenting concerns. 5 sessions.

Mondays – Aug. 9, 16, 23, 30 & Sept. 6; 4-6 p.m.
FTF: \$25
Mondays – Sept. 20, 27, Oct. 4, 11; 3-5 p.m.
WEST: \$30

Toddlers and First Aid

Learn some helpful tips in curbing and treating bumps and bruises for those busy toddlers! Ages 12-48 months.

Wednesday, Sept. 8; 2-3 p.m.
FTF

Bon Appétit

Homemade baby food made easy and fun! Ages birth-12 months.

Wednesday, Sept. 29; 2-3 p.m.
FTF

Homemade Fun with Babies!

Join Miss Pam in using materials around your home to create fun activities for your babies. Ages birth-12 months.

Thursday, Oct. 14; 10-11 a.m.
FTF

Toddlers & Big Beds!

Helpful tips for transitioning your toddler to a bigger bed! Ages birth-48 months.

Thursday, Oct. 21; 10-11 a.m.
FTF

Wee Can Sign: Baby Sign Language Level I

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

Wednesdays – Sept. 8, 15, 22 & 29; 10:30-11:30 a.m.

HEND: \$80 (includes Sign with Your Baby DVD)

Saturdays – Aug. 28, Sept. 4, 11 & 18; 12:30-1:30 p.m.

Saturdays – Oct. 2, 9, 16 & 23; 12:30 a.m.-1:30 p.m.

Thursdays – Oct. 7, 14, 21 & 28; 11:30 a.m.-12:30 p.m.

WEST: \$80 (includes Sign With Your Baby DVD)

For more information, log on to www.WeCanSign.com.

Sing and Sign: Baby Sign Language Level II

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

Saturdays – Aug. 28, Sept. 4, 11 & 18; 2-3 p.m.

Thursdays – Sept. 2, 9, 16 & 23; 11:30 a.m.-12:30 p.m.

Saturdays – Oct. 2, 9, 16 & 23; 2-3 p.m.

WEST: \$80 (includes Pick Me Up kit)

Wednesdays – Oct. 13, 20, 27 & Nov. 10; 10:30-11:30 a.m.

HEND: For more information, log on to www.WeCanSign.com.

Love and Logic Refresher!

Need to refresh your Love and Logic techniques? Join us for this one hour class to sharpen your parenting skills.

Monday, Oct. 25; 3:30-4:30 p.m.
WEST



ONLINE REGISTRATION AVAILABLE for family education classes.

Log on to: www.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.

I don't like sugar in my coffee, or contaminants in my water.

David Rexing makes sure southern Nevada's water is ahead of the game when it comes to federal drinking water standards. A nationally recognized leader in the American Water Works Association, David's a sought-after expert in water safety. He's also the SNWA's Research and Development Manager.

As manager of one of the largest municipal water quality research centers in the West, his job is to track down and quash both regulated and unregulated contaminants. And he's been at it for 30 years.

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

Go to snwa.com, or call 258-3930.



SOUTHERN NEVADA WATER AUTHORITY



Patient Safety. A National Priority. A Shared Opportunity.

A National Priority.

Patient safety is not a new issue. It has, however, become an area of intense focus for hospitals since the Institute of Medicine published *To Err is Human: Building a Safer Health System* in 1999.

The landmark study focused on the frequency of preventable patient safety events that occur across America and asserted that bad systems – not bad people – lead to most medical errors. Thus it called upon healthcare organizations and associations, care providers, government officials and public agencies, vendors and patients to address basic flaws in how healthcare is organized and delivered in order to reduce patient harm.

Over the past decade, a great deal of dialogue and work has taken place to help reduce many of the most common errors – medication errors, patient falls, hospital-acquired infections and pressure ulcers (bed sores) – but there is much more to be done. Hospitals across the country are engaged in ongoing improvement processes based on implementing best practices designed to reduce medical errors in order to raise the standards of care. The process is driven by encouragement (hospitals such as St. Rose have a deeply ingrained culture of collaboration and excellence) and requirement (government agencies and many voluntary healthcare industry associations mandate that hospitals document and report patient care outcomes – including cases of preventable harm).

The Joint Commission, a group that reviews and accredits healthcare providers, is among the non-governmental organizations involved in the process. Each year, Joint Commission establishes 10 National Patient Safety Goals to assist hospitals that are seeking to earn or retain its gold-seal approval to address specific patient safety concerns. Hospitals that don't meet standards of care not only risk losing the gold seal of approval but also federal funding. As of 2008, the Centers for Medicare and Medicaid (CMS) no longer reimburse hospitals for conditions that are considered preventable hospital-acquired complications.

Reporting for St. Rose Dominican Hospitals can be obtained at www.strosehospitals.org/quality.

A St. Rose Responsibility.

Patient safety is a priority and responsibility in the day-to-day routines and future planning processes at St. Rose Dominican Hospitals which is guided by the vision and values of the Adrian Dominican Sisters and Catholic Healthcare West. Our organization's Transformational Care (TC) initiative is aimed at ensuring that patients receive the right care at the right time in the right setting by looking at all of the hospitals' processes and procedures. At least half of the TC teams formed over the last few years are focused on patient safety.

St. Rose's TC teams are facilitated by nurses, therapists, pharmacists,

continued on page 18

Ana Esquerra, RN, wears a red sash while delivering medications. Learn why on page 19.

physicians and other employees on the frontlines. Already, some of their work has been recognized at the state and national level. A recent Consumer Reports™ analysis recognized St. Rose Dominican Hospitals – Rose de Lima Campus as one of only two hospitals in Nevada that reported zero central-line bloodstream infections in a minimum of 1,000 central-lines days. In an analysis of 926 hospitals nationwide, only 105 hospitals (11 percent) reported no central-line bloodstream infections. Both the Rose de Lima and Siena campus were also recently recognized as two of the top performing hospitals in the nation in the following key areas: acute care readmission rates of less than 15 days, low instances of pneumonia, and appropriate and rapid responses to heart related ailments.

