

The Barbara Greenspun

WomensCare

Centers of Excellence

StRoseHospitals.org

winter 2014 • issue 60 for the body • mind • spirit

Denim & Diamonds

**Supports St. Rose
Cancer Program**

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AND CONS**

of painkillers

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YOU'VE GOT

**Great
Kindness
Potential!**

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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,

The WomensCare Center in Henderson recently moved to 2651 Paseo Verde Parkway, Suite 180, at the southeast corner of St. Rose and Paseo Verde Parkways. The center is big, bright and entirely new – with a few exceptions, such as the door chimes. For 15 years, the same door chimes have sounded each time a community member has entered the WomensCare Center. The chimes rang approximately 100,000 times last year.

Our WomensCare Center staff never tires of hearing the door chimes because they serve as gentle reminders of the sacred trust that exists between our WomensCare Centers and our community. Trust is vital to hope and happiness – and to health – which is why they work to provide a safe environment where education, motivation and support are readily accessible.

When the new location was blessed, I listened as staff members and volunteers shared their WomensCare stories and wishes for the new location. One of our lactation consultants told how she had first come to the center as a new mother filled with apprehension. A volunteer shared how, after a positive surgery experience at St. Rose Dominican, she offered her time to the WomensCare Center to help further St. Rose Dominican's ministry.

Listening to the stories was like hearing the ring of the door chimes – a reminder that our staff and volunteers are deeply moved by the opportunity to be of service to you. Please stop by our new WomensCare Center...they will be listening for you!

Denim & Diamonds

Sean Gribbin is going on a date with his mom, Jodyn! "It's all good," he says. "My mom was with me every step of the way as I battled Ewing Sarcoma, a rare bone cancer." That's why he wants her at his side when he speaks at Dignity Health–St. Rose Dominican's 57th Annual Mardi Gras Ball: *Denim & Diamonds* being held Saturday, February 22, at the Mirage Resort and Casino. All proceeds from this year's event will benefit oncology/cancer care and support services provided by St. Rose Dominican. For information on tickets, tables, donations and sponsorships, call 616-5762 or visit supportstrose.org.



Dine with our docs!

Join us for physician-led lectures, lunches or dinners and gain great health insights on a variety of topics, such as non-surgical and surgical treatments for arthritic joints, cardiovascular problems and neurological issues including head, neck and spine pain. For details, see page 28.

Caring, licensed physicians

Physicians or physician's assistants listed, pictured or interviewed in WomensCare magazine's stories or calendar of classes are licensed by the Nevada State Board of Medical Examiners as allopathic doctors (M.D.), by the Nevada State Board of Osteopathic Medicine as osteopathic doctors (D.O.) or as physician's assistants (P.A.). Physicians are independent practitioners and not employees of Dignity Health–St. Rose Dominican unless specifically noted. All other licensed medical professionals are licensed by their respective boards.



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HIGH RISK BRINGS HIGH REWARD

A PERINATOLOGIST HELPS
BRING A PRECIOUS CHILD INTO
THE WORLD AND HER FAMILY
CLOSER TOGETHER

A plush beluga calf goes everywhere with little Maykaelah – including Dignity Health-St. Rose Dominican (St. Rose) where she receives monthly blood transfusions that keep her alive.

Maykaelah’s medical journey began before she was born when her mother, Katelyne, went in for a routine prenatal exam. An ultrasound showed that Maykaelah’s heart was enlarged and there was fluid around her lungs. Katelyn’s obstetrician immediately referred her to perinatologist, Dr. Van Bohman.

A perinatologist is a specially-trained obstetrician who cares for expectant mothers whose pregnancies are considered “high risk” and mothers or babies who experience health complications during pregnancy. “The term ‘high risk’ can cause expectant parents to panic, but it does not mean a mother or baby is bound to have problems during pregnancy,” says Van Bohman, M.D., licensed perinatologist. “Having a high-risk pregnancy simply means that a preexisting health condition — or a condition you develop during pregnancy — may increase your chance of pregnancy complications.”

According to Dr. Bohman, a perinatologist works with an expectant mother’s obstetrician (and possibly other

physician specialists, such as pediatric cardiologists) to provide extra monitoring – and if needed, extra treatment – to ensure the health of mom and her baby. “Fortunately, the majority of women who are identified as having high-risk pregnancies go on to have normal pregnancies and give birth to healthy babies,” says Dr. Bohman with a reassuring voice. He couldn’t, however, provide Katelyne that peace of mind.

Maykaelah’s swollen heart was a symptom of the most severe form of thalassemia, an inherited blood disorder. Genetic testing indicated that Maykaelah was missing all four of the genes necessary to produce alpha globin, a component of hemoglobin that helps red blood cells carry oxygen through the

► **Little Maykaelah** has received life-giving blood transfusions since before birth. Soon after her second birthday, she will receive another gift – a bone marrow transplant intended to help her produce red blood cells on her own.



body. The condition, called alpha thalassemia major, usually leads to a baby's death before or shortly after birth and can also threaten the health of the mother. Maykaelah was not expected to survive, and what's more, her condition put Katelyne's health in jeopardy.

Katelyne agonized over the thought of losing her baby and the situation also weighed heavily on her medical team, which is why there was cause for hope when Dr. Bohman suggested giving Maykaelah intrauterine blood transfusions. This form of treatment has proven effective for some unborn babies with alpha thalassemia major. The caveat, however, is that repeated transfusions are often necessary to carry a baby to term, and after birth, the baby remains dependent on red blood cell transfusions.

Katelyne was hospitalized to closely monitor her health issues, and Maykaelah received routine intrauterine blood transfusions until she was delivered. Dr. Bohman helped bring Maykaelah out of the womb alive, but she wasn't out of the woods yet. Soon after birth, Maykaelah had bypass surgery, and she will continue to receive monthly blood transfusions until she undergoes a bone marrow transplant intended to help her begin producing healthy red blood cells.

"Four bone marrow donors have been found, so Maykaelah can have her transplant surgery this summer," says Katelyne. "I feel so blessed. Maykaelah has taught me so much about the meaning of life and she's brought my family much closer together." Maykaelah's family, it might be said, has become as close as a baby beluga's pod.



**To find a physician
or perinatologist,
call 616-4900.**

A Primer on Perinatology

WomensCare: What is a perinatologist?

Dr. Bohman: A perinatologist is an obstetrician with specialized training who provides care for expectant moms and babies with higher than normal risks of health complications.

WomensCare: What health issues or risk factors can lead to a high risk pregnancy?

Dr. Bohman: Several issues may elevate your risk – or your baby's risk – for complications during pregnancy. Age is one. Giving birth after 35 or before 18 years of age can elevate your risk of complications. So can carrying multiple babies and previous pregnancy-related problems such as premature labor, premature delivery or having had a baby with a birth defect or genetic problem.

A pre-existing health problem, such as being overweight or underweight or having high blood pressure, diabetes, lupus, kidney disease or a seizure disorder may also potentially complicate a pregnancy. Unhealthy lifestyle choices – smoking, drinking or drug use – can also lead to a high-risk pregnancy.

WomensCare: What should a woman do if she has a pre-existing health condition and wants to become pregnant?

Dr. Bohman: Work closely with your OB/GYN or perinatologist to manage your health before becoming pregnant, as well as during and after pregnancy. Some conditions may get worse during or even after pregnancy.

WomensCare: What are some of the complications a perinatologist addresses?

Dr. Bohman: We work closely with expectant mothers and an interdisciplinary team of caregivers to manage medical conditions such as diabetes and hypertension. We also provide treatment for complicated pregnancy issues, such as recurrent miscarriages, cervical incompetence and premature rupture of membranes, as well as treatment options for babies who experience health difficulties



**Van Bohman, M.D., licensed
perinatologist**

in the womb. Our work encompasses what might be considered "routine" high risk pregnancy issues to cases involving unusual, medically complex genetic disorders.

WomensCare: Do advancements like the simple DNA blood test for the early detection of issues, such as Down Syndrome raise more ethical issues regarding the life of an unborn child?

Dr. Bohman: Perinatologists offer a number of testing options – targeted ultrasounds, amniocentesis, chorionic villus sampling (a test generally done when a disease runs in the family), and cell free DNA blood tests – that allow us to better assess the health of a baby while in its mother's womb. These tests can provide much needed reassurance that a baby is healthy – or the information and time to prepare if a child is likely to face medical difficulties. It's important to emphasize that a perinatologist offers education, encouragement and hope that guides women in having the healthiest possible pregnancies. Helping a family understand that a less than perfect pregnancy can still bring the birth of a baby that is perfect for their family can be powerful treatment. Maykaelah faced what seemed to be insurmountable health issues, but she is a happy, smart and active toddler who is a true blessing to her family. **WC**

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Early NICU therapy can have life-long benefits

▶ **Above: NICU developmental care team members** Traci Iverson, Suzanne Steffen and Karen Wantland empower parents to actively support a preemie's development.

