

The Barbara Greenspun
WomensCare

Centers of Excellence

StRoseHospitals.org

winter 2015 • issue 64 for the body • mind • spirit

A True Survivor

**Making every
heartbeat count**

pg. 4

**URINARY
incontinence:
More common
than you
realize**

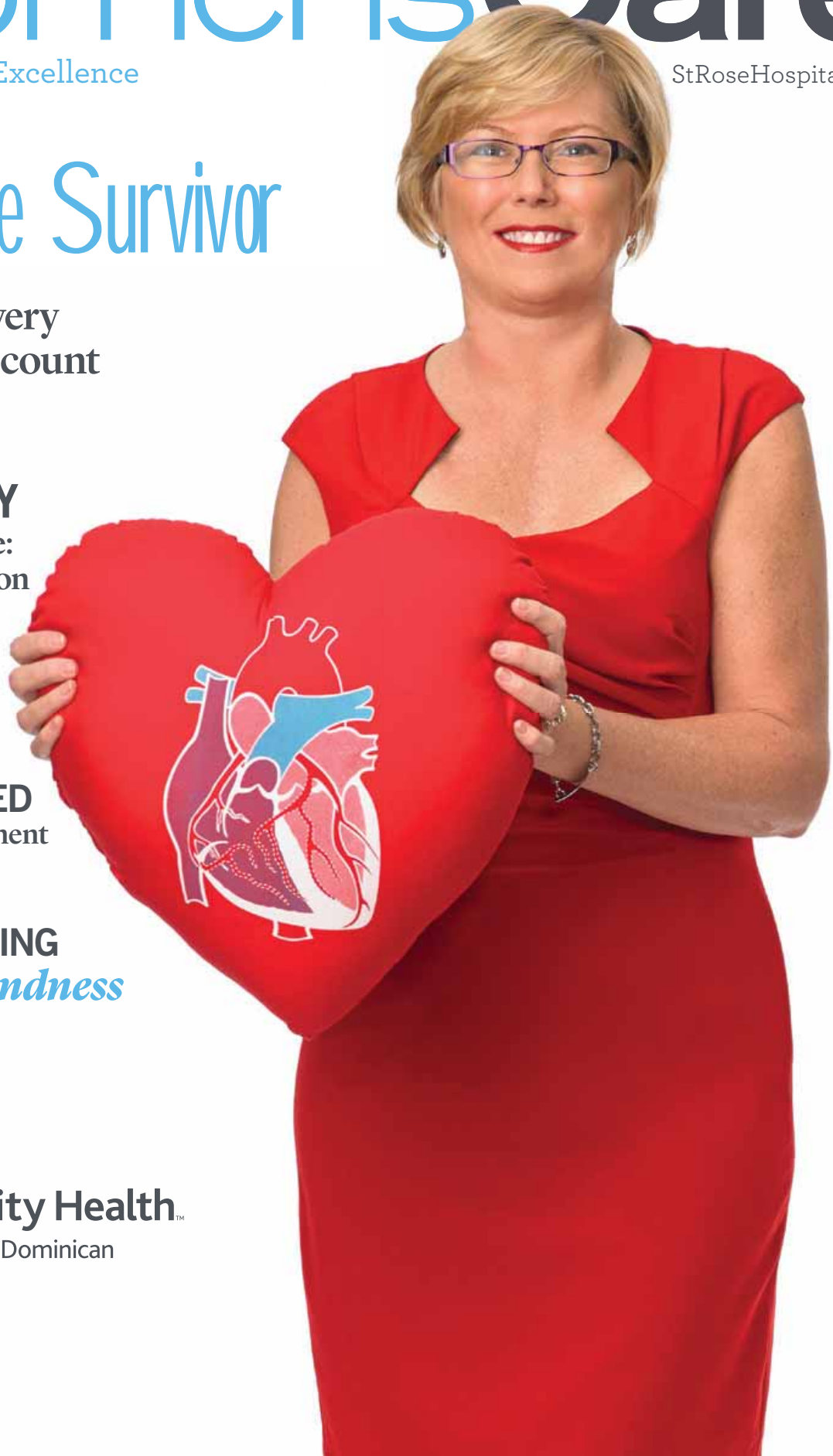
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**THE
PREFERRED
knee replacement**

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**CELEBRATING
*humankindness***

pg. 12



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McCARRAN INTERNATIONAL AIRPORT: IN THE MAIN ESPLANADE, C GATES, & D GATES



COVERSTORY

▶ A HEALTHY Perspective

Brian G. Brannman

*Sr. Vice President of Operations,
Dignity Health Nevada;
President/CEO – Siena Campus*

Dear Readers,

Built and nurtured under the guidance of the Adrian Dominican Sisters, St. Rose Dominican has and will continue to take great pride in caring for and supporting the Henderson and Las Vegas communities. I am honored to have been recently selected to lead St. Rose Dominican in the next phase of its journey.

The Dignity Health - St. Rose Dominican system has been expanding to meet the needs of southern Nevada for more than 65 years. St. Rose Dominican now encompasses much more than our three full-service hospitals – the Rose de Lima, Siena, and San Martín campuses. We also provide services through five Dignity Health Medical Group primary- and specialty-care clinics, two surgical clinics in partnership with Stanford Medicine, two ambulatory surgery centers, three women’s care centers, a home health and hospice program, and three outpatient imaging sites.

With the changing health care climate in our country, our mission of delivering compassionate, high quality, affordable health care services is now more important than ever. I am committed to working closely with the Sisters, our physicians, nurses, staff, and you – our community – to ensure that we continue strengthening and expanding the services you need. And rest assured, the healing power of *humankindness* will remain at the heart of all we do.

Melanie Baldwin “Goes Red” for Women



February is American Heart Month, the time of year that the focus is on the “Go Red for Women” movement and heart disease as it is the No. 1 killer of women. Join us as we talk with Melanie Baldwin, an amazing, hilarious woman whose positive outlook on life and upbeat temperament carried her through five open heart surgeries and four pacemakers. Melanie, her mom, and her daughter will be sharing their stories at this year’s Go Red for Women Luncheon Friday, Feb. 27.

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/shopping-and-services/hospital>.



VOTE NOW!

Caring, licensed physicians

Physicians or physician’s assistants listed, pictured or interviewed in *WomensCare* magazine’s stories or calendar of classes are licensed by the Nevada State Board of Medical Examiners (M.D.s), the Nevada State Board of Osteopathic Medicine (D.O.s), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health – St. Rose Dominican unless specifically noted. Dignity Health Medical Group Nevada physicians are employees of St. Rose Dominican.



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WomensCare Center Director: Holly Lyman **WomensCare Magazine Staff: Editor:** Kimber Haley **Writers:** Caitlyn Belcher, Kimber Haley **Marketing/Communications:** Loretta Allison, Kate Grey, Kimber Haley, Tammy Kline, Katie Ryan **Designer:** Shannon Moss **Photographers:** Greg Preston, Mikel Conrad

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MAKING EVERY HEARTBEAT COUNT

Melanie Baldwin considers herself a “walking, talking research and development project 50 years in the making.” Born with a congenital heart defect – still the leading cause of death in children – Melanie says she is “a product of determination, good fortune, and amazing technology.”