“Improving the Safety of Your Care” on page 19 provides a few examples of how TC teams have implemented processes to improve St. Rose’s standard of care.

A Shared Opportunity.

One of the most noteworthy assertions of the *To Err is Human* study was that the safest healthcare would come as a result of a healthcare providers and patients partnership. In other words, patients who are more involved in their care (or who have a loved one actively involved on their behalf) tend to do better and stay safer.

St. Rose is committed to helping patients and the general public become partners in their healthcare through ongoing efforts including in-patient education, programs offered by the Barbara Greenspun WomensCare Centers of Excellence and articles in the WomensCare magazine.

Below are several steps you can take to influence and improve your hospital experience. **WC**



I am having a surgery soon and want to know what steps I can take to ensure my care is safe. What should I do?

A: Become an active partner in your healthcare by following the Joint Commission’s Speak Up patient safety guidelines:

Speak up if you have questions or concerns. If you still don’t understand, ask again. It’s your body and you have a right to know.

Pay attention to the care you get. Always make sure you’re getting the right treatments and medicines by the right healthcare professionals.

Educate yourself about your illness. Learn about the medical tests you get and your treatment plan.

Ask a trusted family member or friend to be your advocate (advisor or supporter).

Know what medicines you take and why you take them. Medicine errors are the most common healthcare mistakes.

Use a hospital, clinic, surgery center or other type of healthcare organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission’s quality standards.

Participate in all decisions about your treatment. You are the center of the healthcare team.

BE AN ACTIVE PARTNER IN YOUR HOSPITAL CARE

Be prepared: Have a current medical history file. Include a list of medications, vitamins and herbs you take and those you have had adverse reactions to, as well as your Advance Directives (living will, health care proxy and durable power of attorney documents current and accessible).

Be attentive: Actively listen and ask questions regarding your diagnosis, treatment plan, discharge plans and safety education. If possible, enlist the help of a trusted family member or friend to serve as your advocate to listen and ask questions on your behalf.

Be inquisitive: Ask questions at every stage in your care. Ask your physician how the treatment will benefit you and if it is optimal to other types of care. While in the hospital,

ask questions about your care plan, how it will benefit you and what you need to do as a partner in your care. For added safety, ask each person who comes in your room for identification.

Be up front and honest: Be honest about current and past health issues or lifestyle habits that may influence your health and your treatment. If, for instance, you’ve not taken your diabetes medications as prescribed, tell your nurse or physician. Or, if you routinely take recreational drugs, inform your nurse or physician of how much and how often.

Be clear about cleanliness: Wash your hands routinely and ask all visitors (family, friends and caregivers) to wash their hands when they enter your room.

Be cautious: Remember that patients are more likely to fall when they are in pain, when they are on certain medications (e.g., pain medications) and when they get up after being in bed for extended periods of time. Ask for assistance getting out of bed, keep the bed rails up when you are in bed and keep necessary items such as your glasses or phone within easy reach.

Be prepared to go home: When you are healthy enough to go home, be sure that you receive and understand your discharge summary, instructions about your medications and your follow-up care instructions (e.g., what activities you can or cannot take part in, what follow up dietary instructions you need to follow, when you should see a doctor, what rehabilitation programs are recommended, etc.).

Improving the Safety of Your Care

PREVENTING PRESSURE ULCERS

Pressure ulcers (bed sores) are a type of wound that may occur when a person is bedridden – in the hospital or at home – for an extended period of time. These wounds tend to form on the bony parts of the body and can become a breeding ground for infection.

To treat pre-existing wounds and reduce the risk of hospital-acquired pressure ulcers, St. Rose has a core group of nurses called “Wound Warriors” who educate their peers on wound care and make scheduled rounds to assess and photograph any wounds, discuss the plan of care and collect prevalence data.

When patients are admitted to the hospital, their primary nurse performs a skin assessment and identifies, assesses and develops a treatment plan for any pre-existing wounds. To prevent hospital-acquired pressure ulcers, nurses turn or reposition patients on a regular schedule to alleviate the pressure and friction on the skin that leads to wounds. To ensure that patients are repositioned routinely, the Wound Warriors developed Save Our Skin (S.O.S.). Sting’s song *Message in a Bottle*, which features the refrain “Sending out an S.O.S.,” plays on patient units at regular intervals.

When the song plays, all members of the care team can hear it, so if a patient’s primary nurse is handling a critical situation with another patient, a certified nursing assistance (CNA) or another nurse can step in and take on his or her duty of repositioning patients. Patients and family advocates are also educated about pressure ulcers and the S.O.S. program so that when they hear the song, they are reminded to reposition themselves if they are able to do so.

REDUCING PATIENT FALLS

Preventing patient falls – particularly among older patients who are at higher risk for falls and have a harder time recovering from falls – is a priority at St. Rose. Nurses assess a patient’s fall risk at the time they are admitted and repeatedly throughout their stay. Patients and advocates are educated on how to prevent falls, patients are provided non-slip footwear, nurse call buttons are placed within easy reach, beds are positioned in the lowest/safest position and nurses conduct regular rounds to address toileting needs.

Patients who are at high risk for falls are also provided a special color wristband and gown to wear so that all hospital caregivers easily recognize that extra precautions are needed to keep the



SAFELY ADMINISTERING MEDICATIONS

Medication errors are among the nation’s most prevalent patient safety events. In order to reduce errors, St. Rose nurses conduct “medication reconciliation” interviews to obtain a complete, accurate list of each patient’s current home medications and supplements — including name, dosage, frequency and route — to compare to their admission, transfer and/or discharge medication orders in an effort to rule out any potential medication issues. While conducting medication rounds, nurses retrieve medications for one patient at a time and follow the seven rights of medication administration: 1. right drug, 2. right client (two patient identifiers), 3. right dose, 4. right time, 5. right route (e.g., oral or intravenous drug), 6. right reason, 7. right documentation. As added safety measures, nurses turn down the volume on the patient’s TV and turn up the lights, then inform patients about each drug they are administering and ask if the patient has any questions regarding the medications.

