

The Barbara Greenspun
WomensCare

Centers of Excellence

StRoseHospitals.org

fall 2014 • issue 63 for the body • mind • spirit

Healthy Holidays

**Give thanks,
celebrate, stay well**

pg. 10

RECOVERING
from life-changing injuries
and medical episodes

pg. 18

ST. ROSE
through my eyes
- Rod Davis

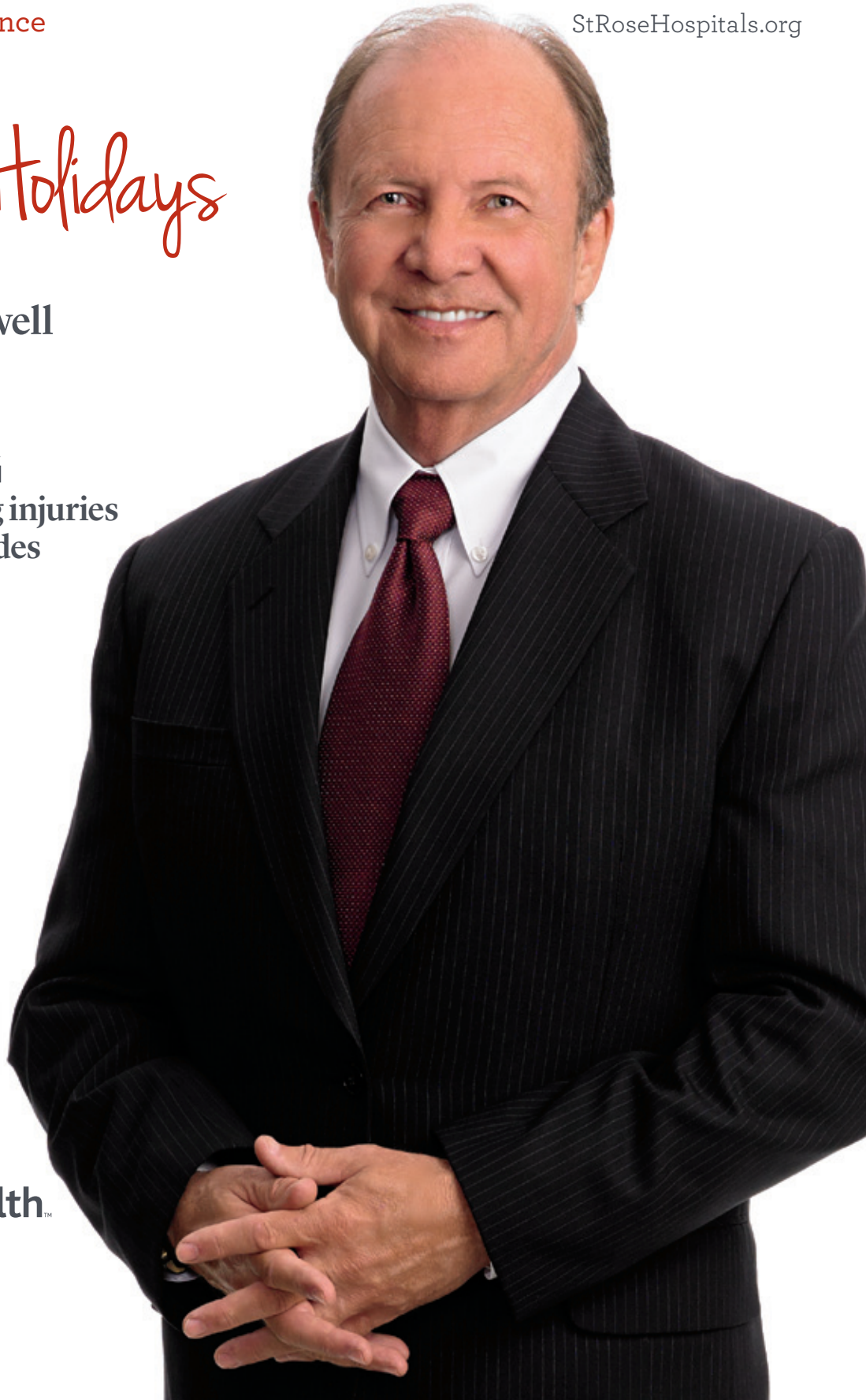
pg. 4

THE PANCREAS
*doesn't get
holidays off*

pg. 22



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COVERSTORY

▶ A HEALTHY Perspective

Rod A. Davis

Senior Vice President of Operations,
Dignity Health Nevada

Dear Readers,

Nearly 25 years ago, I had the honor of joining the Adrian Dominican Sisters and the St. Rose Dominican team. It has been a privilege working all these years with such a stellar organization whose outstanding employees have remained deeply committed to providing high quality, compassionate care for our community. My life is taking a turn now, however, as I am retiring at the end of this year.

St. Rose Dominican has grown while integrating new technology and achieving designations of excellence. We now have three hospitals serving southern Nevada; two WomensCare Centers that address the wellness needs of women; Stanford Medicine's first clinic outside of California offering neurosurgery and cardiothoracic surgery; and four Dignity Health Medical Group Nevada clinics.

I leave St. Rose Dominican with superb leadership in Brian Brannman, the new President/CEO of the Siena Campus and Vice President of Operations for Nevada. Our sisters, nurses, employees, and physicians will continue to provide high quality health care in a kind, respectful environment, so I'm confident St. Rose will continue to be vibrant and successful. Thank you for continuing to support St. Rose. Happy holidays!

Rod Davis bids us farewell

Rod Davis joined forces with the Adrian Dominican Sisters and the staff at Dignity Health - St. Rose Dominican almost 25 years ago. Under his leadership, the St. Rose Dominican hospital system has expanded, advanced technology has been acquired, and the mission of providing high quality, compassionate care to all has flourished.



Vote for St. Rose Dominican in Best of Las Vegas

Voting is open for 2015's Best of Las Vegas! Please take a moment to vote for your favorite St. Rose Dominican hospital at <http://bestoflasvegas.com/vote> or text VOTESTROSE to 81500.



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Caring, licensed physicians

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Dignity Health
St. Rose Dominican

The Barbara Greenspun WomensCare Centers of Excellence and WomensCare magazine support Dignity Health - St. Rose Dominican's commitment to improving the health of the women, men, and children of southern Nevada.

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A Leader's LEGACY

Rod A. Davis, Dignity Health - St. Rose Dominican's longtime President and CEO, will retire this December after nearly 25 years of faithful service to the not-for-profit health care ministry founded by our Adrian Dominican Sisters in 1947. Before he (and his wife, Cathy) ride off into the sunset, *WomensCare* magazine reflects on how our visionary leader positively impacted St. Rose Dominican and southern Nevada.

▶ Rod Davis, President/
CEO of Dignity Health
- St. Rose Dominican,
leaves a lasting legacy.

W

hen Rod Davis was chosen as the president of St. Rose Dominican Hospital in 1991, the Adrian Dominican Sisters were cautiously hopeful. They had, after all, engaged in a great deal of prayer and handwringing over the financial status of the Rose de Lima Campus, St. Rose Dominican’s only hospital at the time.

► **Siena Campus is Expanding**

Construction is moving full-speed ahead on the new five-story, 220,000-square-foot hospital tower at the Siena Campus, which will include

- Nearly 100 more private rooms (bringing the total to 326)
- 32 more emergency room and observation bays (bringing the total to 56)
- ER treatment and Rapid Medical Assessment spaces will be expanded to over 70 rooms
- Six new operating suites
- Separate entrances for Cardiology and Cardiovascular services
- Patient support service areas will be expanded, including admitting, nutrition services, radiology, lab, pharmacy, and endoscopy suites.

► **Dignity Health – St. Rose Dominican** is the only not-for-profit, faith-based hospital system in southern Nevada.

► **The Siena Campus expansion**, new services, and technology are made possible through gifts to the St. Rose Dominican Health Foundation. Give at supportstrose.org.

“Our hospital was highly regarded for providing quality, compassionate care, but as health care reimbursement changed, we lacked the clout to secure the insurance provider contracts awarded to the multi-hospital, for-profit health systems,” says Sr. Phyllis Sikora, Vice President of Mission Integration for the Rose de Lima Campus. “The low rate of reimbursement we received for our services made it difficult to meet payroll and keep the lights on.”

Davis oversaw the day-to-day operation of Rose de Lima and guided the Adrian Dominican Sisters and the hospital’s community Board of Directors in making difficult, emotionally-charged decisions about the hospital’s future. All options were considered – including selling or closing the hospital.

“Gut wrenching” is a phrase the soft-spoken, confident Davis has used to describe the process of contemplating what it would mean to the community if St. Rose Dominican was closed.

To fully appreciate the sisters’ and hospital’s connection to the community, it’s important to consider Henderson’s history as a war-born town built around Basic Magnesium Inc., which produced magnesium for munitions in the 1940s. When World War II ended, the government’s need

for magnesium – the town’s lifeblood – plummeted. Many industrial workers moved away and the government put its community assets – including Basic Magnesium Hospital – up for sale.

When no buyer for the hospital came forward, Bishop Thomas K. Gorman appealed to the prioress of the Adrian Dominican congregation as he believed that the sisters could breathe new life into the community. Seven sisters ultimately traveled from Adrian, Michigan, to Henderson to buy, clean, and rechristen the hospital “Rose de Lima.” While they quietly opened its doors, the compassionate, inclusive care they tirelessly provided spoke volumes. It conveyed the message that the community and all of its residents – regardless of religion, race, ethnicity or socioeconomic status – were worth caring for and about.

