

The Barbara Greenspun

# WomensCare

Centers of Excellence

StRoseHospitals.org

fall 2013 • issue 59 for the body • mind • spirit

## The Mayor

on Faith, Flu Shots  
and the Future

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LABOR?**

*We're  
ready!*

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**Dignity Health.**  
St. Rose Dominican





# Brighton<sup>®</sup> COLLECTIBLES



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## COVERSTORY

### ► OUR President's Perspective

**Rod A. Davis**

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

Dear Readers,

If you have turned on your television or opened the local newspaper recently, you have likely seen our *Hello humankindness* campaign, which is built on the belief that humanity holds the power to help people heal. But what does that mean?

Humanity can be defined as “humans as a group,” and Dignity Health–St. Rose Dominican is proud to have skilled physicians, nurses and clinicians dedicated to meeting the health care needs of our community. The word humanity also depicts kindness, mercy and benevolence, which comes from the Latin root words bene (well) and velle (wish), meaning “we wish you well.”

While kindness and mercy are central to the care we provide, humanity and its potential healing power are larger than our hospitals or our country’s health care system. Humanity describes all of us and the goodness that binds us as families, friends, co-workers and citizens of America and the world. Acts of humankindness feed (and potentially heal) our spirits so we become more connected to others and feel healthier and more whole.

I encourage you to spend time exploring *humankindness.org* and invite you to share gestures of generosity or acts of heroism and thoughtfulness. I look forward to reading the stories of kindness our community has to share.

I wish you well and hope you enjoy this fall issue of *WomensCare* magazine.

### Believing in community

Las Vegas Mayor Carolyn Goodman loves – and has faith in – our community. She is excited by the great lengths to which individuals, businesses and not-for-profit organizations are going that make the Las Vegas valley a healthier place. Learn more about the Mayor’s belief in community on page 9.



One simple way to help make our community healthier during the holiday season and new year is to get an annual flu shot. Learn how you can inFLUence the health of others on page 15, and look for information regarding free influenza vaccinations for the uninsured on calendar page 27.

### Visit our new WomensCare location

The Henderson office of the Barbara Greenspun *WomensCare* Center of Excellence has moved to 2651 Paseo Verde Parkway, Suite 180, at the southeast corner of St. Rose and Paseo Verde Parkways, south of the I-215 and Pecos Road. Come see our beautiful, bigger center dedicated to helping you achieve the best in body, mind and spirit.



**Dignity Health™**  
St. Rose Dominican

Dignity Health–St. Rose Dominican, 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* Fall 2013, Issue 59, 102 E. Lake Mead Pkwy., Henderson, NV 89015 is published quarterly by Dignity Health–St. Rose Dominican.

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*Physicians are independent practitioners and are not employees of Dignity Health–St. Rose Dominican.*



# LEARN ABOUT AAA REPAIR

(HINT: IT'S NOT JUST FOR CARS)







1987 Buick Grand National (left); a 1972 Oldsmobile 442; a 1967 Chevelle SS; and a 69-year old Chuck Hiatt. All are classics that have needed major repairs. Fortunately, Dr. Neel Dhudshia – a car enthusiast and cardiac surgeon – is skilled in all areas of cardiothoracic and vascular surgery and is capable of fixing them.

It's 6:30 a.m. on a late September morning, and while many people are just crawling out of bed and heading for the coffee pot, Dr. Dhudshia is revving the engine of his Oldsmobile 442. "It's OK," he says to Chuck Hiatt. "My neighbors know what we're up to." So before the two men are photographed for *WomensCare* magazine, Dr. Dhudshia brings out two more muscle cars and they swap car stories.

"I used to race muscle cars as a hobby back in Ohio," says Chuck. "All of the locals came out to watch us. It was a lot of fun." The two men estimate that was about the time Dr. Dhudshia started collecting Matchbox cars. "I think my mom still has my collection of cars somewhere," says Dr. Dhudshia, who now owns six real muscle cars. But cars aren't what first brought the two men together. Chuck's health did.

#### AAA Assistance

The initials AAA tend to bring to mind trusted emergency roadside assistance, but they also stand for Abdominal Aortic Aneurysm, which is what Chuck had. While this type of aneurysm can require emergency surgery, his was found before it burst.

"I switched health plans and my new internist took a full medical history, performed a complete physical exam and recommended that I have some tests," says Chuck. "At first I thought he was being overly cautious, but my age and past

history of smoking were causes for concern."

Chuck's test results revealed an abnormal bulge in the wall of his abdominal aorta, the major blood vessel that runs from the heart to the abdomen then divides to supply blood to the legs. Over time, such bulges can become weak and even the force of normal blood pressure can cause them to rupture leading to severe pain, massive internal bleeding or hemorrhage. So Chuck was referred to Dr. Dhudshia.

#### From 5,000 to 15,000 deaths in 30 years

It's uncommon to see a 1967 Chevelle SS cruising down the streets of Las Vegas these days, but Dr. Dhudshia routinely sees patients with abdominal aortic aneurysms. While deaths from such aneurysms have increased threefold – from 5,000 to more than 15,000 deaths each year – over the past 30 years, Dr. Dhudshia is one of a team of St. Rose doctors skilled in repairing the aorta so patients like Chuck can move on with their lives.

"An abdominal aortic aneurysm is somewhat like a balloon – fill it with too much fluid and it's likely to burst," says Dr. Dhudshia. "The standard of care is to treat the aneurysm when it reaches five centimeters in diameter to prevent its rupture." Historically, however, if an abdominal aneurysm was smaller than five centimeters, physicians had the difficult task of weighing

whether the risk of the aneurysm rupturing was lower than the risk of traditional surgery, which requires making a large incision that may extend from the breast bone to the pelvic bone.

Dr. Dhudshia has successfully performed hundreds of open abdominal aortic aneurysm repairs, but in addition to requiring a major incision, the procedure entails clamping the aorta, which can cause significant stress on the heart. He now often recommends a minimally invasive procedure called Endovascular Aortic Repair (EVAR) for patients who are at increased surgical risk due to age or advanced heart disease.

"The EVAR procedure is a catheter-based procedure that was developed based on the proven techniques used for placing peripheral vascular and cardiac stents," says Dr. Dhudshia. "This means we can deliver a flexible tube called a stent graft, which reinforces the weak spot in an artery, through the femoral arteries. The typical recovery time is cut by more than half because there is less trauma to the body and less chance of infection."

#### Chuck Goes in For Repair

Last May, Chuck went in to have his abdominal aortic aneurysm repaired. Once he was sedated, Dr. Dhudshia made small incisions in his groins, then, using x-ray guidance, advanced a guide wire into his

**Cardiologists and Interventional Radiologists.** Endovascular Aortic Repair (EVAR) is performed by a "team" with a cardiovascular surgeon, such as Dr. Dhudshia, working side-by-side with a cardiologist or interventional radiologist highly skilled in endovascular procedures.

**AAAs are often called "silent killers."** Three out of four aneurysms show no symptoms at the time they are diagnosed. When symptoms are present, they may include: abdominal pain, lower back pain that may radiate to the buttocks, groin or legs, or the feeling of a "heartbeat" or pulse in the abdomen.

#### Risk factors.

- Smoking is a primary risk factor. Age, genetics, trauma and hypertension, high cholesterol, arteriosclerosis (thickening and hardening of arteries), diabetes or obesity can also elevate AAA risk.
- Males over the age of 60 who have smoked or who have atherosclerosis, a form of arteriosclerosis caused by the build up of fatty plaques in the artery, are at the highest risk for AAAs.
- 50 percent of the patients with an AAA who don't undergo treatment, die of a rupture.

# Same-day appointments. Nice.

At the new Dignity Health Medical Group, we know you can't schedule your next illness. That's why we believe people should be able to schedule same-day appointments—because doctors can't help people if they aren't available to treat them. Appointments are available today with doctors like these:

**Internal Medicine**

Celeste Atkinson, MD  
Rama Harouni, MD  
Joseph Lee, MD  
Theodore Leon, DO

**Pediatrics**

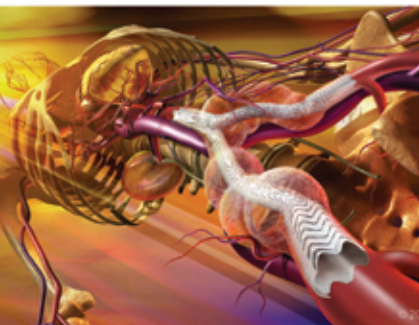
Karen Swarts, MD  
Olivia Yuson, MD

Stop by our new medical office at Peccole Plaza, 8689 W. Charleston Blvd., Suite 105, or call 702-304-5900 to make an appointment.

**Hello humankindness™**

Learn more at [dhmgnv.org](http://dhmgnv.org)

## ► aneurysm repair



► **Above: EVAR is a minimally invasive way to treat potentially life-threatening Abdominal Aortic Aneurysms (AAA).** Because an open incision is not required, patients experience less trauma and blood loss, have lower risk of infection and minimal scarring. Typical hospital stays are also reduced from one week to one or two days, allowing patients to return to normal activities and work much more quickly.

aorta, where Chuck's abdominal aneurysm was located. Next, he threaded a stent graft called an "excluder," which is a fabric tube supported by metal wire stents, over the guide wire into the aortic aneurysm. Dr. Dhudshia then positioned the excluder and it was expanded to support the walls of the aorta and prevent rupture from the aneurysm. As the stent expanded, blood flow was immediately restored to both of Chuck's legs.