At the Siena Campus, several units go an extra step by having nurses wear red sashes while conducting medication rounds. The red sashes serve as a visual “do not distract” sign to staff members. They also alert patients and family members that the nurse has come to their room for the express purpose of delivering medications safely.

patient safe. In certain cases, a patient attendant may also be assigned to watch over a patient to see that they do not get out of bed unattended and that they have assistance while using the restroom.

In order to reduce falls that may lead to hospitalization or re-hospitalization, St. Rose and the WomensCare Centers worked with the Southern Nevada Health District and Touro University to develop a fall prevention education program. The program, which is offered several times a year, addresses steps that individuals can take to evaluate and reduce their personal fall risk at home, work and outdoors.

Concerns regarding your care?

The Joint Commission’s Office of Quality Monitoring evaluates complaints and reports of concerns about healthcare organizations relating to quality of care issues. The office has a toll free hot line, 1-800-994-6610.

Beauty.

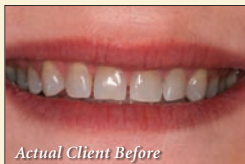


Let your smile express it.

SIMONE

BEAUTIFUL SMILES BY DESIGN

Patrick A. Simone D.D.S, MAGD
702-735-2755 • PatrickSimoneDDS.com



Actual Client Before



After

• Conscience sedation available •

Voted "One of the Top Four Dentists in Las Vegas"

— "Best Dentists," Las Vegas Life Magazine

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



Faculty member
at the UCLA Center
for Esthetic Dentistry



Sustaining Member
AMERICAN ACADEMY
OF COSMETIC DENTISTRY.



ORAL HEALTH AND OSTEOPOROSIS

More than 40 million Americans have osteoporosis – or are at risk of developing the condition that causes bones to become weak and brittle – and their dentist may be the first to detect it.

According to Dr. Patrick Simone, DDS, there is a relationship between oral health, bone health and tooth loss. Bone loss around teeth or ill-fitting dentures are among early warning signs of osteoporosis. "A thorough yearly oral exam and a comparison of a patient's dental X-rays from year to year may enable your dentist to identify a decrease in the density of the jawbone and the bone around the teeth," says Dr. Simone.

To decrease your risk of osteoporosis:

- Get the daily recommended amounts of calcium and vitamin D through dairy products or calcium fortified foods such as broccoli and almonds
- Engage in regular weight-bearing and muscle-strengthening exercise
- Avoid smoking and excessive alcohol
- Practice good oral hygiene
- Talk to your physician and your dentist about bone health
- Note any bone density tests, bone breaks or osteoporosis medications you are taking on the medical health history file in your dental chart
- Have a bone density test when appropriate

If you change dentists, Dr. Simone recommends having your dental records, including your past X-rays, transferred to your new dentist to maintain a complete history of your oral health.

Denise Helm's story

A medical self-misdiagnosis almost cost Denise Helm her life. That's why St. Rose Dominican Hospitals' director of Patient Access stopped treating herself as if she were her own doctor. Here's Denise's story, in her own words.

When St. Rose expanded its smoke-free policy to include the outside areas (healing gardens, parking lots, etc.) of all three of our campuses and medical buildings, I decided it was time to give up my cigarettes.

I went to a primary care physician to get a prescription for a smoking cessation medication expecting the appointment to be straightforward and fast. He was concerned that I hadn't had a general physical in years, particularly because I was a smoker with a family history of high blood pressure, so he conducted a full physical exam.

The doctor gave me the prescription for smoking cessation and blood pressure medication along with orders to obtain blood tests and tests to assess my risk for cardiovascular disease. I felt that the tests were "an unnecessary fuss." The reason I hadn't seen a physician other than my OB/GYN in years was simple: I hadn't been sick. When I had a minor health issue such as a sinus problem or cough, I was able to successfully treat it on my own.

My physician noted my reluctance to get the prescribed tests so he asked his staff to follow up with me until I completed them and went to see a pulmonologist. I had the assessments simply to appease the doctor. In my own mind, I was fine, which I made apparent in a silly remark to my pulmonologist, Dr. Syed Akbarullah. I still can't believe what I told him. When he asked me why I had come to see him, I said, "Because my primary care physician is a pain in my neck." Fortunately, Dr. Akbarullah is good natured. He asked me to indulge him for a few minutes and said, "I want my fair shot at being a pain in your neck, too."

The doctors' evaluation of my health was radically different than my self diagnosis. I thought I had elevated blood pressure and a smoker's cough, but the doctors officially diagnosed me as having hypertension, the early stages of heart disease and stage 3b lung cancer.

I was stunned and shaken. I've been married for 24 years and have two sons – a 22-year-old with a mental handicap and a 17-year-old who will graduate soon. I feared not being around to love and care for them.

I still find it hard to believe how I "handled" my health. When hospital patients ask me questions of a medical nature, I make sure they understand my role. I let them know that I can help answer any questions they have about the hospitals' admitting practices but that I do not have any clinical experience. When it came to my own health, however, I acted as if I was "Dr. Denise."

Last year, I had surgery to remove the lower left lobe of my lung followed by chemotherapy. I'm still a bit self conscious about my short hair and the weight I gained during my treatment, but I feel good, I'm cancer free and I'm here for my family.

I'm so grateful that St. Rose expanded its smoke-free policy and that my doctors were knowledgeable, patient – and above all – persistent. If I had waited until "Dr. Denise" felt I needed a doctor, my cancer probably would have been terminal. **WC**



Denise Helm

Make a Commitment to Quit. See page 12 for details on smoking cessation programs offered by the WomensCare Centers or call the Nevada Tobacco Users Helpline at 1-800-QUITNOW.

