

The Barbara Greenspun
WomensCare

Centers of Excellence

StRoseHospitals.org

summer 2014 • issue 62 for the body • mind • spirit

*Back to
School*

**Happy, Healthy,
Ready to Learn**

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**SAFE
STUDIES**

for abnormal
heart rhythms

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GERD

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*Protecting
Preemies*

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COVERSTORY

▶ A HEALTHY Perspective

Rod A. Davis

Senior Vice President of Operations,
Dignity Health Nevada

Dear Readers,

Can it really be time to begin preparing our kids to start or head back to school? The summer has flown by ... as have the last 15 years. Why am I focusing on 15 years? The first issue of *WomensCare* magazine was published exactly 15 years ago.

Guided by Shauna Walch – our longtime editor, interviewer, writer, publisher and all-around creative maven – *WomensCare* aims to improve the community’s wellbeing. It encourages you to engage in healthy conversations with family, friends and physicians ... and take advantage of programs and services that promote whole body health. Shauna lives and has made a point of sharing the mission of our founding Adrian Dominican Sisters and our hospital’s mission of furthering the healing ministry of Jesus and providing high-quality, affordable healthcare.

Change is a constant in life, and life changes are taking Shauna in a different direction, so this 15th anniversary issue of *WomensCare* will, unfortunately for us, be her last. Shauna has made the daunting task of publishing the magazine look easy, and we will miss her tremendously.

Life is full of new beginnings, and we wish Shauna happiness and success in her life’s next chapter. So as fall begins and our community’s children begin a new school year, remind yourself to embrace change. You never know what wonderful experiences and memories the next 15 years may bring.

Back-to-school tips

Drs. Olivia Yuson, Emily Peterson and Karen Swarts (shown left to right) are all pediatricians with Dignity Health Medical Group Nevada and all treat their young patients as they would want their own loved ones treated – with kindness and compassion. We asked these three pediatricians what parents should know when preparing their children to start or go back to school in Clark County. Read about their advice ... and get helpful resources on pages 21-23.



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MANAGING GERD... ELIMINATING ESOPHAGEAL EPISODES

If you are popping antacids like your favorite candy, it might be time to pop in to see your family doctor or gastroenterologist about gastroesophageal reflux disease (GERD).

GERD is the medical name for acid reflux disease. It occurs in the esophagus – the muscular tube connecting the throat to the stomach – and can cause heartburn, chronic coughs, regurgitation of food or acid, trouble swallowing, persistent bad breath and even symptoms of asthma.

Approximately one in five adults in the United States develop GERD, and the condition can be annoying and uncomfortable. “Acid reflux disease can lead to serious problems such as narrowing or restricting of the esophagus, a condition called Barrett’s esophagus and, at times, esophageal cancer, so a doctor’s evaluation is important,” says Albert Mason, M.D., a licensed gastroenterologist.

“The first step in addressing acid reflux is discussing lifestyle changes and medications that may help control symptoms with a primary care physician,” says Carmelo Herrero, M.D., licensed gastroenterologist. “But if symptoms persist without relief, a gastroenterologist should be consulted for more in-depth testing, evaluation and treatment.”

St. Rose Dominican’s comprehensive endoscopic facilities allow gastroenterologists such as Drs. Mason and Herrero to offer GERD patients diagnostic and treatment options. Three tests used are the 1) Bravo Capsule 48-Hour pH Monitoring test, 2) high-resolution manometry, and 3) esophageal ablation – not available in most areas of the valley. These tools can be used independently or as part of a comprehensive treatment plan to help GERD patients find much-needed relief (and protection from further disease).

Upper Endoscopy. An upper endoscopy is typically the first look a gastroenterologist takes at the upper GI tract (the mouth, esophagus, stomach, duodenum and small intestine). Once under a light anesthesia, a flexible tube with a light and camera on the end is passed through the patient’s throat into the esophagus. “The upper endoscopy allows us to get a good look at the upper GI tract for inflammation, narrowing, and Barrett’s esophagus,” says

Dr. Mason. “It may provide the information we need for treatment or allow us to safely and effectively conduct advanced forms of GERD testing such as pH monitoring.”

1. Bravo Capsule 48-Hour pH Monitoring Test. The pH monitoring test is one of the most accurate tests for detecting acid reflux as it measures the amount of liquid or acid in the esophagus, and gastroenterologists at St. Rose Dominican use the recently developed Bravo Capsule study. During an endoscopy, the physician passes the small Bravo capsule, which contains an acid-sensing probe, a battery and a transmitter, into the esophagus. The patient then goes home and goes about their usual activities – eating, sleeping, working – while the Bravo capsule transmits real-time pH data to a recorder. After two or three days, the battery dies and the capsule is passed in the stool.

The pH monitoring test (Bravo test) has been performed at St. Rose Dominican for 3-4 years, and St. Rose Dominican is one of only a few facilities in town that uses the new Bravo system. This test works especially well for those who experience reflux during the night, which often results in recurrent symptoms of asthma, difficulty breathing and pneumonia, or if a patient has a cough or chest pain thought to be due to reflux.

2. High-resolution Manometry. This test is used for patients who have difficulty swallowing. A soft, thin tube (catheter) is threaded through the patient’s nose into the stomach. The patient then takes 10 swallows of liquid while a computer measures and records muscle contractions in different areas of the esophagus.

While conventional manometry has been in use for 40 years, St. Rose Dominican brought high-resolution manometry to the valley to reduce the travel and medical expenses of patients who previously had to travel out of state for testing. The high-resolution system, available at the Siena and San Martín Campuses, has more sensors than older models. The physician monitors whether swallowing is successful, if the lower esophageal sphincter (muscles at the low end of the esophagus where it meets the



Albert Mason, M.D.,
licensed gastroenterologist



Carmelo Herrero, M.D.,
licensed gastroenterologist

What is Barrett’s esophagus?

Most people with acid reflux don’t develop Barrett’s esophagus, but in patients with long-term acid reflux or GERD, the cells of the esophagus become damaged from continued exposure to stomach acid. Barrett’s esophagus does not have any specific symptoms, but it does result in changes in the color and composition of cells. The condition can be concerning because it can increase the risk of developing esophageal cancer.

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► acid reflux disease

stomach) opens and closes correctly or if spasms occur. When the sphincter closes properly, it keeps acid from traveling back up into the esophagus.

3. Esophageal Ablation (HALO).

Until just a few years ago, the only way to reduce the risk of cancer growth from abnormal cells in the area of the esophagus – a condition called Barrett’s esophagus – was surgery. Today, patients at high risk for Barrett’s esophagus have a much less invasive option – esophageal ablation. During treatment, a catheter with electromagnetic coils at its end is threaded into the esophagus where heat generated by radio waves targets diseased tissue. “This high-tech procedure removes one layer of the cells lining the esophagus, then the body replaces the abnormal cells with normal cells – and the patient does not feel or notice anything different,” says Dr. Mason. “Removing the tissue has the same effect as removing a polyp during an endoscopy, and the tissue at risk of becoming cancerous is eliminated.” Drs. Mason and Herrero have performed more of these procedures than anyone else in the valley and treat patients from all over the county.

The great news? Lifestyle and diet changes, along with medication, can often control GERD, but if you are having persistent acid reflux symptoms that are not responding to treatment, additional testing may be needed. To find a St. Rose Dominican doctor who performs tests to diagnose and treat GERD, please call 702-616-4900. **WC**

► Tips for reducing heartburn

- Avoid foods that contribute to heartburn – chocolate, coffee, peppermint, alcohol, spicy foods, tomato products
- Avoid overeating – eat smaller, more frequent meals
- Lose weight, if needed
- Stop smoking – smoking increases acid production
- Wear loose-fitting clothing around the stomach area
- Do not eat 2-3 hours before sleeping

Weight loss surgery is helping Jamie achieve her goals

When Jamie Barney reached her highest weight ever – 348 pounds – she knew she could lose some weight with diet and exercise changes but she also knew the weight would not stay off. “I had been caught in this vicious cycle for most of my adult life,” says Jamie, “losing and gaining, losing and gaining. I was tired of wanting to be more active but not having the energy or stamina to do even small things like walk my dachshunds, Mr. Shaye and Elsa (pictured right).”

And Jamie is not alone. Over the last 20 years, obesity rates in the United States have increased dramatically. In 2010, almost 60 percent of Nevada residents were reported overweight and about 23 percent were considered obese, according to the Centers for Disease Control and Prevention. Obesity can cause high blood pressure, heart problems, diabetes, shortness of breath, depression, back and joint pain.

Jamie took advantage of Dignity Health – St. Rose Dominican’s weight loss surgery services 14 months ago and has now lost more than 100 pounds and six dress sizes. “Before having surgery, I had to plan my activities so I only had to make one trip up and down the stairs to my apartment,” says Jamie. “Today I don’t think twice about running up and down the stairs . . . my knees don’t hurt and I don’t have to stop to catch my breath. I’m walking my dogs twice a day, which I love as much as they do.”

One of Jamie’s major milestones occurred just six weeks after surgery. “I was able to stop taking both

of my blood pressure medications,” says Jamie, smiling. “I still need to take a number of vitamin and mineral supplements, but I don’t mind taking those at all.”

When combined with diet, exercise and a strong commitment to better health, weight loss surgery can be a successful form of weight control, according to Dawn Remme, R.N., manager for the St. Rose Dominican Bariatric Program. “Surgery is just a tool. It’s not magic,” Remme says. “Patients still have to do a lot (eat right, exercise regularly, commit to long-term follow up with their doctor and attend support groups) to keep the weight off and become healthy, but it’s worth it if they’re ready for change.”