"The excluder does basically just what its name says it does. It creates a new wall within the aorta so the aneurysm is excluded from the blood supply," says Dr. Dhudshia. "Over time,

the bulge in the aorta shrinks down flat against the outside of the stent."

After Chuck's procedure, he spent one day in the hospital and said his recovery was seamless. "I had a little tenderness where the incisions were made, but otherwise I felt pretty good," says Chuck.

According to Dr. Dhudshia, not every patient with an abdominal aortic aneurysm is a good candidate for the EVAR procedure, but more than 55 percent of repairs are now done using this less invasive technique. "EVAR is not new, but since it was first introduced, it has advanced to the point that many patients who weren't initially candidates for the procedure can now benefit from it," says Dr. Dhudshia. "Our St. Rose team is also successfully using EVAR to perform emergency repairs, which is important because when we are able to help the truly sick without performing highly invasive surgery, their recovery is markedly easier."

On average, patients who have EVAR spend one or two days in the hospital compared to the six- or seven-day stay that open surgery requires. **WC**



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

## Kicking an old habit, and creating a healthy one

Chuck Hiatt gave up smoking three years ago when he experienced a traumatic health crisis. "I ended up on the floor gasping for air one day. I thought I was going to die before help arrived," he says. "I decided to stop smoking that day because I had a good life and wanted to keep living."

Giving up cigarettes isn't easy but it is a good idea for your health. It's also good for those you love because inhaling secondhand smoke increases a person's risk of lung problems, heart disease and cancer. Exposure to secondhand smoke during pregnancy increases the risk of low birth weight and can increase a child's risk of sudden infant death syndrome (SIDS), asthma and infections such as bronchitis, pneumonia and middle ear infections (otitis media).

When you're ready to kick the nicotine habit, create a new healthy habit that helps you succeed. Consider the following ideas:

### **Get in Shape in Fits and Spurts.**

Devote the five-minute breaks you took to smoke to healthy movement and get fit in fast, short bursts. Take a quick walk, march in place, do yoga poses or sit ups, pushups and jumping jacks.

### **Try your hand at handiwork.**

You're used to holding a cigarette in your hand. Now what? Pursue a hobby that uses your hands such as crocheting, pencil drawing, fly tying or whittling.

**Make a game of it.** Play solitaire, a crossword puzzle or Sudoku when you feel like picking up a cigarette. Have games that two or more people can play if you typically smoke with friends or co-workers.

**Treat yourself.** Put the money you spent on cigarettes each day

into an envelope. Watch it build up over a week or two, then spend it on something healthy such as a pedicure or a round of golf, invest it or save it for a vacation.

## ► Smoke-Free

### **Freedom From Smoking**

Kick the habit with this supportive, seven-week American Lung Association program.

**Tuesdays – Nov. 5-Dec. 17 & Thursday, Nov. 28; 6:30-8:30 p.m.**

VALLEY VIEW REC CENTER, 500 Harris St., Henderson

**Tuesdays – Jan. 7-Feb. 18 & Thursday, Jan. 30; 5:30-7 p.m.**

SAN: FREE

### **Stop Smoking with Hypnosis**

Step out of that cloud of cigarette smoke once and for all! Wear comfortable clothes and bring your pillow.

**Tuesday, Nov. 26; 6-8 p.m.**

**Monday, Jan. 20; 6-8 p.m.**

HEND: \$25 (includes CD)

**Wednesday, Dec. 11; 6-8 p.m.**

WEST: \$25 (includes CD)

### **Nevada Tobacco Users Helpline**

When you are ready to stop smoking, a professional counselor will help you develop an individualized plan. **1-800-QUIT-NOW** (1-800-784-8669) or [livingtobaccofree.com](http://livingtobaccofree.com).



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

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After becoming paralyzed from chronic Lyme disease, Kelly was determined to walk again. At Kindred, she had all the resources she needed to make her goal possible. With constant support and coaching from her therapists, Kelly was able to stand up to her paralysis and regain her ability to walk. Today she's an active mom again, playing football with her two boys and most importantly, giving her family the hugs they missed so much.

Whether it's in one of our transitional care hospitals, nursing and rehabilitation centers, or care in your home, Kindred has the clinical knowledge, technology and experience to return people back to their lives. See how we continue the care every day at [continuethecare.com](http://continuethecare.com).



## CONTINUE THE CARE

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



Scan this code on your smartphone to **watch Kelly's amazing story of hope, healing, and recovery.**

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 • RehabCare Contract Rehabilitation.

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# The Mayor shares a healthy, contagious view of opportunity

It's the first day of fall and there is something – a feeling – in the air. “It’s opportunity,” says Las Vegas Mayor Carolyn Goodman who is brimming with a contagious sense of energy and enthusiasm (and the cup of Starbucks on her desk is still more than half full)! “Each of us can make this valley an even better, more caring place to live. I have faith in our community.”

## Interfaith Council Breakfast

When asked what role faith plays in community, Mayor Goodman points to a picture of the late Monsignor Patrick O’Leary, the former head of Catholic Charities, that sits on the credenza behind her desk. “He was a lovely, brilliant man with an incredible sense of community,” says the Mayor, who is Jewish. “He had the ability to bring diverse groups of people together to help our most vulnerable residents.”

Promoting a sense of “unity in the community” is the aim of the annual Mayor’s Interfaith Prayer Breakfast, which Mayor Goodman and the mayors of neighboring cities will host on November 17 at the Texas Station. “The breakfast is the beginning of an entire day devoted to open dialogue about the challenges and opportunities our cities face,” says Mayor Goodman.

In addition to bringing together leaders from various faiths, elected officials and business executives, 200 high school students are invited to attend the breakfast. When students ask what is being done to create jobs for young people, Mayor Goodman, who founded The Meadows School in 1984, often turns that question back to them. “Young people have bright, creative minds. We need to inspire them to look within, to be resourceful and to create opportunities for themselves,”

she says. “They can babysit, mow lawns or start their own small businesses. Tony Hsieh, the CEO of Zappos, started a button making business when he was in high school.”

Equally important, she says, is that young people learn to be resilient. “When one door closes, it’s important they have the strength and courage to walk through another one.”

The annual breakfast benefits the Interfaith Council’s Camp Anytown Las Vegas, a program that empowers youth in leadership skills, human relations and diversity. For more information, call 895-9303.

## Spirituality, Faith and Flu Shots

Mayor Goodman notes that not all people who come to the Interfaith Prayer Breakfast are religious, but she says most have a strong sense of spirituality based on something that provides hope, a sense of purpose and feelings of connectivity to life and community.

“We can all play a part in making our community healthier by doing something as simple as getting a flu shot to protect ourselves and others or volunteering for one of the non-profits making our community a better place to call home,” she says. “One of the most exciting projects that volunteers helped bring to fruition last year was Veteran’s Village.”

Veteran’s Village, a temporary housing facility that offers 125 rooms and social

services, was established by a local developer with the support of Home Depot and assistance from religious and secular charitable organizations such as Three Square food bank, Lutheran Social Services of Nevada, HELP of Southern Nevada, U.S. VETS, East Valley Family Services, the U.S. Department of Veterans Affairs and Medical Reserve Corps of Southern Nevada.

## Seizing Opportunities to Help Others

Mayor Goodman recently had the opportunity to read to a blind man and says, “When we have an opportunity to be of service to someone in need – or to our community as a whole – it feeds our inner soul. It’s healthy and can be contagious.” WC

► **Holistic healing.** Recognizing that physical, emotional and spiritual issues affect healing, the Joint Commission, which accredits and certifies hospitals, mandates that patients be offered a spiritual assessment as part of an overall health assessment. Hospital chaplains offer patients emotional and spiritual support and assist patients in identifying their spiritual resources. Resources such as family, friends, faith or pets can promote a sense of hope when patients face a health challenge.

# ESTABLISH YOUR MEDICAL HOME

IT'S SQUARE ONE WHEN IT COMES TO ENJOYING LIFELONG GOOD HEALTH



**Life isn't a board game**, but with good health it can be enjoyed like one. Below are some simple, suggested guidelines that can help you and your family stay at the top of your game.

**1. Objective: Play for optimal health.**

Pick a primary care physician and establish your medical home. Make an appointment for an annual checkup to get screenings and exams that are appropriate for your age and stage in the game. Hint: Annual checkups help prevent or catch health issues before they set you back in life or become serious enough to land you in the hospital.

**2. Move forward in life.**

**3. Strategy: Landed on the couch?** If you land on the couch with a cold and cough, the flu or an injury such as a sprain and need medical help, go directly to your primary care doctor. He or she can address your temporary or minor ills, ailments and

injuries. Hint: It will save you a trip to the emergency room and it won't cost you an arm or a leg.

**4. Strategy: Facing roadblocks?**

Is ongoing stress, fatigue or sadness slowing you down? Is a food obsession or a dependency on alcohol, prescription pain pills or other drugs interfering with your life and holding you back? Talk to your primary care doctor and ask questions. Hint: As a trusted advisor and confidante, your primary care physician can provide counsel, medical assistance and, if needed, referral to a specialist or program that can help you address and move beyond roadblocks.

**5. Move forward in life.**

**6. Strategy: Get to the next level.**

Experiencing disconcerting pain or symptoms of a more serious illness? See your primary care physician for an evaluation and, if needed, a referral to a

specialist. Hint: Patients who see multiple specialists without coordinating their care through a primary care physician/medical home are more likely to experience side effects related to adverse drug interactions or overtreatment.

**7. Move forward in Life.**

**8. The Win: Continuity of care and ongoing good health.** Having an ongoing patient relationship with a primary care physician ensures the care you receive is continuous and coordinated. Hint: Establishing such a relationship will keep you from going back to square one each time you need care.

