

# FOR THE BODY, MIND, SPIRIT WomensCare

STROSEHOSPITALS.ORG

WINTER 2012 • ISSUE 52

**STOP  
HEADACHES  
FROM RULING  
(AND RUINING)  
YOUR LIFE!**

**GET A  
HEART  
HEALTHY  
MAKEOVER!**

*The* **BARBARA  
GREENSPUN**

**WomensCare**

*Center of Excellence*



**St. Rose Dominican Hospitals**

A member of CHW

**GIDDYUP  
TO ST. ROSE'S  
5TH ANNUAL**

*Baby Bonanza*



**FREE  
CHILDHOOD  
IMMUNIZATIONS  
SATURDAY, APRIL 28**

**NEVADA  
PROTECTS INNOCENT  
INFANTS & DESPERATE PARENTS**



## Upcoming Promotions

### ***“B Mine Tote” FREE TOTE!***

*January 27th – February 12th, 2012*

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.

### ***“Fashionista Umbrella” FREE UMBRELLA!***

*March 2nd – March 18th, 2012*

Add Brighton Happiness to your wardrobe for all seasons with our fun Fashionista umbrella! This beautifully designed umbrella can be part of your collection with any single day purchase of \$100 or more.\*

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

*Shown: Amberly slim tote \$310, Tasha soft tote \$200,  
Southlake mini pouch \$90, Deco Sweetheart petite pouch \$53,  
Glasses, watch and various accessories \$40-\$100*

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 Explanade; C Gates; D Gates

BRIBOR, LLC  
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## » OUR PRESIDENT'S PERSPECTIVE

Dear Readers,

I recently overheard a woman say, "Filling out insurance forms is giving me such a headache." That's a sentiment we can all empathize with, right? Yet, I wondered if the lengthy paperwork process had really caused her head to throb or if she was using the word "headache" to express her general exasperation with the tedious requirements.

I truly hope she didn't have a headache or was, at the very least, among those people who find headache relief by taking two ibuprofen and a few minutes to relax and unwind. Sadly, there are many people for whom headaches are more than a minor irritant; they are a major pain and can become a debilitating medical condition that is difficult to treat.

St. Rose Dominican Hospitals realizes the emotional, physical and even financial

devastation that headaches can cause. That is why we are proud to tell you that our Inpatient Headache Program at the San Martín Campus is the first program of its kind in the United States to receive Joint Commission accreditation recognizing our commitment to high performance standards in headache care.

If you suffer from chronic headaches or migraines that haven't responded to outpatient medical treatment, learn more about how St. Rose can help you break the cycle of pain and regain a better quality of life (see page 17).

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

## 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.



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

# COVERSTORY



» Elizabeth Muto (left), Maria Sciacca, RN (center), paramedic Ana Manary

## Proactive Infant Protection

It's hard to imagine that a new mother or father could abandon an infant somewhere such as a trash bin, but it happens and it makes headlines. WomensCare Magazine wants to make Nevada's Safe Haven Infant Protection Act proactive news. The Safe Haven law provides desperate parents a safe, anonymous way to turn over custody of an infant that they are unable or unwilling to raise without fear of arrest or prosecution. To learn more about the Safe Haven law and why it is of particular importance to Elizabeth (above), see *No Shame. No Blame. No Names.* on page 9.



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

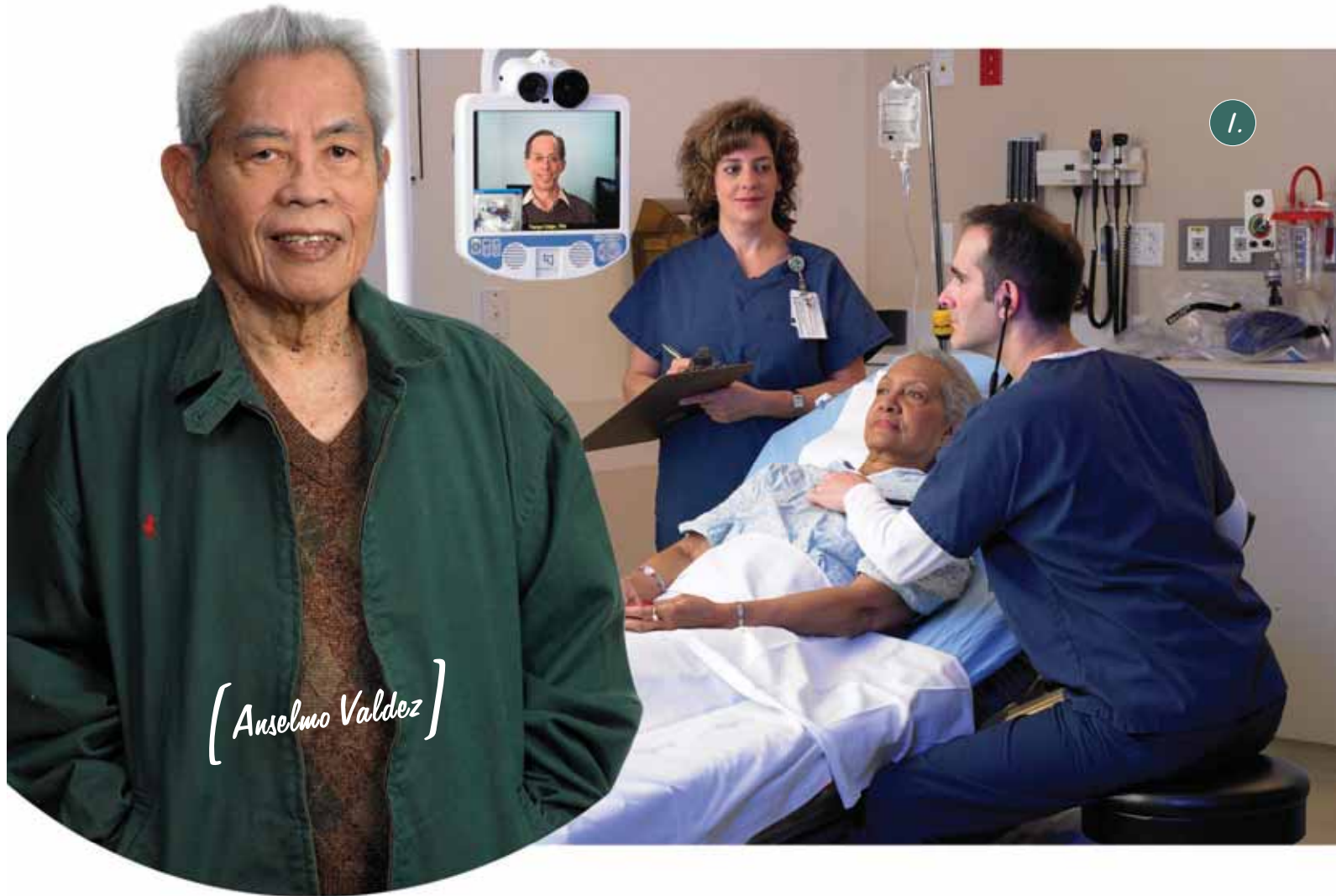
Saturday, March 17, 2012

Visit [mardigrasball.org](http://mardigrasball.org) or call 616-5760 for more details.

## Become a St. Rose & UNLV Lady Rebels Fan!

The UNLV Lady Rebels are giving away tickets to St. Rose's Facebook fans! Show your support for our Lady Rebels and tell us why you want to go to the basketball game against New Mexico on Saturday, February 18, at the Thomas & Mack Center, by posting to our St. Rose Facebook page. Make your Rebel voice heard by Sunday, February 12, to receive a pair of free tickets to the game. St. Rose supports UNLV women's athletics and encourages everyone to be active.





*[Anselmo Valdez]*

# Time Equals Brain, and St. Rose Telemedicine Network Helps Save Both

**St. Rose Dominican Hospitals' Siena and San Martín campuses** are certified as Primary Stroke Centers by the Joint Commission, the foremost accrediting body for hospitals and health care institutions in the United States.

When a person suffers a stroke, they lose a million or more brain cells per minute. St. Rose's telemedicine network saves time and reduces stroke-related brain loss by providing emergency teams at each of its three campuses "on-demand" access to highly trained neurologists who specialize in the advanced treatment of stroke.

**Eighty-two year old** Anselmo Valdez's stroke story demonstrates the success of the St. Rose telemedicine network. Of the 600,000 Americans who suffered a new or recurrent ischemic stroke last year, he is among the few who received Tissue Plasminogen Activator (tPA), a powerful drug that can save brain function and reduce stroke-related disability.

Most ischemic stroke sufferers could benefit from tPA, which breaks up blood clots and restores oxygen-rich blood flow to the brain, but the drug must be given within about three hours of the onset of symptoms. Only 5 to 10 percent of ischemic stroke sufferers get to a hospital (or a hospital with stroke specialists qualified to prescribe tPA) within that short window of time.

According to emergency room physician, Dr. Jason Lasry, two important factors made Anselmo eligible for tPA treatment. First, Anselmo's family got him to St. Rose minutes after noticing his garbled speech and inability to lift his right arm. The second reason was that Dr. Scott Selco, the stroke neurologist who helped guide his diagnosis and treatment, got to the emergency room equally fast by way of St. Rose Dominican Hospitals' advanced telemedicine network.

### "On Demand" Access to Stroke Specialists

The telemedicine network is part of St. Rose's commitment to offering Primary Stroke Center services in both Las Vegas and Henderson, and it's simple to use. When an emergency room physician makes a preliminary diagnosis of a patient with stroke-like symptoms, a stroke neurologist (also called a stroke specialist) is alerted by pager. If the stroke specialist is off site – say, for instance, at his office, home or another St. Rose hospital – he can quickly log on to the telemedicine network's secure line from any computer with Internet access, which is much quicker than getting in a car and driving to the emergency room.

The telemedicine network units (called RP Lites) feature high-definition, video-conferencing screens and cameras mounted on mobile platforms that are rolled right to the patient's bedside. The unit's zoom and pan capabilities allow the stroke specialist and emergency physician to work together in real time to conduct a patient assessment, closely review the results of blood work and brain scans, make a diagnosis and outline the course of treatment to emergency team members, the patient and his or her family members.