► **Melanie Baldwin** (left) and her mother, Carol, will share their stories at the American Heart Association’s “Go Red Luncheon” Friday, Feb. 27.

▶ **Melanie's love** of life and family means she doesn't take anything or anyone for granted. She is shown at right spending time with her daughter, Kate, and her mother, Carol.



“I was born with a hole in my heart and a defective aortic valve, and I have had five open heart surgeries through the years,” says Melanie. “I am currently on my fourth pacemaker.”

Melanie had two surgeries while she was still a young child then another when she turned 19 to replace a defective aortic valve with a mechanical one. The new valve was meant to last 15 years, but in exchange, she would have to take Coumadin to keep her blood thin. This arrangement worked well until she married and decided her life was not really complete without a child.

Almost 25 years ago, Melanie became pregnant, and after moving to San Diego, she went to check in with her new doctor. That doctor's appointment turned into a monthlong hospital stay because she had developed a blood clot just outside of her heart; if it moved, both she and the baby were at risk of dying.

Although Melanie knew her pregnancy was considered high risk, she did not expect to be told that she would have to terminate her pregnancy in order to have surgery to remove the clot. While she was on complete bed rest, doctors spent a month trying to convince her that was the best option. She adamantly refused and insisted they do the surgery while she was pregnant, which they did, reluctantly. At 26 weeks pregnant, Melanie's clot was

removed and her mechanical valve was replaced with a pig valve.

“Not only did I survive, so did my daughter,” says Melanie. “I gave birth to her in July 1990, and I have never regretted my decision. Cardiovascular disease is a family affair. It affects everyone you know and love.”

Melanie's mom, Carol Payne, agrees. “Ours has been a normal life for the most part, interspersed with moments of horror, heart-wrenching sorrow, and desperation,” says Carol. “But there were also euphoric moments when Melanie's amazing positive spirit and tenacity helped overcome what should have been life-ending events.”

Melanie suffered cardiac arrest in June 2013 and spent 10 days in the hospital. She walked out of the hospital, but the incident put her in line for an AICD (automatic implanted cardioverter-defibrillator) to replace her third pacemaker. An AICD differs from a pacemaker in that its defibrillator has the ability to shock the heart out of a life-threatening heart rhythm abnormality. “Luckily, Melanie was resuscitated by her husband when she had her cardiac arrest,” says Dhiraj Narula, M.D., FACC, a board certified cardiac electrophysiologist. “We changed her pacemaker to a pacemaker-AICD combination to protect her in the event she had another cardiac arrest.” The procedure was done at the end of August 2013, and she

spent another five days at Dignity Health – St. Rose Dominican's Siena Campus.

February is American Heart Month, a nationwide initiative to raise awareness in the effort to combat heart disease and educate communities on prevention and treatment options.

Melanie, her mom, and her daughter are sharing their stories at the American Heart Association's Go Red Luncheon on Friday, Feb. 27. “Our family has obviously learned a lot about cardiovascular disease over the years,” says Melanie. “My mom is my hero. She's been right beside me every step of the way, as has my daughter who has accompanied me through my cardiac ‘journey’ and is now a registered diagnostic cardiac sonographer.”

“You can't control what challenges life throws your way, but you can control how you choose to deal with those challenges,” says the upbeat, ever joyful, Melanie.

A Mother's View

“My daughter is the hero,” says Carol. “When Melanie was born, my doctor told me there was a problem, so I was amazed that there was nothing visibly wrong, and this has really been true all of her life. Melanie has never looked sick, and she has always had a happy, positive disposition.

When Melanie was 3 years old, we went to the hospital for her first surgery. It was



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► **Kate and Melanie, with friend Ronrico Hawkins, at the AHA's annual Heart Walk in 2014.**

supposed to be the only surgery she would need ... the one that would fix whatever was wrong, but after the surgery, we learned that doctors had found other problems with her heart.”

At 7, while living in San Diego, further surgery was recommended to open Melanie’s aortic valve. “She was comforting me as she went into surgery,” says Carol, “telling me that she would be fine and I wasn’t to cry.”

At 19, Melanie was told she needed further surgery, this time to replace the aortic valve. She was told the night before surgery that the surgeon would be using a mechanical valve, so she would need to take blood thinners, which meant having children was not an option. “We had always felt tremendous gratitude that technology and medicine could save Melanie’s life,” says Carol, “but now the quality of her life would change. She was devastated.”

Melanie later married, and Carol was not surprised when she decided to have a child against all odds. “She had survived a ruptured appendix and cardiac arrest shortly after her surgery at 19, so when she said she could handle pregnancy while taking blood thinners, I believed her. The result is our beautiful Kate.”

A Daughter’s Perspective

As an ultrasound technician, Kate Eggington works with people who have heart problems every day. “I chose this career partially because of my mother,” says

Kate. “But it wasn’t until I completed my schooling that I realized how serious her condition is. I almost wish I could go back to my days of ignorance because knowing the full depth and consequences of what she was born with is scary.”

Even knowing about her mother’s heart condition, it wasn’t until June 15, 2013, that Kate was forced to accept that “my mother wasn’t as invincible as she seemed and that I could lose her at any point without any notice.”

Kate’s parents were having a normal day at home. “Luckily, my stepfather happened to be home for one of the 10 weeks of the year he doesn’t travel,” she says. That afternoon, Kate’s mother’s heart stopped without any warning. She collapsed and went into cardiac arrest.

For the next two days, she was put into a coma and therapeutic hypothermia was used (her body temperature was lowered) to slow her metabolism, decrease the amount of oxygen she needed, and prevent brain damage.

“None of us could function. I couldn’t eat, I could barely sleep, I was inconsolable,” says Kate. “During the times I could actually bring myself to sit by her bed, I couldn’t call her mom because the sound of my voice made her reach out, trying to pull at the IV and breathing tube she had in. On the third day, they slowly warmed her back up, and when they took her out of sedation and she spoke, my stepfather broke down. We hadn’t lost her. After 10 days in the hospital she finally came home to us.”

“Although that was the most terrifying experience of my life,” says Kate. “I now cherish my mother ... every lunch with her, every hug, every time she says I love you.”

Heart disease kills more women each year and is more deadly than all forms of cancer. Melanie is a true advocate for raising awareness of the threat of heart disease – she’s been actively involved with the American Heart Association for 15 years.

Arm yourself with information. To learn the facts about heart disease and what you can do to prevent it, visit goredforwomen.org. For more information about cardiac services provided at St. Rose Dominican or to find a St. Rose cardiologist, visit strosehospitals.org/heart. **WC**



10th Annual Go Red Luncheon

Friday, Feb. 27, 2015

- 10:30 a.m. – Registration, silent auction, health expo opens
- Noon – Luncheon/Program
- Bellagio Hotel and Casino, Monet Ballroom

Sponsored by Dignity Health - St. Rose Dominican. Register at gored.ahaevents.org or by calling 702.789.4370.

