

The Barbara Greenspun  
**WomensCare**

Centers of Excellence

StRoseHospitals.org

spring 2013 • issue 57 for the body • mind • spirit



# Tune in!

**Radiothon to Raise  
Funds for Children's  
Miracle Network**

pg. 22

## Skimpy Scars?

Major surgeries,  
minor incisions

pg. 10

## Help

for athletes  
with hip pain

pg. 18

**NEW, BIGGER  
NICU HELPS**

***Tiniest  
Babies***

pg. 4



**St. Rose  
Dominican Hospitals.**  
A Dignity Health Member

# Brighton<sup>®</sup> COLLECTIBLES

## Upcoming Promotions

### FREE EARRINGS!!!

*April 26<sup>th</sup> – May 12<sup>th</sup>*

Just in time for Mother's Day ~  
Purchase any Brighton necklace & bracelet  
and you can choose any pair of  
Brighton earrings FREE!\*

\*LIMITED TO STOCK ON HAND. CHARM JEWELRY  
EXCLUDED. NECKLACE & BRACELET MUST BE PURCHASED  
IN SAME TRANSACTION. PRIOR PURCHASES EXCLUDED.

### FREE CHARM BANGLE!!!

*May 13<sup>th</sup> – May 24<sup>th</sup>*

With a single-day Brighton purchase of \$75  
or more in charms, beads, or spacers you will  
receive our beautifully designed Marquee  
Hinged Bangle – absolutely FREE.\*  
It's the perfect opportunity to enhance your  
Brighton charm collection!

\*LIMIT ONE PER CUSTOMER, WHILE SUPPLIES LAST.  
MINI CHARMS EXCLUDED.

### FREE TOWEL!!!

*May 24<sup>th</sup> – June 9<sup>th</sup>*

Make a splash this Memorial Day ~  
With a single, same-day Brighton purchase  
of \$100 or more, you'll receive the Sea Splash  
Beach Towel as your FREE\* gift!! Whether  
seaside or poolside, this towel is perfect for  
your Summer excursions.

\*LIMIT ONE PER CUSTOMER, WHILE SUPPLIES LAST.



THE DISTRICT AT GREEN VALLEY RANCH ~ 702.270.0100 • TIVOLI VILLAGE ~ 702.944.8474  
TOWN SQUARE ~ 702.369.0963 • FASHION SHOW MALL ~ 702.731.5929

THE FORUM SHOPS AT CAESARS • THE GRAND CANAL SHOPPES AT THE VENETIAN  
MIRACLE MILE SHOPS AT PLANET HOLLYWOOD • MCCARRAN INTERNATIONAL AIRPORT



## COVERSTORY

### ► OUR President's Perspective

**Rod A. Davis**

President/CEO, St. Rose Dominican Hospitals & Senior Vice President of Operations, Dignity Health Nevada

Dear Readers,

This spring edition of our *WomensCare* magazine will be delivered just before Mother's Day, which gives us reason to pause and reflect on the gift of new life. The birth of a baby is a time of great joy, yet when a baby is born prematurely, critically ill or develops problems after delivery, tears of joy can turn to sobs of fear and sorrow. This is why our doctors, nurses, clinicians and chaplains dedicate themselves to providing exceptional neonatal intensive care.

When fragile newborns need specialized care, St. Rose Dominican Hospitals has a special kind of medical unit – a Level III Neonatal Intensive Care Unit (NICU) – that provides intensive medical treatment, developmentally supportive care and the compassionate nurturing these babies need to grow and thrive outside their mother's womb.

St. Rose Dominican Hospitals' Level III NICU at our Siena Campus also needs to grow. Our current expansion efforts, which will be completed this summer, will nearly double our NICU's size. With 11 new NICU bays and a Family Nesting Suite, we'll be able to care for more babies in surroundings that are very spacious, more private and comfortable for families.

To learn more about our NICU services, which were made possible in part by a \$4.3 million donation from the Lincy Foundation (now the UCLA Dream Foundation), see page 4.

### Radiothon helps kids!

If you enjoy workin' 9 to 5, kickin' up your heels or doin' the Boot Scootin' Boogie while listening to country music, on-air personality, Melissa T, is counting on you to tune your radio to 102.7 FM The Coyote and call 616-5800 during this year's Children's Miracle Network Hospitals® Radiothon.

102.7 The Coyote and Beasley Broadcasting Group's four other local stations are joining forces to broadcast the Radiothon live. Every dollar raised during the three-day event will benefit the Children's Miracle Network's local affiliate hospitals – St. Rose Dominican Hospitals – that provide quality, compassionate care for children regardless of their family's ability to pay for treatment.

**Thursday, May 30 - Saturday, June 1**  
**Donation Line: 616-5800**



### Cleaning closets?

Catholic Charities Donation Drop Boxes are conveniently located in the parking lots of all three St. Rose Dominican Hospitals campuses. Donations of gently used clothing, shoes and household items are accepted between 7:30 a.m. and 4 p.m., Monday – Saturday. For home pickup, call 387-2222.

## St. Rose Dominican Hospitals. A Dignity Health Member

St. Rose Dominican Hospitals, A Dignity Health Member, 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 commitments to the women of southern Nevada.

*WomensCare* Spring 2013, Issue 57, 102 E. Lake Mead Pkwy., Henderson, NV 89015 is published quarterly by St. Rose Dominican Hospitals.

**WomensCare Center Director:** Holly Lyman **Editor/Writer:** Shauna Walch **Communications:** Kate Grey, Kim Haley, Liz Hefner, Tammy Kline **Designer:** Shannon Moss **Photographer:** Greg Preston

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

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



# Twice Blessed

**St. Rose Dominican Hospitals is putting the final touches on the expansion of its Level III Neonatal Intensive Care Unit (NICU) at the Siena Campus. The new NICU, which is nearly twice its original size, provides serious care for very special deliveries.**

**Twins, Bridget and Audrey,** will grow up sharing everything and – as with most siblings – there are likely to be misunderstandings and squabbles about having to do so from time to time. In fact, when they shared the spotlight at the *WomensCare* magazine photo shoot, Audrey began to flail her legs and inadvertently kicked Bridget in the head. As a result, efforts to get an artistic photograph of the twins that had Anne

Geddes' appeal turned into a tiny fiasco. Calm was restored when the twins were placed in the loving arms of their parents – Matt and Catherine – who took it all in stride.

“We know our daughters are likely to have tug-o-wars over sharing toys, friends, clothes or our attention, but with the help of St. Rose’s Neonatal Intensive Care Unit, we’ve already seen them through some of the biggest fights of their little lives,” says Catherine.

Bridget and Audrey suffered from a serious disorder called twin-to-twin transfusion syndrome (TTTS) before they were born. The disorder, according to St. Rose neonatologist, Dr. Deepa

Nagar, occurs in identical twins (and higher order multiples) who share a single placenta and the blood vessel connections to it. “Not all twins share a placenta, but among those who do, blood typically flows evenly through these shared vessels,” says Dr. Nagar. “Bridget, however, began receiving too much blood, which significantly strained her heart. Audrey, on the other hand, received too little, which caused extreme stress.”

At the same time Catherine’s twins faced a life-threatening blood flow imbalance, she developed preeclampsia (also called toxemia or gestational hypertension), a pregnancy-related condition that can, if not treated quickly, cause liver or renal failure, heart problems or worse.

Catherine was hospitalized and her pregnancy carefully monitored for two weeks before her daughters were delivered at 31 weeks gestation. For the following six weeks, Bridget and Audrey shared round-the-clock, intensive neonatal care from St. Rose doctors, nurses and therapists. Now three months old, the twins are healthy, home and sharing the attention of their parents and extended family. **WC**

► **Matt and Catherine** with their twins, Bridget and Audrey, who have thrived as a result of the care St. Rose’s NICU doctors, nurses and therapists provided.



## Questions & Answers

**Q: Early elective induction rates have allowed expectant parents some choice in their baby's birth date, so why has St. Rose worked to stop this practice?**

**A:** Early elective inductions and C-sections sounded like a great idea to some physicians and families. They gave expectant mothers some assurance that their doctor would be available to deliver their baby. They also made it easier to plan pregnancy leaves from work, reduce the number of days of discomfort experienced in the late stages of pregnancy, and take advantage of end-of-the-year tax deductions in some cases.

Years of research have shown, however, that inducing labor or having a C-section for convenience sake – rather than out of medical necessity – comes with increased risks because a baby's brain, liver and lungs undergo critical development in the late stages of pregnancy. Babies delivered through early, elective inductions or non-medically necessary C-sections have higher rates of feeding problems, respiratory distress syndrome, and increased NICU admissions.

St. Rose follows the March of Dimes' recommended plan in regard to elective inductions and C-sections, which includes education about the risks for physicians, nurses and families, algorithms for scheduling deliveries, a checklist that includes medically necessary early deliveries and a policy regarding patients that do not meet certain criteria, such as hypertension or preeclampsia.

It's important to remember that while a pregnancy is technically considered full term at 37 weeks, a pregnancy of at least 39 to 40 weeks is considered optimal – and a pregnancy of up to 42 weeks in length is considered normal.

▶ **St. Rose Dominican Hospitals** is grateful to have received a \$4.3 million gift from the Lincy Foundation (now the UCLA Dream Fund) to help fund our original NICU.



### Tiny miracles. Intensive care.

About 11 percent of babies are born prematurely, critically ill or develop problems soon after delivery and require highly specialized medical care. The Level III NICU at St. Rose Dominican Hospitals—Siena Campus is committed to meeting the needs of these special deliveries – and just as they need to grow, so has our NICU. The expanded NICU will feature:

- 26 NICU bays, a separate NICU Isolation Negative Pressure Room and whole-body cooling capabilities.
- Nesting suite where moms and dads can practice the parenting and caregiver skills they have learned – in an overnight suite that is just steps away from the NICU staff – before taking baby home.
- Lactation room that provides new mothers a comfortable, private setting where they can learn to breastfeed or pump breast milk.
- Note: Our St. Rose Dominican Hospitals – San Martín Campus has an additional six-bed, Level II NICU.

**Education, support and so much more.** The WomensCare Centers offer classes that begin before your baby's birth – Prenatal Yoga and Prepared Childbirth to name a few. And if your baby is born

early, our Sweet Pea NICU Group provides support and information. Infant CPR, immunization clinics, breastfeeding support and mommy-baby classes and activities are offered after you take baby home. See pages 29 and 30 or call 616-4900 for information.



**To find an OB/GYN or perinatal specialist,**

**call 616-4900 or visit [StRoseHospitals.org](http://StRoseHospitals.org).**

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

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

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

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

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



SOUTHERN NEVADA WATER AUTHORITY

*The SNWA is a not-for-profit public agency.*



# Oncologist happy helping patients

As Dr. Camille Falkner recently stepped into an elevator at St. Rose, a visitor read the title on her name tag: Gynecologic Oncologist. “Oh, you’re a cancer doctor,” said the woman. “I couldn’t do your job. It must be so depressing.”



► **Above: Barbara Patrick** wouldn’t call fighting ovarian cancer a piece of cake, but she has found it less frightening – and has had far fewer side effects – than she would have expected. She attributes the difference, in part, to her gynecologic oncologist, Dr. Camille Falkner, who she calls “a little slice of heaven.”

“We’ve all heard the cancer horror stories, but while I did lose my hair, I never felt really sick or hopeless,” says Barbara. “I found a doctor I trusted and felt was in this fight with me. She’s the type of doctor you want to refer all of your friends to before you remember you can’t because she only treats gynecologic cancer and other gynecologic problems.”