PLAYING THE PART OF A PATIENT

Denise Helm found that she was her own worst doctor but has since become a model patient. Here are a few of her tips:

Don't Play Doctor. Focus on being your own health advocate by becoming a proactive, informed and collaborative patient.

Do Know Your Family's Medical History. Family history can reveal important risk factors for health problems such as heart disease, stroke, diabetes, cancer and certain psychiatric disorders.

Do Have Routine Physicals and Exams. Yearly physical exams and age- or health-related screenings can help catch health issues in the early, most treatable stages.

Don't Write Off Prescriptions and Orders. If you don't take a medication your doctor prescribes for you – or follow a doctor's written orders for a specific test or evaluation – let him or her know why.

Do Thank Your Doctor, Nurses or Other Healthcare Providers. A thank you can definitely brighten the day of a healthcare provider!

Don't Put Off Medical Appointments. Make your health a priority. Obligations to work, family and friends shouldn't stop you from getting the care you need.



Chris' Incredible Comeback

THANKS TO A GROUP OF INDIVIDUALS (PEOPLE/NURSES/EMPLOYEES) WHO KNOW THE CARDIAC ARREST CHAIN OF SURVIVAL, QUICK EMS RESPONSE AND THE UTILIZATION OF A BRAIN AND BODY COOLING THERAPY PERFORMED AT ST. ROSE DOMINICAN HOSPITALS – SIENA CAMPUS, CHRIS OWEN'S "GOT GAME" MENTALLY AND PHYSICALLY.

"It's not a game of Tiddly Winks® and it certainly is not for the faint of heart." That's how Chris Owen describes squash – the high-intensity racquet sport during which a ball can travel toward players in a closed court at speeds exceeding 125 mph. But last March, after finishing a heated pickup game at Club Sport – Las Vegas, the die-hard squash fan's heart began to quiver, his blood pressure plummeted and within seconds he collapsed.

Chris experienced ventricular fibrillation (VF or V-fib), a form of sudden cardiac arrest brought on by the misfiring of his heart's electrical system. V-fib caused Chris' heart rhythms to become so rapid and erratic that the ventricles of his heart fluttered uselessly until they failed.

Sudden cardiac arrest is an extreme medical emergency. About 800 people in the United States experience sudden cardiac arrest in an out-of-the-hospital setting every day, and survival is slim if CPR and defibrillation (restarting the heart with an electrical shock) do not occur in the first four to six minutes.

"With no heartbeat and no flow of blood to his brain, Chris was technically dead," says Dr. Jason Jones, St. Rose emergency department physician. "Playing squash didn't cause Chris' cardiac arrest (it is unsure what did as he had no history of heart disease or arrhythmia) but being in a health club setting that was prepared to initiate the first steps in the chain of survival definitely helped save his life."

The Chain of Survival

As fate would have it, Chris had the good fortune to be playing squash with Dr. Javaid Anwar that evening. The doctor's brother, Dr. Badar Anwar and another man certified in CPR were also playing nearby. They initiated cardiopulmonary resuscitation (CPR) to keep blood and oxygen moving to Chris' brain. Meanwhile, a member called 9-1-1 and Eric Simmons, the manager on duty got the health club's automated external defibrillator (AED). The AED – a computerized medical device – was used to analyze Chris' heart rhythm and deliver shocks to his heart.

It took three shocks to restore Chris' heartbeat and CPR was continued until paramedics took over emergency treatment and transported him to St. Rose Dominican Hospitals – Siena Campus. As Chris was rushed into the emergency room, his heartbeat was irregular and he was comatose. The emergency medical team physician evaluated Chris' condition and determined he was a candidate (neurologically intact enough) for therapeutic hypothermia, a body and brain cooling treatment that can

potentially reduce brain injury and increase survivability.

“After cardiac arrest, we are able to help certain patients by bringing down their body temperatures by six degrees, which slows down their metabolism and reduces their brain’s need for oxygen and nutrients,” says Dr. Jones. “By slowly restoring a patient’s circulation of blood and oxygen to the brain, the potential for brain injury is decreased.”

While cardiac arrest requires emergency treatment to restart the heart to prevent death, the restoration of circulation results in what is called reperfusion injury – tissue damage caused by chemical reactions that occur when blood supply returns to tissue after a period of deprivation. The absence of oxygen and nutrients from blood creates a condition in which the reperfusion (the restoration of circulation) results in inflammation and cell damage. Mild hypothermia is thought to suppress many of the chemical reactions associated with reperfusion injury.

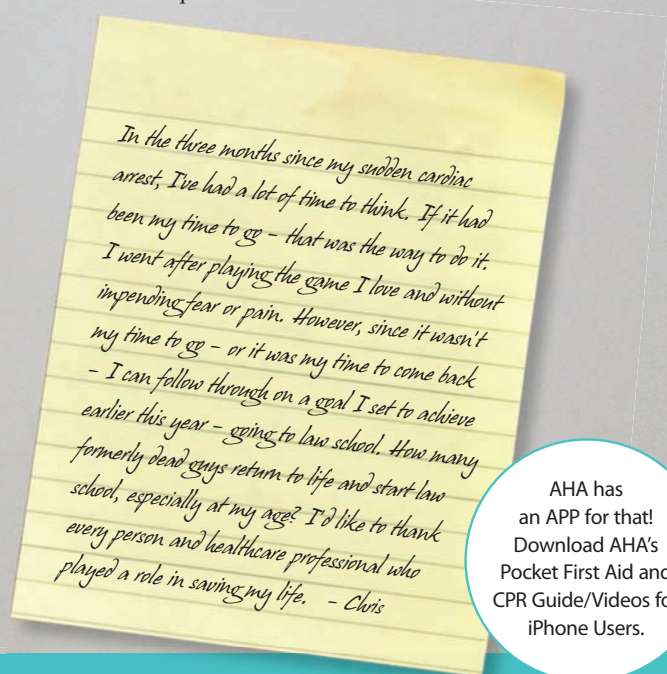
The initial step in carrying out St. Rose’s therapeutic hypothermia protocol was keeping Chris unconscious and placing him on a ventilator, a machine that breathed for him. Emergency room nurses then wrapped specially designed covers around Chris’ head, chest and legs and connected them to an electronic monitoring system with hoses that circulated temperature-controlled water that cooled Chris’ body temperature to 91.4° F (33° C). After being carefully monitored in the ICU for 24 hours, his body temperature was slowly brought back up again.