Heart Facts

- Your heart is about the size of your two hands clasped together
- Your heart beats about 100,000 times a day and about 35 million times a year.
- Your heart pumps 1.5 gallons of blood each minute
- Your heart keeps blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. (That’s long enough to go around the world more than twice).
- Heart cancer is VERY rare because heart cells stop dividing early in life.
- Every day, your heart creates enough energy to drive a truck 20 miles.



Read this message 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, 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/ERNOW

Hello humankindness™



POWERED BY **InQuicker.**

InQuicker is intended for individuals with non-life and non-limb threatening medical conditions.



Working together to help the homeless

Four nonprofit organizations are partnering with Dignity Health – St. Rose Dominican to create a “Community of Care” that will help those who are homeless and who may have substance abuse or mental health issues.

▶ **Above photo (pictured left to right):** Armena Mnatsakanyan, Lutheran Social Services of Nevada; Erin Kinard, Westcare Nevada; Sister Judy Nelson, Psy.D., St. Rose Dominican; Maurice Page, New Genesis; Amy Schmidt, Volunteers in Medicine.

▶ **St. Rose Dominican’s Community of Care program partners:**

Lutheran Social Services of Nevada will help patients find housing, jobs, and the social services they need.

New Genesis will manage cases and help clients navigate through housing situations, daily living activities, counseling, substance abuse interventions, and treatment.

Volunteers in Medicine of Southern Nevada will assist clients with immediate and ongoing primary care medical and preventive health care services to help prevent further emergency department visits and hospital admissions.

WestCare Nevada will provide mental health and addiction treatment services.

For more than 20 years, Dignity Health – St. Rose Dominican has awarded annual community grants to nonprofit, health care-related organizations that improve the health and well-being of those in our community.

This year, St. Rose Dominican is awarding \$300,000 in grants to four organizations that will pool their resources to create a “Community of Care.” Lutheran Social Services of Nevada, New Genesis, Volunteers in Medicine of Southern Nevada, and WestCare Nevada are working with St. Rose to reduce the number of emergency room visits made by homeless patients who may actually be in need of other, less-urgent services.

Sister Judy Nelson, Psy.D., works with St. Rose emergency room patients brought in by ambulance or police in need of a psychological evaluation. “It’s all about acting on two of the St. Rose values,” says the clinical psychologist. “‘Dignity,’ which to us means respecting the inherent value and worth of each person, and ‘Justice,’ which means we are here to act in ways that promote respect and demonstrate compassion.”

“I have found that many of the individuals who return to St. Rose emergency rooms time after time are homeless,” Sr. Judy says, “and

many have chronic physical, mental health or substance abuse problems. We want to help these individuals break the cycle of visiting emergency rooms by providing the ongoing support and health care services they need.”

“If homeless patients who come in want help with substance abuse or mental health problems, we want to help them get treatment, get stabilized, and get off the streets so they can live healthier, more fulfilling lives,” she says. “It can be as simple as having someone make sure they take medications regularly and get to doctor appointments. These patients also have to commit to helping themselves so they may some day be able to give back to the community.”

When Sr. Judy evaluates a patient and determines he or she needs and wants assistance, she contacts the program’s navigator who then helps with the patient evaluation and coordinates the necessary services through the agencies.

“Our community truly needs this program,” says Sr. Judy, “and we are thrilled to have partners whose goals are also to serve those who are vulnerable and in need.”

To see how you can help, visit supportstrose.org or call 702.616.5750. **WC**

Health

LEARN TO BEAT HEART ATTACKS



Nearly 600,000 people die of heart disease in the United States every year – that’s 1 in every 4 deaths – and heart disease is the leading cause of death for both men and women. BUT, tens of thousands of Americans also survive heart attacks and enjoy normal lives each year.

Know what a heart attack is and what the warning signs are.

► What is a heart attack?

Heart attacks strike someone about every 34 seconds, and they occur when the blood flow that brings oxygen to the heart is severely reduced or cut off completely. This can happen when the arteries that supply the heart slowly narrow from a buildup of plaque: fat, cholesterol, and other substances.

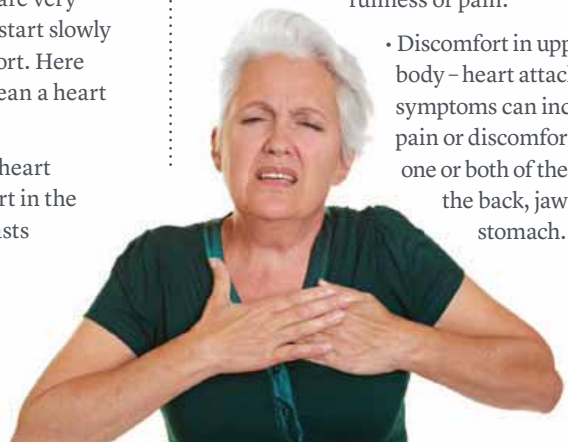
► Warning signs of heart attack

While some heart attacks are very sudden and intense, most start slowly with mild pain or discomfort. Here are some signs that can mean a heart attack is happening:

- Chest discomfort – most heart attacks involve discomfort in the center of the chest that lasts

more than a few minutes or goes away and comes back. It may feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in upper body – heart attack symptoms can include pain or discomfort in one or both of the arms, the back, jaw or stomach.



- Shortness of breath – can occur either with or without chest discomfort.
- Other signs – breaking out in a cold sweat, nausea, lightheadedness
- Symptoms in women – most common symptom is chest pain or discomfort, but women are more likely than men to experience shortness of breath, nausea, vomiting, and back or jaw pain.

If you have ANY of these signs, do not wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

► Does a heart attack cause permanent damage?

When a heart attack occurs, the heart muscle begins to suffer injury. The amount of damage to the heart depends on two things: 1) the size of the area supplied by the blocked artery, and 2) the length of time between that injury and treatment.

The heart heals damage by forming scar tissue, and it typically takes several weeks for your heart muscle to heal. The length of time depends on the extent of the injury and your own rate of healing, but the heart is very tough. Even if part of your heart has been severely injured, the rest keeps working, but it may be weaker and unable to pump as much blood as it did before the heart attack. With proper treatment and lifestyle changes, further damage can be limited and prevented.

► Symptoms that can lead to heart attack

You may have cardiovascular problems if, when you participate in normal physical activity, you experience the following:

- Undue fatigue
- The feeling that your heart is

- skipping beats or beating too rapidly (palpitations)
- Difficulty or labored breathing (dyspnea)
- Chest pain or discomfort



► Take care of your heart

Learn the ABCs of heart attack prevention:

- A – Avoid tobacco
- B – Become more active
- C – Choose good nutrition

► Assess your risk

It is important that you measure your risk for heart disease so you can create a plan to prevent it. Use the free heart risk assessment tool at StRoseHospitals.org/heartassess.