**9. Keep moving forward and enjoy life!** **WC**



## Dignity Health Medical Group Clinics: New medical homes in your neighborhood!

“An ounce of prevention is worth a pound of cure” is not just an old saying, it’s the emphasis behind changes in health care. “People who have established an ongoing, trusted relationship with a primary care doctor are more likely to have better health over the course of a lifetime than those who don’t,” says Dr. Joseph Lee, an internal medicine physician. “By providing convenient access to primary care physicians – including family practice doctors, pediatricians and internal medicine physicians – we are encouraging good health.”

Here are two ways to find the primary care physician who’s right for you and your family:

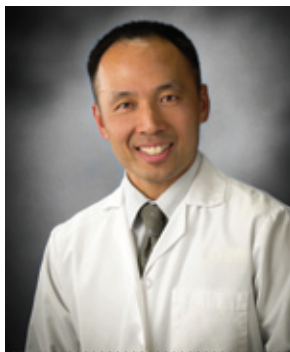
**1. Dignity Health Medical Group – Peccole Plaza Clinic** – This new, beautiful clinic is staffed by primary care physicians, medical assistants and skilled nurses who provide personalized care, including:

- Diagnosing and treating common health problems
- Evaluating your ongoing health through annual checkups and age-appropriate screenings
- Referring and coordinating your medical care with specialists when needed
- Promoting a healthy lifestyle and disease prevention
- Assisting you in managing your medications

Dignity Health Medical Group – Peccole Plaza Clinic is located at 8689 W. Charleston Blvd., Suite 105, Las Vegas, NV 89117. To schedule an advance or same-day appointment, call 304.5900.

**2. Dignity Health–St. Rose Dominican Physician Referral** – For help finding a primary care physician who is close to your home or work and meets your individual or family’s needs, the St. Rose Physician Referral Service is available 24 hours a day, seven days a week by calling 616.4900.

► **A place for kids with dreams and diabetes or growth problems.** Every child has dreams, and issues such as diabetes and growth disorders shouldn’t stop them from pursuing them. The Dignity Health Medical Group’s Dream Fund Pediatric Endocrinology Clinic can help provide the specialized care your child needs. The clinic is located in the Del Webb Medical Plaza at 10001 S. Eastern Ave., Suite 209, Henderson, NV 89052. For information and appointments, call 616.5865.



Dr. Joseph Lee

## Doctor appointment to dos

Whether you are sick or going in for a wellness check, Dr. Joseph Lee, an internal medicine physician at the Dignity Health Medical Group – Peccole Plaza Clinic, recommends preparing for your doctor’s appointment. “Take a few minutes to prioritize and write down one or two health concerns and questions. By focusing on key issues, you are more likely to receive better care,” says Dr. Lee. “Once these priorities are addressed, schedule a follow up appointment to go over your other health concerns.”

Dr. Lee also encourages patients to bring all of their medications, including over-the-counter medications and herbal remedies, in the original containers. “Bringing a written list of your medications may seem simpler, but if you misspell a prescription name or put a decimal point for a dosage amount in the wrong place, it can increase the chance of medication errors.”

Bringing a trusted family member or friend can be helpful too, says Dr. Lee. “If you are anxious about asking questions or feel extremely ill, a family member or friend can help ask questions or take notes based on the instructions and treatment plan your doctor outlines for you.”



To find a  
**St. Rose physician,**  
call 616-4900 or visit  
**StRoseHospitals.org.**

## Healthier kids on the horizon?

Childhood obesity has been labeled as an epidemic in the United States. It’s a serious issue that causes children to be five times more likely to grow into obese teenagers and adults, but the Center for Disease Control (CDC) is seeing some improvement in preschool obesity rates in parts of the United States. Following are factors shown to decrease childhood obesity:

**Increased breastfeeding.** Recent statistics from the CDC show that more than three out of four moms are trying to breastfeed their infants. Breastfeeding is proven to reduce the likelihood babies will become overweight children.

**Decreased sugar.** More parents are making water, milk and low-sugar juices the drinks of choice for their children. That’s important because researchers followed a group of 2- to 5-year-olds and found that the children who routinely had sugar-sweetened drinks at age 5 were 43 percent more likely to be obese than children who rarely had those drinks.

**More play.** Parents are joining forces with a focus on good health, not a certain weight goal. Enrolling children in early movement classes (gymnastics, karate or soccer) and encouraging outdoor activities ranging from free play, bike riding, roller-skating, going on hikes and walking to places such as school, church or nearby restaurants can help children develop healthy exercise habits.

See calendar on page 30 for information on *WomensCare* and Family to Family Connection healthy offerings for families with newborns and small children.



# The SNWA has received many awards, but nothing tops our Oscar.

As a SNWA research chemist, Oscar Quiñones is part scientist, part molecular detective and an all-star at the Southern Nevada Water Authority's Water Quality Research & Development Lab.

An admitted science sleuth, Oscar and his co-workers run one of the country's top environmental water quality labs. In fact, SNWA scientists have worked with the U.S. Environmental Protection Agency to help standardize worldwide methods for analyzing levels of emerging contaminants in water resources.

If you have questions about water quality – or are looking for information on supplemental water treatment systems -- contact the SNWA. Because no one knows more about water quality than your local water agency.

Go to [snwa.com](http://snwa.com) or call 702-258-3930



SOUTHERN NEVADA WATER AUTHORITY

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





# Finally! The care you need with no co-pays

## By the Numbers

**425,000**

The number of women who suffer from stroke each year. 370,000 men suffer from stroke.

**8.2**

Women with diabetes live 8.2 years less on average than those who don't have the disease. Men with diabetes live 7.5 years less on average than male counterparts who don't have diabetes.

**77**

Women are paid 77 cents on average for every dollar paid to men – the gap is even worse for African-American and Latina women.

**80**

The percentage of health care decisions women make for their families. They are also more likely to be the caregivers when a family member falls ill.

There are many reasons why women delay getting important preventive care services. Unfortunately, cost is chief among them – even for women who have health insurance. In a 2007 study, more than 50 percent of women reported that they had delayed getting preventive care services such as pap smears, mammograms and gestational diabetes screenings due to out-of-pocket costs, including co-pays and deductibles.

To reduce cost barriers, the Affordable Care Act (ACA) mandates that all new and non-grandfathered private insurance plans cover a wide range of preventive services for women without charging co-pays, deductibles or other forms of cost sharing. What's more, women can no longer be denied coverage due to pre-existing conditions including pregnancy.

“Women have unique health needs, particularly during their childbearing years, so they tend to require more medical services than men but are typically less able to pay for them,” says Holly Lyman, Director of the Barbara Greenspun WomensCare Centers of Excellence. “The high cost of care has been exacerbated by fewer jobs and, for those women who are employed, greater cost-sharing required to participate in employer-based health plans.”

According to Lyman, the new ACA mandates reduce the likelihood that women

will be forced to choose between paying for preventive health services or other basic necessities such as rent or mortgage payments, groceries and gas to get to work.

When scheduling your next well check or prenatal visit, check with your individual health care plan/policy to determine the date when your coverage will provide preventive services with no cost-sharing, including:

- Well woman visits, including cervical cancer screenings every 3 years and mammograms every 1-2 years for women over 40
- Osteoporosis screenings
- Age-appropriate immunizations, colorectal cancer screenings starting at age 50
- Maternal care, including a wide range of prenatal offerings such as folic acid supplements, gestational diabetes screenings, breastfeeding support, supplies and counseling
- Diabetes and blood pressure screenings
- Screening and counseling for interpersonal and domestic violence
- Depression screenings
- Smoking cessation programs
- DNA testing for high-risk strains of HPV, screening for HIV and counseling regarding sexually transmitted infections, including HIV

For details, visit [getcoveredamerica.org](http://getcoveredamerica.org) or [dignityhealth.org/enroll](http://dignityhealth.org/enroll). **WC**

# Health

# RETHINK YOUR DRINK



## ► Eww! What's in your water?

Recent reports have shown a drop in cola sales, but the number of bottled waters that contain added sugar or sugar substitutes has increased substantially. St. Rose registered dietician, Sherry Poinier, recommends carefully checking the nutritional labels of bottled “waters” before you buy or drink them. A 20-ounce bottle of Glacéau Vitaminwater has, for instance, about 33 grams of sugar as does Snapple Agave Melon Antioxidant Water. That, *Men's Health* points out, is equivalent to the amount of sugar in two Good Humor Chocolate Éclair Bars.

## ► Reverse your drink order.

What's one of the first things a waiter does after greeting guests? Take drink orders. That's why, if you enjoy soda, it's so easy to drink 150 to 300 calories even before you pick up your fork – or your first slice of Thai chicken pizza. To cut your soda calorie consumption, order water first. Drink enough to really quench your thirst, then order soda just before or just after your meal arrives. That way, you are less likely to consume as many empty calories.



## ► Orthopedic doctors make no bones about it. Soda isn't healthy.

For many girls and women, the sweet fizz of a soda is like dessert in a can. But a Harvard study found that 9th and 10th grade girls who consume soda are at three times the risk for bone fractures compared to those who don't. Tufts University research indicated that women who drank more than three 12-ounce servings of cola per day had 2.3 percent to 5.1 percent lower bone-mineral density in the hip than women who consumed less than one serving of cola per day. Interestingly, the bone density of men who drank the same amount was not as dramatically affected. And another study found that girls who began drinking soda by age five tended to drink less milk throughout childhood than those who didn't consume soda. They were also more likely to consume diets lacking in calcium, fiber, vitamin D, protein, magnesium, phosphorus and potassium.