▶ **St. Rose Baby Growth Tracker app.** Visit the iTunes or Android app stores and search St. Rose NICU or visit strosehospitals.org/mcc to download the app. The app provides a video tour of the NICU, education on gestational age beginning at 23 weeks, and information on the important role parents play in their baby's care.

▶ **Newly expanded NICU.** The Level III NICU at our Siena Campus has 26 private NICU bays, a lactation room and an overnight nesting suite where moms and dads can practice parenting and caregiver skills before they take their baby home.

▶ **Text4Baby.** Get free, timely, text-length prenatal and newborn education sent directly to your cell phone by texting the word BABY (or BEBE for Spanish texts) to the number 511411. Then enter your baby's due date or birth date and your zip code. You can also register online at text4baby.org. The service is free and most major wireless carriers do not count Text4Baby messages against your messaging plans.

The first time the parents of a preemie enter a Neonatal Intensive Care Unit (NICU), they tend to be anxious about their baby's health and unsure about what questions to ask. As they become more at ease in the NICU and with parenting their preemie, they often light-heartedly ask if St. Rose Dominican's developmental therapists will have their baby walking, talking and working by the time they leave the NICU. While the presence of Speech, Physical and Occupational Therapists in the NICU may seem peculiar, they provide essential education and care that includes:

Physical Therapy

Physical therapists provide clinical care by creating a womb-like environment for preemies that encourages growth, movement and development. "Parents often fear their touch will hurt a fragile preemie or disturb the tubes and lines their baby is connected to," says Suzanne Steffen, Physical Therapist. "We help parents gain the knowledge and confidence to interact with their preemie in ways that promote bonding and are beneficial to baby's development."

One strategy Suzanne teaches is "Kangaroo Care." "Placing a preemie in the fetal position, skin-to-skin on mom's (or dad's) chest lets the baby hear and feel mom's heart beat and smell her scent, which is like the closeness and comfort offered in the womb," says Suzanne. "As a baby grows, we provide positioning, touch and interaction that stimulates positive brain development

and neuro pathways that help prepare a baby for the most 'typical' childhood experience possible despite being born early."

Speech Therapy

Speech-language pathologists don't teach NICU preemies to talk - they support safe, successful feeding. "Feeding is one of the most vital and challenging skills a baby has to learn before leaving the NICU," says Traci Iverson, Speech-Language Pathologist. "We help preemies develop feeding skills and help parents distinguish and respond to cues that baby is hungry, done feeding or becoming stressed during feedings."

Occupational Therapy

"I work with caregivers and parents to provide a NICU environment that protects preemies from over stimulation to light, noise and procedures performed in the NICU," says Karen Wantland, Occupational Therapist. "That requires more than 'shushing' staff or adjusting lights. Holding and placing preemies in proper positions helps them explore their world in a calm, safe and loving environment."

Karen also helps babies learn to calm themselves. "Gravity is one of the challenges preemies face outside of the womb," says Karen. "Providing gentle touch therapy helps babies gain the strength and coordination to bring their hands to their face and mouth and their knees up toward their bellies, which they instinctively do in the womb to calm themselves." **WC**

Read this magazine at home. Instead of in the waiting room.

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No one likes waiting, especially in the ER. That's why, at Dignity Health-St. Rose Dominican, you can get an estimated treatment time online through our partnership with InQuicker.™ You can even wait at home. Because when you're not feeling well, being at home is always the kinder option. To begin, visit StRoseHospitals.org

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Empowering women one suit at a time

Paula Lawrence, executive director for the southern Nevada chapter of the international not-for-profit organization Dress for Success, has a flair for fashion that she puts to good use helping local disadvantaged women look and feel their best for job interviews.

The Faithful Woman*

*When one meets a faithful woman,
The moment is an awakening.
She has committed her heart to goodness,
And the world has an unfailing friend.
She develops her gifts with joy,
She will empower those around her.
She will dance in response to song;
She will grieve in response to pain.
She is decisive with wisdom and insight;
With compassion she makes her choice.
She finds labor well worthwhile;
Her lamp does not go out at night.
Life for her has purpose and pattern,
Yet she bows before its mystery.*

**This passage was read at the recent blessing of the new WomensCare Center in Henderson.*

“The mission of Dress for Success Southern Nevada is to promote the economic independence of disadvantaged women,” says Paula. “We do that by providing professional attire and a network of support and career development tools aimed at helping women thrive in their work and personal lives.”

According to Paula, clients are referred to Dress for Success Southern Nevada by governmental and nonprofit agency partners such as The Shade Tree, which provides shelter and transitional services for women and children who are disadvantaged due to issues such as job loss, homelessness or physical abuse. A client receives one suit when she has a job interview and can return for a second suit or professional separates when she finds work.

“Providing a woman in need a smart-

looking suit can improve her confidence and performance during a job interview,” says Paula. “The gesture is both visually and spiritually transforming.”

If you would like to support Dress for Success Southern Nevada, assess your closet and donate “like-new, current-looking” professional suits, blouses, blazers, pants, skirts, accessories, handbags and shoes. To provide clients ready-to-wear ensembles, clothing must be dry cleaned (or laundered and pressed) and delivered on hangers. Clothing donations are accepted Tuesdays and Thursdays from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m. at Dress for Success Southern Nevada, 3400 W. Desert Inn Road, Suite 29 (warehouse entrance). For more information, visit dressforsuccesssouthernnevada.org or call 684.6412. WC

▶ **Helping others help those in need.** Dignity Health-St. Rose Dominican awards more than \$300,000 in annual grants to help various nonprofit organizations, such as The Shade Tree, meet specific health and welfare needs of our community's vulnerable populations.

Everyday Kindness

Dignity Health-St. Rose Dominican recently collaborated with local schools and nonprofit organizations, such as the Josh Stevens Foundation, to support the nationwide Great Kindness Challenge. We encourage all southern Nevadans to look for everyday ways to be kind, considerate and supportive of others — because it is one of the most positive, productive ways we can improve the health of individuals, communities, our nation and our world. Learn more at hellohumankindness.org.



Health

EGG-CELLENT INFORMATION!

The incredible, edible egg is often misunderstood. So what eggs-actly is the truth? A few common claims made about eggs and a look at the facts (or current thinking based on recent medical research) include:

► **Claim:** Adults should avoid eating eggs because they have too much cholesterol.

Fact: Eggophobia – the fear that eating eggs will lead to high cholesterol levels that increase heart disease risks – centers on the cholesterol in an egg’s yellow yolk. But St. Rose Dominican registered dietician, Sherry Poinier, says, “Healthy adults can safely eat three to four eggs a week.”

According to Sherry, if you are in good health, keep your daily dietary cholesterol intake to 300 milligrams (mg) or less. If you have cardiovascular disease, diabetes or a high Low-Density Lipoprotein (LDL or “bad”) blood cholesterol level, limit your dietary cholesterol to less than 200 mg a day. One large egg has about 200 mg of cholesterol in its yolk. So if you eat a whole egg, limit other sources of cholesterol, such as meat and seafood, including crab, shrimp and lobster, as well as high-fat dairy products for the rest of the day.

► **Claim:** Eating just the whites of an egg is healthier than eating the whole egg.

Fact: A whole egg has more calories than just the egg white but is still low in calories and its yolk packs hefty punches of iron, bone-building phosphorous, immune-boosting zinc, blood cell-forming folate and vision-enhancing Vitamin A. Eggs are also sources of Vitamin D and choline, a brain booster. If you are watching your cholesterol intake, egg whites contain no cholesterol, and two egg whites have the protein equivalent of one whole egg.



► **Claim:** An egg can stand on its end on the day of the spring (vernal) equinox or the autumnal equinox.

Fact: According to myth, an egg will only stand on its end on the vernal and autumnal equinoxes, the dates when day and night – and the gravity between the earth and the sun – are equal. However, tiny bumps on eggshells can potentially hold up an egg on any day of the year. Is this a fact? Try balancing an egg on its end a few days before the spring equinox and then again on the spring equinox (March 21, 2014). Post your results on our Facebook page at StRoseHospitals.



► **Claim:** Dyed eggs shouldn't be eaten.

Fact: Dying eggs has been part of spring celebrations for centuries and they are safe to eat if you cook them thoroughly, use products specifically recommended for dying eggs and store them in the refrigerator. When eggs are left out at room temperature for more than two hours, any salmonella bacteria present in the eggs is more likely to multiply to levels that could make you sick. To cook eggs thoroughly, cover them with at least an inch of water, bring them to a gentle boil, turn off the heat and let them stand, covered, for 15 minutes. Afterward, run cold water over eggs and refrigerate until you dye them.

► **Claim:** If you are allergic to eggs, you shouldn't get a flu shot.