**To find a St. Rose gynecologist or gynecologic oncologist,**

call 616-4900 or visit [StRoseHospitals.org](http://StRoseHospitals.org).

Dr. Falkner has a positive and reassuring presence. “Any cancer diagnosis can, understandably, cause fear and panic, but gynecologic cancers are among the most treatable and curable, especially if they are caught early,” she says. “I empower patients by helping them understand their cancer scenario and the action plan we will take together to treat their illness.”

As rewarding as Dr. Falkner finds her work, she would rather emphasize the ways women can reduce their risk of developing one of the five types of pelvic gynecologic cancers: cervical, uterine, ovarian, vulvar and vaginal.

“It’s simple. Being female puts you at risk for gynecologic cancer, just as driving or riding in a car increases your risk of being involved in a crash,” says Dr. Falkner. “So just as you strap on your seat belt for safety’s sake, it’s important to take basic steps to protect yourself from these forms of disease.”

Having a routine Pap smear is one such precaution (see sidebar). “A Pap smear can detect precancerous cells that serve as an early warning sign that cervical cancer may develop,” she says. “If you’ve had routine Pap smears, then receive an abnormal test result, there’s a good chance that the abnormal cells were detected early and can be removed through a relatively easy procedure that can eliminate or

substantially reduce the risk you’ll ever develop cancer.”

Because simple, reliable tools such as Pap smears aren’t available to detect other types of gynecologic cancers in their earliest stages, Dr. Falkner says that healthy habits such as not smoking and maintaining a healthy weight are the equivalent of defensive driving. So is finding a physician you trust and see routinely for “well checks.”

“If you have open communication with a physician, you’ll be more in tune with personal health risks,” says Dr. Falkner. “Your physician can also help clarify whether any disconcerting symptoms you experience are related to cancer or something entirely different.” That’s important, she notes, because people often don’t seek the care they need for an illness because of the fear they develop after reading a list of symptoms on the Internet or recalling a story of someone who lost their life to cancer.

“Sadly, cancer can claim lives, but the majority of what I do is help people get better,” says Dr. Falkner. “In the process, my patients tend to examine what’s important to them and reorient their lives around those things. Seeing them rebound in life truly makes me happy.” **WC**

*continue to page 9*

Are you  
**Inspired**  
to save a life?

JOIN US FOR THE 18TH ANNUAL  
SUSAN G. KOMEN SOUTHERN NEVADA  
RACE FOR THE CURE®

Online Registration is Now Open!



SATURDAY, MAY 4, 2013  
FREMONT STREET EXPERIENCE  
Register TODAY at [www.komensouthernnevada.org](http://www.komensouthernnevada.org)

702.822.2324

 susan g. komen  
**race**  
FOR THE  
**cure**®

NATIONAL SERIES SPONSORS

AA   RE/MAX®  
SELF STANLEY STEEMER.  Walgreens



## Gynecologic cancer symptoms

Gynecologic cancer is often silent in the early stages, which is why routine screenings are important. But don't wait until your annual exam if you experience symptoms such as: vaginal bleeding or discharge after menopause; abdominal or pelvic fullness, discomfort or pain; sudden changes in bowel or bladder habits; loss of appetite (or feeling full quickly); low back pain or persistent lack of energy.

## Plan your Pap smear tests

For most women, Pap smear tests are now recommended as follows:

- Every one to three years for women ages 21 to 29.
- Every three years (or a combination Pap test and HPV test once every five years for women ages 30 to 65).

Talk to your doctor about your specific screening needs if any of the following apply: you're over 65, you've had an abnormal Pap test in the past, you've had a procedure to remove abnormal cervical cells or you have a compromised immune system.

## Consider the HPV vaccine for your daughter and son

The HPV vaccine can protect against some strains of HPV, a primary cause of cervical cancer. Because sexual activity is the main way HPV is transmitted, the vaccine is recommended for girls and boys at age 11 or 12, before they've become sexually active. But it is also recommended for those ages 13 to 26, even if they've been sexually active and even if they've been infected with HPV.

### ▶ Why your weight matters.

Did you know that maintaining a healthy weight could reduce your risk of endometrial cancer? The endometrium is the lining of the uterus. Being overweight or obese can increase your hormone, insulin and inflammation levels, all of which may raise your risk of developing endometrial cancer and possibly promote the growth of certain types of tumors.

## ROSE REGATTA



▶ **At last year's Rose Regatta**, the dragon boat racing team "Rah Rah 4 the Ta Tas" took first place in fundraising for St. Rose's breast cancer screening program, R.E.D. Rose. Pictured left to right: Maureen Perry, Sherri Weaver and Lynn Cuddihy.

# Get ready for the 5th annual Rose Regatta

When it comes to competing in the Rose Regatta, there is more than one way to win. Some teams focus on their technique while others rely on pure strength to pull their boat across the finish line. At last year's Rose Regatta Dragon Boat Festival, however, an all-women's team called "Rah Rah 4 the Ta Tas" took first place in terms of the amount of money raised for St. Rose Dominican Hospitals' R.E.D. Rose program. R.E.D. stands for Responsible Early Detection of breast cancer. The program provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men (49 years and younger\*) who lack adequate health care coverage or the financial means to obtain it.

"The Rose Regatta is a fun, competitive event but our goal goes beyond crossing the finish line first," says Sherri, the team captain. "Our aim is to raise as much money as we can for R.E.D. Rose."

Four members of "Rah Rah 4 the Ta Tas" have battled breast cancer – all of whom had the benefit of being insured. "Breast cancer

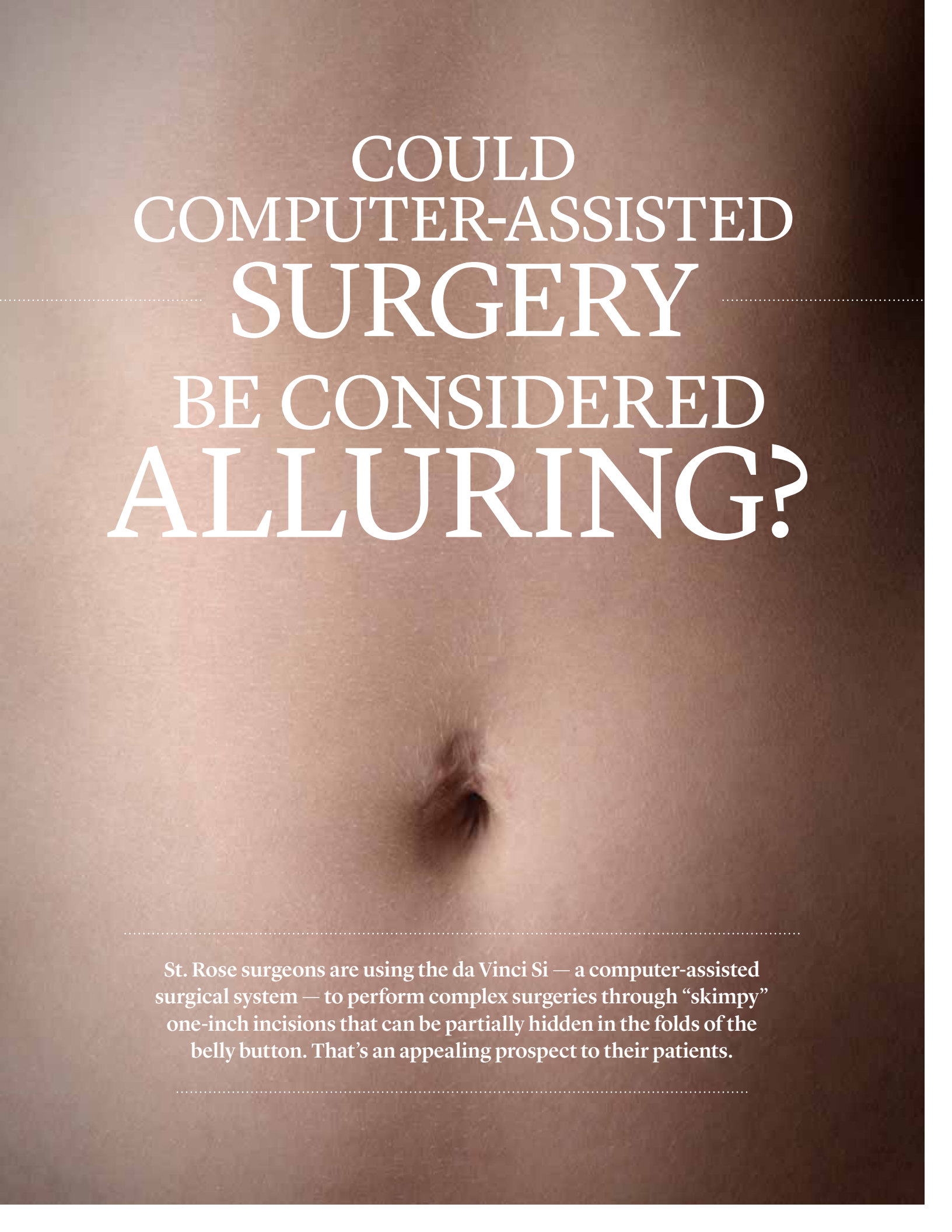
is frightening enough without adding the burden of worrying about how you are going to pay for diagnostic tests and treatment," says Sherri. "The money we raise for R.E.D. Rose helps provide breast cancer patients the medical, emotional and financial support necessary to fight this disease."

R.E.D. Rose also provides rent, utility and food assistance for clients undergoing treatment. Clients who require surgery, hospitalization and free or discounted medical treatment may also qualify for additional support through the St. Rose/Dignity Health Charity Care Program. **WC**

## Saturday, October 5 Lake Las Vegas

To register or for information about festival entertainment and events, visit [roseregatta.org](http://roseregatta.org) or call 616-4910. See calendar page 27 for practice and registration details.

*\*other programs serve adults over 50*

A close-up photograph of a person's belly button, showing the navel and surrounding skin. The lighting is soft, highlighting the texture of the skin and the shape of the navel.

# COULD COMPUTER-ASSISTED SURGERY BE CONSIDERED ALLURING?

---

St. Rose surgeons are using the da Vinci Si — a computer-assisted surgical system — to perform complex surgeries through “skimpy” one-inch incisions that can be partially hidden in the folds of the belly button. That’s an appealing prospect to their patients.

---

**M**aybe you've seen the commercial? A young woman enters a bar and takes a seat next to a gorgeous man, yet she couldn't care less about his thick hair or chiseled jaw. She's interested in the features of his sleek, new cell phone. The message is clear: we're "into" our technology. In fact, Americans are so enamored with technology that computer science was declared the "new sexy" and medical advancements such as computer-assisted surgery are talked about in terms of their allure.



**Dr. Irwin Simon**

"When the da Vinci® (computer-assisted) Surgical System was first introduced, it was often referred to as 'robotic surgery' because that's what caught people's eyes," says Dr. Irwin Simon, a general surgeon. "What's important, however, is that in the same way smart phones have simplified how we communicate, get information and even find our way when we are lost, computer-assisted surgery continues to redefine – and improve – the way we perform surgery."



**Dr. Roger Hsiung**

The first generation da Vinci, which was introduced around the beginning of the new millennium, allowed surgeons to achieve excellent results when operating on 'fixed anatomy' such as the gallbladder, uterus or prostate. "More surgeons than ever are performing computer-assisted surgeries," says Dr. Simon. "That's because the enhanced features of the newer da Vinci Si give us the surgical precision to operate on organs such as the colon and rectum – which don't sit still."