"Collaborating with a stroke specialist enables us to make the most accurate diagnosis and provide the most appropriate medical treatment for stroke patients," says Dr. Lasry. "That leads to better outcomes."

Extensive research regarding stroke care

supports Dr. Lasry's statement, which is why the Joint Commission requires all hospitals designated as Primary Stroke Centers to have a stroke specialist readily available around-the-clock, seven days a week. Committing to and carrying out this high level of stroke care isn't easy considering that there are only about four neurologists per 100,000 people in the United States – and just a small number of them specialize in stroke care. Fortunately, research also shows that having a stroke specialist participate in stroke diagnosis and treatment via telemedicine can be just as effective as if the specialist is physically at the patient's bedside.

### Rounding on Stroke Patients with the RP-7 Robot

As important as stroke specialists such as Dr. Selco are to the timely, accurate diagnosis and treatment of stroke patients, they also play an important role in follow-up care. This is particularly true during the first 48 hours following stroke, when patients are at greater risk for neurological deterioration, subsequent strokes and other illnesses.

That's why St. Rose also invested in highly mobile RP-7 robots. Like the RP Lites, these robots are equipped with high-definition video screens and cameras, but their robot-like platforms can be controlled remotely, which allows Dr. Selco to move freely around the hospital to perform patient evaluations and guide the course of treatment provided by the patients' physicians, nurses and rehabilitation therapists.

Anselmo's family says that the success of the telemedicine network is obvious because Dr. Selco's expertise and concern for their father was clear even over a video screen. Anselmo's successful recovery is also plain to see. Less than two months after his stroke, Anselmo returned to the hospital and firmly shook hands with St. Rose staff members to demonstrate the strength he had recovered in his arm and hand. **WC**

**1. Photo left:** Emergency physician, Dr. Jason Lasry, and clinical stroke coordinator, Tanya Oetjen, RN, perform stroke assessment on a patient with the support of stroke neurologist, Dr. Scott Selco, participating via a St. Rose telemedicine network RP Lite unit.

**2. Photo below:** Stroke neurologist, Dr. Scott Selco, can remotely navigate his way around the hospital to perform assessments on stroke patients by using St. Rose's RP-7 telemedicine robots. Infrared sensors allow him to move the robot around freely and smoothly without bumping into walls, staff, patients or visitors. A neurosurgeon may provide either non-surgical treatment therapies (medication, physical therapy, lifestyle changes) or surgeries.



## Act FAST

Stroke is a MEDICAL EMERGENCY. If you recognize any of these symptoms, act FAST and call 9-1-1!

**F = Face** - Ask the person to smile. Does one side of the face droop?

**A = Arm** - Ask the person to raise both arms. Does one arm drift downward or have no resistance?

**S = Speech** - Ask the person to say a simple phrase. Are the words slurred or incomprehensible?

**T = Time** - Timing is everything. If you observe any of these signs in yourself or someone around you, call 9-1-1 immediately.

# Water should not be like a box of chocolates.

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

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

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



SOUTHERN NEVADA WATER AUTHORITY



## DOCTOR SHARES

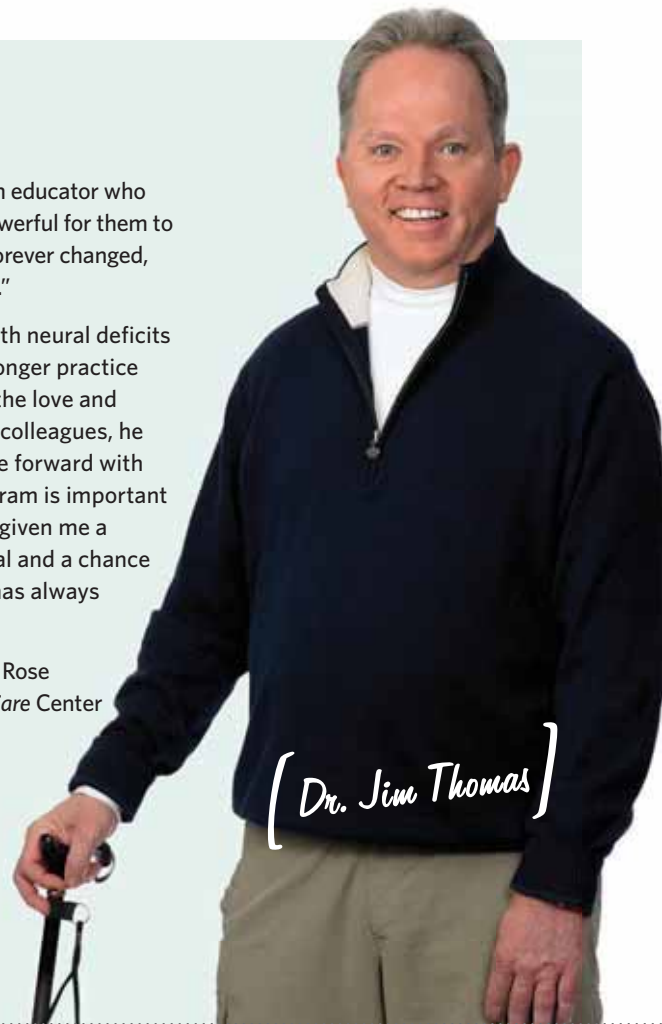
Dr. Jim Thomas doesn't rush as he makes rounds to visit patients recovering from stroke at St. Rose Dominican Hospitals - Siena Campus. He takes an unhurried approach for two reasons: 1) the major stroke he suffered makes it difficult for him to walk without the assistance of a cane, and 2) he no longer keeps the hectic schedule of an attending physician. Instead, he visits patients as an attentive member of St. Rose's Sharegivers program.

The Sharegivers program, formed in partnership with the American Heart & Stroke Association, is staffed by volunteers who have survived a stroke and completed training necessary to help others move forward after their strokes. "Dr. Thomas has a common bond with our stroke patients. They relate to him and value his encouragement and support," says Stacey Gross,

the WomensCare Center health educator who manages the program. "It is powerful for them to see that although his life was forever changed, he still has a full, rewarding life."

Dr. Thomas' stroke left him with neural deficits on his left side, so he can no longer practice orthopedic surgery. Yet, with the love and support of family, friends and colleagues, he has found the courage to move forward with his life. "The Sharegivers program is important to me," says Dr. Thomas. "It's given me a reason to return to the hospital and a chance to help people get well. That has always been my passion."

For more information about St. Rose Sharegivers, call the WomensCare Center at 616-4900.



## Early, Continuous Rehabilitation Recommended

Stroke may require a survivor to change, relearn or redefine how they live, and early, ongoing stroke rehabilitation is critical to optimizing physical, mental and emotional health and returning to independent living. St. Rose offers a full continuum of inpatient and outpatient rehabilitation services designed to help stroke survivors:

- Master self-care skills such as feeding, grooming, bathing and dressing.
- Relearn to use affected arms and/or legs, including mobility skills such as transferring or self-propelling a wheelchair.
- Improve cognitive skills such as memory or problem solving.
- Relearn and/or improve communication skills (speech and language).
- Strengthen social skills for interacting with other people.
- Learn home adaption and/or home safety training, which includes helping train family members and caregivers to help in safe and effective ways.
- Develop post-stroke coping skills.

## For the Love of Lifelong Learning

If you're retired or semi-retired and in search of opportunities that challenge your mind and stimulate your spirit, the Osher Lifelong Learning Institute (OLLI) at UNLV may be just what you've been looking for. OLLI offers classes designed to enhance understanding of the world and its historic, cultural and social aspects. It also encourages OLLI members to share their unique capabilities and experiences to promote the learning process and sustain the organization. For more information about OLLI membership, call 895-0453.

## Stroke Hero

Southern Nevada recently lost a champion in heart and stroke care. John McNeil, a 40-year employee with the American Heart & Stroke Association, recently passed away. St. Rose is forever grateful for his support in helping our organization provide heart health education and events for our community. John's incredible career was motivated by the stroke his brother suffered. In his honor, we ask: What steps can you take to reduce the risk of heart disease or stroke for yourself and your loved ones? Learn more at [mylifecheck.heart.org](http://mylifecheck.heart.org).



**Do you have a St. Rose doctor?**  
Call 616-4508 or visit [strosehospitals.org](http://strosehospitals.org).





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1 in 8 women will be diagnosed with breast cancer in her lifetime.  
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# No Shame. No Blame. No Names.

Elizabeth Muto was just 10 days old when she was abandoned at a ticket counter in the Reno-Tahoe International Airport. "I may never know why I was abandoned, but I am grateful that the woman who gave me life also gave me the chance to live it by leaving me someplace safe where I would be found," says Elizabeth, a former Miss Nevada, who is now the executive director of the Epicurean Charitable Foundation. "It breaks my heart whenever I hear a story of a newborn being recklessly abandoned. Desperate new parents need to know that no matter what adversities they face, the Nevada Safe Haven Infant Protection Act works to protect them and the life of their newborn."

Nevada's Safe Haven law allows a distressed parent, or someone of his/her choosing, to voluntarily and anonymously surrender custody of an infant 30 days or younger by calling 9-1-1. Paramedics will be dispatched to meet the parent at a home, gas station or other location to take custody of the infant. Custody of an infant can also be surrendered at a number of safe sites, including hospitals and staffed urgent cares, fire stations or police stations.

"Nevada's Safe Haven law is such a blessing," says Elizabeth. "As long as the baby has not been intentionally harmed, the parents do not have to give their names and will not face arrest or prosecution."

If a parent should decide they want the baby back, they can call Clark County Youth and Family Services within a specified number of days and be assigned to a social worker who will assist them in setting a court date where they can petition for the return of the child. To learn more about Nevada's Safe Haven law, visit [safehavennv.org](http://safehavennv.org) or call 1-877-855-HOPE. **WG**



*(Elizabeth Muto)*

## SUPPORT PINK IN THE RINK

Whoever said real men don't wear pink hasn't met Jamie Fritsch, a defenseman on the Las Vegas Wranglers professional hockey team. Jamie is honored to sport a pink jersey for Pink in the Rink, a night of hockey that will raise funds for St. Rose Dominican Hospitals' R.E.D. Rose Program and Susan G. Komen for the Cure.