Jamie echoes this sentiment. “Just having surgery is not the end of the road – it’s merely one tool that will help you achieve your goals.”

St. Rose Dominican offers three surgical weight loss options: the sleeve gastrectomy, roux-en-y gastric bypass and the adjustable gastric band. The type of weight-loss surgery that is best for you depends on your specific situation. Your doctor will recommend the surgery for you based on your BMI, eating habits, health problems and previous surgeries.

For information on the St. Rose weight loss surgery program, please call 702-492-8347.

► Is weight loss surgery right for you? Weight loss surgery might be an option if you:

- are at least 100 pounds overweight or have a body mass index (BMI) of 40 or more.
- have a BMI between 35 and 39.9 with serious health problems.
- are healthy enough to have surgery and are psychologically sound.
- are a nonsmoker or have stopped smoking.
- agree to undergo a six-month comprehensive education program.
- agree to not become pregnant for two years after the surgery.
- are truly committed to pursuing a healthy lifestyle.

► Calculate your BMI. The Body Mass Index is a measure of body fat calculated using a person’s weight and height. Use the Body Mass Index calculator at cdc.gov/healthyweight to calculate yours.

► Your dogs are great workout partners. Research from Michigan State University reports that dog owners are 34 percent more likely to get the recommended 150 minutes of exercise each week.

Interacting with your dog during walks raises endorphin levels and lowers stress levels. And the emotional connection gives your workouts a boost!



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Social Sister helps serve others' needs

As social as Sister Michael Thomas Watson is, she doesn't text or tweet. She prefers to connect with a firm handshake, a hug and a "How are you dear?" or a phone call. And if she can't link up with you immediately, she will leave a voicemail that will buoy your soul and brighten even your gloomiest day.

Social and soulful

humankindness. Be kind to yourself – and help spread humankindness – by joining St. Rose Dominican on Facebook and Twitter. Our daily inspirational tweets and weekly Facebook devotionals are aimed at helping you center your soul, develop an attitude of gratitude and promote peace and humankindness.

During August, we will share devotionals from Sr. Michael in celebration of her 16th year at St. Rose Dominican.

Ten Sisters currently serve at St. Rose Dominican

in various leadership and ministry capacities. They model a vision of caring for the whole person, the aim of Dignity Health – St. Rose Dominican's core values, and the potential for humankindness and caring in the hospital system's more than 3,400 employees – as well as our community as a whole.

For 16 years, Sr. Michael has supported St. Rose Dominican patients and employees, area business professionals and residents, including the homeless. As she walks the halls of the hospitals, all sorts of graces unfold. Older medical equipment finds its way to struggling hospitals, a husband and wife begin connecting again over nightly conversations and someone with an empty stomach finds physical and spiritual nourishment.

Sr. Michael's presence inspires and heals, which is why there was reason to pause when she became extremely sick earlier this year. Fortunately, her health improved and she light-heartedly says, "My cardiologist put in a pacemaker that has a 10-year warranty, so you've got me for another decade!"

Humor comes easy for Sr. Michael, who will turn 88 in September, but it is her ability to be fully present to others and their highest priority needs that truly distinguishes her – and the ministry of the Adrian Dominican Sisters.

While each Sister's story is different, Sr. Michael seemed born to serve others (but, then aren't we all?). In fact, as her selfless grandmother fought late-stage cancer, her first priority was to ensure her daughter had a safe, calm pregnancy and a healthy

baby. On the day Sr. Michael was born, her grandmother let go, but her giving spirit lived on through her granddaughter.

Sr. Michael's concern for others was reinforced by her faith and military upbringing, so when her family moved to Las Vegas in 1947 – and settled across the street from St. Joseph School on Bridger Street – she frequently shuttled the school's Adrian Dominican Sisters around Las Vegas and out to St. Rose Dominican's Rose de Lima Campus in Henderson. Inspired by the Sisters' vocation and sense of community, she entered the Adrian Dominican order in 1949.

Next year will mark Sr. Michael's 65th anniversary as a Sister. During that time, she served as an elementary school teacher, a pastoral care minister, caretaker for sick and aging Sisters and volunteered more than 33,000 hours at St. Rose Dominican. She considers every day a "God-given opportunity" and notes that being aware that other people need you can bring a sense of positive purpose to your life. That is why she believes you must cherish people, respect the dignity of each person you encounter, and be ready to serve. You may be called to help them ... and in some way, doing so may heal you. **WC**

Health

BOY, OH BOY!

The old nursery rhyme “What are little boys made of” claims that boys are made of “snips and snails and puppy dog tails,” but they are a lot more human than that. Foster your son’s wellbeing and humankindness by recognizing his unique medical needs.

► **Breast milk gives boys an extra brain boost!** Breast milk, the most complete nutrition for all babies, may give children an academic advantage. A study published in the *Journal of Pediatrics* (2010) found that infants breastfed for at least six months after birth scored higher on math, reading and spelling tests at age 10 than those breastfed for fewer than six months – and the benefit was most apparent in boys. The boost in test scores may be due to certain fatty acids found in breast milk that aid in brain growth and development.

To encourage breastfeeding among all new mothers, St. Rose Dominican, the WomensCare Centers and the WIC (Women, Infants and Children) Program provide support to mothers who breastfeed, including breastfeeding education and counseling, as well as breast pumps. For more information, call 702-616-4900.



► **Young men and medical visits.** The health of adolescent boys and girls is equally important, yet boys are less likely to be seen regularly in a medical setting. Girls often visit their pediatrician or gynecologist for menstrual problems, eating disorders and other sexual or emotional health issues. Likewise, annual well-check visits are important for boys whether or not they have health concerns.

“Pediatricians play an important role in influencing healthy habits and can address issues related to puberty, peer pressure and potentially risky behaviors that often go unspoken,” says Emily Peterson, D.O., licensed pediatrician. Sports physicals also give pediatricians an opportunity to answer questions or concerns boys may have about their growth and development. For more information about back-to-school and sports physicals, see page 21.

► **Hug your son (for his health – and yours)!** When you embrace someone, oxytocin – the feel good hormone – is released, which can relieve stress or fears and promote feelings of comfort and trust.



► **How strong is your son?** A young man’s strength is often measured by how fast he runs or how hard he throws or hits a ball – but what about his strength of character? Gratitude, optimism, enthusiasm, curiosity and love are strong indicators of character and wellbeing.

Cultivate your son’s character by showing gratitude when it counts. For example, thank him when he is honest about making mistakes, forgives rather than retaliates against a sibling or offers help without having to be asked. And, remember your little boy is never too big to be told “I love you.”

► **Focus on the big win for boys.** There's new reason to cheer on tweens who play organized sports. According to a study published in the *Journal of Academic Pediatrics* (2014), Dartmouth College researchers surveyed more than 6,500 U.S. students between the ages of 10 and 14 and found that playing sports under the supervision of a coach was associated with a lower risk of trying smoking. Yet nearly 70 percent of kids bow out of sports during their formative years because fun takes a back seat to winning. Creating more team sport opportunities and placing an emphasis on developing a love for the game might offer tweens more than a chance to win a trophy and a title: it might protect them from smoking.

► **Helping boys focus their behavior.** Both boys and girls can have Attention Deficit Hyperactivity Disorder (ADHD), but boys are about three times more likely to be diagnosed with this neurological condition. A boy with inattentive type ADHD may have trouble paying attention in school, focusing on homework or completing tasks. If he is hyperactive, he may also easily become restless.

Treatment for ADHD varies according to each child's symptoms, and medications may be recommended. You can also help your son focus by setting a schedule he can follow to complete homework, hygiene and other tasks. Encouraging him to create task lists or calendar alerts on his cell phone may also help him better manage his time. If he has trouble paying attention, get in the habit of having him repeat instructions to help him reinforce what he has heard. For further strategies, talk to your pediatrician, an ADHD coach or school nurse.



► **With a physical exam, Jack** will be ready for school and sports.

► **Boys tend to visit the ER more often.** According to the Centers for Disease Control and Prevention, boys tend to visit the ER more often than girls. While the rate of sports injuries among girls is growing at a faster rate than boys, boys still tend to suffer more sports-related and thrill-seeking injuries. If your son (or daughter) experiences a minor emergency such as a sprained ankle, St. Rose Dominican's InQuicker® online emergency room waiting service provides the convenience of selecting a projected treatment time so you can wait at home where your child is more comfortable until your time to be seen. To access InQuicker®, visit strosehospitals.org. If your child experiences a serious or life- or limb-threatening injury, call 9-1-1 for immediate emergency medical attention.



To find a St. Rose doctor,
call 702-616-4900 or visit
StRoseHospitals.org.

Help for your child's aching feet

Does your son or daughter complain about foot pain? Adolescents between the ages of 9 and 15 – especially those who are going through a growth spurt and playing sports – may develop Sever's



Dr. Douglas Stacey, DPM,
licensed podiatrist

syndrome, a painful heel condition that causes swelling at the point where the Achilles tendon attaches to the back of the heel.

"Feet are quick to grow to adult size and ligaments may not keep up, so when repetitive stress is placed on the Achilles tendon at the back of the heel, injury may occur," says Dr. Stacey. Most kids outgrow Sever's syndrome within about six months, but sports that require running and jumping – such as soccer, lacrosse or basketball – can make the pain worse. Ample rest, icing the heel, stretching the Achilles tendon and wearing heel inserts can help reduce pain.

