

The Barbara Greenspun

# WomensCare

Centers of Excellence

StRoseHospitals.org

spring 2014 • issue 61 for the body • mind • spirit

## Community Counts!

Just ask Fox 5's  
Olivia Fierro

pg. 13

**ANY AGE.  
ANY STAGE.**

Palliative care  
counts

pg. 22

**SAVING LEGS!**

Limb by limb

pg. 10

**SOUTHERN  
NEVADA'S FIRST  
*Baby-Friendly  
Hospital***

pg. 4



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## COVERSTORY

### ▶ A HEALTHY Perspective

**Rod A. Davis**

Senior Vice President of Operations,  
Dignity Health Nevada

Dear Readers,

The garden is blooming at St. Rose Dominican's Family to Family Connection center where parents and toddlers are celebrating Mother Nature's splendor and Mother's Day. In this issue of *WomensCare* magazine, we recognize loving, life-giving moms – and reflect on the nurturing spirit that exists or is waiting to be awakened in others. Take expectant fathers, for instance. Our *WomensCare* Centers now offer Boot Camp for New Dads, a class that prepares soon-to-be dads to trust in and exercise their ability to be sensitive, supportive partners and fathers. (See page 28 for details).

We also want to recognize our nurses, physicians and lactation staff for their commitment to encouraging birthing and bonding experiences that promote breastfeeding. They have helped our San Martín Campus earn the distinction of being the first Baby-Friendly hospital in southern Nevada, and only one of 175 in the United States. To put that in perspective, there are more than 20,000 Baby-Friendly hospitals in the world that support deep, nourishing bonding between mother and child during the first hours and days of life.

I would also like to recognize our Adrian Dominican Sisters who reflect the goodness of the feminine spirit. They are deeply attentive to the greatest needs of our staff, patients and community. This month marks the 67th year our Sisters have humbly served southern Nevada.

### Making meaningful connections

Teressa Conley (standing) is the President of Dignity Health - St. Rose Dominican's Rose de Lima Campus and COO of its Siena Campus. Olivia Fierro is the nighttime news anchor for KVVU Fox 5. Though the women had not met before the *WomensCare* magazine photo shoot, they quickly felt a sense of camaraderie as Teressa is an immediate past board member of Catholic Charities of southern Nevada, which aided Olivia in the adoption of her precious son, Nate. Learn more on page 13.



### Siena Campus recognized as the safest!

Consumer Reports recently recognized the Siena Campus as the area's safest hospital based on rates of readmissions, mortality, overuse of CT scans, hospital-acquired infections, and communication.

### There's a new area code in town!

Dial the 702 area code before existing 7-digit phone numbers. The new area code for phone numbers assigned after June 3 is 725.

### Caring, licensed physicians

Physicians or physician's assistants listed, pictured or interviewed in *WomensCare* magazine are licensed by the Nevada State Board of Medical Examiners (M.D.s), the Nevada State Board of Osteopathic Medicine (D.O.s) or their respective boards. 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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# Baby's First BABY-FRIENDLY HOSPITAL

**Baby's first smile ... first tooth ... first steps ... first words. Baby's "firsts" are important milestones and treasured memories. That's why Dignity Health - St. Rose Dominican takes so much care in baby's first hour of life.**



**"The first 60 minutes** of life are a sacred time when a newborn's natural instinct to bond with its mother is extremely high," says Holly Lyman, Director of the Barbara Greenspun WomensCare Centers of Excellence. "The standard of care in our country previously called for us to whisk the baby away from mom to be washed, weighed and measured. It was the norm even though it's not necessarily the most natural, nurturing or healthy beginning for a baby."

For several years, St. Rose Dominican has promoted the Baby-Friendly Hospitals' 10-step guidelines, which include an extended period of skin-to-skin contact between mother and baby and initiating breastfeeding within the first hour of life. And, after a recent, rigorous on-site survey, the San Martín Campus earned the designation as a Baby-Friendly Hospital from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

"Becoming the first Baby-Friendly hospital in southern Nevada and one of only 175 in the United States emphasizes our efforts to give babies the healthiest start possible," says Vicky VanMeetren, President/CEO of the San Martín Campus. "Our Siena Campus will also be surveyed late this summer as part of our commitment to our community's families."

According to Holly, who initiated a comprehensive breastfeeding support program at St. Rose Dominican nearly 10 years ago, skin-to-skin contact between baby and mom promotes bonding and is one of the most effective ways to soothe an infant. What's more, research also proves that breastfeeding is the best form of nutrition for baby. "Whereas bottle-feeding was once considered easier – even fashionable – new moms who choose to breastfeed receive a higher level of support and encouragement than they did even a decade ago," says Holly. "As a result, breastfeeding rates are rising."



**To register for  
prenatal classes  
call 702.616.4900**

## Breast is best

Breastfeeding is the best form of nutrition for baby during their first year of life, which is why St. Rose Dominican promotes a Baby-Friendly environment that offers breastfeeding education and support. WomensCare magazine sat down with International Board Certified Lactation Consultant (IBCLC), Suzie Owens, to ask the breastfeeding questions that are on the minds of many expectant parents.

### WC: Why is it important that new mothers initiate breastfeeding soon after birth?

**Suzie:** A baby's sucking instinct is very strong in the first hours after birth, so early breastfeeding provides great practice. What's more, mom has been producing her first milk, called colostrum, since midway through her pregnancy. It provides baby important antibodies that help fight infection, so even though it doesn't seem like much liquid, it's all the nutrition baby needs in the first few days of life.

### WC: Why does St. Rose Dominican promote having baby room in and breastfeed on demand?

**Suzie:** Having baby room in – rather than sleep in a nursery – promotes a higher level of bonding between baby, mom and dad, and allows new parents to observe their baby's feeding cues. In addition, breastfeeding on demand helps stimulate and “program” mom's milk supply so she begins to produce plenty of milk on a routine basis. Later, baby can settle into a more predictable routine.

### WC: Are moms able to rest and recover when baby “rooms in”?

**Suzie:** Studies indicate moms get about the same amount of rest when baby rooms in rather than sleeping in a nursery. What can detract from mom getting enough rest is a revolving door of visitors, so it's helpful to encourage family and friends to visit during a specific window of time – or to visit after mom and baby come home from the hospital.



### WC: What if mom can't get baby to latch on properly?

**Suzie:** Nurses and lactation staff offer education and help guide mom and baby toward the most comfortable positions for breastfeeding. In general, baby's mouth should be wide open, with mom's nipple as far back into baby's mouth as possible. If mom's nipples become sore, baby may not have the nipple far enough back in his or her mouth. Even so, it can take patience and practice. Breastfeeding is an art – a beautiful art.

### WC: What if a mom doesn't want to breastfeed because of a previous nursing experience that was not positive?

**Suzie:** Our commitment is to promote the benefits of early skin-to-skin contact and breastfeeding. If an expectant mom does not want to breastfeed, we aim to understand her concerns. Ultimately, mom is boss and it's her decision. I will note that many moms make last-minute decisions to breastfeed because just as every baby is unique, so is each breastfeeding experience. If mom experienced breastfeeding challenges with one child, it does not mean she will have difficulty nursing her other children – particularly if she is given compassionate support and education.

### WC: Why do you encourage moms not to use pacifiers?

**Suzie:** Our primary goal is to encourage mom to use – and baby to respond to –

natural soothers such as skin-to-skin contact, breastfeeding, rocking and quietly talking to baby. Sucking on a pacifier and breastfeeding are different actions – and we want to help baby learn to properly latch on and breastfeed. An important note, however, is that pacifiers are often used in the NICU for babies who are tube fed so they learn the sucking action, build mouth and jaw strength and learn to soothe themselves.

### WC: What if mom isn't able to have skin-to-skin contact or an early breastfeeding experience with baby because of a medical situation?

**Suzie:** If a medical situation affects a mom but not the baby, we recommend initiating early skin-to-skin contact with dad. If baby is pre-term and being cared for in the NICU,

## Let's Celebrate!

Join us to celebrate southern Nevada's First Baby-Friendly Hospital with refreshments, blessings, gifts and personalized mom and baby photographs.

Wednesday, May 7;  
11:30 a.m.-12:30 p.m.  
San Martín Campus  
Healing Garden.





To Benefit Breast Health Services at Dignity Health - St. Rose Dominican

## Paddle for a Purpose!

### 6th Annual Rose Regatta Dragon Boat Festival

Saturday, October 11, 2014, Lake Las Vegas

Join us as our community's collective paddle power raises funds for Dignity Health - St. Rose Dominican and our WomensCare Centers of Excellence breast health services, including medical care and psychosocial support for uninsured women and men facing breast cancer.

For registration and information about sponsorships and donations, visit [roseregatta.org](http://roseregatta.org) or call 702.616.4900.



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► best for baby

we promote Kangaroo Care, where baby is held against the mom’s or dad’s bare chest in an upright position as soon as it’s safe to do so. The parent is then wrapped in a blanket to secure the infant against their chest.

If mom wants to breastfeed – but baby is too premature or sick to suckle – we support her efforts to express milk with a breast pump. Her milk can then be fed to baby through a tube – or bottle when baby is ready. If mom is unable to produce enough milk for her premature baby due to health reasons, we provide banked donor human milk until the baby can tolerate infant formula.

**WC: How long should mom breastfeed baby?**

**Suzie:** In keeping with guidelines promoted by WHO, UNICEF and the American Academy of Pediatricians, we recommend exclusively breastfeeding (if possible) for the first six months of baby’s life. We encourage moms to continue breastfeeding baby – along with providing age-appropriate foods – up through at least the first year of life. **WC**

► **We are IBCLCs.** Our International Board Certified Lactation Consultants (IBCLC’s) – which includes nurses and staff IBCLCs – have passed a rigorous board exam and earned credentials signifying their competence in providing comprehensive lactation and breastfeeding care.

► **Got support?** Our breastfeeding support services begin before baby’s birth and are available for as long as you need assistance.

- Prepared Childbirth classes with a specific segment on breastfeeding.
- IBCLC Hospital Rounds with breastfeeding education and support.
- Breastfeeding Help Line for support or guidance.
- One-on-One Consultations with an IBCLC offered for a reasonable fee.
- New Mommy Mixers allow mothers to mix, mingle, and ask a professional facilitator questions.
- La Leche League brings breastfeeding mothers together to provide mutual support.

Please call our WomensCare Centers at 702.616.4900 for more information.

## Ceiling tiles – and compassion – help a high school senior feel better

Makenzie Green spent a lot of time lying in a hospital bed the past 18 months, so she was touched that members of the international medical fraternity, Phi Delta Epsilon, recently painted ceiling tiles for the pediatric rooms at Dignity Health – St. Rose Dominican’s Siena Campus.

