

FOR THE BODY, MIND, SPIRIT WomensCare

STROSEHOSPITALS.ORG

FALL 2011 • ISSUE 51

**ST. ROSE
& STANFORD
TEAM UP
AND YOU
WIN!**

**3D TEE
SUPERIOR
HEART
IMAGING:
SUPERIOR
CARDIAC
CARE**

**WHAT
WE'LL BE
DOING
ON WORLD
COPD DAY
AND WHY
YOU'RE
INVITED!**

+
**ST. ROSE'S
55TH ANNUAL
BALL!**

Mardi Gras

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



UPCOMING PROMOTIONS

October 28th – November 13th FREE TRIPLE POUCH SET!!!!

Purchase \$100 or more of Brighton product and receive a FREE Triple Pouch Set as your gift*. These festive pouches prove that good things come in threes...

November 28th – December 9th FREE SNOW GLOBE!!

Receive a Brighton Storyland snow globe as your gift* with a single Brighton purchase of \$125 or more. This limited edition treasure will delight all with the tune, "Let It Snow" and will remind us how magical the holidays truly are.

January 27th–February 12th, 2012 FREE TOTE!!

With a single day purchase of \$100 or more you can get carried away with our FREE B Mine tote as your gift*. This adorable tote depicting a buoyant fashionista with an artful heart-shaped "bouquet" of balloons will take you anywhere in style.

(*All gifts are limited to one per customer, while supplies last)

(Shown: Garbo pleated Hobo \$320, Petal Power Sunglasses \$80, In My Heart Petite Necklace \$34, Guardian Petite Necklace \$32, Dana Point Time piece \$120, Assorted Bangles shown \$26-\$48)

The District at Green Valley Ranch 270-0100 • Town Square 369-0963

Fashion Show 731-5929 • Fashion Village at Boca Park 944-8474

Miracle Mile Shops • The Forum Shops at Caesars • The Grand Canal Shoppes at The Venetian

McCarran International Airport - Main Esplanade; C Gates; D Gates

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» OUR PRESIDENT'S PERSPECTIVE

Dear Readers,

Nevada Business magazine recently recognized its 2011 Healthcare Heroes and I am proud to say that Holly Lyman, the director of The Barbara Greenspun WomensCare Centers of Excellence, was honored for her determination in working to meet your health and wellness needs. Her efforts make you the real winners!

If you have benefited from the child birthing, breast feeding, WIC program or family-oriented services offered at the WomensCare Centers, Holly has played a hand in your family's health. If you have attended a chronic disease management class, health screening, support group, exercise class or health-related event offered by the WomensCare Centers, St. Rose or our Family

to Family Connection, Holly had a role in making it happen. The same holds true if you have benefited from R.E.D. Rose.

Holly is a dynamic business woman and an incredibly civic-minded health educator who, upon receiving the reward, gave all the credit to St. Rose's Adrian Dominican Sisters, her staff and volunteers. They are all deserving of the award too, but it is Holly who skillfully steers the course of our WomensCare Centers. (Did I mention that Holly founded our Rose Regatta Dragon Boat Festival?!).

Rod A. Davis
President/CEO, St. Rose Dominican Hospitals & Senior Vice President of Operations, CHW Nevada

COVERSTORY

» Join cardiac patient, Kathleen Spain (left), and Cardiac Services Director, Lisa Moses, to celebrate St. Rose's 55th Annual Mardi Gras Ball.



The Heart of St. Rose, the hospitals' 55th Annual Mardi Gras Ball, will raise funds for the cardiac services provided by all three St. Rose Dominican Hospitals campuses – and celebrate the good health of cardiac patients like Kathleen. Read about Kathleen's care on page 19.



The Heart of St. Rose 55th Annual Mardi Gras Ball

Saturday, February 18, 2012

Visit strosehospitals.org or call 616-5760 for more details.

WomensCare

Director: Holly Lyman **Editor/Writer:** Shauna Walch **Staff:** Kim Haley, Liz Hefner, Tammy Kline, Jennifer McDonnell **Designer:** Shannon Moss **Photographer:** Greg Preston

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For advertising opportunities, please contact your account executive or call 990-8911.

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

The BARBARA GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals

A member of CHW

Physicians are independent practitioners and are not employees of St. Rose Dominican Hospitals.

How Does She Do It? How does local inspiration, Toni Spilsbury, find time to raise four young children, run a non-profit organization and rendezvous with her family at the dinner table each evening? She makes meal planning easy, quick and less expensive. You can, too, with her new book, *The Organized Cook*, available at organizedcook.com and in the St. Rose gift shops. Partial proceeds from



each sale benefit Nevada Blind Children's Organization. **Become a fan of St. Rose on Facebook, between Nov. 1-15, and you'll be automatically entered to win one of 12 copies of Toni's book. Learn more about Toni's inspiring endeavors on St. Rose's blog.**





[Dr. Peoples at home with his dogs]

World Class Neurosurgical Care in a Place Called **Home**

As neurosurgeon Randal Peoples stands in his yard with his Leonbergers, Maddee and Mike, he talks about finding a Tudor-style home in southern Nevada. “It was exciting to find a home that reminded me of the Chicago street I lived on during my medical residency right here in the community I’ve called home for two decades,” says Dr. Peoples. “I feel I have the best of both worlds.”

Dr. Peoples believes southern Nevadans will have similar sentiments about the new St. Rose Center for Neurosurgery to which he was recently appointed medical director. The Center is a collaboration between St. Rose Dominican Hospitals, the health care system southern Nevadans know and trust, and Stanford Hospital & Clinics (Stanford) whose neurosurgery center is ranked 20th in the nation by U.S. News & World Report. Together, the two organizations aim to provide area residents high quality, academic-based care for adults and children.

“If you or a loved one face a neurological problem, what could be better than finding world-class neuroscience services right here where it’s most convenient and you’re most comfortable?” says Dr. Peoples. “It offers the community we serve the best of both worlds.”

Stanford Hospital & Clinics

neurosurgery
center is
ranked 20th
nationally by
U.S. News &
World Reports.

The beginnings of the partnership were set in motion as St. Rose was ramping up its Primary Stroke Center and headache program. Stanford had, at the time, recently expanded access to its research, innovation and clinical best practices in specialized areas of medicine by crafting partnerships with community-based hospitals in California.

St. Rose President and CEO, Rod A. Davis, was intrigued by the idea of the partnerships and invited friend and colleague Amir Dan Rubin, President and CEO of Stanford Hospital & Clinics, to visit southern Nevada. “Rod is continually working to raise the bar on the quality of health care in our community,” says Dr. Peoples. “He invited Stanford here with the big picture – this partnership – in mind from day one.”

Stanford was impressed with St. Rose’s health care ministry and, for the first time, ventured outside of California to form a clinical partnership. The fact that Stanford is inviting local neurosurgeons to join its faculty rather than bringing in Stanford staff from out of state is incredibly important to the St. Rose Center for Neurosurgery collaboration.

Accepting Stanford’s invitation to become a faculty member isn’t as easy as marking “yes” on an RSVP card. Dr. Peoples went through an extensive review and interview process with the

Stanford faculty and a long process of credentialing that took a year.

“Faculty appointment will offer neurosurgeons a direct link to Stanford’s academic expertise. They will have extended educational opportunities as well as opportunities to take part in conferences and play a direct role in establishing best practices that benefit patients treated at St. Rose,” says Dr. Peoples. “Stanford-based faculty physicians will also be available to our neurosurgeons for consultations on individual cases.”

In the rare instance of an extremely complex case that can’t be treated locally because there isn’t a strong proficiency in a certain surgical procedure – or the instrumentation or equipment isn’t available – the collaboration provides more rapid and direct access to those services at Stanford Hospital & Clinics.

What the partnership won’t ask local neurosurgeons to do is forfeit their ability to practice at other area hospitals. “If what neurosurgeons gain through their relationship with the St. Rose Center for Neurosurgery benefits patients they treat elsewhere, it’s a win-win for everyone involved,” says Dr. Peoples. “It will effectively raise the quality of medical care in southern Nevada – and improving the health status of our entire community is the essence of St. Rose’s ministry.” **WC**

Do I Need a Brain Scan?

If you suffer recurring headaches, you may have wondered if your pain is caused by a serious problem like a brain tumor or aneurysm. Fortunately, most head pain is not caused by dangerous, life-threatening medical issues, rather, it is brought on by migraine. In fact, Dr. Abraham Nagy says that 94 percent of people who go to doctors for headaches have migraine.

Migraine is caused by a complicated interaction between the brain and blood vessels in the face and head. The changes that occur in the brain during migraine cannot be seen by imaging studies, but doctors are usually able to diagnose and recommend treatment by examining you and asking questions. Below, Dr. Nagy notes some reasons that your doctor may order a CT scan or MRI of your brain.

- Sudden worst headache of your life
- Sudden headache pattern change
- New headache in those over 50
- Seizure with headache
- Headache started with an illness and/or fever
- “Whooshing” or pulsating sound is heard with headache
- Recent head injury with headache
- Symptoms with headache such as altered consciousness or speech, confusion, weakness, numbness or coordination problems
- Medical problems like cancer or HIV
- Headaches unresponsive to proper types and amounts of medications
- You are overwhelmed with worry or fear about your headaches

St. Rose Dominican Hospitals - San Martín Campus recently became accredited by the Joint Commission for its headache program.



What is Neurosurgery?

Neurosurgery is a medical specialty dedicated to the diagnosis and treatment of patients with injury, disease and disorders of the brain, spinal cord and spinal column, and peripheral nerves within all parts of the body. Neurosurgeons provide care for both adult and pediatric patients, and depending on the nature of the patient’s injury or disorder, a neurosurgeon may provide non-surgical treatment therapies (medication, physical therapy, lifestyle changes) or surgeries.