Davis deeply believed in the sisters, their vision and values – and the sisters and Catholic Healthcare West (now Dignity Health) appreciated his passion and expertise. As such, they gave Davis their blessing when he and the community Board of Directors recommended a bold move to build a second hospital.

In 1998, St. Rose Dominican broke ground on the Siena

Campus on Eastern Ave., and when it opened two years later, it was lauded as a hospital for the new century. Its beautiful, uplifting, patient-focused design was complemented by the latest advances in medical technology and conveniences for caregivers. What’s more, the hospital was well positioned to meet the medical needs of the influx of new residents on the west end of Henderson and southeast side of Las Vegas.

The success of the Siena Campus helped preserve and grow St. Rose Dominican’s ministry of caring for the whole person (body, mind, and spirit) and the whole community. It also paved the way for St. Rose Dominican’s third hospital – the San Martín Campus – which opened in 2006 in southwest Las Vegas.

Building Collaboration, Leadership, and Independence

St. Rose Dominican’s three acute care hospitals and multiple outpatient clinics are concrete examples of Davis’s leadership abilities – as are the new emergency department and five-story patient tower currently under construction at the Siena Campus. Davis, however, builds more than bricks and mortar (and stucco). He also builds collaborative relationships and inspires leadership potential.

As a past president of



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*

► visionary leader

the Henderson Chamber of Commerce, Davis was instrumental in forming Leadership Henderson, a program now in its 14th year, that develops and maintains a strong network of effective, civic-minded community leaders. Davis also co-founded Las Vegas HEALS (formerly the Southern Nevada Medical Industry Coalition) with Henderson's former mayor, Jim Gibson, to promote strategic collaborations between medical industry professionals aimed at positively influencing the quality and effective delivery of health care in southern Nevada.

Davis also cultivated the collaboration with world-renowned Stanford Hospital & Clinics reducing the number of locals leaving Las Vegas for diagnosis and treatment. The St. Rose|Stanford Clinics now offer an elevated level of neurosurgical and cardiothoracic surgery expertise right here at home.

"Rod has always strived to raise the bar for health care in southern Nevada – and shown great concern for our community's most vulnerable," says Sr. Vicki Dalesandro, Director of Caring and Healing for the San Martín Campus. A few of the key community services initiated or expanded during Davis's tenure include the R.E.D. Rose program for the Responsible Early Detection of breast cancer and St. Rose's Helping Hands program, which provides transportation, errand assistance, and reassurance calls that enable the frail, elderly, and disabled to continue to live

independently in their homes. The hospital has also given the Saint Therese HIV Outreach Center a home on the Rose de Lima Campus for 16 years.

While Davis's concern for the quality and accessibility of medical and psychosocial services in southern Nevada has earned him a high level of trust as a leader, a recent comment he made in a VEGAS INC interview emphasizes that his success is due, in part, to placing trust in others. Davis said: "I believe in hiring the best people possible and giving them the freedom to accomplish what they are most skilled at."

The WomensCare Centers of Excellence are prime examples of Davis's leadership approach. While he had the foresight to establish the centers in 1998, he affords the centers' Director, Holly Lyman, the latitude to define and adapt the services offered to best empower women and their loved ones to actively engage in living whole, healthy lifestyles.

The results are clear. More than 80,000 women, men, and children visit the WomensCare Centers each year for offerings that range from nutrition classes, diabetes education, a pediatric asthma club, and chronic disease self-management programs to breastfeeding counseling and support. "Our country's health care system is just beginning to place an emphasis on – and provide reimbursement for – the preventive care and education Rod has encouraged us to offer at St. Rose," says Lyman. "He has continually asked how we will improve

people's lives tomorrow and in the decades ahead."

Davis's attention to the present and anticipation for the future are brought into sharp focus by his appreciation of the past. "I am always humbled by Rod's respect for and appreciation of our sisters and heritage," says Sr. Katie McGrail, Vice President of Mission Integration for the Siena Campus. "When he speaks to our employees and physicians, our board, or a ballroom filled with friends of St. Rose Dominican, he always begins by saying something about the sisters and our culture. It grounds everything he says and every decision he makes – which calls me to be my very best."

That's truly important because the more than 5,000 nurses, physicians, clinicians, and support staff who now work for St. Rose Dominican say that the faith and grit of the hospital's founding sisters and the positive, supportive presence of sisters such as Sr. Michael Thomas-Watson and Sr. Mary Kieffer motivates them to be their best for patients, visitors, and their co-workers.

"Rod embodies what is unique about St. Rose Dominican. He fully embraces the concept of healing the body, mind, and spirit in his care and concern for all – our patients, families, neighbors, and employees," says Sr. Katie. "His legacy is every bit as significant to St. Rose Dominican and our community as that of our founding seven sisters. I know they would be very proud of his work and thank him." **WC**

58TH ANNUAL
celebration
DIGNITY HEALTH • ST. ROSE DOMINICAN
Recognizing humankindness

58th Annual Celebration: Recognizing humankindness (formerly the Mardi Gras Ball)

Saturday, Feb. 28, 2015
Mirage Resort and Casino

Join us as we celebrate the hospital's commitment to providing compassionate, quality health care and as we recognize humankindness in our community.

All proceeds from this year's event will benefit a broad spectrum of programs and services at St. Rose Dominican. For information on tickets, tables, donations, and sponsorships, call 702.616.5762 or visit supportstrose.org.

Access your hospital records online

St. Rose Dominican now offers an Online Patient Center for our hospital patients, which provides a secure, electronic way to access your hospital health records and send them to your personal physician.

Online Patient Center features:

- View your lab results
- Read/download discharge instructions
- See a list of your procedures and diagnoses
- Review your medications and allergies
- View upcoming hospital appointments

Patients can sign up at registration or during their hospital stay. Visit the Health Information Management Department at each hospital campus during regular office hours for additional information.

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Carrying on the mission



You could say Sister Phyllis Sikora was “destined” for religious life. Born and raised in Detroit, she and her five brothers and sisters lived across the street from the Adrian Dominican convent, and she attended school at Our Lady of Sorrows through the eighth grade.

Sister Phyllis learned from an early age that “everyone has a responsibility to those in need.” She was often involved in parish activities and participated with the tightly knit community in Detroit, Michigan, in fundraising drives to help families. She also worked with emotionally disturbed children at the St. Francis Home for Boys.

After earning a bachelor of arts degree in social work from Mercy College in Detroit, she made the decision to devote herself to religious life. The Adrian Dominican Sisters congregation appealed to her because “there was a joy-filled spirit about the women.”

Sister Phyllis’ life path led her around Michigan as a hospital chaplain, psychotherapist, director of mental health, hospice social worker, and finally in late 2009, to southern Nevada and St. Rose Dominican’s Rose de Lima Campus as Vice President of Mission Integration and Spiritual Care. “Coming to Las Vegas was like coming home,” says Sister Phyllis. “I felt as though I’d come full circle ... returning to the hospital environment I had started my ministry in.”

Sister Phyllis is passionate about nurturing spirituality in the workplace. She instills her spiritual message in new employees during orientation, and she reinforces it daily through her caring actions.

“I feel blessed to walk the actual halls at the Rose de Lima Campus where the original sisters walked in 1947,” says Sister Phyllis. “Those amazing women brought the mission of providing compassionate, high-quality, affordable health care to southern Nevada. My goal in talking with and supporting our employees is to make that mission come alive in 2014 ... and to keep it flourishing long into the future.”

Sister Phyllis, along with the other mission leaders and Sister Vicki Dalesandro, implemented a new Ministry Formation Program, which educates hospital directors and managers about the St. Rose heritage, what it means to be involved in Catholic health care, the importance of clinical ethics, and the belief that every employee has been “called” to care for others. “The program was designed to prepare leaders to carry on our mission even when the sisters are gone. It’s incredibly touching,” says Sister Phyllis, “and participants take it very seriously. Managers tell me they have taken the materials on vocation, heritage, and spirituality back to their staff to stress what makes us different than other hospitals in the area.”

Luckily for St. Rose Dominican, its employees, patients, and the community, Sister Phyllis – though having been devoted

to religious life for nearly 40 years – doesn’t see herself going anywhere anytime soon. “Retiring is quite a ways down the road,” she laughs. **WC**

▶ **Hello humankindness.** Be kind to yourself – and help spread *humankindness* to others – by joining St. Rose Dominican on Facebook and Twitter. Our daily inspirational tweets, health tips, and weekly devotionals will help nourish your soul, keep you informed, and motivate you to assist others. Follow us at [facebook.com/StRoseHospitals](https://www.facebook.com/StRoseHospitals) and twitter.com/StRoseHospitals

▶ **Take the Great Kindness Challenge!** Dignity Health is again partnering with Kids for Peace and the Josh Stevens Foundation to sponsor The Great Kindness Challenge.

Join us as we work to help foster a culture of kindness in elementary, middle, and high schools. From Jan. 26-30, 2015, students nationwide will be challenged to complete a checklist of 50 kind deeds and to make kindness a habit.

Last year, more than 50 area schools participated, and with your help, we can double that number. To learn more and get your kids’ school involved, visit greatkindnesschallenge.org.