**Dr. Edmond Pack**

While Dr. Simon is the first to point out that discussing the gallbladder, colon and rectum is hardly "sexy talk," the potential aesthetic results are appealing to patients. "Approximately one million gallbladder removals take place in the U.S. each year – and the majority of procedures

are performed on women 18 to 44 years of age," says Dr. Simon. "The da Vinci Si allows us to perform surgery through a 'single-port' entry. That means a patient can have their gallbladder – or a cancerous colon tumor – removed through a small incision at their navel rather than through a large incision just below their rib cage or four small incisions on their abdomen."

Small incisions are a big plus for women and men who would prefer little to no visible scarring, but when it comes to surgeons, Dr. Simon says, "our first priority is treating or curing illness – and the da Vinci Si allows us to do that in a way that is less traumatic to a patient's internal organs and tissue."

Colorectal surgeon, Dr. Roger Hsiung, agrees. "Most of the growths related to colon and rectal cancer are located deep in the pelvic region, which can make them difficult to see and reach," he says. "In the past, we had to make very large incisions to get a good look at tumors – and to fit our hands and surgical instruments between the narrow, bony structure of the pelvis."

Using the da Vinci Si, however, surgeons can perform colon or rectal surgery through a small incision at the navel. Then, after detaching lesions or tumors from the affected area, they can be removed through a second



▶ **Surgeon's skills, computer's assistance.** Computer-assisted surgery is commonly called "robotic surgery," but the surgeon uses hand controls to precisely direct the da Vinci Si's arms and instruments.

small incision – typically about 4 centimeters in length – just below the bikini line.

Dr. Hsiung, Dr. Simon and other St. Rose surgeons perform these complex surgeries while seated at da Vinci Si computer consoles equipped with handheld controls. As they move the controls, their wrist and finger movements are translated into precise movements made by miniaturized medical instruments attached to the da Vinci Si's long, slender arms. "The da Vinci's mechanical 'wrists' have the dexterity of a human hand but they are about the size of the tip of my pinky," says Dr. Hsiung.

*continue to page 13*

◀ **The scar in the photo to the left is a representation.** Some scars may be smaller hairline scars within the belly button and others slightly larger depending on the nature of the surgery.

# FROM HOSPITAL TO HOME, WE HAVE **RECOVERY** COVERED.

---



At Kindred we understand that when a patient is discharged from a traditional hospital they often need continued care to recover completely. Whether it's in one of our transitional care hospitals, nursing and rehabilitation centers, or care in your own home, Kindred has the clinical knowledge, technology and experience to return people back to their lives.

Discharged isn't the last word on your healthcare journey. Recovery is. Come see how Kindred continues the care every day at [continuethecare.com](http://continuethecare.com).



## CONTINUE THE CARE

  [kindred.com](http://kindred.com)

In the **Las Vegas** area Kindred offers services in: 3 Transitional Care Hospitals • Subacute and Transitional Care Unit • Outpatient Rehabilitation Services • Outpatient Wound Clinic • Home Health • Hospice Care

---

**Central Admissions: 702.784.4333 • 888.378.9731**

## ▶ robotic surgery

“So we can remove a cancerous lesion or tumor without causing significant trauma to the patient’s surrounding internal organs, muscles and tissue.”

Another significant benefit of the da Vinci Si is that it allows surgeons to view internal anatomy more clearly than they can with the naked eye. “The da Vinci Si provides three-dimensional, high-definition images of a patient’s anatomy,” says Dr. Hsiung. “These images can be magnified to 10 times their actual size, which allows surgeons to better identify cancerous tissue and remove it with greater accuracy than ever before.”

The ability to distinguish between what is and what isn’t cancer improves the chance that a surgeon will get all of a patient’s cancer, reducing the chances it will return. It also improves the odds that the cancer can be eliminated while sparing the affected organ and preserving its function.

Dr. Edmond Pack, a gynecological surgeon, is equally passionate about using the da Vinci Si together with Firefly Technology to treat endometriosis, a painful condition that plagues millions of women.

“Firefly Technology uses a contrasting dye that lights up in ‘firefly green’ in front of the da Vinci Si’s special filter,” says Dr. Pack. “The area around the endometriosis tissue shows up in bright green against a black and white background of normal tissue, which allows us to more accurately distinguish and remove diseased tissue.”

Firefly Technology also lets surgeons see newly developing blood vessels. “Diseases like endometriosis – and cancer – must be fed by a blood supply to grow,” says Dr. Pack. “The da Vinci Si with Firefly Technology allows us to better identify new blood vessels and areas of microscopic disease. If we are able to find and remove these diseased areas, we may be able to remove disease even before its big enough to see.”

That, all three surgeons agree, makes the da Vinci Si truly alluring – and valuable – technology. **WC**

## Less pain and scarring. Higher patient satisfaction.

The da Vinci Si is used to treat a wide range of conditions related to gynecological, urological, colorectal, cardiac, and head and neck problems. It is also used for numerous types of general surgeries (e.g., gallbladder removal).

Benefits of da Vinci and da Vinci Si assisted surgeries:

- less to virtually scar-free results
- minimal pain
- low blood loss
- fast recovery
- a short hospital stay
- high patient satisfaction

## Community helps keep St. Rose on cutting edge of healthcare.

The St. Rose Dominican Health Foundation recently allocated \$3 million toward the purchase of a new da Vinci Si surgical system and an upgrade for St. Rose Dominican Hospitals’ San Martín and Siena campuses. Funding came from individuals, families and organizations whose donations enable St. Rose to put their funds to use where they will have the most impact. To find out more, visit [supportstrose.org](http://supportstrose.org).

▶ **Did you know** that St. Rose Dominican Hospitals’ three hospitals are the only not-for-profit, religiously-sponsored hospitals in southern Nevada? We are committed to high-quality, compassionate care that addresses the whole person – body, mind and spirit.



To find a  
St. Rose surgeon,  
call 616-4900 or visit  
[StRoseHospitals.org](http://StRoseHospitals.org).

## Stroke can strike young

May is National Stroke Month and although stroke is often thought to affect only older people, the rate of stroke among Americans 55 and younger has risen dramatically. In fact, one in five strokes overall now occurs in adults 20 to 55 years old. But it doesn’t have to be this way. Up to 85 percent of strokes can be prevented.

According to Dr. Scott Selco, medical director of St. Rose’s three Primary Stroke Centers, maintaining a healthy diet, exercising regularly and managing health issues such as high blood pressure, atrial fibrillation and diabetes can substantially lower stroke risk. It is also important to refrain from smoking, drinking alcohol to excess and doing drugs.

## Act FAST

Stroke is a medical emergency. If you experience these symptoms or observe them in someone, call 9-1-1.

**Face** – Does one side of your face droop?

**Arm** – If you lift both arms, does one arm drift downward – or have no strength or resistance?

**Speech** – Are your words slurred or incomprehensible?

**Time** – Fast equals brain. Call 9-1-1.

▶ **Transitional care hospital** – St. Rose provides high-quality, compassionate emergency, intensive and “step down” care. Yet, even when some patients are ready to leave the traditional hospital setting, they are not yet ready to go home. That’s why St. Rose offers an Inpatient Rehabilitation Facility and a Kindred Hospital in our Rose de Lima Campus. Kindred Hospital provides transitional care tailored to the needs of patients who need additional time and specialized care for multiple organ system failure or conditions such as: head, brain stem and spinal cord injuries; strokes; cardiopulmonary issues like emphysema; non-healing wounds and severe, complex infections.

# Your Child's Health

## FROM MILESTONES TO KETONES



► **Keep track of your infant's growth.** The St. Rose Baby Growth Tracker mobile app makes it easy with tools that chart your infant's height, weight and head circumference along with their doctor appointments and shot records. The app also has helpful tools such as breastfeeding instructional videos and special features for the parents of premature infants who require neonatal intensive care. To see the app in action, visit the iTunes or Android store and search for St. Rose NICU or visit [StRoseHospitals.org/mcc](http://StRoseHospitals.org/mcc).

► **Measure your child's milestones.** The milestones your children reach – from sitting up, babbling and waving goodbye to walking, talking and playing make believe – provide important information about how they learn. The Centers for Disease Control and Prevention provide free, developmental milestone tracking sheets for every age and stage of your child's first five years. The tracking sheets also include tips about when to talk to your child's doctor about possible developmental delays. To download the tracking sheets, visit [cdc.gov/ncbddd/actearly](http://cdc.gov/ncbddd/actearly).



► **Respond to your infant's or toddler's temperature.** The American Academy of Pediatrics recommends calling or visiting your child's doctor if your child is:

- 0-3 months old and has a temperature of 100.4°F or higher. **Note:** Infants' immune systems aren't fully developed, which puts them at greater risk for serious infections.
- 3-6 months and has a temperature over 101°F.
- 6 months or older and has a temperature over 103°F. **Note this important exception:** phone or visit your child's doctor right away if a fever hits 102°F or above with two or more of these symptoms: a cough, a sore throat, a runny or stuffy nose, body aches, headaches, chills, fatigue and diarrhea. These H1N1 flu symptoms, which are similar to those for seasonal flu, tend to occur within 24 hours of the onset of a fever. Your pediatrician may recommend that your child take the antiviral drug Tamiflu to reduce the severity and duration of symptoms.

## ▶ Weighing the value of family meals.

As America battles an obesity epidemic, some children are going to extremes to get or stay thin. Eating disorders such as anorexia and bulimia now peak among girls ages 11 to 13, but a surprisingly simple tactic – dining as a family – may provide protection. Family meals give children much needed time to communicate with parents about their interests – and the highs and lows of their days. This family time also provides a sense of connection that reinforces a child’s confidence.

While eating healthy, balanced meals should be a priority, be cautious about how you talk about food. Statements such as “sour cream will make you fat” or “eating too many carbs will give you a muffin top” can negatively influence a child’s eating habits or how they view food, their cravings and their bodies.

## ▶ Sandie’s simple solution helps students with diabetes.

Community Diabetes Educator, Sandie Rapp, RN CDE, recently asked school nurses how St. Rose’s Pediatric Diabetes Outreach Program could help them serve students with Type 1 diabetes. The nurses’ answers were simple: “Give us ketone testing strips.” That same week, Sandie delivered 320 big boxes of ketone strips – enough for every school in the Clark County School District.

School nurses play an important role in helping students with Type 1 diabetes monitor their blood glucose, manage their medications and test their urine for toxic acids known



Sandie Rapp, RN CDE, Lynn Hanssen, RN (CCSD), Pam Haw, RN (CCSD) and Emily

as ketones. High levels of ketones can lead to diabetic ketoacidosis, a dangerous condition that can become life threatening. The families of students with diabetes must, however, provide their own medications, equipment and supplies. In tough economic times, some families find it hard to afford anything – even essentials like ketone testing strips. That’s a problem because for safety purposes, school nurses must send students who have blood glucose levels of 300 mg/dL or higher home if they are unable to test the student’s urine for ketones.

“Blood glucose levels of more than 300 mg/dL can potentially lead to a dangerous spike in ketones,” says Sandie. “A school nurse equipped with test strips can monitor a student’s ketone levels and take steps to prevent his or her ketones from rising to a dangerous level.”

“Providing ketone strips was a simple fix,” says Sandie. “They keep diabetic students from missing school – and their parents from missing work.”