Jamie will be playing in remembrance of his mom, Barbara, who lost her battle with breast cancer when he was only 10 years old. "My mom signed me up to play hockey when I was 4 years old," says Jamie. "She was a huge fan of the game, and I owe my hockey success to her—and to my dad and sister. When my mom died, they stepped in for her and made sure I never missed a practice, a game or a tournament."

St. Rose encourages anyone who has had breast cancer or knows someone that has been affected by the disease to come out, enjoy the game and help raise funds that will provide breast screenings, mammograms, diagnosis and care to local underinsured women.

**Friday, February 10, 7:05 p.m., Orleans Arena**

\$10 discounted tickets when purchased at [www.lasvegaswranglers.com/groups/pinkintherink](http://www.lasvegaswranglers.com/groups/pinkintherink) or call Matt at 471-7825, extension 234.



## Get Happy!

Helping others tends to boost our happiness by increasing empathy for others — and appreciation for our own blessings. So get happy! Hold a garage sale and quietly donate the money to someone in need, sign up to become an organ donor, tip someone who typically wouldn't get rewarded for providing great service, or take part in an event that helps others in need (like Pink in the Rink, wink, wink).



**Do you have a  
St. Rose doctor?**  
Call 616-4508 or visit  
[strosehospitals.org](http://strosehospitals.org).

# February • March • April

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

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**Ongoing Family Education**

**Director:** Holly Lyman **Staff:** Shamika Abbott, CLE; Mickey Bachman, RN; Marie Bevins, RN, IBCLC; Vanessa Borja, RD, CLE; 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, CLC; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT; Brandy Pacheco, CLC; Diane Peterson, RN, CLC; Kim Riddle, CLC; Dorie Rodriguez, CLE; Linda Roth, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, CLC; Adela Victorio, CLE

## 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  
**WEST WIC** - WIC, Las Vegas

## Health & Wellness

### Labyrinth

Enjoy the outdoor 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 - Feb. 3, March 2, April 6; 6:30-8 p.m.**  
 HEND

### Relaxation Meditations

Practice techniques that promote peace and good health.  
**2nd Tuesday - Feb. 14, March 13, April 10; 5:30-6:30 p.m.**  
 HEND  
**1st Tuesday - Feb. 7, March 6, April 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 - Feb. 14, March 13, April 10; 6:30-8:30 p.m.**  
 WEST: \$5

### Medicare ABCD's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.  
**Tuesdays - Feb. 21, March 20, April 17; 9-10 a.m.**  
 HEND

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.  
**3rd Thursday - Feb. 16, March 15, April 19; 2:30-3:30 p.m.**  
 HEND

### Essential Oils: A Happier, Healthier YOU

Follow your nose to a night of relaxation, fun and better health by exploring new ways to incorporate essential oils into every day use.

**Thursday, March 22; 6-7 p.m.**  
 HEND

### Spring Solstice Labyrinth Meditation

Join us as we celebrate the change of season with a meditative labyrinth walk.

**Tuesday, March 20; 6:30-7:30 p.m.**  
 SAN-Labyrinth Garden

### Girl Talk

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

**Thursday, March 29; 6-7 p.m.**  
 HEND

### Intention Collage

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

**Monday, April 30; 6:30-8:30 p.m.**  
 HEND: (\$5 includes materials)

### 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.

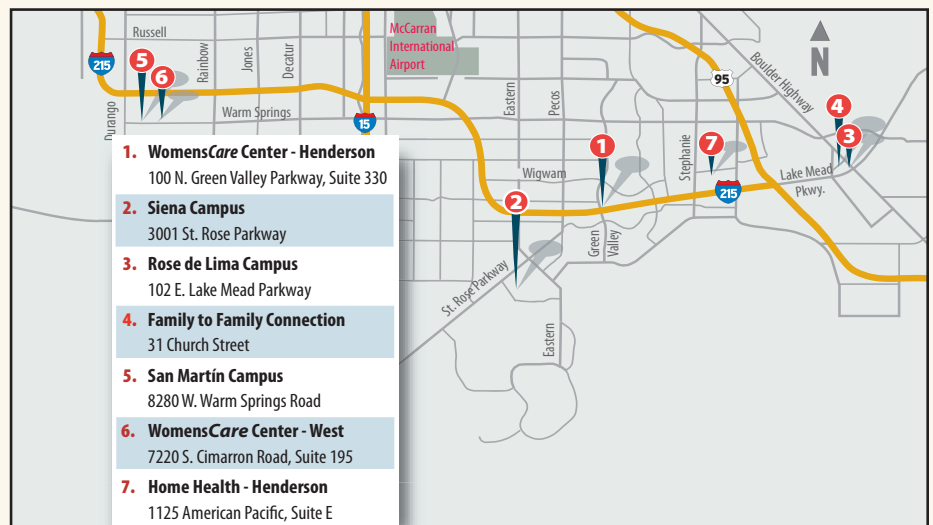
**Learn to knit or crochet: 2nd & 4th Thursdays - Feb. 9 & 23, March 8 & 22, April 12 & 26; 10:30 a.m.-noon**  
 HEND

**2nd & 4th Thursdays - Feb. 9 & 23, March 8 & 22, April 12 & 26; 1-3 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.**





# WinterCalendar

of classes and upcoming events

## Exercise & Fitness

### Dragon Boat Paddling: Individuals & Teams

For experienced and beginner dragon boat paddlers, come out to Lake Las Vegas and join others for fun and fitness. Advance registration and payment required on [www.meetup.com/LVDragonBoatClub](http://www.meetup.com/LVDragonBoatClub). Team practices available by calling Terry at 497-3385.  
LLV: \$10 per person or \$150 per team

### 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

### 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**  
HEND: \$5 per session or 5 sessions for \$20  
**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. Learn important alignment and foundation concepts to deepen your practice.  
**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: FREE  
**Tuesdays - 6-7 p.m. with Jen**  
**Fridays - 9-10 a.m. with Jen**  
**NEW! Saturdays - 9-10 a.m. with Jen (FREE)**  
WEST: \$5 per session or 5 sessions for \$20

### Tai Chi

Join Stella Huang to learn the graceful Chinese martial art that creates relaxation and improves balance through slow, controlled movements.  
**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 Fitness

**Saturdays - 8-9 a.m. and 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

Breathe easy with safe, gentle exercises for those with physically limiting conditions.  
**Tuesdays - 10-11 a.m. with Lynn**  
WEST: FREE

### Belly Dancing

**2nd Saturday - Feb. 11, March 10, April 14; 10:30 a.m.-noon with Goldie**  
WEST: Free

## Nutrition

### Weight Management Club

Free weekly group to help you reach your weight management goals. Facilitated by a St. Rose Registered Dietitian. Call to register.  
**Fridays - 9:30-10:30 a.m.**  
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 Lara at 616-7582 for more information.  
**Wednesdays - 6:30 p.m.**  
RAN: \$188 for 16 sessions

## >> The Heart Doctor is IN: Heart Health Fair



How do you mend a broken heart? Come learn about the latest minimally invasive procedures for repairing heart and abdominal arteries by Dr. Neel Dhudshia, cardiovascular surgeon.

- 8-9:30 a.m. Screenings & free heart healthy breakfast
- Lab Screenings (fast for 12 hours): Total Cholesterol - Free; Lipid Panel - \$30; A1C - \$10; Glucose - \$5
- Free: Blood Pressure; Body Fat & Body Mass Index; Carbon Monoxide; 3-Lead Heart Rhythm Strip; Medication Management Checks
- 9:30-10:30 a.m. Lecture with Dr. Dhudshia: Repairing Heart and Abdominal Arteries

**Saturday, Feb. 25; 8-10:30 a.m.**  
MAC: Seating is limited. Call 616-4900 to register.

### Carbs. The New Evil?

All carbohydrates are not created equal. Learn the good, the bad and the ugly of carbohydrates from Dr. Dominic Riccardi and how they affect your body, metabolism and appetite.  
**Wednesday, Feb. 29; 6-7:30 p.m.**  
WEST

### DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA for lowering blood pressure.  
**Thursday, March 22; 3-5 p.m.**  
HEND

### Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, R.D.  
**Wednesday, March 7; 10-11:30 a.m.**  
HEND  
**Thursday, April 5; 10-11:30 a.m.**  
WEST

## >> Dinner with a Doc

Learn the latest medical advances at our free dinner, doc and talk programs! Free Fit (fecal immunochemical test) for participants.

**Thursday, March 15; 6-7 p.m. - Colonoscopy: The Real Story - Dr. Joseph Fayad, gastroenterologist**  
SAN: Free. Seating is limited. Call 616-4900 to register.

**Thursday, April 5; 6-7 p.m. - Anterior Hip Replacement - Dr. Roger Fontes, board certified orthopedic surgeon**  
RDL: Free. Seating is limited. Call 616-4900 to register.

# February • March • April

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

## Emotional Eating

Identify your triggers and learn new skills to curb emotional eating. Taught by Dr. Lindsey Riccardi, clinical psychologist.  
**Wednesday, April 4; 6-7:30 p.m.**  
WEST

## Screenings

Call 616-4900 for screening appointments.