Fact: Reactions to egg allergies can range from mild to life threatening, so people with egg allergies have historically been told to avoid flu shots. "Influenza vaccines are made in eggs, so egg proteins are present in the final product," says Sean McKnight, M.D., licensed allergist. "However, the egg protein in current influenza vaccines is so minimal that adults and children with egg allergies can now receive flu shots. If you have had an anaphylactic reaction to eggs or a flu shot in the past, be evaluated by an allergist before getting the flu shot." People with an egg allergy be observed in their physician's office for 30 minutes after receiving the vaccine.

► **Claim:** Brown eggs are healthier than white eggs.

Fact: The color and size of an egg has more to do with the color and size of the chicken that produced the egg than the egg's nutritional value. Brown eggs are often more expensive – not necessarily healthier – because they are laid by brown chickens, which are typically larger and more expensive to feed.



► **Claim:** The expression "egg on your face" implies that you have made a serious mistake, but it's more likely that you have done something that has left you looking embarrassed or foolish.

Fact: True! That's what the expression means, but while having egg on your face might look silly, eggs can be used to make homemade facial masks that give your skin a plumper, firmer look. Here's a simple facial mask recipe:

Egg-cellent Skin Mask

Ingredients -

- 2 tsp of your favorite moisturizer
- 1 egg white
- 2 pinches turmeric
- 1 tsp honey (preferably Manuka honey for its antibacterial properties)

Directions -

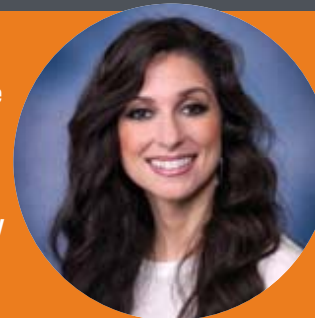
Mix your moisturizer with the egg white, turmeric and honey to make a paste. Apply to your face evenly, avoiding your eyes. Leave the mask on for 20 minutes, then rinse with warm water. The egg white tightens, while the turmeric and honey stimulate the skin and plump it up, helping create a smoother look.



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

Questions & Answers

Q: I think I have food poisoning from salmonella infection. Should I see my doctor or just tough it out?



**Celeste Atkinson, M.D.,
licensed internist,
Dignity Health
Medical Group**

A: A salmonella infection is caused by salmonella bacteria that can be transmitted from raw meats, eggs and fresh produce. The primary symptoms of infection include fever, abdominal cramps and diarrhea. Most cases resolve themselves within five to seven days, but a visit to a primary care physician is recommended – particularly if the person affected is an infant, a senior or someone who has a compromised immune system.

A vital key to a speedy recovery from salmonella infection is hydration. Drink plenty of water and electrolyte replacement drinks that contain potassium and sodium, such as Pedialyte™ or Gatorade™. Some patients with severe diarrhea may need rehydration with intravenous fluids, and antibiotics or hospitalization may be required for severe cases of infection. If you become sick from salmonella bacteria, wash your hands frequently and avoid contact with other people to reduce the chances of spreading the infection.

To prevent food-borne salmonella infections, wash produce and thoroughly cook meats and eggs before serving them. Also, clean your kitchen surfaces and wash your hands after handling and preparing raw meats and eggs. Food should also be stored in the refrigerator prior to preparation and soon after serving.

For more information on salmonella infection and food safety, visit foodsafety.gov.

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A-FIB INCREASED CECILE'S BLOOD CLOT RISK AND STRESS LEVEL

THE LARIAT™ PROCEDURE LOWERED THEM BOTH

Cecile Martindale (pictured with her husband, Bill) answers the phone with a cheery “Hello,” and tells a Dignity Health–St. Rose Dominican hospital nurse that at 77 years of age she feels nearly as spry as she did 20 or 30 years ago. “I stay very active and I am always busy, but I am also careful not to let stress fuel my life,” says Cecile. “You know dear, you should watch your stress levels, too.”

Cecile shares her wisdom with the familiarity and fondness of a dear friend, as if she can see through the phone and visualize the nurse’s own stressors, which is quite remarkable considering two things: the two women have never met, and a series of blood clots caused by cardiac arrhythmia – an irregular heart rhythm – almost cost Cecile her vision and could have taken her life.

Fortunately, a new procedure called Lariat™ has dramatically reduced Cecile’s risk of life-threatening blood clots. It cannot cure her cardiac arrhythmia, but just knowing that she is less likely to suffer from recurrent blood clots has certainly lowered her stress level.

Cecile’s Condition is Fairly Common

Cecile is among an estimated 3 million

Americans who have a form of cardiac arrhythmia known as atrial fibrillation (also called A-Fib or AF). A-Fib is the most common cause of irregular heart rhythm and is a risk factor for stroke. “Patients with A-Fib are five times more likely to suffer a stroke,” says Erik Sirulnick, M.D., licensed cardiologist, who treats heart rhythm disorders, and the physician who performed Cecile’s Lariat procedure at the Siena Campus.

A-Fib develops due to a malfunction in the heart’s electrical system, which causes the upper chamber of the heart – the left atrium – to beat rapidly or quiver. That’s a problem because when the heart doesn’t fully expand and contract, blood may pool in a small pocket above the left atrium known as the left atrial appendage.



“A-Fib caused Cecile’s blood to stagnate and clot, and on at least three occasions, a blood clot traveled from her left atrial appendage to her brain,” says Dr. Sirulnick. “Cecile suffered mini strokes called trans ischemic attacks (TIAs) that affected her vision. The impact of another clot may have been much worse.”

Treatment Options Exist

The vast majority of strokes related to A-Fib are, like Cecile’s TIAs, caused by blood clots formed in the left atrial appendage. For most patients, medications called blood thinners are the most helpful form of treatment. They can help prevent blood clot formation or treat existing blood clots, but as Cecile found out, potential side effects can occur, including excessive bleeding, easy bruising, stomach pain, muscle aches, dizziness and headache.

“Cecile couldn’t tolerate blood thinners,” says Dr. Sirulnick. “Her risk of suffering a major fall or hemorrhaging due to the medication was as real as her risk for stroke.”

According to Dr. Sirulnick, another option for reducing the risk of blood clots is to surgically remove the left atrial appendage. “Removing the atrial appendage with open heart surgery is a proven, long-term solution for substantially lowering a patient’s risk of blood clots,” says Dr. Sirulnick. “But just as we had to weigh Cecile’s risk of taking blood thinners, we had to consider how she would fare having open heart surgery, which is highly invasive, requires a lengthy recovery and an extended course of blood thinners.”

The Lariat Procedure Proves Effective

Ultimately, Cecile was treated using the innovative, new Lariat procedure that was developed for patients who cannot take blood thinners. While it proved effective for Cecile, it is not yet a frequent form of treatment. In fact, Cecile was the first southern Nevadan to have the Lariat procedure.

Dr. Sirulnick performed Cecile’s Lariat procedure percutaneously (through small needles inserted into blood vessels)



▶ Above: Erik Sirulnick, M.D., licensed cardiologist, specializes in (EP) electrophysiology and performs the Lariat™ procedure to dramatically reduce blood clot risk for patients who are unable to tolerate blood thinners or open heart surgery.

using two small catheters. The first catheter carried the Lariat suture device (it resembles a lasso) to tie off the atrial appendage so blood could no longer enter or pool in the appendage (pocket). The catheter carrying the device was inserted in a blood vessel under Cecile’s rib cage while the other catheter, which helps guide the Lariat into place, was threaded to her left atrial appendage through a small incision in a femoral vein in her thigh. Once in place, the Lariat suture device tightens a loop stitch around the base of the appendage, permanently sealing it off from the rest of the heart and blocking stroke-causing blood clots from traveling to the brain. The blocked appendage eventually dissolves.

Cecile says the procedure, which took about 3 hours, was a “snap.” She spent two days resting in the hospital before returning home to an active lifestyle of gardening and walking with her husband of 56 years, Bill. WC

A-Fib at a glance

- 3 million Americans have a heart rhythm disorder known as atrial fibrillation (A-Fib or AF).
- A-Fib causes the heart to beat too fast or too slow.
- The most common symptoms of A-Fib are heart palpitations, dizziness, shortness of breath and fatigue.
- People with A-Fib are five times as likely to suffer a stroke.
- A-Fib also increases the risk of heart failure and Alzheimer’s disease.
- Nearly all strokes related to A-Fib are caused by a blood clot that dislodges and blocks the flow of blood to the brain.

Benefits of the Lariat procedure

- Decreases stroke risk without affecting the rest of the heart.
- Option for patients who cannot take blood thinners.
- Permanent, one-time solution.
- Minimally invasive and minimal discomfort after the procedure.

▶ **St. Rose Dominican substantially reduces radiation exposure.** As the only hospital in the valley to have a new heart imaging technique called CARTOALARA™, St. Rose Dominican is promoting the principle of ALARA (As Low As Reasonably Achievable) during electrophysiological studies (EP studies). ALARA aims to reach an optimum balance between the imaging of a patient’s heart and their radiation exposure.