► **Women and wine.** American women are having a love affair with wine. They buy and drink 60 percent of the nearly 800 million gallons of wine sold in the U.S. each year. The upside? Red wine has antioxidants that may help prevent heart disease – and a glass may help a woman unwind. The downside (aka, the buzz kill)? Wine contains ethanol, the same pure alcohol found in whiskey, but many women don't realize the risk of polishing off two or three glasses (or the whole bottle) on a routine basis. The potential for abuse exists. Alcohol is more toxic to women than men because their bodies have more fat, which retains alcohol, but less water, which dilutes it. Males also have more of the enzyme that breaks down alcohol before it enters the bloodstream, so women who drink the same amount as men of the same size and weight will become intoxicated more quickly. If that same woman and man drink in excess routinely, the woman is also more susceptible to alcohol-related liver and brain damage.

**Consider a few recent statistics regarding women and alcohol:**

**52%**

The increase in the number of young women who showed up in emergency rooms for being dangerously intoxicated between 1999 and 2008.

**30%**

The increase in the number of women arrested for drunk driving between 1998 and 2007.

**5oz.**

Dietary Guidelines recommend no more than five ounces as the daily serving size of wine for women.

► **Coffee, tea and what?** Plain coffee and tea are calorie-free and brimming with antioxidants, flavonoids, and other active substances that may be good for your health and help reduce your risk of heart disease, diabetes and other ailments. But add a big splash of cream, several teaspoons of sugar and a dollop of whipped cream, and coffee or tea starts to look like a hot fudge sundae. It may also contain as much sugar, fat and calories. “Many coffee drinks prepared by baristas have the equivalent of 10 to 17 teaspoons of sugar,” says Sherry Poinier, registered dietician. “Try ordering a café latte with skim milk and adding your own sugar. You will likely find that two teaspoons of sugar makes it plenty sweet enough.”

► **ER visits: An energy drink eye opener.** Could the energy drink that promises to pick and pump you up land you flat on your back in the ER? Energy drinks can cause disconcerting symptoms, from shakiness to seizures and not just among teen and 20-something crowds. The number of ER visits involving energy drinks doubled from 10,000 in 2007 to more than 20,000 in 2011. Those most likely to be affected were people in the 18- to 39-year-old age range, and about half of the energy drink-related ER visits made by young adults aged 18 to 25 involved combinations of energy drinks with alcohol or other drugs. ER visits for adults 40-plus also jumped 279 percent between 2007 and 2011.

**Exert your InFLUence**

“The best way to protect yourself and the ones you love from the flu is to get vaccinated,” says Dr. Rutu Ezhuthachan, Medical Director for UnitedHealthcare and Board Chair for the Southern Nevada Immunization and Health Coalition (SNIHC) pictured with her children, Max and Mia (below). “By getting your flu shot, you also help protect newborns who are too young to get the influenza vaccine, as well as other vulnerable community members, including seniors, who have compromised immune systems and those who are unable to get the vaccine for other reasons.”

The Center for Disease Control (CDC) recommends that everyone six months and older get a flu shot every year. For more information on the SNIHC no-cost flu shot clinics for the uninsured, see *WomensCare* calendar page 27.

Other steps to prevent the flu include:

1. Wash your hands frequently with soap and water (or use an alcohol-based hand sanitizer). The influenza virus can live for two to eight hours on surfaces such as door handles and countertops.
2. Cover your nose and mouth with a tissue (or your sleeve) when you sneeze or cough rather than using your hand as a shield.
3. Avoid touching your eyes, nose or mouth.
4. Avoid sharing utensils and cups to avoid direct transfer of the virus.



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### Is your toothbrush a cold culprit?

Reducing the spread of cold and flu requires that we be conscientious about washing our hands and covering our coughs. Being careful about how we store our toothbrushes may also provide extra protection from infection.

"Our mouths harbor a host of oral bacteria, so when a family stores their toothbrushes side by side, it's possible that bacteria can move from toothbrush to toothbrush," says Patrick Simone, DDS. "This may increase the spread of infections such as common colds and even periodontal (gum) disease."

To reduce the potential spread of infection through toothbrushes, Dr. Simone offers the following recommendations:

- Do not share toothbrushes as it can result in an exchange of bacteria that leads to infection.
- Thoroughly rinse toothbrushes after each use to remove toothpaste and debris.
- Store toothbrushes in an upright position and allow them to air dry until used again. If you store more than one brush in the same holder or area, make sure the brushes are well separated to prevent cross contamination. Also, clean your toothbrush holder on a regular basis.
- Do not routinely store toothbrushes in a closed container. Dark, moist environments are conducive to bacteria growth.
- Replace toothbrushes at least every 3-4 months.



# How Ann got InQuicker™

One of the most frequent complaints emergency room doctors address is not about an injury or illness. It's about waiting room times – while wait times tend to go up in the fall and winter months, Ann Amato recently found a way to spend less time in the waiting room.



## InQuicker

To use this free service:

1. Visit [StRoseHospitals.org](http://StRoseHospitals.org) and click on the InQuicker button.
2. Answer prompts, including your name and symptoms.
3. Check in and wait for your projected treatment time – all while resting at home where you are most comfortable.

InQuicker patients generally spend up to 70 percent less time in the waiting room.

## St. Rose Dominican – Siena Campus expansion

The Siena Campus is expanding, and one of our newest additions – a parking garage – has already opened to make parking easier.

- ▶ **Have your medical health history ready.** Do you have a copy of your medical health history? If not, next time you fill one out at your physician's office, ask for a copy – or create your own and keep it handy in case of emergencies. Printable health history forms are available online. During your visit to the ER, your health history will be taken by a triage nurse to create an electronic medical record, so if you ever need emergency services again, ER staff will be more familiar with your health.

Ann Amato was taking a long walk along a San Diego beach when she began experiencing painful back spasms. The spasms intensified over the course of her vacation and on the drive back home to Las Vegas became so excruciating that she didn't feel she could wait until her scheduled doctor's appointment to receive care.

Fortunately, a new issue of *WomensCare* magazine was waiting for Ann when she got home. That's how she learned about St. Rose's Online Waiting Service™, InQuicker, which enables patients who have non-life or limb-threatening conditions to check in online for a projected treatment time in the emergency room.

"I tried InQuicker and found the online check-in very simple. After I answered a few prompts about my symptoms, I was given a projected treatment time," says Ann. "I was

able to rest at home in bed until 15 minutes before my projected treatment time, which was much more comfortable than sitting in the emergency waiting room."

When Ann and her husband arrived at St. Rose, they were greeted and taken back into the emergency room in less than five minutes. "It all went incredibly smoothly and the doctors and nurses were very caring," says Ann.

InQuicker provides projected treatment times rather than guaranteed appointment times as emergency room physicians and nurses are required to render care to the most critically ill and injured patients first. If a delay occurs, you will receive an email, phone call or text message regarding your updated projected treatment time so you may continue to wait where you are most comfortable. **WC**

## Seniors take time to safeguard health

A recent study suggested that nearly 60 percent of Medicare beneficiary visits to emergency rooms and 25 percent of their hospital admissions were "potentially preventable." Strokes, heart attacks and falls can land older adults in the emergency room, but other health problems such as adverse drug reactions and problems related to chronic obstructive pulmonary disease (COPD) can become just as critical. Seniors who have a high level of communication with their primary care doctors and specialists and help coordinate their ongoing care can reduce their chance of such issues. To learn how St. Rose's Chronic Disease Self-Management Program, Healthier Living, can help, see page 28 for details. Also, learn more about Dignity Health Medical Group Clinics on page 11.



# A THANKSGIVING BLESSING AND A First Birthday

**When Jessie Allen** and her husband, Scott, gather with family in Utah this Thanksgiving, they will count their blessings – and celebrate their daughter Addison’s first birthday. A year ago, the Allen’s cut their holiday visit short when Jessie, who was 30 weeks pregnant at the time, began to feel sick and experienced disconcerting abdominal pains.

“We decided to head back to Las Vegas early because I wanted to see my obstetrician,” says Jessie. “My symptoms worsened as we drove, so when I called her, she told us to drive straight to the St. Rose Dominican, Siena Campus.”

When Jessie arrived in the Maternal Child Unit triage, she was given several tests and diagnosed with a potentially life-threatening condition called HELLP syndrome (H = hemolysis, breaking down of red blood cells; EL = elevated liver enzymes; and LP = low platelet count). It’s not certain what causes HELLP, but it may be a form of preeclampsia or eclampsia, both dangerous pregnancy-related conditions defined by high blood pressure and excess protein in the urine.

Dr. Turner called in a specialist to evaluate Addison’s lung function to see how well she would fare being delivered nine weeks early. But, ultimately, Jessie’s liver was at risk of rupturing, so she was given corticosteroids to help Addison’s lungs develop faster, and then prepared for an emergency Caesarean section (C-Section).

“My body was under so much stress and I was scared and mentally unprepared to have my baby nine weeks early,” says Jessie. “Looking back, I am really impressed with how the nurses and Dr. Turner handled my emergency. They were very composed, confident and caring. It gave me a greater sense of calm.”

In the days following Addison’s delivery, Jessie’s health steadily improved, but Addison fell sick and had to be isolated in St. Rose’s neonatal intensive care unit (NICU). Addison did, however, make a full recovery and has had no lasting complications from HELLP or her early delivery. **WC**

## **The Laborist: What to expect when you’re expecting (but not so soon)!**

When Jessie’s baby was delivered by emergency C-Section over the 2012 Thanksgiving holiday, she was grateful that her doctor was in town and available to perform the surgery. But what happens when an expectant mother goes into labor or experiences an emergency and her obstetrician can’t be there or is delayed en route to the hospital?