Health

HAPPY, HEALTHY, HEAVENLY HOLIDAYS

The holidays are a time to give thanks and celebrate, and as the Adrian Dominican Sisters at St. Rose Dominican show us, it is also a time for healing and renewed strength. If you feel yourself getting caught up in the commercialization of this joyous season, try focusing on what's truly important: love for your family, friends, and helping those in need. Staying happy and healthy so you can keep the Christmas spirit alive may be a little easier if you follow these health and safety tips:

► **Travel safely.** Whether you're traveling around town or across the country, stay safe. Don't drink and drive, and don't let others drink and drive. Always wear a seatbelt and buckle up your children using seatbelts, child safety seats or booster seats, depending on their height, weight, and age. Make a pre-holiday appointment for a car seat safety check at 702.616.4900.

► **Manage stress.** Balance work, home, and play this season! Make a pledge to yourself from overcommitting (too many social events) and overspending (too many presents), and remember to get plenty of sleep.

Take a tech break. Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode. It is exhausting and contributes to mounting stress levels. Turn your gadgets off during holiday get togethers.

► **Be smoke-free.** Avoid smoking and breathing other people's smoke. Nonsmokers are also at risk around secondhand smoke. Make a resolution! Call 1.800.QUIT.NOW or kick the habit with one of the programs at our WomensCare Centers. Register online at StRoseHospitals.org/classes or call 702.616.4900.

► **Stay warm.** Temperatures in southern Nevada may not rival those of our country's northern states, but it does cool down significantly. Colder temperatures can cause serious health problems for infants and older adults, so keep them dry and dress them warmly in layers of loose-fitting, tightly woven clothing.



► **Get your vaccinations.** Everyone 6 months and older should get a flu vaccine every year. Ask your health care provider what vaccinations you and your family need and when to get them.

Looking for a new family doctor or pediatrician? Call 702.616.5801 to make an appointment with a Dignity Health Medical Group physician or log on to DHMGNV.org for more information.



► **Wash your hands often.**

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. If soap and clean water aren't available, use a hand sanitizer.

► **Watch the kids.** Keep a watchful eye on your kids and store potentially dangerous toys, food, drinks, household items, and other objects out of reach.

Dress your children warmly for school and outdoor activities, and develop family rules about safe and acceptable holiday behavior.

► **Prevent injuries.** Most residential fires happen during winter months, so never leave fireplaces, stoves, space heaters or candles unattended. Make sure your smoke and carbon monoxide detectors are working, and avoid falls by using step stools instead of furniture when decorating.

► **Prepare food safely.** As you prepare holidays meals, wash your hands and cooking surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs away from other food and surfaces. Cook foods to their proper temperatures, and refrigerate perishable foods immediately after you finish your meals.

► **Eat healthy; stay active.** Treats will be everywhere, but you can enjoy the holidays in healthy ways. Choose more vegetables and fruit, eat just small portions of tempting foods, limit alcoholic beverages, and find fun ways to stay active. Dance to your holiday favorites or walk around your neighborhood after dinner to see the lights.



► **Common Holiday Dangers**

- **Poisoning** – Mistletoe, holly, poinsettias, and other plants are considered potentially dangerous and should be kept out of the reach of kids. If you suspect your child has eaten something poisonous, call the National Poison Center at 1.800.222.1222.
- **Choking** – Tree ornaments, light bulbs, icicles, tinsel, and small toys are potential choking hazards. If it's small enough to fit in a baby's or toddler's mouth, it's too small to play with.
- **Fire** – Keep your tree away from all heat sources, including fireplaces, radiators, and portable heaters. Unplug all lights every night before going to bed. Place lit candles where they cannot be reached, and never leave the room with candles burning.
- **Burns** – Holiday cooking increases the chance of burns and scalding. Keep pot handles turned away from the front of the stove and keep the oven door closed.

► **Pediatric Emergency Room Services**

The holidays are wonderful, especially for kids, but the season is also one of the busiest in hospital ERs because, despite our best efforts, accidents can happen.

The Siena Campus Pediatric ER is the only one in the southern valley, and now you can schedule a projected treatment time at the Pediatric ER for non-life threatening conditions with the online ER waiting service at StRoseHospitals.org/ER. For medical conditions that require immediate attention, go to the nearest ER or call 9-1-1.



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

Protect your pets

As a pet parent, including our pets in holiday festivities is a given, but as you celebrate this season, remember to keep them safe. The American Society for the Prevention of Cruelty to Animals recommends keeping your furry friends' eating and exercise habits as close to normal as possible, and be mindful of treats, toxic plants, and decorations that could harm them.

Christmas Trees - Securely anchor your tree so it doesn't tip or fall. Keep your pet away from its water, which may contain fertilizers that cause nausea or diarrhea.

Furry Feasting - Most pet owners know that pets should not be fed chocolate, but did you know they should also never eat anything sweetened with xylitol? Keep your pets away from the table and secure garbage can lids.

Tinsel Town - Kitties love shiny, sparkly tinsel because they can bat it around and carry it in their mouths, but it can cause major digestive tract problems if swallowed, so brighten your boughs with something else.

Pet Toys - Make sure toys are safe with no parts that can be swallowed.

Mistletoe and Holly - Ditch the holly and mistletoe as they are not safe for pets. And, many varieties of lilies can cause kidney failure in cats, so consider decorating with artificial plants or pet-friendly bouquets.

New Year's Noise - Dogs and cats can hear sounds from distances four to five times farther than humans. Give your pet a quiet space with food and water where they can stay calm and snuggle away from the excitement.

Maxie and Stella





I hold water to a higher standard. The All-Star Standard.

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

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

The SNWA has two advanced water treatment facilities and a cutting-edge water quality lab to ensure that your water is treated to strict safety standards. And that makes both of my jobs a lot easier.

We understand that some customers use additional water treatment systems at home 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.



The SNWA is a not-for-profit water utility.



Avoiding the mystery virus

Cases of the so-called “mystery” respiratory illness (Enterovirus D68) have sickened hundreds of children across the nation since August and sent nearly 700 children in more than 45 states to emergency rooms, and in some cases, intensive care units.

Carrie Wijesinghe, M.D., FAAP

Immunizations

InFLUence Others

Protect your loved ones and yourself! A yearly flu vaccine is recommended for everyone age 6 months and older. No-cost influenza vaccines are available for the uninsured on a first-come, first-served basis in partnership with the Southern Nevada Immunization and Health Coalition (SNIHC).

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

DIABETES DAY.
THE BARBARA GREENSPUN WOMENS CARE CENTER
2651 Paseo Verde Pkwy., Suite 180, Henderson, 89074

Friday, Nov. 14; 6-8 p.m.

HELEN HERR ELEMENTARY SCHOOL
6475 Eagle Creek Ln., Las Vegas, 89156

Thursday, Nov. 20; 2-4:30 p.m.

BOYS & GIRLS CLUB LV JAMES CLUB
1600 E. Oakey Blvd., Las Vegas, 89104

Thursday, Nov. 20; 3:30-6:30 p.m.

JUNIOR LEAGUE LAS VEGAS
2530 E. Carey Ave., North Las Vegas, 89030

Saturday, Dec. 13; 10 a.m.-2 p.m.

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

Shot Records

View and print your child’s official shot record. Visit the Nevada WebIZ Public Access Portal at izrecord.nv.gov or call 1.877.NVWEBIZ (1.877.689.3249).

WIC Immunization Clinics

SNIHC offers no-cost immunizations during WIC appointments. Log on to VaxVegas.org for scheduling information. Please bring your child’s shot records.

“This is a concerning viral illness,” says Carrie Wijesinghe, M.D., FAAP, board certified pediatrician, “but it’s not a new virus. This strain of the virus has actually been around since the 1960s, but until recently it was thought to cause only sporadic outbreaks. The virus initially appears similar to the common cold but can progress to serious respiratory symptoms including wheezing and difficulty breathing.”

Symptoms typically include fever, runny nose, coughing, and body and muscle aches. Most of the children who have become very ill were wheezing and had difficulty breathing. Children with asthma or other serious respiratory disorders are at highest risk for hospitalization from this virus, and infants to teenagers are at higher risk because they don’t yet have immunity from previous exposures to the virus. While the strain is currently affecting only children, it can also affect adults.

“Enterovirus D68 can only be diagnosed by performing a specific nasal culture,” says Dr. Wijesinghe, “and most doctors’ offices do not have the ability to perform this specific test. However, hospitals are testing

for this virus when the patient’s symptoms warrant it.” As winter approaches, other viruses including RSV and influenza are responsible for serious respiratory infections in children and adults as well.

“Practicing good hygiene can help prevent the spread of the virus as well as regular colds and the flu,” says Dr. Wijesinghe. “Be diligent about washing hands and disinfecting surfaces, and avoid touching your eyes, nose, and mouth with dirty hands. If you or your children feel sick, stay home rather than risk spreading any virus at home or school.” The Centers for Disease Control and Prevention has indicated that there is no vaccine or treatment for the illness; your body simply needs to fight it off. Supportive care such as cool mist humidifiers, bulb suction with saline for infants as well as fluids, rest, and time are recommended for most mild infections.

If your child experiences any rapid breathing, retractions (inward pull of muscles below the ribs, between the ribs, and in the neck) with inhalation, wheezing or turning blue, please call 9-1-1. Children can worsen quickly due to respiratory failure, so prompt action is needed. **WIC**

UNLV SPORTS PHYSICIAN USES TECHNOLOGY TO EXPLAIN PROCEDURES

With thousands of community members counting on and supporting UNLV athletes and teams, players shouldn't need to worry about treating injuries. Fortunately, the teams have a great group of physicians looking after them. Meet Dr. Joseph Yu, a licensed orthopedic surgeon who has spent the last seven years monitoring and treating Las Vegas' favorite athletes.