## Hotdogs! Peanuts! Lemonade! ... and Kidney Stones?

Summer is prime time for baseball, barbecues and kidney stones – the hard masses that form when certain salts and minerals build up in the urine and form crystals that stick together. These stones, which can range in size from a grain of sand to a golf ball, can become very painful as they pass from the kidney to the ureter and out of the body.

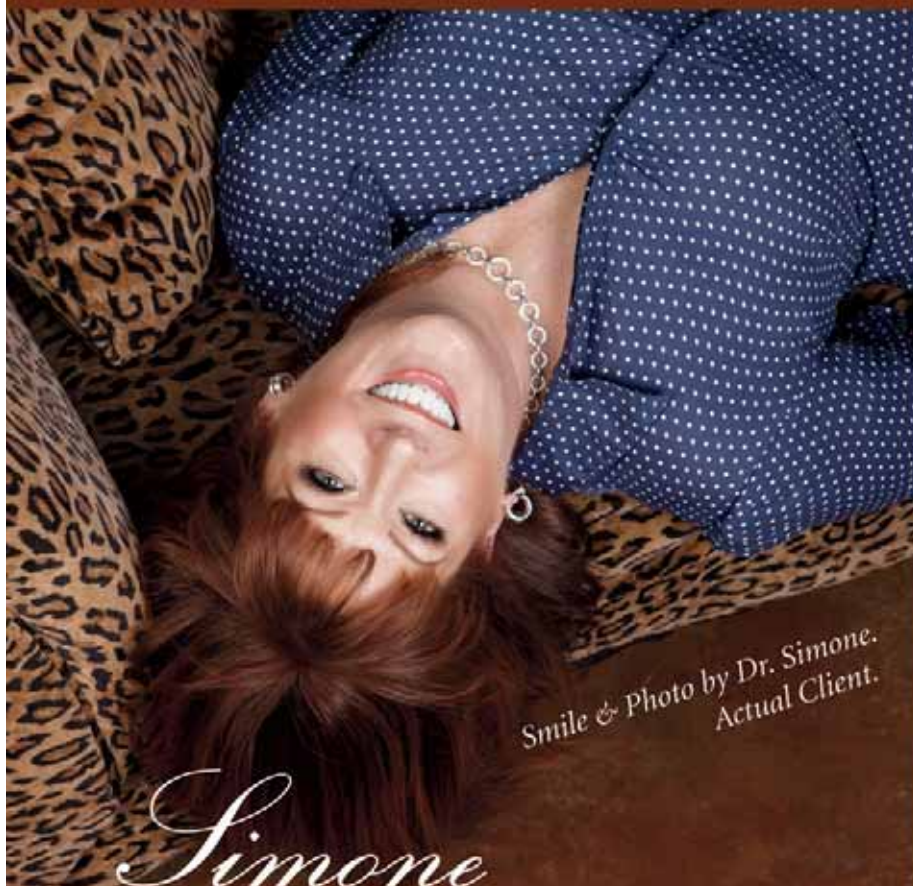
According to nephrologist, Dr. Gaurav Jain, two primary factors – dehydration and a diet high in salt (both of which increase the amount of minerals in the urine) – increase your risk of developing kidney stones during the summer. To help prevent them, Dr. Jain offers these tips:

- Drink plenty of fluid. Water is your best bet, as caffeinated beverages act as diuretics that can lead to dehydration. If you exercise rigorously or spend a great deal of time outdoors, keep in mind that you will likely need to drink more than the general recommendation of “eight, 8-ounce glasses of fluid a day.”
- Squeeze lemon in your water. The citrate in lemons helps stop crystals from growing into stones. Drinking fresh lemonade will also help, but it contains lots of unnecessary sugar.
- Limit animal proteins and salt. Processed meats such as hotdogs, cold cuts and beef jerky are loaded with protein and salt. Opt instead for small, fresh, unsalted cuts of meat and poultry or unsalted varieties of nuts and seeds.

Dr. Jain also notes that new residents and visitors who are unfamiliar with how dehydrating the southern Nevada summer heat can be – or how medications such as diuretics might need to be modified in relation to the local climate – can be particularly vulnerable to developing kidney stones.



*Beauty.*  
Let your smile express it.



Smile & Photo by Dr. Simone.  
Actual Client.

*Simone*  
**Beautiful Smiles By Design**

Voted "One of the Top Four Dentists in Las Vegas"  
— "Best Dentists," Las Vegas Life Magazine

Master in the Academy of General Dentistry

Member of the American Dental Association

Nevada Dental Association & Southern Nevada Dental Association

Participant in the Seattle Institute for Advanced Dental Education

Member of the American Academy of Cosmetic Dentistry

Member of the American Academy of Dental Practice Administration

Fellow of the International Congress of Oral Implantology

• Conscience sedation available •



Faculty member  
at the UCLA Center  
for Esthetic Dentistry

Patrick A. Simone D.D.S, MAGD

702-735-2755

PatrickSimoneDDS.com



AMERICAN ACADEMY  
OF COSMETIC DENTISTRY



### Coffee, colas and chlorine?

It's common knowledge that coffee and colas may stain teeth and erode tooth enamel, but Patrick Simone, DDS, says, "Many people don't realize that swimming pool chemicals may also damage teeth."

Athletic swimmers who spend several hours a week in the pool – and children who spend more of their summer in swimming pools than on dry land – expose their teeth to large amounts of chemically treated water. "Pool water contains chemical additives, which give the water a higher pH than saliva. This can cause salivary proteins to break down quickly and develop hard, brown tarter deposits on your teeth," says Dr. Simone. "These deposits, which most frequently appear on front teeth, can be removed through regular, professional teeth cleanings."

According to Dr. Simone, routinely swimming in a pool that is too acidic may also erode tooth enamel. To reduce the risk of damage to your teeth, Dr. Simone says it is important to maintain the proper pH balance of your pool (or check on the maintenance of the public pool you frequent). He also suggests keeping your mouth closed while you swim and waiting at least a half hour after swimming to brush your teeth. "Pool chemicals soften tooth enamel, so brushing too soon after swimming can wear away enamel," says Dr. Simone. "Getting frequent fluoride treatments can also help strengthen tooth enamel."





# Get to know the outside side of Las Vegas

A rake and a shovel aren't necessary for a casual walk, hike or bike ride. They do, however, come in handy if you're blazing trails – and that's just what individuals, organizations and government agencies are doing to better connect southern Nevadans to their natural surroundings.

## A guide to the great outside

To find out how you can take advantage of local trails or get involved in helping promote the growth and protection of southern Nevada's special places, visit the following websites:

- [outsidelasvegasfoundation.org](http://outsidelasvegasfoundation.org)
- [gethealthyclarkcounty.org/neon2nature](http://gethealthyclarkcounty.org/neon2nature)
- [nvoutdoorkids.org](http://nvoutdoorkids.org)
- [meetup.com](http://meetup.com) (Las Vegas Valley Urban Trail Meet Up Group)

### Outdoor workouts pay off!

Did you know that you can burn between 200 and 550 calories per hour walking or hiking a trail? Your weight and the terrain play a role in how many calories you'll actually burn, but here's good news: the heavier you are, the more calories you burn off per hour, which will bring you closer to your weight loss goal!

“There are nearly 1,000 miles of trails that weave through southern Nevada, and as our trail system continues to grow, it strengthens the fabric of our community,” says Mauricia Baca, Executive Director of Outside Las Vegas Foundation (OLVF). “Our cities’ urban trails help people get to school and work in a safer, more environmentally friendly manner, while our rural trails allow individuals, families and friends to connect with their own need for fresh air, fun and adventure.”

While local, regional and federal agencies are providing the resources to build new trails, the nonprofit OLVF is entrusted with raising the community's appreciation, use, responsible stewardship and financial support of these trails and open spaces. As such, Mauricia brings people and organizations together to adopt trails to clean and maintain, as well as fund exciting endeavors such as trail-walking field trips. “The great outdoors is an incredible classroom that gives students a chance to stretch their legs and learn about our living desert,” says Mauricia. “What's more, after visiting a trail – and learning about local varieties of plants and animals such as lizards, tortoises and burrowing owls

– students often bring their parents back. That builds a sense of excitement about the outdoors among entire families.”

Mauricia has also teamed up with the Southern Nevada Health District's “Get Healthy Clark County” campaign to provide online trail-finder maps and install quarter-mile markers on trails. The distance markers help people who use trails as free fitness centers gauge how far they walk, hike or run.

The most ambitious trail project that OLVF is helping local, regional and federal agencies with is the Vegas Valley Rim Trail, a loop of more than 100 miles of new and existing trails that will eventually connect to encircle Las Vegas, North Las Vegas and Henderson. An eight-mile, soft-surface segment of the trail, called the McCullough Hills Trail, which extends from Anthem through the Sloan Canyon National Conservation Area to Mission Parkway in Henderson, recently opened for foot and bike use.

For Mauricia, a native of Manhattan, New York, helping the community she now calls home find a balance between being a big neon city and a natural wonderland is truly exciting. **WC**

# EARLY HIP PAIN IN ATHLETES

## WHY A GRIN-AND-BEAR-IT MINDSET CAN HURT YOU

If you are a high-level athlete – or have trained like one – you have likely heard sayings such as *No pain no gain!* If, however, you experience ongoing hip pain, orthopedic surgeon, Parminder Kang, says, “Pain is not a sign of weakness, it’s a warning signal that shouldn’t be ignored.”

**Hip pain is not uncommon** in athletes in their 20s, 30s and 40s and may be a symptom of tendonitis, bursitis or even arthritis. In recent years, however, more highly athletic adults have been treated for femoroacetabular impingement (or FAI for simplicity’s sake). That prompted *WomensCare* magazine to talk with Dr. Kang about what causes FAI, why a grin-and-bear-it approach is a bad idea and how minimally invasive arthroscopic surgery can help return athletes to a high level of function faster than traditional forms of hip surgery.

***WomensCare:* Is there an easy way to explain femoroacetabular impingement?**

**Dr. Kang:** The hip’s ball-shaped femur rotates inside a cup-shaped socket called the acetabulum. If, however, the ball of your hip is not perfectly round or your hip socket is too deep, the joints rub against each other and their normal range of motion may be restricted. As a result, the rubbery rim of the socket, known as the labrum, gets impinged – or pinched – between the head and the cup. This repeated impingement can cause irritation and, over time, labral (labrum) tears. It can also damage cartilage that cushions the joints, which can lead to premature arthritis.