► Resources

- StRoseHospitals.org/heart
- American Heart Association – heart.org
- Go Red for Women – goredforwomen.org



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

Cardiovascular Disease Facts (from the American Heart Association/Go Red for Women)

- Cardiovascular diseases cause 1 in 3 women's deaths each year, killing approximately one woman every minute.
- Since 1984, more women than men have died each year from heart disease and stroke.
- Heart disease and stroke affect women of all ethnicities.
- In the United States, all cardiovascular diseases combined claim the lives of more women every year than the next 14 causes of death combined.
- Congenital heart defects are the leading cause of death in children.
- 90 percent of women have one or more risk factors for developing heart disease.
- 63 percent of the women who die suddenly from coronary heart disease had no previous symptoms of the disease.
- By 2020, the American Heart Association's goal is to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease by 20 percent.

Superfoods for your heart

Keep your heart healthy, avoid unhealthy foods and eat foods rich in nutrients, fiber, and healthy fats.

- Salmon/fatty fish (sardines/mackerel)
- Oatmeal
- Berries (blueberries, strawberries, etc.)
- Dark chocolate
- Citrus fruit (oranges, grapefruit)
- Soy (tofu, soy milk)
- Tomatoes
- Nuts (almonds, walnuts, pistachios)
- Legumes (beans, lentils, peas)
- Red wine (in moderation)
- Green tea
- Green vegetables (broccoli, spinach, kale)
- Coffee

Source: www.health.com

58TH ANNUAL celebration

DIGNITY HEALTH - ST. ROSE DOMINICAN

Recognizing *humankindness*

(formerly Mardi Gras Ball)

As part of Dignity Health, St. Rose Dominican believes in the healing power of kindness. “*Humankindness* is at the heart of everything we do,” says Charles Guida, president of the St. Rose Dominican Health Foundation. “So we have asked our community to join us in our mission to create, discover, and celebrate *humankindness* by nominating individuals, physicians or health providers, and corporations who make southern Nevada a little healthier and happier by helping those in need.”

Humankindness is an unexpected act of humanity or kindness ... it can be a profound act or it can be a small gesture, but it demonstrates the thoughtfulness of one person to another. And it has the power to heal the human spirit.

Nominations for the *humankindness* awards highlighted the generosity and giving spirit of southern Nevadans. This year’s honorees were chosen because they are passionate about demonstrating *humankindness* – in their beliefs and their actions – to those less fortunate in southern Nevada.

Community Award Winners – Adrian Dominican Sisters

This award recognizes individuals who have made an impact on our community. It seems only fitting that the award be presented to all of the Dominican Sisters who have created and are fulfilling the mission and values of St. Rose Dominican: our original

founding sponsors, the Adrian Dominican Sisters, who brought *humankindness* to St. Rose Dominican and the community of Henderson more than 65 years ago, along with our wonderful Racine Dominican and San Rafael Dominican Sisters who ensure St. Rose continues to thrive.

These extraordinary women still serve in various roles at St. Rose, from hospital



▶ **St. Rose Dominican’s Sisters**
spread *humankindness*.

Back left to right: Sisters Mary Kieffer, Carol Elya, Phyllis Sikora, Katie McGrail, Janice Scholl, Janet Ackerman

Front left to right: Sisters Vicki Dalesandro, Michael Thomas Watson, Judy Nelson

executives to volunteers. Their dedication to improving the health status of our community and commitment to those in need created the unique environment of quality, compassionate health care that continues to embody the hospital system's approach to healing body, mind, and spirit.

As our Sisters are fond of saying, "medical technology mends the body; spiritual care heals the soul."

Corporate Award Winner – Bank of America

Bank of America is this year's recipient of the corporate award because they show exceptional *humankindness* through their business operations and employee giving activities. Their community-wide philanthropic efforts include grants, matching gifts, employee donations, and major United Way contributions that assist thousands in our community who are in need of housing and basic needs.

In 2013 alone, Bank of America employees contributed nearly \$60,000 to local charitable organizations. These funds were matched by the Bank of America Charitable Foundation. Local employees also pledged nearly \$90,000 to the local United Way campaign to help address community needs such as providing food, shelter, and funding critical-needs service providers. And Bank of America employees did much more than donate funds. They also volunteered over 15,000 hours of community service locally. As a corporation, the Bank of America Charitable Foundation also gave nearly \$1 million in grants and matching gifts to help local nonprofit community organizations develop and grow.

Physician Award Winner – Randal Peoples, M.D.

Randal Peoples, M.D., a neurosurgeon who deals with the brain and spine, has called southern Nevada home for more than two decades. His reputation in the community,



▶ **Award winners** George Smith (back) from Bank of America and Dr. Randy Peoples (center) join St. Rose Dominican Health Foundation President Charles Guida in celebrating *humankindness*.

both personally and professionally, has always been exemplary, and he is considered a premier neurosurgeon.

Dr. Peoples is receiving the physician category's *humankindness* award because he "embodies the values we hold dear at St. Rose." He has been a tireless volunteer for Children's Miracle Network for years and truly cares about those he treats. Dr. Peoples has received Las Vegas Top Doctor, Patient's Choice, and Compassionate Doctor awards every year since 2010, and in 2010 was the only physician ever to have been awarded the Association of Fundraising Professionals' "Outstanding Volunteer Fundraiser" award. He initiated the concussion management protocol used internationally by Cirque du Soleil and is a volunteer canine neurosurgeon who is active in animal rescue and the Leonberger Dog Health Foundation.

All of our remarkable winners will be formally honored at St. Rose Dominican's annual fundraiser, the 58th Annual Celebration: Recognizing *humankindness* event in February, whose proceeds will benefit the growing range of services at St. Rose. To learn more about our awards or the event, visit supportstrose.org or call 702.616.5762. WC

58th Annual Celebration

Dignity Health – St. Rose Dominican is hosting the 58th Annual Celebration: Recognizing *humankindness*. Join us at this annual fundraiser to honor community members and raise funds to support services at St. Rose Dominican.

Saturday, Feb. 28
Mirage Resort and Casino

6 p.m. – Hosted Reception

7 p.m. – Dinner & Live Auction

9 p.m. – Entertainment - Grammy Award winning singer and songwriter Don Felder (formerly of The Eagles) performing "An Evening at the Hotel California"

The celebration will feature live music, a gourmet dinner, and silent and live auctions.

With the support of our community, St. Rose Dominican can continue to deliver the best care to our patients and their families.

For information and to purchase tickets, please call 702.616.5762.