As a UNLV team physician, Dr. Yu watches the players from the sidelines, prepared to help if someone gets injured. Fortunately, he says, most of the sports injuries he treats do not require surgery. "There's no way to prevent accidents because they just happen. We're

here to help if they do."

Orthopedics is a branch of medicine that involves correcting and preventing injuries to the

skeletal system and its associated structures. Using both surgical and nonsurgical means, orthopedic surgeons treat injuries such as broken and fractured bones, strained muscles, and torn ligaments and tendons.

"I see people for their joints and bones," says Dr. Yu. "We try to improve their function and decrease their pain."

Dr. Yu says knee and ankle injuries are prevalent in athletes because there is a lot of "cutting and changing direction" in sports like basketball and football.

According to Dr. Yu, common sports-related knee injuries include tears to the anterior cruciate ligament (ACL), a ligament that controls the back-and-forth movement of the knee, and tears to the meniscus, the cartilage in the knee that serves as a shock absorber. Typical ankle injuries include sprains caused by stretched or torn ligaments and ankle fractures.

Although healing times for injuries varies, he says sometimes bones mend faster than a ligament or cartilage tear. For example, Dr. Yu assisted in the treatment of NBA player Paul George, of the Indiana Pacers, after he suffered compound fractures (complete breaks) to his right tibia and fibula (bones in the lower leg/shin) during a Team USA scrimmage last August. "Once the bone heals, I think he has a better chance of functioning normally than if it were a ligament injury to the knee," says Dr. Yu.

► **Dr. Joseph Yu**, licensed orthopedic surgeon, uses technology to explain injuries and treatment options.



Dr. Yu also treats injuries caused by patients who push themselves too hard while exercising. These “overuse injuries” include muscle and ligament tears and stress fractures to the bones. “For a lot of people, I help by just changing the way they exercise,” he says. “I usually decrease the weight they are lifting and add more repetitions. It helps prolong the longevity of their joints.”

“If you’re just starting a weight-lifting program, it’s better to use mechanized weights because they’re more controlled,” says Dr. Yu. “I see people try to push it with manual weights, and that’s when they get injured because they’re trying to balance the equipment and exert themselves at the same time.”

To help curb sports- and exercise-related injuries, Dr. Yu’s company recently started hosting regular ACL prevention lectures. Though geared mostly toward high school sports, he says they also teach athletes and trainers how to prevent ACL injuries by correctly positioning the knees during exercises, landing jumps safely, etc.

In treating injuries, Dr. Yu uses an interesting form of modern technology to ensure each patient understands their condition and how he’s going to treat it. He uploads an image or X-ray onto his iPad and draws illustrations to highlight the body’s anatomy and the patient’s injury. Then the photo review is followed by a three-dimensional video (he’s produced several) that explains the condition.

“Medicine is complex and it can be difficult to explain an injury or surgery,” says Dr. Yu. “After the patient sees the illustration and video, I’ll ask if they have any questions, and they’ll either say they don’t have any questions or they’ll have questions that are more in-depth. It shows that they understand the subject to a greater degree.”

The videos are kept to about one minute long so they can be shown to patients during clinic visits. Dr. Yu says he plans

to collaborate with other doctors so that eventually the videos will cover more fields of medicine. “I don’t care if people are seeing me or seeing another doctor. I just want them to understand what is happening,” he says. “A picture is worth a thousand words, but a video is worth 10,000 words.” **WC**

Sprains & Strains

Dancing the night away and playing games are great ways to get exercise during the holidays, but what happens if you overdo it and end up with an injury? According to Dr. Yu, all but the most minor strains and sprains should be examined by a doctor. Control swelling while you wait using R.I.C.E. therapy:

- R - Rest** the sprained or strained area.
- I - Ice** the area for 20 minutes every hour. (Don’t put ice directly against the skin – use a thin cloth for protection).
- C - Compress** the area by wrapping a stretchable bandage lightly (not tightly) around the joint or limb.
- E - Elevate** the area above heart level.

Pain and inflammation can also be managed using anti-inflammatory drugs, such as ibuprofen (Advil, Motrin), acetaminophen (Tylenol), or aspirin (do not give aspirin to anyone under 18).

If you have an injury that is non-life threatening, schedule a projected treatment time at a St. Rose ER and wait at home instead of in the emergency room. Find out more at StRoseHospitals.org/ER.



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

Doctor Lectures

Dinner with a Doc: The Aging Shoulder

Dr. Mary Shannon, licensed orthopedic surgeon, will discuss common shoulder ailments, such as rotator cuff problems, we may face as we age.

Thursday, Dec. 2; 6-7 p.m.
SAN: FREE; seating limited

The Multivitamin Jungle

Should you take a multivitamin? Join Susan Ritter, M.D., to learn the benefits of multivitamins and recommended dosages for age and gender. Learn how to pick from the hundreds of bottles on store shelves.

Tuesday, Jan. 27; 6-7:30 p.m.
HEND: FREE; seating limited

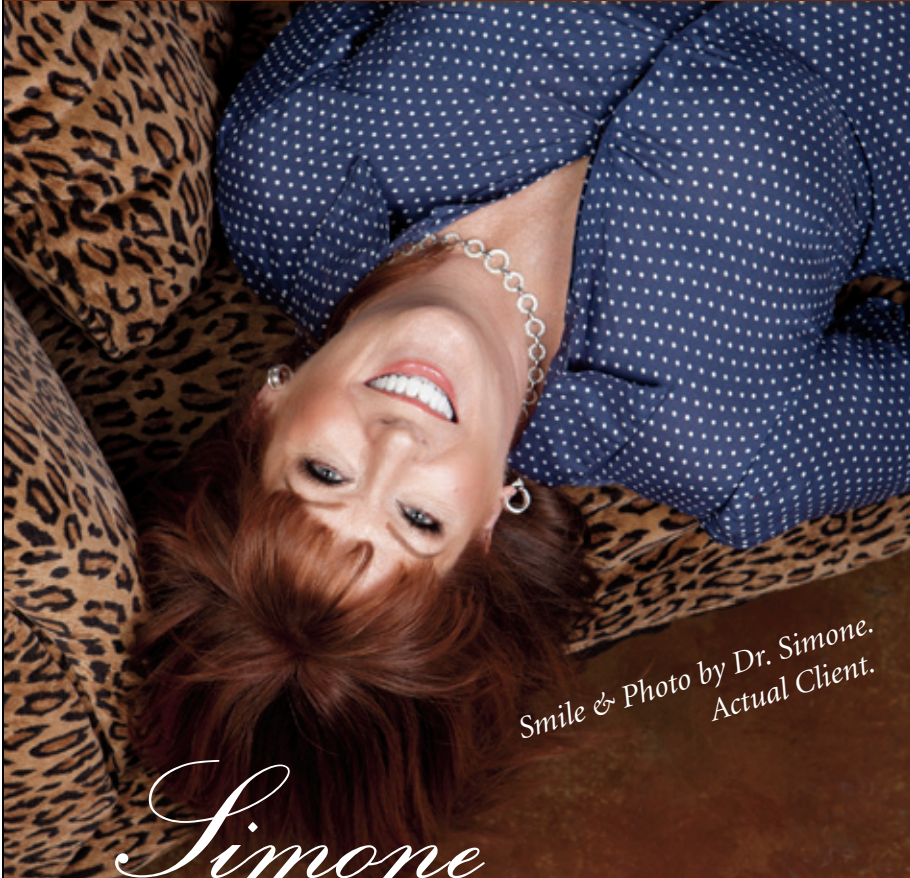
Dinner with a Doc: Deep Brain Stimulation for Parkinson’s

Dr. Aury Nagy, licensed neurosurgeon, will talk about how Deep Brain Stimulation can lessen symptoms for those with Parkinson’s disease and/or essential tremors.

Wednesday, Jan. 28; 6-7 p.m.
SAN: FREE; seating limited



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Toothbrush Trivia

Brushing your pearly whites doesn't just keep them shiny; it prevents plaque buildup, bacteria, and inflammation. Toothbrushes come in a variety of styles and sizes, and licensed dentist Patrick Simone, DDS, says "the best toothbrush is the one you will use twice a day, every day." Here's some toothbrush trivia...

- Early forms of toothbrushes (chew sticks) have existed for nearly 5,000 years, but toothbrushes similar to those we use today were invented in 1498.
- The first toothbrush bristles were stiff, coarse hairs taken from the back of hog necks.
- The most popular toothbrush color is blue.
- Firmer bristles don't remove stains and plaque better; most dentists recommend soft, rounded bristles.
- The average toothbrush has about 2,500 bristles.
- Electric toothbrushes were invented in Switzerland in 1939.
- The average American spends 38.5 days brushing their teeth in their lifetime (Dr. Simone says this number should be closer to 122 days).
- Women brush their teeth more often than men.
- The toothbrush is the No. 1 invention Americans say they can't live without – beating cars and computers.
- Americans spend over \$850 million a year on toothbrushes.
- The American Dental Association says you should replace your toothbrush every three to four months.