Being overweight, foot pronation (rolling in at the ankles when walking), flat or high arches or having one leg that is shorter than the other may also contribute to Sever's syndrome. "A biomechanical assessment can help determine if foot pain is caused by improper footwear, the structure of the foot or how it moves in relation to the rest of the body," says Dr. Stacey. "Orthotics or insoles can be custom made to help correct biomechanical foot problems."

For easy-to-read information on tween and teen health and wellbeing, visit kidshealth.org.

► **Ten Fingers, Ten Toes, Two Testicles?** A boy's testicles typically descend into the scrotum before birth. It's not unusual, however, for a baby boy – particularly a premature boy – to be born with an undescended testicle. Pediatricians tend to take a watchful approach. If the testicle does not move down within six months or so, potential causes and treatments should be addressed.



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*

Every lunchbox tells a story

Would your child's lunch make the grade? Pack healthy lunches to keep your child alert, satisfied and fit – and to avoid childhood obesity.



Amy Darukhanavala
(Dr. Daru), M.D.



William Holm, M.D.



In 2012, more than one-third of children and teenagers in the United States were overweight or obese, according to the Centers for Disease Control and Prevention.

Pediatric endocrinologist, Dr. Amy Darukhanavala (Dr. Daru), with the St. Rose Dream Fund Pediatric Endocrinology Clinic, says childhood obesity is mainly caused by large meal and snack portion sizes, consuming large amounts of high carbohydrate, highly processed foods and lack of exercise. “Most people think if you eat too much, you just get obese, but obesity actually causes a whole slew of internal problems,” Dr. Daru says.

Excess weight in children can lead to high blood pressure, fatty liver disease, high cholesterol and type 2 diabetes. It may also worsen pre-existing conditions, such as sleep apnea, acid reflux, asthma or joint pain, according to pediatric endocrinologist, Dr. William Holm, Medical Director of the St. Rose Dream Fund Pediatric Endocrinology Clinic.

Type 2 diabetes, the most common form of diabetes, causes higher than normal blood sugar levels due to a developed resistance to insulin (a hormone the body uses to convert sugar, starch and other food into energy), and it can affect the brain, eyes, heart, kidneys,

nerves and feet if left untreated. Type 2 diabetes is preventable and reversible.

Type 1 diabetes, on the other hand, is usually diagnosed in children and young adults and is caused by a deficiency of insulin. There are no lifestyle modifications to prevent or reverse type 1 diabetes, which affects only 5 percent of diabetics.

“Children and their parents often have no idea they have type 2 diabetes,” Dr. Holm says. “It can be silent because their blood sugar level isn’t high enough to cause symptoms like we see in type 1 (diabetes).

Although excessive weight is common with type 2 diabetes, Dr. Daru says children who are not overweight can still be at risk. “There are pre-diabetic patients who are skinny,” Dr. Daru says. “If their diet is bad and their family history for diabetes is strong, it can lead to pre-diabetes ... just as if they were obese.”

The first step in treating or preventing type 2 diabetes is lifestyle modification with diet and exercise, according to Dr. Holm. “We specifically focus on lowering carbohydrate intake, more so than fat or calories,” he said. “It can be as simple as stopping the juice and sodas - one glass of juice can have 10 spoonfuls of sugar.”

Drs. Holm and Daru recommend that parents involve their kids in packing their

lunches and preparing after-school snacks. “Turn your kitchen into a classroom by having your children help,” says Dr. Holm.

Parents are urged to limit children’s television and computer time to two hours a day and to encourage them to participate on a sports team to increase their physical activity. The American Academy of Pediatrics recommends at least 60 minutes of moderate to vigorous exercise each day.

“As pediatricians, we’re more on the preventative end than on the treatment end of diabetes and obesity,” Dr. Daru says. “We spend a lot of time discussing a child’s individual habits and pinpointing where they could improve to prevent further health issues.”

For information on childhood diabetes services at St. Rose, see page 25. Find a pediatrician by calling 702-616-4900. **WC**

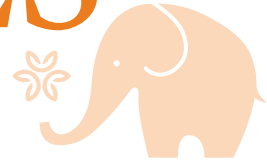
▶ Be Aware of Diabetes Symptoms

- Urinating often
- Feeling very thirsty
- Feeling very hungry – even though you eat
- Extreme fatigue
- Blurry vision
- Cuts/bruises that heal slowly
- Weight loss - even if eating more (type 1)
- Tingling, pain or numbness in the hands/feet (type 2)



▶ **Deepa Nagar, M.D.**, licensed perinatologist, is dedicated to providing preemies safe, nurturing care at St. Rose Dominican.

Best PRACTICES FOR BABIES



As Dr. Deepa Nagar attends to the medical needs of a micro-preemie born at just 23 weeks gestation, the word “fragile” definitely comes to mind. Because of their small size and immature immune systems, newborn infants – especially premature babies – are dependent on healthcare providers and their parents to keep them safe from harm, including infections. That’s why St. Rose Dominican’s Level II and Level III Neonatal Intensive Care Units (NICUs) place such a great emphasis on following best practices when it comes to infection control.

Reducing big risks for little babies

Tiny and often critically ill infants are at an increased risk for infections and, unfortunately, some of that risk is the result of essential – and invasive – procedures and treatments they must endure to save their lives.

“The life-saving medications, procedures and early nutrition NICU babies receive is delivered through injections and what may look like a web of IV lines and tubes,” says Nagar. “To deliver medications and nutrition, we must often insert tubes through a baby’s skin – and any time a skin barrier is broken, it provides bacteria a potential pathway into the body.”

According to Nagar, St. Rose Dominican adheres to strict NICU safety protocols put forth by the Joint Commission, which accredits and certifies hospitals. The hospital is also a member of the Vermont Oxford Network – a network of more than 900 NICUs that collect infection data and share information for quality improvement, including the reduction of bacterial, fungal and viral infections. As a result, the hospital’s NICU infection rates are less than half the

national average. “With fewer infections, babies grow faster and can be united with their families sooner,” says Nagar.

Baby is boss

St. Rose Dominican minimizes NICU infections through the sterile delivery of vital medications and nutrition and by making choices about the best form of delivery on a case-by-case basis. “Choosing the right method of delivering nutrition to a premature baby (under 34 weeks gestation) that is sick or has an immature digestive system is not cookie-cutter medicine,” says Dr. Nagar. “When a baby is unable to suck, swallow or breathe normally, a catheter (tube) is inserted through the belly button or the arm to deliver fluids directly to the baby’s bloodstream.” The baby’s vital signs and growth rate are carefully monitored to help determine how a baby should receive nutrition and when a baby is ready to advance to gavage feedings (a small tube that drips fluid down the throat to the stomach), bottle or breastfeeding.

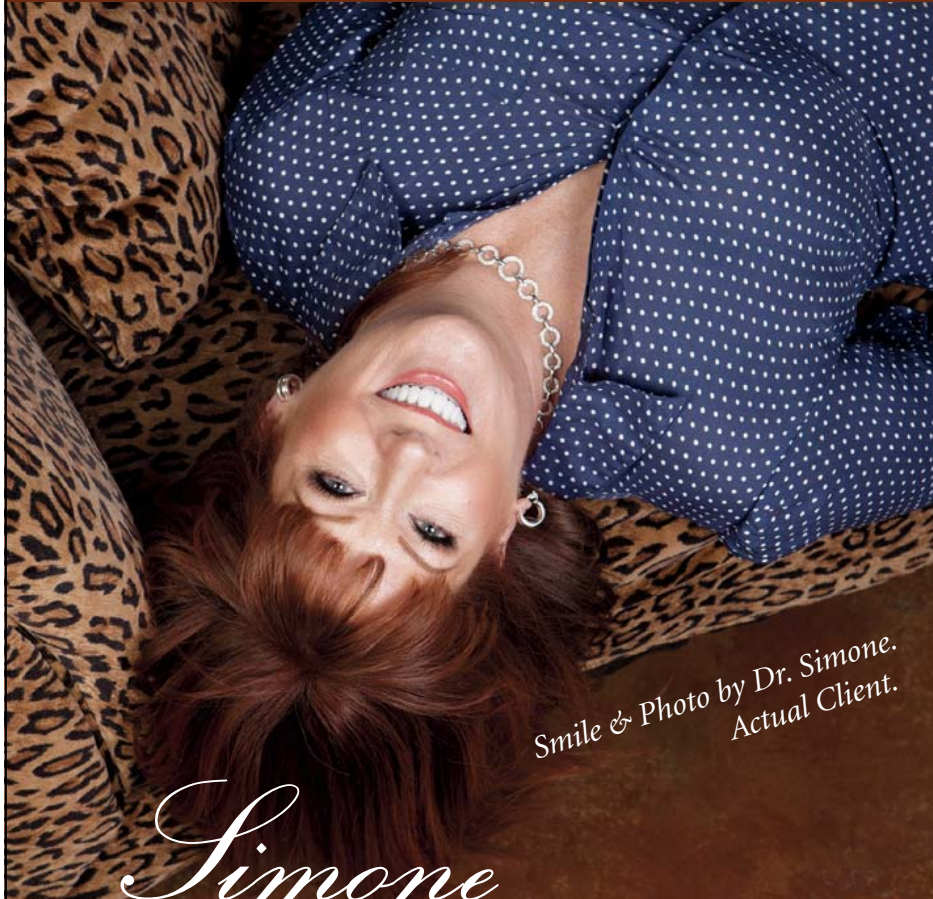
What a baby is fed can be as important as how it is fed. “We often say, ‘Baby is the

boss’ in the NICU, which is definitely true in regard to what we feed them,” says Nagar. “Babies like human breast milk. It is the best form of nutrition – and it is proven medicine.”