▶ 18th Annual "Swing for St. Rose" Golf Tournament

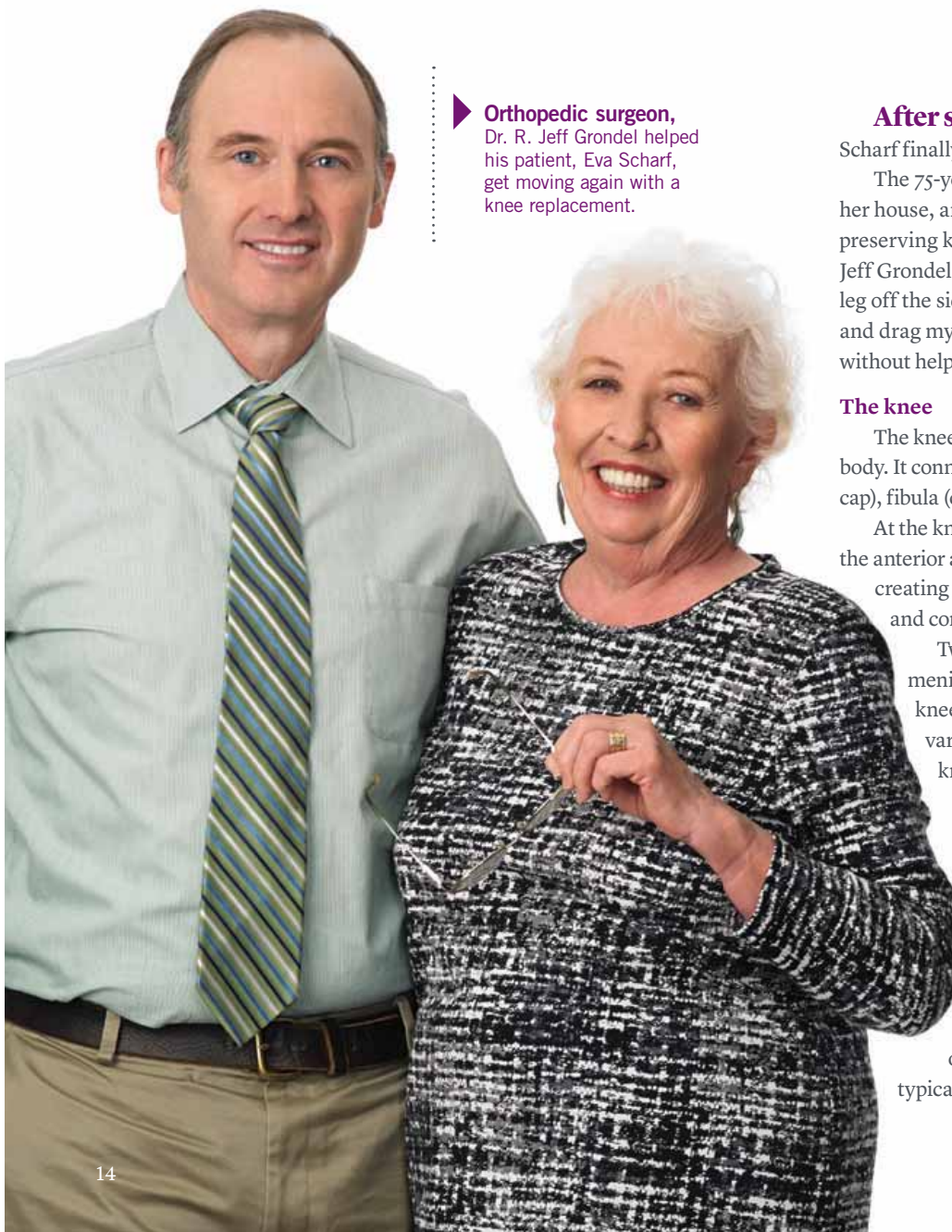
SAVE THE DATE

The St. Rose Dominican Health Foundation will host Dignity Health - St. Rose Dominican's 18th Annual Golf Tournament on **Tuesday, May 5, 2015**, at the prestigious Southern Highlands Golf Club. Through the generosity of our sponsors, proceeds from the tournament will benefit St. Rose Dominican, the only not-for-profit, faith-based hospital system in southern Nevada.

For more information regarding the 18th Annual Golf Tournament, please call 702.616.5762.



MOVING PAST THE PAIN: A MORE NATURAL KNEE REPLACEMENT



► **Orthopedic surgeon,** Dr. R. Jeff Grondel helped his patient, Eva Scharf, get moving again with a knee replacement.

After suffering from years of debilitating arthritis, Eva Scharf finally feels free.

The 75-year-old says she's able to walk her dogs, clean her house, and take vacations again thanks to receiving a preserving knee replacement from orthopedic surgeon R. Jeff Grondel, M.D. "It got to the point where I couldn't lift my leg off the sidewalk some days. I would step with my left leg and drag my right leg along," Eva says. "Now, I am walking without help or pain."

The knee

The knee is one of the largest, most complex joints in the body. It connects the femur (thigh), tibia (shin), patella (knee cap), fibula (calf bone), ligaments, cartilage, and tendons.

At the knee, the thigh and shin bones are connected by the anterior and posterior cruciate ligaments (ACL and PCL), creating a hinge joint. The ACL and PCL provide stability and control the back-and-forth movement of the knee.

Two pieces of cartilage, the medial and lateral menisci, lie between the thigh and shin bones in the knee and serve as shock absorbers. Tendons connect various leg muscles to the knee bones to help move the knee joint.

Causes of knee pain

The most common cause of knee pain and disability is arthritis. By the year 2030, an estimated 67 million adults 18 or older will have doctor-diagnosed arthritis, according to the Centers for Disease Control and Prevention (CDC).

While there are many forms of arthritis, osteoarthritis is the most common. The disease typically affects the knees, hips, hands, and spine by



► **The new cruciate** preserving knee replacement enables surgeons to keep the anterior and posterior cruciate ligaments (shown above) in place, which maintains the knee's stability.

breaking down the cartilage, joint lining, ligaments, and bone. The CDC reports that nearly half of Americans may develop symptoms of osteoarthritis in at least one knee by age 85.

Eva remembers her mother becoming wheelchair bound at 80 because of arthritis. "I decided then that I would never live like that," Eva says. "So when my knee started giving me trouble, I knew something had to be done about it."

Treatment options

Once diagnosed, doctors first try to treat arthritis using conservative methods, such as rest, modifying diet, increasing or changing exercise, incorporating physical therapy, prescribing medications and supplements, and recommending walking aids.

"There are several options we pursue before performing surgery," Dr. Grondel says. "However, if conservative measures fail, we

might suggest a knee replacement."

During a knee replacement, doctors replace damaged or diseased bone and cartilage with artificial parts or implants. An implant made of metal alloy and plastic is placed and attached to the thigh, shin, and kneecap.

"During a traditional knee replacement, doctors remove the ACL and sometimes the PCL to put in the implant," Dr. Grondel says. (These ligaments are sacrificed to allow for placement of the artificial knee implants). "This means that sometimes they are removing healthy ligaments and changing the anatomy of the knee, relying on the artificial knee to provide stability and support. Our goal for patients who need knee replacements is to keep their healthy ligaments."

After years of research, doctors have recently introduced a procedure called a cruciate preserving knee replacement. Using a newly designed, u-shaped implant, doctors are able to preserve the patient's ACL and PCL.

"With this new procedure, we're able to preserve the ligaments and rely on the knee's natural anatomy for support," Dr. Grondel says. "It's a shift in the approach to knee replacements that respects the knee's normal anatomy allowing it to function more naturally and feel more like a real knee."

Benefits

By preserving more of the natural knee, doctors hope to increase patient satisfaction and decrease recovery time.