Helping southern Nevadans prevent type 2 diabetes

The Centers for Disease Control and Prevention (CDC) estimates that one in three U.S. adults has prediabetes. That's 86 million Americans over 20 years old, and the majority of the people who have prediabetes don't know it.

New National Diabetes Prevention Programs

The National Diabetes Prevention Programs will meet once a week for 16 weeks, then once a month for 8 months to help you learn and maintain healthy lifestyle changes. Participants enjoy the group support and find it makes the lifestyle changes easier.

The program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing just 5 to 7 percent of their body weight (10-14 pounds for a person weighing 200 pounds).

"Small changes make a big difference," says Aidee Flores Fernandez. "A trained lifestyle coach can help those with prediabetes make changes for life."

**Mondays, 4-5 p.m.
beginning Jan. 5, 2015**

WomensCare Center of Excellence/
Diabetes Education Clinic
7220 S. Cimarron Road, Suite 195
Las Vegas, NV 89113

**Wednesdays, 10-11 a.m.
beginning Jan. 14, 2015**

WomensCare Center of Excellence/
Diabetes Education Clinic
2651 Paseo Verde Pkwy., Suite 180
Henderson, NV 89074

To learn more about pricing and registration, call 702.616.4914.

If you have prediabetes, it means your blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Prediabetes is a serious health risk that increases your risk of developing type 2 diabetes, heart disease, and stroke. Without lifestyle changes, 15-30 percent of the people with prediabetes will develop type 2 diabetes within five years.

You may be at risk for prediabetes or type 2 diabetes if you:

- are 45 years of age or older
- are overweight
- have a parent with diabetes
- have a brother or sister with diabetes
- have a family background that is African American, Hispanic/Latino, American Indian, Asian-American, or Pacific Islander
- had diabetes when you were pregnant or gave birth to a baby weighing 9 pounds or more
- are physically active less than three times a week.

What is diabetes?

In type 2 diabetes, the most common form, the body either doesn't produce enough insulin or the cells ignore the insulin. Insulin allows the body to use glucose (sugar) for energy. According to the American Diabetes Association, when there isn't enough insulin or it doesn't get used properly, glucose builds up in the blood instead of going into the body's cells. When glucose builds up in the blood instead of fueling the cells, the body becomes starved for energy and, over time, may damage the eyes, kidneys, nerves or heart.

The good news? You can prevent type 2 diabetes by making healthy lifestyle changes, and Dignity Health - St. Rose Dominican has a new program that can help.

The new CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program aimed at preventing type 2 diabetes.

In this program, participants work in a group with a trained lifestyle coach to learn the skills needed to make lasting changes. Participants learn about healthy eating, adding physical activity, staying motivated, and solving problems that can get in the way of healthy changes.

"If you have prediabetes," says Aidee Flores Fernandez, Community Education Program Specialist at St. Rose Dominican, "this National Diabetes Prevention Program offers a real chance to prevent or delay the onset of type 2 diabetes by helping you adopt a healthier lifestyle." **WC**



▶ **Josh Estrada**, shown here with Lindsay Nelson, physical therapist, has learned how to walk again with the use of new Hocoma® equipment at the IRF.

GIVING LIVES BACK

– ST. ROSE DOMINICAN’S INPATIENT REHABILITATION FACILITY

When Josh Estrada woke at his home in Henderson in the middle of the night unable to walk, paramedics rushed him to St. Rose Dominican’s Rose de Lima Campus. After spending two weeks in the hospital getting his health stabilized, the Inpatient Rehabilitation Facility (IRF) staff took over and helped Josh walk out the front doors.

In January 2014, Josh was diagnosed with Guillain-Barre (pronounced Gē-yān Bā Rā) Syndrome, a rare, serious autoimmune disorder that damages the nerves, causing muscle weakness and paralysis. The Centers for Disease Control and Prevention (CDC) says the syndrome affects one out of every 100,000 people.

“Doctors think I had a virus that locked on to my nerve endings,” says Josh. “So after fighting off the virus, my body thought the nerve endings were still part of it, and it just kept attacking.” With Josh bedridden, doctors turned to the hospital’s IRF and its new robotic technology for answers.

Fortunately for Josh, the IRF had recently received three new robotic rehabilitation therapy machines made by Hocoma® Products: the Erigo®, Lokomat Pro®, and Armeo® Power and Hand Therapy robot. According to Dr. Tony Chin, Medical Director of the IRF, the hospital is the first in the southwest United States to receive the equipment.

Erigo®

The Erigo® (shown left) is a robotic mobilization and electrical stimulation support system that helps patients stand again after long periods of lying down. Named Apollo Zen by the IRF (“Apollo” for god of the sky and “Zen” for health), it gradually moves the patient into an upright

position, allowing them to gain the strength to stand. Robotic foot pedals help patients improve their blood circulation while doing passive, active or resisted exercise. The system also uses functional electrical stimulation to assist in muscle contraction, which speeds strengthening.

“The whole idea is to get the muscles to contract so we get blood flow back to the heart,” says Dr. Chin. “With good blood flow, the heart starts to pump, and we can slowly tilt the patient upright while maintaining their blood pressure. If they’re able to maintain blood pressure, they’re able to do therapy.”

A few days after Josh was admitted to Rose de Lima, the Erigo® arrived. He was the first patient to test out the new technology. “The Erigo® was amazing,” says Josh. “It got me moving again. I’ve been on my feet ever since.”

Lokomat Pro®

The IRF’s Lokomat Pro®, a customizable robotic gait training system that helps patients walk again, has been nicknamed “Optimus Yung” (Optimus, a robot character in the movie “Transformers” that helps humans, and Yung, the Chinese word for “courageous”). The name is fitting because it takes a lot of courage for a patient to get on the machine and try to walk again after a stroke or traumatic injury.

The machine hoists patients upright

using a harness that moves up and down and side to side to simulate the natural “bob” of a walking person. Robotic legs attach to the patient’s hips, knees, and ankles to guide them as they move forward on a treadmill, and a hip attachment feature allows natural hip movement. A video screen facing the patient offers games that encourage and provide instant feedback.

The Lokomat Pro® has both automatic and manual settings. New patients are typically placed on an automatic setting so they can experience concise and repetitive movements to form new muscle memory. The settings are gradually moved to manual as the patient improves. “The movement has to be precise and accurate,” says Dr. Chin. “If not, they will learn a bad pathway.”

After stabilizing his blood pressure using the Erigo®, Josh used the Lokomat Pro® to regain his ability to walk. “The machine got me started,” says Josh. “I went from not being able to walk to moving my legs to being able to hold my weight to walking all over again. Now, I feel like I can almost jump again.”

“It’s like the old expression, ‘You never forget how to ride a bike,’” says Josh. “Well, you never forget how to walk either. Sometimes it just takes a while to get it down the way you did before, but the amazing staff here at the IRF helps you do it.”

Same-day appointments. Nice.

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

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Joseph Lee, MD

Pediatrics

Karen Swarts, MD

Olivia Yuson, MD

Rheumatology

Elham Taherian, MD

Henderson

Family/Internal Medicine

Celeste Atkinson, MD

Theodore Leon, DO

Susan Ritter, MD

Pediatrics

Emily Peterson, DO

Southwest

Family/Internal Medicine

Ethan Cruvant, MD

Paul T. Emery, MD

Christopher Mercado, MD

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Welcoming new and established patients. For appointments, call 702-616-5801.

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All physicians listed are licensed by either the Nevada State Board of Medical Examiners or the Nevada State Board of Osteopathic Medicine.



▶ **Pictured left: A dirt bike accident** left Scott Frost (shown here with wife Megan) paralyzed from the neck down. With hard work and help from the IRF's staff and new Lokomat Pro® technology, he is now able to stand and walk assisted for short periods of time.

▶ **Pictured top right: The Armeo®Power helps** patients regain use of their arms.

▶ **Pictured bottom right: The Lokomat Pro®** and St. Rose IRF physical therapists, Jayshree Bhakta (left) and Lindsay Nelson (right) are helping Richard Magana, a recent stroke survivor, regain his ability to walk.

Armeo®Power

The Armeo®Power is an upper body robot that helps patients regain the use of their arms. Dr. Chin says the machine focuses on repetition to increase strength and improve mobility of the shoulder, elbow, and wrist. Like the Lokomat Pro®, it uses video games to encourage patients and give them instant feedback.

“Our Armeo®Power is named Rosie Chern,” says Dr. Chin. “Rosie’ after Rosie the Riveter (an American icon during World War II representing women who worked in factories), and Chern, the Chinese word for being successful.”

Former patient Lana Million experienced the machine’s success after suffering from a debilitating stroke in July 2014 that caused her entire left side to become numb. After spending two weeks recovering at St. Rose Dominican’s Siena Campus, Lana was transferred to the Rose de Lima IRF to rehabilitate using the Armeo®Power.

“My fingers and arm would move, but I couldn’t control them,” Lana says. “The Armeo helped me learn how to squeeze things, and it gave me the whole range of movement back in my arm. I can’t imagine

having better therapy.”

“Our emergency rooms save lives,” says Teresa Conley, President/CEO of the Rose de Lima Campus, “but life-saving technology is just part of the picture. After trauma, accident, or stroke, it is only through rehabilitative services that patients really get their lives back. Regaining the ability to do something as simple as combing your hair or brushing your teeth or something incredibly difficult, such as learning to walk and be independent again, is truly life-saving.”