Case in point, preterm infants who are breastfed are less likely (58 to 83 percent less, according to research by *Pediatrics* in 2012) to develop a digestive system infection called Necrotizing Enterocolitis (NEC) that is potentially life threatening, than those fed milk-based formula. The exact cause of NEC is not clear; however, it can cause tissue death and perforations in the bowel, which allow waste and infection to spread throughout the baby’s body. What’s more, study results show that even when a formula fortifier must be added to human milk to provide a preterm baby extra nutrition, the risk of NEC is still substantially decreased.

“There are several theories about what causes NEC. One is that a baby’s immature digestive system may not be able to completely digest the lactose in milk-based baby formula – and when it remains in the bowels, it may allow bacteria to grow, which can lead to infection,” says Dr. Nagar.

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AMERICAN ACADEMY
OF COSMETIC DENTISTRY



Put your money where your mouth health is

Looking for another reason to stop smoking? Think about your mouth. Nicotine-stained teeth and bad breath are only the superficial results of smoking," says licensed dentist, Patrick Simone, D.D.S. "The mouth is the first part of your body that is affected when the toxins in tobacco smoke hit the palate and move on to the rest of your body."

Tobacco use in any form – cigarette, cigar, pipe and smokeless tobacco – increases the risk for a variety of oral health conditions, including:

- Periodontal (gum) disease
- Tooth decay
- Partial and complete tooth loss
- Oral cancer

The good news? According to the Dental Health Foundation, simply stopping smoking reduces risk levels dramatically, and the sooner someone stops, the better. Quitting smoking before the age of 40 can reduce risk levels by 90 percent, and quitting before the age of 30 reduces those risk levels by even more – 97 percent!

If you plan to stop smoking, Dr. Simone suggests having an incentive to help keep your commitment to living a tobacco-free life. "Put your money where your mouth is," says Dr. Simone. "If your cigarettes cost \$5 a pack and you smoke a pack or two a week or more, deposit the money you save each week in the bank to use toward having your teeth professionally whitened or veneers custom made to restore the beauty of stained or chipped teeth."

Sources: ADA, CDC, Dental Health Foundation

► at-risk babies

“Human breast milk substantially reduces the risk of NEC because it contains protective components that promote good bacteria, which help fight infections.”

Baby-friendly focus

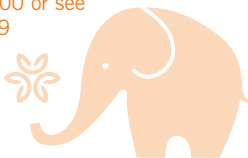
St. Rose Dominican recently became a “Baby-Friendly Hospital.” This prestigious designation made by the World Health Organization (WHO) and UNICEF recognizes the hospital’s commitment to encouraging early breastfeeding and bonding between mother and child.

“Even when a mother cannot hold her preemie to her chest and begin breastfeeding within her child’s first hour of life, her breast milk – or the breast milk of a donor – can be life giving and potentially lifesaving,” says Dr. Nagar. In fact, feeding preemies breast milk can ultimately reduce their rate of hospital readmissions for illness in the three years after they go home from the NICU. So St. Rose Dominican’s lactation staff works closely with NICU mothers to offer support and education on the “how tos” of pumping and storing breast milk. In the event a medical condition keeps a mother from breastfeeding her preemie, St. Rose lactation consultants also work with the Human Milk Bank Association of North America (HMBANA) to secure human donor milk.

For more information on St. Rose Dominican’s NICU services, visit strosehospitals.org and click on Labor & Delivery or download our St. Rose Baby Growth Tracker App on your smart phone. **WC**

► **Breast Milk?** Give the gift of good nutrition and protective medicine by donating your breast milk. For more information, including donation guidelines, visit hmbana.org.

► **Breast is Best.** The WomensCare Centers offer breastfeeding education, a support phone line and one-on-one consultations. Call 702-616-4900 or see calendar pages 29 and 30 for more prenatal and family education offerings.



► Jennifer, Travis and Andi Cloer with the family's newest addition, Rowan.

Both parents support breastfeeding

Jennifer and Travis Cloer made the decision to breastfeed their daughter, Andi, before she was born. “We took a hypnobirthing class that covered the benefits of breastfeeding and we knew it would be the best nutrition for her,” says Jennifer. In fact, it helped Andi quickly overcome jaundice.

When the couple’s son, Rowan, was born just shy of 32 weeks gestation, Jennifer says, “We knew breastfeeding would be even more important for Rowan’s health. I couldn’t breastfeed him directly, but I used a breast pump to pump every two to three hours. I wanted to do whatever I could to make our son strong.” The couple’s choice protected Rowan from infections such as Necrotizing Enterocolitis (NEC), which are more common among formula fed preemies.

For the health of their children and their relationship, the Cloer’s make all of their family-related decisions together. “When a baby is born, there is a lot of focus on mom and baby, but my husband wants to be involved as much as possible.” says Jennifer. “We made these babies together and do our best to communicate and make the best decisions we can, together.”

Another important decision the couple agreed upon was a process for night feedings. Jennifer gets up to breastfeed, then Travis takes over to burp, change and put their babies back to bed. “Every couple comes up with what works for them. This worked for us. We both work nights so if one of us was going to be tired, we were both going to be tired! It actually brought us closer because we communicated so much more. Parenting as a couple is amazing.” says Travis.

Eat, Listen, Buy

Support Children’s Miracle Network Hospitals by eating ice cream, tuning in to this year’s radiothon and buying balloons!

DQ® Miracle Treat Day

Participating DQ® stores will donate \$1 or more from every Blizzard® Treat sold. Visit www.miracletreatday.com for locations.

Thursday, Aug. 14, 2014

Children’s Miracle Network Radiothon

Tune in to this year’s Children’s Miracle Network Radiothon broadcasting live on 102.7FM The Coyote and AM720 KDWN.

Friday & Saturday, Aug. 8 & 9, 2014

Donation line opens at 6 a.m. Friday:
888-499-KIDS.

Put Your Money Where the Miracles Are by buying a Children’s Miracle Network Balloon for \$1 at the following locations:

Boulder Dam Credit Union
(through September)

Love’s Travel Stops
(August 25 through September)

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



**Children’s
Miracle Network
Hospitals**

► **Since 1983, Children’s Miracle Network Hospitals** has raised nearly \$14 million for southern Nevada making Children’s Miracle Network Hospitals one of the largest contributors to the development of pediatric and neonatal services in the Las Vegas Valley. To become a Children’s Miracle Network Hospitals supporter, please call 702-616-5755. For more information on Children’s Miracle Network Hospitals, visit www.cmnhospitals.org.



KEEP YOUR HEART IN RHYTHM – IT’S AN ORCHESTRA

Sitting behind his desk, Gaston Vergara, M.D., Director of the Electrophysiology Lab at Dignity Health – St. Rose Dominican’s San Martín Campus, talks about how new technology is helping him improve the care he provides his cardiac patients.

“I love technology,” Dr. Vergara says. “I love new toys and trying new things, particularly when it helps patients.” Just as home automation technology allows us to remotely monitor and control security, lighting, temperature and more, advancements in electrophysiology (EP) technologies are allowing us to more easily and effectively treat patients.

Electrophysiology is a branch of cardiology that specializes in the diagnosis and treatment of arrhythmias (abnormal heart rhythms). According to Dr. Vergara, electrophysiologists are considered a hybrid between medical and surgical specialists. “In medicine, you have physicians and surgeons. Physicians prescribe medications; surgeons cut and sew. Our basic training is that of

a physician, but we do a lot of cutting and sewing. We’re somewhere in the middle.”

The Heart and Its Beat

Heartbeats are measured in terms of rate and rhythm. The rate determines how fast or slow the heart is beating while the rhythm determines how regular or irregular the beat is. Abnormal heart rhythms can

be congenital or caused by factors such as blockages of the heart, high blood pressure, obesity, stress or exertion. Symptoms can include heart palpitations, fatigue, dizziness, lightheadedness, fainting, shortness of breath and chest pain.

“The heart is like an orchestra,” says Dr. Vergara. “The conductor sets the tempo and unifies the musicians. If anyone is out of sync, it disrupts the rhythm of the entire piece. The same is true with the heart. If there is any kind of disruption, it ‘throws things off’ causing an irregular heartbeat.”

“Arrhythmias sometime result in the lack of function of some parts of the heart,” says Dr. Vergara. “This is particularly the case for an arrhythmia called atrial fibrillation, the most common arrhythmia and second most common cause of stroke.”

“Arrhythmia can be a benign problem where nothing happens or it can lead to congestive heart failure and stroke,” says Dr. Vergara, “so when a patient has symptoms or the doctor suspects they have arrhythmia, monitoring is needed to diagnose the problem.”

Treatment

After a patient is monitored for an arrhythmia, doctors conduct an electrophysiological (EP) study to diagnose and treat the problem. In this minimally-invasive procedure, catheters (thin, bendable wires) are inserted into the veins through a straw-like tube. Once in the heart, the catheters record the heart’s electrical signals while doctors try to reproduce the arrhythmia. “Once we identify the problem, we do what is called an ablation,” Dr. Vergara says, “where we use electrical impulses to neutralize the small areas that are generating abnormal electrical activity.”

CartoUNIVU™ and Carto® SmartTouch®

Doctors use three types of technology to do a study or ablation: X-ray, ultrasound and a mapping system.

The Siena and San Martín Campuses offer advanced imaging technologies called CartoUNIVU™ and Carto® SmartTouch®, systems that streamline EP studies and ablation procedures. “CartoUNIVU™ allows us to take an X-ray with very short exposure



**Gaston Vergara, M.D.,
licensed electrophysiologist**

and transfer the image into the mapping system (a 3D image of the heart) without having to continually expose the patient (and staff) to radiation,” says Dr. Vergara. “When you go from using X-rays for 20-30 minutes to essentially not at all, that’s pretty significant.” CartoUNIVU™ can reduce a patient’s radiation exposure by 40 percent.