### Blood Pressure Screenings

**Tuesday, March 13; 7-10 a.m.**  
HEND: FREE  
**Tuesday, April 17; 7-10 a.m.**  
WEST: FREE

### Peripheral Artery Disease Screenings

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

### Becoming Medicine Wise

Questions about your prescription and over-the-counter medications? Meet individually with Pharmacist, Krystal Riccio, to learn why and how you should be taking medications, potential interactions and side effects.  
**Wednesdays - Feb. 22 & April 25; 9 a.m.-noon**  
HEND  
**Friday, March 16; 9 a.m.-noon**  
WEST

### 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, March 13; 7-10 a.m.**  
HEND: Listed above  
**Tuesday, April 17; 7-10 a.m.**  
WEST: Listed above

### FIT Colon Test

Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to the WomensCare Centers, and receive your test results via mail.  
HEND; WEST: \$15

### 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, March 6; 10 a.m.-noon**  
HEND: FREE  
**Tuesday, April 17; 10 a.m.-noon**  
WEST: FREE

### Skin Cancer Screenings

Have a suspicious mole or spot? Have Kristine Herlevi, P.A.-C, from dermatologist, Dr. Curt Samlaska's office, check it out.  
**Thursday, May 10; 1-3 p.m.**  
HEND: FREE

## 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.

## Integrative Medicine

### Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.  
**1st Thursday - Feb. 2, March 1, April 5; 1:30-2:45 p.m. with Freddie**  
HEND  
**1st Tuesday - Feb. 7, March 6, April 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 - Feb. 14, March 13, April 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

Evening appointments available (6 p.m. on weekdays) for 30 or 60 minutes with Sarah Wagner. Call 270-6313 or email [sarah@baresoles.us](mailto:sarah@baresoles.us) to schedule an appointment.  
HEND: \$30-30 mins.; \$60-60 mins.  
WEST: \$30-30 mins.; \$60-60 mins.



## Nevada Infant Immunization Week

Join the Southern Nevada Immunization and Health Coalition for no cost shots offered for children ages 0-6 on a first-come, first-served basis. Please bring your child's shot records. Visit [www.snicnv.org](http://www.snicnv.org) for more information.

**Saturday, April 21; 10 a.m.-2 p.m.** - UMC Family Resource Center, 1120 Shadow Lane, Las Vegas, 89102

**Tuesday, April 24; 3-7 p.m.** - Helping Kids Clinic, 968 E. Sahara Ave., Las Vegas, 89104

**Thursday, April 26; 8-11 a.m.** - Nevada Health Centers, Cambridge Family Health Center, 3900 Cambridge Ave., Suite 101, Las Vegas, 89119

**Saturday, April 28; 9 a.m.-1 p.m.** - Southwest Medical Associates, 650 N. Nellis Blvd., Las Vegas, 89110

**Saturday, April 28; 11 a.m.-2 p.m.** - St. Rose Dominican Hospitals - San Martín Campus, 8280 W. Warm Springs Rd., Las Vegas, 89113

## Lay Down & Lose Weight With Hypnosis

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

## Smoking Cessation

### Freedom from Smoking

Kick the habit in a seven-week American Lung Association smoking cessation program.  
**Tuesdays - March 6, 13, 20, 27, April 3, 10, 17 & Thursday, March 29; 5:30-7 p.m.**  
SAN: FREE

### Relax & Stop Smoking with Hypnosis

Through guided relaxation and positive affirmations, reprogram yourself to be smoke free! Wear comfortable clothes.  
**Wednesday, March 14; 6-8 p.m.**  
WEST: \$25 (includes CD)  
**Wednesday, April 18; 6-8 p.m.**  
HEND: \$25 (includes CD)

### Nevada Tobacco Users Helpline

**1-800-QUIT-NOW (1-800-784-8669) or [www.livingtobaccofree.com](http://www.livingtobaccofree.com)**

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

## Health Conditions

### Diabetes Self-Management Program

Developed by the Stanford School of Medicine for people with type 2 diabetes, to complement your current medical treatment. Learn ways to regain control of your life through self-management techniques.  
**Wednesdays - April 18 through May 23; 6-8:30 p.m.**  
WEST: FREE 6-week program  
**Thursdays - April 26 through May 31; 6-8:30 p.m.**  
HH: FREE 6-week program

### Pre-diabetes - Avoid the Avoidable

Do you have "borderline" diabetes or "pre" diabetes? Learn how to avoid and/or delay the onset of diabetes. Don't wait for the diagnosis!  
**Thursday - March 15; 4-6 p.m.**  
HEND

### CHAMP

Congestive Heart Active Management Program for St. Rose patients. **Call 616-4914 for more information.**

### RA Answers

Take an in depth look at Rheumatoid Arthritis and its treatment options with rheumatologist, Dr. April Marquardt.  
**Tuesday, March 13; 9-10 a.m.**  
MAC



# WinterCalendar

of classes and upcoming events

## Arthritis & Your Joint Pain

What are your options for joint pain? Learn the latest techniques and what's right for your pain from Dr. Mario Quesada, orthopedic surgeon.

**Tuesday, April 24; 10:30 a.m.-noon**  
SAN

## Kidney Kindness

Learn the link between your health condition and your kidneys; from high blood pressure to vitamin D with nephrologist, Dr. Kurt Sowers.

**Monday, April 16; 6-7 p.m.**  
MAC

## Migraines! Headaches! Oh My!

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

**Wednesday, April 25; 6-7 p.m.**  
WEST

## Stroke Club @ St. Rose

Explore helpful strategies for stroke survivors in a supportive setting with monthly guest speakers. Caregivers welcome; light refreshments served.

**Thursday, Feb. 23; 6-7 p.m. - Nutrition for Stroke Survivors - Vanessa Borja, RD**

**Thursday, March 22; 6-7 p.m. - Chair Exercise Demo - Lynn Barclay, Yoga Instructor**

**Thursday, April 26; 6-7 p.m. - Managing Difficult Emotions - Amy Godsoe, Health Educator**  
MAC

## Alzheimer's Association Lectures

With Christine Terry.

**Friday, March 9; 3-4:30 p.m. - Life Stories**

**Thursday, April 12; 2-4 p.m. - Are You Caring for Someone with Memory Loss? Resources for Caregivers**  
HEND

## Better Breathers Club

American Lung Association's support group for learning new skills and information to manage chronic lung disease. Caregivers welcome.

**2nd Tuesday - Feb. 14, March 13, April 10; 2-3 p.m.**

PARAGON HEALTHCARE (1655 W. Horizon Ridge, Ste. 100)

**3rd Wednesday - Feb. 15, March 21, April 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.

**Tuesdays & Wednesdays - Feb. 14 & 15, March 13 & 14 or April 10 & 11; 9 a.m.-1:30 p.m.**

**Tuesdays & Wednesdays - Feb. 28 & 29, March 27 & 28 or April 24 & 25; 5-9:30 p.m.**

HH

## Lower Cholesterol with TLC (therapeutic lifestyle changes)

Get your numbers right through nutrition, exercise, relaxation and supplementation.

**Thursday, March 29; 2-5 p.m.**  
HEND

## Cancer Quality of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support.

**Call 616-4910 for appointment.**  
WEST: FREE

## 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.

**Thursday, Feb. 16; 5-9 p.m.**

**Saturday, March 3; 10 a.m.-2 p.m.**

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

**Saturday, Feb. 4; 10 a.m.-2 p.m.**

**Wednesday, April 4; 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, March 17; 10 a.m.-2 p.m.**

**Thursday, April 19; 5-9 p.m.**

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

**Wednesday, Feb. 15; 5-9 p.m.**

**Saturday, March 31; 10 a.m.-2 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 - Feb. 13, March 5 or April 2; 9:30 a.m.-1:30 p.m.**

**Fridays - Feb. 24, March 23 or April 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, April 9; 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, April 21; 10 a.m.-2 p.m.**

RAN: Registration required

## » Baby & Child Bonanza



We've rounded up health and safety resources and fun activities for your little buckaroos! Bring your posse and enjoy!

• Lunch Lecture: The Truth About Tots & Shots; Pediatrician, Dr. Rutu Ezhuthchan; noon

• no cost immunizations for children 0-6 years old

• hearing and vision screenings

• dental fluoride and varnish

• car seat safety checks

• nutrition and breastfeeding information

• demos in the Healing Garden - sign language, Dancing with Miss Jenny, Tawanda Time

• face painting, crafts, snacks

Call 616-4900 to register.

**Saturday, April 28; 11 a.m.-2 p.m.**  
SAN

## Programas en Español

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

### Tomando Control De Su Salud En Español

Esta clase es para el manejo de las enfermedades crónicas. Para obtener más información o para registrarse llame al 702-564-0896.

**Lunes, 13, 27 de Febrero y 5, 12, 19, 26 de Marzo, 5-7:30 p.m.**

Biblioteca de Green Valley

**Martes, 17, 24 de Abril y 1, 8, 15, 22 de Mayo, 4:30-7 p.m.**

Biblioteca de North Las Vegas

### R.E.D. 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.**

# February • March • April

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. & 3rd Wednesday, 3 p.m., **Village Pub** (Eastern & Horizon Ridge)

**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 Tuesday, 11 a.m. **HEND**

**Widows Support** - 1st & 3rd Tuesdays, 2 p.m. **HEND**

## 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.**

## 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, open to any new mother looking for sisterhood.

**3rd Saturday - Feb. 18, March 17, April 21; 3-4 p.m.** **HEND**

### New Mommy Mixer

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

**WEST**

**Fridays - 11 a.m.-noon**

**HEND**

**Saturdays - 2-3 p.m.**

**HEND**

### La Leche League

Join other nursing mothers for information, support and encouragement.

**Thursdays - Feb. 23, March 22 & April 26; 10-11 a.m.** **FTF**

## » Asthma Kids Club

Ahoy Mates! Grab a treasure map and follow the clues to discover asthma triggers and collect buried treasure! Explore with us at the Asthma Kids Club's Triggers Treasure Hunt! Call 616-4900 to register.

- Asthma screenings and lung testing
- Free spacers and peak flow meters
- Conversations with Dr. Sean McKnight and Dr. Craig Nakamura
- Allergy and asthma health exhibits
- Medication consultations with a St. Rose Pharmacist
- Treasure hunt activity and snacks!

**Saturday, March 10;  
10 a.m.-1 p.m.**  
**MAC**



## Pregnancy & Childbirth

**Log on to [www.strosehospitals.org](http://www.strosehospitals.org) for class dates and more information.**

### Pregnant & 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 and breastfeeding consultations and breastpumps for pregnant women and children up to age 5. Call 616-4905.

**HENDWIC; WESTWIC**

## » Senior Peer Counseling Recruitment & Training

**Wanted:** Caring people 50+ years of age who are willing to actively listen to a peer who seeks support in facing life's challenges. Senior Peer Counseling requires 54 hours of training on Tuesdays & Thursdays, April 2 through May 30, with a one-year commitment of meeting clients at the WomensCare Centers. The program is overseen by a social worker and clinical psychologist. Please call 616-4900 for an application.