Neurosurgeons are experts in the surgical treatment of the following:

- back pain
- neck pain
- spinal arthritis
- herniated spinal discs
- spinal stenosis
- spinal fractures
- head injuries
- nerve injuries
- carpal tunnel syndrome
- brain tumors
- brain aneurysms
- brain hemorrhages
- epilepsy
- hydrocephalus or “water on the brain”
- acute and chronic pain
- pain caused by cancer
- Parkinson’s disease
- tremors
- stroke
- artery blockages in the neck and brain



Do you have a St. Rose Doctor?
Call 616-4508 or visit strosehospitals.org

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Amber put high school headaches behind her

Amber's cheerleading days are behind her and so is the constant head pain she once attributed to a cheerleading accident. It wasn't until Amber's senior year that the real cause of her excruciating headaches was discovered. By then she was also experiencing dizziness, nausea and blackouts.

Amber had a Chiari 1 malformation, a condition in which a portion of the brain pushes through the opening at the base of the skull and presses against the brainstem, blocking the flow of cerebrospinal fluid. Treatment options for Chiari 1 vary based on the severity of symptoms. In those people who develop severe symptoms or debilitating neural deficits, surgery is advisable.

Amber's family sought the opinion of a number of neurosurgeons, each of whom recommended surgery. Emergency surgery was even suggested. However, Amber and her parents followed Dr. Peoples' more conservative approach. "He recommended close monitoring with the hope that I could graduate on time," says Amber. **"We had total confidence in Dr. Peoples and St. Rose Dominican Hospitals."**

Amber graduated with a 4.7 GPA, and three weeks after receiving her diploma, Dr. Peoples performed a posterior fossa decompression to remove a portion of her skull and the back part of her upper spine. It successfully created more space for her brain and relieved pressure on her spinal cord and brainstem.

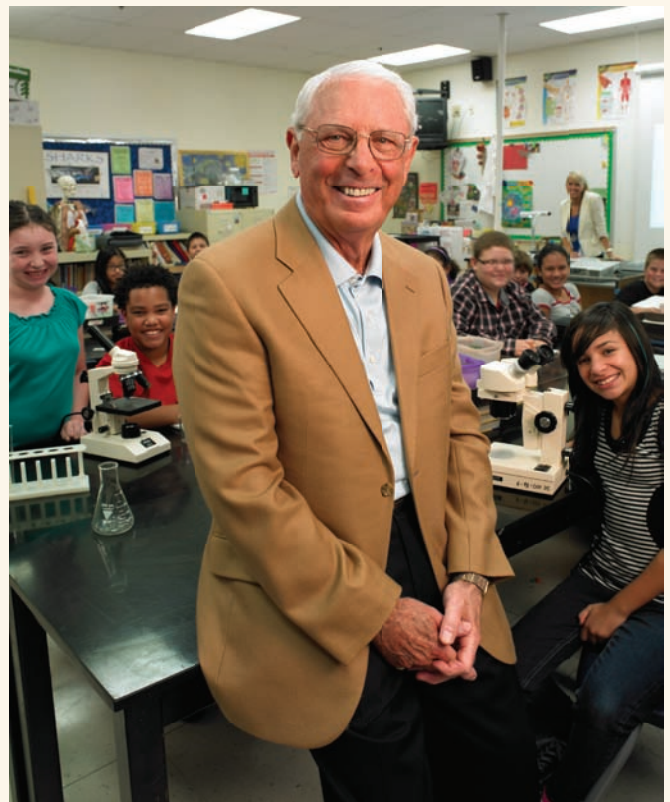
Six weeks later, Amber began college on a full-ride scholarship.

Charles did his homework before undergoing spine surgery to treat spinal stenosis. He researched and compared neurosurgical programs in Utah, California and Nevada. He was given the same diagnosis and same treatment plan from each to deal with his pain and help him regain the control he was losing in his left leg due to nerve compression in his spine. "My decision came down to deciding which neurosurgeon and hospital I felt most confident and comfortable with," says Charles. **"The doctors and nurses at St. Rose Dominican Hospitals were first class."**

In fact, Charles says that staying in southern Nevada and having Dr. Peoples perform his operation at St. Rose Dominican Hospitals was the best health decision he's made in 50 years.

One of the things that impressed Charles most about Dr. Peoples was that he made sure Charles had exhausted all of the more conservative approaches to managing his pain and regaining control of muscle movement in his lower leg. "Only when I assured him that I had tried yoga, physical therapy and pain management, did he agree to operate," says Charles.

Charles is out of pain and recently paid a visit to Silvestri Junior High School, which is named in his honor for the many years he worked for the Clark County School District. He hopes that some of these sixth-grade "scientists" will go on to study medicine and help meet the health care needs of southern Nevadans.



Charles gives St. Rose an A+

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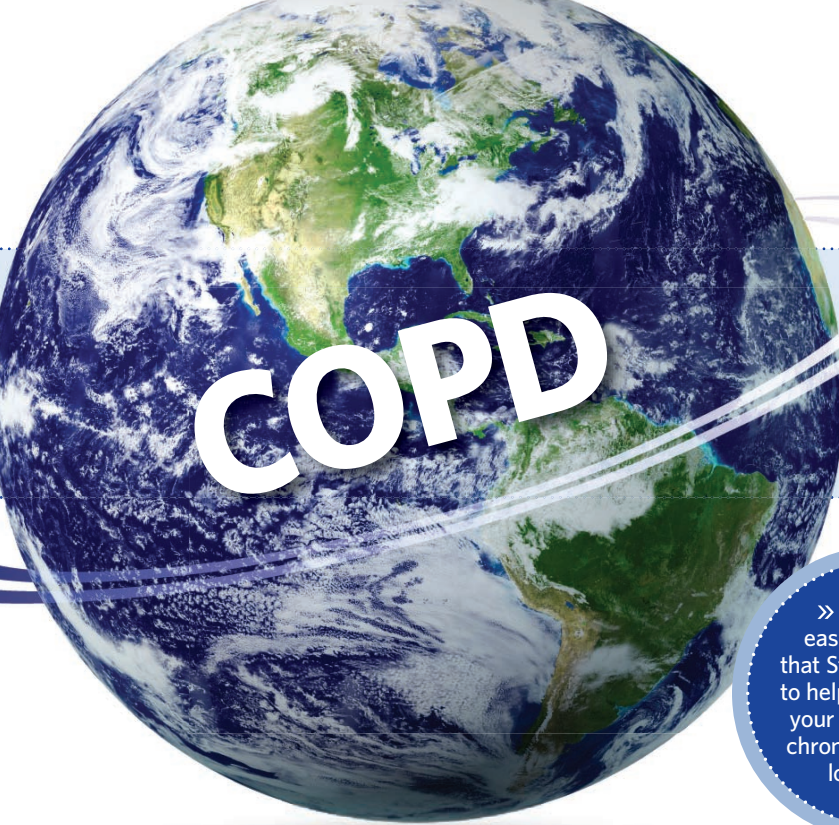
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**World COPD Day
Wednesday, November 16**

Attend St. Rose's Respiratory Rally to learn how to prevent and properly manage COPD. See calendar page 11 for full event details.

» Breathe easier knowing that St. Rose is here to help you manage your COPD or the chronic illness of a loved one.

Chronic Obstructive Pulmonary Disease is a common lung disease that encompasses emphysema and chronic bronchitis. If you suffer from difficulty breathing, a cough with mucus (phlegm) that won't go away, and feel tired and less able to live actively, you could have COPD.

Traveling? Create Your Own COPD Check List

- A full supply of COPD medications, including metered dose inhalers and spacers
- A full supply of other medications you take routinely
- A current written prescription from your doctor
- An adequate supply of oxygen and an extra cannula hose
- Details of an oxygen supplier that can deliver to your destination
- Details of doctors or hospitals where you can get help if needed

What Else Do You Need to Bring?



Oxygen on Board

FAA-approved portable oxygen concentrators are allowed on board, but ask the airline if you need to bring charged batteries and physician documentation approving you to fly. Filled oxygen tanks (liquid or compressed gas) cannot be checked or carried on any airline; however, some may allow empty equipment to be stowed in baggage if the regulator is removed.

Let's Kick Butts Together!

Smoking is a major risk factor for COPD and lung cancer. Join St. Rose's Great American Smokeout. Look for details on calendar page 14.

Chronic Obstructive Pulmonary Disease
= long term = blockage = of the lung = illness

Eat Better

If you have COPD, maintaining a healthy weight is important, and you may actually need to increase your caloric intake to make up for the extra effort it takes your body just to breathe!

- Eat small, frequent meals
- Relax and eat slowly
- Eat plenty of high fiber, vitamin-packed fruits and vegetables to fight off infections

Breathe Better

If activities such as walking, bending, reaching or climbing leave you breathless, try to pace your breathing to make each breath more effective through pursed-lip breathing.

- Breathe in normally through your nose for two counts
- Purse your lips together as if you were going to whistle (or blow out a candle)
- Blow out gently for four counts
- Repeat

Feel Better

Make the best of your "get up and go" by conserving energy.

- Prioritize. Work on your most important tasks when you have the most energy.
- Plan. Make tasks simpler, e.g., make enough pasta for three meals so you spend less time cooking.
- Pace. Work at a slow, steady pace. Rushing can rob you of energy.
- Plant yourself. Do tasks such as folding laundry or brushing your teeth from a seated position.