When such challenges occur, St. Rose Dominican’s laborists provide expectant parents and their obstetricians the reassurance that immediate, high-quality, compassionate care will be provided for both mom and baby.



To learn more about St. Rose's laborist program, *WomensCare* magazine spoke with OB/GYNs, Dr. Donna Miller and Dr. Gregory Gex.

#### **WomensCare: What is a laborist?**

**Dr. Miller:** Our laborists are board-certified obstetricians who are available around-the-clock on our Maternal Child Unit and in the emergency room, when needed. They can examine soon-to-be-moms, evaluate the progress of labor, react to laboratory abnormalities, and provide a safe delivery if a physician is unavailable or delayed. If an emergency occurs, our laborists are also ready to respond with lifesaving intervention for mom and baby.

#### **WomensCare: Have there been times when a doctor has not been available to deliver a baby?**

**Dr. Gex:** It's happened countless times across the country! St. Rose has highly skilled labor and delivery nurses, but laborists ensure that a highly qualified physician is always available to manage mom's labor and delivery and respond to any issues that may arise.

#### **WomensCare: What role do laborists play in providing care to the uninsured?**

**Dr. Gex:** An expectant mom who is underinsured or uninsured may delay seeing a doctor for financial reasons. If she is admitted to the emergency department – even for treatment for an illness or injury unrelated to her pregnancy – a laborist can examine her and run basic tests to ensure that she and her baby are healthy. Staff members can also provide a physician referral or direct her to a government or private insurance program to help ensure she receives ongoing prenatal care. If she is in active labor on arrival, the laborist can also deliver her baby.

#### **WomensCare: Can you explain how laborists are helping hospitals reduce the high rate of C-sections across the country?**

**Dr. Miller:** C-sections can be lifesaving when medically necessary. In most cases, however, vaginal birth is best for mom and

baby even when it is what we call a VBAC – a vaginal birth after C-section. Because a VBAC does put mom at a slightly higher risk for uterine tears, a doctor needs to be available throughout her labor. Difficulties arose when obstetricians couldn't guarantee they would be immediately and continuously available for patients who wanted VBACs, so scheduling repeat C-sections became commonplace across the country. Now, laborists provide the assurance that mom's labor will be managed until her physician or baby arrives ... whichever comes first! The number of repeat C-sections will likely go down as more patients have VBACs. In the event a C-section is needed, laborists can also serve as the assisting physician during mom's surgery.

#### **WomensCare: What role does the laborist play if a mom is put on hospital bed rest for days or weeks before her baby's delivery?**

**Dr. Gex:** If mom is hospitalized before her due date, she'll wear a fetal monitor that tracks baby's heartbeat and vital signs, along with her contraction patterns and other pertinent information. Her obstetrician can monitor this information via AirStrip OB, a mobile app that is accessible from a cell phone, tablet or computer, allowing them to communicate a care plan to the laborist, who also has access to that information right at the hospital.

#### **WomensCare: How does having a laborist program differ from OB/GYNs participating in an "on call" program?**

**Dr. Gex:** Being "on call" requires OB/GYNs to be available to the hospital day or night during "rotations," so if a patient shows up at the hospital in advanced labor or with prenatal issues, she becomes a priority even if the physician's exam and waiting rooms are full. Having a set 12-hour laborist calendar enables OB/GYNs to better schedule and balance hospital duties with their private practices and home lives.

#### **WomensCare: St. Rose's laborist program is staffed by private practice OB/GYNs rather than full-time laborists, correct?**

**Dr. Miller:** Yes. Some hospitals contract

### **Newly expanded NICU!**

When babies arrive weeks or months early or develop problems soon after delivery, the St. Rose Dominican, Siena Campus provides intensive, compassionate care. Just as these tiny miracles need to grow, so did our Level III NICU. Our newly expanded NICU has 26 private NICU bays, a lactation room and an overnight nesting suite where moms and dads can practice the parenting and caregiver skills they have learned before they take their baby home.

with OB/GYN groups that provide full-time laborists, but St. Rose's program is built around a shared commitment made by our community's obstetricians. It gives us the flexibility to manage our practices and the ability to still take part in one of the most rewarding aspects of our jobs – delivering our patients' babies – and when the need arises, delivering babies for our fellow physicians.

▶ **Prepare for Childbirth.** Prepared Childbirth classes and programs such as Prenatal Yoga can help you feel confident and relaxed about the birth process, provide practice techniques such as controlled breathing that come into play during labor, and help you decide on the birth style that is right for you. See calendar page 29 for details on *WomensCare* prenatal classes.



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# Take the Team Challenge

If you look at life as a **marathon** – a 26.2 mile run – rather than a 100-yard dash, then Ashley Pierce has suffered from Crohn’s disease for a half marathon. She has lived with the painful, debilitating medical condition for almost 13 of her 26 years, and during that time, Ashley has had major surgeries on her colon and esophagus and been hospitalized at St. Rose about 20 times for other disease-related complications.

▶ **Be one of 10,000 Santas who run (or walk)** to raise funds for Opportunity Village, the not-for-profit organization that helps enhance the lives of people with intellectual disabilities through vocational training, community employment, day services, advocacy, arts and social recreation. Santa suits are provided as part of the registration fee. The event is Saturday, December 7, 2013, at the Fremont Street Experience. Register at [opportunityvillage.com](http://opportunityvillage.com).

▶ **Run or walk in your PJs** to raise funds for the Las Vegas Chapter of Speedway Children’s Charities, a non-profit that helps children get the social and medical services they need. The first-ever PJ 5K and 1-mile Walk will wind through the Glittering Lights at the Las Vegas Motor Speedway, and participants who bring a new pair of children’s PJ’s to the event will have their names entered into a drawing to win two tickets to NASCAR Weekend at Las Vegas Motor Speedway in March! The walk is Sunday, November 24, 2013. Register at [active.com](http://active.com) or call 632-8242 for more information.

While Crohn’s disease is not well understood and not often talked about, Ashley has been recognized two times as the Honored Hero by the Crohn’s & Colitis Foundation of America’s Team Challenge at the Las Vegas Rock ‘n’ Roll Marathon. “The Team Challenge is the charity of choice for the event,” says Ashley. “When you sign up for the half marathon through Team Challenge, you can help raise funds to provide support and find a cure for Crohn’s disease and ulcerative colitis. You’ll be my hero!”

Team Challenge is an endurance sports training program open to novices and seasoned athletes who want to get in shape,

meet other motivated people and possibly triumph over a challenge of their own while helping others in need. Each team has an Honored Hero like Ashley who provides perspective on the disease, a source of motivation for training, and support in reaching individual fundraising goals. Team Challenge participants also receive uniforms (and other benefits, such as hotel stays, based on reaching their fundraising goals).

For more information about Team Challenge and the Las Vegas Rock ‘n’ Roll Marathon and half marathon, go to [ccteamchallenge.org](http://ccteamchallenge.org) or [runrocknroll.competitor.com](http://runrocknroll.competitor.com). **WC**

## Dry down there?

Although they gladly said “goodbye and good riddance” to tampons and pads, some women are not ready to say “hello” to the vaginal dryness that may accompany menopause. During peri- and post-menopause, estrogen levels drop and the vaginal walls become thinner, less elastic and less lubricated, which can result in vaginal dryness that can cause discomfort, bleeding and tearing of the vaginal tissues during intercourse.

One of the biggest obstacles when it comes to treating vaginal dryness and painful intercourse is that women don’t address it with their partners or their health care professionals – either due to embarrassment or the belief that there is nothing that can be done to help the condition.

If you suffer from vaginal dryness and over-the-counter lubricants don’t help, or you suffer from painful intercourse, talk to your health care professional about treatment options.

# DEEP BRAIN STIMULATION IS WORKING.

---

## SO IS WADE.

For Wade Smith, there is a huge difference between existing and living, and Deep Brain Stimulation (DBS), a treatment therapy for Parkinson's disease, allows him to live.



**Wade was just** 49 years old when he noticed that his shoulder had begun feeling stiff. Soon, it was “tight as a drum” and his right hand curled in and became rigid, making it impossible to do simple things such as navigate a computer mouse or hold a fork. As his motor skills continued to decline, Wade also lost his sense of smell, so food didn’t smell or taste the same.

Wade, like many patients with Parkinson’s disease, was prescribed a cocktail of medications to control symptoms such as physical rigidity and tremors. “The medications were relatively effective for a while, but they made me so lethargic that I struggled to get to work, then I struggled at work,” says Wade. “When I got home, I would collapse on the couch or go to bed, but I couldn’t sleep. I was getting as little as a half hour of sleep a night – and that’s not living.”

Neurologists worked to adjust Wade’s medications, but the changes led to blood pressure drops, dizzy spells and the sensation that his skin was crawling. When Wade realized that he might have to quit work and go on disability, he began investigating Deep Brain Stimulation (DBS) therapy, which can help reduce symptoms such as shaking and physical rigidity. “I had heard that many neurologists wait until drugs are no longer effective in controlling symptoms to try DBS, but I had no quality of life on drugs,” says Wade.

Dr. James Forage agreed that Wade would make a good candidate for DBS, using a device that works like a cardiac pacemaker for the brain. Just as a pacemaker transmits electrical signals that help control irregular or erratic heartbeats, a DBS device delivers carefully controlled electrical stimulation that interrupts or overrides the faulty brain signals leading to body tremors and physical rigidity.\*

“Most patients respond well to medication, but because Parkinson’s disease is progressive, medications tend to become less effective in controlling symptoms over time,” says Dr. Forage. “When DBS therapy is initiated well before medicines become ineffective, patients experience fewer physical symptoms for a longer period of time.”