In the past, residents had to travel out of state for care beyond traditional therapy. Now that Rose de Lima has the Hocoma® technology, residents can recover in their own community.

When Scott Frost was paralyzed from the neck down during a dirt bike accident in 2009, he initially completed his rehabilitation without the benefit of robotics because the new equipment was not yet available in the valley and he wanted to stay close to friends and family for support.

“I worked with therapists using parallel bars and treadmills, but that equipment isn’t specialized for neurological rehab,” Scott says. “We had to do things manually, whereas

the St. Rose IRF now allows automated rehab to get maximum repetitions for the best results. With these machines, we can get hours of repetitions per day, which would take weeks in a manual setting.”

Scott is usually in a wheelchair, but with the help of the new robotic technology, combined with the healing hands of skilled physical and occupational therapists, nurses, and physicians, he is able to move around for short periods of time with the use of a walker.

The robotic technology offered at the IRF now allows patients to have the best of both worlds: the most current technology and the support of friends and family. For Josh, staying close to home was important because it allowed him to visit with his two small children every other day. “If I was out of state, that wouldn’t have been an option,” Josh says. “It was hard not being able to hold my kids when they were sitting right next to me, but having them visit was motivation. It kept me pushing, and it kept me moving forward. I did it for them.”

At a recent unveiling of the new equipment, Conley agreed. “We are proud to be the leader in rehabilitative services for our region,” she says. “Residents of southern Nevada should not need to leave the community to get the best medical care available.” To learn more, visit StRoseHospitals.org/IRF. **WC**

GLAND TO MEET YOU: WHY YOUR PANCREAS MATTERS

“Maintaining a healthy lifestyle can be a challenge, especially over the holidays, but your pancreatic health can be affected by overdoing it, especially with long-term use of alcohol,” says Kiarash Mirkiah, M.D., licensed general surgeon/critical care physician.

The pancreas, a large gland behind the stomach, plays an important role in digestion because it produces digestive juices (enzymes) and hormones. The enzymes help break down protein and fat in food so nutrients can be absorbed while the hormones control the body’s blood sugar levels.

Pancreatitis occurs when the pancreas becomes inflamed. There are two forms: 1) acute pancreatitis where an attack is sudden, lasts for a short time (a few days), then goes away, and 2) chronic pancreatitis, which occurs if the pancreas is permanently damaged during an acute attack. Pancreatitis ranges from mild discomfort to a severe, painful, life-threatening illness that can harm other vital organs such as the heart, lungs, and kidneys.

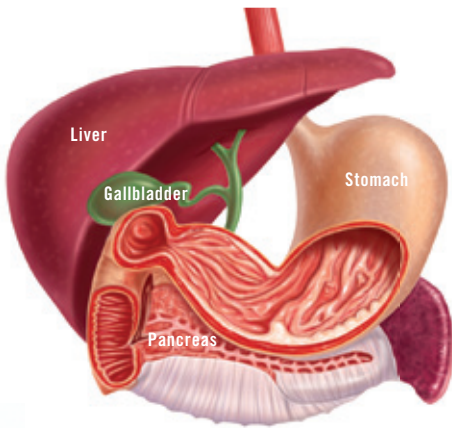
Heavy alcohol use is a leading cause of pancreatitis, as are gallstones. Symptoms of pancreatitis typically result in an emergency room visit. “We see a lot of alcohol-related pancreatitis in emergency rooms,” says Dr. Mirkiah. “It has become a social problem, especially in Las Vegas where people tend to be readmitted often with symptoms. There is typically an increased incidence of pancreatic attacks over the holidays as well.”

The good news, according to Dr. Mirkiah, is that “with alcohol-related pancreatitis, the pancreas can heal depending on how long the abuse has occurred.”

Gallstone-related pancreatitis (the gallbladder is a small pouch that sits next to the stomach that collects and stores bile) typically occurs when a gallstone has formed and blocks the pancreatic duct. When you eat, the gallbladder empties bile through the pancreatic duct into the pancreas, then into the small intestine to help digest the food. The pancreatic duct is smaller, so if a stone has formed and gets stuck in the duct, it can back up the pancreas before it empties into the small intestine. The enzymes in the pancreas are very aggressive, so if they have nowhere to go, they can actually begin digesting the pancreas itself.

▶ **Dr. Kiarash Mirkiah,** licensed general/critical care physician, says that in about 45 percent of those with chronic pancreatitis, the cause is longtime alcohol use.





▶ **Most cases of pancreatitis (acute and chronic)** are caused either by gallstones or heavy alcohol use; however, in up to 30 percent of cases, the cause is unknown.

Removing gallstones allows the pancreas to function again. In some cases, the gallbladder is removed to keep stones from forming and moving again.

“Physicians used to believe that overweight white women with fair skin were more at risk for gallbladder-related pancreatitis,” says Dr. Mirkia. “However, that classification has changed to include men and black women who are not necessarily overweight.”

Diet doesn’t directly cause gallbladder problems; however, watching what you eat and maintaining a healthy weight might help prevent gallstones from forming. Dr. Mirkia recommends that if his patients drink, they do so in moderation, get regular exercise, and maintain good hydration, while cultivating diets that exclude processed and hormone-infused foods. Not just during the holidays, but throughout the year.

Ensure that you don’t experience problems with your pancreas this holiday season. Don’t drink, or if you do, drink in moderation, hydrate yourself during the day, exercise every day, and eat nonprocessed foods. **WC**

▶ **According to the Centers for Disease Control and Prevention (CDC)**, heavy drinking is typically defined as consuming 15 drinks or more per week for men and 8 drinks or more per week for women.

What are gallstones?

Gallstones can wreak havoc with the pancreas, but what are they? The gallbladder is a small organ that helps the digestive process by storing bile (after it’s produced by the liver) and secreting it into the small intestine when it contains food. Bile is made up of substances that include cholesterol, bilirubin, and bile salts. Gallstones are hard particles that form when cholesterol and pigments in the bile solidify.

There are two main types of gallstones:

- **Cholesterol Stones:** These yellow/green stones make up approximately 80 percent of all gallstones.
- **Pigment Stones:** These stones are smaller and darker and are made up of bilirubin.

Gallstones can form when there is an imbalance in the substances that make up bile, e.g., too much cholesterol. Genetics and obesity are the biggest risk factors for gallstones, which is why Dr. Mirkia recommends that his patients maintain healthy diets.

▶ **Symptoms of acute and chronic pancreatitis** are similar. They include:

- Constant upper abdominal pain that radiates into the back
- Swollen and tender abdomen
- Nausea and vomiting
- Fever
- Increased heart rate
- Weight loss



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

▶ The Sixth Annual Rose Regatta was a huge success!

On behalf of St. Rose Dominican’s R.E.D. Rose Program, the WomensCare Centers of Excellence, and all of the community’s women who will benefit from funds raised at this year’s Rose Regatta Dragon Boat Festival, we extend a huge “thank you” to everyone who participated. Your support will enable us to provide education, screenings, and support services for those facing breast cancer. For information on R.E.D. Rose, call 702.492.8557.

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fall calendar

OF CLASSES AND UPCOMING EVENTS

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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. Complements your current medical treatment.

Fridays – Jan. 9 until Feb. 13; 10 a.m.-12:30 p.m.
HEND

Thursdays – Jan. 15 until Feb. 19; 10 a.m.-12:30 p.m.
HERITAGE PARK SENIOR FACILITY:
 300 S. Racetrack Rd. Call 702.267.2950

Stanford Plus

Do you have diabetes? Are you a Medicare beneficiary? This American Association of Diabetes Educators accredited diabetes education program helps manage your diabetes! A clinical champion helps set your goals as you participate in a Stanford Diabetes Self-Management Program that maximizes your experience and knowledge. Available in English and Spanish. Call 702.616.4914.

Pre-Diabetes: Avoid the Avoidable

Learn how to avoid or delay diabetes.

Monday, Dec. 1; 10 a.m.-noon

Wednesday, Jan. 21; 3-5 p.m.

HEND: FREE

Monday, Nov. 17; 1-3 p.m.

WEST: FREE

Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with a member of our diabetes education staff.

Call 702.616.4975 for appointment.

Diabetes Awareness Treatment & Education

American Diabetes Association accredited diabetes education. Individual visits with an RN or RD trained in diabetes education available with option for additional visits done individually or in groups. Flexibility in individual visit scheduling. Group classes as follows:

Tuesdays & Wednesdays – Nov. 11 & 12; Dec. 9 & 10; Jan. 13 & 14; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – Dec. 2 & 3; Jan. 27 & 28; 5-9:30 p.m.

HEND: Call 702.616.4975 for pricing and registration.

Happy Feet Screenings

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

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

HEND: FREE - appointment required

▶ heart & stroke programs

DASH Away From Hypertension

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

Wednesday, Dec. 3; 9:30-11 a.m.

HEND: FREE

Blood Pressure Screenings

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

HEND: FREE

Thursday, Dec. 4; 7-10 a.m.

HEND: FREE

Thursday, Jan. 15; 7-10 a.m.

WEST: FREE

Lower Cholesterol with TLC (Therapeutic Lifestyle Changes)

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

Friday, Jan. 9; 1-3 p.m.

HEND: FREE

DiaBEATes Day!