According to Makenzie, being hospitalized as a child or teen can be a physical and emotional rollercoaster. “You go from being sick and scared to feeling down and bored at times,” says Makenzie. “The tiles are so cute. It’s so sweet that the medical fraternity took the time to create a service project that lifts the spirits of pediatric patients and gives them a reason to smile.”

Makenzie has had to miss a great deal of school to address medical challenges related to

four conditions, including postural orthostatic tachycardia syndrome (POTS), Ehlers-Danlos Syndrome (EDS) and a Chiari I Malformation, as well as Fibromyalgia. But the commitment to caring she witnessed as a patient at St. Rose Dominican helped her gain clarity about her college career path. “My nurses and childlife specialists are so good to me,” says Makenzie. “They go far beyond making sure my medical needs are met in the hospital. They continue to call and text to offer me encouragement when I am at home. It makes such a difference. That’s why I’ve decided I want to be a nurse.”

While Makenzie recently underwent major surgery, she is finishing her senior classes from home and is ecstatic that she will be able to take part in her high school’s graduation ceremonies this June.

## Put your money where the miracles are!

Buy a miracle balloon and give kids – from toddlers to tweens and teens such as Makenzie – every chance to get better. Every dollar collected, from local Children’s Miracle Network Hospitals Miracle Balloon sales will support the care children receive through St. Rose Dominican’s not-for-profit, religiously affiliated hospital ministry.

**Smith’s Food and Drug**  
(on sale through May 31)

**Costco**  
(on sale through May 31)

**Walmart**  
(on sale through June 15)



Children’s  
Miracle Network  
Hospitals

► **The Postural Orthostatic Tachycardia Syndrome (POTS)** – POTS, the first condition Makenzie was diagnosed with is a disorder of the autonomic nervous system, which controls body functions we don’t have to think about such as breathing, sweating, digestion, blood pressure and heart rate. As such, Makenzie is prone to symptoms such as lightheadedness, fainting and nausea.

► **Below:** Pediatric patient Makenzie Green is photographed with ceiling tiles painted by Phi Delta Epsilon.



► **The Frat Pact** – The international medical fraternity, Phi Delta Epsilon, is committed to promoting physician integrity and philanthropy. Through partnerships with Children’s Miracle Network Hospitals nationwide, Phi Delta Epsilon chapters raise funds and participate in service projects aimed at making kids feel better.



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At home, my job is to make sure my family gets plenty of clean, healthy water.

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# Four factors led to a grandmother's ovarian cancer survival

When Helen Kazmierczak was diagnosed with Stage III ovarian cancer, licensed oncologist, Rupesh Parikh, M.D., gave her a prognosis – and his promise that her medical team would give their all to help her beat the odds. According to Dr. Parikh, four factors were critical to Helen's recovery:



▶ **Above:** Helen and her granddaughters, Miranda (left) and Jessica (right).

**Above right:** Rupesh Parikh, M.D., Vice-Chief of Staff for St. Rose Dominican's Siena and Rose de Lima campuses.

## Challenge cancer

Dr. Parikh recommends that cancer patients ask challenging questions of their doctors and caregivers. "I am not suggesting that patients be purposefully difficult but that they ask their physicians – and themselves – the hard questions about what forms of traditional and complementary treatments will improve their chances of physical healing and emotional and spiritual wellness."

▶ **Spiritual health.** Good spiritual health may decrease a cancer patient's feelings of anxiety, depression, anger, isolation or discomfort. It may also help the patient adjust to the effects of cancer treatment, as well as improve the patient's ability to enjoy life during treatment. Some patients also note a sense of personal growth as a result of living with cancer.

**1. Surgery** – Dr. Parikh referred Helen to Mark Turner, M.D., a licensed gynecologic oncologist. "Gynecologic oncologists specialize in the staging and surgical removal of cancers of the female reproductive system," says Dr. Parikh. "The precise removal of tumors and cancerous tissues reduces the number of cancer cells that need to be destroyed by chemotherapy, which decreases the likelihood that the cells will develop a resistance to chemotherapy."

Today, gynecologic oncologists use surgical techniques including traditional "open" surgery, laparoscopic surgery and surgery using the computer assistance of the da Vinci Si Surgical System®, often referred to as "robotic" surgery. The da Vinci Si's miniature cameras provide three-dimensional, high definition images of patient anatomy that enable gynecologic oncologists to better identify cancerous cells and use tiny surgical tools to remove them with greater accuracy than ever before.

**2. Intravenous (IV) Chemotherapy** – Chemotherapy is a proven workhorse in IV cancer treatment, yet patients fear that it will make them very ill. "Advancements

in chemotherapy and nausea medications now allow more patients – including grandmothers like Helen – to receive treatment on an outpatient basis and maintain a sense of normalcy in their daily lives," says Dr. Parikh.

**3. Intraperitoneal (IP) Chemotherapy** – Because Helen's cancer was aggressive and advanced, she received IP chemotherapy delivered directly to her abdomen through a port (tube) inserted under the skin near her pelvic bone. "IP chemotherapy is used for more advanced ovarian cancer and it comes with the potential of greater side effects, but it can also help stop the spread of cancer beyond the abdomen," says Dr. Parikh.

**4. Hope** – Dr. Parikh stressed the importance of Helen's sense of hope fed by her faith and fighting spirit. "An individual's will to live, their belief that they are capable of healing and the support of their family and friends are powerful medicines," says Dr. Parikh. "Helen focused her energies on living and participating in her granddaughters' lives – and, for the past seven years, she has spent a portion of almost every day with them." **WC**

# ARE YOU AT RISK OF LOSING A LIMB?

If you are approaching or are over 50, you may have concerns about losing your hair or your waistline, but you probably haven't given much, if any, thought to losing a leg, foot or toes. Yet, the painful – and possibly preventable – truth is that about 100,000 aging adults in the United States lose a limb to disease each year.

**There are two** primary causes of disease-related limb loss: 1) Lack of awareness of the diseases that lead to limb loss and how to prevent them, and 2) Many adults who are told their leg, foot or toes must be amputated don't seek a second or third opinion to find out if their limb can be saved.

That's why licensed cardiologist, Branavan Umakanthan, D.O., and licensed family practitioner, Naz Wahab, M.D., are committed to raising awareness of disease-related limb loss – and saving feet, legs and toes.

## **A Primer on PAD and PN**

Two diseases – peripheral artery disease (PAD) and peripheral neuropathy (PN) – are frequently linked to non-healing wounds and limb loss. Dr. Wahab says the risk of developing PAD or PN increases with age, and the diseases often go hand in hand, particularly among adults with diabetes.

PAD is a form of vascular disease caused by a build up of fatty deposits in the arteries that deliver blood to the legs and feet. “PAD is to your limbs what coronary artery disease is to your heart and carotid artery disease is to your brain. “It slows the flow of oxygen-rich blood and nutrients to your limbs,” says Dr. Umakanthan. “As PAD progresses, a limb becomes more susceptible to injuries and infections – and without adequate oxygen and nutrients circulating to the affected tissue, it may die and gangrene can set in.”

Despite the risk of PAD, it often goes unrecognized – even by physicians – because less than 50 percent of people who have PAD experience symptoms. “Even when people feel pain, they tend to think it's a sign of aging and arthritis, not PAD,” says Dr. Umakanthan, who recommends a simple, painless screening called Ankle-Brachial Index (SEE ABI for PAD) for adults over 60. He recommends more comprehensive PAD testing for adults over 50 who are at higher than average risk for PAD and any patient at risk of losing a limb.

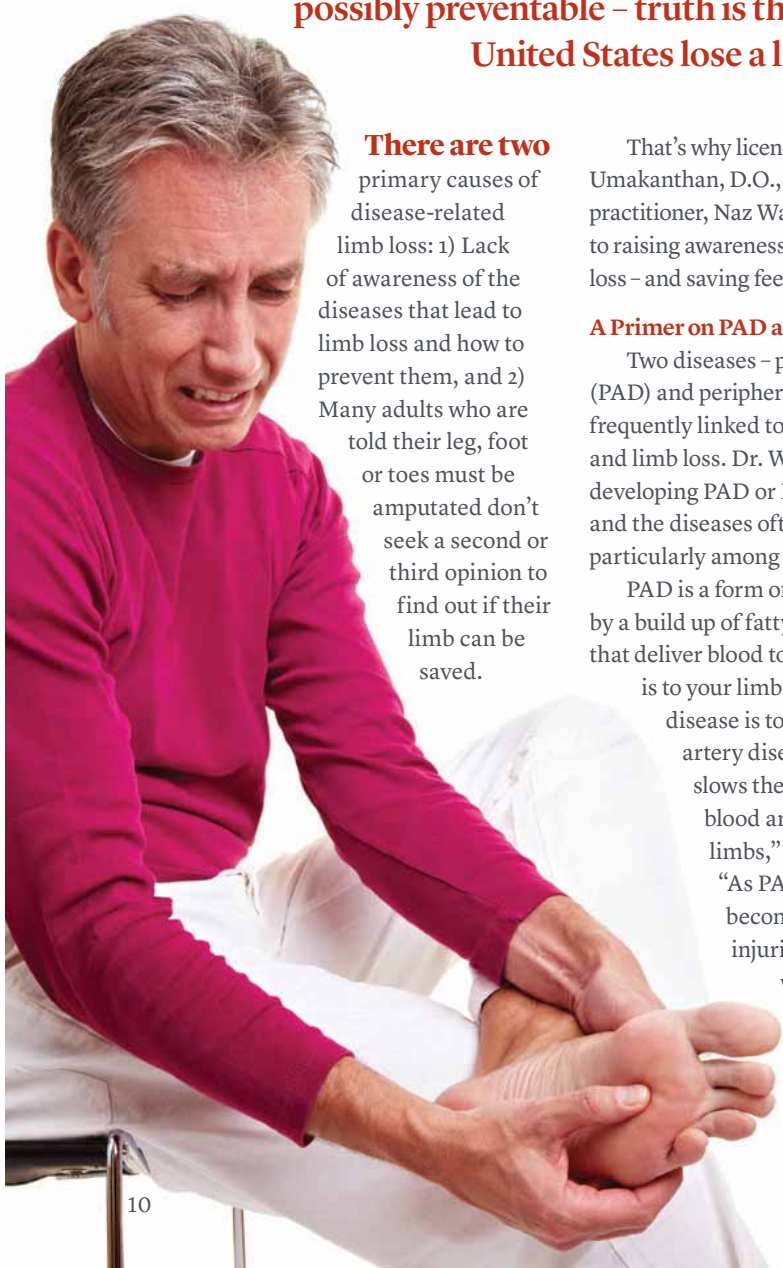
Whereas PAD may not cause pain, PN is a form of nerve damage that may cause symptoms such as pain, tingling or numbness in the toes, feet or legs; yet it can also make limbs less sensitive to pain, heat or cold.