Wade’s DBS device, like a cardiac pacemaker, was implanted under his skin in his chest. Then, a thin set of wires with leads was implanted in the precise area of his brain that affects his movement. The device was then programmed to his specific needs (and can be reprogrammed wirelessly, as needed).

“DBS therapy combined with consistent, daily exercise keeps my rigidity and tremors at bay. I am still a bit tired by the end of the day, but I am off medications, I am working and I have a much better quality of life,” says Wade. “My wife has been with me every step of the way through this journey, and she considers DBS therapy a medical miracle.”

*\*Depending on the progression of Parkinson’s disease, medications may be used in conjunction with DBS therapy. WC*

## About Parkinson’s disease

Parkinson’s disease is the second most common neurodegenerative disorder – Alzheimer’s is first. It is also more common in men with a family history of the disease but its exact cause is unknown. Symptoms such as rigidity, body tremors, trouble with balance and cognitive impairment (in later stages) result from a deficiency of dopamine, a chemical messenger that helps control body movement. When cells deep in the brain that produce dopamine begin to die, dopamine production decreases. Symptoms such as tremors and rigidity begin to appear when 70 to 80 percent of the nerve cells have died.

### ► Exercise counts in controlling Parkinson’s disease symptoms.

Regular exercise and/or physical therapy can help people with Parkinson’s disease maintain and improve mobility, flexibility, balance and range of motion. It can also ease secondary symptoms such as depression and constipation – and may even slow the progression of the disease. Learn more about exercise classes offered at the WomensCare Centers, including Yoga, Tai Chi and chair exercise on pages 27 and 28.

## Hello humankindness

Michelle Tapiz experienced many “firsts” as a new mom. With the support of St. Rose’s Family to Family Connection, she didn’t feel as if she experienced them alone. “I enrolled in Family to Family parenting programs, participated in the clothing exchanges and took Damien to the developmental playgroups,” says Michelle. “It is such a supportive environment that Damien still loves going to Toddlers in the Kitchen and Dancing with Ms. Jenny classes.”

During a recent health crisis, Family to Family made sure Michelle never felt alone. “When doctors found that a tumor on my pituitary gland had doubled in size over a short period of time, surgery to remove it was scheduled for the very next day,” says Michelle. “We didn’t even have time to make arrangements for Damien’s care so my husband could be with me in the ICU.”

Family to Family Connection staff members volunteered to help out on their personal time. “The staff visited me in the hospital and made my family dinner several times. They also watched Damien so my husband could come to the hospital to be with me,” says Michelle. “I was in the hospital for three weeks, so the continual care my family was given was amazing.”

To learn more about Family to Family Connection programs and services, see page 30.





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# fall calendar

OF CLASSES AND UPCOMING EVENTS

## WomensCare Center Staff

**Director:** Holly Lyman

**Staff:** Shamika Abbott, CLE; Trianna Abolafia, RN, IBCLC; 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; Vicky Jeghir, CLC; Kimberlee Kobernik; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenbourg, RD, CLC; Sandra Morel, MFT; Rhonda Nofoa; Judy Pitney, RN, CDE; Sherry Poinier, RD, CDE; 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  
**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

## ▶ diabetes management

### Stanford Diabetes Self-Management Program

Regain control of your life with this six-week program, which offers support, healthy eating strategies, medication management and communication skills. Designed to compliment your current medical treatment.

**Tuesdays – Jan. 7 until Feb. 11; 3 -5:30 p.m.**

WEST

**Wednesdays – Jan. 22 until Feb. 26; 12:30-3 p.m.**

HEND

**Fridays – Jan. 31 until Mar. 7; 8-10:30 a.m.**

DERFELT SENIOR CENTER: Call 229-6601

### Spanish Diabetes Program - Manejo Personal de la Diabetes

Únase a este taller gratuito que le enseña 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. Temas incluyen relajación, una alimentación saludable, el ejercicio, la comunicación, el medicamento, ¡y mucho más! Los talleres de 6 semanas se reúnen 2 horas y media a la semana.

**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.

**Tuesdays & Wednesdays – Nov. 12 & 13, Dec. 10 & 11;**

**Jan. 14 & 15; 9 a.m.-1:30 p.m.**

**Tuesdays & Wednesdays – Nov. 19 & 20, Dec. 18 & 19;**

**Jan. 28 & 29; 5-9:30 p.m.**

HEND

### Pre-Diabetes: Avoid the Avoidable

Learn to avoid or delay diabetes.

**Thursday, Dec. 5; 9:30-11:30 a.m.**

**Tuesday, Jan. 7; 2-4 p.m.**

HEND

**Wednesday, Nov. 20; 10 a.m.-noon**

WEST

### Diabetes Support for Tykes & Tweens

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

**4th Monday – 6-7 p.m.**

MAC

### Diabetes for Caregivers. . . Connecting the Dots

Grandparents, family, friends and babysitters: learn how to care for a child with type 1 diabetes! Registration required, 616-4904.

**Saturday, Jan. 25; 9 a.m.-noon.**

HEND

### Kids Rock

Is your child struggling with extra weight or type 2 diabetes? Rock the New Year at a fun-filled morning of healthy living activities. Ages 10+. Parents must be present. Registration required, 616-4904.

**Saturday, Jan. 18; 9 a.m.-noon**

HEND

### JDRF Walk to Cure Diabetes

Walk, talk and raise funds to treat, prevent and cure type 1 diabetes. Individual and team registries at [walk.jdrf.org](http://walk.jdrf.org).

**Saturday, Nov. 16; 9 a.m.-noon**

UNLV CAMPUS, North Field

## DiaBEATes Day!

Celebrate of Diabetes Awareness Month with:

- Healthy Cooking Demos with the RD
- Happy Feet & PAD Screenings (limited space available)
- Lab Screenings: HbA1c (\$10), Glucose (\$5), Cholesterol (\$5)
- Blood Pressure & BMI
- Medication Checks (bring medications)
- Flu shots for the uninsured
- Chair Massages, Exercise Demos & Fun Walk
- Door prizes and giveaways

**Saturday, Nov 16; 8 a.m.-noon**

HEND; reserve your spot, call 616-4900.



# fall calendar

OF CLASSES AND UPCOMING EVENTS

## Evening with A Doc

### Shoulder Trouble

How can you tell if a shoulder replacement is needed and what can you expect from surgery? Join Dr. Lawrence Huff for a discussion about the reasons for surgery, expectations for recovery and other considerations for shoulder problems.

**Wednesday, Nov. 13; 6-7 p.m.**  
SAN

### Surgical Options for Arthritis

Do you need to take the next step in treating arthritis? Dr. Mario Quesada will address what to ask your doctor, surgical options and expectations for pain relief.

**Wednesday, Dec. 4; 6-7 p.m.**  
SAN

### Common Sports Injuries

Dr. Roger Fontes will explain common sports injuries affecting athletes of all ages, prevention and the newest rehabilitation options.

**Wednesday, Jan. 8; 6-7 p.m.**  
SAN

### Injection Connection-Nevada Diabetes Association

Quarterly fun-filled activities for teens with diabetes. Register at 1-800-379-3839, [diabetesnv.org](http://diabetesnv.org)

### DCAF: Diabetes Children and Family

Nevada Diabetes Association monthly support group for parents and children. Guest speakers.

**1st Tuesday – 7-8:30 p.m.**

SOUTHWEST MEDICAL ASSOCIATES, 2300 W. Charleston Blvd.

## ▶ heart & stroke prevention

### Cardiac Nutrition

Learn to eat for heart health from Sharon Nasser, R.D.

**Wednesday, Jan. 22; 10-11:30 a.m.**

HEND

**Thursday, Dec. 12; 3-4:30 p.m.**

WEST

### Lower Cholesterol with TLC (Therapeutic Lifestyle Changes)

Get your numbers right through nutrition, exercise, relaxation, and supplementation from Sherry Poinier, RD, CDE.

**Thursday, Dec. 12; 9-11 a.m.**

HEND

### DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension for lowering blood pressure from Vanessa Borja, R.D.

**Wednesday, Dec. 11; 3-5 p.m.**

WEST

### Blood Pressure Screenings

**Tuesday, Dec. 17; 7-10 a.m.**

HEND: FREE

**Tuesday, Jan. 21; 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, Nov. 6; 5-9 p.m.**

**Wednesday, Dec. 18; 5-9 p.m.**

**Wednesday, Jan. 29; 5-9 p.m.**

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

### CHAMP

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

### Stroke & Aphasia Get Social

Games, fitness and fun for individuals with stroke and aphasia. Different theme each month. Register at [cityofhenderson.com/parks](http://cityofhenderson.com/parks) or call 267-4065.

**Swimming: Tuesday, Nov. 5; 10:30 a.m.-noon**

**Cooking: Tuesday, Dec. 10; 10:30 a.m.-noon**

**Fitness: Tuesday, Jan. 7; 10:30 a.m.-noon**

HENDERSON MULTIGENERATIONAL CENTER, 250 S. Green Valley Pkwy., Henderson: \$5

## ▶ asthma & COPD control

### Better Breathers Club

The American Lung Association of Nevada helps you discover new ways to manage chronic lung disease and find support. Caregivers welcome.