During the 10 days Chris spent at St. Rose Dominican Hospitals – Siena Campus, many other life-saving procedures took place, including the placement of a small, internal defibrillator under his skin that will deliver a shock to his heart should he experience V-fib again. When he woke up, Chris had no memory of the medical emergency he suffered or

the many steps that were taken to save his life.

As Chris recovered, his wife, Kathryn, sat by his bed and talked him through the series of events hoping it would trigger something in his mind that would reassure her that his brain was neurologically intact. After going over every detail she could think of, Chris responded, “There’s one thing you haven’t told me. Did I win the squash game?”

It was then that Kathryn realized Chris, while still tired from the ordeal and groggy from sedatives, was still mentally on top of his game – and after the required period of medical rest and rehabilitation, Chris is also back on the squash court. **WC**



AHA has an APP for that! Download AHA's Pocket First Aid and CPR Guide/Videos for iPhone Users.

THE CHAIN OF SURVIVAL: BECOME A CRITICAL LINK.

Sudden cardiac arrest (the sudden loss of heart function) is not a heart attack, though it can occur in the midst of one, and can be the result of heart disease*. The American Heart Association (AHA) estimates that 350,000 fatal episodes of cardiac arrests occur each year.

The chances of surviving a cardiac arrest that occurs in an out-of-hospital setting are slim (typically less than 10 percent) because brain death and permanent death start to occur in just four to six minutes. Survival rates do increase if immediate lifesaving steps take place. You can become part of the adult chain of survival by:

Calling 9-1-1 – Prompt treatment by emergency responders greatly increases the odds of a patient who is experiencing sudden cardiac arrest. Recognizing signs of an emergency and calling 9-1-1 are critical. Anyone who is unresponsive should receive emergency care, sudden cardiac arrest or not. In addition, a 9-1-1 emergency representative can talk you through potentially life-saving steps.

Performing CPR – Cardiopulmonary resuscitation (CPR) can double or triple a victim’s chances of survival if it is initiated in the first few minutes after cardiac arrest. The combination of rescue breaths and chest compressions performed during CPR can stimulate a small

amount of blood flow to a person’s heart and brain until normal heart and breathing functions can be restored. The WomensCare Centers offer AHA’s Basic Lifesaving CPR, Heart Savers CPR and Worksite CPR classes (see page 13).

Utilizing an AED – A victim’s chance of survival is reduced by 7 to 10 percent with every minute that passes without defibrillation and CPR. An Automated External Defibrillator (AED) is a computerized medical device that checks a person’s heart rhythm and, if necessary, delivers an electrical shock that may restore his or her heartbeat. In the past decade, portable automated defibrillators have popped up in a variety of public places – airports, shopping malls, schools and health clubs – with good reason. AEDs are relatively simple to use, come with built-in instructions, including voice prompts, lights and text messages to tell the user what steps to take. Training offered by the American Heart Association takes just a few short hours.

The final step in the chain of survival is the early advanced care provided by emergency responders including paramedics and hospital emergency room physicians and nurses.

*Many people who experience V-fib have no history of heart disease. Additionally, aside from heart disease, sudden cardiac arrest can also result from electrocution, drowning, blunt force trauma to the chest, drug overdose and a severe imbalance of electrolytes.



in Partnership with Science North
Present

Ends of the Earth: From Polar Bears to Penguins

A Special Exhibition

Galleria at Sunset
Thru September 12

Mon-Sat, 10 am - 8 pm
Sun & Holidays, 12 pm - 5 pm



Henderson, NV

ARCTIC 3,662 miles

ANTARCTIC 8,516 miles



267.2171 | HendersonLive.com



Understanding IR

A study by the Society of Interventional Radiology found that 94 percent of people polled had no idea what interventional radiology (IR) was – including a good portion of people who had received a diagnosis or treatment through this specialized area of medicine. WomensCare asked Dr. Peter Bernstein, an interventional radiologist (also referred to as IR) for St. Rose Dominican Hospitals, to answer five fact-finding questions aimed at giving our readers a basic understanding of one of the most rapidly expanding areas of medicine.

1. What is an interventional radiologist?

An IR is a radiologist who receives additional fellowship training and becomes board certified in the use of state-of-the-art imaging technologies – X-rays, magnetic resonance imaging (MRI), ultrasound and computed tomography (CT) – to diagnose and treat injury or disease.

2. How is interventional radiology used to treat injury and disease?

An IR uses imaging technologies to guide miniaturized medical devices through the body to treat diseases non-surgically. An IR can do this by making a nick about the size of a pencil tip in the skin to insert a catheter into the artery. Then, using imaging technology, the IR can guide the catheter to an injured, blocked or diseased part of the body. An IR can also deliver treatment percutaneously (directly through the skin) with a thin, specially equipped needle.

3. What is the most common interventional radiology procedure?

The most common procedures are angioplasty and catheter-delivered stenting, both of which are procedures invented by IRs. To perform angioplasty, an IR inserts a thin catheter with a small balloon attachment into an artery and threads it to the blockage in the artery under X-ray guidance. The balloon is then inflated to open the artery and, if necessary, a small metal scaffold, called a stent, is inserted to hold the blood vessel open.