“If you have PN, you could step on a piece of glass – or walk around with a blister on your foot for days – without feeling it. You might not even notice a foot injury until it becomes ulcerated,” says Dr. Wahab. While that may not sound serious, 85 percent of lower limb amputations in patients with diabetes are preceded by a foot or leg ulcer.

## **Why PAD and PN often go hand in hand**

There are several risk factors for PAD (See PAD Risk Factors) including diabetes – and people with diabetes are susceptible to PN.

“If your blood sugar is not well controlled,





**Branavan Umakanthan, D.O.,  
licensed cardiologist**



**Naz Wahab, M.D.,  
licensed family practitioner**

it can make the walls of your peripheral arteries rough, which fatty deposits in the blood are more likely to stick to,” says Dr. Umakanthan. “High blood sugar can also injure nerve fibers in your toes, feet and legs.” So while a patient with PN is less likely to notice an injury on their foot or leg until it becomes serious, having PAD can reduce their body’s ability to heal those wounds.

Dr. Wahab, who is certified in wound therapy, practices at St. Rose Dominican’s Wound Care & Hyperbaric Medicine Center. She routinely debrides injuries and ulcerations, changes wound dressings and uses hyperbaric oxygen therapy – which exposes patients to the healing power of 100 percent oxygen in a comfortable, pressurized chamber – to help patients mend. But, she notes, if a patient has undiagnosed PAD, even the best wound therapy may not save a diseased limb.

That’s why Dr. Wahab often refers patients

with non-healing wounds, including diabetic ulcers, to cardiologists such as Dr. Umakanthan for comprehensive PAD screening.

“Treating PAD with medication or minimally-invasive procedures such as angioplasty can reduce the number of amputations of lower extremities,” says Dr. Umakanthan. “Even if we can’t save a patient’s toes or feet, treating the blocked peripheral artery in the leg is critical to helping the surgical site of the amputation heal. If it doesn’t get the blood flow needed to promote healing, it’s quite likely the leg may need to be amputated, too.” See pages 26 and 27 for information on low-cost PAD screenings. **WC**

### **PAD quick bits**

- **PAD Risk Factors** – Advancing age, diabetes, smoking, obesity, inactivity, high blood pressure, high cholesterol or a high lipid blood test, being male, African American or having a family history of vascular disease, such as PAD, aneurysm, heart attack or stroke.
- **ABI for PAD** – Ankle-brachial index (ABI) is a painless exam that compares the blood pressure in your feet to the blood pressure in your arms to determine how well your blood is flowing.
- **PAD and Angioplasty** – Angioplasty is a minimally-invasive procedure that opens blocked peripheral arteries. Using X-ray imaging guidance, an interventional cardiologist inserts a flexible catheter in the groin area and guides it to the blockage. A second catheter is then positioned and a balloon at its tip inflated to push back fatty build up and open the artery to restore blood flow. In some cases, a metal mesh tube called a stent is placed in the artery to hold it open.



**For help with  
wound healing,  
call 702.616.4880 (Rose de Lima)  
or 702.492.8281 (San Martín)**

## **PAD and Peripheral Nerve Damage**

Licensed podiatrist, Peter Bregman, D.P.M., often sees patients who suffer from both PAD (Peripheral Artery Disease) and peripheral neuropathy – nerve damage that occurs when a peripheral nerve



becomes entrapped in surrounding tissue. The damage, which may or may not be related to an injury, can cause pain, limited sensation or other symptoms in the legs and feet. And, Dr. Bregman says, treating both issues can provide patients a greater level of pain relief and improved quality of life.

“When cardiovascular surgeons perform ‘open’ bypass grafting surgery to treat PAD, they may inadvertently release a patient’s entrapped peripheral nerve when releasing tissue surrounding the blocked artery,” says Dr. Bregman. But this “inadvertent” treatment of an entrapped nerve is not always complete – and it does not occur in patients who have non-surgical balloon angioplasty to treat PAD. Therefore, Dr. Bregman says, patients with PAD should be screened for peripheral neuropathy.

“Entrapped nerves can usually be fully decompressed during a 30- to 45-minute surgical outpatient procedure that has patients back up and walking within a few hours,” says Dr. Bregman.

Treating peripheral neuropathies in patients with diabetes is important because they are prone to peripheral nerve damage. “Without normal sensation in their feet, they may not feel common injuries such as minor cuts or blisters, that can easily get infected and become ulcerated,” says Dr. Bregman.

Diabetic foot lesions are responsible for more hospitalizations than any other complication of diabetes – and diabetes is the leading cause of nontraumatic lower extremity amputations in the United States.



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

## Online ER Waiting Service™

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](http://StRoseHospitals.org)

**Hello humankindness™**



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St. Rose Dominican

# Moms build healthy sense of community



Teresa Conley, President/CEO of Dignity Health - St. Rose Dominican's Rose de Lima Campus, and Olivia Fierro, evening news anchor for KVVU Fox 5, are moms who believe that southern Nevada has a lot to offer. By offering support to those in need, they experience a deeper sense of community.

Getting Olivia's toddler, Nate, to sit still and smile for photographs took some coaxing – and crackers – which gave Teresa time to reflect on raising her two daughters.

“Raising children is the hardest work a mother (and father) will ever do,” says Teresa. “When you are in the midst of it – the terrible twos or the teen years – it can seem as if all you can do is keep them clothed and fed.” But looking back, Teresa cherishes that time as a gift.

Olivia also relishes in the gift of motherhood – particularly in light of the years that she and her husband, Tony Boyle, spent trying to have a baby. “We tried fertility treatments, but we hadn't given much thought to adoption,” says Olivia. That was until she responded to a Catholic Charities of Southern Nevada public service message about adoption.

What Olivia intended to be a casual information gathering conversation with Catholic Charities was her first step in her “call” to become Nate's mother. Over the next few months, she and Tony would fill out applications, take part in interviews and attend classes that delved into the positives and

potential difficulties of adoption, including opportunities to listen to and ask questions of birth parents of an adopted child, adoptive parents and adopted children.

“There is a thoughtful, thorough process of discernment that leads up to adopting a child through Catholic Charities,” says Olivia. “An important step was making a book about our lives and the life we hoped to provide a child. That book helped Nate's birth parents decide we were the family for him.”

Teresa, who recently completed a two-year term as a Catholic Charities board member, believes the organization's solid infrastructure and focus on serving the needs of others, is part of its compelling mission. The not-for-profit organization serves a diverse community of people of all faiths, whether they are young pregnant women, older homebound individuals, the homeless, U.S. residents, immigrants or refugees.

When Olivia and Tony received a call that an expectant birth family wanted to meet them, they were nervously ecstatic – and ready to be parents.

Teresa notes that just as Catholic

Charities' adoption service met the needs of Nate, his birth parents and the Fierro's, its other programs – such as Meals on wheels and the St. Vincent Dining Hall – help serve the needs of the hungry while also feeding the deeper sense of community and connectivity that volunteers, donors and employees seek. **WC**

▶ **Building community** – For information on Catholic Charities' programs or opportunities to be of service, call 702.385.2662.

▶ **Faithful partnerships** – United Jewish Community/Jewish Federation of Las Vegas – through a partnership grant provided by Dignity Health - St. Rose Dominican, is working to reduce hospital readmission rates among its congregation members in need.

After being discharged from the Rose de Lima Campus, member patients in need are provided assistance with prescription co-pays and light durable medical equipment, home delivery of prescription medications and home visits to evaluate if other support services will enable them to better recover and regain their quality of life.

# Health

## PLAY IT SAFE IN THE SUN!

As the temperatures rise this summer, keep your family safe by keeping these tips in mind:



### ► Slip! Slop! Slap! and Wrap!

This American Cancer Society catchphrase can help you remember four important steps you can take to protect yourself from the sun's harmful UV rays: 1) slip on a shirt, 2) slop on sunscreen, 3) slap on a hat and 4) wrap on sunglasses to protect your eyes and the skin around them.

These steps don't just apply when you're spending a day at the lake or in the pool. Sun exposure adds up every time you are in the sun, so the best way to limit your UV exposure is to slip, slop, slap and wrap!

► **Be water wise.** When it's warm outside, backyard pools tempt everyone, including curious children who can move really quickly through sliding doors, doggy doors and windows to get to the back yard and the pool. The Clark County Fire Department reminds us that drowning is a leading cause of unintentional death in southern Nevada for young children, and just a few seconds is all it takes for a child to drown. Remember, too, that pools aren't the only threat. Children can drown in any water that can cover their nose and mouth, including pools, spas, inflatable pools, bathtubs, toilets, buckets and natural bodies of water. Prevent drowning by following the ABC&Ds:

- A** = Adult Supervision
- B** = Barriers (for your pool)
- C** = Classes (swimming lessons & CPR)
- D** = Devices (personal flotation devices, life jackets and rescue tools)



► **Beat the heat.** Don't let the desert heat get the best of you. Take precautions. Stay inside during the hottest part of the day. If you do go outside to work, exercise or run errands, go in the early morning or after the sun has set and take periodic breaks. Also, make a point to dress in light, loose clothing, wear a brimmed hat and drink plenty of cool, clear decaffeinated non-alcoholic fluids.

To avoid a potentially life-threatening emergency, respond to the progressive signs of heat stroke, which generally include severe muscle cramps (usually in the legs or abdomen); elevated body temperature; dizziness and weakness; rapid, irregular pulse; irritable, bizarre or combative behavior; or a throbbing headache.

Seek immediate medical help. Call 9-1-1 or go straight to the hospital emergency room. Applying ice packs to the patient's armpits, groin, neck and back can help cool the body temperature. Move them to a shady area, immerse in a cool shower or gently soak with a garden hose.



▶ **Help for hot dogs.** Dogs don't have sweat glands (except in their feet), so they are susceptible to heat stroke. Keep dogs safe by walking them in the early morning or later evening. Also make sure dogs have plenty of water and shade when they choose to be outside. Keep in mind that dogs rid their bodies of heat by panting, so if your dog stops panting, take steps to cool him or her down quickly.



▶ **Water bottles.** Take one, two or three for the road. Keep a gallon of water in your trunk to use in case of an emergency. Take a cold bottle of water to sip from frequently (don't wait until you feel really thirsty); and take a frozen water bottle that does double duty. Place it behind your neck or run it over your wrists to help keep you cool, and drink it if you get stuck in traffic or experience car problems.