**4th Thursday – 3:30-4:30 p.m.**

MERRILL GARDENS AT GREEN VALLEY RANCH, 1935 Paseo Verde Pkwy., Henderson

### COPD Experience Seminar

Includes pulmonary function testing, flu vaccines, Alpha 1 screening and updates for living well with COPD. Call 1.866.673.3019 or email [info@seapuffers.com](mailto:info@seapuffers.com) to register.

**Thursday, Nov. 7; 8 a.m.-3 p.m.**

THE PLATINUM HOTEL, 211 E. Flamingo Rd., Las Vegas: \$10

## ▶ 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, Jan. 30; 2-4 p.m.**

HEND: FREE; appointment required

### 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? You may qualify for a free mammogram. Call the R.E.D. Rose Program at 616-7525. Funded by Susan G. Komen for the Cure®, the National Breast Cancer Foundation and AVON Foundation.

## Asthma Kids Club

Step right up... to the Cough Control Carnival! Learn tips and tricks for managing your child's asthma during cold and flu season and keeping the whole family healthy. Call 616-4900 to register.

- Asthma screenings, education, FREE spacers and peak flow meters
- Uninsured? No-cost flu vaccines available
- Bring your medications for review by a St. Rose Pharmacist
- Conversations with pediatric allergist or pulmonologist
- Photos with Santa!

**Saturday, Dec. 7; 10 a.m.-1 p.m.**

MAC: FREE





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

**Breast Cancer Prosthesis & Bra Fittings**

Uninsured? Receive a free fitted bra and prosthesis. Call 568-9595.

▶ **screenings**

Call 616-4900 for screening appointments.

**LIFELINE Screenings**

High cholesterol, blood pressure or stroke risk? Screenings for carotid artery, abdominal aortic and peripheral artery disease and atrial fibrillation. Call 800-690-0295 or visit [lifelinescreening.com](http://lifelinescreening.com) for details or to pre-register. VARIOUS LOCATIONS: \$139

**Peripheral Artery Disease Screening**

Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department. **Thursday, Jan. 16; 8 a.m.-noon**  
HEND: FREE: Registration required, 616-4900.

**Becoming Medicine Wise**

Meet individually with Pharmacist Krystal Riccio to learn about how your prescription and over-the-counter medications should be taken for efficacy and to avoid negative interactions and side effects. **Wednesday, Jan. 29; 9 a.m.-noon**  
HEND: FREE  
**Wednesday, Dec. 4; 9 a.m.-noon**  
WEST: FREE

**Health Screenings**

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, A1C (diabetes) \$10, Thyroid panel (TSH & FT4) \$10. A 12-hour fast is required. **Saturday, Nov. 16; 8 a.m.-noon**  
**Tuesday, Dec. 17; 7-10 a.m.**  
HEND: See prices above.  
**Tuesday, Jan. 21; 7-10 a.m.**  
WEST: See prices above.

**Do You See What I See?**

Join The Shepherd Eye Center for free eye screenings, prescription checks and education about eye ailments. **Wednesday, Dec. 4; 10 a.m.-noon**  
HEND: FREE  
**Wednesday, Jan. 8; 10 a.m.-noon**  
WEST: FREE

▶ **immunizations**

**Shot Records**

Find and print your child's official shot record. Visit the Nevada WebIZ Public Access Portal at: [izrecord.nv.gov](http://izrecord.nv.gov) or call 1-877-NV-WEBIZ (1-877-689-3249).

**WIC Immunization Clinics**

SNIHC offers no-cost immunizations during WIC appointments. Visit [vaxvegas.org](http://vaxvegas.org) for scheduling information and remember to bring your child's immunization records to your appointment. **Thursday, Jan. 16; 9 a.m.-noon**  
HEND

**INFLUence Others**

Protect your loved ones and yourself. Yearly flu shots are recommended for everyone 6 months and older. No cost flu vaccines for uninsured on a first-come, first-serve basis in partnership with SNIHC. Visit [vegasvax.org](http://vegasvax.org) for more dates. **Saturday, Nov. 2; noon-4 p.m.**  
GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy., Henderson  
**Saturday, Nov. 16; 8 a.m.-noon**  
HEND  
**Friday, Dec. 6; 9:30 a.m.-12:30 p.m.**  
FTF  
**Saturday, Dec. 7; 10 a.m.-1 p.m.**  
MAC

▶ **nutrition**

**Got SNAP? Supplemental Nutrition Energy Assistance Program**

Three Square will help you complete and submit your SNAP application free of charge. Call 616-4905 for an appointment. **Saturdays – 8 a.m.-4 p.m.**  
HEND

**Weight Management Club**

Free weekly weight management group facilitated by St. Rose registered dietitians. **Fridays – 9:30-10:30 a.m.**  
HEND

**Mindless Eating**

Learn common lifestyle and environmental weight-loss pitfalls from Dr. Dominic Ricciardi. **Wednesday, Dec 4; 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, Dec. 4; 6-8 p.m.**  
**Wednesday, Jan. 22; 6-8 p.m.**  
HEND: \$25 (includes CD)  
**Tuesday, Nov. 19; 6-8 p.m.**  
WEST: \$25 (includes CD)

**Obsessed with Food and Dieting?**

If thinking about food and dieting interferes with your quality of life, find out what you can do about it from Dr. Lindsey Ricciardi. **Wednesday, Jan. 22; 6-7:30 p.m.**  
WEST

**Nevada Health Link**

Did you know that insurance plans can no longer deny you coverage for having a pre-existing condition? You might be able to get financial help to pay for health insurance. Join us for a free workshop to learn about, apply for, and enroll in a health plan. Register at 616-4900.

**Tuesday, Dec. 3; 5-6 p.m.**

HEND

**Wednesday, Jan. 15; 6-7 p.m.**

WEST

**Nutrition Consultations**

Meet one-on-one with a Registered Dietitian for carb counting, metabolic testing, meal planning, Type 1, 2 and gestational diabetes, renal or heart disease, high cholesterol, hypertension, and nutrition recommendations. All insurances welcome and cash discounts available. **Call 616-6545 for an appointment and pricing.**

▶ **fitness**

**Pink Paddlers Breast Cancer Survivor Team Practices**

Any survivor can join this team! Call Terry at 497-3385. **1st & 3rd Mondays – 6:30-7:30 p.m.**  
LLV: FREE for survivors

**Zumba GOLD**

Show aging who's boss with this low impact program for the young at heart. **Wednesdays – 9-10 a.m.**  
**Thursdays – 6-7 p.m.**  
HEND: \$5 per session or 5 sessions for \$20

**Walk This Way: Walking Club**

All ages, 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

# fall 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 Thursday, 6:30 p.m. **HEND**

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

**Diabetes Support for Tykes & Tweens** - 4th 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,  
6 p.m. **HEND**

**Narcotics Anonymous** - Wednesdays, 5:30 p.m. **COND**;  
Wednesdays, 7 p.m., Thursdays, 7:30 p.m. **SAN**

**Ostomy Support** - 2nd Saturday, 2 p.m. **MAC**

**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**

**Us Too, Prostate Cancer Support** - 3rd Wednesday,  
7 p.m. **SAN**

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

## 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

## 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 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.

**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 graceful Chinese martial art moves to improve balance and relaxation.

**Intermediate: 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

## Belly Dancing

**2nd Saturday – Nov. 9, Dec. 14, Jan. 11; 10:30 a.m.-noon with Goldie**

WEST: FREE

## Chair Exercise

Practice fun stretching, strength and balance movements while seated in a chair!

**Mondays – 9-10 a.m. with Paige**

HEND: FREE

**Tuesdays – 10-11 a.m. with Paige**

WEST: FREE

## wellness

### Healthier Living

Stanford School of Medicine's six-week Chronic Disease Self-Management Program can help you improve your quality of life. Learn strategies for dealing with frustration, fatigue, pain and isolation, improving strength, flexibility, endurance and eating habits, plus more! Call 616-4900 to register.

**Fridays – Jan. 10 until Feb. 14; 10 a.m.-12:30 p.m.**

HEND: FREE

**Wednesdays – Jan. 15 until Feb. 19; 9:30 a.m.-12 p.m.**

WEST: FREE

### Communication through Sign Language

Learn basic signs to increase communication in this 3-week workshop for adults.

**Fridays – Nov. 15, 22 and Dec. 6; 3:30-5 p.m.**

HEND

**Fridays – Jan. 10, 17 and 24; 3:30-5 p.m.**

WEST

### Relaxation Meditations

Practice peace and health techniques with Dorothy.

**2nd Tuesday – Nov. 12, Dec. 10, Jan. 14; 5:30-6:30 p.m.**

HEND

**1st Tuesday – Nov. 5, Dec. 3, Jan. 7; 5:45-6:45 p.m.**

WEST

### Balancing Energy Fields

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

**2nd Tuesday – Nov. 12, Dec. 10, Jan. 14; 6-8 p.m.**

WEST: \$5

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.

**3rd Thursday – Nov. 21, Dec. 19, Jan. 16; 2:30-3:30 p.m.**

HEND

## Gratitude Labyrinth Walk

Give thanks this season while counting your blessings with each step through the labyrinth.

**Thursday, Nov. 14; 2-5 p.m.**  
HEND

**Tuesday, Nov. 19; 5-7 p.m.**  
SAN: Labyrinth, next to ER



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

**Essential Oils**

Enjoy a relaxing, educational evening incorporating essential oils into everyday home and personal use.  
*Tuesday, Dec. 10; 6:30-8 p.m.*  
HEND

**Girl Talk**

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.  
*Wednesday, Jan. 8; 6-7 p.m.*  
HEND

**Knit to Heal Prayer Shawls**

Knit (or pick up) prayer shawls for patients and loved ones. Yarn donations appreciated. Learn to knit or crochet.  
*2nd & 4th Thursdays – Nov. 14, Dec. 12, Jan. 9 & 23; 10 a.m.-noon*  
HEND  
*2nd & 4th Thursdays – Nov. 14, Dec. 12, Jan. 9 & 23; 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 of Henderson!**

Volunteer to drive seniors to doctor's appointments, errands and grocery shopping.  
Call 616-6554.