4. What are some of the most exciting capabilities of interventional radiology?

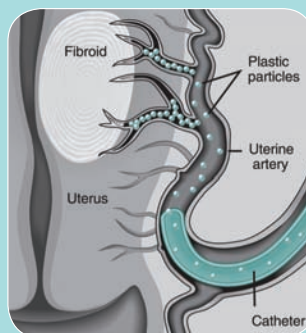
The capabilities cross almost every area of medicine. IR is used to perform breast biopsies and place central venous access catheters for the treatment of diseases like cancer and dialysis. It is also used to diagnose, treat and even prevent stroke and provide pain relief for compression fractures of the spine through vertebroplasty (see sidebar). Among the most exciting capabilities of IR is the treatment of cancer patients through chemoembolization, which delivers chemotherapy directly into a tumor and percutaneous cryoblation which kills tumors through the use of extremely cold gas. Cryoblation has been used in the operating room for many years, but the needles used to deliver the freezing gas are now small enough that we can go directly through the skin to the tumor with X-ray guidance. Recent interventional cryoablation data shows it is nearly 100 percent effective in destroying tumors up to four centimeters if localized to the kidney.



Dr. Peter Bernstein,
Interventional Radiologist

5. What are the most rewarding factors of an interventional radiologist's job?

Providing people a more accurate diagnosis and a less invasive treatment are gratifying parts of this specialty. It is particularly rewarding when I'm able to provide a patient who has no other options with a curative option to traditional, open surgery. **WC**



Uterine fibroid embolization (UFE)



Vertebroplasty

Uterine fibroid embolization (UFE) is performed to treat non-cancerous (benign) growths that can lead to pain and heavy bleeding. UFE is performed while the patient is under conscious sedation. The IR makes a tiny nick in the skin in the groin and inserts a catheter into the femoral artery. Using real-time imaging, the physician guides the catheter through the artery and then releases tiny particles, the size of grains of sand, into the uterine arteries that supply blood to the fibroid tumor. This blocks the blood flow to the fibroid tumor and causes it to shrink and die.

Vertebroplasty is a pain treatment for vertebral compression fractures that fail to respond to conventional medical therapy such as analgesics or prescription pain relievers. Performed as an outpatient procedure using conscious sedation, the IR inserts a needle through the skin in the back, directing it under continuous, moving X-ray imaging into the fractured vertebra. Medical-grade bone cement is then directed into the vertebra to stabilize the fracture. Most patients report that their pain is gone or significantly better – and are able to resume their daily activities – within 48 hours.

GLAZIER'S food marketplace



www.glaziersfoodmarketplace.com • (702) 614-1111

Open 7 Days a Week 6am-12 Midnight



Thank You to the Las Vegas Review Journal
for selecting us as
"Best Grocery Store in Las Vegas"

PRINT OUT OUR
WEEKLY CIRCULAR AND
SHOPPING LIST ON-LINE
AT OUR WEB SITE.

Mission Statement

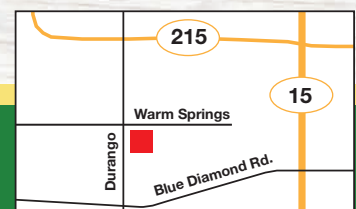
World Class Glazier's Food Marketplace on the corner of Durango and Warm Springs is Las Vegas' largest full service supermarket! Owned and operated by the Glazier family, we are committed to bringing your family the lowest possible prices, selling only quality foods we serve on our own table, and providing a clean, safe shopping environment with service that treats you like we'd like to be treated.

MRS. G BRINGS YOU A SUPERMARKET LIKE NO OTHER!



- World Class Bakery with Creative Cakes
- Largest Meat Dept. Featuring Black Angus at Everyday Low Prices
- Homemade Sausage Factory
- Largest Seafood Dept. with Fresh Fish and Live Lobster
- Mrs. G's Salad Kitchen - 31 Selections Made Daily
- Food Court with Piano Bar Featuring Biaggio's Authentic Italian Pizza, Boar's Head Sandwiches, Helen's Fresh Gelato and Much More
- New York Deli Featuring Boar's Head
- Mrs. G's Chef to Go - Homemade Restaurant Quality Culinary Delights Prepared Fresh Daily From Mrs. G's Kitchen to Your Table!
- Produce Dept. - Considered the Best Produce in Las Vegas by Many
- Community Room - Available to All Non-Profit Organizations (30 seats) with Free Refreshments Provided
- Giving Back - 100% Profits From the Children and Pet Products Sold are Given Back to Children Charities and Animal Rescue in Las Vegas

IT'S WORTH THE TRIP!



Desert Marketplace: 8525 West Warm Springs Rd., Las Vegas
COMING SOON! Green Valley Crossing: 635 Green Valley Pkwy., Henderson

Get Higher Definition, Lower Dose

When it comes to CT Scans, St. Rose is raising the bar on imaging quality and lowering the dose of patient radiation exposure by up to 50 percent.

The St. Rose Dominican Hospitals – Siena Campus recently installed the new GE Discovery CT 750 HD scanner that provides doctors and patients important benefits. “The HD images enhance our ability to accurately diagnose and detect life-threatening illness and injury,” says Dr. Paul Wiesner, St. Rose’s radiation safety committee officer. “At the same time, this new CT system reduces the amount of radiation patients are exposed to during their scans by 30 to 50 percent.”

CT scans are advanced forms of X-ray that allow doctors to see inside the body by taking cross-sectional pictures that are assembled into a complete 3-D image by a computer program. The images have become indispensable in the detection of trauma and disease – and often eliminate the need for exploratory surgery. They can also be used to plan and monitor patient treatment, as well as to perform fast, non-invasive and often life-saving treatment, as is the case in the event of extreme conditions such as stroke.