# Family Education

## Cooking Demos with WIC Approved Foods

Learn from a registered dietitian how to prepare healthy meals and cook with WIC approved foods.

**3rd Friday - Feb. 17, March 16, April 20; Noon-1 p.m.**

HEND WIC: Call 616-4905 to register.

## Shopping with the Registered Dietitian

Join us at Smith's Food & Drug store to become familiar with foods available in the WIC food package and learn ways to make healthy, affordable choices with these foods.

**3rd Thursday - Feb. 16, March 15, April 19; 11:30 a.m.-12:30 p.m.**

HEND WIC: Call 616-4905 to register.

## WIC Immunization Clinic

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

**Thursday, Feb. 16; 9 a.m.-noon**

HENDWIC: Call 616-4905 to register.

## Dancing with Miss Jenny®

Miss Jenny uses homemade, creative props to bring out desired movements from children that develop gross motor, fine motor and cognitive skills. Parents participate with children while bonding and achieving developmental milestones. Call 616-4900 to register.

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

HEND: FREE

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

WEST: FREE

## Get Fit With Your Toddler

Ages 2-5 yrs. with Miss Lucy

**2nd & 4th Thursdays - Feb. 9 & 23, March 8 & 22, April 12 & 26; 4:30-5 p.m.**

WEST: Free

## Car Seat Safety Checks

Call 616-4901 or 568-9601 for appointment.

**Fridays - Feb. 10, 24, March 9, 23, April 6, 20; 3-5 p.m.**

HEND; FTF: \$10 per family

## 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 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

## Sing and Sign: Food Time

Sign language fun with Miss Shannon. Each class will focus on learning ASL Signs for healthy foods using songs, books and toys. Parents with babies birth-12 mos.

**Tuesdays - 2-2:30 p.m.**

HEND: FREE

## Infant Nutrition

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

**Wednesdays - 2-3 p.m.**

HEND

## Wee Can Sign: Baby Sign Language Level I

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

**Saturdays - Feb. 4, 11, 18, 25; 2-3 p.m.**

**Thursdays - March 1, 8, 15, 22; 11:30 a.m.-12:30 p.m.**

**Saturdays - March 3, 10, 17, 24; 12:30-1:30 p.m.**

**Thursdays - April 12, 19, 26 & May 3; 11:30 a.m.-12:30 p.m.**

**Saturdays - April 14, 21 & May 5, 12; 12:30-1:30 p.m.**

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

**Fridays - March 2, 9, 16, 23; 10:30-11:30 a.m.**

**Fridays - April 13, 20, 27 & May 4; 10:30-11:30 a.m.**

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

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

**Thursdays - Feb. 2, 9, 16, 23; 11:30 a.m.-12:30 p.m.**

**Saturdays - Feb. 4, 11, 18, 25; 12:30-1:30 p.m.**

**Saturdays - March 3, 10, 17, 24; 2-3 p.m.**

**Saturdays - April 14, 21 & May 5, 12; 2-3 p.m.**

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

**Fridays - Feb. 3, 10, 17, 24; 10:30-11:30 a.m.**

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

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

## 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 - 9:30 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.

**Thursdays - Call 568-9601 for dates**

FTF

## Nevada Check-Up Enrollment Assistance

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

**2nd Tuesdays - Feb. 14, March 13, April 10; 9-11 a.m.**

FTF

## Storks Nest Prenatal Program

Enjoy a variety of prenatal discussion groups while earning points toward incentives by participating in healthy prenatal activities, such as prenatal care and classes. Class topics vary each month.

**3rd Saturdays - Feb. 18, March 17, April 21; 1-3 p.m.**

FTF



## Ongoing Family Education Classes

Register at [strosehospitals.org](http://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 Martín Campus Maternity Tour - 3rd Saturday

**Call 616-4901 to register for tours.**

## Becoming a Love & Logic Parent

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

**Wednesdays - March 7, 14, 21, 28, April 4, 11, 18; 9:30-11:30 a.m.**

FTF

## Happiest Baby on the Block

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

**Friday, March 9; 10-11 a.m.**

FTF

## Homemade Baby Food

Learn the techniques for making healthy baby food in your own kitchen.

**Thursday, March 15; 10-11 a.m.**

FTF

Finally, A Place That

# Knows Noses

(and everything connected, too!)



## DID YOU KNOW...

A stuffy nose isn't the only symptom of a sinus disease?

What about those plugged ears?

At Nevada Eye & Ear, we know that everything is connected,  
including your scratchy throat and watery eyes.



Nevada Eye & Ear offers complete diagnosis and treatment of conditions of the Ear, Nose & Throat -and Allergy too.

All physicians are Board Certified in Otolaryngology and Facial Plastic Surgery.

For an appointment call

**702.896.6043**

Serving the Community For 22 Years.

*habla espanol*



**Scott E. Manthei, D.O., F.O.C.O.O., Medical Director | Ryan E. Mitchell, D.O.**

2598 Windmill Parkway (Windmill at Pecos) | 9100 West Post Road (I-215 between Sunset & Russell)  
999 Adams, Suite 104 (Near Boulder City Hospital)





# Hope

for headache sufferers

**Hospitalized with a headache?** The average adult gets at least one headache a year. Most find relief in their medicine cabinet, but the Agency for Healthcare Research and Quality (AHRQ) found that more than 3 million Americans went to hospital emergency rooms seeking relief from headaches in 2008, which resulted in 81,000 hospital admissions. One-third of the emergency visits and two-thirds of the hospital stays were for migraine headaches.

“It’s easy to trivialize headaches when almost everyone has had one and commercials for products like Excederin Migraine® promise powerful pain relief,” says Karen Jones, RN, coordinator of St. Rose Dominican Hospitals’ Inpatient Headache Program. But, she says, migraines — and some chronic daily headaches — are biologically-based disorders. Symptoms are the result of changes in the brain, not a weakness in character or an inappropriate reaction to stress.

At St. Rose Dominican Hospitals-San Martín Campus, people who suffer from chronic headaches and migraine that haven’t responded to traditional headache therapies are finding relief through a five-day inpatient program.

The Inpatient Headache Program, the first in the nation to receive accreditation by the Joint Commission, uses a multi-disciplinary approach to break the cycle of intractable headaches by providing detoxification from medication overuse, initiating new, more effective treatments and providing preventative treatment, such as nutritional counseling and physical therapy, during a patient’s hospital stay.

On the following pages, WomensCare highlights how accurate diagnosis and this intensive form of treatment have changed a number of women’s lives. It may also change the way you respond the next time someone says, “I’ve got a terrible headache.” **WC**

**St. Rose Dominican Hospitals - San Martín Campus** is the first hospital in the nation to receive Joint Commission accreditation as an Inpatient Headache Program.



*“Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all.”*  
- Emily Dickinson

**Amy Lubenetski** went without hope for long stretches of time, but a hint of a song now plays in her soul. She is still cautious about expressing optimism because debilitating daily migraines have dashed so many of her dreams before, but since receiving treatment through St. Rose Dominican Hospitals' Inpatient Headache Program, Amy will quietly admit that her hope is to one day live a healthy, full life that includes love, marriage and motherhood.

Chronic daily migraines have ruled nearly half of Amy's life making it impossible for her to work or maintain much of a social life. Just listening to Amy describe her migraines is enough to make someone wince. They begin as a small twinkling light – a visual aura – followed by a sharp, stabbing pain that she says feels like a rod being rammed through her eye and into her brain. Amy's pain has typically led to nausea, projectile vomiting and uncontrollable shaking. What's more, just about the time her pain would subside to the point that she could get out of bed and clean up her bathroom, the next visual aura would appear and the process would repeat itself.

Inpatient treatment hasn't cured Amy's migraines (there is no known cure), but it has significantly reduced the frequency and intensity of her episodes. Amy finds the results of her treatment both remarkable and ironic. “I'd gone to UCLA, Scripps, Duke and Mayo for diagnosis and treatment, so I balked at the idea that a local headache specialist and hospital could tell me anything I hadn't heard before,” says Amy. “Yet, here I am feeling and functioning better than I have in years.”

Amy was admitted to St. Rose's Inpatient Headache Program by Dr. Abraham Nagy, a neurologist who is one of only about 300 certified headache specialists in the United States. “When I met Dr. Nagy, I could instantly tell how knowledgeable and passionate he was about headache treatment,” says Amy. “He's also very caring. He really listened to me describe my migraines, the endless forms of treatment I've gone through and the impact it has all had on my life. He used what I shared to help design a treatment plan just for me.”

While in the hospital, Amy received powerful (non-narcotic), intravenous drugs that broke the cycle of her migraines and helped control her nausea while she was weaned from a plethora of prescription drugs that weren't effectively managing her chronic condition. Doing so enabled Dr. Nagy to introduce medications that have proven far more effective in providing her relief. She also received access to an integrated team of nutritional counselors, physical therapists and chaplains that







**Dr. Abraham Nagy**

is a neurologist who specializes in the treatment of headache. Only about 4 percent of migraine patients are under the care of a headache specialist.

offered her support and recommendations to further prevent or minimize her migraines.

It's been just over a year since Amy first participated in inpatient headache treatment and she has had to return for additional treatment aimed at interrupting the pattern of her migraines. "The treatment has definitely given me relief and a better quality of life, but it isn't a cure, and quick fixes for a headache-free life aren't guaranteed," says Amy.

That is a concept another young patient, Jenny Scott, has come to understand. Her first intense headache came on the day after she graduated from college and soon her headaches never let up, day or night. Primary care physicians, pain management specialists and neurologists repeatedly tried to help quiet the hurt in Jenny's head, but five years and 50 medications later, the spiral pattern of pain pulsating through her head, diagnosed as chronic migraine, was still present.

It may sound unusual – even alarming – that Jenny was prescribed 50 different medications, but it's not entirely uncommon. Headaches are the result of a complex set of interactions between the brain, blood vessels and surrounding nerves that aren't fully understood. As such, the average headache sufferer first seeks help from their primary care physician and may, over the course of a number of years, see several other doctors and be prescribed numerous medications before receiving an accurate diagnosis. Even with an accurate diagnosis, finding the best medications to treat a patient's symptoms may take several tries and periodic "tweaking."