**Energy Healing Circle**

Reduce stress and heal with chakra balancing.  
*1st Tuesday – Nov. 5, Dec. 3, Jan. 7; 7-8 p.m. with Anna*  
WEST

**Memory Reset**

Increase your memory and recall with hypnosis. Wear comfortable clothes. Bring a pillow.  
*Wednesday, Jan. 15; 6-8 p.m.*  
HEND: \$25 (includes CD)  
*Wednesday, Nov. 20; 6-8 p.m.*  
WEST: \$25 (includes CD)

**Mind Over Matter**

Harness your mind's power through hypnosis. Wear comfortable clothes. Bring a pillow.  
*Wednesday, Jan. 29; 6-8 p.m.*  
HEND: \$25 (includes CD)  
*Tuesday, Dec. 17; 6-8 p.m.*  
WEST: \$25 (includes CD)

**AARP Driver Safety Program**

Over 50? Reduce your car insurance rates with this safe driving program.  
*Mondays – Nov. 4 or Dec. 9; 9 a.m.-1 p.m.*  
*Fridays – Nov. 22 or Dec. 20; 1-5 p.m.*  
HEND: \$12 AARP members, \$14 non-members (check only)  
*Monday – Jan. 13; 9 a.m.-1 p.m.*  
*Friday – Jan. 24; 1-5 p.m.*  
HEND: \$15 members, \$20 non-members (check only)

**Safe Sitter**

Youth ages 11-16 learn safe, nurturing childcare techniques and medical emergency management.  
*Monday, Nov. 11 or Jan. 20; 9 a.m.-4:30 p.m.*  
HEND: \$20 (includes lunch)

**Sexual Assault Prevention**

Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Raymond Wilkins, Henderson Police Department.  
*Saturday, Jan. 18; 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: Prenatal & Infant Tips**

Text BABY to 511411 to get free pregnancy and infant tips via text messages.

**Car Seat Safety Checks**

Call 616-4902 for appointment.  
*1st Tuesday – Nov. 5, Dec. 3, Jan. 7; 1-3 p.m.*  
WEST  
*2nd Friday – Nov. 8, Dec. 13, Jan. 10; 3-5 p.m.*  
HEND  
*3rd Friday – Nov. 15, Dec. 20, Jan. 17; 3-5 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

**Fit4Baby**

Join Fit4Mom Las Vegas for prenatal cardio, stretching and balancing exercises. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com) or 882-1795.  
*Saturdays – 10-11 a.m.*  
HEND: 10 class pass for \$110

▶ *breastfeeding*

**Breastfeeding Helpline 616-4908**

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

**Breastfeeding Consultations**

Call 616-4902 for a private appointment with a Certified Lactation Consultant or Counselor.  
HEND; \$50 for St. Rose Dominican 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

**La Leche League**

Join other nursing mothers for information, support, and encouragement.  
*4th Thursday – Dec. 26, Jan. 23; 10-11 a.m.*  
FTF



**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 - \$50 - HEND & WEST
- San Martin Campus Maternity Tour - 3rd Saturday
- Siena Campus Maternity Tour - 3rd Saturday afternoon or 4th Monday evening



# fall calendar

OF CLASSES AND UPCOMING EVENTS

## ▶ infants, children & parenting

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

### Is your child uninsured?

Call 740-4200 for Nevada Check Up information.

### FREE Online Milestones Screenings

Is your child reaching key skill "milestones"? Complete a quick Ages & Stages check at [makehthefirstfivecount.org](http://makehthefirstfivecount.org).

### Park Place & Motor Fun

Join Miss Tawanda for gross motor activity at the park. Birth to age 5.

2nd Wednesday – Nov. 13, Dec. 11, Jan. 8; 1-1:30 p.m.  
HEND

### Cooking Demonstration with WIC Approved Foods

Learn to prepare healthy meals with WIC-approved foods from a Registered Dietitian.

Thursdays – Nov. 14, Dec. 19, Jan. 16; 11:30 a.m.-noon  
HEND: Call 616-4905 to register.



## St. Rose WIC Nutrition Program

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

HEND WIC; WEST; FTF

### Stroller Strides

Join Fit4Mom Las Vegas for total body workouts while entertaining baby through songs and activities. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

Wednesdays-1-2 p.m.

HEND: 10 class pass for \$110 or membership options available.

### Dancing with Miss Jenny®

Encourage motor and cognitive skills with silly moves, props and parent participation. Children ages 18 mos.-5 yrs. Call 616-4900 to register.

Thursdays – 11:15-11:45 a.m. or noon-12:30 p.m.

HEND

Mondays – 11-11:30 a.m. or 11:45 a.m.-12:15 p.m.

WEST

Fridays – 11:30 a.m.-noon

FTF

### 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 for music and movement.

Tuesdays – 3-4 p.m.

WEST

### Infant Development

Join Family to Family for this development playgroup for babies up to age 1.

Mondays – 2-3 p.m.

HEND

### Sing and Sign: Food Time

Join Miss Shannon for ASL signs for health foods using songs, books and toys. Parents with children ages birth-2 years.

Tuesdays – 2-2:30 p.m.

HEND

1st & 3rd Thursdays – Nov. 7 & 21, Dec. 5 & 19, Jan. 2 & 16; 1-1:30 p.m.

WEST

3rd Tuesday – Nov. 19, Dec. 17, Jan. 21; 11-11:30 a.m.

FTF

### 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

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

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

Fridays – Nov. 15 & 22, Dec. 6 & 13; 10:30-11:30 a.m.

Fridays – Jan. 10, 17, 24, 31; 10:30-11:30 a.m.

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

Thursdays – Jan. 9, 16, 23, 30; 11 a.m.-noon

Saturdays – Jan. 4, 11, 18, 25; 10:30-11:30 a.m.

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 three years old).

Thursdays – Nov. 14 & 21, Dec. 5 & 12; 11 a.m.-noon

Saturdays – Jan. 4, 11, 18, 25; noon-1 p.m.

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

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

### Nevada Check Up Enrollment Assistance

Get help completing NV Check Up insurance program application for uninsured children.

2nd Tuesday – Nov. 12, Dec. 10, Jan. 14; 9:30-10:30 a.m.

FTF

### Storks Nest Prenatal Program

Earn points for baby supplies by participating in discussion groups about healthy pregnancy, prenatal care and new parent classes. Enjoy a different topic each month.

3rd Saturday – Nov. 16, Dec. 21, Jan. 18; 1-3 p.m.

FTF

### Kickin' It with Baby – Teen Parent Program

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

Call 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 one safely explore through texture and climbing structures. Ages 9-24 months.

1st & 3rd Fridays – Nov. 1 & 15, Dec. 6 & 20, Jan. 3 & 17; 10-11 a.m.

FTF

### Cookies with Santa

Decorate cookies, mix, mingle and make a special holiday craft at this fun filled family evening! Photos with Santa will be available for \$5. Birth to 5 years. Call 568-9601 to register.

Friday, Dec. 13; 5-7 p.m.

HEND

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

# Turkey, stuffing and kindness

You will shop. You will chop. You will mix, bake, boil and roast. And, if you are hosting dinner this Thanksgiving, you will also take time and care in setting a beautiful table before sitting down to give thanks for your bounty of foods and blessings.



As you prepare to celebrate this Thanksgiving, St. Rose invites you to take part in our *Hello humankindness* campaign by donating canned foods to benefit the clients of the Saint Therese Center, a Catholic ministry that welcomes and serves people of all faiths infected or affected by HIV/AIDS.

The Saint Therese Center was founded 15 years ago to extend compassionate support to individuals and families affected by HIV/AIDS. The center offers community education, support groups and simple social services such as haircuts, clothing and a generous food pantry that provides much needed nourishment to clients.

Food donations can be made from Monday, November 4, through Friday, December 27, at our three Dignity Health–St. Rose Dominican hospitals, Dignity Health Medical Group – Peccole Plaza Clinic (West Charleston at Durango – near Kohl’s) or at the Saint Therese Center located on our Rose de Lima Campus (northwest corner of East Lake Mead Parkway and Boulder Highway). **WC**

*“Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.”*

— Theodore Roosevelt

*“Give thanks for unknown blessings already on their way.”*

— Native American Saying

▶ **Hello humankindness** – We are happiest and healthiest when we feel connected to others, and tend to feel more alive when we help others in need. Visit [hellohumankindness.org](http://hellohumankindness.org) to learn more.

▶ **Don your chicest denim and most dazzling jewels** for St. Rose Dominican’s 47th Mardi Gras Ball: Denim & Diamonds to be held Saturday, February 22, 2014, at the Mirage. Proceeds from ticket, table, sponsorship and auction sales will benefit pediatric and adult cancer programs. For more information, please call 616.5750 or visit [supportstrose.org](http://supportstrose.org).

▶ **Pet Blessing**

Celebrate the healing power of pets.

**Saturday, Nov. 9; 1-3**  
SAN MARTÍN CAMPUS



102 East Lake Mead Parkway  
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 (702) 616-4900  
 StRoseHospitals.org

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Provides treated water to your home while unit self-cleans?	<b>YES</b>	NO	NO	NO
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