***WomensCare:* How does a person’s ball or socket become misshapen?**

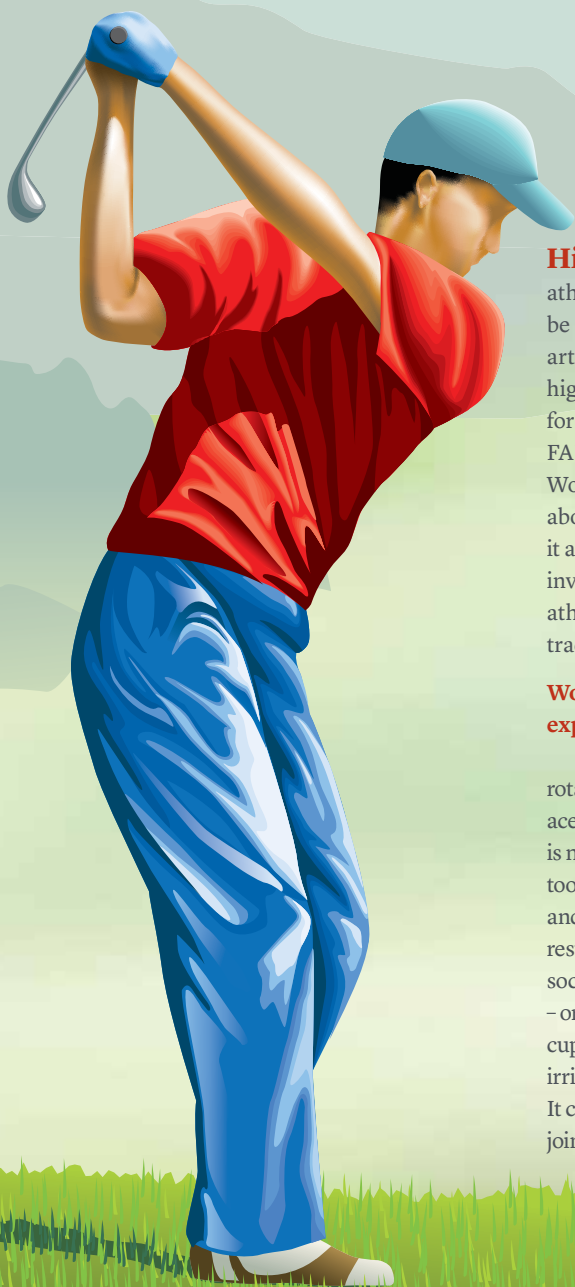
**Dr. Kang:** A misshapen ball or socket is something you are born with, but most people – including those with a mechanical mismatch in the shapes of their hip bones – move an average of two miles a day without experiencing hip pain.

***WomensCare:* Why are athletes more susceptible to these hip injuries?**

**Dr. Kang:** Young athletes and athletes who continue to train at high levels in their 30s and 40s flex their hips more often and to a greater degree than the rest of us. Sports such as martial arts, golf, soccer, football, water polo, biking and even deep squatting activities such as power lifting really engage the hips, so they can lead to labral or cartilage injuries in individuals with FAI (even mild FAI if the motion is extreme enough). However, even seemingly “safe” exercises like yoga can irritate the hips of someone with FAI.

***WomensCare:* Is a labral tear or cartilage damage more than an overuse injury?**

**Dr. Kang:** Yes; repetitive hip flexion alone won’t cause labral tears or articular cartilage injury in someone who has a normal hip ball



and socket. This damage occurs gradually in someone with FAI. In fact, some patients have told me that they first experienced hip pain when doing something simple such as swinging their leg to the side to get out of bed or the car.

**WomensCare: How would you describe the pain of FAI?**

**Dr. Kang:** FAI symptoms may begin as a dull ache or a feeling that there is a “hitch” in the hip. Some patients also experience groin or back pain. But generally, when patients show me where it hurts, they grab the side of their hip and groin between their thumb and index finger in a C-formation.

**WomensCare: How do you address the pain?**

**Dr. Kang:** The first line of treatment is rest and pain relievers such as ibuprofen. Corticosteroid injections may also reduce pain, and physical therapy can help strengthen the hip. The problem is that conservative measures may only provide temporary pain relief and can't reshape the hip joints or repair existing damage.

**WomensCare: But the “grin-and-bear-it” approach isn't recommended?**

**Dr. Kang:** Waiting too long to address FAI hip pain can lead to more severe damage that might not be repairable. What may help, however, is reshaping the ball socket and repairing the labral tear through arthroscopic hip surgery. Because the labrum is made of the same rubbery material as the meniscus that cushions the knee, the hip procedure can be as effective as arthroscopic knee surgery.

**WomensCare: How do you perform arthroscopic hip surgery?**

**Dr. Kang:** Arthroscopic hip surgery is a same-day surgery that can help athletes recover and get back to training and competing quicker than traditional hip surgery. By making two tiny incisions, we can insert a thin, flexible tool called an arthroscope that allows us to see hip damage, as well as reshape the bone and repair tears in the labrum. Articular



► **Brother and sister,** Dr. Parminder Kang (orthopedic surgeon, at left) and Dr. Vimmi Kang (anesthesiologist) were raised in Las Vegas and chose to make southern Nevada their medical practice home.

**Anesthesia Tips**

General anesthesia is often used during surgery to block pain and allow the body's muscles to completely relax – yet just the idea makes some patients nervous. According to anesthesiologist, Dr. Vimmi Kang, the most common reason people fear anesthesia is that they think it will make them nauseous. The following steps can help your doctor develop the best anesthesia plan for you and reduce the likelihood that you will get sick when you wake up.

1. Follow your doctor's instructions about when to stop eating and drinking prior to surgery. General anesthesia relaxes the muscles in your digestive tract and airway, so fasting reduces the likelihood that you will throw up. If you have to take medications prior to surgery, ask your doctor how much liquid you can drink to swallow them.
2. Fill out your medical history completely, including the medications, vitamins and herbal remedies you take. Certain medications and dietary supplements can thin your blood causing excessive bleeding or preventing normal blood clotting. Also indicate how much alcohol you drink and if you've had prior anesthesia problems.
3. If you have diabetes, talk with your doctor about altering your diabetes medication during the fasting period.
4. If you have sleep apnea or other breathing difficulties, discuss your condition with your doctor so your anesthesiologist knows to carefully watch and manage your breathing during and after your surgery.

cartilage can't be repaired, but we can use the scope to stimulate the growth of new cartilage. Another benefit of this procedure is that it helps us diagnose and treat early causes of arthritis, which may save an athlete with hip problems from needing hip replacement down the road.

**WomensCare: What diagnostic tests are recommended to diagnose FAI?**

**Dr. Kang:** An x-ray or CT scan can detect abnormalities in the hip structures, but to detect damage to the labrum and cartilage, an MRA (magnetic resonance arthrogram) – which is a special form of magnetic resonance imaging (MRI) – is necessary. An MRA uses a special dye that allows labral tears and defects in the cartilage to be seen better than a MRI. **WC**



To find an orthopedic surgeon, call 616-4900 or visit [StRoseHospitals.org](http://StRoseHospitals.org).

**BABY BOOMERS**  
*THE ME-GENERATION*

LASIK/PRK (Monovision),  
Computer Glasses and Medical  
Management of Diabetes

**GENERATION Y**  
*THE ON-DEMAND  
GENERATION*

Contacts, LASIK and  
Sport Sunglasses

**GENERATION X**  
*THE HEALTH CARE  
CEO*

LASIK, Implantable  
Contact Lens and  
Medical Management  
of Diabetes

**GENERATION NEW**

Eye Exams, Kool  
Eyeglasses and  
Treatment of Lazy Eye

**SENIORS**  
*THE GREATEST GENERATION*

Cataract Surgery with the new  
Intraocular Lens, Glaucoma and  
Macular Degeneration Treatment

# Say Hi to Generation EYE.

Westfield Nevada Eye & Ear provides excellent eye care for all generations. More locations. More specialists. More ways to get the best care. But the most important thing we deliver is results. No matter what age you are, the choice is clear. See Westfield Nevada Eye & Ear.

**CALL 702-896-6043 TO SCHEDULE YOUR APPOINTMENT TODAY.**

**Westfield Nevada**  
EYE & EAR

2598 Windmill Parkway  
Henderson, Nevada 89074

2575 Lindell Road  
Las Vegas, Nevada 89146

9100 W. Post Road  
Las Vegas, Nevada 89148

6850 N. Durango Drive  
Las Vegas, Nevada 89149

2020 Goldring Medical Plaza  
Las Vegas, Nevada 89106

2120 E. Calvada Boulevard  
Pahrump, Nevada 89048

**Services, support & success**

The Barbara Greenspun WomensCare Centers of Excellence will soon celebrate 15 years of supporting the physical, emotional and spiritual well being of southern Nevadans. Following are two WomensCare Center success stories. Share your WomensCare story on the St. Rose Dominican Hosiptals Facebook page!

**Come in. Connect. Heal.**

“If you’ve suffered a life-altering event that’s weighed you down, consider joining a book club, drumming circle or Tai Chi class,” says Bobbie Foster, Senior Peer Counselor for the WomensCare Centers. “I didn’t feel a grief support group was right for me when I first moved to town after losing my husband and son, but the book club helped me get out, make friends and work through my grief.”



**Like mother, like daughter.**

Kira Balius wasn’t able to breast feed her first two children, so she sought support when her daughter, Sage, was born. “I turned to the WomensCare Centers – the same place my mom received emotional support after my brother died from brain cancer,” says Kira. “They have helped every generation of my family, which is why I am now proud to volunteer there.”



**Listen like Lady Mary Crowley wants to confide in you**

How well do you listen when someone needs to talk? And how can someone get and hold your attention? These questions were the recent topics of conversation among a group of women. One responded by saying, “If you want to get someone’s attention, just say ‘Downton Abbey.’” Her comment spurred laughter and a lengthy side conversation about America’s obsession with the public television series from across the pond, but the question is important. In a busy, noisy world, how can you tune in and listen to others as intently as you might to Lady Mary Crowley, the wife of Matthew Crowley – heir to the British estate, Downton Abbey? Here are tips for becoming a better listener:

- Tune in to what is being said by turning off your television, radio and cell phone ringer.
- Act attentive. Make good eye contact – and use gestures like head nods – without creating an uncomfortable stare down scenario.

- Be aware of your body language. Crossing your arms and tapping your toes may appear to say, “Be quiet or I’ll butt in.”
- Practice patience. It may take someone time to find the right words to express their problem or point.
- Hold back your feelings and your fire. Try not to jump to conclusions or launch into opinions or arguments until you truly comprehend what’s being said.
- Clarify and verify what’s being said. If you don’t understand what’s been said – or even if you think you do – ask questions (or paraphrase what you think you’ve heard) to confirm that your understanding is correct.
- Exercise empathy. Consider the other person’s point of view even if you don’t fully agree with what they have to say.
- Value confidentiality. If you choose to listen to a problem someone needs to talk out, don’t repeat what they’ve said to others unless you are asked to help solve the situation. **WC**

▶ **WHAT!?** Did you know that people with hearing loss wait an average of seven years to seek help? Ask your doctor if your medications could be affecting your hearing.

**Women and girls lead**

Vegas PBS has partnered with UNLV’s Women’s Research Institute of Nevada to educate our community about some of the extraordinary women who have shaped Las Vegas into the world-famous and unique destination it is today. Visit [wrinunlv.org](http://wrinunlv.org) to learn more.

# Be a Part of Miracles IN THE MAKING



Grab a box of tissue, tune in your radio, and call in your support during Children's Miracle Network® Radiothon

**Thursday, May 30 – Saturday, June 1**

**Donation Line: 616-5800**



**Melissa T isn't a parent yet**, so at this point in her life, the on-air personality for 102.7 The Coyote considers her work her baby. Yet, as ultra professional as she is on the radio, she will have a box of tissue on standby during the 3rd Annual Children's Miracle Network Hospitals® Radiothon.

"The stories of our community's Miracle Kids really tug on the heart strings," says Melissa. "They've battled cancer; they're living with conditions like muscular dystrophy and bone disorders, but they have developed an amazing sense of strength – both physical and spiritual – that is awe inspiring."

Miracle Kids will join Melissa, along with other on-air personalities, during the three-day radiothon that will include a series of live broadcasts from the St. Rose Dominican Hospitals – Siena Campus.

"Helping a child get better will make you feel great," says Melissa. "And the benefit of helping Children's Miracle Network is that 100 percent of the money raised in southern Nevada helps care for children treated right here – by St. Rose's Pediatric and Neonatal units and programs."