Celebrate Diabetes Awareness Month with:

- Healthy cooking demos with the Registered Dietician
- Happy Feet screenings
- Lab Screenings: HbA1c (\$10), Glucose (\$5), Cholesterol (\$5)
- Blood Pressure & BMI checks
- Medication checks
- Door Prizes, giveaways, healthy snacks

Saturday, Nov. 8, 8 a.m. – noon

HEND: reserve your spot, call 702.616.4900



Call **702.616.4900** for information and reservations or enroll in classes online at StRoseHospitals.org/classes

fall calendar

NEW! ENROLL IN CLASSES ONLINE! STROSEHOSPITALS.ORG/CLASSES

Heart Walk

Let's Defeat Heart Disease

When you join Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping save lives. Join a St. Rose team at lasvegasheartwalk.org.

Saturday, Nov. 8

FREMONT STREET EXPERIENCE

Cardiac Nutrition

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

Tuesday, Jan. 6; 10-11:30 a.m.

HEND: FREE

Thursday, Dec. 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.

Tuesday, Nov. 25; 5-9 p.m.

Tuesday, Dec. 16; 5-9 p.m.

Wednesday, Jan. 21; 5-9 p.m.

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

► 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

Stop Smoking with Hypnosis

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

Thursday, Nov. 13; 6-8 p.m.

HEND: \$25 (includes CD)

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

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

Ready to stop smoking? A professional counselor will help you create a personalized plan for success. **1.800.QUIT.NOW** (1.800.784.8669) or livingtobaccofree.com.

► 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, Jan. 29; 2-4 p.m.

HEND: FREE - appointment needed

FIT Colon Test

Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to a 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 Prosthesis & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis. Call 702.568.9595.

► screenings

Call 702.616.4900 for screening appointments.

Metabolic Testing

Thursday, Nov. 20; 8-10 a.m.

Wednesday, Dec. 17; 8-10 a.m.

Thursday, Jan. 15; 8-10 a.m.

HEND: \$45; Call 702.616.4975 for appointment

Peripheral Artery Disease Screenings

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

Thursday, Jan. 15; 8 a.m.-noon

HEND: FREE - appointment needed

Becoming Medicine Wise

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

Wednesday, Jan. 14; 9 a.m.-noon

HEND: FREE - appointment needed

LIFELINE Screenings

High cholesterol? High blood pressure? At risk for stroke? Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease, and arterial fibrillation. Call 1.800.690.0295 or visit lifelinescreening.com for details and to register.

Various locations: \$139

Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, A1C (diabetes) \$10, Thyroid panel (TSH & FT4) \$10. A 12-hour fast is required.

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

HEND: See prices above, appointment needed

Thursday, Dec. 4; 7-10 a.m.

HEND: See prices above, appointment needed

Thursday, Jan. 15; 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, Dec. 17; 10 a.m.-noon

HEND: FREE - appointment needed

Wednesday, Jan. 14; 10 a.m.-noon

WEST: FREE - appointment needed

► 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.

Every Tuesday – 8 a.m. -noon

HEND WIC: FREE

9th Annual Pet Blessing & Animal Fair

Saturday, Nov. 8, 2014, 1-3 p.m.

San Martin Campus Healing Garden (near the ER entrance)

Group pet blessing at 2:30 p.m.

For information, please call 702.492.8555 or visit StRoseHospitals.org.



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

Hypoglycemia Awareness

What is Hypoglycemia? Learn how to treat it and avoid the symptoms from Sherry Poinier, RD, CDE.
Tuesday, Jan. 20; 1-2:30 p.m.
 HEND

Weight Management Club

Free, weekly weight management group with St. Rose registered dietitians.
Fridays – 9:30-10:30 a.m.
Wednesdays – Nov. 19, Dec. 17, Jan. 28; 5-6 p.m.
 HEND: FREE

Eating on the Run

Sherry Poinier, RD, CDE, and Samantha Louie, RD, offer cooking demonstrations and tips for eating healthy on the go.
Thursday, Dec. 4; 9:30-11 a.m.
 HEND: FREE

Living Gluten Free

Discover if a gluten free diet is right for you, with Sherry Poinier, RD, CDE.
Tuesday, Jan. 20; 9-10:30 a.m.
 HEND: FREE

Superfoods for your Health

Sherry Poinier, RD, CDE, and Samantha Louie, RD, introduce foods that can have health-promoting properties with high contents of antioxidants, vitamins or other nutrients.
Thursday, Jan 22; 1-2:30 p.m.
 HEND: FREE

Lose Weight with Hypnosis

Stop the weight loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.
Thursday, Dec. 11; 6-8 p.m.
 HEND: \$25 (includes CD)
Tuesday, Jan. 20; 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

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

Zumba GOLD

Show aging who's "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 location.
Mondays & Thursdays – 8:30-9:30 a.m.
 HEND

Beginner Pilates

Build a strong core with floor exercises.
Wednesdays – 10:30-11:30 a.m. with Janice
 HEND: \$5 per session or 5 sessions for \$20

Ageless Woman Workout: Osteoporosis Exercise

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

Gentle Yoga

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

Yoga for Beginners (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

Mixed Level Yoga

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 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

Zumba Fitness

Mondays & Thursdays – 6-7 p.m. & 7:15-8:15 p.m. with Lucy
 WEST: \$5 per session, 5 sessions for \$20 or 10 sessions for \$30



Are you Uninsured or Underinsured?

Nevada Health Link open enrollment begins Nov. 15.

You might be able to get financial help to pay for health insurance. Join us to learn more about the Affordable Care Act and receive tips on navigating the Nevada Health Link system.

Thursday, Dec. 4; 4-5:30 p.m.
 HEND

Tai Chi

Join Stella Huang to learn graceful Chinese martial art moves that 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

Belly Dancing

2nd Saturday – Nov. 8, Dec. 13, Jan. 10; 10:30 a.m.-noon with Goldie
 WEST: FREE

Chair Exercise

Practice simple stretch, strength, 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

fall calendar

NEW! ENROLL IN CLASSES ONLINE! 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
RDR - Rose de Lima Campus - Rose 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, 12:15 p.m. **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**

Bariatric Support - 3rd Wednesday, 12:30 p.m., 5:30 p.m. **RDR**

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**; Saturdays, 12:30 p.m. **SAN**

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

Multiple Sclerosis Support Group - 3rd Wednesday,
6 p.m. **HEND**

Narcotics Anonymous - Wednesdays, 5:30 p.m. **COND**;
Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**; Mondays,
6:30 p.m. **RAN**

Ostomy Support - Saturday, Nov. 8, Dec. 13, Jan. 10, 2 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**

wellness

Healthier Living

Join Stanford School of Medicine's 6-week, Chronic Disease Self-Management Program. 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 – Jan. 7 until Feb. 11; 9-11:30 a.m.

ACTIVE AGING CENTER AT TOURO UNIVERSITY
874 American Pacific Dr.

Mondays – Jan. 12 until Feb. 16; 12:30-3 p.m.

HEND

Bariatric Surgery Seminar

Learn about new procedures and options.

1st Tuesday – Nov. 4, Dec. 2, Jan. 6; 5:30 p.m.

RDR: FREE

Energy Healing Circle

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

1st Tuesday – Nov. 4, Dec. 2, Jan. 6; 7-8 p.m.

WEST: FREE

AARP Smart Driver Program

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

Monday – Nov. 10, Dec. 8 or Jan. 12; 9 a.m.-1 p.m.

Friday – Nov. 21, Dec. 19 or Jan. 23; 1-5 p.m.

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

Safe Sitter

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

Monday, Nov. 10; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

Medicare ABCD's

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

Tuesday – Dec. 9 or Jan. 13; 9-10 a.m.

HEND: FREE

Communication through Sign Language

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

Fridays – Dec. 5, 12 & 19; 3:30-5 p.m.

HEND: FREE

Fridays – Jan. 9, 16 & 23; 3:30-5 p.m.

WEST: FREE

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan. Registration required for appointment.

Tuesday – Nov. 11; 9-11 a.m.

HEND: Call 702.616.4900 for appointment

Essential Oils

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

Thursday, Dec. 11; 6-7:30 p.m.

HEND: FREE

Red Hot Mamas

Healthy & Beautiful Skin: Looking Terrific Beyond Menopause

Is your skin changing? Join Dr. Miriam Bettencourt, licensed dermatologist, for skin cancer screenings and eye candy exhibitions.

Thursday, Nov. 20; 6-8:30 p.m.

Healthy, Tasty Party Foods for the Holidays

You are invited to the Red Hot Mamas Holiday Party! Wear your sparkle! Sherry Poinier, RD, CDE, introduces fun, healthy ways to enjoy holiday delights.

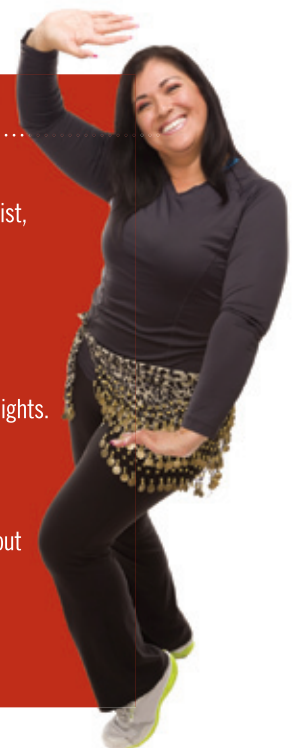
Thursday, Dec. 18; 6-8:30 p.m.

Non-Hormonal Menopause Treatments

Susan Ritter, M.D., licensed family practitioner, will present the facts about complementary/alternative non-hormonal menopausal treatments.