November • December • January

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

Index

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Exercise & Fitness

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Smoking Cessation

Health Conditions

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Programas en Español

Support Groups

Breastfeeding

Pregnancy & Childbirth

Infants, Children & Parenting

Ongoing Family Education

Director: Holly Lyman Staff: Shamika Abbott, CLE; Kristen Acevedo; Mickey Bachman, RN; Marie Bevins, RN, IBCLC; Vanessa Borja, RD; Evelyn Castillo; Rony Cortez; Jennifer Findlay, CLE; Amy Godsoe; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Trianna Hunter, RN, CLC; Vicky Jeghir, CLC; Natalie Knuth, CLE; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel; Brandy Pacheco, CLC; Kim Riddle, CLC; Dorie Rodriguez, CLE; Linda Roth, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vanderمولen, RN, CLC

Location abbreviations

COND - Siena Campus - Conference Room D, Henderson

FTF - Family to Family Connection, Henderson

HEND - WomensCare Center, Henderson

HEND WIC - WIC, 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

Outdoor Labyrinth

Enjoy the Labyrinth for reflection, prayer, centering or to celebrate milestones. Open 24 hours/7 days a week.

SAN: next to ER

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4900 for appointment.

HEND:WEST:RDL:SAN

Healing with Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday - Nov. 4, Dec. 2, Jan. 6; 6:30-8 p.m.

HEND

Relaxation Meditations

Practice techniques that promote peace and good health.

2nd Tuesday - Nov. 8, Dec. 13, Jan. 10; 5:30-6:30 p.m.

HEND

1st Tuesday - Nov. 1, Dec. 6, Jan. 3; 6-7 p.m.

WEST

Balancing Energy Fields

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

2nd Tuesday - Nov. 8, Dec. 13, Jan. 10; 6:30-8:30 p.m.

WEST: \$5

Medicare ABCDs Explained

Learn how to maximize Medicare benefits for you and your family.

Tuesdays - Dec. 13 or Jan. 10; 9-10 a.m.

HEND

Help Helping Hands!

Needed: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping.

Call 616-6554 if you can help.

Migraines! Headaches! Oh My!

Neurologist, Dr. Abraham Nagy, breaks down the mysteries of headaches and migraines with the latest therapies and helpful resources.

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

SAN

Wednesday, Jan. 4; 6-7 p.m.

HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday - Nov. 17, Dec. 15, Jan. 19; 2:30-3:30 p.m.

HEND

Free Chair Massages

By students of Nevada School of Massage Therapy. Call for appointment.

Friday, Jan. 13, 12:30-2:30 p.m.

HEND

Friday, Jan. 27; 12:30-2:30 p.m.

WEST

Prevent Caregiver Burnout

Join Natalie Ahlstrom for a two-day workshop on preventing caregiver burnout.

Thursdays, Jan. 19 and Jan. 26; 2-6 p.m.

HEND

Need A Lift?

Join Judi Hynds from Dr. Samlaska's office for the latest information on facial skin tightening treatments.

Wednesday, Nov. 30; 6-7:30 p.m.

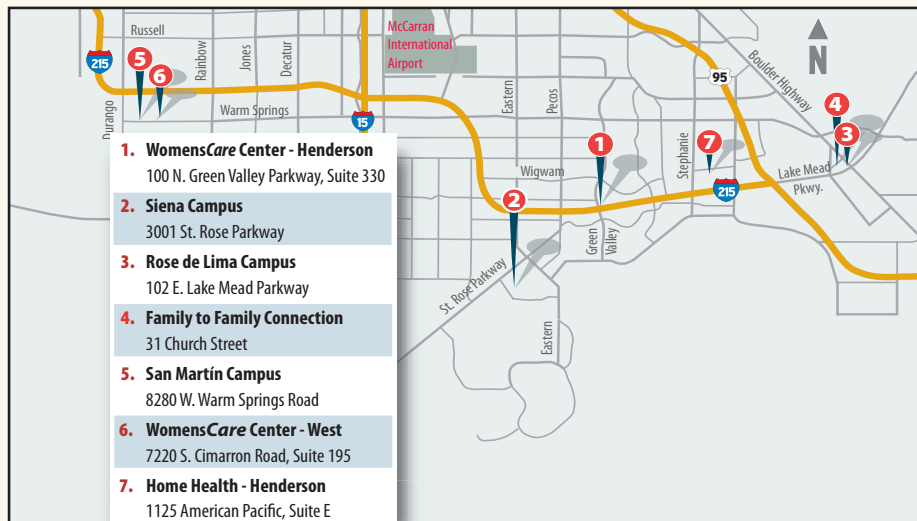
HEND

Essential Oils A Happier, Healthier YOU

Sniff your way to better health and explore new ways to incorporate essential oils into every day living.

Wednesday, Jan. 18; 6-7 p.m.

HEND



FallCalendar

of classes and upcoming events

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.

Thursday, Dec. 8; 6-7 p.m.

HEND

Knit To Heal

Knit prayer shawls for patients or loved ones. Yarn donations appreciated! Prayer shawls are available for sick friends and family.
2nd & 4th Thursdays - Nov. 10, Dec. 8 & 22, Jan. 12 & 26; 10:30 a.m.-noon

Learn to knit or crochet.

HEND

2nd & 4th Thursdays - Nov. 10, Dec. 8 & 22, Jan. 12 & 26;

1-3 p.m.

WEST

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan.

Tuesday, Nov. 8; 9 a.m.-noon

HEND

Positive Self Talk

What you say to yourself counts! Christine Essex will help you turn those negative words into powerful, positive healthy results.

Wednesday, Nov. 23; 6-8 p.m.

HEND

Exercise & Fitness

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

Respiratory Rally Celebrate World COPD Day

St. Rose and the American Lung Association have partnered to provide support and education for those with chronic lung disease, their families and caregivers.

Wednesday, Nov. 16; 8 a.m.-noon

- **8-10 a.m.** - Spirometry lung screenings, medication reviews, blood pressure checks, CO screenings, no-cost flu and pneumonia vaccines, and lung health exhibits

- **8-10 a.m.** - Breakfast Buffet: FREE

- **10 a.m.-noon** - Lectures: Join a panel of experts for a conversation about Chronic Obstructive Pulmonary Disease and helpful strategies for living well.

SAN: Seating is limited! Call 616-4900 for reservations.

Beginner Pilates

Build a strong core with floor exercises.

Wednesdays - 10:30-11:30 a.m. with Janice

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

Ageless Woman Workout: Osteoporosis

Learn breathing, yoga and movements that target aging zones.

Tuesdays & Thursdays - 9-9:45 a.m. with Jeannine

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

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

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

Wednesdays - 9-10 a.m. with Jeannine

HEND: FREE

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

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

Beginner's Yoga

Appropriate for all levels.

Mondays - 5:30-6:30 p.m. with Dorothy

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

Vinyasa Flow Yoga

Now that you know the basics, follow your breath and move through yoga postures to build strength, balance and flexibility.

Saturdays - 11 a.m.-noon with Dorothy

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

Tuesdays - 6-7 p.m. with Jen

Wednesdays - 6-7 p.m. with Jen

Fridays - 9-10 a.m. with Jen

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

Tai Chi

Join Stella Huang to learn the slow, graceful Chinese martial art that creates relaxation and improves balance.

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

Intermediate: Wednesdays - 3:30-4:30 p.m.

Advanced: Wednesdays - 2:30-3:30 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

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. and 7:30-8:30 p.m.

with Lucy

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

Chair Exercise

Safe, gentle exercise for those with physically limiting conditions.

Tuesdays - 10-11 a.m. with Lynn

WEST: FREE

Belly Dancing

2nd Saturday - Nov. 12, Dec. 10, Jan. 14; 10:30-noon

with Goldie

WEST: FREE

Paddling Club

2nd & 4th Saturdays

LAKE LAS VEGAS: \$10; www.meetup.com/LVDragonboatclub/

No-Cost Seasonal Flu Shots



Offered on a first-come, first-served basis by the Southern Nevada Immunization and Health Coalition for anyone 6 months and older.

Wednesday, Nov. 16; 8 a.m.-noon
SAN

Wednesday, Dec. 7; 10 a.m.-1 p.m.
Heritage Park Senior Facility,
300 S. Racetrack Road, Henderson

Saturday, Dec. 10; 10 a.m.-2 p.m.
MAC

Nutrition

FREE Weight Management Club

Weekly group to help you reach weight management goals. Facilitated by a St. Rose Registered Dietitian. Call to register.

Fridays - 9:30-10:30 a.m. begins Jan. 6

HEND

Nutrition Consultations

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

Call 616-6545 for an appointment and pricing.

Weight Watchers at Rose de Lima

45 minutes a week can change your life! Call 616-7582 for information.

Wednesdays - 6:30 p.m.

RAN: \$188 for 16 sessions

Carbs. The New Evil?

Learn the good, the bad and the ugly of how carbohydrates affect your body, metabolism and appetite from Dr. Dominic Riccardi.

Monday, Nov. 14; 6-7:30 p.m.

SAN

November • December • January

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

DASH Away From Hypertension

Learn the USDA Dietary Approaches to Stop Hypertension.
Wednesday, Jan. 18; 5:30-7:30 p.m.
WEST

Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, R.D.
Thursday, Jan. 19; 10-11:30 a.m.
HEND
Wednesday, Jan. 25; 10-11:30 a.m.
WEST

Emotional Eating

Identify triggers and practice skills to stop emotional eating.
Taught by Dr. Lindsey Riccardi, clinical psychologist.
Monday, Jan. 23; 6-7:30 p.m.
SAN

Screenings

Call 616-4900 for screening appointments.