▶ **Meditate for humankindness.** Recent studies suggest that meditating can promote feelings of kindness. Promote self and world healing by taking a few minutes each day this summer to meditate or pray. Focus your thoughts on kindness – or symbols of kindness such as a peace sign, a dove or sunflower – and push those images to those around you with a message of hope and harmony. Join our WomensCare Centers for a humankindness meditation session. See calendar page 28.

▶ **Help tweens and teens beat summer boredom!** According to a Teen Health survey, 40 percent of younger teens said they would be bored during the summer compared with only 10 percent who thought they'd be overscheduled. Help your tweens and young teens beat boredom, the blues or getting into trouble by planning easy, breezy activities with friends. Here are a few fun, healthy ideas:

1. **Peace and Love** – Pick up a few mini canvases, neon acrylic paints and paint brushes and paint peace signs, flowers or the shapes they love.
2. **So Cool Ornaments** – Check out Pinterest for how to make easy, artistic ornaments and mobiles using clear Solo cups and Sharpie pens.
3. **Pizza Party** – Have a make it and bake it pizza party. Take tweens shopping for sauces and toppings and let them make their own individual pizzas. Naan bread, flatbread or English muffins make great, ready-to-go pizza crust.



**To find a  
St. Rose doctor,  
call 702.616.4900 or visit  
StRoseHospitals.org.**

## Cool ride for kids with eczema

Eczema is a skin condition that appears as a red, hot, dry and itchy rash on the face, limbs and crooks of the arms and legs. While the exact



cause of eczema is not known and a cure is not available, Emily Peterson, D.O., a licensed pediatrician with Dignity Health Medical Group Nevada (pictured above) says that it tends to run in families and is more common in small children – particularly those who suffer from asthma or hay fever.

“Summer heat can cause eczema to flair – and that can be particularly uncomfortable for small children during long car rides and family road trips,” says Dr. Peterson. To help keep your child and her car seat cool, Dr. Peterson offers these tips:

- Park your car in the garage or in the shade and use car window sunshades.
- Use a car seat cooling pad or set an icepack in your child's car seat a few minutes before you put your child in the seat.
- Bring frozen (or partially frozen) water bottles along for the ride. They do double duty in cooling kids off and providing something cold to drink.
- Dress your child in light colors.
- Use a spray water bottle to spritz your child if they begin to get too hot.
- Make sure your child's fingernails are short and smooth so they don't scratch patches of eczema until they bleed.

According to Dr. Peterson, your child's pediatrician may prescribe a cortisone cream or ointment to apply to areas of skin that are affected by eczema. These ointments help settle the inflammation and redness of eczema and are safe if used as directed.

To schedule an appointment with a Dignity Health Medical Group physician, call 702.616.5801.

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### A teen's summer smile

Is your teen trying to achieve a golden tan and a dazzling white smile? "More than 80 percent of people under age 25 believe being tan makes them look healthier," says licensed dentist, Patrick Simone, DDS. "But teens may be more susceptible to skin cancer because their cells are dividing more rapidly than adults."

To reduce skin cancer rates, Nevada prohibits minors under the age of 18 from indoor tanning. But, Dr. Simone notes, teens must also make conscious choices to limit their time in the sun as extended exposure can increase their risk of skin cancer even if they don't get sunburns.

Likewise, Dr. Simone suggests that teens limit their use of teeth whitening products. "Teens should talk to their dentist about professional laser whitening and over-the-counter whitening products," says Dr. Simone. "There are inexpensive home whitening products that have the American Dental Association seal of approval, but they can cause tooth and gum sensitivity, particularly if the products aren't used as directed."

Just as overexposure to the sun can increase the risk of skin cancer, overuse of home teeth whitening kits can damage the tooth's enamel, leading to oral issues. To achieve whiter teeth, Dr. Simone recommends brushing twice a day, flossing daily and having routine checkups and professional cleanings to remove surface stains and plaque. Dr. Simone also suggests avoiding dark-colored drinks that can stain teeth.





## ◀ healthy habits

CARE YOU NEED

# St. Rose Dominican offers a healthy dose of listening

“When people are sick, they usually want to be at home or – at the very minimum – feel at home,” says Maggie Rafferty, DHA, RN, Chief Experience Officer at Dignity Health – St. Rose Dominican. “We strive to make our patients feel at home.”

▶ **Better questions. Better care.** As a patient or a patient’s loved one, it’s your right and to your advantage to ask questions of your hospital caregivers.

- Ask a family member to be present to listen to the diagnosis and treatment plan your doctor recommends.
- Ask caregivers to provide you with printed material about your tests, medications and treatments.
- Ask your doctor how a new test or medication will help. (More tests or medications may not always add up to better care for you).
- Ask for more information, clarification of information or a second opinion if you are uncomfortable about a treatment plan prescribed for you.
- Ask about support groups that can help you adjust to an illness or injury once you are discharged from the hospital.
- Ask your nurse or caregiver to check your chart if a medication or treatment they provide doesn’t seem right.
- Ask your nurse if tests, treatments or therapies can be scheduled at times that best accommodate your regular sleeping or meal times.

Active listening is a critical skill that St. Rose Dominican promotes and trains team members to practice. “There is almost nothing else that says ‘I care’ as much as asking questions and really listening to responses,” says Maggie. “Making a patient feel more at home may be as simple as finding out what name they prefer to be called. My name is Margaret, for instance, but I prefer to be called Maggie.”

Getting a feel for a patient’s normal daily routine can also be important. “If caregivers know that a patient is an early bird or a night owl, they may be able to coordinate their tests, treatments and therapy times so the patient can keep to the most routine sleep schedule possible,” says Maggie.

A prime example of turning active listening into healing actions recently took place as a physician and nurse met with a patient the morning after she was admitted to St. Rose Dominican with severe chest pain. The patient seemed agitated and disinterested in the physician’s evaluation and treatment recommendations, so the nurse took the opportunity to ask the patient about any concerns she had.

“It turned out the patient’s biggest concern was for a homebound friend she routinely checks in on and takes to lunch,” says Maggie.

“The patient was rushed to the hospital on a Tuesday night and couldn’t recall her friend’s phone number. She was worried that her friend would go without lunch on Wednesday.”

The nurse continued to listen and ask questions, and as the patient relaxed, she was able to remember the name of her friend’s physician. The physician responded by calling the friend’s physician and explaining the situation. Within an hour, the patient received a call from her friend. “After the patient checked on her friend and made sure that she had food on hand for the next few days, she was able to concentrate on her own health.” **WC**

### Improve your active listening skills

In a busy, noisy world, do you find it hard to listen to family, friends or co-workers? Here are three simple tips that can help you tune in to what someone is trying to tell you:

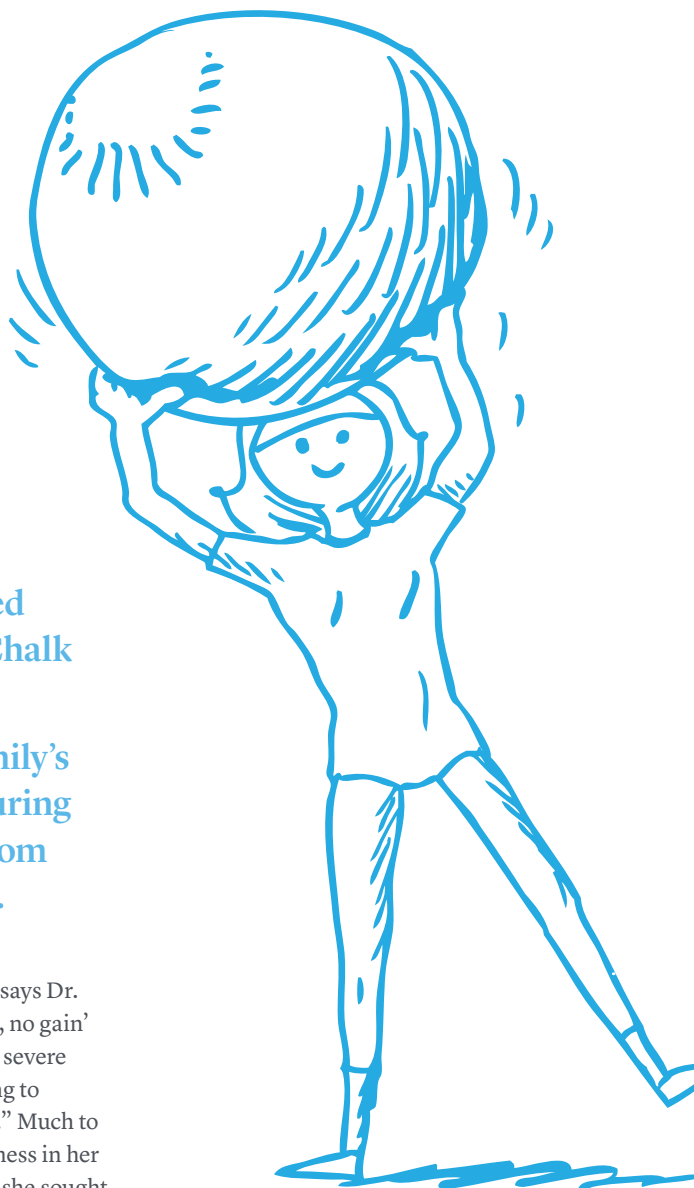
1. Stop what you are doing to better focus on what the other person is saying.
2. Repeat or paraphrase what you have heard to make sure you understand what the other person is trying to communicate.
3. When listening, ask open-ended questions such as “How did that make you feel?” “What do you want to happen?” and “What do you see as challenges, opportunities or next steps?”



# OVERUSE INJURIES: LIKE SON, LIKE MOTHER

Last fall, Nicole Gerani and her little slugger, visited licensed orthopedic surgeon, Jeffrey Grondel, M.D. Chalk it up to another youth sports injury, right? Nope.

This time, Nicole was the patient, and to keep her family's schedule on track, she scheduled her appointment during a 90-minute window between picking up her son from school and dropping him off at baseball practice.



**“From working to shuttling** kids to and from school and after school activities, moms like Nicole are on the run,” says Dr. Grondel. “To stay fit on a tight timeline, they participate in strenuous ‘boot camps’ and ‘extreme’ cross-training fitness programs.” Not surprisingly, as youth sports injuries have skyrocketed, so have sports- and fitness-related injuries among women in their 30s, 40s and 50s. “We know that 30 to 50 percent of youth sports injuries are due to overuse,” says Dr. Grondel. “The same holds true for busy women who live life like a sport.”