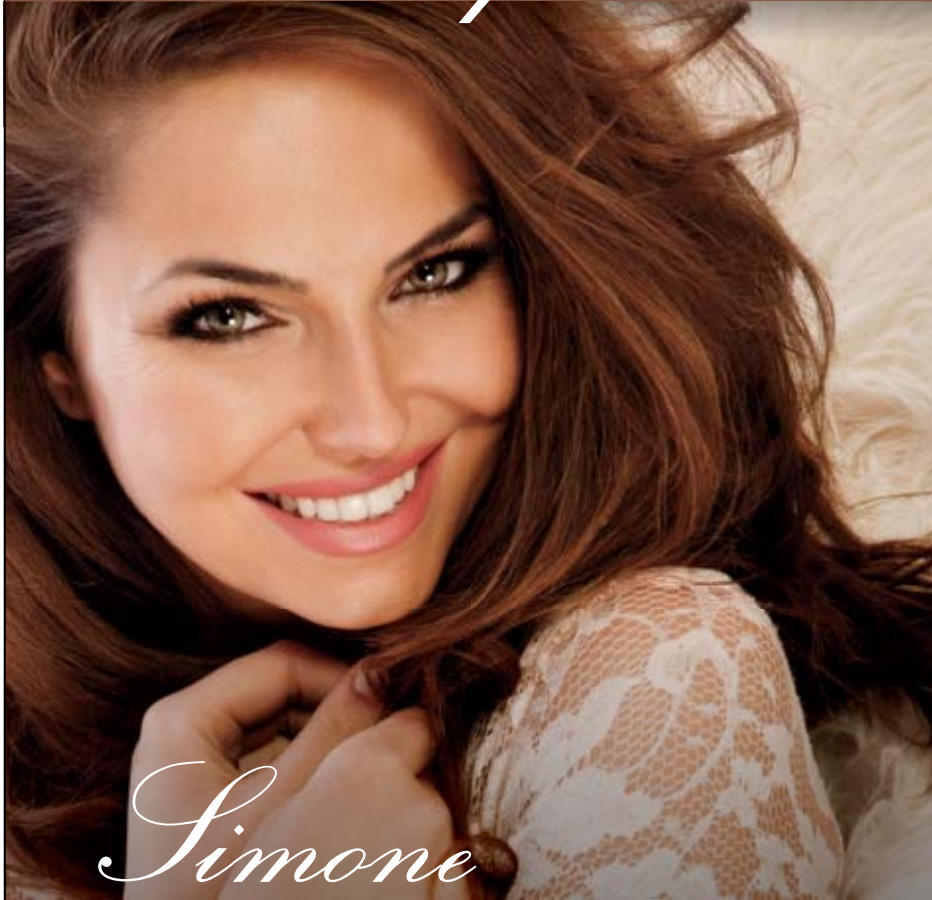
▶ **Mark your calendars and cross your heart!** Commit to make February – and all of 2014 – heart healthy by attending our Heart Health Fair. See page 27 for more details.



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

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Confidence



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Fellow of the International Congress of Oral Implantology



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After

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Faculty member
at the UCLA Center
for Esthetic Dentistry



AMERICAN ACADEMY
OF COSMETIC DENTISTRY



Are your meds hurting your mouth?

Prescription and over-the-counter medications, supplements and vitamins can affect your oral health, says Patrick Simone, DDS, licensed dentist. "To protect your teeth and mouth, list all of your medications on the medical history forms provided by your dentist's office."

According to Dr. Simone, some common medication side effects include:

Oral Bleeding: Blood-thinning medications, such as aspirin or anticoagulants like Coumadin or Heparin, can increase your risk of excess bleeding during oral surgery or treatments for periodontal disease.

Oral Tissue Problems: Some blood pressure, immunosuppressant, cancer medications, and oral contraceptives can lead to inflammation, ulceration and discoloration of oral tissue. Your dentist can recommend a dental hygiene regimen to reduce the frequency and discomfort issues.

Enlarged Gum Tissue: To prevent the overgrowth of gum tissue, properly cleaning teeth and gums is crucial for patients taking certain anti-seizure medications, immunosuppressants or channel blockers to control cardiac issues.

Oral Infections and Tooth Decay: Antihistamines, decongestants, pain killers and medications used to treat high blood pressure, urinary incontinence and Parkinson's disease can reduce saliva production, which increases the risk of oral infections and tooth decay.

Find health plans that include our hospitals

Going without medical insurance is akin to driving without wearing a seatbelt. It's risky! But not wearing a seatbelt is a personal choice, while the majority of Nevada's nearly 120,000 uninsured residents haven't chosen to go without health insurance – they simply cannot afford it.

A few ACA facts

The new healthcare law sets certain standards that all insurers must meet whether they provide health insurance through an employer or directly to individuals or small groups. The law does the following:

- Eliminates lifetime limits on essential medical expenses;
- Prohibits insurers from dropping your coverage or raising your premiums if you get sick — or from denying coverage if you have a preexisting condition;
- Ensures that your child can stay on your health plan until age 26;
- Caps annual out-of-pocket medical and drug expenses up to an estimated \$6,400 for individuals and \$12,800 for families.

▶ **Health insurance enrollment help!** Visit dignityhealth.org/enroll or call toll-free (855) 835-0822. Our health navigators can answer your questions and help walk and talk you through the enrollment process.

“The Affordable Care Act (ACA) seeks to make medical coverage available for everyone. In fact, you cannot be denied coverage even if you have been turned down before for past health problems,” says Holly Lyman, Director of the WomensCare Centers and Dignity Health-St. Rose Dominican's Community Outreach Services. “If you are currently uninsured, you can enroll for individual coverage during the ACA open-enrollment period, which continues through March 31.”

Individuals and small businesses can shop for, compare prices and purchase health insurance through online “exchanges,” which are also called marketplaces. St. Rose Dominican is a hospital provider for both on-exchange (or subsidized) plans through Health Plan of Nevada and non-exchange (non-subsidized) plans.

According to Holly, on-exchange plans offer eligible enrollees financial help with premiums in the form of an Advanced Premium Tax Credit or a subsidy. These

subsidies are available to individuals and families if their income is between 138 and 400 percent of the federal poverty level. For example, in 2013, a family of four with an income between \$30,657 and \$92,200 could be eligible for a subsidy.

St. Rose Dominican is also a hospital provider on a number of other off-exchange, or non-subsidized, ACA plans providing health insurance coverage for individuals through insurance marketplaces. For a list of plans that include St. Rose Dominican's hospitals or for help enrolling in an on- or off-exchange health plan, visit dignityhealth.org/enroll or call toll-free (855) 835-0822. Support is available in English and Spanish.

“Initial enrollment through insurance exchanges was slow, but most systems have been corrected making the process much faster and simpler,” says Holly. “We encourage people to visit an exchange website and enroll before the March 31 deadline. Individuals and small businesses that don't may have to pay a federal income tax penalty.” **WC**

TWO TRUTHS AND A LIE ABOUT PAINKILLERS

What do you know about prescription opioid painkillers (painkillers), such as OxyContin, Percocet or Vicodin, and addiction? Read the three sentences below and decide which two statements are true and which is not.

1. One in 10 teenagers has misused or abused painkillers.
2. Deaths related to painkillers outnumbered those due to vehicle crashes last year.
3. Every 3 minutes, a woman goes to the ER for painkiller misuse or abuse.

TRUE – About one in 10 teenagers has misused or abused painkillers. Teens often believe that prescription drugs provide a safe “buzz,” and they find them easier to get or less expensive than alcohol or drugs, such as pot or cocaine. In fact, 70 percent of teens who have abused pain relievers and stimulants say they got them from their friends or relatives, typically without their knowledge.

FALSE – Deaths from drug overdose are now the number one cause of accidental death in the United States, but the number of vehicle-related fatalities (nearly 33,000 in 2010) still exceeds deaths specifically related to prescription drug misuse and abuse. Of the more than 22,000 deaths attributed to painkillers in 2010, 75 percent involved painkillers.

TRUE – Acknowledging how the painkiller crisis affects women is critical. Although men still misuse painkillers at a higher rate than women, women are more susceptible

to becoming dependent on them. They are also more likely to suffer chronic (long-term) pain, be prescribed painkillers and be given higher doses for longer periods of time.

Effective Medicine or Addictive Drug?

Prescription painkillers are potentially addictive but can provide safe, effective relief of acute pain when used correctly and under a doctor’s supervision. “The sudden, excruciating pain after breaking a bone or having major surgery is acute pain,” says Mohab Ibrahim, M.D., licensed anesthesiologist and a Ph.D., specializing in pain management. “For most patients, a short course of painkillers – typically a few days to a few weeks – provides the relief necessary to rest and begin to heal but is not a pathway to addiction.”