Following are a few stories about children who have benefited from the community's support of Children's Miracle Network and St. Rose Dominican Hospitals this past year. **WC**

## Grab a box of White Cloud® facial tissue!

*Bright, playful, life-affirming. These words describe 12-year-old cancer survivor, Stephanie (left), as well as the design she drew that is featured on White Cloud Facial Tissue boxes being sold in May and June at Walgreens nationwide.*

Hundreds of people visit St. Rose Dominican Hospitals each day, but there was no mistaking 12-year-old Stephanie when she walked through the doors because her smile lit up the lobby. Yet talking about the day Stephanie was diagnosed with acute lymphoblastic leukemia still brings tears to the eyes of her father, Edwin.

“Stephanie’s nose had bled badly on several occasions. We were told not to worry too much, that it was just the dry climate, but we knew something was wrong so we kept pushing for answers,” he says. “One morning we woke up to find Stephanie running a 105 degree temperature. Her pillow was soaked with blood.”

Tests revealed that Stephanie had cancer. In the weeks after her diagnosis, Stephanie received treatment at more than one hospital but ultimately found her medical home at St. Rose. That’s where Stephanie put her creativity and her colored pens to work while hospitalized for chemotherapy.

Stephanie drew a picture that featured the letters L-I-F-E, flowers, cartoon faces and the words “I will live.” It was entered in an art contest conducted by White Cloud and the 170 Children’s Miracle Network organizations across the nation. The top 10 entries were posted on White Cloud’s Facebook page so families, friends and customers could “like” their favorite design.

Stephanie’s art won the contest and has been printed on White Cloud Facial Tissue boxes that are on sale in Walmart stores across the nation in May and June. Stephanie’s winning entry also earned a \$15,000 donation for St. Rose, southern Nevada’s Children’s Miracle Network Hospitals.

Stephanie’s inspiring art and positive

attitude about life give her parents much needed solace, particularly in light of the fact that one of their younger children was also recently diagnosed with a serious medical condition.

*Donations made to Children’s Miracle Network in southern Nevada help St. Rose Dominican Hospitals provide quality, compassionate care for children regardless of their family’s insurance status or ability to pay.*

## “M” is for Miracles you can help make happen!

*The “M” on Dominic’s cap stands for Mario – Super Mario – his favorite video game character. As Dominic’s mom, Heather, points out, “M” also stands for the miracle she believes her son received with the help of St. Rose Dominican Hospitals.*

Dominic, like Stephanie, suffered from acute lymphoblastic leukemia. He became ill just before his second birthday – and even though he was just a baby, he battled cancer with a brave heart and a happy-go-lucky smile. After two years of treatment, Dominic’s family and medical team thought he might soon declare victory over the disease, yet an aggressive, secondary cancer called diffuse large B-cell lymphoma took Dominic’s fight to the next level.

“My husband, Ryan, and I would have done anything for Dominic – including trade places with him – to keep him from the suffering he endured,” says Heather. “But the incredible thing is that Dominic loved his St. Rose doctors and nurses. He saw being hospitalized as just another opportunity to challenge St. Rose’s childlife specialist to another game of Super Mario.”

Heather is grateful for the life-saving care Dominic received. “A parent’s first concern is finding excellent, effective care when their child is diagnosed with a dangerous disease,” says Heather. “But you quickly learn that it’s also important to protect your son’s or daughter’s childhood experience. St. Rose helped Dominic enjoy being a little boy – and get better.”

► **Dominic** dressed as Super Mario, his favorite video game character.



► **Buy a Miracle Balloon!** During May and June, you can be part of Miracles in the Making by buying a Children’s Miracle Network Balloon for \$1 (bigger balloons are available for \$25-\$100 at some stores) at the following locations:

**Smith’s Food and Drug**  
(through May 13)

**Costco**  
(through June 31)

**Walmart**  
(through June 1)

**Sam’s Club**  
(through June 1)



**Children’s  
Miracle Network  
Hospitals**

**RYLAND HOMES®**

# STYLE FOR SUMMER

NEW FLOORPLANS. NEW EXTERIORS. NEW COMMUNITIES.

## WELCOME

Add some style to your home search and see what's new at Ryland Homes. Fresh new floorplans, innovative features, bold designs and family-friendly amenities make any of Ryland's Las Vegas communities the perfect place to call home. And nothing's more in-fashion this summer than a new home.



Visit any of these communities today and discover your style!

### **Amado Pointe Summerlin**

From the high \$200's  
5606 Trilling Bird Dr.  
Las Vegas, NV 89135  
(702) 489-7377

### **Evergreen Mountain's Edge**

From the high \$200's  
8717 Moon Crater Ave.  
Las Vegas, NV 89178  
(702) 476-4716

### **Jasmine Henderson**

From the \$180's  
1112 Via Castelli  
Henderson, NV 89052  
(702) 586-0150

### **Monticello Providence**

From the low \$200's  
6727 Sumatra St.  
Las Vegas, NV 89166  
(702) 816-2143

### **Cordova Etates Henderson**

From the \$270's  
3661 Toscanella Ave.  
Henderson, NV 89052  
(702) 750-2333

### **Indigo at Hillside 215/Cheyenne**

From the low \$200's  
10537 Rain Water Dr.  
Las Vegas, NV 89129  
(702) 449-2805

### **Maravilla Vistas Mountain's Edge**

From the low \$200's  
10061 Aspen Marshall St.  
Las Vegas, NV 89178  
(702) 445-7584

### **Verada View Providence**

From the low \$200's  
10753 Wrigley Field Ave.  
Las Vegas, NV 89166  
(702) 478-5522

[rylandVegas.com](http://rylandVegas.com)



**RYLAND  
HOMES®**



Prices, plans, elevations and specifications are subject to change without notice. See Sales Counselor for details. © 2013 Ryland Homes Nevada, LLC.





*Infants, Children & Parenting, pg. 30*

**Director:** Holly Lyman

**Staff:** Shamika Abbott, CLE; Elizabeth Arbogast; Marie Bevins, RN, IBCLC; Vanessa Borja, RD, CLE; Evelyn Castillo; Natalia Cortes; Jennifer Findlay, CLE; Aidee Flores; Aneel Flores; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Karen Hartling, CLE; Trianna Hunter, RN, IBCLC; Vicky Jeghir, CLC; Kimberlee Kobernik; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, IBCLC; Sandra Morel, MFT; Sandie Rapp, RN, CDE; Kim Riddle, CLC; Dorie Rodriguez, 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  
**FTF WIC** - Family to Family Connection, Henderson  
**HEND** - WomensCare Center, Henderson  
**HEND WIC** - WomensCare Center, Henderson  
**HH** - St. Rose Home Health, Henderson  
**MAC** - Siena Campus - MacDonald Room, Henderson  
**RAN** - Rose de Lima Campus - Annex, Henderson  
**RDL** - Rose de Lima Campus, Henderson  
**RDR** - Rose de Lima Campus - Rose Room, Henderson  
**SAN** - San Martín Campus, Las Vegas  
**SGR** - Siena Campus - Garden Room, Henderson  
**WEST** - WomensCare Center, Las Vegas  
**WEST WIC** - WomensCare Center, Las Vegas

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## ▶ diabetes management

### Diabetes Self-Management Program

Regain control of your life with Stanford's Diabetes Self-Management Program emphasizing mutual support and goal setting that complement your medical treatment.

**Mondays – May 27 until July 1; 2-4:30 p.m.**

WEST

**Thursdays – July 11 until Aug. 15; 1:30-4 p.m.**

HEND

**Fridays – July 12 until Aug. 6; 10 a.m.-12:30 p.m.**

GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy.

### Spanish Diabetes Program

Manejo Personal de la Diabetes es un taller gratuito que le enseñará las habilidades necesarias para tomar control de su diabetes. Aprenda técnicas para manejar los síntomas de la diabetes, como la fatiga, el dolor, la hiper/hipoglucemia y el estrés.

*Los talleres son impartidos en diferentes localidades de la ciudad. Para obtener más información o para registrarse en un taller cerca de usted, llame al 616-4914.*

### Diabetes Awareness Treatment & Education

American Diabetes Association accredited diabetes education. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

**Tuesday & Wednesday – May 7 & 8, June 11 & 12, July 9 & 10; 9 a.m.-1:30 p.m.**

**Tuesday & Wednesday – May 21 & 22, June 25 & 26, July 23 & 24; 5-9:30 p.m.**

HH

### Pre-diabetes – Avoid the Avoidable

Learn to avoid or delay the onset of diabetes from St. Rose dietitians and Diabetes Education Team.

**Thursday, May 23; 10 a.m.-noon**

HH

**Wednesday, June 26; 3-5 p.m.**

WEST

### Happy Feet Screening

Prevent or delay foot complications and diabetic-related problems by having your feet screened for circulation issues and numbness.

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

HEND: FREE

### NEW: Diabetes Support for Tykes & Tweens

Parents and kids with diabetes (up to age 12) share and learn new ways to overcome obstacles and be successful in school, sports and play!

**4th Monday; 6-7 p.m.**

MAC

### NEW: T2D Kids

Type 2 Kids (Age 10+), round up your parents. Join us for fun activities to learn to control your diabetes! Refreshments served. Parents must be present. Registration required at 616-4904.

**Thursday, July 11; 6-9 p.m.**

HEND

### NEW: Caregivers . . . Connecting the Dots

Grandparents, family, friends, sitters arm yourself with techniques to provide the best care for a child with Type 1 Diabetes! Refreshments served. Registration required at 616-4904.

**Wednesday, May 29; 6-9 p.m.**

HEND

## ▶ heart & stroke prevention

### Apraxia Conference & Networking

Join speech and language experts to learn about the latest treatments, therapies, technologies and assistive communication devices. Caregivers welcome. Seating limited; call Carol at 336-0200 or email [ARCJam@hotmail.com](mailto:ARCJam@hotmail.com) to register.

**Wednesday, June 26 & Thursday, June 27; 10 a.m.-3 p.m.**

SAN

## Healthy Living: Up2Me

Benefit from Stanford's six-week Chronic Disease Self-Management Program to regain control of your life through goal setting, overcoming barriers, practical exercises, relaxation techniques and more!

**Fridays – June 21 until July 26; 12:30-3 p.m.**

Lou Ruvo Center, 888 W. Bonneville Ave; Register at 483-6023

**Tuesdays – July 2 until Aug. 6; 1:30-4 p.m.**

HEND; Register at 616-4900

**Tuesdays – July 23 until Aug. 27; 12:30-3 p.m.**

WEST; Register at 616-4900

- 1. WomensCare Center - Henderson**  
100 N. Green Valley Parkway, Suite 330
- 2. Siena Campus**  
3001 St. Rose Parkway
- 3. Rose de Lima Campus**  
102 E. Lake Mead Parkway
- 4. Family to Family Connection**  
31 Church Street
- 5. San Martín Campus**  
8280 W. Warm Springs Road
- 6. WomensCare Center - West**  
7220 S. Cimarron Road, Suite 195
- 7. HEND WIC**  
100 N. Green Valley Parkway, Suite 215

Call **616-4900** for information and reservations.

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## Evening with A Doc

### Keep the Doctor Away

It takes more than just an apple a day. Join Dr. Keshav Chander, Cardiologist, to discover how proactive equals prevention when it comes to blood pressure, cholesterol and heart disease.

**Tuesday, May 14; 6-7 p.m.**

SAN: Seating limited; please RSVP to 616-4900.