There is, however, concern about the need to limit a person’s lifetime exposure to medical radiation and CT is one of the higher dose examinations performed. Anne Weber, radiology director of the Rose de Lima Campus, says, “Installing the new low-dose system at the Siena Campus is just one step we’re taking to lower our patients’ radiation exposure. We are also updating current scanners to provide lower-dose scans, investing in radiation safety training and adhering to specific patient-safety initiatives at all of our campuses.” **WC**

A.L.A.R.A.

(As Low As Reasonably Achievable) is a principle aimed at reaching an optimum balance between the image quality of a patient’s scans and their radiation exposure. A complete patient medical history is taken prior to CT scans and the proper dosing of scans is done based on the adult’s or child’s weight or size and the part of their body which will be scanned. Additionally, steps are taken to shield portions of the body that won’t be scanned to reduce radiation exposure.

SHOULD I HAVE A CT?

The decision to have CT scan is a medical one, based on the likelihood of benefit from the exam and the potential risk from radiation. Your physician and radiologist should consider your past history of exposure to X-rays prior to a CT scan. It is a good idea to take an active role in your care by:

Keeping Track – Write down all of your diagnostic images (including when, where and why they were performed) in your personal medical records and make a copy of the record for each of your healthcare providers to place in your patient file. Additionally, ask for copies of any future X-ray images.

Asking Questions – Ask about the benefits and risks of the CT scan based on your personal health issues and past X-ray history. For example: Is it truly needed? How will it change my care? Is there another exam or exams that can provide the same information? Is it a significant risk based on my past X-ray history? How many scans will be taken? Will the dose be adjusted for my gender, age and size? Will lead shields be used to keep radiation away from parts of my body it could harm? If you take scans now, will another physician or specialist seek to repeat them before treating me?

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



Thinking about a new career?



Evaluate your options

MY CAREER

NURSING

- | | | |
|--------------------------|--|-------------------------------------|
| <input type="checkbox"/> | Rewarding | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | Flexible | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | Professional Options | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | Employment Opportunities | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | Higher Than Average Earnings | <input checked="" type="checkbox"/> |
| <input type="checkbox"/> | Attainable—RN in 14 Months | <input checked="" type="checkbox"/> |

**Registered nursing—a great
second degree career option!**

Interested in becoming a registered nurse?



University of Southern Nevada and St. Rose Dominican Hospitals have joined forces to offer a “Come Explore Nursing” event. Learn what is unique about the USN and St. Rose Dominican Hospitals collaboration. Talk with current nurses. Meet faculty and admission advisors. Ask, listen, learn. Specifics about a new 14-month accelerated online BSN program will be provided.

LOCATION

**St. Rose Dominican Hospitals
San Martín Campus**
8280 West Warm Springs Road
Las Vegas, Nevada

For specifics, go to:

www.comeexplore nursing.com



St. Rose Dominican Hospitals

A member of CHW



Quality Education. Accelerated Results.

877.885.8399 | www.USNnursing.com

Finding Herself: Deanna Gets Fit and Self Confident Again

Deanna Harvey had a good body image growing up. She was strong, fit and self-confident just as she is today – a year after having successful mini-gastric bypass surgery performed at St. Rose Dominican Hospitals – Rose de Lima Campus.

Deanna's body and her image of herself began to change after the birth of her second child eight years ago. "A certain amount of fatigue and weight gain is to be expected during pregnancy, but after the birth of my older daughter, Averyanna, I got my energy and body back in a snap," says Deanna. "Things couldn't have been more different after my second pregnancy."

Months after delivering her younger daughter, Sara, Deanna continued to carry her pregnancy weight plus additional pounds. "I wanted to work out. I love to swim, hike or go to the gym but I felt totally wiped out all the time. So I ate and ate for energy."


While Deanna received a lot of free – and often unsolicited – advice about how to balance her diet and her day in order to accommodate her work and school schedules, family time and rest and exercise, it was a thyroid test that provided some answers. Deanna had developed Hashimoto's thyroiditis, which caused her chronic thyroid problems and led to symptoms including fatigue, depression and weight gain.

Deanna began taking medication which elevated her energy enough so that she was able to work out but she still never felt like – or looked like – her old self. "Even after months of regular exercise I couldn't lose weight. It was depressing, so eventually I turned to food to lift my mood."

Seven years later, Deanna's weight problems hadn't changed. Her life, however, had. The proud mother of two growing daughters completed a dual master's degree and decided to do something about the weight she never seemed able to lose.

"I'm so happy with the results of my mini-gastric bypass surgery," says Deanna. "I tried all the healthy eating and exercise tricks – portioning my meals on smaller plates, avoiding buffets, working little bits of exercise into the few free moments I had throughout the day. Even so, I still didn't have the energy I needed to make real change."

Nowadays, loads of energy and a renewed self-image are what Deanna feels she's gained most of after having mini-gastric bypass. "I feel great – like Deanna – because I've lost 95 pounds," she says. **WC**



Dr. Robert Rutledge performed Deanna's mini-gastric bypass laparoscopically in less than 35 minutes through two important steps. First, he separated her stomach into two parts and sealed off 90 percent of it with special surgical staples. Second, he created a bypass that extended from the new, smaller portion of her stomach down past the first six feet of the small bowel where the majority of fats and calories are absorbed. With a smaller stomach and a reduced ability to absorb fat and calories, Deanna was able to lose 95 pounds within a year.

Dr. Q's Seasonal Gardening Tips

August

Dry-heat continues to draw the life out of plants, unless we water wisely. Longer emitter run times, three days weekly are much better than daily short times. Water deep for healthy roots.

Use Dr. Q's Triple Play Fertilizer. Its slow-release formula is safe for summer use. Fast release fertilizers stimulate too much growth and put stress on your plants. Dr. Q's products are just right for your desert garden!