Blood Pressure Screening

Tuesday, Dec. 13; 7-10 a.m.
HEND: FREE
Tuesday, Jan. 10; 7-10 a.m.
WEST: FREE

Peripheral Artery Disease Screening

Do you have any signs or symptoms of PAD? St. Rose Radiology Department can screen you.
Thursday, Jan. 19; 8 a.m.-noon
HEND, Rehab Suite 140: FREE

Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, PSA \$10, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A 12-hour fast is required.
Tuesday, Dec. 13; 7-10 a.m.
HEND: Listed above
Tuesday, Jan. 10; 7-10 a.m.
WEST: Listed above

How High Is Your CO?

Smoke or around those that do? A carbon monoxide screening can measure the concentration of CO on the breath.
Tuesday, Jan. 17; 1-3 p.m.
HEND: FREE
Tuesday, Dec. 13; 1-3 p.m.
WEST: 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.
Tuesday, Nov. 29; 10 a.m.-noon
HEND: FREE
Tuesday, Jan. 31; 10 a.m.-noon
WEST: FREE

Skin Cancer Screening

Have a suspicious mole or spot? Have Kristine Herlevi P.A.-C, from dermatologist Dr. Curt Samlaska's office, check it out.
Thursday, Dec. 15; 2-4 p.m.
HEND: FREE



Dinner with a Doc: Chest Pain and Angina

What is that pain telling you? Learn more from Dr. Sean Ameli, Medical Director of KIE Medical Group Las Vegas. Seating limited, registration required.

Tuesday, Nov. 15; 5:30-6:30 p.m.
SAN: Free dinner included



R.E.D. Rose

Uninsured or underinsured? Under age 50? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure, the National Breast Cancer Foundation, the Rose Regatta and Avon Foundation.

Pink in the Rink

Saturday - Feb. 5; 9 a.m.-noon
Las Vegas Wranglers: \$10; www.lasvegawranglers.com

Integrative Medicine

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.
1st Thursdays - Nov. 3, Dec. 1, Jan. 5; 1:30-2:45 p.m. with Freddie
HEND
1st Tuesdays - Nov. 1, Dec. 6, Jan. 3; 7-8 p.m. with Freddie
WEST

Reiki Healing Consultations

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appointment.
Tuesdays - Nov. 8, Dec. 13, Jan. 10; 1:45-3:15 p.m.
HEND: \$30-30 MINS.; \$60-60 MINS.
Call 616-4900 for a West side appointment.
WEST: \$30-30 MINS.; \$60-60 MINS.

Reflexology Foot Massage

Schedule 30 or 60 minutes with Sarah Wagner. Call 270-6313 or e-mail sarah@baresoles.us for an appointment or other dates.
Mondays - Nov. 14, Dec. 12, Jan. 9; 9:30 a.m.-noon
Fridays - Nov. 11 & 18, Dec. 2 & 16, Jan. 13 & 27; 2:45-5:30 p.m.
HEND: \$30-30 mins.; \$60-60 mins.
Call 270-6313 for a West side appointment.
WEST: \$30-30 mins.; \$60-60 mins.

Lay Down And Lose Weight With Hypnosis

Enter a deep state of relaxation and open your mind to new positive intentions and affirmations for weight loss. Bring your pillow.
Wednesday, Dec. 7; 6-8 p.m.
HEND: \$25 (includes CD)
Wednesday, Jan. 11; 6-8 p.m.
WEST: \$25 (includes CD)

Smoking Cessation

Freedom From Smoking

Kick the habit before the New Year with group support in this seven-week American Lung Association smoking cessation program.
Tuesdays - Nov. 22, 29, Dec. 6, 13, 20, 27, Jan. 3 & Thursday, Dec. 15; 5:30-7 p.m.
MAC: FREE

Relax and Stop Smoking With Hypnosis

Through guided relaxation and positive affirmations, reprogram yourself to be smoke free! Wear comfortable clothes.
Wednesday, Jan. 4; 6-8 p.m.
HEND: \$25 (includes CD)
Wednesday, Nov. 2; 6-8 p.m.
WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

1-800-QUIT-NOW (1-800-784-8669) or www.livingtobaccofree.com

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

Health Conditions

FREE Healthy Aging: Up2Me

Regain control of your life while living with a chronic condition through goal setting, overcoming barriers, practical exercises, relaxation techniques with the six-week Stanford Chronic Disease Self Management Program.
Tuesdays, Nov. 1-Dec. 6; 1-3:30 p.m. - Walnut Recreation Center
Mondays, Jan. 9-Feb. 13; 1-3:30 p.m. - Volunteers In Medicine of Southern Nevada
Call 616-4900 for reservations and more locations: FREE

NEW! Healthy Aging: Up2Me - Diabetes

Join people with type II diabetes to regain control of your life through self-management techniques to support one another. Developed by Stanford School of Medicine to complement your current medical treatment.
Fridays - Jan. 13 through Feb. 17; 9:30 a.m.-noon
WEST

FallCalendar

of classes and upcoming events

Aphasia Lunch Bunch

Struggling with communication due to a stroke or brain injury? Meet others and practice communication skills over lunch with Bambi Patterson, SLP, and Carol Dow-Richards. Caregivers welcome.
1st Wednesday - Nov. 2, Dec. 7, Jan. 4; 11:30 a.m.-1 p.m.
VILLAGE PUB: 10900 S. Eastern Ave.

Stroke Club @ St. Rose

Explore helpful strategies for stroke survivors in a supportive setting with Carol, Lori and guest speakers. Caregivers welcome; light refreshments served.
4th Thursday, 6-7 p.m. (Nov. 24 - CXLD)
MAC

Alzheimer's Association Lectures

With Christine Terry.
Thursday, Dec. 8; 2-4 p.m. - Sometimes You've Gotta Laugh
Thursday, Jan 12; 2-4 p.m. - What Is It Like Having Alzheimer's
HEND

NEW: Headache Support Group

Suffer with chronic headaches? Find relief by discussing causes and treatments and eliminate isolation with positive social support.
3rd Tuesday - Nov. 15, Dec. 20, Jan. 17; 6-7 p.m.
SAN

Better Breathers Club

American Lung Association's support group for learning skills and information to manage lung disease. Caregivers welcome.
2nd Tuesday - Nov. 8, Dec. 13, Jan. 10; 2-3 p.m.
PARAGON HEALTHCARE (1655 W. Horizon Ridge, Ste. 100)
3rd Wednesday - Nov. 16, Dec. 21, Jan. 18; 10-11 a.m.
VITAL CARE (813 Arizona St., Boulder City)

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.
Tuesday & Wednesday - Nov. 8 & 9, Dec. 13 & 14 or Jan. 10 & 11; 9 a.m.-1:30 p.m.
Tuesday & Wednesday - Nov. 29 & 30, Dec. 27 & 28 or Jan. 24 & 25; 5-9:30 p.m.
HH

» "Coco" the Colossal Colon

Gain a new perspective on Colorectal Cancer, Crohn's Disease, Colitis, and the importance of early detection by crawling through this wacky, winding 40-foot long, 4-foot tall replica of the human colon. Bring the kids and cheer on the runners at the Zappos.com Rock & Roll Las Vegas Marathon!

Sunday, Dec. 4; 2-11 p.m.
Marathon Team Challenge Finish Line, Mandalay Bay

Lower Cholesterol with TLC (therapeutic lifestyle changes)

Get your numbers right through nutrition, exercise, relaxation and supplementation.
Thursday, Jan. 5; 9:30 a.m.-12:30 p.m.
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.
Saturday, Nov. 12; 10 a.m.-2 p.m.
Saturday, Jan. 14; 10 a.m.-2 p.m.
HEND: \$30 (includes AHA cert. card)
Wednesday, Dec. 7; 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.
Wednesday, Nov. 2; 5-9 p.m.
Saturday, Dec. 10; 10 a.m.-2 p.m.
HEND: \$50 (includes AHA cert. card)
Saturday, Jan. 7; 10 a.m.-2 p.m.
Tuesday, Jan. 31; 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 daycare facilities for a two-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 - Nov. 7, Dec. 5 or Jan. 9; 9:30 a.m.-1:30 p.m.
Fridays - Nov. 18 or Jan. 20; 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, Dec. 19; 9 a.m.-4:30 p.m.
HEND: \$20 (includes lunch)

Sexual Assault Prevention

Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Raymond Wilkins, Henderson Police Department.
Saturday, Jan. 21; 10 a.m.-2 p.m.
RAN

» Parkinson's Disease



The Muhammad Ali Parkinson Center* is returning to Las Vegas! Join us for a free two-day course for people with Parkinson's disease and their families. Discover ways to improve your quality of life through fatigue and energy management, working through depression and anxiety, understanding cognitive changes and building healthy and balanced relationships. Pre-registration is required; call 616-4900.

**Thursday & Friday, Dec. 1 & 2;
10 a.m.-3 p.m.**
SAN

*Barrow Neurological Institute of CHW/St. Joseph's Hospital and Medical Center in Phoenix, Arizona

Programas en Español

¿Necesita a una Doctor Que Hable Español? Llame al 616-4999.

Tomando Control De Su Salud

Deuélvale vida a su vida. ¿Es usted un adulto mayor de 55 años con una afección médica continua? Participando en este taller usted puede obtener el apoyo que necesita y aprender formas prácticas de manejar el dolor y la fatiga.
Para obtener más información llame al 564-0896

RED Rose

No tiene seguro médico o su seguro médico no cubre mamogramas y tiene 49 años o menos el programa de RED Rose le podría ayudar.
Para más información llamar al 616-7525.

WIC

Alimentos saludables, consejos en nutrición y lactancia para mujeres embarazadas y niños de 0 a 5 años.
Llama al 616-4905.

Para obtener información sobre las clases y recursos en español, por favor llame a 564-0896.