### Arthritis & Aging

Joint Pain? Loss of movement? Considering a hip or knee replacement? Dr. Parminder Kang, Orthopedic Surgeon, will explain surgical and nonsurgical solutions and answer questions about arthritis to keep you moving.

**Tuesday, May 28; 6-7 p.m.**

SAN: Seating limited; please RSVP to 616-4900.

### Stroke Recovery Conference

Gain tips for living a healthy life after stroke, discover how brain neuroplasticity impacts recovery, learn CPR from the American Heart & Stroke Association and meet inspiring stroke survivors. Caregivers welcome. Seating is limited; call Carol at 336-0200 or email [ARCJam@hotmail.com](mailto:ARCJam@hotmail.com) to register

**Friday, June 28; 10 a.m.-4 p.m.**

SAN

### Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, R.D.

**Wednesday, July 10; 10-11:30 a.m.**

HEND

**Thursday, June 6; 3-4:30 p.m.**

WEST

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

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

**Tuesday, July 9; 4-6 p.m.**

HEND

### DASH Away from Hypertension

Learn the USDA's Dietary Approaches to Stop Hypertension for lowering blood pressure.

**Thursday, May 30; 2-4 p.m.**

HEND

### Blood Pressure Screenings

**Tuesday, July 16; 7-10 a.m.**

HEND: FREE

**Tuesday, June 18; 7-10 a.m.**

WEST: FREE

### Heartsaver CPR/AED

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

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

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

**Wednesday, July 17; 5-9 p.m.**

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

### CHAMP for CHF

Congestive Heart Active Management Program for St. Rose patients. Call 616-4910 for more information and to enroll.

## ► asthma & COPD control

### Better Breathers Club

American Lung Association's support group. Learn new ways to manage chronic lung disease. Caregivers welcome. Call 260-8400.

**Last Thursday; 3-4 p.m.**

PRESTIGE CARE, 2025 Wigwam Pkwy., HEND

## ► cancer screenings & survivorship

### 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 16; 2-4 p.m.**

HEND; FREE: Call for appointment.

### FIT Colon Test

Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to either of the WomensCare Centers and receive your test results via mail.

HEND; WEST: \$15

### Mammograms

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

### 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.

## ► smoke free

### Freedom From Smoking

Kick the habit with group support in this seven-week American Lung Association program.

**Tuesdays – June 4, 11, 18, 25, July 2, 9, 16 & Thursday, June 27; 5:30-7 p.m.**

SAN: FREE

### Step Out of the Cloud

Stop smoking with hypnosis. Wear comfortable clothes and bring your pillow.

**Thursday, May 30; 6-8 p.m.**

**Tuesday, July 30; 6-8 p.m.**

HEND: \$25 (includes CD)

**Wednesday, June 12; 6-8 p.m.**

WEST: \$25 (includes CD)

### Nevada Tobacco Users Helpline

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

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

## Race for the Cure

Run, walk or donate to Susan G. Komen Southern Nevada Race for the Cure®. Proceeds fund local breast cancer programs and global research. Details and registration at [komen-southernnevada.org](http://komen-southernnevada.org). Can't attend? Register to Sleep In for the Cure.

**Saturday, May 4; 8 a.m.**  
FREMONT STREET EXPERIENCE



CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

► **screenings**

Call 616-4900 for screening appointments.

**Peripheral Artery Disease Screenings**

Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department.  
*Thursday, June 27; 8 a.m.-noon*  
HEND: FREE

**Becoming Medicine Wise**

Meet individually with Pharmacist Krystal Riccio to learn about how your medications should be taken for efficacy and to avoid negative interactions and side effects.  
*Wednesday, July 17; 9 a.m.-noon*  
HEND: FREE  
*Wednesday, July 31; 9 a.m.-noon*  
WEST: FREE

**Health Screenings**

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A 12-hour fast is required.  
*Tuesday, July 16; 7-10 a.m.*  
HEND: Prices listed above.  
*Tuesday, June 18; 7-10 a.m.*  
WEST: Prices listed above.

**Do You See What I See?**

Join The Shepherd Eye Center for a free eye screening, prescription check and education about glaucoma and other eye ailments.  
*Wednesday, July 24; 10 a.m.-noon*  
HEND: FREE  
*Wednesday, June 26; 10 a.m.-noon*  
WEST: FREE

**Life Line Screenings**

High cholesterol, high blood pressure or a family history of these ailments? Poor diet? You may want to consider being screened for your risk of stroke. Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Call 800-690-0295 or visit [lifelinescreening.com](http://lifelinescreening.com) for details or to pre-register.  
10 LOCATIONS: \$139 (Mention code PSRD001 to receive a \$10 discount)

► **immunizations**

**WIC Immunization Clinic**

No cost shots for infants and children offered during your WIC appointment; sponsored by SNIHC. Please bring your child's shot record.  
*Thursday, June 20; 9 a.m.-noon*  
HEND WIC: Call 616-4905 to register.

**Parents**

Do you need a copy of your child's shot record or do you know what shots your child needs? Visit the Nevada WebIZ Public Access Portal at [izrecord.nv.gov](http://izrecord.nv.gov).

► **nutrition**

**Got SNAP? Supplemental Nutrition Assistance Program**

Three Square will assist you in completing and submitting your SNAP application free of charge. Call 616-4905 to book an appointment.  
*Saturdays – 8 a.m.-noon*  
HEND: WIC

**Weight Management Club**

Free weekly group to help you reach your weight management goals. Facilitated by St. Rose Registered Dietitians.  
*Fridays – 9:30 a.m.*  
HEND

**Mindless Eating**

Join Dr. Dominic Ricciardi for increased awareness of the most common habits and environmental pitfalls likely to sabotage any weight-loss effort.  
*Wednesday, July 17; 6-7:30 p.m.*  
WEST

**Why Weight?**

Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.  
*Wednesday, June 5; 6-8 p.m.*  
*Thursday, July 25; 6-8 p.m.*  
HEND: \$25 (includes CD)  
*Tuesday, May 21; 6-8 p.m.*  
WEST: \$25 (includes CD)

**Carbs. The New Evil?**

Learn how carbohydrates can positively or negatively affect your body, metabolism and appetite from Dr. Dominic Ricciardi.  
*Wednesday, May 15; 6-7:30 p.m.*  
WEST

**Obsessed with Food & Dieting?**

Dr. Lindsey Ricciardi will discuss why thinking about food and dieting can interfere with quality of life and what you can do about it.  
*Wednesday, June 12; 6-7:30 p.m.*  
WEST

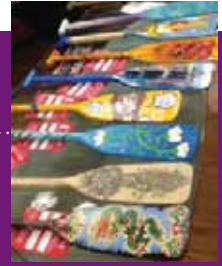
**Nutrition Consultations**

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.

**Paint Your Paddle**

Join Vegas Painting Parties to paint a paddle for yourself or donate it to be sold at the Rose Regatta. Call 417-7839 or sign up at [vegaspaintingparties.com](http://vegaspaintingparties.com).

**Tuesday, July 23, 6-9 p.m.**  
NACHO DADDY, 9925 S. Eastern Ave.; \$40



► **fitness**

Rose Regatta • [roseregatta.org](http://roseregatta.org) • 616-4910

**Dragon Boat Paddling**

Experienced and beginner dragon boat paddlers are invited to join others for fun and fitness on Lake Las Vegas. Register at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).  
*2nd & 4th Saturdays – 9 a.m. & 10:15 a.m.*  
LLV: \$10 per person; \$150 per team practice. Call Terry at 497-3385 for team practices.

**Pink Paddlers Breast Cancer Survivor Team Practices**

Any survivor can join this team! Call Terry at 497-3385.  
*1st & 3rd Mondays – 6:30 p.m.*  
LLV: FREE for survivors

**Zumba GOLD**

Show aging who's boss with this low impact program for the young at heart.  
*Wednesdays – 9:30-10:30 a.m.*  
HEND: \$5 per session or 5 sessions for \$20

**Walk This Way: Walking Club**

All ages and fitness levels (and strollers) welcome.  
*Mondays & Thursdays – 8:30-9:30 a.m.*  
Call 616-4902 for seasonal 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 Exercise**

Learn breathing, yoga and movements that target the woman's aging zones.  
*Tuesdays & Thursdays – 9-10 a.m. with Jeannine*  
HEND: \$5 per session or 5 sessions for \$20

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## 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** - 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 & 3rd Wednesdays, 2:30 p.m.,  
Black Mountain Grill and 1st Tuesday, Noon **SAN**

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

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

**Daughters Without Mothers** - 1st Thursdays, 6:30 p.m. **HEND**

**Diabetes Support** - 1st Wednesday, 10 a.m. **HH**

**Diabetes Support for Tykes & Tweens** - 1st Monday,  
6 p.m. **MAC**

**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**

**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**

**Pediatric Epilepsy Support Group** - 2nd Monday, 6 p.m. **MAC**

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

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

**Suicide Prevention Lifeline** - 1-800-273-8255

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

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

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

### 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

**Fridays** - 10:20-11:20 a.m. with Christine & Sharon

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

### Beginner's Yoga (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 (Beyond 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

**Saturdays** - 9-10 a.m. with Jen (FREE)

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

### Tai Chi

Join Stella Huang to learn Chinese martial art moves that create relaxation and improve balance.

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

**Advanced: Wednesdays** - 2:30-3:30 p.m.

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

### Zumba Fitness

**Mondays & Thursdays** - 6:15-7:15 p.m. & 7:30-8:30 p.m.  
with Lucy

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

### Chair Exercise

Practice fun, simple breathing, stretching, strengthening and balancing moves from a chair.

**Mondays** - 9-10 a.m. with Paige

HEND: FREE

**Tuesdays** - 10-11 a.m. with Paige

WEST: FREE

### Belly Dancing

**2nd Saturday** - May 11, June 8, July 13; 10:30 a.m.-noon  
with Goldie

WEST: FREE

## wellness

### Medicare ABCD's

Learn to decipher the Medicare maze and maximize Medicare benefits for you and your family.

**Tuesdays, May 14, June 11 or July 9; 9-10 a.m.**

HEND

### Communication through Sign Language

Learn basic signs to reduce frustration and help with everyday communication in this 3-week workshop for adults.

**Fridays** - June 7, 14 & 21; 3-4:30 p.m.

HEND

**Fridays** - July 12, 19 & 26; 3-4:30 p.m.

WEST

### Relaxation Meditations

Practice techniques that promote peace and good health with Freddie.

**2nd Tuesday** - May 14, June 11, July 9; 5:30-6:30 p.m.

HEND

**1st Tuesday** - May 7, June 4, July 2; 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** - May 14, June 11, July 9; 6-8 p.m.

WEST: \$5

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.

**3rd Thursday** - May 16, June 20, July 18; 2:30-3:30 p.m.

HEND

### Essential Oils

Enjoy a relaxing, educational evening learning how to incorporate essential oils into everyday home and personal use.

**Wednesday, July 31; 6-7:30 p.m.**

HEND

**Wednesday, June 26; 6-7:30 p.m.**

WEST

### Girl Talk

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

**Wednesday, July 24; 6-7 p.m.**

HEND

## Enjoy Zumba Gold!

Shed pounds and what feels like years off your life with Zumba Gold - fun fitness classes taught by Jeannine Mason, instructor of the WomensCare Centers' Ageless Woman's Workouts.

**Wednesdays** - 9:30-10:30 a.m.

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



CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

**Knit To Heal Prayer Shawls**

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for a sick friend or loved one). Yarn donations also appreciated!