Physical and psychological dependency on painkillers is more likely to occur when they are prescribed over long periods of time for patients who suffer from chronic (long-term) pain. This is because patients tend to require increasingly higher dosages to achieve an expected level of relief. “Long-term opioid painkillers were initially prescribed to control chronic pain among patients in the late, extremely painful stages of cancer at dosage levels high enough to allow them to live out their final days, weeks or months in comfort with some measure of quality of life,” says Dr. Ibrahim. “Problems arose, however, as these drugs gained more acceptance for use among patients who suffer from long-term pain but have normal life expectancy, such





Mohab Ibrahim, M.D.,
licensed anesthesiologist and a Ph.D.,
specializing in pain management

as someone with fibromyalgia or back pain.”

Dr. Ibrahim says there is greater understanding of chronic pain today, as well as safer, more effective forms of long-term pain management. “Painkillers may prove effective for certain types of pain if used under careful monitoring. But new, less habit-forming medications, physical and behavioral therapy, acupuncture and chiropractic care, typically bring patients the relief necessary to go on with their lives,” says Dr. Ibrahim. “Long-term pain management is not as simple as taking a pill, but it is physically, emotionally and financially easier than overcoming painkiller addiction.”

Pain management specialists, such as Dr. Ibrahim, help patients gain control of chronic pain issues, including pain that persists long after visual indicators of acute injury have healed; ongoing pain related to certain chronic conditions, such as fibromyalgia, arthritis, migraine, interstitial cystitis and back pain; or pain described as idiopathic, which means having no known cause. **WC**

▶ **Secure prescription painkillers** (and other medications) in a locked box as you would other potentially lethal possessions.

▶ **Dispose of unused or outdated prescription** medications safely and anonymously at area police substation drop-off boxes. Visit southernnevadahealthdistrict.org or paininthedrain.com for a map of locations.

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, Noon,
HEND; 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**
MDA General Support Group - Saturdays, Feb. 22 &
Apr. 19, 10:30 a.m. **HEND**

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**
Substance Abuse Help - 486-8250

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**

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Ph: 304-5900

Henderson Location

Primary Care/Internal Medicine/Pediatrics
10001 S. Eastern Ave., Ste. 203
Henderson, NV 89052
Ph: 616-5870

Southwest Location

Primary Care/Family Medicine/Internal Medicine
8285 W. Arby Ave., Ste. 231
Las Vegas, NV 89113
Ph: 304-5900

The Dream Fund Pediatric Endocrinology Clinic

10001 S. Eastern Ave., Ste. 209
Henderson, NV 89052
Ph: 616-5865





Think Back

BACK PAIN PREVENTION AND TREATMENT

Back pain is one of the most common medical complaints in America, but because many adults think it is an inevitable part of the aging process, they often forgo exercise, their favorite activities and telling their doctors about their pain. *WomensCare* magazine recently chatted with two neurosurgeons about age-related back issues and found that two common problems – spinal compression fractures and degenerative disk disease – can be prevented or, at a minimum, treated.

Continue to page 22



Bohdan Chopko, M.D.,
licensed neurosurgeon

Spinal Compression Fractures

Rose Oberich, 87, suffered a severe spinal compression fracture while dancing. “Rose went from being vibrant and independent to bedridden,” says Bohdan Chopko, M.D., licensed neurosurgeon for the St. Rose-Stanford Clinics, Neurosurgery Program. “As part of Rose’s treatment, we performed vertebral augmentation to relieve her pain and help her regain her independence.” Rose was up and walking the day after surgery, which prompted *WomensCare* magazine to ask Dr. Chopko more about spinal compression fractures and vertebral augmentation procedures.

WomensCare: What is a spinal compression fracture?

Dr. Chopko: Compression fractures result from small cracks in the bones of the spine (called vertebrae) that cause the bones to collapse or compress together. These fractures can lead to pain, loss of height, hunched posture and increased difficulty in carrying out daily activities.

WomensCare: Are women more prone to spinal compression fractures than men?

Dr. Chopko: Women develop bone-thinning “osteoporosis” at four times the rate of men, but aging puts both men and women at risk. It’s estimated that 8 million women and 2 million men in the United States over the age of 65 have osteoporosis – and as many as 750,000 new spine fractures occur each year.

WomensCare: Are spinal compression fractures preventable?

Dr. Chopko: In the five to seven years following menopause, women can lose up to 20 percent of their bone density – and women with extremely weak bones can suffer spinal fractures doing something as seemingly insignificant as sneezing. Getting enough calcium and Vitamin D, exercising regularly and avoiding tobacco can help prevent or reduce the risk of osteoporosis. For women and men with osteoporosis, specific bone-building medications, physical therapy and safe forms of exercise can help strengthen bones and the muscles that support the spine.

Continue to page 23



Gary Flangas, M.D.,
licensed neurosurgeon

Degenerative Disk Disease

When Las Vegas native, Dr. Gary Flangas, attended his Clark High School reunion, he didn’t feel that his classmates had aged much. “Everyone still looked youthful,” says Gary Flangas, M.D., licensed neurosurgeon. Yet, as more of his contemporaries seek solutions for back pain, the neurosurgeon isn’t surprised that X-rays of their spines reveal the tell-tale signs of degenerative disk disease, a condition *WomensCare* magazine asked him to discuss.

WomensCare: What is degenerative disk disease?

Dr. Flangas: It is the age-related degeneration of one or more discs in the spine caused by decades of daily stress and the occasional injuries our spines incur. Over time, wear and tear takes its toll and some people begin to experience back pain.

WomensCare: How does degenerative disk disease develop?

Dr. Flangas: A healthy spine is made up of a column of bones (called vertebrae) separated by cushiony discs that absorb the shock to the spine when you walk, jump, run and do other activities or get injured. These discs have a hard outer shell, but the core is made up of watery, fibrous material that looks like crab meat. As you age, this core tends to become dryer, more brittle and more apt to bulge or rupture, which puts pressure on the spinal nerves. That pressure or pinching of the nerve can cause mild to debilitating pain.

WomensCare: Is it possible to prevent or slow the progression of degenerative disk disease?

Dr. Flangas: Yes. Because the condition is more of a disorder than a disease, you can potentially slow its onset or progress by taking a holistic approach to your health. Staying active is important. Low-impact activities like walking, biking or stair climbing and core building exercises such as yoga, Pilates or swimming can help you maintain a healthy weight, build strong muscles and a sturdy frame – all of which take stress off the spine. Eating a healthy diet and avoiding cigarettes are also important.

Continue to page 23

Dr. Chopko continued

WomensCare: How are spinal fractures treated? Is bed rest recommended?

Dr. Chopko: Many spinal fractures heal on their own within two to three months; however, because women with osteoporosis are prone to repeated spinal fractures, treatment is typically tailored to the level of discomfort and disability experienced. If a patient has mild to moderate pain, nonsurgical treatments such as pain relievers, braces and special exercises can help relieve symptoms and strengthen the back. Bed rest isn't recommended because sitting or lying still for two months is impractical and increases a patient's risk of more serious complications such as muscle loss, blood clots, bed sores and pneumonia. If a patient experiences serious, debilitating pain like Rose, simple surgical treatments such as vertebroplasty and kyphoplasty can provide tremendous relief.

WomensCare: Can you explain vertebral augmentation?

Dr. Chopko: We perform vertebral augmentation, such as vertebroplasty (often called "internal casting") by using continuous X-ray imaging to visualize the spine and guide a needle filled with medical-grade bone cement through the skin and into the fractured area of the vertebrae to stabilize the spine. It's a same-day surgical procedure performed using local anesthesia or conscious sedation – and most patients experience significant to total pain relief and are able to resume their daily activities within 48 hours.

To perform kyphoplasty, we use a similar technique that inserts and expands a balloon in the compressed space between two vertebrae before injecting the bone-filling cement. Kyphoplasty can help relieve pain and restore some of the height lost when the spine is compressed. It is also one method used to repair damage to the vertebra caused by cancer. **WC**

Dr. Flangas continued

The nicotine in tobacco prevents discs from getting the nutrients they need, so they become less pliable and more likely to bulge or rupture.

WomensCare: Are there surgical solutions to degenerative disk disease?

Dr. Flangas: There are several types of stabilization and decompression surgeries. A stabilization procedure fuses two vertebrae together to provide stability for the spine. Decompression surgeries, such as laminectomies or discectomies, aim to relieve pressure on impacted nerves by removing portions of bone or discs. The good news is these surgeries can be highly effective; however, better news is that while about 95 percent of adults experience some type of back pain, only five percent require surgery.

WomensCare: Is that good news for neurosurgeons?