The Carto® SmartTouch® helps doctors control the amount of contact force applied against the heart wall. “Previously, it was very hard to control because the heart was beating and we had to control the amount of pressure just by looking at an X-ray,” Dr. Vergara says.

“You could compare electrophysiologists to orchestra conductors ... we listen critically to the sound of the heart’s ‘ensemble’ and, when necessary, correct rhythm disorders.”

To learn more about St. Rose Dominican cardiac services, visit strosehospitals.org/heart. **WC**

The CartoUnivu™ and Carto® SmartTouch® Modules are trademarks of Biosense Webster, a Johnson & Johnson Company.



**To find a
St. Rose doctor,
call 702-616-4900 or visit
StRoseHospitals.org.**

What is your resting heart rate?

A normal resting heart rate for adults is 60-100 beats per minute. To measure your heart rate, place your index and middle fingers on the side of your neck near your windpipe or between the bone and tendon over your radial artery in your wrist. Count the number of beats in 15 seconds and multiply by four.

Heart Programs

DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension for lowering blood pressure from Samantha Louie, RD.

Wednesday, Aug. 27; 9:30-11 a.m.
HEND: FREE

Lower Cholesterol with TLC (Therapeutic Lifestyle Changes)

Get your numbers right through nutrition, exercise, and relaxation from Samantha Louie, RD.

Friday, Sept. 12; 1-3 p.m.
HEND: FREE

Blood Pressure Screenings

Thursday, Sept. 11; 7-10 a.m.
HEND: FREE

Thursday, Oct. 16; 7-10 a.m.
WEST: FREE

Cardiac Nutrition

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

Wednesday, Oct. 22; 10-11:30 a.m.
HEND: FREE

Thursday, Sept. 18; 3-4:30 p.m.
WEST: FREE

Heartsaver CPR/AED

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

Wednesday, Aug. 13; 5-9 p.m.
Tuesday, Sept. 23; 5-9 p.m.
Tuesday, Oct. 21; 5-9 p.m.
WEST: \$30 (includes AHA cert. card)





I hold water to a higher standard. The Superstar Standard.

My name is Matt, and my job at the Southern Nevada Water Authority is to make sure water delivered to your home meets or surpasses all state and federal drinking-water standards.

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

At the SNWA, we keep a very close eye on water quality, conducting hundreds of thousands of analyses every year to verify the quality of our drinking water. And that makes both of my jobs a lot easier.

We know that some customers use additional home water treatment devices and want to help you make informed decisions. If you have questions or would like objective information about supplemental water treatment systems, visit snwa.com or call 702-258-3930.



SOUTHERN NEVADA WATER AUTHORITY®

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



10 TIPS

TO TRANSITION TOTS AND TWEENERS – FROM SUMMER TO SCHOOL

This summer's lazy days (for kids, at least) are coming to an end, so take steps now to make your family's transition to the new school year as smooth as a swirly soft-serve vanilla ice cream cone.

Children need more than clothes and supplies to be successful as they start school ... they need to be healthy and alert. To help you plan a healthy, “almost” anxiety-free school year, we sat down with three Dignity Health Medical Group Nevada pediatricians: Emily Peterson, D.O., Karen Swarts, M.D. and Olivia Yuson, M.D.

continue to page 22





**Emily Peterson, D.O.,
licensed pediatrician**



**Karen Swarts, M.D.,
licensed pediatrician**



**Olivia Yuson, M.D.,
licensed pediatrician**

1. Make sure your child has vaccinations

“Immunizations, while a necessary part of the back-to-school routine, can be scary,” says Dr. Olivia Yuson. “Ease your child’s fears by talking to them about why they are needed.”

The Clark County School District requires Chickenpox (varicella); Hepatitis A & B; Polio; Tetanus-diphtheria-pertussis (DTaP); and Measles-mumps-rubella (MMR). Children entering 7th grade must also receive a Tdap booster, and the Southern Nevada Health District recommends meningitis, HPV and flu vaccines (visit www.ccsd.net/parents/enrollment).

2. Manage your child’s anxiety

“Starting or going back to school can be stressful, so try to head off ‘fear of the unknown,’” says Dr. Karen Swarts. “Take a trip to the school with your child – find classrooms and lockers, locate the cafeteria and restrooms. If your child is nervous, talk about what scares them. Let them know the other kids are probably nervous, too, and that you are there to help. Then emphasize the positives: they will make new friends, learn new skills, and have fun.”

3. Return to school bedtime schedules

Kids get used to sleeping in and staying up later during the summer, so early morning school hours can be a shock to systems unless you begin readjusting sleep schedules early. About two weeks before school starts, set specific bed and wakeup times, then gradually

adjust those times by making them 15 minutes earlier every few days until back on schedule.

4. Annual exams and sports physicals

What’s the difference between an annual exam and a sports physical? According to Dr. Emily Peterson, “annual exams allow pediatricians to check your child’s overall health, make sure immunizations are current, perform hearing and vision screenings, confirm that your child is growing normally and appropriately, and answer questions.”

“Sports physicals focus on what could affect a child’s health when playing sports,” says Dr. Peterson, “including a family history of heart disease, previous muscular or skeletal injuries, etc.” Visit Clark County School District’s website (www.ccsd.net) for requirements.

5. Keeping your child healthy

“Most children get 8–12 colds and 1–2 diarrheal episodes each year,” says Dr. Swarts, “but take heart, as they get older, their resistance builds up and they are able to fight off germs more easily.”

“Hand washing is THE single most important way to prevent exposure to colds and the flu,” says Dr. Swarts. “Children are exposed to bacteria all day – they share toys, put their fingers in their mouths, play outside – so teach your child how to wash their hands properly.”

The Southern Nevada Health District suggests teaching children to sing the “Happy Birthday” song twice while washing to make

sure hands are clean. Build up a lather then rub hands together, scrub between fingers, wrists, back of hands and under nails.

Children and adults should wash before eating, after using the restroom, after playing outside, after touching pets, and after coughing or sneezing.

Soap is not nearly as drying as hand sanitizers, so use hand sanitizers only when there is no access to a sink. Regular soap is just as effective as antibacterial and doesn’t cost as much.

6. Keep your child at home if they have:

- fever over 101°
- diarrhea with blood or mucus
- vomiting more than twice in a 24-hour period
- mouth sores and drooling
- Impetigo (a common, contagious skin infection caused by bacteria)
- Scabies (a skin infection caused by tiny mites)
- any time you are worried about serious illness or think your child is contagious.

If your child has had an illness with fever, they may be ready to return to school once the fever has been gone for 24 hours (without using medication to lower the fever).

7. Backpack safety

“Carrying a backpack should not give your child a workout,” says Dr. Yuson. “Heavy backpacks can lead to shoulder, neck and lower back pain, so pack as lightly as

possible.” (Backpacks should never be more than 10-20 percent of your child’s weight). Have your child wear their backpack using both straps and put the heaviest items closest to the body. Rolling backpacks are a great option if the school allows them and doesn’t have a lot of stairs.

8. Transportation safety

Riding bikes or walking to school is a great way for your child to get exercise at the beginning and end of each day. If your child will be riding a bike to school, make sure they wear a properly fitted helmet. Helmets should be comfortable but fit snugly. The Bicycle Helmet Safety Institute says there is no difference between a \$20 helmet and a \$120 helmet in terms of safety.

If walking to school, make sure your child has someone to walk with, and show them the safe route. Use crossing guards and have your child wear bright colors so they can be seen easily by traffic.

9. Say no to bullying

Bullying is scary. According to the Centers for Disease Control and Prevention, in 2013, nearly 20 percent of our nation’s students were bullied at school while nearly 15 percent were “electronically or cyber bullied” (through e-mail, chat rooms, instant messaging, texting or websites).

What is bullying? It’s unwanted, aggressive, repeated behavior among school children that involves one child trying to exert control over another. Smaller, weaker children or someone who stands out in some way (is handicapped, overweight, etc.) tend to be the targets of bullying.

Parents, school staff and adults all play key roles in preventing and responding to bullying.

- Help your child understand bullying, know how to safely stand up to bullies and how to get help.
- Keep the lines of communication open, and ask questions: How are things at school? What do you think of the other kids at school? Does anyone get picked on or bullied?
- Encourage your child to do what they love (play sports, sing, join a youth

group or school club) so they get a chance to meet others with the same interests, gain confidence, and build friendships.

- Teach your child how to treat others with kindness and respect. Visit stopbullying.gov.

10. Snacking and exercise

Summer can be a time for snacking on things your children don’t typically eat: chips, cookies, ice cream and sodas, so swap those treats out with other, healthier options. Rather than eating prepackaged foods and drinking soda, provide milk or water, and serve more fruit and vegetables.

Your children probably are not getting enough exercise at school, so give them a chance to run around before studying – exercise makes it easier for them to learn.

Planning for the transition from summer to school will help keep your children – and you – calmer and healthier during what is normally a hectic time of year. **WC**

► **Nevada WebIZ** – Look up and print childhood official immunization records at the Nevada WebIZ Public Access Portal, Nevada’s online immunization registry: izrecord.nv.gov or call (877) NV-WEBIZ (1-877-689-3249).



Immunizations

Ready for School?