Keep an eye on your irrigation. Star Nursery has replacement parts. Turn your system on manual and inspect your irrigation for leaks or plugs. Repairs are far better than dead plants.

September

Soil preparation is the best key to successful gardens. Dr. Q's Pay Dirt is the best Compost. Freshen up your garden soil with a couple inches of top quality compost for healthier plants and better production.

Now is the time to clean up your roses. Prune off summer damage. Light pruning will help get them ready to show off next month. Visit www.StarNursery.com for answers and tips on roses and other seasonal plant questions.

Temperatures are changing this month. Check your clock as they drop. Watering restrictions for your lawn are 3 days, but your shrubs and trees will do best with just 2 days of deep water.

October

It's "pedal to the metal" gardening month! Don't delay. All your shrubs and trees are ready for dinner. Dr. Q's Fertilizers are formulated for desert soil and water. Now is the right time for Fruit & Nut Fertilizer!

Now is the time for fruit trees and winter veggies. Cabbage, Broccoli and many more veggies just love our cool season. Don't wait until spring to install cold hardy trees and shrubs. Star Nursery has what you need.

Use Star Nursery's Planting Partners; Dr. Q's Gold Dust, Tonic & Pay Dirt. Proper planting is vital for healthy plant growth. Large planting holes, proper amendments and watering are key.



Remember when doctors made house calls?

I do, Dr. Q here. I can help diagnose your irrigation needs, seasonal stress issues, pest control, nutrient deficiencies, pruning and more.

Call me at 771-STAR (7827) to set up an appointment or visit any one of our Star Nursery locations.



SIGN UP FOR FREE GREEN PAGES SUBSCRIPTION!
Dr. Q's Desert Gardening News

GREEN pages

Name _____
Address _____
City _____ State _____ Zip _____
E-Mail _____

Bring to any Star Nursery location, or mail to:

GREEN PAGES – Care of AMS Inc. 9670 W. Tropicana Ave., Suite 125, Las Vegas, NV 89147-2606
wc0810



SEVEN CONVENIENT LOCATIONS OR SHOP ONLINE WWW.STARNURSERY.COM

2600 W. Ann Rd.
Ann Rd. & Coleman
(702) 216-STAR (7827)

7330 W. Cheyenne Ave.
W. Cheyenne & Tenaya
(702) 645-2400

8725 S. Eastern Ave.
S. Eastern North of I-215
(702) 333-STAR (7827)

9480 W. Tropicana Ave
& South Fort Apache
(702) 278-STAR (7827)

5340 S. Boulder Hwy.
E. Tropicana & Boulder Hwy.
(702) 456-8818

5380 Blue Diamond Rd.
West of Decatur
(702) 444-STAR (7827)

8170 W. Charleston Blvd.
Charleston & Cimmaron
(702) 360-STAR (7827)

**The Right Price,
The Best Advice®**





St. Rose Dominican Hospitals – Siena Campus is celebrating its 10th year of service to southern Nevada! In celebration, we recently brought together some Siena Campus “babies” who are looking forward to their 10th birthdays. As the children sunk their teeth into cake and guzzled down chocolate milk, best friends Aubrey, center left, and Sophie Rose, center right, shared hopes of having double of everything for their first double-digit birthdays!

If you had a child or children at St. Rose during the last 10 years, join us on Facebook to share photos and stories! We’d enjoy hearing from you!

Our Siena Campus recently received great birthday news when hospitalcompare.hhs.gov, a hospital comparison website produced by the U.S. Department of Health and Human Services, released new data showing how patients view and rank hospitals in areas such as cleanliness, responsiveness of staff and likelihood to recommend the hospital to a friend. In southern Nevada, the Siena Campus received top marks in nearly every category followed closely by our San Martín and Rose de Lima Campuses. In addition, the site provided new clinical data showing that the three St. Rose hospitals have quality results as good as or better than some of the top hospitals in the nation. Check for yourself by visiting hospitalcompare.hhs.gov or strosehospitals.org.

Join us on Facebook and be entered to win a gift certificate for two free cupcakes from the Cupcakery (15 gift certificates will be given away).



DON'T YOU PUT ANOTHER CANDLE ON MY BIRTHDAY CAKE!

Distressed or indifferent about getting another year older? Consider celebrating your birthday like you were turning 10 again.

Turning 45 to 50? Let Top 40 music set the tone for your birthday. Download music from the 1970s and “Cut The Cake” (Average White Band) and taste “How Sweet It Is” (James Taylor). Then “Just Let it Be” (Beatles) as you enjoy your “Season in the Sun” (Terry Jacks).

Turning 55 to 60? Pop some popcorn, make milkshakes and enjoy having a few girlfriends over for a “Pajama Party” (Tommy Kirk and Annette Funicello) and “Charade(s)” (Cary Grant and Audrey Hepburn).



St. Rose Dominican Hospitals

A member of CHW

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

Non-Profit
Organization
U.S. Postage

PAID
St. Rose
Dominican Hospitals

Postmaster: Please deliver within August 1-4.

Time for a Better Water Conditioner?

TRY OUR WHOLE HOUSE WATER TREATMENT

USES **NO** SODIUM* & **NO** ELECTRICITY



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



Get whiter, brighter laundry
and save on soap products



Provides quality water at every
faucet for the whole family

WORLD'S BEST DRINKING WATER SYSTEM

Delivers the Purest Water in Independent Tests

REMOVES BAD TASTE, ODOR, CHLORINE, CHEMICALS, BACTERIA, VIRUSES & PHARMACEUTICALS

Delivering Quality
Water to Las Vegas
for Over 30 Years



Call our local Las Vegas office today

1-888-748-1935

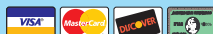
Tracking #M14C

Visit us online at:

www.kwater.com



 **Kinetic**[®]
water systems



*Using K-Life, Homeowners Only, OAC. NSL #46462

Kinetic Quality Water Systems of Las Vegas