Inpatient headache treatment helped break the cycle of Jenny's pain and safely remove her from several prescription medications allowing Dr. Nagy to introduce new treatments and track Jenny's response to them. Dr. Nagy discovered that Jenny suffered from hemicrania continua, rather

than chronic migraine. Rare and relentless, hemicrania headaches affect one side of the brain and are difficult to diagnose but respond well to specific treatment.

With a correct diagnosis, Dr. Nagy prescribed Jenny just one prescription drug and asked her to have patience and to hold out hope (she did) to give the medication time to work (it has).

"I was taking numerous medications every day and still suffering from pain that I would rank as a five to six (0 being no pain and 10 being unbearable pain) every day of my life," says Jenny. "I'd now rank my daily pain as a highly manageable 1. My headaches are now more of an afterthought than something that always demands my attention."

Jenny refers to the care she received as "life changing" as does Dorla Dautrich, another Inpatient Headache Program patient. While hospitalized, Dorla took advantage of spending quiet, meditative time walking the hospital's outdoor labyrinth, that – with its gray twists and turns – rather resembles the brain.

"Dr. Nagy and St. Rose really worked to get inside my head, to know me and to understand my headache experience," says Dorla. "I think that level of caring leads to quality treatment."

Truly understanding patients is something Karen Jones feels proud of as the Inpatient Headache Program coordinator – and one of the program's former patients. "I can empathize with our patients," says Karen. "I know how hard it can be to live with headaches. I've suffered from them since I was 5 years old."

Karen knows that it might sound cliché but says that when she was discharged from the program, she went home and opened the curtains in her living room for the first time ever. "It was such a liberating feeling to let the light shine in," says Karen.

Shedding light on the help available to people who suffer chronic headaches and migraines is something St. Rose Dominican Hospitals will continue to do.

*"My headaches are now more of an afterthought than something that always demands my attention."*

*- Jenny Scott*

# Q&A

**I feel guilty complaining about my headaches when so many people suffer from real health issues. The problem is, I'm in a lot of pain. At what point do you recommend that I see a doctor for help?**

First, please put your guilt aside. Headache pain is a real health problem, and if treated correctly, more than 85 percent of headaches will respond to treatment. I would suggest you consult a doctor if:

- you have to take over-the-counter pain medication frequently or in high doses
- your pain interferes with your ability to perform routine daily activities
- your headaches are getting progressively worse over time
- your headaches are associated with muscle weakness, numbness in a limb, personality changes or changes in speech or vision
- your headaches are related to a trauma such as hitting your head
- your family has a history of headaches or migraine



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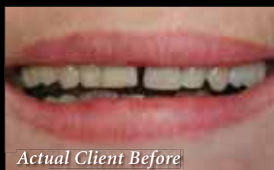


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OF COSMETIC DENTISTRY.



## Q&A

**My teeth are quite sensitive. What should I do to stop the pain? Will toothpastes formulated for sensitive teeth help?**

Dental sensitivity is a common dental concern that people often tolerate until they can no longer enjoy their favorite hot, cold, sweet or acidic beverages. Sensitivity tends to occur when dentin - the layer that surrounds nerves in the teeth - becomes thinner, thus providing less protection. It is also possible for gums to recede over time, exposing the underlying root surface dentin.

Dentin exposure may be related to aging or improper brushing, gum disease, tooth grinding, chips and fractures in the teeth or acidic beverages (such as soda) that cause enamel erosion or dentin exposure. Some dental treatments such as teeth whitening procedures can also cause dental sensitivity.

Talk to your dentist. If your dental sensitivity is due to exposed dentin, using a soft bristle toothbrush, brushing correctly to prevent further wear and tear on your teeth and gums and using toothpaste specially formulated to help reduce sensitivity may help. If the problem persists, your dentist may recommend in-office procedures or prescription toothpaste.



## NAME MY HEADACHE

Headaches are categorized as either primary or secondary headaches. Primary headache is an actual medical condition, not a symptom of or caused by another disorder. Primary headaches include migraine, tension-type headache and cluster headache. Secondary headaches are caused by other medical conditions, such as sinus disease, allergies, dental disorders, head injury or brain tumors. Following are some of the most common types of headaches:

**Migraine** – More than 29.5 million Americans suffer migraine, with three out of four sufferers being female. The migraine tends to cause pulsating or throbbing pain on one side of the head and may be accompanied by symptoms such as sensitivity to light and sound, nausea, vomiting, worsening of pain with exertion, tingling in the arms and face or trouble speaking. Some migraineurs also experience visual auras such as flashes of light or wavy lines 20 minutes to an hour before the onset of pain. Migraine attacks typically last four to 72 hours.

**Cluster** – Cluster headaches affect more men than women and are sometimes called “alarm clock headaches” as the onset of pain generally occurs at

the same time each day, often awakening headache sufferers from their sleep. The pain of cluster headaches is almost always one-sided, tends to begin in the eye region and may spread to the forehead, temple, nose and cheeks. Cluster headaches may last 30 to 45 minutes, subside and return a few times during the day.

**Tension-type Headaches** – Tension-type headaches, the most common form of headache, are thought to be related to muscle tightening in the back of the neck and/or scalp. They can be either episodic or become a chronic occurrence. Both episodic and chronic tension-type headaches are characterized as dull, aching and non-pulsating pain and affect both sides of the head.

## Medication-overuse Headache (MOH)

– MOHs result from overuse of over-the-counter analgesic or prescription painkillers to help relieve pain. They tend to occur as the result of a vicious cycle that begins when headache episodes become more frequent and medication is used on an increasingly routine basis to stop or preempt pain. By doing so, higher doses and more frequent dosing of medication become necessary to control pain, which leads to rebound pain.



## Headache Support Group

Suffer with chronic headaches? Find relief by discussing causes and treatments and eliminating isolation with positive social support.

**3rd Tuesday – February 21, March 20, April 17; 6-7 p.m.**  
SAN

## St. Rose Awards Community Grants

St. Rose Dominican Hospitals' health care ministry reaches far beyond the walls of the Rose de Lima, Siena and San Martín Campuses with an aim to improve the overall health status of our community; yet, helping the whole community is a goal far greater than any one organization can accomplish. That is why, for the 19th consecutive year, St. Rose has awarded grants totaling **\$305,695** to 10 nonprofit organizations committed to meeting specific health and welfare needs of our community's vulnerable populations.

This year's community organization recipients included:

- Dr. Joel & Carol Bower School-Based Health Center: **\$50,000**
- The Shade Tree, Stallman Touro Medical Clinic for Women & Children: **\$50,000**
- Southern Nevada Immunization & Health Coalition, Community Immunizations: **\$50,000**
- Volunteers in Medicine, Health Care Access Program: **\$50,000**
- Easter Seals, Family Respite Program: **\$40,000**
- American Heart Association, Stroke Programs: **\$23,195**
- Saint Therese Center, HIV Food Pantry: **\$20,000**
- Boulder City Lend A Hand, Senior Transportation Program: **\$10,000**
- Boys & Girls Club of Henderson, Healthy Habits Program: **\$7,500**
- Helping Hands of Vegas Valley, Senior Food Pantry: **\$5,000**

These organizations or programs were selected based on meeting one or more criteria aimed at addressing the greatest health needs of the community: emphasizing prevention to address the underlying cause of health problems, contributing to a seamless continuum of care, building upon and mobilizing existing services in the community and engaging diverse community stakeholders in implementation and oversight.

*St. Rose Dominican Hospitals/Catholic Healthcare West (CHW) is the community's only not-for-profit, religiously sponsored hospital system. As a nonprofit organization, income generated is used to cover costs incurred in providing medical care. Income that exceeds expenses is reinvested in the communities we serve through the expansion or enhancement of our medical services and facilities, our community outreach programs — or the outreach programs provided by nonprofits with shared community goals.*



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*Plays the  
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Opens to reveal a  
sweet sentiment:

**Granddaughter,  
You’re My  
Little Dear**

## **Granddaughter, you are dearly loved!**

Your precious granddaughter is a treasure near and dear to your heart. Now an all-new music box shaped like an adorable fawn delightfully expresses your love for her. Hand-crafted of Heirloom Porcelain®, it opens on a gleaming, 22K gold Limoges-style hinge to reveal a loving message. To complete the endearing effect, it plays the melody of “You Are My Sunshine.” A Bradford Exchange exclusive, this limited edition music box is a heartwarming reminder of the love you and your granddaughter share, and makes a perfect gift.

## **Strictly limited edition ... order today**

“Granddaughter, You’re My Little Dear” is premiere priced at just \$39.99\*, payable in two installments of \$19.99 each, the first due before shipment. It’s backed by our unconditional, 365-day money-back guarantee. Send no money now. Don’t risk disappointment—return the Reservation Application today.

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[www.bradfordexchange.com/dear](http://www.bradfordexchange.com/dear)



Are you a working woman who also has the important job of providing long-term care or ongoing support to an elderly loved one who suffers from a chronic illness such as congestive heart failure or diabetes? If so, the WomensCare Centers offer CHAMP, Healthy Living: UP2Me and diabetes self-management programs that may help your loved one better manage their medications, nutrition and day-to-day tasks while you are at work.

# Lead by Healthy Example

## Professional and personal stressors

can take a toll on the health and well being of female executives, so Dr. Rama Harouni is prepared to write out recommendations – more often than prescriptions – when she conducts executive physicals. She generally recommends that her patients get regular exercise, increase their intake of fruits and vegetables and get at least seven to nine hours of sleep each night. She often finds, however, that an executive physical appointment is the first time female leaders have to stop and talk about other issues that affect their physical and emotional health. Here are some of the most frequent concerns Dr. Harouni hears and her perspective on them.

**Problem:** Being No. 1 leaves me little time for myself.

**Suggestion:** As you sign off on everything from employee time cards and vacation requests to household bills and your children's field trip permission slips, give "you time" your stamp of approval, too. Splurging on a great haircut or pilates trainer, going out for dinner with girlfriends after work or taking a vacation day for no other reason than to spend a day at home (alone) will likely make you a better and healthier boss, employee, spouse, mother or friend.