November • December • January

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

Support Groups

COND - Siena Campus - Conference Room D, Henderson

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**

Aphasia Lunch Bunch - 1st Wednesday, 11:30 a.m. **Village Pub**

Bereavement Support Group - 2nd & 4th Wednesdays, 6 p.m. **HEND**

Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. **HEND**

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**

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

Gamblers Anonymous - Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**

Headache Support Group - 3rd Tuesday, 6 p.m. **SAN**

Infertility Support Group - 2nd Monday, 6 p.m. **SAN**

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**

Senior Peer Counseling - Call 616-4900. **HEND, WEST**

Stroke Club @ St. Rose - 4th Thursday, 6 p.m. **MAC**

Surviving Suicide - Bereavement support group for adults 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

Transitions - 1st & 3rd Tuesday, 11 a.m. **HEND**

Widows Support - 1st & 3rd Tuesdays, 3 p.m. **HEND**

Breastfeeding

Breastfeeding Helpline 616-4908

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

Breastfeeding Consultations

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor. **HEND**; **WEST**: \$40 for St. Rose Dominican Hospitals patients; \$50 for all other clients. \$10 for follow-up appointments.

Baby Weigh Stations

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

Breastpump Rentals

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**

Mocha Moms, Inc.

Non-profit support group for mothers of color and open to any new mother looking for sisterhood.

3rd Monday-Nov. 21, Dec. 19, Jan. 16; 10 a.m.-noon **HEND**

1st Tuesday- Nov. 1, Dec. 6, Jan. 3; 11 a.m.-1 p.m. **WEST**

New Mommy Mixer

Wednesdays - 11 a.m.-noon **WEST**

Fridays - 11 a.m.-noon

HEND

Saturdays - 2-3 p.m.

HEND

La Leche League

Nov. 10 & Jan. 26; 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 classes, call 616-4910.

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays - 1-2 p.m.

SGR

Prenatal Yoga

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

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

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

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

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

Infants, Children & Parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, breastfeeding consultations and breastpumps for pregnant women and children up to age 5. Call 616-4905.

HEND WIC; **WEST**

WIC Immunization Clinic

No cost shots for infants and children offered during WIC appointments. Sponsored by SNIHC. Bring your child's shot record.

Wednesdays - Nov. 9 or Dec. 14; 8:30 a.m.-12:30 p.m.

HEND WIC: Call 616-4905 to register.

Dancing with Miss Jenny®

Miss Jenny uses creativity to help children develop gross motor, fine motor, and cognitive skills. Parents participate with children ages (18 mos.-5 yrs.) while bonding and achieving developmental milestones. Call 616-4900 to register.

Mondays - 11-11:30 a.m. (18 months-3 years)

WEST: FREE

Thursdays - Noon-12:30 p.m. (18 months-4 years)

HEND: FREE

Get Fit With Your Toddler

Ages 2-5 yrs. with Miss Lucy.

2nd & 4th Mondays - Nov. 14 & 28, Dec. 12, Jan. 9 & 23; 4:30-5 p.m.

WEST: FREE

Car Seat Safety Checks

Call 616-4901 or 568-9601 for appointment.

Fridays - Nov. 4, 18, Dec. 2, 16, Jan. 13, 27; 3-5 p.m.

HEND; **FTF**: \$10 per family

» Great American Smokeout

Stop smoking on your lunch hour with a commitment to put your health first. Drop in to pick up a tobacco-free toolkit, sign a pledge to stop smoking and be rewarded with a free "cold turkey" meal. Breaking the habit is not easy, but it can be done and we can help!

Thursday, Nov. 17; 11 a.m.-2 p.m.
HEND; **WEST**

Family Education

Mommy & Baby Yoga

Moms and babies ages 6 weeks - 1 year.

Fridays - 1:30-2:30 p.m.

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

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

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

Toddler Play Group

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

Tuesdays - 11:30 a.m.-12:15 p.m. or 12:30-1:15 p.m.

HEND

Tuesdays - 3-4 p.m.

WEST

Infant Nutrition

Join Family to Family for a mommy baby group on infant nutrition - homemade baby food, weaning, starting solids, etc.

Wednesdays - 2-3 p.m.

HEND

Infant Development

Join Family to Family for a weekly playgroup geared toward the growth and development of babies up to age one.

Mondays - 2-3 p.m.

HEND

» Asthma Kids Club



Could your child have asthma? Join the Asthma Kids Club for a Cough Control Carnival!

- Asthma screenings and education
- Physician lectures featuring Dr. Sean McKnight & Dr. Craig Nakamura
- No cost flu vaccines for the whole family
- Cold and flu season information
- Allergy and asthma health exhibits
- Fun activities and a kid-friendly lunch
- Backpack Checks: bring your child's medications, inhalers and/or nebulizers and learn about proper use and possible side effects.

Saturday, Dec. 10; 10 a.m.-2 p.m.

MAC: Register at 616-4900.

Complimentary Las Vegas Wrangler ticket for each child.

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.

Thursdays - Call 568-9601 for dates.

FTF

Wee Can Sign: Baby Sign Language Level I

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

Thursdays - Nov. 10, 17 & Dec. 1, 8; 11:30 a.m.-12:30 p.m.

Saturdays - Nov. 12, 19 & Dec. 3, 10; 12:30-1:30 p.m.

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

Saturdays - Jan. 7, 14, 21 & 28; 12:30-1:30 p.m.

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

Fridays - Jan. 6, 13, 20, 27; 10:30-11:30 a.m.

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

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

Sing and Sign: Baby Sign Language Level II

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

Saturdays - Nov. 12, 19, Dec. 3 & 10; 2-3 p.m.

Saturdays - Jan. 7, 14, 21 & 28; 2-3 p.m.

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

Fridays - Nov. 11, 18, Dec. 2 & 9; 10:30-11:30 a.m.

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

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

Holiday Impressions Handprint Craft

Make memories and a sweet ceramic holiday keepsake of your child's hand or foot impression with Liliana of Lil' Ones Prints. Prices vary, call 568-9601 for details.

Thursday, Nov. 10; 9-11 a.m.

Friday, Nov. 11; 9-11 a.m.

FTF

Cookie Plates & Coco Mugs

Create keepsake ceramic plates and mugs with your child. Make great gifts (and great fun!).

Tuesday, Nov. 15; 9-11 a.m. and 2-4 p.m.

Wednesday, Nov. 16; 9-11 a.m. and 2-4 p.m.

FTF

Cookies with Santa

Mix and mingle while enjoying cookies and a craft. Plus, get a keepsake photo of your child with Santa.

Thursday, Dec. 15; 5-7 p.m.

RDL: \$5 for pictures with Santa

Happiest Baby on the Block

Learn the award-winning techniques for soothing fussy newborns developed by Pediatrician Harvey Karp. Ages prenatal-3 months.

Thursdays - Nov. 17 & Jan. 12; 10-11 a.m.

FTF

Single Parents Network

Monthly support group for single parents. Children are welcome - ages birth to age 5.

2nd Mondays - Nov. 14, Dec. 12, Jan. 9; 5:30-6:30 p.m.

FTF



Ongoing Family Education Classes

Register at strosehospitals.org or call **616-4910**.

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 tours.

Explore & Learn with NEIS

Join Nevada Early Intervention Services for developmental activities and play. For children with and without disabilities, ages 12-36 months.

Mondays - 10 a.m.

FTF

Love & Logic - Becoming a Love & Logic Parent

Learn practical skills to handle the most frustrating parenting concerns - for kids of all ages. Series of 7 weekly sessions.

Wednesdays, Jan. 11, 18, 25, Feb. 1, 8, 15 & 22; 5-7 p.m.

FTF

Nevada Check-Up Enrollment Assistance

Is your child without health insurance? Get assistance completing an application for the NV Check-Up insurance program for children.

2nd Tuesdays - Nov. 8, Dec. 13, Jan. 10; 9-11 a.m.

FTF

**YOU'RE INVITED
TO APPLY FOR GREAT
OPPORTUNITIES**

St. Rose Dominican Hospitals is looking to fill positions at its three campus locations for:

**Experienced RNs, PTs, OTs
& Respiratory Therapists**

Visit our website and apply to current positions.

strosehospitals.org

All other disciplines are also invited to apply online to posted positions for review and consideration.



St. Rose Dominican Hospitals

A member of CHW



Siena Campus



Rose de Lima Campus



San Martín Campus

EOE

Mark your calendars for the Las Vegas Wranglers Pink in the Rink event benefiting R.E.D. Rose and Susan G. Komen for the Cure ~ February 7, 2012



90 Minutes *(or less)*

What may sound like a pizza delivery promise or the estimated time for a DIY decorating project is a critical recommendation that is saving the lives of people experiencing STEMI (ST segment elevation myocardial infarction), the most life-threatening form of heart attack.

The 90 minutes or less recommendation

represents the window of time within which a patient suffering from STEMI should receive a PCI (percutaneous coronary intervention) technique called balloon angioplasty to open the blocked vessel and restore the flow of blood and oxygen to the heart.

The 90 minutes or less recommendation is often referred to as “door-to-balloon” time because the countdown to opening a blocked artery that leads to STEMI begins as soon as the patient crosses the threshold of the emergency room (ER). Since it was introduced by the American Heart Association and the American College of Cardiologists in 2005, the national average for “door-to-balloon” time has plummeted from 94 minutes to 64 minutes.

“We are achieving faster, more effective heart attack treatment by instituting protocols designed to streamline every step of the triage and treatment process,” says Dr. Anjum Ismail, medical director of the Chest Pain Center at St. Rose Dominican Hospitals-Siena Campus.

St. Rose’s protocol calls for providing chest pain patients an electrocardiogram (EKG) within minutes of arrival in the ER. This test can detect poor blood flow, abnormal heartbeats and old heart attacks. A STEMI is evidenced on an EKG by what is referred to as an ST segment elevation.