According to Dr. Grondel, overuse injuries tend to occur gradually and are most often caused by doing the same activities over and over. Improper techniques, musculoskeletal imbalances, pressure to perform and failure to recognize injury can increase the risk of overuse injuries related to sports and fitness programs.

“When Nicole first experienced shoulder pain, she backed off doing shoulder presses

and jumping jacks for a few days,” says Dr. Grondel. “She then took a ‘no pain, no gain’ approach until her pain became so severe that she used her son’s old arm sling to immobilize her arm for a few days.” Much to Nicole’s dismay, the pain and stiffness in her left arm got worse and by the time she sought Dr. Grondel’s help, she couldn’t raise her arm much above her waist.

Shoulder injuries such as rotator cuff injuries and adhesive capsulitis (frozen shoulder) are among the most common reasons active women see an orthopedic surgeon.” The good news is that more than 80 percent of the injuries that cause shoulder pain can be treated without surgery,” says Dr. Grondel.

Does that mean Nicole’s visit to Dr. Grondel was unwarranted? “The title ‘orthopedic surgeon’ suggests that surgery is our main priority but, first and foremost, we are physicians who have extensive training in joint anatomy and mechanics,” says Dr.

Grondel. “Our priority is to determine the cause and the extent of an injury, then discern the least invasive method of relieving a patient’s pain and restoring joint mobility.”

Dr. Grondel diagnosed Nicole with frozen shoulder and prescribed prescription anti-inflammatories, six weeks of physical therapy to loosen her shoulder and an extended course of daily exercises she could do at home to improve her shoulder’s mobility. It took Nicole about four months to regain full use of her arm and shoulder; however, she is grateful that she healed without surgery and that she



**Jeffrey Grondel, M.D.**  
licensed orthopedic surgeon

received valuable education about proper body mechanics and safe training methods tailored to her specific body type and fitness goals. **WC**

▶ **The amazingly, mobile shoulder** is a ball-and-socket joint made up of the upper arm bone (humerus), collarbone (clavicle) and shoulder blade (scapula), which are held together by muscles, tendons, and ligaments. The shoulder has a greater range of motion than any other joint in the body – and it is also among the most commonly injured joints.

▶ **Shoulder problems such as** bursitis (inflammation of fluid sac), tendonitis, arthritis and frozen shoulder are highly treatable if addressed early. Don't shoulder the pain for months on end. Seek help sooner rather than later when non-surgical treatment options are less likely to be effective.

### iTotal knee replacement

Orthopedic surgeons like Dr. Grondel are performing personalized iTot knee replacements to provide knee implants that are better aligned to your unique anatomy. This provides the opportunity for a more comfortable implant, a faster recovery and return to daily activities. To find an orthopedic surgeon, call 702.616.4900.

## Questions & Answers

### What is frozen shoulder?

Frozen shoulder (adhesive capsulitis) occurs when bands of tissue in the shoulder become thick and tight to the point you may have difficulty moving your shoulder (even with someone's help). Causes of this painful condition are not fully understood, but frozen shoulder has three specific stages:

**1) Freezing** – Pain worsens and shoulder loses range of motion. Freezing typically lasts from six weeks to nine months.

**2) Frozen** – Pain may persist or improve, but shoulder stiffness remains making daily activities difficult. This stage tends to last four to six months.

**3) Thawing** – Shoulder motion improves and complete or close to normal strength and motion are restored. This stage typically last six months to two years.

Arthroscopic surgery or manipulation under anesthesia can be done to release thickened scar tissue, but Dr. Grondel notes that the vast majority of patients improve with relatively simple treatments that control pain and restore motion.

▶ **80 percent**  
of shoulder pain can be  
alleviated without surgery.

– Dr. Jeffrey Grondel



To find a  
**St. Rose doctor,**  
call 702.616.4900 or visit  
**StRoseHospitals.org.**

## Tips just for joints

**Lighten the load on your knees** – Did you know that every extra pound you pack on puts about four extra pounds of pressure on your knees?

**Choose low-impact for the long haul** – If you want to lose weight and keep it off, opt for low-impact activities such as walking, swimming and bike riding, which are easier on joints than running. The average woman (165 pounds approximate) will burn about 245 calories walking, 345 swimming or nearly 500 calories biking at a moderate pace for 45 minutes.

**Say "Hello!" to citrus** – Oranges, grapefruit, lemons, and limes are rich in vitamin C, which plays an important role in the repair of tendons, ligaments and bone. Citrus fruits are also a source of inflammation-fighting antioxidants, which can help reduce swollen joints.

### Fix a joint-friendly salad dressing using:

- 1/4 cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon-style prepared mustard
- 2 teaspoons honey
- 1/8 teaspoon cracked black pepper

*Combine ingredients in a glass jar with a tight lid and store refrigerated for up to a week. Shake and serve over a mix of spinach, bib lettuce, orange slices and slivered almonds.*

**Got Gout?** Gout is painful arthritis caused by a buildup of uric acid in the joint at the base of the big toe. If you have gout, talk to your doctor about possible remedies, including watching what you eat and drink. To help reduce the recurrence of gout, drink plenty of clear fluids. Sugary drinks and alcohol can increase the symptoms of gout. Recent evidence suggests that beer may be particularly likely to increase the risk of gout symptoms, especially in men.



# Healthy perspectives on kids' health issues

**“Both children and adults like me who live with type 1 diabetes need to be mathematicians, physicians, personal trainers and dietitians all rolled into one.”**

*– Mary Tyler Moore, JDRF International Chairman*

Being diagnosed with type 1 diabetes can be frightening and frustrating. Adjusting to the demanding self-care routine that living with this chronic disease requires can be overwhelming. That is why Dr. William Holm, M.D., a licensed pediatric endocrinologist (above left), feels Mary Tyler Moore's quote can provide important perspective for young patients and their parents.

“Type 1 diabetes requires frequent finger sticks, insulin injections, carbohydrate counting and a commitment to eating right and being active to keep blood sugar under control,” says Dr. Holm. “It's a big responsibility for children.”

Dr. Holm realizes that parents would prefer to see children learn responsibility by completing household chores and keeping their grades up rather than managing a life-long illness. He notes, however, that Moore's perspective can be empowering. “Children and teens with type 1 diabetes are learning information, skills and responsibilities that may fuel their interest in school subjects such as math and science. They are also learning to effectively address challenges in life,” says Dr. Holm. “And, they may just gain inspiration for a career path in a healthcare or research field.” Or, maybe they will become a famous and beloved actor like Moore.

## Your child's growth: A cause for comparison

Do your child's friends, classmates or team members seem to tower over your child? Are they growing taller and developing into young adults while your child seems not to grow at all?

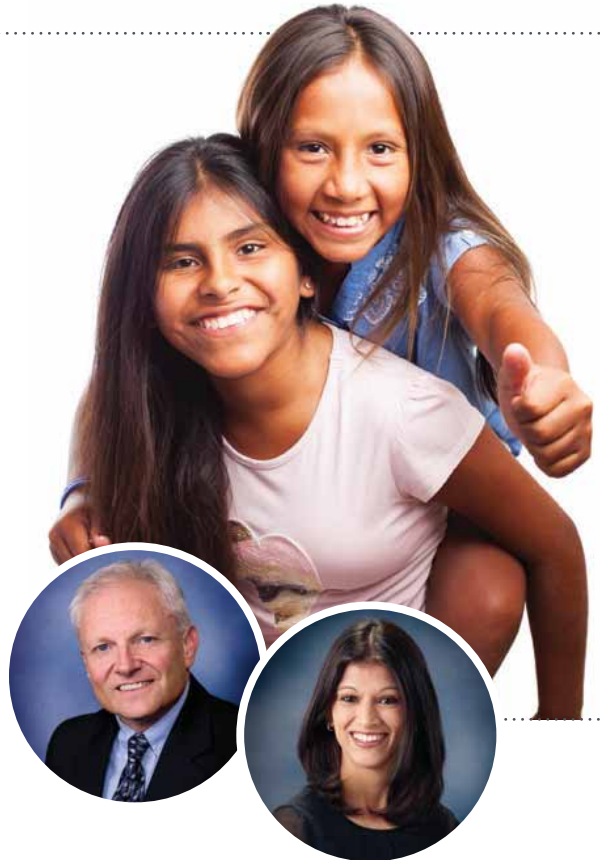
Growth deficiencies can be a concern according to Amy Darukhanavala (Dr. Daru), M.D., a licensed pediatric endocrinologist (above right). But, while some kids will have actual growth disorders, she says that other kids just grow slowly. “Some children will have what is called a ‘constitutional growth’ delay. That means they are small for their ages but are growing at a normal rate and will eventually reach their expected adult height,” says Dr. Darukhanavala. This can occur if their skeletal maturation – “bone age” – is younger than their age in years. Other children may be short in stature based on family genetics.

Growth disorders can range from failure to gain height and weight to children who face delayed sexual development in their teens. There are a number of medical reasons a child may develop such growth deficiencies,

including endocrine disorders involving a deficiency or excess of hormones. Diseases of the kidneys, heart, gastrointestinal tract, lungs or bones, may also affect growth. Inadequate nutrition, digestive issues, infections and abuse can also affect a child's growth rate.

“In addition to testing and treating children for growth disorders, we provide reassurance and emphasize positive attributes that aren't related to their size,” says Dr. Darukhanavala. “It's also important that parents help their children develop positive coping skills if they become self-conscious about being smaller or entering puberty later than their peers.” **WC**

▶ **Finding the right care.** Dignity Health - St. Rose Dominican's Dream Fund Pediatric Endocrinology Clinic is dedicated to helping children with diabetes and endocrine disorders grow up happy and healthy. The clinic is located in the Del E. Webb Medical Plaza on the Siena Campus. For more information or appointments, call 702.616.5865.





# Reciprocal love. Reciprocal life.

Michelle Blanchette did what any mother would do to calm her teenage daughter's fear about having a mammogram. She went with Aubrey to her appointment. She held her hand. And, she had a mammogram, too.



▶ **Above:** Mother and daughter, Michelle and Aubrey get the breast care services they need by participating in the 6th Annual Rose Regatta.

▶ **Paddle for a Purpose!** Your individual or team paddle power can help in the battle against breast cancer. Proceeds from Dignity Health - St. Rose Dominican's 6th Annual Rose Regatta Dragon Boat Festival will support:

- **R.E.D. Rose**, (Responsible Early Detection) of breast cancer. R.E.D. Rose provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men ages 49 and younger who lack adequate health care coverage or the financial means to obtain them. Support services such as rent, utility and food assistance are also available to clients undergoing breast cancer treatment.