Dr. Flangas: That's a good question. Neurosurgeons are experts in back surgery – and it is exciting work – but our primary goal is to help relieve a patient's back pain in the least invasive manner possible. In many instances, we can help patients achieve moderate to total pain relief through non-surgical measures, such as physical therapy, proper movement techniques, healthy lifestyle modifications and/or medications that reduce pain and swelling.

WomensCare: What about the highly-publicized minimally-invasive laser procedures?

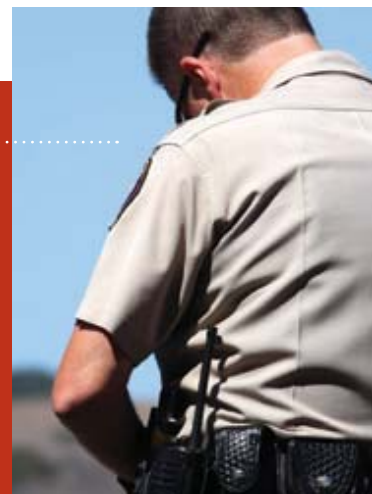
Dr. Flangas: When a patient undergoes surgery, we use the least invasive procedure that will provide the best possible results, but "bandage" surgeries alone won't necessarily reduce the risk of the degeneration of disks in other parts of the spine. That's why we advocate addressing holistic spine health, which can also reduce the risk of other chronic conditions such as arthritis, heart disease and diabetes. **WC**

Police sergeant pain free after spinal fusion

Sergeant David Sims was finishing his nightly shift when his patrol car was struck by a vehicle driven by someone under the influence of illegal narcotics. His car slammed against a concrete retaining wall and the impact injured his back. As a young, healthy police officer, he was sure that the pain would quickly subside, but weeks and months passed and it continued to interfere with the things he loved most – his job and the active lifestyle he and his wife enjoyed.

Dr. Flangas carefully reviewed all of the available treatment options with Sgt. Sims, then left the decision in his hands. "I didn't make the decision to have surgery lightly. I was scared that having surgery might help my pain but hinder my mobility," says Sgt. Sims. "Ultimately, I opted for spinal fusion because I didn't want to be forced into light duty or early retirement – and I couldn't do my job in a fog of prescription medications."

Since having spinal fusion in 2009, Sgt. Sims has performed his job – and enjoyed activities ranging from bike riding, scuba diving and working out with his wife – pain free.





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winter calendar

OF CLASSES AND UPCOMING EVENTS

WomensCare Center Staff

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All physicians, physician's assistants and other licensed medical professionals listed, pictured or interviewed in WomensCare magazine stories and calendar of classes are licensed by their respective boards in Nevada.

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 complement your current medical treatment.

Mondays – Mar. 3 until Apr. 7; 9:30 a.m.-noon

HEND: FREE

Diabetes Awareness Treatment & Education

American Diabetes Association accredited diabetes education. All insurances welcome and cash discounts available.

Tuesdays & Wednesdays – Feb. 11 & 12, Mar. 11 & 12,

Apr. 8 & 9; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – Feb. 25 & 26, Apr. 22 & 23;

5-9:30 p.m.

Wednesday & Thursday – Mar. 26 & 27; 5-9:30 p.m.

HEND: Call 616-4975 for pricing and registration.

Pre-Diabetes: Avoid the Avoidable

Learn to avoid or delay diabetes.

Thursday, Feb. 20; 9:30-11:30 a.m.

HEND: FREE

Diabetes Support for Tykes & Tweens

Parents and kids with diabetes (up to age 12) learn ways to overcome obstacles and succeed.

4th Monday – 6-7 p.m.

MAC: FREE

Diabetes for Caregivers

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

Wednesday, Mar. 19; 6-9 p.m.

WEST: FREE

Kids Rock

Kids struggling with extra weight or type 2 diabetes are invited to a morning of fun-filled activities to help them feel better and live healthier. Ages 10+. Parents must be present. Registration required, 616-4904.

Saturday, Mar. 22; 9 a.m.-noon

HEND: FREE

Camp Vegas – Nevada Diabetes Association

Week-long camp filled with fun and adventure for kids with diabetes, ages 7-14. Scholarships available; register at 1.800.379.3839 or diabetesnv.org.

Monday, Apr. 14-Friday, Apr. 18

MT. POTISI

JDRF Hope & Health Diabetes Symposium

Educational conference for adults and children with type 1 diabetes. Family and friends welcome; lunch provided. Register at jdrflv.org.

Saturday, Feb. 22; 9 a.m.-3 p.m.

CASHMAN CENTER

Happy Feet Screening

Have your feet examined to prevent diabetic-related problems and identify circulation issues.

Saturday, Mar. 22; 1-3 p.m.

HEND: FREE - Appointment required

▶ heart & stroke prevention

Cardiac Nutrition

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

Wednesday, Apr. 23; 10-11:30 a.m.

HEND: FREE

Thursday, Mar. 20; 3-4:30 p.m.

WEST: FREE

Diabetes Alert Day

At risk for diabetes? Get the facts and take the test (with us or online at stopdiabetes.com):

- Lab screenings
- HbA1c (\$10)
- Glucose (\$5)
- Cholesterol (\$5)

Plus, blood pressure, BMI and weight checks; exercise and healthy cooking demos; opportunity to talk with Theodore Leon, D.O., licensed internist; educational resources; and door prizes. Call 616-4900 for reservations.

Tuesday, March 25, 8-11 a.m.

HEND



winter calendar

OF CLASSES AND UPCOMING EVENTS

Talk With A Doc

Bariatric Surgery Seminar & Support

Thomas Umbach, M.D., licensed bariatric surgeon

Wednesdays, Feb. 12 & Mar. 12; 6-7:30 p.m., Lecture & 7:30-9 p.m., Support Group

HEND: FREE

Wednesday, Apr. 16; 6-7:30 p.m., Lecture & 7:30-9 p.m., Support Group

WEST: FREE

Surgical Options For Arthritis

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

Wednesday, Mar. 5; 6-7 p.m.

MAC

Movement Disorder Therapies

Treatment therapies for Parkinson's Disease and essential tremors. James Forage, M.D., licensed neurosurgeon.

Thursday, Apr. 3, 7-9 p.m.

MAC: FREE

Lower Cholesterol with TLC (therapeutic lifestyle changes)

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

Thursday, Mar. 6; 9-11 a.m.

HEND: FREE

DASH Away From Hypertension

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

Thursday, Mar. 13; 10 a.m.-noon

HEND: FREE

Heartsaver CPR/AED

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

Wednesday, Feb. 26; 5-9 p.m.

Wednesday, Mar. 26; 5-9 p.m.

Wednesday, Apr. 23; 5-9 p.m.

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

smoke free

Freedom From Smoking

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

Tuesdays – Apr. 1-May 13 & Thursday, Apr. 24; 5:30-7 p.m.

SAN: FREE

Stop Smoking with Hypnosis

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

Wednesday, Feb. 19; 6-8 p.m.

Wednesday, Apr. 30; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Mar. 12; 6-8 p.m.

WEST: \$25 (includes CD)

cancer screenings & survivorship

Skin Cancer Screenings

Suspicious moles or spots checked by Kristine Herlevi, licensed P.A.-C, from the office of Curt Samlaska, M.D., licensed dermatologist.

Thursday, Apr. 10; 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 WomensCare Center and receive test results by 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.

Breast Cancer Prosthesis & Bra Fittings

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

screenings

Call 616-4900 for screening appointments.

Metabolic Testing

Tuesday, Feb. 18, Apr. 29; 7:30-11:30 a.m.

Thursday, Mar. 20; 7:30-11:30 a.m.

HEND: \$45; Call 616-4975 for appointment

LIFELINE Screenings

High cholesterol? High blood pressure? At risk for stroke? Screenings include ultrasound of carotid arteries for abdominal aortic aneurysm, peripheral arterial disease and arterial fibrillation. Call 1.800.690.0295 or visit lifelinescreening.com for details and to 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, Apr. 17; 8 a.m.-noon

HEND: \$10 - Appointment needed

Becoming Medicine Wise

Meet individually with Pharmacist Krystal Riccio to learn about how your prescription and over-the-counter medications should be taken so they work correctly with minimal side effects.

Wednesday, Mar. 26; 9 a.m.-noon

HEND: FREE - Appointment needed

Wednesday, Apr. 30; 9 a.m.-noon

WEST: FREE - Appointment needed

Hearing Screening

Join My Hearing Center for a free seminar and hearing evaluation.

Thursday, Mar. 13; 1-3 p.m.

HEND: FREE - Appointment needed

Asthma Kids Club Roundup!

Bring the lil' buckaroos and learn tips and tricks for managing your child's asthma and keeping the whole family healthy during allergy season. Call 616-4900 to register.

- Asthma screenings and education
- Uninsured? No-cost vaccines available
- Bring your medications for review by a St. Rose pharmacist
- Free spacers and peak flow meters
- Conversations with pediatric allergist or pulmonologist

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

MAC: FREE



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

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, Feb. 22; 8-9:30 a.m.