When heart attack is detected, the ER physician activates a Code STEMI – an alert broadcast by pager through the hospital’s operator. “A STEMI alert cues a multidisciplinary team of doctors, nurses and clinicians to get to the Cardiac Catheterization Lab,” says cardiologist Dr. Jeannette Nee. “Once there, we quickly review the patient’s statistics and decide on the best means of clearing the blockage or removing the clot.”

According to Dr. Nee, balloon angioplasty is the preferred method of treatment because it is faster, safer and far less invasive than performing open heart surgery on a patient in the midst of a STEMI. She points out that clot busting drugs and stents (mesh tubes used to hold arteries open) can also be delivered to the site of blockage through the same catheter.

Every step in the STEMI protocol is important – including the final one, which requires the STEMI team to routinely review all cases to determine how minutes or seconds can be shaved off each segment of the process to achieve the safest, most effective care in the quickest time.

Every minute matters

Heart attack occurs when a blood clot partially or completely blocks a coronary artery. It is crucial to open the artery and restore blood and oxygen

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Dr. Anjum Ismail



Lisa Moses



Dr. Jeannette Nee



I survived a major heart attack because the door-to-balloon time in my STEMI was just 39 minutes.

— Lynn Sorbo, 83

My wife, Ardis, had just stepped out of the shower when I told her I was experiencing unusual chest pain. She called 9-1-1 and EMS arrived even before she could change out of her robe. A paramedic performed an EKG that confirmed I was having a major heart attack. He called St. Rose and sent my EKG while we were on the way to the hospital.

It only took Ardis a few minutes to get dressed and get to the hospital, but by the time she arrived, a St. Rose chaplain was waiting to explain that I was already undergoing balloon angioplasty.

My cardiologist, Dr. Jeannette Nee, says I survived because of how quickly my care got rolling. I find it amazing that EMS and St. Rose’s STEMI team assessed my situation, removed the blood clot blocking my artery and restored blood flow to my heart in just 39 minutes.



Call 9-1-1

Increase your chances of:

- Earlier, Continuous Care
- Safer Transport
- Healthier Outcomes

The Chest Pain Center at the St. Rose Dominican Hospitals-Siena Campus is reducing heart attack mortalities through:

- **Faster diagnosis of heart attack**
- **Rapid transport to the catheterization lab to open blocked coronary arteries**
- **An observation setting if it is unclear if a patient is experiencing a cardiac event, thereby ensuring that they are neither sent home too early nor needlessly admitted to the hospital’s inpatient unit.**



continued from page 17 »

flow to the heart before it begins to die. “Every minute matters because the sooner the treatment is initiated, the better chance we have of saving the life – and preserving maximum function of the heart muscle,” says Dr. Ismail. Each 30-minute delay in restoring blood flow increases the one-year mortality rate by 7.5 percent; on average, however, patients arrive in hospital emergency rooms two hours after the onset of chest pain.

For this reason, St. Rose stresses the importance of recognizing and responding to symptoms of heart attack. “If you suspect that you are having a heart attack, call 9-1-1. Don’t wait and worry about issues such as embarrassment or cost,” says Dr. Ismail. “If your chest pain turns out to be something other than a heart attack, you will gain peace of mind knowing that your life isn’t in immediate danger – and we will be on the path to finding the cause of your pain.” He also points out that the price of early heart attack care is far less costly than paying with your life.

Calling 9-1-1 is important

When your life – or the life of a family member, friend or coworker – is on the line, waiting a few minutes for Emergency Medical Services (EMS) can feel like a few hours. As such, it may seem that driving to the hospital will result in quicker care, but that’s rarely the case, says Lisa Moses, the Director of Cardiac Services for St. Rose Dominican Hospitals. “Heart attack patients who are transported to an ER by EMS tend to receive treatment sooner.”

These patients receive continuous care that starts the moment a 9-1-1 call is routed to an EMS operator, explains Lisa. EMS operators can dispatch paramedics and talk the caller through important steps such as: gathering the person’s medications, unlocking the front door, turning on porch lights and providing cardiopulmonary resuscitation (CPR) instructions in the event the person goes into cardiac arrest (heart suddenly stops). “The concerned family member or friend is incapable of providing CPR if they are behind the wheel of a car,” says Lisa. Thus, she cautions against driving to the emergency room, unless no other option exists.

Lisa also points out that EMS can provide oxygen, intravenous fluids, life-saving shocks to the heart and something more – an EKG. The majority of EMS providers in southern Nevada are now equipped to diagnose a heart attack in progress, provide clot busting drugs – and send the EKG report to the ER while in route to the hospital. That early heads up triggers St. Rose’s code STEMI so that an action plan can be put in place even before the patient’s arrival.

“The door-to-balloon time recommendation is transforming heart attack care and outcomes, but it can still be improved upon,” says Dr. Ismail. “I foresee a time when the 90 minutes will begin counting down as soon as EMS arrives at the patient’s door.” That, he points out, is why it is imperative that 9-1-1 is called to respond to potential heart attacks. **WC**

Pressure, Squeezing, Pain & other symptoms of Acute Coronary Syndrome brought on by sudden reduced blood flow to the heart, resulting in unstable angina or heart attack:

- Discomfort in the upper chest
- Pain in the upper arm, neck or jaw
- Shortness of breath
- Lightheadedness
- Unusual fatigue
- Cold sweat
- Heartburn, nausea or vomiting

Cardiac Imaging: Revealing a Connection Between Heart and Head

Kathleen Spain walks two to three miles most days of the week. For a number of years, however, she felt sluggish and physical exertion left both her head and heart pounding. Kathleen knew, in her heart, that something was wrong with her, but after receiving one clean bill of health after another, she began to think her problems were all in her head. That was until she began suffering Trans Ischemic Strokes (TIAs), also called mini-strokes.

An echocardiogram and 'bubble test' indicated that Kathleen had a patent foramen ovale (PFO) – a tiny hole in her heart and an atrial septal aneurysm (ASA), a bulge in the atrial wall.

PFO and ASA are relatively common congenital heart defects. Many people who have them are asymptomatic, while some who experience symptoms such as Kathleen's may be more susceptible to TIAs and stroke. "Sometimes with PFO, if the pressure is great enough, small amounts of blood can travel from one side of the heart to the other," says Dr. Broder. "If there is a clot in the blood that travels from the right atrium to the left and on to the brain, it can block blood flow and cause TIAs or strokes."

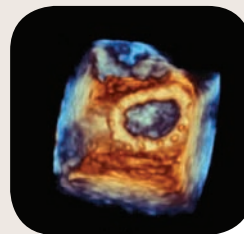
Dr. Broder recommended sealing her PFO using a minimally-invasive procedure guided by an intracardiac echocardiogram (ICE) – a miniature ultrasound catheter that is capable of providing clear images of cardiac structures and function from directly within the heart.

To begin the procedure, Dr. Broder gently threaded a catheter

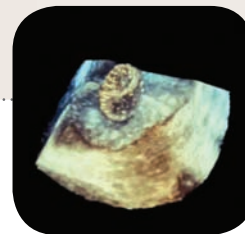
equipped with the tiny ultrasound sensor through a vein in Kathleen's groin and guided it up into her heart. "ICE provides an incredibly effective way to see real-time function of the heart," says Dr. Broder. "Its imaging capability also provides the clarity necessary to accurately measure the size of a PFO."

Obtaining accurate measurements of Kathleen's PFO was important in sizing the small umbrella-like device used to seal the hole. With the measurements made, the tiny closure device was gently advanced through the catheter to the location of her heart defect and allowed to expand so that it straddled each side of the hole. The device will remain in Kathleen's heart permanently to stop the abnormal flow of blood between the two atrial chambers. "Another important advantage of using ICE to address heart defects and valvular heart disease is that we can perform a procedure without having to give patients heavy sedation or general anesthesia," says Dr. Broder. "That means patients like Kathleen recover and return home sooner."

Blood no longer shunts back and forth in Kathleen's heart, which has brought an end to her headaches and TIAs — and given her back the energy she needs to exercise her way to good health.



Mitral valve prolapse (left),
PFO closure (right)

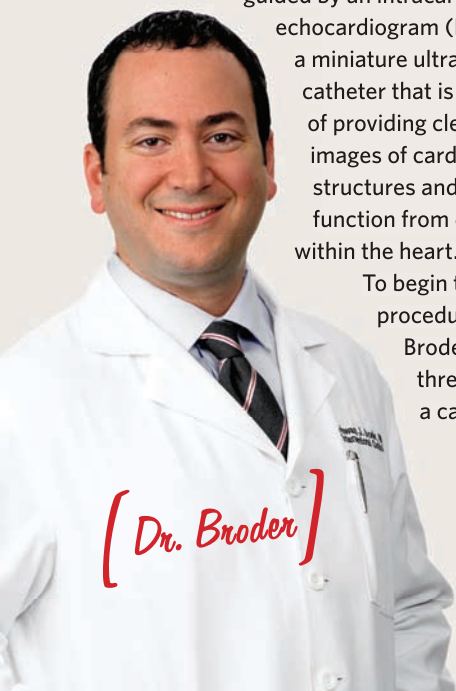


St. Rose Uses 3D Transesophageal Echocardiogram (TEE)

St. Rose Dominican Hospitals now uses the benefit of 3D TEE (transesophageal echocardiogram) LIVE to identify and address structural heart defects and valvular disease. This innovation in echocardiograms offers superior detection of problems such as cardiovascular disease, congenital heart defects, valve abnormalities and heart weakness. 3D TEE provides three dimensional moving images of the heart in real time, along with extremely clear views of sections of the heart without visual interference from the ribs or lungs. These advancements allow doctors to:

- 1 Watch the heart and valves in real time which improves diagnosis capabilities.
- 2 Assess heart and valve problems with greater accuracy and immediacy, which allows optimal planning of treatment.
- 3 Confirm, after treatment, that the repair was successful and the heart and valve are working properly.