**Problem:** Being "on" all day makes it difficult to turn "off" at night.

**Suggestion:** Establish a relaxing ritual such as practicing meditation or yoga stretches for 20 minutes before getting into bed. If you routinely have trouble falling asleep, be cautious about using "nightcaps" as a ritual. Drinking alcohol may initially have a sedating affect, but it can disrupt the second half of your sleep cycle – and fitful sleep can leave you feeling fatigued at work. You may also find that you need increasing amounts

of alcohol to fall asleep if you make having nightcaps a habit.

**Problem:** It's lonely – and anxiety ridden – at the top.

**Suggestion:** Pick up the phone and invite other female executives to lunch, then open your door to employees. Taking time to gain perspective from your peers and provide mentoring to your staff will give you a sense of pride and connection with others. If ongoing anxiety is an issue, realize that it isn't a weakness but an actual medical concern. Try cognitive behavior therapy. It may help you recognize unfocused, inaccurate thinking and view and respond to challenging situations more effectively.

**Problem:** My schedule doesn't leave me time for pap smears, cholesterol checks and other routine exams.

**Suggestion:** Give scheduling your annual physical exams the same priority that you give other important annual meetings. If you put your employer and family before your own health, you will all suffer even more if you get sick. **WGC**

## Getting Hot at the Top?

More women are climbing the corporate ladder, and some are finding that they are sweating and tired by the time they reach the top. It's no doubt that the climb is hard work, but excessive perspiration, fatigue and other issues may actually be symptoms of perimenopause. Common symptoms include hot flashes, night sweats, irregular periods, loss of libido, vaginal dryness and mood swings, but perimenopause can also lead to fatigue, excessive daytime sweating, headaches, difficulty focusing, sleep disorders, digestive problems and joint pain.

» Dr. Rama Harouni is an internist focusing on women's health with the K|E Executive Physical program, a collaboration with St. Rose Dominican Hospitals.





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# Living with Diabetes?

## Enjoy Meals Like You Don't.

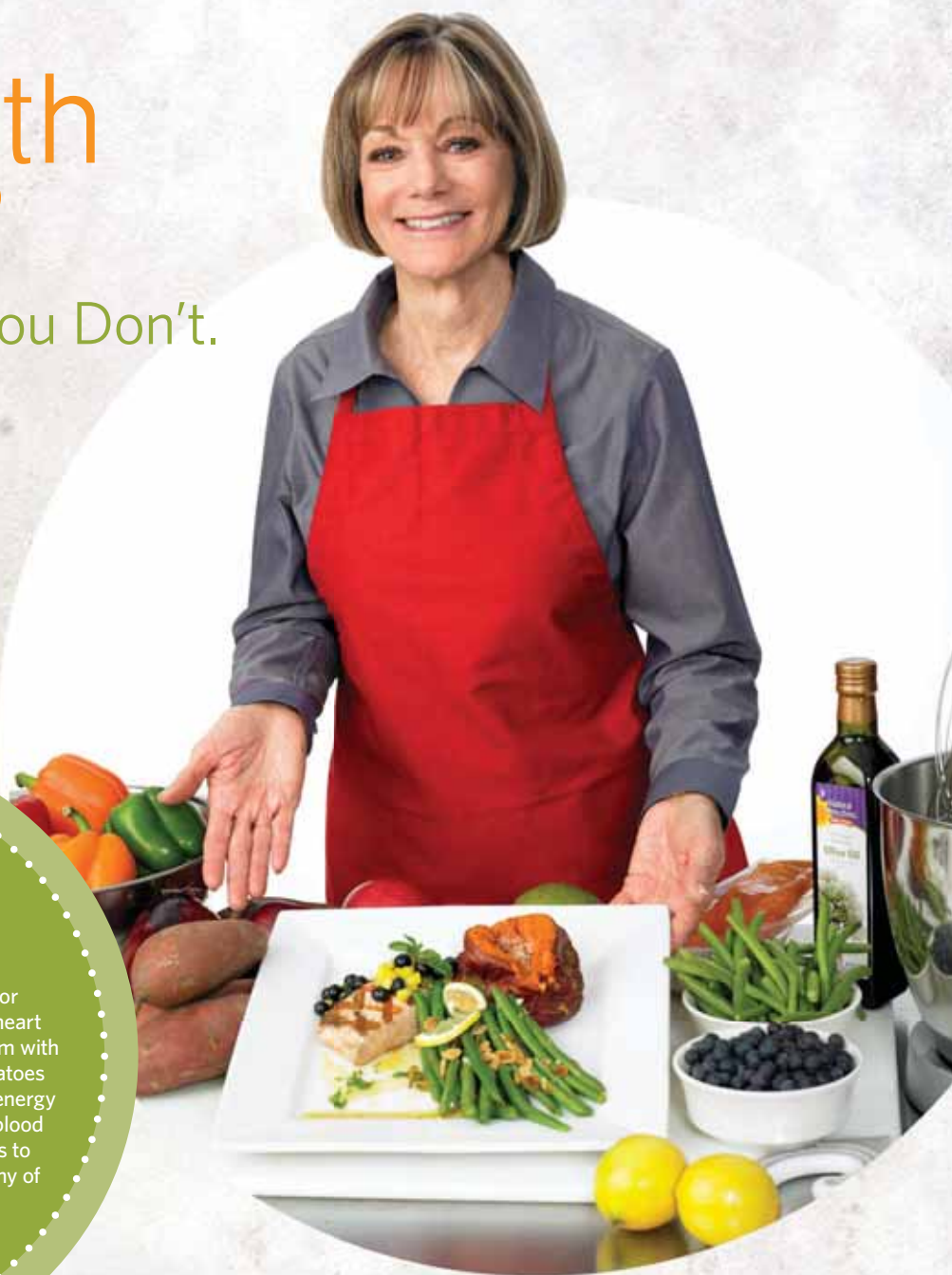
Join St. Rose's registered dieticians for live cooking demonstrations that reinforce the fact that diabetics don't have to forgo great tasting meals in order to manage their blood sugar.

**Wednesday, March 21**  
**11 a.m.-noon**  
**MAC: FREE; RSVP: 616-4900**

### *Pardon the potatoes, please*

Potatoes are often accused of being bad for people who have diabetes or are at risk for heart disease, but it's frying potatoes or loading them with fattening toppings that is the real crime. Potatoes (and sweet potatoes) are a low-fat source of energy and potassium, which can effectively lower blood pressure. So don't pass on potatoes. Join us to learn healthy ways to prepare them and many of your other favorite foods.

*— Judy Pitney, Diabetes Educator*



### **Doctor Recommended. ADA Approved.**

Got a physician referral for diabetes education? Then you're eligible, and your insurance will likely pay, for St. Rose's comprehensive outpatient diabetes program. The program, which has the prestigious American Diabetes Association (ADA) Recognition Certification for high quality diabetes self-management training, helps you learn to manage your diabetes to avoid complications and reduce hospitalizations. Diabetes education is provided during an individual appointment, then participants have the option of attending one or two group classes or additional individual visits. These St. Rose education sessions will give you the tools you need to successfully manage your diabetes. Please call **616-6545** for pricing and registration.

### **Self Managed. Peer Supported.**

Get the support you need to manage your diabetes. The WomensCare Centers recently expanded its chronic disease self-management programs to include a series specifically designed to address the challenges of living with — or caring for someone with — diabetes. This evidence-based program uses peer support to help diabetics deal with the physical and emotional symptoms of living with a chronic disease, learn easy tips for healthier eating, find appropriate exercise aimed at improving strength and endurance, gain insight on the appropriate use of medication and work more effectively with health care providers. This program is designed to help you better follow your doctor's orders and instructions. For more information, see page 12 or call **616-4900**.

# :30

## Suggestions for Better Heart Health



Did you know? People who ask questions of their health care providers tend to see more improvement in their health than people who do not. WomensCare asked physicians — and a registered dietician — for quick answers to this question: How can we improve our heart health? Here are few of their quick but meaningful responses:

**I encourage managing blood sugar** through proper nutrition, exercise and medication, if necessary. Diabetes and prediabetes are epidemic in the U.S., and a diabetic's risk of heart disease or stroke is double that of someone without diabetes. In fact, most diabetics don't die from diabetes but from health problems such as heart disease.  
— *Dr. Sean Ameli*

**I promote the simple principles of the D.A.S.H. diet.** Our WomensCare Centers offer D.A.S.H. (Dietary Approaches to Stop Hypertension) with good reason. *U.S. News and World Report* ranked D.A.S.H. as the best diet for people with high blood pressure. D.A.S.H. also ranked high as a nutritious diet that helps the entire family achieve and maintain a healthy weight.  
— *Vanessa Borja*

**I recommend aspirin therapy** for patients at high risk for heart disease and heart attack. A daily dose of aspirin (81 to 325 mg) makes blood platelets less sticky, thus less likely to clot together and clog arteries. It can be

lifesaving therapy, but it can also pose a serious risk for people with bleeding disorders, heart failure or several other health issues, so people should consult their physician prior to beginning aspirin therapy.  
— *V.C. Smith*

**I recommend stress reduction techniques.** Getting agitated, angry or hostile on a routine basis can have a domino affect. It releases stress hormones into the blood, causing a temporary rise in heart rate and blood pressure that can make your heart work harder, thus putting you at higher risk for heart disease. Practicing deep breathing, meditation or visualizations may help reduce your response to stressors that raise your heart rate.  
— *Dr. V.C. Smith*

**I often promote Kaizen,** a Japanese strategy for self improvement that can be applied in situations where behavior modification is needed — including cardiac health — and can be easily achieved in a series of simple steps. These steps can lead to remarkable

changes by reducing the fear of failure or the sense of inability to reach an insurmountable goal.  
— *Dr. Berge Dadourian*

**I stress the importance of finding enjoyable physical activities** as exercise is essential to maintaining a healthy weight and a healthy heart. I also promote the Mediterranean diet, a traditional style of eating associated with longevity and lower levels of cardiac disease. It emphasizes foods that are rich in fiber, good fats and antioxidants, including fruits, vegetables, nuts, grains and coldwater fish. Replacing butter with healthy fats such as olive oil and canola oil and using herbs and spices instead of salt to flavor foods are also keys of the diet.  
— *Dr. Sean Ameli*

**If you want to stop smoking, I suggest talking to your doctor.** He or she can prescribe medications that can do more than lessen your urge to smoke — they can double your chances of quitting and quitting for good.  
— *Dr. Berge Dadourian*

### 5 Simple Steps to Becoming a Prepared Patient

- 1 Write down your list of questions to ask the doctor.
- 2 Bring someone to your appointment to help you remember answers to your questions.
- 3 Create a health history that includes your current conditions and past surgeries or illnesses.
- 4 Know your family's health history.
- 5 Bring all your medicines with you.