MAC: See prices above - Appointment needed

Tuesday, Mar. 25; 8 a.m.-noon

HEND: See prices above - Appointment needed

Thursday, Apr. 24; 7-10 a.m.

WEST: See prices above - Appointment needed

Do You See What I See?

Join The Shepherd Eye Center for a free eye screening, prescription check and education about glaucoma and other eye ailments.

Wednesday, Mar. 19; 10 a.m.-noon

HEND: FREE - Appointment needed

Wednesday, Apr. 23; 10 a.m.-noon

WEST: FREE - Appointment needed

▶ **immunizations**

Shot Records

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

WIC Immunization Clinics

SNIHC offers no-cost immunizations during WIC appointments. Log on to vaxvegas.org for scheduling information, and remember to bring your child's shot records to your appointment.

National Infant Immunization Week

Protect your baby from 14 vaccine-preventable diseases by age 2. Visit vaxvegas.org for the full schedule of no-cost immunization clinics to get your child's shots up to date.

Saturday, Apr. 26 – Saturday, May 3

▶ **nutrition**

Got SNAP? Supplemental Nutrition 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.-noon

HEND WIC: FREE

Weight Management Club

Free, weekly weight management group with St. Rose registered dietitians.

Fridays – 9:30-10:30 a.m.

NEW Evenings! 4th Wednesdays – Feb. 26, Mar. 26 &

Apr. 23; 5:30-6:30 p.m.

HEND: FREE

Eating On The Run

Sherry Poinier, RD, CDE, teaches cooking techniques and tips for eating healthy on the go.

Tuesday, Mar. 18; 10:30 a.m.-noon

HEND: FREE

Living Gluten Free

Learn if a gluten-free diet is right for you from Sherry Poinier, RD, CDE.

Thursday, Apr. 3; 1-2 p.m.

HEND: FREE

Lose Weight with Hypnosis

Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.

Wednesday, Mar. 5; 6-8 p.m.

Wednesday, Apr. 16; 6-8 p.m.

HEND: \$25 (includes CD)

Tuesday, Feb. 18; 6-8 p.m.

WEST: \$25 (includes CD)

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 616-4975 for an appointment and pricing.

▶ **fitness**

Dragon Boat Paddling

Dates, times and registration at meetup.com/LVDragonBoatClub.

LLV: \$10 per person; \$150 per team practice

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 "the boss" with low impact dance for the young at heart.

Wednesdays – 9-10 a.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

The Heart Doctor is IN: Heart Health Fair

8-9:30 a.m.: Screenings & free heart healthy breakfast

- Lab Screenings (fast for 12 hours): Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, HbA1c (diabetes) \$10, Thyroid Panel (TSH & T3 & T4) \$10.

- Tips on healthy eating from Vanessa Borja, R.D.

- No-Cost Screenings: Blood Pressure; Body Fat & BMI; Carbon Monoxide; 3-Lead Heart Rhythm Strip; Stroke Risk; Medication Checks (bring medications to review); Hands Only CPR Demos; Exercise Demos; Educational Resources; Raffle Drawings; and more!

9:30-10:30 a.m.: Learn to mend a broken heart with Herbert Cordero-Yordán, M.D., licensed cardiologist.

Saturday, Feb. 22; 8-10:30 a.m.

MAC: Seating is limited. Call 616-4900 to register and schedule your lab appointment.

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

Yoga for Beginners (for all levels)

Learn alignment and foundation concepts to deepen your yoga practice.

Mondays – 5:30-6:30 p.m. with Dorothy

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

winter calendar

OF CLASSES AND UPCOMING EVENTS

Dinner With A Doc

Looking for insights regarding a health issue that plagues you or a loved one? Talk with our doctors! Dignity Health-St. Rose Dominican's physician-led lectures, lunches or dinners address top health concerns and the latest non-surgical and surgical solutions for problems such as arthritic joints, cardiovascular problems and neurological issues that affect the head, neck and spine. Registration required: 616-4900.

Avoid a Mid-life Colorectal Crisis!

Adedayo Mokuolu, M.D., licensed gastroenterologist. FIT kit included.
Wednesday, Feb. 27; 6-7 p.m.
SAN: Dinner, FREE

Arthritis, Aging & Joint Pain Solutions

Parminder Kang, M.D., licensed orthopedic surgeon
Thursday, Feb. 27; 1-2 p.m.
SAN: Lunch, FREE

Cosmetic & Reconstructive Surgery Success

Brandon Reynolds, M.D., licensed plastic surgeon
Tuesday, Mar. 11; 6-7 p.m.
SAN: Dinner, FREE

Breast Health Education

Gregg Ripplinger, M.D., licensed general surgeon
Thursday, Apr. 3; 6-7 p.m.
SAN: Dinner, FREE

The Back, The Brain & Relieving Pain

Bohdan Chopko, M.D., licensed neurosurgeon
Wednesday, Apr. 9; 6-7 p.m.
SAN: Dinner, FREE

Keys to Chronic Pain Management

Mohab Ibrahim, M.D., licensed anesthesiologist
Wednesday, Apr. 30; 6-7 p.m.
SAN: Dinner, FREE

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
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

Chair Exercise

Practice simple cleansing breath, stretch, strength and fun balance movements while comfortably seated in your chair!
Mondays – 9-10 a.m. with Paige
HEND: FREE
Tuesdays – 10-11 a.m. with Paige
WEST: FREE

Belly Dancing

2nd Saturday – Feb. 8, Mar. 8, Apr. 12; 10:30 a.m.-noon with Goldie
WEST: FREE

wellness

AARP Smart Driver Program

Reduce your car insurance rates with AARP's Smart Driver program.
Monday – Feb. 10, Mar. 10 or Apr. 14; 9 a.m.-1 p.m.
Friday – Feb. 28, Mar. 28 or Apr. 25; 1-5 p.m.
HEND: \$15 members, \$20 non-members (check only)

Nevada Health Link Workshop

Learn what new insurance plans have to cover (e.g., doctor visits, hospitalizations, maternity care, emergency room care, and prescriptions) and if you qualify for insurance assistance. Call 616-4900 to reserve your spot.

Wednesday, Feb. 12; 5-6:30 p.m.

HEND: FREE

Wednesday, Mar. 5; 5-6:30 p.m.

WEST: FREE

Healthier Living

Join Stanford School of Medicine's 6-week, Chronic Disease Self-Management Program to regain control of your life with techniques to deal with frustration, fatigue, pain and isolation; exercise strategies to improve strength, flexibility and endurance; healthy eating; and much more!

Mondays – Feb. 24 until Mar. 31; 3-5:30 p.m.

NEVADA HEALTH CENTERS: FREE

1799 Mount Mariah Dr.: Register at 383-1961 x1860.

Fridays – Feb. 28 until Apr. 4; 10 a.m.-12:30 p.m.

DIGNITY HEALTH MEDICAL GROUP: FREE

8689 W. Charleston Blvd., Ste. 105: Register at 616-4900.

Fridays – Mar. 7 until Apr. 11; 10 a.m.-12:30 p.m.

GREEN VALLEY LIBRARY: FREE

2797 N. Green Valley Pkwy.: Register at 616-4900.

Spanish Healthier Living: Tomando Control de Su Salud

¿Tiene usted una condición crónica como diabetes, artritis, hipertensión, enfermedad cardíaca, dolor crónico o ansiedad? Este taller gratuito de seis semanas se reúne una vez a la semana y puede ayudarlo a tomar control de su vida. Para registrarse, llame al 616-4914

Miércoles – 5 de marzo al 9 de abril; 1-3:30 p.m.

GREEN VALLEY LIBRARY; 2797 N. Green Valley Pkwy.

Miércoles – 23 de abril al 28 de mayo; 8-10:30 a.m.

DERFELT SENIOR CENTER; 3343 W. Washington Ave.

Medicare ABCD's

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

Tuesday, Feb. 11, Mar. 11 or Apr. 8; 9-10 a.m.

HEND: FREE

Balancing Energy Fields

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

2nd Tuesday – Feb. 11, Mar. 11, Apr. 8; 6-8 p.m.

WEST: \$5



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

Relaxation Meditations

Practice techniques that promote peace and health with Dorothy.

2nd Tuesday – Feb. 11, Mar. 11, Apr. 8; 5:30-6:30 p.m.

HEND: FREE

1st Tuesday – Feb. 4, Mar. 4, Apr. 1; 5:45-6:45 p.m.

WEST: FREE

Communication through Sign Language

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

Fridays – Mar. 7, 14 & 21; 3:30-5 p.m.

HEND: FREE

Fridays – Apr. 4, 11 & 25; 3:30-5 p.m.

WEST: FREE

Essential Oils

Enjoy a relaxing, educational evening incorporating powerful essential oils into everyday home and personal use.