The 3D TEE is done from inside the esophagus, just behind the heart. Prior to having the procedure, the patient is given medication to numb the throat and a low-dose sedative is administered. Then a thin, flexible tube equipped with the 3D camera is gently guided into the mouth and down the esophagus.



(Dr. Broder)

40 »

The percentage of patients who suffer an ischemic stroke of unknown cause that are found to have a PFO.

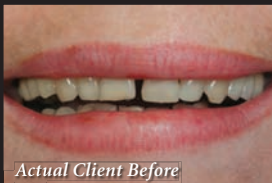
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Give a Gift That Gets a Smile

Hunting for the perfect holiday gift? Be at the front door of your favorite store bright and early on Black Friday to make a B-line for the dental hygiene aisle. The toothbrush is this year's "go to" gift that is sure to get a smile.

Dr. Patrick Simone's dental staff offers creative ways to give the gift of good dental hygiene this holiday season:

The Perfect Present Topper

A gift card can make a great present, but you can spruce up its presentation by packaging a gift card in a pretty, purse-sized toiletry pouch topped with a toothbrush tied to it with an eye-catching bow.

— Kelly M., dental assistant

The Healthier Stocking Stuffer

If you're planning to fill stockings with candy, cut back on the amount and use curling ribbon to bundle a toothbrush and travel-sized toothpaste to a candy cane or a small bag of chocolate coins. It's a sweet way to provide a reminder to brush after indulging in candy.

— Terry M., dental hygienist

The Party Favor-ite

Providing a party favor guests will appreciate is as easy as filling a pretty holiday vase with new toothbrushes tied with simple satin bows. Place the vase by your powder room sink so guests can grab one to go or use one immediately for a fresher smile.

— Season N., dental hygienist



If 52-year-old Sandra Dimmick needed a hip replaced (and she did), she wanted three things: 1) the least invasive total hip replacement surgery option available, 2) an orthopedic surgeon she knew and trusted and 3) surgery at St. Rose where she had undergone prior knee replacements. Sandra's wants were met and she was able to quickly return to her very active lifestyle.

A Forward-Thinking Approach to Total Hip Replacement

At St. Rose Dominican Hospitals

– Rose de Lima Campus, orthopedic surgeons are performing anterior total hip replacements, a forward thinking approach to a common procedure. Dr. Roger Fontes talks about how the procedure is performed and why patients aren't given any of the typical "hip precautions" after surgery.

What is anterior hip replacement? It is a less invasive approach to total hip replacement that allows surgeons to access the hip joint from the front (anterior) of the body as opposed to the side (lateral) or the back (posterior).

What makes it less invasive? Conventional hip replacement requires surgeons to cut and detach the powerful gluteus muscle and other tissue from the pelvis and thighbone to reach the hip. By comparison, the anterior approach allows us to make one small incision near the groin and work between the natural intervals in muscles and ligaments to replace the hip. Because no muscle or tissue is cut or detached during the procedure, there is less pain and weakness, so the majority of patients can walk without a cane or walker within two weeks.

Does a less invasive surgery lead to a faster recovery? Yes. The anterior approach to hip replacement surgery will not help a new hip joint function better or last longer than conventional hip replacement, but it does reduce postoperative pain and hasten the patient's recovery. This approach also introduces the use of X-ray guidance during surgery to more accurately control the positioning of the artificial hip. This is a real benefit because while conventional hip replacement provides excellent outcomes, badly positioned implants can lead to early failure, dislocation and leg length differences.

What "hip precautions" must patients adhere to after surgery? None. Muscle and tissue are left intact throughout the procedure which provides instant stability to the new joint, so we encourage patients to move around and bend at the hip freely. By comparison, conventional hip replacement requires limiting hip motion – and hip flexion – to no more than 90 degrees for 60 days after surgery. Those restrictions make every day activities such as sitting in a chair, bending over to tie one's shoes and getting in and out of a car quite difficult, but they are necessary so muscles and tissue have time to repair and regain the necessary strength to fully support the new hip and prevent hip dislocation.

Could all hip surgeries be performed from the anterior approach? Anterior hip replacement is commonplace in other countries and is steadily increasing in popularity in the United States, but its use does require hospitals and orthopedic surgeons to make some initial investments. St. Rose spent about \$100,000 to purchase a specialized table that allows surgeons to more easily perform anterior hip replacements, and surgeons have to commit the time for additional training in order to perform the procedure safely. In addition, conventional hip replacement is still the recommended course of treatment for patients who need hip revision surgery or who have certain anatomical abnormalities.

Is a special implant required? No. The difference in anterior hip replacement is how we gain access to the hip. Surgeons still have the freedom to use the type or brand of hip prosthesis they trust most. **WVC**

Advantages of the Anterior Approach to Hip Replacement

- Less post surgical pain and need for pain medications
- Shorter hospital stay
- Preservation of muscle strength
- Fewer to no motion or weight bearing restrictions
- Quicker return to function and normal gait
- Reduced dislocation rates
- More accurate restoration of leg length



*Dr. Roger Fontes,
orthopedic surgeon*

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Fall Fitness

Autumn is a time of changing temperatures, colors and routines. Embrace the season with simple ways to stay fit!

Hibernate. *It's OK!* Get cozy under the covers early enough to get at least seven hours of sleep. Lack of sleep can alter hormones that regulate appetite, satiety and exercise enthusiasm.

Layer it on. *Really!* Enjoy cool, crisp weather workouts by layering your clothes. Start with a long-sleeved, moisture-wicking shirt, followed by a jacket that you can tie around your waist — and a knit hat, scarf and gloves that you can easily peel off and pocket if you get too warm.

Make it Steamy. *Indulge!* Let the ritual of coming home to a hot cup of tea inspire your workouts. Fill your teapot or kettle with water and set out your favorite tea, mug and spoon before you head outdoors.

Join St. Rose Dominican Hospitals on Facebook! Post your simple tip for staying fit this fall on the St. Rose Facebook page, and you'll be automatically entered in "The Herbal Experience" tea basket giveaway. **WC**

Turn Over a New Leaf
Five minutes of exercise in a natural setting can boost your mood and self esteem!

Calories you'll burn: Beneficial Good times you'll have: Priceless

Briskly walking and gawking at holiday lights	123 calories
Raking leaves (and letting your kids jump into the pile)	149 calories
Biking to your favorite java spot with your main squeeze	149 calories
Playing a good old-fashioned game of kickball with co-workers	261 calories

**Calories burned based on 30 minutes of exercise for a 164-pound female (average weight of a U.S. woman).*



Run to the store!
Next time you say, "I've got to run to the store for a thing or two," challenge yourself to go for it! Lace up your sneakers and run or quickly walk to the nearest market.

Walk First!
Getting ready to watch a big football game? Walk for 30 minutes before the kick off, then touch down on the couch, relax and watch your reward!

Ride on!
A Harvard study is touting biking (even casual rides) as a way to avoid middle aged weight gain. This year, try spreading holiday cheer by pedal pushing greeting cards to your nearby neighbors!

{FLU} Who should get vaccinated? {YOU}
For a healthy holiday season, CDC recommends that everyone 6 months and older get a seasonal flu shot, especially persons at high risk of flu complications such as pregnant women, young children, seniors, people with chronic conditions, health and child care workers.

She gives our water a pop quiz, five times a week.

Yvetta Kennedy takes her water seriously. After all, she's one of the highly trained employees and private sector volunteers who meet weekly to assess our valley's water.

Yvetta is on the front line, helping to ensure that our water supply meets or surpasses all federal drinking water standards.

To learn more about how our water is treated and tested for safety, contact the Southern Nevada Water Authority.

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



SOUTHERN NEVADA WATER AUTHORITY

Exceeding Frances Sharpe's Great Expectations

The statement, "You have uterine cancer" wasn't what

I wanted to hear, particularly so soon after my daughter broke the news that she was pregnant with twins. I was devastated - not by the cancer - but by the thought that the disease and treatment might leave me too weak to baby my only daughter through the most important time in her life.

My gynecologic oncologist, Lynn Kowalski, MD, was so reassuring. She walked me through various treatment options and recommended performing a radical hysterectomy with the assistance of the **da Vinci Surgical System**[®]. I listened carefully as she explained the benefits of da Vinci Hysterectomy and I read all the information she provided so I would know what to expect.

It's not an understatement to say that my surgery far exceeded my expectations. Dr. Kowalski removed my uterus and 22 lymph nodes through tiny keyhole incisions, so I didn't have a big scar, the tremendous pain or the lengthy recovery associated with a traditional open hysterectomy. In fact, I healed quickly enough to complete most of my chemotherapy before my grandbabies arrived. That proved especially important as they were born more than a month premature. That's when St. Rose exceeded my expectations for a second time. They provided little Arabella and Asher incredibly skillful and tender neonatal intensive care. WC

— Frances Sharpe





A decade or two ago, “robotic surgery” was little more than medical curiosity, but by the new millennium, the **da Vinci Surgical System®** received FDA clearance. The computer-enhanced assistance the da Vinci provides surgeons is now more than a surgical reality; it is an option many surgeons and patients prefer. Four St. Rose surgeons provide their perspective on why.

Dr. Lynn Kowalski -Gynecologic Oncologist

“ There are milestones in medicine, like antibiotics and vaccines, that have fundamentally changed many lives at a time. **The da Vinci Surgical System® is a medical milestone that is allowing surgeons to transform one life at a time.** I have performed more than 800 hysterectomies using the computer-enhanced assistance of the da Vinci, which provides a patient confidence in my ability to use the system, but what she really wants to know is how it will benefit her more than traditional open or laparoscopic hysterectomy.