Dr. Sean Ameli,  
cardiovascular medicine



Vanessa Borja,  
registered dietician



Dr. V.C. Smith,  
cardiovascular surgeon



Dr. Berge Dadourian,  
cardiovascular medicine





## Feta Stuffed Mini Red Peppers

### Ingredients:

- 1 lb. mini red, yellow and orange peppers
- 1 1/2 cups crumbled feta cheese
- 2 tablespoons cooking sherry
- 1/3 cup finely grated parmesan cheese
- 1/2 teaspoon each of minced fresh basil and garlic powder
- 1/4 teaspoon each of cumin, dried ancho chile powder and low-sodium salt



### Directions:

- Preheat oven to 350 degrees and lightly coat a large baking dish with non-stick spray.
- Cut tops off the peppers, remove seeds and larger white veins, rinse and set aside.
- Toss crumbled feta cheese and sherry in a bowl.
- Mix remaining ingredients in a separate bowl, then add to the feta cheese and toss.
- Stuff each mini bell pepper with the herbed feta mixture until full.
- Place in casserole dish, cover and bake for 30 to 40 minutes until peppers are soft and the cheese is melted. If cheese begins to melt out of the peppers, use a spoon to put it back in.

## Red Foods: Heart Smart?

**Red is the color of love** — and who doesn't love food? But are red foods (and beverages) heart smart?

**Red wine** can reduce cardiovascular risk, but don't raise your glass too fast. Women should limit themselves to no more than 5 ounces — about half a glass — a day as drinking too much vino actually increases health risks. If you have diabetes, breast cancer or migraines, talk to your doctor as drinking red wine may not be in your best interest.

**Red peppers** (and red pepper) are packed with heart healthy antioxidants and flavor. Try cutting red peppers into "chip-sized" chunks to serve with guacamole or stuffing mini red, yellow and orange peppers with a creamy mix of herbs and feta cheese (see recipe).

**Red apples** have heart healthy skins loaded with antioxidants. What's more, a new study shows an association between a high intake of the white flesh in apples and a significant reduction in stroke risk. So crunch into a red apple, but rinse it first to remove pesticides on the skin.

**Red licorice** strands — such as Red Vines® — are touted as a guilt-free candy. It's true they're fat-free, but just four vines add up to 140 calories. So if you need to feed your sweet tooth, share a box (5-ounce size) with a friend or two, or opt for sugar-free red licorice.

**Red meat** (beef, pork and lamb) generally has more cholesterol and saturated (bad) fat than chicken, fish and vegetable proteins such as beans. But the American Heart Association holds that it can be part of a heart-healthy diet by limiting portion sizes, selecting the leanest cuts, trimming off extra fat and preparing without heavy or salty sauces.

**Red velvet cake** wouldn't top a heart healthy food list, but if you're celebrating Valentine's Day or an anniversary, enjoying a few bites with someone you love won't break your heart. Try ordering one slice, two forks and a to-go box. Box half of the serving as soon as it's served, then freeze it for the two of you to enjoy later!

### Your Coach is Waiting!

Being heart healthy means something different to everyone. Now **HeartWell: St. Rose's Customized Heart Health Coaching**, offers you savvy heart-smart wellness counseling, free classes and fitness programs tailored to your medical concerns, health goals and personal interests. Call **616-4914** to talk to your heart health coach.



**Do you have a St. Rose doctor?**  
Call **616-4508** or visit [strosehospitals.org](http://strosehospitals.org).



# My Precious Daughter...

## Faith and Love Diamond Bracelet

  
 Accented with a  
 brilliant-cut solitaire  
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Lavishly plated with sterling silver  
 and 24K-gold

Meaningful inscription sends your  
 blessings with your daughter each day

Stunning cross and open heart symbolically  
 link with a simple clasp, so you can easily  
 open and close your bracelet



Give a beloved daughter your blessing and a reminder  
 to keep her faith in God always near with the distinctive  
 "My Precious Daughter Faith and Love Bracelet."

**Genuine solitaire diamond...  
 and 24K-gold plating**

A stunning design exclusive that unites the inspiring  
 and meaningful symbol of a cross inside a heart, the  
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**01-04664-001-E54451**

# The Doctor Wants to Give Your Toddler What?!

Are you concerned that your child has been prescribed steroids to help ease asthma symptoms? You can breathe easy. “The inhaled steroids used to treat asthma are not the same as the anabolic steroids that some athletes illegally take to build muscle,” says pediatric pulmonologist, Dr. Craig Nakamura. “They are anti-inflammatory drugs that reduce the inflammation and mucus production that clog and constrict airways making it difficult for children to breathe.”

According to Dr. Nakamura, inhaled steroids are not a rescue medication, so they won't help alleviate a child's symptoms if he or she is in the midst of an asthma attack. They are, however, the most effective long-term medicine for the control and prevention of asthma when used

as part of an ongoing, daily asthma treatment plan.

“Most children's asthma symptoms will begin to improve within a few weeks of starting inhaled steroids,” says Dr. Nakamura. “The best results, however, come with consistent daily use for three months or more.”

As with most prescription drugs, there are possible side effects related to inhaled steroid use, so Dr. Nakamura says children are typically prescribed the lowest possible dosage necessary to help manage their asthma.

To learn more about managing your child's asthma, join the St. Rose Asthma Kid's Club. See page 14 for details.



## Q&A

My child has had a night-time cough for weeks. Could it be a symptom of asthma?

Persistent nighttime coughing is associated with childhood asthma, but it is also a symptom frequently associated with hay fever, reflux and other conditions such as post-nasal drip. If your child has had a chronic cough, meaning a cough that lasts for more than two weeks, schedule an appointment with his or her pediatrician. In the days leading up to the appointment, make note of whether or not your child exhibits other symptoms of asthma.

If your pediatrician suspects your child has asthma, he or she may refer your child to a specialist — most likely an allergist, immunologist or pulmonologist — to make an official diagnosis and establish an asthma treatment plan.

## Asthma is the #1 most common...

- chronic illness in children
- cause of missed school days
- reason for pediatric ER visits due to a chronic illness
- ailment that limits activity levels

### Access to Asthma Care

St. Rose Dominican Hospitals, through Catholic Healthcare West, recently awarded a \$50,000 grant to the Dr. Joel and Carol Bower School-Based Health Center to help fund its asthma education and treatment program.

The Health Center, located at Basic High School, is accessible to all children in Henderson schools and emphasizes helping students who are uninsured or underinsured. In addition to providing primary care, routine physicals, sports physicals and health

education, the Health Center helps children manage chronic conditions such as asthma.

This is the third consecutive year that CHW has helped the Health Center purchase equipment and education materials to build and maintain the comprehensive asthma treatment program.

Children are referred to the Health Center by their school nurse. For more information on the school-based medical center and its hours of operation, call 799-0508.

**Be Wise. Immunize. Nevada Immunization Week is Saturday, April 21 - April 28. Learn more on page 12.**

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# Art Appreciation

*Bread feeds the body, indeed, but flowers feed also the soul.*

*~ The Koran*

At St. Rose Dominican Hospitals - San Martín Campus, blue skies and a field of white daisies adorn the wall of the long hallway that stretches between the hospital's Radiology and Emergency departments. The mural conveys the hospital's appreciation for its DAISY Award winning nurses (see DAISY Awards to the right). Jeff Oldham, the mural painter, says it has also proven to be an effective way to create feelings of hope and optimism among passersby.

"I gained a real sense of appreciation for art's affect on patients when a woman being wheeled to the ER by paramedics asked them to stop so she could admire the mural," says Jeff. "I could see how the painting helped redirect her thoughts and raise her spirits."

Numerous studies on the influence of art in health care have found that certain types of art, such as nature scenes, are capable of helping reduce anxiety, blood pressure and perceptions of pain among patients. Research also suggests that hospital employees respond positively to the addition of art in the work environment, which can promote job satisfaction and reduce employee turnover.

## DAISY AWARDS

St. Rose Dominican Hospitals are three of the more than 1,000 hospitals in seven countries that proudly participate in The DAISY Award for Extraordinary Nurses program. The DAISY Award is an internationally recognized, nonprofit program that exists for the express purpose of thanking nurses for their extraordinary efforts in providing patients high-quality medical treatment delivered with exceptional kindness.

**If you are a nurse looking for a career opportunity** with a values-oriented hospital system that recognizes nurses for their vital role in providing patients extraordinary care, visit [strosehospitals.org](http://strosehospitals.org) or [chwcareers.org](http://chwcareers.org) to view open nursing positions.

## Enjoy Nature Outdoors or Inside

Overworked? Overwrought? Take a nature break. Spending a few minutes outside in a natural setting can ease stress and mental fatigue, as well as facilitate rest and recuperation. If you can't get outdoors, consider bringing nature inside with these simple tips:

- Hang nature-themed artwork where you can easily appreciate it, and download a nature-themed screen saver onto your computer.
- Create nature-themed tabletop displays featuring natural materials such as beach sand and pebbles or bring the peaceful sound of a babbling brook inside with a small, tabletop fountain.
- Plant an indoor herb garden or nurture indoor plants that help clean the air.
- Bring earthy smells indoors with aromatherapy; create homemade potpourri to celebrate the smells of each season or simply grind up lemon or orange rinds in your kitchen garbage disposal.
- Create a beautiful view by planting a tree, placing potted plants or hanging a bird feeder just outside your window.





# St. Rose Dominican Hospitals

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