"There are patients who have had both a traditional knee replacement and a preserving knee replacement, and they're saying that the preserving knee replacement feels more like a normal knee," Dr. Grondel says.

Eva says she was discharged from the hospital three days after the surgery and completed physical therapy in about five weeks. "I had a walker, but sometimes I would walk to the kitchen and forget about it because I didn't need it all the time," she says. "I am very satisfied with the way it is working. I just feel free again."

For more information on the cruciate preserving knee replacement or to find a St. Rose orthopedic surgeon who performs the procedure, please visit StRoseHospitals.org/ortho or call 702.616.4900. **WC**

Traditional vs. Preserving Implants

Most traditional knee replacements require the removal of the ACL (anterior cruciate ligament), a ligament that helps provide your knee joint with natural stability and control. The preserving knee works with your natural anatomy allowing you to keep all of your healthy ligaments, just as nature intended. The implant design differences are shown below.

Traditional total knee implant

- Most designs require removal of healthy ligaments
- Knee stability is provided by design of implant



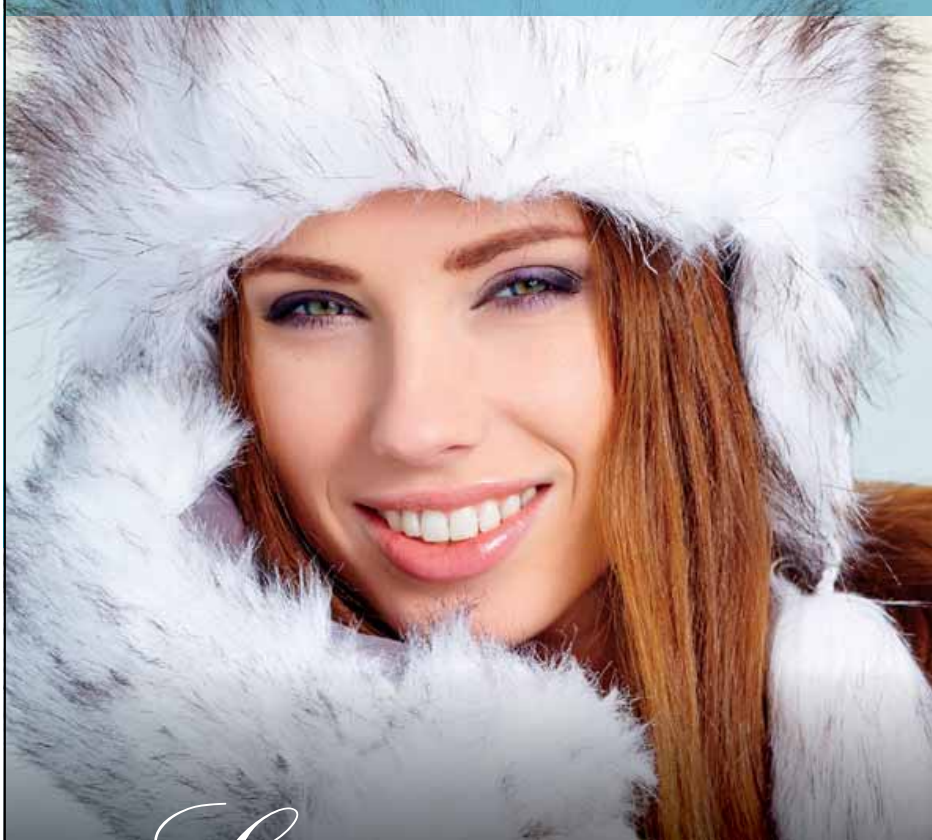
Preserving knee implant

- Surgeons keep healthy ligaments (ACL and/or PCL).
- Ligaments enable natural function



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Defeat Monster Mouth

After more than 45 years of decline, tooth decay in young U.S. children is on the rise – the rate of cavities in baby teeth is now up to nearly 30 percent – according to the Centers for Disease Control and Prevention. Dentists across the county are seeing preschoolers with six to 10 cavities or more, making tooth decay the most common chronic disease in children – five times more frequent than asthma.

"Cavities form quickly in young children," says Patrick Simone, DDS, "so we recommend that parents take their child to the dentist by the age of 1. And as children grow, parents should help them brush properly. Preschool-aged children don't have the dexterity to really clean their teeth. And yes, baby teeth fall out naturally, but decay can spread if it's not treated."

National Children's Dental Health Month is sponsored by the American Dental Association each February to raise awareness about the importance of good oral health. In 2015, the campaign's "Defeat Monster Mouth" slogan features the McGrinn twins, Flossy and Buck, along with their best friends, Den and Gen Smiley. Together, they are fighting to defeat "Plaqster the Monster" for good oral health.

Help your kids fight Monster Mouth:

- Brush two minutes, two times a day
- Floss
- Rinse
- Eat healthy snacks
- Visit your dentist regularly

Visit mouthhealthykids.org for fun videos from Sesame Street, games, puzzles, and other activities that help kids learn the importance of good oral health.

There's no place like home

When you are recovering from an injury, surgery or illness and need continued care, there's no place you'd rather receive that care than in the comfort of your own home. And your recovery can be much smoother when you're supported by the exceptional health care team at St. Rose Home Health Services.



▶ St. Rose Hospice Services

Hundreds of years ago, the hospice concept was rooted in the idea of offering shelter and rest for weary and sick travelers. Today, hospice care is a means of providing compassionate care for those in the last stages of incurable disease so they can live as wholly and comfortably as possible.

St. Rose hospice services combine true compassion with the best in medical care for patients and their families ... in the comfort and familiarity of the patient's home.

St. Rose Dominican's hospice team treats the patient rather than the disease and highlights the quality of life. Every hospice patient is assisted by a team of doctors, nurses, support staff, and spiritual counselors who provide exceptional care aimed at relieving symptoms while assisting with the physical, emotional, and spiritual needs of the patient, their families, and caregivers.

Learn more at StRoseHospitals.org/hospice.

The three St. Rose Dominican hospitals in Henderson and Las Vegas are here to serve our community by providing a full spectrum of services that treat and help you recover from illnesses, injuries, surgeries, and more. In some cases, when patients are ready to be discharged from the hospital, they may still need continued care or treatment to complete their recovery. With St. Rose Home Health Services, that care can be provided at home.

If your doctor or a referring health care provider decides you or a loved one needs home health care, St. Rose Home Health Services is here to help. "Our experienced, highly skilled staff includes registered nurses, physical, occupational and speech therapists, and social workers, who all thrive on providing exceptional care filled with compassion and kindness," says Sharon Kelley, senior director of Home Health Services. "In fact, two of our nurses were named nurses of the year in 2014: Bonnie Schmidt, RN, by the National Association for Home Care & Hospice, and Terry Yates, RN, by March of Dimes Nevada. Our entire team of caregivers is exceptional."

St. Rose Home Health Services is

the only not-for-profit, faith-based, Joint Commission-accredited, state licensed and Medicare certified home health agency in southern Nevada. "As part of the St. Rose Dominican system, we are passionate about providing caring service to those in our community," says Sharon. "I'm proud to say that the care provided by our Home Health team exceeds the national average in all patient satisfaction surveys conducted by the Centers for Medicare & Medicaid Services (CMS)."