By using the computer-enhancements of the da Vinci, I can perform her hysterectomy through small keyhole incisions rather than the large incisions it requires to gain direct, manual access to her uterus and surrounding tissue. By directing the da Vinci’s four surgical arms, which bend and rotate far beyond the abilities of the human arm or hand, I gain a greater level of surgical agility than inflexible laparoscopic “straight sticks” allow - and the high definition 3D camera provides superior views of her anatomy as compared to the counter-intuitive, two dimensional pictures provided by traditional laparoscopic systems.

I can, with a high-level of certainty, tell a woman that she will experience less pain, less blood loss, a shorter recovery with fewer complications, reduced hospitalization costs and faster return to normal daily activities. That can transform her life, and that’s important. ”

Dr. Mulugeta Kassahun - Urologist

“ In urology, we utilize the da Vinci Surgical System® in the treatment of conditions ranging from bladder drop to cancers of the prostate, ureter and kidney. **I educate my patients on all of their treatment choices - and da Vinci-assisted surgery is an important option.**

In cancer cases that require removing part of an affected kidney, I see a night and day difference in my patients’ recoveries. There is less blood loss, less pain and less internal trauma, which means they recover in weeks rather than months. This is critical to patients who need physical, emotional and spiritual strength to fight cancer. The da Vinci also affords me better flexibility and precision in accessing and suturing delicate tissue and organs when operating on the ureter or prostate. That means I can better preserve my patient’s urinary and sexual functions.

I think it is also important to note the ergonomic benefits to the surgeon. The da Vinci allows us to operate from a seated console next to the patient and precisely direct the da Vinci’s surgical arms through finger controls. This results in less body fatigue and fewer hand tremors. Any shaking or flinches on the surgeon’s part is intuitively filtered out of the da Vinci’s movements, which ultimately benefits the patients, too. ”



St. Rose Dominican Hospitals - Siena Campus is recognized in gynecology for the Las Vegas metropolitan area in U.S. News & World Report’s 2011-2012 Best Hospitals rankings.



Dr. Stephanie Wishnev - Colorectal

“ I performed the first da Vinci-assisted rectopexy in southern Nevada to correct rectal prolapse. Although the majority of colorectal procedures are still performed through traditional open incisions, da Vinci-assisted colorectal surgery will become increasingly common.

Rectal prolapse is a condition women don't often want to talk about, so they may not realize there are successful surgical treatment options. It occurs when part of the rectum slides out of place and sometimes out of the body. Rectopexy is the accepted surgical solution to this difficult problem. I am not changing the surgery by using the assistance of the da Vinci Surgical System®, it simply allows me to do the procedure in a less invasive manner.

I find that the dexterity of the da Vinci's small wrist-like arms are well suited to the extensive dissection required to release the rectum from the vaginal wall and sacrum – the bony structure above your tailbone and below your spine. Once that is done, I can pull up the rectum and suture it to the top of the sacrum, which keeps it from slipping down again. The precision with which I can use the da Vinci for stitching gives me confidence that the rectum is well secured, which provides my patients great comfort and peace of mind. ”

Dr. Waldo Feng - Pediatric Urologist

“ The da Vinci Surgical System® was, in my mind, tailor made for my pediatric urological patients. I frequently perform a surgery called pyeloplasty, which is the surgical standard of care for uterer obstructions. If the problem is left untreated, it can lead to loss of kidney function. In the past, the only way to perform this complex pediatric urological procedure was through a 4- to 6-inch open incision. With the computer-assistance of the da Vinci, I can now operate through a few small incisions using surgical arms that are as slender as straws and 1/4-inch surgical tools that are smaller than my fingertip. Parents take great comfort in knowing that I am minimizing the amount of surgical trauma to their baby or child's body.

Another amazing feature of the da Vinci Surgical System® is that one of its four slender arms is equipped with a high-definition, 3D camera that magnifies the child's anatomy by 10 times, which allows me to operate with the optimal level of precision on small, delicate urinary tract anatomy. When applicable, I consider the assistance of the da Vinci for my pediatric patients an obligation rather than an option. ”

Better Patient Experience

For most patients, da Vinci Surgery offers numerous benefits over open surgery. So what does this mean for you? Here are some of the ways da Vinci will likely improve your surgical experience:

- Shortens your hospital stay
- Reduces your discomfort
- Gives you a faster recovery (even than traditional laparoscopic surgery)
- Lowers your risk of surgical complications
- Reduces the size of your scars
- Lowers your risk of infection
- Faster return to normal daily activities

QA

Is this really “robotic surgery?”

A more accurate term might be computer-enhanced surgery. The da Vinci Surgical System® is an advanced computer interface and 3DHD vision system that links the surgeon's eyes and hands with the tips of micro-instruments. The system mimics the surgeon's hand movements in real time. It cannot be programmed, nor can it make decisions on its own to move or perform any type of surgical maneuver. So while the term “robotic surgery” is used to refer to the da Vinci system, it is not robotic surgery in the strictest sense of the term.



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Problems (down there) to Talk to Your Doctor About

- Have you ever suffered “leaks” related to laughing, sneezing or otherwise straining?
- Have you ever accidentally passed stool when passing gas?
- Do you have to go to the bathroom more than eight times a day or frequently at night?
- Are you uncomfortably constipated for days at a time?
- Do you feel heavy pressure or pain in your lower abdomen?
- Have you ever felt like your insides are slipping down or out?

If you answered “yes” to any of these questions, it’s important for you to know that you’re not alone and that your doctor is on your side. About 25 percent of American women have a pelvic floor disorder, such as urinary incontinence, fecal incontinence or pelvic organ prolapse. The majority of these conditions can be improved or cured once they are brought to the attention of a health care professional and accurately diagnosed. Talk to your doctor about your symptoms and possible solutions such as behavioral therapy, lifestyle modifications, medications and medical devices, and surgery. **W**

8 Tips for Fewer Trips to the Restroom

1. Lose excess weight that can put extra pressure on the bladder.
2. Exercise pelvic floor muscles. See Kegel instructions below.
3. Manage high blood sugar that can lead to excessive thirst and cause you to drink more fluids, thus urinate more frequently.
4. Take caution with medications that may stimulate or irritate the bladder.
5. Drink about nine cups of fluid daily to flush toxins from your bladder.
6. Under indulge in alcohol, caffeinated and carbonated beverages that can over stimulate the bladder.
7. Avoid constipation as a full rectum puts pressure on the bladder.
8. Don’t smoke. Smoke and nicotine irritate the bladder and can lead to bladder cancer.

Backed Up? Put an End to Constipation

- Drink plenty of clear fluids.
- Indulge in high fiber foods.
- Stretch and unwind your body.
- Exercise to get your body moving.
- Schedule “go” times to get your body into a routine.

PRACTICE KEGEL EXERCISES

Kegel exercises strengthen the pelvic floor muscles, which support the uterus, bladder and bowel — and may help reduce incontinence. To find your pelvic floor muscles, try stopping your urine flow midstream. To exercise pelvic floor muscles, pull them in, without holding your breath or squeezing the muscles in your stomach, legs or buttocks. Count to three, relax and repeat. Work up to 10 to 15 repetitions per session three times a day. Do the exercises while lying down, sitting and standing.

GO TWICE IN ONE TRIP

If you make frequent trips to the restroom, you may find you strain your muscles to fully empty your bladder. Try this instead: After you have finished, stand up or shift your position, wait a minute or two, then sit down and urinate again. Double voiding helps ensure that you don’t have residual urine in your bladder, which may mean one less trip to the restroom.



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[Dish Up]

a Healthy Serving of Understanding

’Tis the season to dog-ear pages of Martha Stewart’s cookbooks and record episodes of Rachel Ray. As you thoughtfully plan the perfect menu for Thanksgiving dinner or a holiday soiree, make time to think about the women in your life. Who is overjoyed? Who is overwhelmed – and why? What’s on her plate?

Has she lost a loved one, a job or a sense of herself? Is she dealing with the stress of an ill loved one or the end of a relationship? If so, consider how difficult this celebratory time might be for her and forget about whether she’ll bring store-bought mashed potatoes to your holiday dinner or a fruit cake for dessert. Rather, focus on the recipe for friendship, then add an extra heaping handful of understanding to nourish the soul of a woman whose holidays will be brightened by your support. **WC**

Recipe for Friendship

1 heart full of understanding
2 heaping handfuls of support
1 good measure of honesty

Combine all ingredients, fold in two arms of comforting warmth and sprinkle with laughter.

F#@D!

Food is more than a four-letter word; it can be a “trigger” for people who suffer from eating disorders. **St. Rose’s Eating Disorders Support Group** provides a supportive environment where you can address stress and discuss healthy coping and eating strategies.

9:15 a.m.; first Saturday of every month
GARDEN ROOM; SIENA

FULL OF FOOD ANXIETY?

If the thought of upcoming holiday gatherings that center on food trigger your anxieties, try to:

- 1 Focus on the holiday, not the food, by taking time to enjoy holiday traditions such as strolling through a neighborhood of festively adorned homes or organizing an effort to provide a needy child or senior a special gift.
- 2 Surround yourself with support at functions that have a focus on food. Attend or sit with people with whom you feel at ease. Also, offer to bring a dish you are comfortable eating.
- 3 Have your response ready if people comment about your weight gain/loss or eating habits at holiday gatherings. Prepare a silent mantra to build up your spirit or calm your nerves. Or practice a thoughtful response that educates others about normal eating and positive body image.



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