- **Dignity Health - St. Rose Dominican's Charity Care Program**, which extends support, including free or discounted medical treatment for eligible breast cancer clients who require surgeries, and hospitalization.

- **The Barbara Greenspun WomensCare Centers of Excellence breast cancer support services** include support groups; a wealth of health, nutritional and exercise classes; prosthesis and bra fitting services; wigs, turbans and hats for cancer patients. Call 702.616.4900 for information.

"Aubrey had a lump in her breast and St. Rose Dominican helped her obtain a mammogram to screen for breast cancer. I figured if we both had one it would ease her nerves," said Michelle, a single mother who was uninsured. "Fortunately, I was able to qualify for a free mammogram, too."

Aubrey's lump turned out to be non-cancerous, but an area on Michelle's mammogram looked suspicious, so with additional help from St. Rose Dominican's R.E.D. Rose program (see side bar left), she

got the biopsy she needed for an accurate diagnosis.

Several months later, Michelle - who was diagnosed with breast cancer - was at a radiation appointment when another patient wearing a beautiful wig struck up a conversation and asked Michelle about her cancer story. Michelle never caught the woman's name, but she will never forget the woman's words. She said, "What a beautiful story. Isn't it amazing how you gave your daughter life and she gave you yours?" **WC**



To Benefit Breast Health Services at Dignity Health - St. Rose Dominican

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# ANY AGE, ANY STAGE

## PALLIATIVE CARE TREATS THE WHOLE PERSON WITH A CHRONIC DISEASE

“It’s about treating the whole person, not just the disease,” says Veneta Lepera, Market Supervisor for the Dignity Health - St. Rose Dominican Palliative Care Team. “We treat the symptoms of chronic or life-threatening conditions. Not just the medical care, but the pain, spiritual and emotional care, too.”

**For Sylvia Patterson,** palliative (pal-lee-uh-tiv) care was a way to get her life back. A 33-year-old mother of three, Sylvia was diagnosed with breast cancer that metastasized to her bones. Sylvia's pain was so consuming, it was difficult for her to care for her children and go to work. At one point, the pain got so bad that she was unable to sleep or eat. She hired outside help to get her kids to and from school but still missed a course of chemotherapy and lots of work.

When Sylvia started to lose hope, she talked to her doctor about the severe pain. She was referred to a palliative care team that brought her pain symptoms under control within a few days through the use of a low-dose opioid therapy. She has since finished her last round of chemotherapy and her doctors have given her a good prognosis.

Palliative care is a clinical specialty that attends to the needs of those with serious, chronic or life-threatening illness. A coordinated team of healthcare professionals provide relief from the symptoms and stress of serious illness with an overall goal of improving quality of life for the patient and family.

Often confused for hospice care, palliative care truly is for patients at any age, any stage of chronic illness. Hospice care can work in concert with palliative care when appropriate.

St. Rose Dominican was the first hospital system in southern Nevada to bring this type of care to the valley and its program consists of certified hospice and palliative care registered nurses (with advanced expertise in pain management) and a certified health lifestyle coach social worker. Their clinical expertise allows for advanced pain and symptom management by collaborating with the patient's physician, pharmacists and care nurses to achieve comfort and quality of life.

St. Rose Dominican works with palliative care agencies, such as Nevada Palliative Care, to assure the patient's care plan is maintained in the hospital, at home and in the care provided by their primary physician. **WC**



**Veneta Lepera,**  
Market Supervisor for the Dignity Health -  
St. Rose Dominican Palliative Care Team



**Brian Bertram,**  
Nevada Palliative Care Alliance

## What palliative care can do.

Palliative care may not be able to make you as healthy as you were before you developed a chronic disease, but it can help assess what brings the most meaning to your life. If, for instance, working, taking painting classes or going to church is important to you, your palliative care team can help you look at reasonable ways to continue participating in meaningful activities.

▶ **Care that counts.** Recent studies show that patients who receive palliative care report improvement in:

- Pain and other distressing symptoms, such as nausea or shortness of breath
- Communication with their doctors and family members
- Care that is more in line with their individual wishes
- Support in keeping with their emotional and spiritual needs

For information on the Palliative Care program at St. Rose Dominican, please call 702.616.5350.

## Caring for parents

Just as a mother and father are called on to provide loving care for their sons and daughters, adult children may one day be called on to care for their aging parents.

An estimated 44 million people take care of another adult – often their own parent – in the United States each year. Yet, because family is family, an adult child may not realize how much time and effort they devote to caring for a parent or in-law, and may not think of themselves as a caregiver.

“When we use the term ‘caregiver’, most people picture a nurse or home health aide,” says Veneta. “But a significant portion of senior caregiving is provided by adult children – many of whom are working full time and raising children.”

Because an aging parent may live with chronic health conditions such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD) or Alzheimer's disease for many years, Brian Bertram, Nevada Palliative Care Alliance, suggests that participating in the palliative care process can help an adult child maintain a positive, productive caregiver relationship with an aging parent and other sibling caregivers, navigate the healthcare system and avoid caregiver burnout. “Most adult children consider it rewarding to care for their parent, but everyone needs supportive allies,” says Brian.

▶ **When an aging parent needs caregiving, the family caregiver is most often a daughter or daughters.**

▶ **Continuing the palliative care conversation.** Dignity Health - St. Rose Dominican and Nevada Palliative Care Alliance are working on palliative care advocacy at the state and federal level with partners like the American Cancer Society Cancer Action Network (ACS CAN). Join the conversation by sharing your story at [dignityhealthadvocacy@dignityhealth.org](mailto:dignityhealthadvocacy@dignityhealth.org).







# spring calendar

OF CLASSES AND UPCOMING EVENTS

## WomensCare Center Staff

**Director:** Holly Lyman

**Staff:** Elizabeth Arbogast; Marie Bevins, RN, IBCLC; Evelyn Castillo; Natalia Cortes; Jennifer Findlay, CLE, CAC; Aidee Flores, CAC; Aneel Flores; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Karen Hartling, IBCLC; Vicky Jeghir, CLC; Kameron Klein; Kimberlee Kobernik; Arla Leins, IBCLC; Samantha Louie; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT, CAC; Sandie Rapp, RN, CDE; Kim Riddle, CLC; Dorie Rodriguez, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, IBCLC; Adela Victorio, CLE; Nena Yniguez, CLE

All physicians, physician's assistants and other licensed medical professionals listed, pictured or interviewed in WomensCare magazine or 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 6-week program, which offers support plus healthy eating, medication management and communication skills. Designed to complement your current medical treatment.

**Thursday – May 8 until June 12; 1-3:30 p.m.**

GREEN VALLEY LIBRARY

2797 N. Green Valley Pkwy.

**Thursdays – June 5 until July 10; 10 a.m.-12:30 p.m.**

HERITAGE PARK SENIOR FACILITY

300 S. Racetrack Rd.: Call 702.267.2950

**Fridays – July 11 until Aug. 15; 9:30 a.m.-noon**

HEND

### Diabetes Awareness Treatment & Education

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

**Tuesdays & Wednesdays – May 13 & 14, June 10 & 11, July 8 & 9; 9 a.m.-1:30 p.m.**

**Tuesdays & Wednesdays – May 27 & 28, June 24 & 25, July 29 & 30; 5-9:30 p.m.**

HEND: Call 702.616.4975 for registration/pricing

### Pre-Diabetes: Avoid the Avoidable

Learn how to avoid or delay diabetes.

**Thursday, May 15; 2-4 p.m.**

**Thursday, June 26; 12:30-2:30 p.m.**

HEND: FREE

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

WEST: FREE

### Diabetes Support for Tykes & Tweens

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

**4th Monday – 6-7 p.m.**

MAC: FREE

### Diabetes for Caregivers

Grandparents, family, friends and babysitters learn to care for a child with Type 1 diabetes! Call 702.616.4904 to register.

**Saturday, May 17; 9 a.m.-noon**

HEND: FREE

### Happy Feet Screening

Feet examination to avoid diabetic-related problems and identify circulation issues.

**Saturday, June 21; 1-3 p.m.**

HEND: FREE - Appointment required

## ▶ heart & stroke prevention

### Stroke & Aphasia Get Social

Games, fitness and fun for those with stroke or aphasia. Monthly activities vary. Register at [cityofhenderson.com/parks](http://cityofhenderson.com/parks) or 702.267.4065.

**1st Tuesdays – May 6, June 3 & July 1; 10:30 a.m.-noon**

HENDERSON MULTIGENERATIONAL CENTER

250 S. Green Valley Pkwy., \$5

### Saving Strokes – Golf Rehabilitation

Free American Heart & Stroke Association golf clinic with PGA Club Professionals specializing in instruction for stroke and heart attack victors; call 702.789.4370 to register.

**Friday, May 16; 7:30 a.m.-12:30 p.m.**

ANGEL PARK GOLF CLUB

### DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension for lowering blood pressure from Sherry Poinier, RD, CDE.

**Wednesday, May 21; 9:30-11 a.m.**

HEND: FREE

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

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

**Tuesday, May 27; 2-4 p.m.**

HEND: FREE

### Sharegiver's Training

Stroke survivors and caregivers train to become volunteer peer visitors that support stroke patients during their hospital stay. Call Victor at 702.789.4377 for application and to register.

**Monday, June 2; 9:30 a.m.-2:30 p.m.**

MAC

### Heartsaver CPR/AED

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

**Wednesday, May 14; 5-9 p.m.**

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

**Wednesday, July 30; 5-9 p.m.**

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

- 1. WomensCare/WIC Center - Henderson**  
2651 Paseo Verde Parkway, Suite 180
- 2. Siena Campus**  
3001 St. Rose Parkway
- 3. Rose de Lima Campus**  
102 E. Lake Mead Parkway
- 4. Family to Family Connection**  
31 Church Street
- 5. San Martín Campus**  
8280 W. Warm Springs Road
- 6. WomensCare Center - West**  
7220 S. Cimarron Road, Suite 195

Call 702.616.4900  
for information and  
reservations.

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## Doctor Lectures

### Rehab Talk with a Stroke Doc

Recover, regain and re-engage: The Power of Stroke Therapy with Tony Chin, M.D., licensed physical medicine and rehabilitation specialist.

**Thursday, June 26; 6-7 p.m.**  
MAC

### Bariatric Surgery & Support

New procedure discussion and past patient support with David MacIntyre, D.O., licensed in general surgery.