Thursday, Jan. 22; 6-8:30 p.m.

All meetings take place at HEND location.



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

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy, and meditation.
2nd Tuesday – Nov. 11, Dec. 9, Jan. 13; 6-8 p.m.
 WEST: \$5

Relaxation Meditation

Practice techniques that promote peace and health.
2nd Tuesday – Nov. 11, Dec. 9, Jan. 13; 5:30-6:30 p.m.
with Dorothy
 HEND: FREE
1st Tuesday – Nov. 4, Dec. 2, Jan. 6; 5:45-6:45 p.m. *with Anna*
 WEST: FREE

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.
Thursday, Jan. 29; 6-7 p.m.
 HEND

Safety Tips for Women

Learn “how not to” become a victim with safety tips from Officer Raymond Wilkins, Henderson Police Department.
Saturday, Jan. 24; 10 a.m.-noon
 HEND: FREE

MissRepresentation Documentary Screening

Join the NV Maternal Child Health Coalition for a viewing of this powerful documentary. See how media contributes to the under-representation of women in positions of power and influence in America, making it difficult for women to achieve leadership positions and for the average woman to feel powerful. Contact social@nvmch.org or 702.616.4970 to register.
Wednesday, Dec. 3; 5:30-8 p.m.
 INNEVATION CENTER, 6795 Edmond St., Las Vegas: FREE

Tea & Talk Book Club

Call 702.616.4900 for monthly book titles.
3rd Thursday – Nov. 20, Dec. 18, Jan. 15; 2:30-3:30 p.m.
 HEND: FREE

Winter Labyrinth Walk

Celebrate the new season and count your blessings with each step through the labyrinth.
Friday, Dec. 12; 2 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.
Wednesday, Jan. 28; 6-8 p.m.
 HEND: \$25 (includes CD)
Wednesday, Dec. 3; 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

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 appreciated!
2nd & 4th Thursdays – Nov. 13, Dec. 11, Jan. 8 & 22; 10 a.m.-noon
 HEND: FREE
2nd & 4th Thursdays – Nov. 13, Dec. 11, Jan. 8 & 22; 1-3 p.m.
 WEST: FREE

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors to doctor 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

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

Fit 4 Baby

Join Fit 4 Mom Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at lasvegas.fit4mom.com or call 702.882.1795.
Saturdays – 10-11 a.m.
 HEND: 10 classes for \$110

Sweet Peas NICU Support Group

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

Car Seat Safety Checks

Call 702.616.4902 for appointment.
1st Tuesday – Nov. 4, Dec. 2, Jan. 6; 1-3 p.m.
 WEST: \$10
2nd Friday – Nov. 14, Dec. 12, Jan. 9; 3-5 p.m.
 HEND: \$10
3rd Friday – Nov. 21, Dec. 19, Jan. 16; 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.
Mondays – 11:30 a.m.-12:30 p.m.
 HEND: \$3 per class or 10 sessions for \$20
Mondays – 5:15-6:15 p.m.
 WEST: \$3 per class or 10 sessions for \$20

▶ **breastfeeding**

Breastfeeding Helpline

Certified Lactation Consultants or Counselors address your breastfeeding questions and concerns. Call 702.616.4908.

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

Breast Pump Rentals

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



Prenatal Classes

Call 702.616.4900 or log on to StRoseHospitals.org/classes for dates, times, and to register.

FREE Maternity Tours - 3rd Saturday mornings & 1st Tuesday evenings, SAN MARTÍN CAMPUS; 3rd Saturday afternoons & 4th Monday evenings, SIENA CAMPUS

Baby Basics - HEND & WEST: \$30
Boot Camp for New Dads - HEND: \$20
Breastfeeding - HEND & WEST: \$30
Childbirth Express - HEND: \$35

Gestational Diabetes Consultations - 702.616.4975

Infant CPR - HEND & WEST: \$20
Prepared Childbirth - HEND & WEST: \$50
Smoking Cessation for Pregnancy - Call the Nevada Tobacco Users' Helpline: 702.877.0684
Substance Abuse Help for Pregnancy - 702.486.8250

fall calendar

NEW! ENROLL IN CLASSES ONLINE! STROSEHOSPITALS.ORG/CLASSES

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 – Jan. 22; 10-11 a.m.

FTF: FREE

▶ infants, children & parenting

Call 702.568.9601 for FTF programs

Call 702.616.4900 for HEND & WEST programs

Cooking Demonstration with WIC Foods

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

3rd Thursday – Nov. 20, Dec. 18, Jan. 15; 11:30 a.m.-noon

HEND: FREE - Call 702.616.4905 to register

Stroller Strides

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

Wednesdays – 4-5 p.m.

HEND: 10 classes for \$110



St. Rose Dominican WIC Nutrition Program

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

Call 702.616.4905 for information.

HEND; WEST; FTF

Toddler Play Group

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

Tuesdays – 12:30-1:15 p.m.

HEND: FREE

Tuesdays – 3-4 p.m.

WEST: FREE

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. Children (18 mos.-5 yrs). Call 702.616.4900.

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

HEND: FREE

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

WEST: FREE

Fridays – 11:30 a.m.-noon

FTF: FREE

Infant Development

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

Mondays – 2-3 p.m.

HEND: FREE

Infant Nutrition

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

Wednesdays – 2-3 p.m.

HEND: FREE

Crawlers & Climbers

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

1st & 3rd Fridays – Nov. 7 & 21, Dec. 5 & 19, Jan. 16; 10-11 a.m.

FTF: FREE

Mommy & Baby Yoga

Moms and babies ages 6 weeks-1 year.

Fridays – 11:30 a.m.-12:30 p.m.

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

Storks Nest Prenatal Program

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

3rd Saturday – Nov. 15, Dec. 20, Jan. 17; 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

Sing and Sign: Food Time

Sign language fun with Miss Shannon focuses 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 – Nov. 6 & 20, Dec. 4 & 18, Jan. 15 & 29; 1-1:30 p.m.

WEST: FREE

3rd Tuesday – Nov. 18, Dec. 16, Jan. 20; 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 – Jan. 9, 16, 23 & 30; 11 a.m.-noon

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

Thursdays – Jan. 8, 15, 22 & 29; 11 a.m.-noon

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

Saturdays – Jan. 10, 17, 24 & 31; 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 toddlers ages 1-3 years. Visit WeeCanSign.com.

Fridays – Nov. 7, 14, 21 & Dec. 5; 11-11:45 a.m.

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

Saturdays – Jan. 10, 17, 24 & 31; noon-12:45 p.m.

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

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

Cookies with Santa

Mix and mingle while enjoying cookies and a craft. Get a keepsake photo of your child with Santa for only \$5.

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

HEND

New! Boot Camp for Dads

Prepare for the adventure of your life with real world advice from real dads! Learn the ropes, gain confidence to care for your infant, and support your partner as you transition to fatherhood veteran.

Tuesday, Nov. 4 or Jan. 6: 6-9 p.m.

HEND: \$20

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

Prematurity Awareness Month and the March of Dimes

Premature birth is a national health crisis. Every year, more than half a million babies in the United States are born too soon, and premature birth is the leading cause of death during the first month of life. It also counts for over 50 percent of all infant deaths in the first year of life.



Premature birth is defined as any baby who is born before 37 completed weeks of pregnancy. Babies born just a few weeks early can face serious health problems and lifelong disabilities including cerebral palsy, blindness, intellectual disabilities, and developmental delays.

The causes of preterm labor are often unknown. Even if a woman has done everything right during her pregnancy, she could still go into preterm labor and give birth early. However, there are risk factors that increase a mother's chance of going into preterm labor, including smoking or drinking during pregnancy, ignoring chronic health conditions, or being overweight before becoming pregnant.

The emotional impact of premature birth is hard for families. Take Harper's family for instance. Harper's mom was becoming ill, so she delivered Harper at 32 weeks gestation. Little Harper was lucky and had good doctors and nurses who took care of her. They gave her medication to help her breathe, fed her through a tube, and helped regulate her body temperature. Harper stayed in the neonatal intensive care unit (NICU) for 18 days.

St. Rose Dominican's Siena Campus is partnering with March of Dimes to bring in a March of Dimes Liaison who will provide emotional and educational support to NICU babies and parents.

November is Prematurity Awareness Month® when the March of Dimes focuses the nation's attention on premature birth. The month kicks off with the release of the Premature Birth Report Card, then Nov. 17 marks World Prematurity Day, when the March of Dimes and its worldwide partners ask everyone to help spread the word about the serious problem of premature birth.

As part of World Prematurity Day, fans, families, and volunteers can send their friends a "virtual hug" through Facebook and other social media sites to show they care about premature babies. The "Hugs" campaign dramatizes the benefits of Kangaroo care, when parents cuddle their premature baby skin-to-skin. Kangaroo care is comforting and can improve health by keeping the baby warm, stabilizing the baby's heart rate, helping the baby gain weight, and reducing discomfort. For information, visit MarchofDimes.org. **WC**

“A person's a person, no matter how small.”

— Dr. Seuss

- ▶ **Premature births** are a crisis in southern Nevada, too. Every year, more than 5,300 babies are born too soon right here in Nevada.
- ▶ **St. Rose Dominican's Level II and III NICUs** provide extra care for premature and critically ill infants. If, prior to your baby's birth, your physician thinks your baby may need NICU attention, visit StRoseHospitals.org/NICU for information on services and tours.



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