Join the Southern Nevada Immunization and Health Coalition (SNIHC) for no- or low-cost immunizations offered on a first-come, first-served basis for school-aged children. View full schedule at VaxVegas.org.

Saturday, Aug. 2; 10 a.m.-2 p.m.

GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy., Henderson, 89014

Saturday, Aug. 2; 9 a.m.-1 p.m.

SOUTHWEST MEDICAL ASSOCIATES, 650 N. Nellis Blvd., Las Vegas, 89110

Tuesday, Aug. 5; 9 a.m.-noon

MEXICAN CONSULATE, 823 S. 6th St., Las Vegas, 89101

Saturday, Aug. 9; 10 a.m.-3 p.m.

CASHMAN CENTER, 850 Las Vegas Blvd. North, Las Vegas, 89101

Saturday, Aug. 9; 10 a.m.-4 p.m.

MEADOWS MALL, 4300 Meadows Lane, Las Vegas, 89107

Thursday, Aug. 14; 9 a.m.-noon

MEXICAN CONSULATE, 823 S. 6th St., Las Vegas, 89101

Saturday, Aug. 16; 10 a.m.-4 p.m.

BOULEVARD MALL, 3528 S. Maryland Pkwy., Las Vegas, 89169

Saturday, Aug. 23; 9 a.m.-noon

VALLEY VIEW REC. CENTER, 500 Harris St., Las Vegas, 89015

Saturday, Aug. 23; 9 a.m.-1 p.m.

SOUTHERN NV HEALTH DISTRICT, 330 S. Valley View Blvd., Las Vegas, 89152

Saturday, Aug. 23; 10 a.m.-4 p.m.

GALLERIA MALL, 1300 W. Sunset Rd., Henderson, 89014

INFLUENCE Others

Protect your loved ones and yourself! Yearly flu shots are recommended for everyone age 6 months and older. No-cost vaccine available for the uninsured on a first-come, first-served basis in partnership with SNIHC.

Saturday, Sept. 13; 9 a.m.-2 p.m.

DOOLITTLE COMMUNITY CENTER, 1950 North J St., Las Vegas, 89106

Saturday, Oct. 4; 8 a.m.-1 p.m.

EAST LAS VEGAS COMMUNITY CENTER, 250 N. Eastern Ave., Las Vegas, 89101

Saturday, Oct. 11; 10 a.m.-2 p.m.

CHINESE BAPTIST CHURCH, 8705 Lindell Rd., Ste. 150, Las Vegas, 89139

Saturday, Oct. 11; noon-3 p.m.

CLARK COUNTY FIRE DEPARTMENT, STATION 27, 4695 Vegas Valley Dr., Las Vegas, 89121

Wednesday, Oct. 15; 9 a.m.-noon

RDL: Saint Therese Center for HIV

Saturday, Nov. 1; 10 a.m.-2 p.m.

GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy., Henderson, 89014

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

Hello humankindness™



Dignity Health™
St. Rose Dominican



summer calendar

OF CLASSES AND UPCOMING EVENTS

WomensCare Center Staff

Director: Holly Lyman, MPH

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, RD; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, IBCLC; Sandra Morel, MFT, CAC; Rhonda Nofoa; Judy Pitney, RN, BSN, CDE; Sherry Poinier, RD, CDE; Sandie Rapp, RN, CDE; Kim Riddle, CLC; Dorie Rodriguez, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, IBCLC; Adela Victorio, 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 six-week program, which offers support, healthy eating, medication management and communication skills. Designed to compliment your current medical treatment.

Thursdays – Sept. 11 until Oct. 16; 2-4:30 p.m.

ST. GEORGE'S ANGELICAN CHURCH:
7676 W. Gilmore Ave., Las Vegas

Mondays – Sept. 22 until Oct. 27; 9:30 a.m.-noon

HEND: FREE

Manejo Personal de la Diabetes

Únase a un taller de autocontrol de la diabetes y obtenga apoyo en español. Aprenda las técnicas necesarias para hacer frente a los síntomas de la diabetes, como la fatiga, el dolor, y los problemas emocionales. Para registrarse en un taller de seis semanas, llame al 702-616-4914.

martes – 26 de agosto al 30 de septiembre; 8-10:30 a.m.

martes – 14 de octubre al 18 de noviembre; 8-10:30 a.m.

CAMBRIDGE FAMILY HEALTH CENTER:

3900 Cambridge Ave., Suite 101, Las Vegas

Stanford Plus

Do you have diabetes? Are you a Medicare beneficiary? Receive one-on-one education from a Registered Nurse or a Registered Dietician while you participate in the Stanford Diabetes Self-Management Program. Maximize your experience and knowledge. Available in English and Spanish. Call 702-616-4914 for information.

Diabetes for Caregivers

Grandparents, family, friends and babysitters: learn how to care for a child with type 1 diabetes. Call 702-616-5804 to register.

Thursday, Sept. 18; 6-8 p.m.

HEND: FREE

Pre-Diabetes: Avoid the Avoidable

Learn how to avoid or delay diabetes.

Thursday, Sept. 11; 2-4 p.m.

Tuesday, Oct. 21; 10 a.m.-noon

HEND: FREE

Diabetes Awareness Treatment & Education

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

Tuesdays & Wednesdays – August 12 & 13, September 9 & 10, October 7 & 8; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – August 26 & 27, September 23 & 24, October 28 & 29; 5-9:30 p.m.

HEND: Call 702-616-4975 for pricing and registration

National Diabetes Prevention Programs

Centers for Disease Control and Prevention's (CDCs) 12-month program is delivered in 16 weekly core sessions followed by monthly post core sessions. A trained lifestyle coach will help you develop healthy eating habits, add physical activity, and keep you motivated to make healthy changes. Call 702-616-4914 for more information.

Thursdays – Sept. 11 until Jan. 15; 1-2 p.m.

HEND

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

Happy Feet Screening

Foot examinations to prevent diabetic-related problems and identify circulation issues.

Saturday, Sept. 20; 1-3 p.m.

HEND: FREE - Appointment required

▶ smoke free

Freedom from Smoking

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

Tuesdays – Sept. 23-Nov. 4 & Thursday, Oct. 16; 5:30-7 p.m.

SAN: FREE

Save the Date: DiaBEATes Day

Celebrate Diabetes Awareness month with health screenings, cooking demonstrations, flu shots, chair massages, education, and fitness exhibitions! RSVP to 702-616-4900.

Saturday, Nov. 8; 8 a.m.-noon
HEND



summer calendar

ENROLL IN CLASSES ONLINE! LOG ON TO WWW.STROSEHOSPITALS.ORG/CLASSES

Doctor Lectures

Bariatric Surgery Seminar & Support

Learn about new procedures, hear from past patients and get support.

Wednesdays, Aug. 13 & Oct. 8;

Lecture: 6-7:30 p.m.

Support Group: 7:30-9 p.m.

HEND: FREE

Wednesday, Sept. 10;

Lecture: 6-7:30 p.m.

Support Group: 7:30-9 p.m.

WEST: FREE

Dinner with A Doc

Pancreatic Cancer

Advances in diagnosis, treatment, and prognosis with Dr. Kiarash Mirkia, licensed in general surgery and critical care.

Wednesday, Aug. 27; 6-7 p.m.

SAN: Seating limited. Register at 702-616-4900.

Dinner with A Doc

Nurturing the Student Athlete

Is your child in sports? Learn about preventing injuries, seeking care and ensuring positive experiences with Dr. Joseph Yu, licensed orthopedic surgeon.

Wednesday, Oct. 29; 6-7 p.m.

SAN: Seating limited. Register at 702-616-4900.

Stop Smoking with Hypnosis

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

Thursday, Aug. 28; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Sept. 24; 6-8 p.m.

WEST: \$25 (includes CD)

cancer screenings & survivorship

Skin Cancer Screenings

Get a suspicious mole or spot checked by Kristine Herlevi P.A.-C from the office of Curt Samlaska, M.D., licensed dermatologist.

Thursday, Sept. 11; 2-4 p.m.

HEND: FREE - appointment required

FIT Colon Test

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

HEND; WEST: \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at 702-492-8557. Funded by Susan G. Komen for the Cure® and the AVON Foundation.

Breast Cancer Prostheses & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis. Call 702-568-9595 for information.

screenings

Call 702-616-4900 for screening appointments.

Metabolic Testing

Wednesday, Aug. 27; 8-10 a.m.

Tuesday, Sep. 30; 8-10 a.m.

Thursday, Oct. 23; 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. Call 1.800.690.0295 or visit lifelinescreening.com to register.

VARIOUS LOCATIONS: \$139

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, Sept. 11; 7-10 a.m.

HEND: See prices above – appointment needed

Thursday, Oct. 16; 7-10 a.m.

WEST: See prices above – appointment needed

Peripheral Artery Disease Screenings

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

Thursday, Oct. 16; 8 a.m.-noon

HEND: \$10 – appointment needed

Do You See What I See?

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

Wednesday, Sept. 10; 10 a.m.-noon

HEND: FREE – appointment needed

Wednesday, Oct. 22; 10 a.m.-noon

WEST: FREE – appointment needed

immunizations

(back-to-school events page 23)

Shot Records

Find and print your child's official shot record. Visit izrecord.nv.gov or call 1-877-NV-WEBIZ (1-877-689-3249).

Strong Start for Special Needs

Get the school year off to a healthy start with no-cost immunizations, dental and vision screenings, expert speakers and resources for children with special healthcare needs.

Monday, Aug. 18; 9 a.m.-noon

DOOLITTLE COMMUNITY CENTER,
1950 J St., Las Vegas, 89106

Invisible Threat Documentary Screening

Discover the science of vaccines and the impact of the anti-vaccine movement on the health of our community at this fast-paced, powerful documentary. Contact social@nvmch.org or 702-616-4970 to register.