**Wednesdays, May 14 & July 9; 6-7:30 p.m.**  
**Lecture & 7:30-9 p.m. Support Group**  
HEND: FREE  
**Wednesday, June 11; 6-7:30 p.m. Lecture & 7:30-9 p.m. Support Group**  
WEST: FREE

### Evening with A Doc

Carpal tunnel syndrome, tendonitis and arthritis hand treatments with Nitin J. Engineer, M.D., licensed hand surgeon.

**Tuesday, May 20; 6-7 p.m.**  
MAC

### Dinner with A Doc

- New concepts in treating neuropathy pain with Peter Bregman, DPM, licensed podiatrist.

**Wednesday, June 4; 6-7 p.m.**  
SAN: Seating limited

- Alternatives to surgery for the treatment of knee arthritis with Jeff Grondel, M.D., licensed orthopedic surgeon.

**Tuesday, July 17; 6-7 p.m.**  
SAN: Seating limited

- Women's Cancers - reducing the risks with Camille Falkner, M.D., licensed Ob/Gyn.

**Wednesday, July 16; 6-7 p.m.**  
SAN: Seating limited

### Blood Pressure Screenings

**Thursday, June 19; 7-10 a.m.**  
HEND: FREE  
**Thursday, July 17; 7-10 a.m.**  
WEST: FREE

### Cardiac Nutrition

Learn to eat for heart health from Sharon Nasser.  
**Wednesday, July 23; 10-11:30 a.m.**  
HEND: FREE  
**Thursday, June 19; 3-4:30 p.m.**  
WEST: FREE

### Aphasia Goes to the Movies

Join us for snacks and *Aphasia: The Movie*, a true story of an actor who, after suffering a massive stroke and losing his ability to read, write and talk, struggles to redefine his life.  
**Thursday, June 26; 7-8 p.m.**  
MAC

## ▶ asthma & COPD control

### Better Breathers Club

Join the American Lung Association to learn new ways to manage lung disease and find support. Caregivers welcome.  
**2nd Thursday – 1-2 p.m.**  
SMA LIFESTYLE CENTER WEST, 8670 W. Cheyenne Ave, Ste. 105, Las Vegas  
**4th Thursday – 3:30-4:30 p.m.**  
MERRILL GARDENS AT GREEN VALLEY RANCH, 1935 Paseo Verde Pkwy., Henderson  
**Last Thursday – 3-4 p.m.**  
PRESTIGE CARE AT MIRA LOMA, 2520 Wigwam Pkwy., Henderson

## ▶ smoke free

### Freedom from Smoking

Kick the habit with this supportive, seven-week American Lung Association program.  
**Tuesdays – June 24-Aug. 5 & Thursday, July 17; 5:30-7 p.m.**  
SAN: FREE

### Nevada Tobacco Users Helpline

When you are ready to stop smoking, a professional counselor will help you individualize a plan for success; call 1.800.QUIT.NOW (1.800.784.8669) or [livingtobaccofree.com](http://livingtobaccofree.com).

### Stop Smoking with Hypnosis

Step out of that cloud of smoke once and for all! Wear comfortable clothes and bring a pillow.  
**Thursday, May 29; 6-8 p.m.**  
HEND: \$25 (includes CD)  
**Wednesday, June 25; 6-8 p.m.**  
WEST: \$25 (includes CD)

## ▶ cancer screenings & survivorship

### Breast Cancer Prosthesis & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis; call 702.568.9595.

### Mammograms

Uninsured or underinsured? You may qualify for a free mammogram; call R.E.D. Rose Program, 702.616.7525. Funded by Susan G. Komen for the Cure® and the AVON Foundation.

### 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

## ▶ screenings

Call 702.616.4900 for screening appointments.

### Metabolic Testing

**Tuesdays, May 13, June 10 & July 8; 8-10 a.m.**  
HEND: \$45; Call 702.616.4975 for appointment.

### LIFELINE Screenings

High cholesterol? High blood pressure? At risk for stroke? Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Visit [lifelinescreening.com](http://lifelinescreening.com) to register or call 1.800.690.0295.  
VARIOUS LOCATIONS: \$139

### Becoming Medicine Wise

Meet individually with licensed pharmacist, Dr. Krystal Riccio, to learn how to take your prescription and over-the-counter medications so they work correctly with minimal side effects.

**Wednesday, June 11; 9 a.m.-noon**  
HEND: FREE - Appointment needed  
**Wednesday, July 23; 9 a.m.-noon**  
WEST: FREE - Appointment needed

### 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.

**Thursday, June 12; 7-10 a.m.**  
HEND: See prices above - Appointment needed  
**Thursday, July 17; 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, June 11; 10 a.m.-noon**  
HEND: FREE - Appointment needed  
**Wednesday, July 16; 10 a.m.-noon**  
WEST: FREE - Appointment needed



CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

**Peripheral Artery Disease Screenings**

Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department.

*Thursday, July 17; 8 a.m.-noon*

HEND: \$10 - Appointment needed

▶ **immunizations**

**Shot Records**

Find and print your child's official shot record; visit [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 bring your child's shot records to your appointment.

▶ **nutrition**

**Got SNAP? Supplemental Nutrition Assistance Program**

Three Square will help you complete and submit your SNAP application; call 702.616.4905 for an appointment.

*1st, 2nd, 3rd Mondays – 1:30-4:30 p.m.*

HEND WIC: FREE

*4th Monday – 1:30-4:30 p.m.*

FTF WIC: FREE

**Weight Management Club**

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

*Fridays – 9:30-10:30 a.m.*

*NEW Evenings! 4th Wednesdays – May 28, June 25 & July 30; 5:30-6:30 p.m.*

HEND: FREE

**Eating On the Run**

Cooking demo and tips for eating healthy on the go with Sherry Poinier, RD, CDE.

*Tuesday, June 24; 1-2:30 p.m.*

HEND: FREE

**Living Gluten Free**

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

*Thursday, July 10; 1-2:30 p.m.*

HEND: FREE

**Lose Weight with Hypnosis**

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

*Wednesday, June 4; 6-8 p.m.*

HEND: \$25 (includes CD)

*Tuesday, May 27; 6-8 p.m.*

WEST: \$25 (includes CD)

**Hypoglycemia Awareness**

Learn about hypoglycemia and how to treat it with Sherry Poinier, RD, CDE.

*Thursday, July 10; 9:30-11 a.m.*

HEND

**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 702.616.4975 for appointments and pricing.

▶ **fitness**

**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

**Walking Clubs**

All ages, fitness levels and strollers welcome. Call 702.616.4902 for seasonal meeting locations.

*Mondays & Thursdays – 8:30-9:30 a.m.*

HEND: FREE

*Thursdays – 8-9 a.m.*

**Beginner Pilates**

Build a strong core with floor exercises.

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

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

**Ageless Woman Workout: Osteoporosis Exercise**

Learn breathing, yoga and movements that target 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.

*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

**Belly Dancing**

*2nd Saturday – May 10, June 14, July 12; 10:30 a.m.-noon with Goldie*

WEST: FREE

**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



**Paddle for a Purpose**

**Dragon Boat Paddling:** Individuals

Paddle for fun and fitness. Open to experienced and beginning paddlers. Dates, times and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

LLV: \$10 per person or \$200 per team

**Rose Regatta Team Registration**

Organize 20 paddlers and a drummer and take to the lake to raise funds for breast cancer programs! Registration includes one team training session, equipment use and Rose Regatta dragon boat race entry. Visit [roseregatta.org](http://roseregatta.org) for registration and sponsorship opportunities.

**Saturday, October 11; 8 a.m.-5 p.m.**

LLV: \$1,000 per team

**Pink Paddlers Breast Cancer Floating Support Group**

Registration is required. Survivors call Terry at 702.497.3385.

**1st & 3rd Mondays – May 5 & 19, June 2 & 16, July 7 & 21; 6:15-7:15 p.m.**

LLV: 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

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## Support Groups

**COND** - Siena Campus - Conference Room D, Henderson

**FTF** - Family to Family Connection, Henderson

**HEND** - WomensCare Center, Henderson

**HH** - Home Health, Henderson

**MAC** - Siena Campus - MacDonald Room, Henderson

**SAN** - San Martín Campus, Las Vegas

**SGR** - Siena Campus - Garden Room, Henderson

**RDL** - Rose de Lima Campus, Henderson

**RAN** - Rose de Lima Campus - Annex, Henderson

**WEST** - WomensCare Center, Las Vegas

**AA for Women** - Mondays, 7:30 p.m. & Wednesdays, Noon **HEND**; Mondays, Noon **WEST**

**AA Co-ed** - Sundays, 6 p.m. **RAN**; Thursdays, 7 p.m. **SGR**; Sundays, Mondays, Tuesdays, Fridays, 7 p.m. **SAN**

**Alzheimer's Support Group** - 4th Tuesday, 4:30 p.m. **HEND**

**Aphasia Lunch Bunch** - 1st & 3rd Wednesdays, 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** - Saturday, June 21, 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**; Mondays, 6:30 p.m. **RAN**

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

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

**Prostate Cancer Education and Support** - 3rd Wednesday, 7 p.m. **SAN**

**Senior Peer Counseling** - Call 702.616.4902. **HEND, WEST**

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

**Substance Abuse Help** - 702.486.8250

**Suicide Prevention Lifeline** - 1.800.273.8255

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

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

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

## 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**

**NEW Day! Wednesdays – 2-3 p.m. with Lucy**

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

## Chair Exercise

Practice simple cleansing breathing, stretching, strengthening and fun balance movements while seated in your chair!

**Mondays – 9-10 a.m. with Paige**

HEND: FREE

**Tuesdays – 10-11 a.m. with Paige**

WEST: FREE

## Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

**Thursdays – 3-4 p.m. with Paige**

WEST: FREE

## wellness

### AARP Smart Driver Program

Reduce your car insurance rates with AARP's Smart Driver program.

**Monday – May 12, June 9 or July 14; 9 a.m.-1 p.m.**

**Friday – June 27 or July 25; 1-5 p.m.**

HEND: \$15 members, \$20 non-members (check only)

### Medicare ABCD's

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

**Tuesday, May 13, June 10 or July 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 – May 13, June 10 & July 8; 6-8 p.m.**

WEST: \$5

## 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 more!

**Wednesdays – May 21 until June 25; 9-11:30 a.m.**

UNITED HEALTHCARE LIFESTYLE CENTER: FREE

8670 W. Cheyenne Ave., Ste. #105

**Mondays – June 9 until July 14; 1-3:30 p.m.**

HEND: FREE

**Wednesdays – July 16 until Aug. 20; 9-11:30 a.m.**

UNITED HEALTHCARE LIFESTYLE CENTER: FREE

5820 S. Eastern Ave.

## Relaxation Meditations

Practice techniques that promote peace and health with Dorothy.