*Learn to knit or crochet. 2nd & 4th Thursdays – May 9 & 23, June 13 & 27, July 11 & 25; 10:00 a.m.-noon*

HEND

*2nd & 4th Thursdays – May 9 & 23, June 13 & 27, July 11 & 25; 1-3 p.m.*

WEST

**Senior Peer Counseling**

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appointment.

HEND; WEST; RDL; SAN

**Help Helping Hands!**

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

**Energy Healing Circle**

Experience and learn the healing power of energy through a monthly Reiki circle.

*2nd Tuesdays – May 14, June 11, July 9; 6:30-7:30 p.m. with Freddie*

HEND

*1st Tuesdays – May 7, June 4, July 2; 7-8 p.m. with Freddie*

WEST

**Energy Healing Consultations**

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 281-9212 for appointment.

*2nd Tuesdays – May 14, June 11, July 9; 1:45-3:15 p.m.*

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

*Call 281-9212 for a West side appointment.*

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

**Memory Reset**

Increase your memory and recall with hypnosis. Wear comfortable clothes and bring your pillow.

*Wednesday, June 26; 6-8 p.m.*

HEND

*Tuesday, May 28; 6-8 p.m.*

WEST

**Lifting Depression without Medication**

Use hypnosis instead of prescribed medication to help reduce feelings of depression. Wear comfortable clothes and bring your pillow.

*Thursday, June 13; 6-8 p.m.*

HEND

*Tuesday, July 23; 6-8 p.m.*

WEST

**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.

**AARP Driver Safety Program**

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

*Mondays – May 13, June 10 or July 8; 9 a.m.-1 p.m.*

*Fridays – May 24, June 28 or July 26; 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 management.

*Monday, July 22; 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, July 20; 10 a.m.-2 p.m.*

RAN

▶ *pregnancy & childbirth*

Call 616-4900 (24 hours, 7 days a week) for class dates and more information.

**Text4baby**

Text BABY to 511411 and get FREE messages on your cell phone to help you through your pregnancy and your baby's first year.

**Car Seat Safety Checks**

Call 616-4902 for appointment.

*1st Tuesdays – May 7, June 4, July 2; 1-3 p.m.*

WEST

*2nd Fridays – May 10, June 14, July 12; 3-5:30 p.m.*

HEND

*3rd Fridays – May 17, June 21, July 19; 3-5:30 p.m.*

FTF

**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 – 12:45-1:45 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

▶ *breastfeeding*

**Breastfeeding Helpline 616-4908**

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

**Breastfeeding Consultations**

Call 616-4902 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor.

HEND: \$50 for St. Rose Dominican Hospitals patients; \$75 for all other clients.

**Baby Weigh Stations**

Free weight checks. No appointment necessary.

HEND; WEST; FTF

**Breastpump Rentals**

Rent the Medela Symphony, a hospital-grade, double-electric pump.

HEND; WEST

**New Mommy Mixer**

*Mondays – 11 a.m.-noon*

FTF

*Wednesdays – 11 a.m.-noon*

WEST

*Fridays – 11 a.m.-noon*

HEND



**Prenatal Classes**

Call 616-4900 to register (24 hours, 7 days per week).

**Baby Basics** - \$30 - HEND & WEST

**Breastfeeding** - \$30 - HEND & WEST

**Childbirth Express** - \$35 - HEND

**Infant CPR** - \$20 - HEND & WEST

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

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

& WEST

**San Martín Campus Maternity Tour** - 3rd

Saturday

**Siena Campus Maternity Tour** - 3rd

Saturday afternoon or 4th Monday evening

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## La Leche League

Join other nursing mothers for information, support and encouragement.

**4th Thursday – May 23, June 27, July 25; 10-11 a.m.**  
FTF

## ▶ infants, children & parenting

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

## Is Your Child Uninsured?

Call 740-4200 for information on Nevada Check Up.

## FREE Online Infant & Child Development Milestone Screenings

Children develop key skills or “milestones” at their own pace. How is your child doing? Complete a quick, free Ages & Stages Questionnaire at [makethefirstfivecount.org](http://makethefirstfivecount.org).

## Cooking Demonstration with WIC Approved Foods

Learn to prepare healthy meals with WIC approved foods from a registered dietitian.  
**3rd Tuesdays – May 21, June 18, July 16; 12:30-1:15 p.m.**  
HEND WIC: Call 616-4905 to register.



## St. Rose WIC Nutrition Program

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

HEND WIC; WEST; FTF

## Dancing with Miss Jenny®

Encourage your child’s gross motor, fine motor and cognitive skills development with silly moves, creative props and parent participation. Children ages 18 mos.-4 yrs. Call 616-4900 to register.

**Thursdays – 11:15-11:45 a.m.**  
**Thursdays – Noon-12:30 p.m.**

HEND: FREE  
**Mondays – 11-11:30 a.m.**  
**Mondays – 11:45 a.m.-12:15 p.m.**

WEST: FREE  
**Fridays – 11:30 a.m.-noon**  
FTF: FREE

## Mommy & Baby Yoga

Moms and babies ages 6 weeks-1 year.

**Mondays – 11:30 a.m.-12:30 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 and Family to Family South for music and movement.

**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 WIC

## 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-2 years.

**Tuesdays – 2-2:30 p.m.**  
HEND WIC: FREE  
**1st & 3rd Thursdays – May 2 & 16, June 6 & 20, July 18; 1-1:30 p.m.**

WEST: FREE  
**3rd Tuesday – May 21, June 18, July 16; 11-11:30 a.m.**  
FTF

## Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to 12 months) learn ASL sign language.

**Fridays – June 21, 28, July 12, 19; 10:30-11:30 a.m.**  
HEND: \$80 (includes Sign with Your Baby DVD)  
**Thursdays – May 23, 30, June 13, 20; 11:30 a.m.-12:30 p.m.**

**Saturdays – May 18, 25, June 1, 8; 11 a.m.-noon**  
**Saturdays – June 22, 29, July 13, 20; 11 a.m.-noon**  
WEST: \$80 (includes Sign with Your Baby DVD)

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

## Sing and Sign: Baby Sign Language Level II

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

**Fridays – May 10, 17, 24, 31; 10:30-11:30 a.m.**  
HEND: \$80 (includes Pick Me Up kit)  
**Thursdays – July 11, 18, 25, Aug 1; 11:30 a.m.-12:30 p.m.**  
**Saturdays – May 18, 25, June 1, 8; 12:30-1:30 p.m.**  
**Saturdays – June 22, 29, July 13, 20; 12:30-1:30 p.m.**  
WEST: \$80 (includes Pick Me Up kit)  
*For more information, log on to [WeeCanSign.com](http://WeeCanSign.com).*

## Infant Nutrition

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

**Wednesdays – 2-3 p.m.**  
HEND WIC

## Storks Nest Prenatal Program

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

**3rd Saturdays – May 18, June 15, July 20; 1-3 p.m.**  
FTF

## Nevada Check Up Enrollment Assistance

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

**2nd Tuesdays – May 14, June 11, July 9; 9:30-10:30 a.m.**  
FTF

## Kickin’ It with Baby – Teen Parent Program

Teen mammas and mammas-to-be, join us for dinner, sharing and education. Earn baby bucks to shop in the Baby Boutique.

**Call 568-9601 for dates.**  
FTF

## Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities – from the garden to the kitchen! Ages 1 to 4. Call 568-9601 to register.

**Wednesdays; 10-11 a.m.**  
FTF

## Crawlers & Climbers

Let little ones safely explore through texture and climbing structures. Ages 9-24 months.

**1st & 3rd Fridays – May 3 & 17, June 7 & 21, July 19; 10-11 a.m.**  
FTF

## Learn & Grow Garden

Youngsters get hands-on experience growing food at the Family to Family Children’s Garden! Ages 2 to 4. Call 568-9601 to register.

**Thursdays, May 2 & 16; 10-11 a.m.**  
FTF

CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

## A Path to Peace

Do you ever feel like your conversations, relationships, work or life in general are going in circles? It can be frustrating, but what can you do?

It may sound rather contrary, but actually walking in circles may do you a world of good! That is why St. Rose Dominican Hospitals – San Martín Campus and the Barbara Greenspun WomensCare Centers of Excellence invite you to take part in World Labyrinth Day.

“Walking a labyrinth is a powerful form of moving meditation that can quiet an overwrought or overactive mind and spirit,” says Holly Lyman, director of the Barbara Greenspun WomensCare Centers of Excellence. “We call walking our labyrinth ‘a path to peace.’”

If the idea sounds rather “New Age” to you, it’s true that labyrinth walking has become more popular in recent years, but it’s actually a revival of a centuries-old practice. “Humans have created circular, one-way paths made of rocks and stones with good reason,” says Lyman. “They are relaxing. You can quietly contemplate where you are going or just be at rest with where you are.”

Holly also points out that research has shown that walking a labyrinth can evoke a relaxation response leading to decreases in heart rate, breathing pace, blood pressure, and slower brain wave activity. **WC**



The San Martín Campus Labyrinth

### Simple Steps for Walking a Labyrinth

A single, spherical-patterned labyrinth is not a maze. There is only one way in and one way out, so as you walk, you don’t need to strategically think about where you’re going. Simply follow the path, concentrate on your steps and let your anxieties slip away. Tips for walking a labyrinth:

- Before walking, consider a prayer, mantra or image to hold in your mind.
- Upon reaching the center, stand still, focus on the center of the path, take several deep breaths and ask yourself: What am I feeling right now?
- While circling back to the entry point, reflect again on the prayer, mantra or image you are holding in your mind.
- After walking, consider writing down details about what changes you experienced while walking the labyrinth.

*We are not humans on a spiritual path, but rather spiritual beings on a human path.*

### Walking As One at 1 – World Labyrinth Day

Join thousands of people around the world as we “walk as one at one” to help create a peaceful wave of energy around the world. For more information, contact Gael Hancock at 702-523-3911, [gael.hancock@me.com](mailto:gael.hancock@me.com) or visit [labyrinthociety.org/world-labyrinth-day](http://labyrinthociety.org/world-labyrinth-day).

**Saturday, May 4; 12:30-2:30 p.m.**  
SAN (near emergency room entrance)

Postmaster: Please deliver within May 1-4.

# Clean Soft Water & Safe Great-Tasting Drinking Water

## NON-ELECTRIC • SODIUM-FREE\*

### Kinetico's Benefits

- Protects your plumbing & water using appliances
- Softer, smoother skin & silkier hair
- Cleaner, whiter, brighter laundry with less fading
- Save time cleaning and money on cleaning products
- Self-cleaning, maintenance-free systems designed to last over 30 years
- Over 20 models to choose from

### Systems Naturally Remove

- Bad Taste & Odor
- Chlorine & Chemicals
- Hardness & Scale
- Harmful Bacteria
- Viruses
- Pharmaceuticals

**Try**



Whole House Water Conditioning & the World's Best Drinking Water System

**\$9.50**  
only

Introductory Trial  
Homeowners Only  
O.A.C.

## Save Electricity, Water, Time & Money!

Call Our Local Las Vegas Office Today


**1-888-748-1935**

Tracking #M14

For More Details Visit

**Kwater.com**

*Delivering Quality Water to Las Vegas for Over 30 Years*

\*Using K-Life, NSL #46462 



 **Kinetico**  
water systems

Kinetico Quality Water Systems of Las Vegas  
Authorized, Independent Kinetico Dealer