Wednesday, Sept. 10; 5:30-8 p.m.

INNEVATION CENTER,

6795 Edmond St., 3rd Floor, Las Vegas: FREE

WIC Immunization Clinics

SNIHC offers no-cost immunizations during WIC appointments. Visit VaxVegas.org for scheduling information and locations. Bring your child's shot records.

nutrition

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application free of charge. Call 702-616-4905 for an appointment.

Tuesdays – 8 a.m.-noon

HEND WIC: FREE

Eating On the Run

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

Thursday, Sept. 4; 10:30 a.m.-noon

HEND: FREE

Weight Management Club

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

Fridays – 9:30-10:30 a.m.

Wednesdays – Aug. 27, Sept. 24, Oct. 29; 5-6 p.m.

HEND: FREE

CALL 702-616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Back to School:

New and Fun Lunch Ideas

Learn to prepare and pack healthy school lunches and snacks from Sherry Poinier, RD.
Wednesday, Sept. 17; 10-11:30 a.m.
HEND: FREE

Living Gluten Free

See if a gluten-free diet is right for you from Sherry Poinier, RD, CDE.
Tuesday, Oct. 14; 10-11:30 a.m.
HEND: FREE

Superfoods for Your Health – NEW

Sherry Poinier, RD, CDE, and Samantha Louie, RD, introduce foods with health-promoting properties and high content antioxidants, vitamins, and other nutrients.
Wednesday, Oct. 15; 10-11:30 a.m.
HEND: FREE

Hypoglycemia Awareness

Find out what hypoglycemia is and how to treat and avoid symptoms from Sherry Poinier, RD, CDE.
Wednesday, Oct. 22; 10-11:30 a.m.
HEND: FREE

Lose Weight with Hypnosis

Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.
Wednesday, Sept. 3; 6-8 p.m.
HEND: \$25 (includes CD)
Tuesday, Aug. 26; 6-8 p.m.
WEST: \$25 (includes CD)

Nutrition Consultations

Meet one-on-one with a Registered Dietitian for carb counting, metabolic testing, meal planning, Type 1, 2 and gestational diabetes, renal or heart disease, high cholesterol, hypertension, and nutrition recommendations. All insurances welcome and cash discounts available; call 702-616-4975 for an appointment and pricing.

► **fitness**

Pink Paddlers Breast Cancer Survivor Team Practices

Any survivor can join this team! Call Terry at 702-497-3385.
1st & 3rd Mondays – 6:30-7:30 p.m.
LLV: FREE for survivors

Walking Clubs

All ages, fitness levels and strollers welcome.
Mondays & Thursdays – 8:30-9:30 a.m.
Call 702-616-4902 for seasonal meeting locations.
Thursdays – 8-9 a.m.
HEND: FREE

Zumba GOLD

Show aging “who’s boss” with low impact dance.
Wednesdays – 9-10 a.m.
HEND: \$5 per session or 5 sessions for \$20

Beginner Pilates

Wednesdays – Starting Sept. 9; 10:30-11:30 a.m. with Janice
HEND: \$5 per session or 5 sessions for \$20

Ageless Woman Workout

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

Zumba Fitness

Mondays & Thursdays – 6:15-7:15 p.m. & 7:30-8:30 p.m. with Lucy
WEST: \$5 per session or 5 sessions for \$20

Belly Dancing

2nd Saturday – Aug. 9, Sept. 13, Oct. 11; 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

Gentle Yoga

Gain flexibility and balance through gentle movements.
Tuesdays & Thursdays – 10-11 a.m. with Jeannine
HEND: \$5 per session or 5 sessions for \$20
Mondays & Wednesdays – 9-10 a.m. with Christine & Sharon
Fridays – 10:20-11:20 a.m. with Christine & Sharon
WEST: \$5 per session or 5 sessions for \$20

Mixed Level Yoga

Requires solid minimum experience beyond basic beginner. Please bring a block and yoga strap, if possible.
Wednesdays – 5:45-6:45 p.m. with Dorothy
HEND: \$5 per session or 5 sessions for \$20

Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures.
Tuesdays – 6-7 p.m. with Jen
Fridays – 9-10 a.m. with Jen
Saturdays – 9-10 a.m. with Jen
WEST: \$5 per session or 5 sessions for \$20

Tai Chi

Join Stella Huang to learn graceful Chinese martial art moves to improve balance and relaxation.
Intermediate: Wednesdays – 1:30-2:30 p.m.
Advanced: Wednesdays – 2:30-3:30 p.m.
HEND: \$3 per session or 10 sessions for \$20



Paddle for a Purpose

Dragon Boat Paddling: Open to both experienced and beginner paddlers. Come out to Lake Las Vegas and paddle for fun and fitness. Dates, times and registration at meetup.com/LVDragonBoatClub.
LLV: \$10 per person or \$200 per team

Rose Regatta Team Registration

Gather a group of 20 paddlers plus a drummer and join us at the lake to raise funds for breast cancer programs! Registration includes one team training session with our staff, equipment, and entry into the dragon boat festival. Visit 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

Advanced registration required. Survivors call Terry at 702-497-3385.

1st & 3rd Mondays – Aug. 4 & 18, Sept. 1 & 15, Oct. 6 & 20; 6:15-7:15 p.m.

LLV: FREE

Chair Exercise

Practice simple cleansing breathing, stretching, strengthening and fun balance movements while seated in a chair!
Mondays – 9-10 a.m. with Paige
HEND: FREE
Tuesdays – 10-11 a.m. with Paige
WEST: FREE

summer calendar

ENROLL IN CLASSES ONLINE! LOG ON TO WWW.STROSEHOSPITALS.ORG/CLASSES

Support Groups

COND - Siena Campus - Conference Room D, Henderson

FTF - Family to Family Connection, Henderson

HEND - WomensCare Center, Henderson

HH - Home Health, Henderson

MAC - Siena Campus - MacDonald Room, Henderson

SAN - San Martín Campus, Las Vegas

SGR - Siena Campus - Garden Room, Henderson

RDL - Rose de Lima Campus, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

WEST - WomensCare Center, Las Vegas

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

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

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

Aphasia Lunch Bunch - 1st & 3rd Wednesdays, noon **HEND**; 1st Tuesday, noon **SAN**

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

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

Daughters without Mothers - 1st Thursday, 6:30 p.m. **HEND**

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

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

Eating Disorders Recovery Support - 1st Saturday, 9:15 a.m. **SGR**

Fibromyalgia Friends - 3rd Thursday, 6:30 p.m. **HEND**

Gamblers Anonymous - Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**

Infertility Support Group - 2nd Monday, 6 p.m. **SAN**

MDA General Support Group - Saturdays, Aug. 23 & Oct. 25, 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 - Saturdays, Sept. 13 & Oct. 11, 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**

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

Thursdays – 3-4 p.m. with Paige
WEST: FREE

wellness

Healthier Living

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

Wednesdays – Sept. 3 until Oct. 8; 9-11:30 a.m.

UNITED HEALTHCARE LIFESTYLE CENTER:

8670 W. Cheyenne Ave., Ste. 105

Fridays – Oct. 23 until Nov. 7; 10 a.m.-12:30 p.m.

GREEN VALLEY LIBRARY: 2797 N. Green Valley Pkwy.

Tomando Control de Su Salud

¿Tiene Ud. una condición de salud crónica? Este taller de seis semanas puede ayudarle a tomar control de su vida. Descubra mejores elecciones de nutrición y ejercitación, y aprenda mejores formas de comunicarse con su médico y su familia con respecto a su salud. Para registrarse llame al 702-616-4914.

jueves – 2 de octubre al 6 de noviembre; 1-3:30 p.m.

GREEN VALLEY LIBRARY: 2797 N. Green Valley Pkwy.

Energy Healing Circle

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

1st Tuesday – Aug. 5, Sept. 2, Oct. 7; 7-8 p.m.

WEST: FREE

AARP Smart Driver Program

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

Monday – Aug. 11, Sept. 8 or Oct. 13; 9 a.m.-1 p.m.

Friday – Aug. 22, Sept. 26 or Oct. 24; 1-5 p.m.

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

Safe Sitter

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

Monday, Aug. 11; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

Tea & Talk Book Club

Call 702-616-4900 for monthly book titles.

3rd Thursday – Aug. 21, Sept. 18 & Oct. 16; 2:30-3:30 p.m.

HEND: FREE

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan. Appointment required.

Tuesday – Oct. 21; 9-11 a.m.

HEND: Call 702-616-4900 for appointment

Medicare ABCD's

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

Tuesday – Aug. 12 or Sept. 9; 9-10 a.m.

HEND: FREE

Relaxation Meditations

Practice techniques that promote peace and health.

2nd Tuesday – Aug. 12, Sept. 9 & Oct. 14; 5:30-6:30 p.m.

with Dorothy

HEND: FREE

1st Tuesday – Aug. 5, Sept. 2 & Oct. 7; 5:45-6:45 p.m.

with Anna

WEST: FREE

Red Hot Mamas

This *Vibrance* event, a woman's guide to menopause and perimenopause, kicks off monthly forums with national speaker, author, and practitioner, Mary Jane Minkin, M.D. Health education, Q&A sessions, and engaging activities will emphasize symptom management and treatment options for menopause. Register at 702-616-4900.

Thursday, Sept. 25; 4-7:30 p.m.