St. Rose Dominican's team was named a top home health agency in the U.S. numerous times by *Homecare Elite* and is a frequent recipient of *HealthInsight's* Home Health Quality Award. The Home Health team keeps patients on the road to recovery by providing assistance with services such as IV management, skilled nursing care, physical, speech and occupational therapies, wound care, medication management, and family/caregiver education.

Ask your doctor if you would benefit from home health services. To learn more about St. Rose Home Health Services, please call 702.616.4476 or visit StRoseHospitals.org/homehealth. WC



▶ **Sharon and Alex Drysdale** take their twins, Robyn Siena and Lauren Rose, home after both girls spent months being cared for in the St. Rose Dominican Level III NICU.

Grateful PARENTS

NAME NICU TWINS LAUREN *ROSE AND ROBYN SIENA*

When doctors warned Sharon Drysdale that her twin girls would need to be delivered early for health reasons, she began researching neonatal intensive care units (NICUs) throughout the Las Vegas valley. Her decision to deliver at Dignity Health - St. Rose Dominican's Siena Campus meant that when her water broke just after her 26-week mark, Sharon and her husband Alex made the 30-mile drive from their home in Centennial Hills to Henderson.

During Sharon's ultrasound at 26 weeks, her doctor informed her that one of her babies, Robyn, was 60 percent smaller than her sister, Lauren. Robyn was diagnosed with intrauterine growth restriction, a condition where a baby weighs less than 90 percent of what other babies at the same gestational age (how long the baby has been in the womb) weigh.

St. Rose Dominican has NICUs at its Siena and San Martín Campuses. Newborns are admitted to a NICU when they are premature or are having serious medical conditions. The level of care depends on the severity of the baby's condition and its gestational age.

The Siena Campus has a Level III NICU, which treats the most critically ill newborns who are born before 32 weeks of gestation or diagnosed with birth defects, heart conditions, or problems breathing.

At the San Martín Campus, the NICU is a Level II, and it cares for babies born at more than 32 weeks of gestation or who are

recovering from conditions that require assistance with feeding, maintaining body temperature, apnea spells (pauses in breathing), and intravenous lines for medications.

Despite doctors' attempts to stop Sharon's labor, Robyn and Lauren were delivered by emergency cesarean section on Aug. 6, 2014, and admitted to the Siena Campus's Level III NICU. Robyn weighed 1 pound 10 ounces, and Lauren weighed 2 pounds 4 ounces.

"Lauren was in the 100th percentile for a 26-weeker, so she was more like a 28- or 29-weeker in terms of her size," Sharon says. "Robyn was more like the size of a 24- or 25-weeker, so there was quite a bit of a size difference between them."

After birth, the twins were placed on oxygen support. Lauren progressed faster than Robyn as she gained weight and was later weaned off oxygen. After about 12 weeks of care, Lauren came home to Sharon and Alex on Oct. 31, 2014.

Robyn remained in the hospital. She

continued to gain weight and was also weaned off oxygen, though at a slower rate than Lauren had been.

"We really felt that we were part of the NICU team. The doctors and nurses included us in all of the medical decisions rather than just going ahead and doing something," Sharon says. "Every time I did my own research, I always ended up agreeing with what the doctors were recommending. They've been spot on the whole way through."

A day short of spending four months in the NICU, Robyn came home to her loving, anxious parents and sister on Dec. 5, 2014. Having one baby at home and one still in the NICU was really difficult, says Sharon. "I wouldn't want to leave Lauren when I went to stay with Robyn, then it was heart-wrenching to leave Robyn to go back home. Fortunately, I knew she was always in good hands with the NICU team."

Touched by the quality of care the girls received, Sharon and Alex chose their daughters' middle names for the hospitals'

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► grateful parents

Siena Campus: Robyn *Siena* McInnes and Lauren *Rose* Stephanie. Although the family plans to move back to England in a few years, they wanted the girls to always remember where they came from.

“We’re incredibly thankful. I find it hard to put it into words,” Sharon says. “The girls thrived in the hospital’s care, and we will never forget it. We will always support the NICU at St. Rose.”

For more information on the hospitals’ NICUs, visit StRoseHospitals.org/maternity. **WC**

We’re Baby-Friendly

St. Rose Dominican’s Siena Campus recently received its Baby-Friendly USA designation from the World Health Organization (WHO) and United Nations Children’s Fund (UNICEF).

The Baby-Friendly Initiative promotes and supports high levels of care for infant feeding and mother-child bonding. About 20,000 hospitals worldwide have been recognized as Baby-Friendly, including approximately 220 in the United States.

“Siena had its audit in September, and we received the designation about three weeks later. Our San Martín Campus received the designation last March,” says St. Rose lactation consultant, Suzie Owens. “We are the second and third hospitals in Nevada to receive the designation, and the only hospitals in the valley.”

To qualify for the designation, hospitals must complete a series of 10 steps, including informing

pregnant women about the benefits of breastfeeding, allowing mothers and infants to remain together 24 hours a day, and training staff appropriately.

“(The designation) deals mostly with internal policies and practices and acting ethically,” Suzie says.

“We make sure moms have current evidence-based information about breastfeeding and formula feeding so they can make an informed decision.”

In addition to breastfeeding, the hospital promotes skin-to-skin contact between mother and newborn within five minutes of an uncomplicated delivery. “We call it The Bonding Hour,” Suzie says. “We leave the baby skin-to-skin with the mother until the baby finishes its first breast feeding or for at least an hour.”

Although the initiative doesn’t always apply to babies in the NICU because of health interventions, St. Rose lactation consultants helped Sharon Drysdale produce breast milk for her daughters.

“One of the best means of support I’ve received is from the lactation consultants,” Sharon says. “With their help, the girls were able to have breast milk throughout their stay, which will help protect them against things that can go wrong with premature babies, particularly digestive issues. I’m incredibly thankful they got me started on breastfeeding.”

For more information on breastfeeding and the Baby-Friendly designations at St. Rose, visit StRoseHospitals.org/maternity.

Join us
to celebrate
Baby-Friendly
(see page 30).



► **Alex and Sharon Drysdale**, with Robyn and Lauren, are shown here with the wonderful St. Rose Level III NICU physicians and staff who cared for the twins.



St. Rose NICU Services

Babies are unpredictable from day one, and when challenges arise during or after the labor and delivery process, the Level II and III NICUs at St. Rose Dominican provide the highest levels of care available.

The **Level II NICU** at the San Martín Campus provides advanced care for infants who are born at 32 weeks or after. Typically, babies in Level II nurseries need the following types of care:

- IVs or special medications
- Feeding assistance
- Monitoring for apnea spells
- Support in maintaining body temperature

The Siena Campus’ **Level III NICU** provides the highest level of care available for our tiniest patients who suffer from respiratory distress, cardiac disease, congenital anomalies, organ failure, and other problems.