Wednesday, Mar. 19 or Apr. 30; 6:30-8 p.m.

HEND: FREE

Celebration Labyrinth Walk

Celebrate the new season and count your blessings with each step through the labyrinth.

Thursday, Mar. 20; 2-5 p.m.

HEND: FREE

Thursday, Apr. 17; 6-8 p.m.

SAN LABYRINTH, next to ER: FREE

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Feb. 20, Mar. 20, Apr. 17; 2:30-3:30 p.m.

HEND: FREE

Knit To Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!

2nd & 4th Thursdays – Feb. 13 & 27, Mar. 13 & 27,

Apr. 10 & 24; 10 a.m.-noon

HEND: FREE

2nd & 4th Thursdays – Feb. 13 & 27, Mar. 13 & 27,

Apr. 10 & 24; 1-3 p.m.

WEST: FREE

Senior Peer Counseling

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

HEND; WEST; RDL; SAN

Energy Healing Circle

Reduce stress and heal with chakra balancing and healing Reiki circle with Anna.

1st Tuesday – Feb. 4, Mar. 4, Apr. 1; 7-8 p.m.

WEST: FREE

Memory Reset

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

Wednesday, Apr. 2; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Feb. 12; 6-8 p.m.

WEST: \$25 (includes CD)

Safety and Self Defense

Learn “how not to” become a victim with basic self defense moves and safety tips from Officer Raymond Wilkins, Henderson Police Department.

Saturday, Apr. 12; 10 a.m.-noon

RAN: FREE

Safe Sitter

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

Monday, Apr. 14; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

Self Hypnosis for Change

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.

Monday, Apr. 28; 6-8 p.m.

HEND: \$25 (includes CD)

Tuesday, Mar. 18; 6-8 p.m.

WEST: \$25 (includes CD)

▶ **pregnancy & childbirth**

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

Text4baby

Text BABY to 511411 to get FREE messages on your cell phone for tips and reminders throughout your pregnancy and your baby’s first year.

Fit 4 Baby

Join Fit 4 Mom Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching and balancing exercises. Register at lasvegas.fit4mom.com or 882-1795.

Saturdays – 10-11 a.m.

HEND: 10 classes for \$110

Car Seat Safety Checks

Call 616-4902 for appointment.

1st Tuesday – Feb. 4, Mar. 4, Apr. 1; 1-3 p.m.

WEST: \$10

2nd Friday – Feb. 14, Mar. 14, Apr. 11; 3-5 p.m.

HEND: \$10

3rd Friday – Feb. 21, Mar. 21, Apr. 18; 3-5 p.m.

FTF: \$10

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, with Cindy Lydon, certified whole birth prenatal yoga instructor.

Saturdays – 12:45-1:45 p.m.

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

Mondays – 5:15-6:15 p.m.

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

▶ **breastfeeding**

Breastfeeding Helpline

Certified Lactation Consultants or Counselors help address your breastfeeding questions and concerns; call 616-4908.

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.



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

Pregnancy Substance Abuse - Get Help: 486-8250

Prepared Childbirth - \$50 - HEND & WEST

San Martín Campus Maternity Tour - 3rd Saturday

Siena Campus Maternity Tour - 3rd

Saturday afternoons or 4th Monday evenings

winter calendar

OF CLASSES AND UPCOMING EVENTS

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: FREE

Wednesdays – 11 a.m.-noon

WEST: FREE

Fridays – 11 a.m.-noon

HEND: FREE



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; WEST; FTF

WIC Play Date

Join us for WIC's celebration of National Infant Immunization Week. No-cost immunizations for uninsured, Medicaid, Nevada Check-up, & underinsured children. Health resources, car seat safety checks, nutrition education, and fun activities for the whole family. Details at vaxvegas.org.

Saturday, Apr. 26; 10 a.m.- 2 p.m.
UNLV

La Leche League

Join other nursing mothers for information, support, and encouragement.

4th Thursday – Feb. 27, Mar. 27, Apr. 24; 10-11 a.m.

FTF: FREE

infants, children & parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

Park Place & Motor Fun

Join Miss Tawanda for gross motor play.

2nd Wednesday – Feb. 12, Mar. 12, Apr. 9; 1-1:30 p.m.

HEND: FREE

Cooking Demonstration with WIC Foods

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

3rd Thursday – Feb. 20, Mar. 20, Apr. 17; 11:30 a.m.-noon

HEND: FREE - Call 616-4905 to register

Stroller Strides

Join Fit 4 Mom Las Vegas for a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

Wednesdays – 1-2 p.m.

HEND: 10 classes for \$110

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props and parent participation. Children (18 mos.-5 yrs.). Call 616-4900.

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

HEND: FREE

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

WEST: FREE

Fridays – 11:30 a.m.-noon

FTF: FREE

Mommy & Baby Yoga

Moms and babies ages 6 weeks-1 year.

Mondays – 11:30 a.m.-12:30 p.m.

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

Fridays – 11:30 a.m.-12:30 p.m.

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

Toddler Play Group

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

Tuesdays – 12:15-1:15 p.m.

HEND: FREE

Tuesdays – 3-4 p.m.

WEST: FREE

Infant Development

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

Mondays – 2-3 p.m.

HEND: FREE

Infant Nutrition

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

Wednesdays – 2-3 p.m.

HEND: FREE

Sing and Sign: Food Time

Sign language fun with Miss Shannon focused on learning ASL signs for healthy foods using songs, books, and toys. Parents with children ages birth-2 years.

Tuesdays – 2-2:30 p.m.

1st Saturday – 1-1:30 p.m.

HEND: FREE

1st & 3rd Thursdays – Feb. 6 & 20, Mar. 6 & 20,

Apr. 3 & 17; 1-1:30 p.m.

WEST: FREE

3rd Tuesday – Feb. 18, Mar. 18, Apr. 15; 11-11:30 a.m.

FTF: FREE

Wee Can Sign: Baby Sign Language Level I

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

Fridays – Mar. 7, 14, 21, 28; 11 a.m.-noon

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

Thursdays – Mar. 13, 20 & 27, Apr. 10; 11 a.m.-noon

Saturdays – Feb. 15 & 22, Mar. 1 & 8; 10:30-11:30 a.m.

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

For more information, visit 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).

Fridays – Feb. 7, 14, 21, 28; 11-11:45 a.m.

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

Saturdays – Mar. 15, 22 & 29, Apr. 5; 10:30-11:15 a.m.

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

For more information, visit WeeCanSign.com.

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 – Feb. 15, Mar. 15, Apr. 19; 1-3 p.m.

FTF: FREE

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: FREE

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: FREE

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

Kinder Crossings

Being a school crossing guard isn't simply a job for Claude Sturdivant (pictured), who retired from his career two decades ago. It's more of a calling – a way to stay physically active and involved in making our community a safe, caring place to raise children.



Pedestrian deaths (and major injuries) have made local headlines too often in the last few years. A recent study states that more than 20 percent of all traffic deaths in the Las Vegas valley are pedestrian fatalities, which makes our community one of the most dangerous in the nation for people walking and biking.

While any pedestrian death is distressing, our community hurts intensely when a child is killed. That is why it's important to emphasize the good news – the great work local school crossing guards like Claude are doing to help children safely cross streets as they walk or bicycle to and from school.

A school crossing guard's primary jobs are to control traffic when children cross an intersection and to promote safe behavior by pedestrians. But crossing guards like Claude also play an important role in spreading cheer and humankindness. Every Monday through Friday during the school year, Claude – and hundreds of crossing guards in our community – greet children with a friendly, "Hello, how are you doing?" They wish children a good day and

teach them an appreciation for rules that promote order, safety and good manners.

Take time to thank the crossing guards in and around your neighborhood during National Crossing Guard Appreciation Day on Tuesday, May 7, 2014. **WVC**

“Our crossing guard is like a guardian angel, a grandparent and a life coach to our family. We look forward to his greeting and his sage wisdom each day.”

Reflect & Renew

- ▶ **Is there a local crossing guard you** would like to thank for protecting your children? If so, share your praise for him or her on Dignity Health–St. Rose Dominican's Facebook page at StRoseHospitals.
- ▶ **Who has helped shepherd you** safely across bumpy, congested or dangerous roads, highways or deserts on your life's journey?
- ▶ **Hello humankindness** – As humans, we are happier and healthier – and even heal faster – when we feel connected to one another. Join us at hellohumankindness.org to help spread kindness.



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Automatic, non-electric operation?	YES	NO	NO	NO
Longest non pro-rated manufacturer's warranty on all parts?	YES	NO	NO	NO
Electrical part problems eliminated?	YES	NO	NO	NO
Provides treated water to your home while unit self-cleans?	YES	NO	NO	NO
Provides clean, conditioned water 24 hours a day, 7 days a week?	YES	NO	NO	NO



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