**2nd Tuesday – May 13, June 10 & July 8; 5:30-6:30 p.m.**

HEND: FREE

**1st Tuesday – May 6, June 3 & July 1; 5:45-6:45 p.m.**

WEST: FREE

## Steps to Avoiding Scams

Learn to avoid popular scams targeting seniors and next steps for victims of financial fraud. Provided by the National Council on Aging (NCOA) in partnership with the Women's Institute for a Secure Retirement and the Bank of America Charitable Foundation.

**Saturday, May 31; 2-3 p.m.**

HEND: FREE

## Humankindness Meditation

Spread kindness and healing through group, guided meditation with Dorothy.

**Tuesday, June 17; 5:30-6:30 p.m.**

HEND: FREE

## Essential Oils

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

**Wednesday, June 4 & July 23; 6:30-8 p.m.**

HEND: FREE

## Boot Camp for New Dads

Learn the ropes of caring for your baby and supporting mom from fatherhood veterans.

**Tuesday, May 27 or June 24 or July 29; 6-9 p.m.**

HEND: \$20



CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

**Communication through Sign Language**

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

*Fridays – June 6, 20, 27; 3:30-5 p.m.*

HEND: FREE

*Fridays – July 11, 18, 25; 3:30-5 p.m.*

WEST: FREE

**Safe Sitter**

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

*Tuesday, June 17; 9 a.m.-4:30 p.m.*

*Monday, July 21; 9 a.m.-4:30 p.m.*

HEND: \$20 (includes lunch)

**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 – May 8 & 22, June 12 & 26, July 10 & 24; 10 a.m.-noon*

HEND: FREE

*2nd & 4th Thursdays – May 8 & 22, June 12 & 26, July 10 & 24; 1-3 p.m.*

WEST: FREE

**Summer Solstice Labyrinth Walk**

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

*Friday, June 20; 2-4 p.m.*

HEND: FREE

*Thursday, July 24; 6-8 p.m.*

SAN LABYRINTH, next to ER: FREE

**Memory Reset**

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

*Wednesday, May 21; 6-8 p.m.*

WEST: \$25 (includes CD)

**The Mind Spa**

Explore and understand your thoughts, feelings and goals through creative journaling with Dorothy, certified stress management educator. Bring a notebook and pen.

*Friday, July 18; 3-4 p.m.*

HEND: FREE

**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, July 19; 10 a.m.-noon*

RAN: FREE

**Tea & Talk Book Club**

Call 702.616.4900 for monthly book titles.

*3rd Thursday – May 15, June 19 & July 17; 2:30-3:30 p.m.*

HEND: FREE

**Self Hypnosis for Change**

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

*Tuesday, June 17; 6-8 p.m.*

WEST: \$25 (includes CD)

**Senior Peer Counseling**

Over 50? Need a trained peer counselor to listen? Call 702.616.4902 for appointment.

HEND; WEST; RDL; SAN

**Energy Healing Circle**

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

*1st Tuesday – May 6, June 3 & July 1; 7-8 p.m.*

WEST: FREE

**Help Helping Hands!**

Wanted: Volunteers to drive Henderson seniors to doctor’s appointments, errands and grocery shopping. Call 702.616.6554 to volunteer.

▶ **pregnancy & childbirth**

Call 702.616.4900 (24 hours, 7 days a week) for class dates and more information.

**Text4Baby**

TextBABYto511411togetFREEmessagesonyourcell phonefortipsandremindersthroughoutyourpregnancy and your baby’s first year.

**Fit 4 Baby**

Prenatal fitness with interval-based cardio, stretching and balancing exercises. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com) or 702.882.1795.

*Saturdays – 10-11 a.m.*

HEND: 10 classes for \$110

**Car Seat Safety Checks**

Call 702.616.4902 for appointment.

*1st Tuesday – May 6, June 3, July 1; 1-3 p.m.*

WEST: \$10

*2nd Friday – May 9, June 13, July 11; 3-5 p.m.*

HEND: \$10

*3rd Friday – May 16, June 20, July 18; 3-5 p.m.*

FTF: \$10

**Prenatal Yoga**

Bond with 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

**Sweet Peas NICU Support Group**

Parent educational support.

*Wednesdays – 1-2 p.m.*

SGR

▶ **breastfeeding**

**Breastfeeding Helpline**

Certified Lactation Consultants or Counselors help address your breastfeeding questions and concerns; call 702.616.4908.

**Breastfeeding Consultations**

Private appointment with a certified lactation consultant or counselor; call 702.616.4902. 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: \$60 per month



**Prenatal Classes**

Call 702.616.4900 to register (24 hours, 7 days per week).

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

**Boot Camp for New Dads** - \$20 - HEND

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

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

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

**Pregnancy Smoking Cessation** - Call the

Nevada Tobacco Users Helpline,

702.877.0684

**Pregnancy Substance Abuse** - Get Help:

702.486.8250

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

**San Martín Campus Free Maternity Tours** -

3rd Saturday mornings or 1st Tuesday evenings

**Siena Campus Free Maternity Tours** - 3rd

Saturday afternoons or 4th Monday evenings



# spring calendar

OF CLASSES AND UPCOMING EVENTS

## New Mommy Mixer

**Mondays – 11 a.m.-noon**

FTF: FREE

**Wednesdays – 11 a.m.-noon**

WEST: FREE

**Fridays – 11 a.m.-noon**

HEND: FREE

## La Leche League

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

**4th Thursday – May 22, June 26, July 24; 10-11 a.m.**

FTF: FREE

## ► infants, children & parenting

Call 702.568.9601 for FTF programs

Call 702.616.4900 for HEND & WEST programs

## Park Place & Motor Fun

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

**2nd Wednesday – May 14 & June 11; 1-1:30 p.m.**

HEND: FREE

## Cooking Demonstration with WIC Foods

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

**3rd Thursday – May 15, June 19, July 17; 11:30 a.m.-noon**

HEND: FREE; call 702.616.4905 to register

## Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

**Wednesdays – 4-5 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 ages (18 mos.-5 yrs.); call 702.616.4900 to register.

**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

Family to Family weekly mommy baby group focused on homemade baby food, weaning, starting solids, and more.

**Wednesdays – 2-3 p.m.**

HEND: FREE

## Storks Nest Prenatal Program

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

**3rd Saturday – May 17, June 21, July 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 Boutique baby bucks. Call 702.568.9601 for dates.

FTF: FREE

## Sing and Sign: Food Time

ASL sign language for healthy foods using songs, books, and toys with Miss Shannon. Parents and children ages birth-2 years.

**Tuesdays – 2-2:30 p.m.**

**1st Saturday – 1-1:30 p.m.**

HEND: FREE

**1st & 3rd Thursdays – May 1 & 15, June 5 & 19, July 3 & 17; 1-1:30 p.m.**

WEST: FREE

**3rd Tuesday – May 20, June 17, July 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. Visit [WeeCanSign.com](http://WeeCanSign.com).

**Fridays – June 20 & 27, July 11 & 18; 11:00 a.m.-noon**

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

**Thursdays – June 19 & 26, July 10 & 17; 11:00 a.m.-noon**

**Saturdays – June 21 & 28, July 12 & 19; 10:30-11:30 a.m.**

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

## Sing and Sign: Baby Sign Language Level II

For parents and baby graduates of Baby Sign Level I (up to three years old). Visit [WeeCanSign.com](http://WeeCanSign.com).

**Fridays – May 9, 16, 23 & 30; 11:00-11:45 a.m.**

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

**Thursdays – July 24, 31 & August 14, 21; 11:00-11:45 a.m.**

**Saturdays – May 17, 24, 31 & June 7; 10:30-11:15 a.m.**

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

## Toddlers in the Kitchen

Toddlers learn healthy eating through fun tips and activities in the garden and the kitchen! Ages 1 to 4; call 702.568.9601 to register.

**Wednesdays – 10-11 a.m.**

FTF: FREE

## Crawlers & Climbers

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

**1st & 3rd Fridays – May 2 & 16, June 6 & 20, July 18;**

**10-11 a.m.**

FTF: FREE

## Let's Celebrate!

Join us to celebrate southern Nevada's First Baby-Friendly Hospital with refreshments, blessings, gifts and personalized mom and baby photographs.

**Wednesday, May 7;  
11:30 a.m.-12:30 p.m.**

San Martín Campus  
Healing Garden.



## St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support for pregnant women and children up to age 5. Call 702.616.4905.

HEND; WEST; FTF

CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

## Help spread humankindness

Are there devoted moms in your neighborhood or workplace who deserve to be babied? Show them tender love and care by joining our campaign to spread humankindness in the week leading up to Mother's Day.

## You've Been Babied!

For the tender love and care you give, and the mothering you do, accept this gift, you deserve to be babied, too!



### To baby a mom:

- Print two *You've Been Babied!* flyers like the one above right from the St. Rose Dominican Facebook page.
- Purchase a small gift under \$10, e.g., nail polish in a spring color and a nail file, a coffee gift card and low-fat muffin or a small potted plant.
- Attach two flyers to the gift to secretly leave on the doorstep or desk of a mom.

**Flyer #1** – A “Babied” mom posts the first flyer card on her door (or front window) or on her desk, so others know she has already received a gift.

**Flyer #2** – A “Babied” mom then babies it forward by printing and attaching two more *You've Been Babied!* flyers to gifts she purchases or makes and secretly delivers to one or two other moms who have not yet been babied.

### Note:

- “Babied” moms should post the flyer so she is not “re-babied.” This allows humankindness to spread to more moms.
- Baby a mom as soon as possible to help spread the maximum amount of humankindness by Mother's Day (or in the days immediately after).
- Share humankindness by posting a picture of the gift you receive on Facebook. Be sure to tag with **#hellohumankindness.WC**

All that I am or ever  
hope to be, I owe to my  
angel Mother.

— Abraham Lincoln

God could not be  
everywhere, so he  
created mothers.

— Jewish Proverb

▶ **Hello humankindness:** As humans, we are happiest and heal faster when we feel connected to one another. Visit [hellohumankindness.org](http://hellohumankindness.org) to help spread kindness.

▶ **With the support of text4baby,** get free prenatal and first year tips and reminders texted to your cell phone. Text BABY to 511411 to start.



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**FROM LEFT TO RIGHT:** Dr. Mark Stradling, Dr. Douglas Lorenz, Dr. Surjeet Singh, Dr. Rajy Rouweyha, Dr. Rudy Manthei, Dr. Glen Hatcher, Dr. Darrick Neibaur, Dr. Shoib Myint, Dr. Douglas Orton, Dr. Vincent Gassen.

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*\*Not all physicians shown*