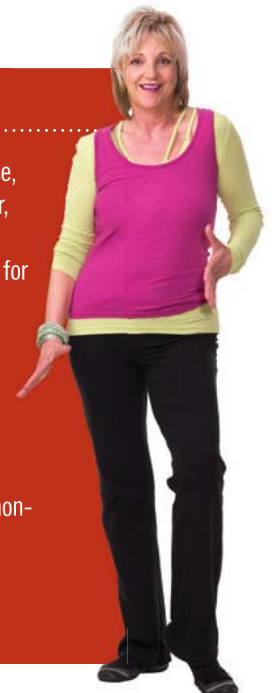
HEND

**Don't Sneeze, Don't Giggle, Don't Laugh:
Urinary Incontinence Management**

Join Reza Askari, M.D., licensed urogynecologist, to learn surgical and non-surgical methods for managing incontinence.

Thursday, Oct. 23; 6-8 p.m.

HEND



CALL 702-616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

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, Sept. 27; 2-3 p.m.
HEND: FREE

Communication through Sign Language

Learn basic signs to increase communication in this 3-week workshop for adults.
Fridays – Sept. 12, 19 & 26; 3:30-5 p.m.
HEND: FREE
Fridays – Oct. 10, 17 & 24; 3:30-5 p.m.
WEST: FREE

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – Aug. 12, Sept. 9 & Oct. 14; 6-8 p.m.
WEST: \$5

Essential Oils

Enjoy a relaxing, educational evening incorporating powerful essential oils into everyday home and personal use.
Tuesday – Sept. 30; 6-7:30 p.m.
HEND: FREE

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.
Thursday, Oct. 2; 6-7 p.m.
HEND

I Matter

A 16 week long after-school program for girls aged 8-12. Activities will help girls develop mental, physical, emotional and social skills to prepare them for middle and high school. Call 702-799-1010 to register.
August – November 2014; after-school hours TBD
PARADISE PARK: FREE

Autumn Labyrinth Walk

Celebrate the new season and count your blessings with each step through the labyrinth.
Friday, Sept. 19; 2-4 p.m.
HEND: FREE
Thursday, Oct. 9; 6-8 p.m.
SAN Labyrinth, next to ER: FREE

Safety Tips for Women

Learn "how not to" become a victim with safety tips from Officer Raymond Wilkins, Henderson Police Department.
Saturday, Oct. 18; 10 a.m.-noon
RAN: FREE

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 702-616-4902 for appointment.
HEND; WEST; RDL; SAN

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. Call 702-616-6554 to volunteer.

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 – Aug. 14 & 28, Sept. 11 & 25, Oct. 9 & 23; 10 a.m.-noon
HEND: FREE
2nd & 4th Thursdays – Aug. 14 & 28, Sept. 11 & 25, Oct. 9 & 23; 1-3 p.m.
WEST: FREE

Self Hypnosis for Change

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.
Thursday, Oct. 30; 6-8 p.m.
HEND: \$25 (includes CD)
Tuesday, Sept. 16; 6-8 p.m.
WEST: \$25 (includes CD)

▶ pregnancy & childbirth

Call 702-616-4900 (24 hours, 7 days a week) for class dates and more information.

Text4Baby

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

Sweet Peas NICU Support Group

Parent educational support.
Wednesdays – 1-2 p.m.
SGR

Fit 4 Baby

Join Fit 4 Mom Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching and balancing exercises. Register at lasvegas.fit4mom.com or 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 – Aug. 5, Sept. 2, Oct. 7; 1-3 p.m.
WEST: \$10
2nd Friday – Aug. 8, Sept. 12, Oct. 10; 3-5 p.m.
HEND: \$10
3rd Friday – Aug. 15, Sept. 19, Oct. 17; 3-5 p.m.
FTF: \$10

Prenatal Yoga

Bond with your baby and trust the birthing process, with Cindy Lydon, certified whole birth prenatal yoga instructor.
Saturdays – 12:45-1:45 p.m.
HEND: \$3 per class or 8 sessions for \$20
2nd Mondays – 5-6 p.m.
WEST: \$3 per class or 8 sessions for \$20

▶ breastfeeding

Breastfeeding Helpline

Certified Lactation Consultants or Counselors help address your breastfeeding questions and concerns; call 702-616-4908.



Prenatal Classes

Call 702-616-4900 for dates, times and to register.

- 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
- Prepared Childbirth - \$50 - HEND & WEST
- San Martín Campus Free Maternity Tours - 3rd Saturday mornings & 1st Tuesday evenings
- Siena Campus Free Maternity Tours - 3rd Saturday afternoons & 4th Monday evenings
- Substance Abuse Help for Pregnancy - 702-486-8250

summer calendar

ENROLL IN CLASSES ONLINE! LOG ON TO WWW.STROSEHOSPITALS.ORG/CLASSES

Breastfeeding Consultations

Call 702-616-4902 for a private appointment with a Certified Lactation Consultant or Counselor. HEND: \$50 for St. Rose Dominican patients; \$75 for all other clients.

Baby Weigh Stations

Free weight checks; no appointment necessary. HEND; WEST; FTF

Breastpump Rentals

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

New Mommy Mixer

Mondays – 11 a.m.-noon

FTF: 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 – Aug. 28, Sept. 25, Oct. 23; 10-11 a.m.

FTF: FREE



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

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 5).

2nd Wednesday – Sept. 10 & Oct. 8; 1-1:30 p.m.

HEND: FREE

Cooking Demonstration with WIC Foods

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

3rd Thursday – Aug. 21, Sept. 18, Oct. 16; 11:30 a.m.-noon

HEND: FREE - Call 702-616-4905 to register

Stroller Strides

Work out while engaging baby through songs and activities. Register at 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. 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

Louder Together!

Families – come together on education issues that matter to you. Join this six-week workshop for tools to make your voices heard. Register at social@nvmch.org or 702-616-4970.

Tuesdays – Sept. 23-Oct. 28; 6-8 p.m.

SAN: 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

Infant Development

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

Mondays – 2-3 p.m.

HEND: FREE

Infant Nutrition

Homemade baby food, weaning, starting solids, and more.

Wednesdays – 2-3 p.m.

HEND: FREE

Sing and Sign: Food Time

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

Tuesdays – 2-2:30 p.m.

1st Saturday – 1-1:30 p.m.

HEND: FREE

1st & 3rd Thursdays – Aug. 7 & 21, Sept. 4 & 18, Oct. 2 & 16; 1-1:30 p.m.

WEST: FREE

3rd Tuesday – Aug. 19, Sept. 16, Oct. 21; 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.

Fridays – Oct. 10, 17, 24 & 31; 11a.m.-noon

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

Thursdays – Sept. 11, 18, 25 & Oct. 9; 11a.m.-noon

Saturdays – Sept. 6, 13, 20 & 27; 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). For more information, visit WeeCanSign.com.

Fridays – Sept. 5, 12, 19 & 26; 11-11:45 a.m.

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

Thursdays – Oct. 16, 23, 30 & Nov. 13; 11-11:45 a.m.

Saturdays – Oct. 4, 11, 18 & 25; 10:30-11:15 a.m.

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

Storks Nest Prenatal Program

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

3rd Saturday – Aug. 16, Sept. 20, Oct. 18; 1-3 p.m.

FTF: FREE

Kickin' It with Baby – Teen Parent Program

Teen mamas and mamas-to-be, join us for dinner, sharing and education. Earn baby bucks to shop in the Baby Boutique. Call 702-568-9601 for dates.

FTF: FREE

Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities – from the garden to the kitchen! Ages 1 to 4. Call 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 – Aug. 1 & 15, Sept. 5 & 19, Oct. 3 & 17; 10-11 a.m.

FTF: FREE

CALL 702-616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Our magazine's role in our ministry

How would I sum up what establishing *WomensCare* magazine and serving as its editor/writer for 15 years has meant to me (and how I hope it has benefitted you)? Filling this blank page seemed daunting, so I first opted to check the great social distraction site, Facebook. I was ecstatic to find that the hard work had already been done for me.

Shauna Walch



In a TED talk video (see *TED.com*), the English rock star, Sting, shared how he found inspiration for his latest songs after suffering years of chronic writer's block. He said: If you look at your work, could it be argued that your best work wasn't about you at all, it was about somebody else?

Sting's songs are real, raw and empathetic. They give a voice to the residents of the shipyards he was raised in. Likewise, I hope *WomensCare* magazine has given voice to our patients, our care providers and the physical, spiritual and emotional needs of our community.

I have not had cancer, my children are not sick and I am not a Sister who founded this hospital on faith; but in writing *WomensCare*, I have momentarily stood in the shoes of those who have and invited you to do the same. Doing so has taught me the true value of empathy and that listening has healing powers. Listening can:

- provide the speaker validation that they are cared for and that their story – a trial or triumph – matters

- allow the listener to exercise empathy whether or not they have – or are called to provide – answers or solutions
- help the speaker, the listener and, in the case of *WomensCare*, the readers recognize their common humanity and realize that there is hope and help available to them all right here in our community

WomensCare has allowed me to be part of an important ministry and deepened my appreciation for the human condition and our community. As I step back from the magazine, I'd like to thank St. Rose Dominican for supporting me and *WomensCare* magazine for the last 15 years. Rest assured our *WomensCare* Centers and our magazine staff will continue to be all ears. **WC**



“Allow the way to your great work to be guided by your service to others.”

— *Mollie Marti*

“The truth is a community is as big or as small as your heart lets it be.”

— *Genevieve Dewey*

▶ **Hello humankindness.** As humans, we are happiest and heal faster when we feel connected to one another. Visit hellohumankindness.org to help spread kindness.



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