- 24-hour onsite, board certified neonatal surgeons and neonatal specialists
- Specially trained and certified neonatal nurses and respiratory therapists
- Treatment for high-risk babies at any gestational age
- Adaptable, self-contained Giraffe omni beds that provide emergency access but also convert to protective, quiet environments that help babies grow and develop
- Nesting suite where moms and dads can practice parenting skills before going home
- A lactation room where new mothers can learn to breastfeed or pump milk in private

Learn more about St. Rose NICU services at StRoseHospitals.org/NICU.



A woman wearing a green ribbed cardigan over a green top and blue jeans. Her hands are clasped over her stomach. The background is white.

URINARY INCONTINENCE IS NOTHING TO BE EMBARRASSED ABOUT

“Don’t make me laugh!” “I’m afraid to sneeze or cough.” “I can’t lift anything heavy.”

If you have urinary stress incontinence (loss of bladder control), you’ve either made these statements or thought them, and you are NOT alone! Urinary incontinence is very common – it actually affects 1 in 2 women – and it is a sensitive subject we’re not prone to talk about because it can be embarrassing. But it shouldn’t be.

Urinary incontinence isn't a disease, it's a symptom that actually affects more women than high blood pressure (1 in 3), diabetes (1 in 10), or depression (1 in 20). And urinary incontinence affects women of all ages (even women in their 30s and 40s) because it is caused by a variety of conditions that stretch or weaken the pelvic floor muscles: pregnancy, childbirth, menopause, hysterectomies, lifting heavy objects, even having a job that requires standing for long periods of time.

Urinary stress incontinence occurs when the pelvic floor muscles weaken so they cannot support your bladder or control the release of urine, especially when certain types of physical activity (sneezing, coughing, bending, etc.) put extra pressure on your bladder.

Getting relief

Problems with loss of bladder control can often be relieved simply by making a few behavioral and physical changes. It does not mean that surgery is going to be required. According to Victor Grigoriev, M.D., board-certified urogynecologist (certified in both urology and in female pelvic medicine and reconstructive surgery), many noninvasive treatment options are available.

Urogynecologists diagnose and treat pelvic floor disorders (a wide range of problems, including urinary incontinence, that occur when the pelvic floor muscles are weak), and pelvic organ prolapse, when organs such as the bladder, uterus, or rectum drop from their normal locations.

Dr. Grigoriev says those with overactive bladders can often find relief just by changing their diets. "Dietary changes can make a tremendous difference," he says. "Avoiding things that irritate the bladder, regulating your amount of fluid intake, and increasing your dietary fiber are just a few ways you can help your overactive bladder." (See sidebar at right)

Strengthening the pelvic muscles can also help those who leak just a few drops of urine while sneezing, laughing, or coughing, or who have a strong, sudden urge to urinate or leak stool. Kegel exercises are the most commonly used. Learn more about Kegel exercises at lasvegasuregynecology.com.



▶ **Dr. Victor Grigoriev**, board-certified urogynecologist, says dietary changes can provide relief for those with overactive bladders.

Surgical options

Depending on what is causing the urinary incontinence, conservative measures such as behavioral or physical therapy may not work, so surgery can also be an option. While every woman's problems differ and require individualized treatment approaches, many minimally-invasive techniques are available today.

At St. Rose Dominican, Dr. Grigoriev, who began using the daVinci® Surgical System for other procedures approximately five years ago, is now using the system to correct pelvic floor disorders. The minimally invasive procedure is done using small incisions in the abdomen. "This robotically controlled procedure decreases the risk of infection and allows me to put the pelvic organs back into a more correct anatomical position while avoiding the use of vaginal mesh," says Dr. Grigoriev. "Repositioning the organs takes the pressure off of the muscles, which relieves symptoms, and women typically recover within 1-2 weeks depending on the degree of their prolapse."

If you are having problems with urinary incontinence, know that you're not alone and that there are things you can do to relieve your symptoms. Talk with your doctor to learn about your options or find a St. Rose physician who treats urinary incontinence by calling 702.616.4900. **WC**

How to train your bladder

1. Keep a diary of fluid intake and urination - just the simple act of keeping a diary has been shown to decrease urinary frequency and incontinence by 40 percent
2. Timed voiding - Use the restroom on a schedule (e.g., every two hours) before the urge occurs; this trains the bladder and decreases episodes of leakage
3. Drink fluids in moderate amounts and slowly over the course of the day. Your bladder can accommodate more volume if it is filled slowly
4. Work on constipation and regular bowel movements

Incontinence: Foods to avoid

Doctors have identified a number of foods and drinks that can worsen overactive bladders as they contain irritants that, when collected in the bladder, can cause the bladder muscles to spasm. Those spasms can create the sudden urge to urinate and increase your frequency of urination.

- Tomato-based products
- Coffee and tea
- Chocolate
- Citrus fruits
- Alcohol
- Carbonated drinks
- Artificial sweeteners
- Spicy foods
- Raw onions
- Cranberries



Incontinence: Foods to eat

Make your diet as simple as possible, says Dr. Grigoriev. "Very often, I have my patients start off with cream of wheat and baby food and then add foods back little by little to see what causes problems." Constipation can cause or exacerbate an overactive bladder, so eat plenty of

- Grains
- Legumes
- Vegetables

Juices that won't irritate your bladder include apple, grape, cherry, and cranberry juices. They also help by making urine more acidic, preventing the spread of bacteria and controlling urine odor. Drink plenty of water to hydrate your body.

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:

Henderson

Family/Internal Medicine

Celeste Atkinson, MD

Theodore Leon, DO

Harpreet Panesar, DO

Susan Ritter, MD

Raji Venkat, MD

Pediatrics

Emily Peterson, DO

Peccole Plaza

Internal Medicine

Rama Harouni, MD

Joseph Lee, MD

Pediatrics

Karen Swarts, MD

Olivia Yuson, MD

Rheumatology

Elham Taherian, MD

Rose de Lima

Family Medicine

Joe Johnson, MD

Southwest

Family/Internal Medicine

Ethan Cruvant, MD

Paul T. Emery, MD

Christopher Mercado, MD

Barry Nahin, MD

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.



winter calendar

OF CLASSES AND UPCOMING EVENTS

WomensCare Center Staff

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

Location Abbreviations

- COND** - Siena Campus - Conference Room D, Henderson
- GV** - WomensCare/Outreach Center, Green Valley
- HEND** - NEW! Outreach/FTF Center, Rosa de Lima Campus
- MAC** - Siena Campus - MacDonald Room, Henderson
- RAN** - Rose de Lima Campus - Annex, Henderson
- RDL** - Rose de Lima Campus, Henderson
- SAN** - San Martín Campus, Las Vegas
- SGR** - Siena Campus - Garden Room, Henderson
- WEST** - WomensCare/Outreach Center, Las Vegas

▶ diabetes management

Do you have pre-diabetes or risk factors for diabetes?

What is Pre-Diabetes?

Learn how to avoid or delay diabetes.

Thursday, Feb. 26; 2:30-4:30 p.m.

Tuesday, Mar. 17; 9:30-11:30 a.m.

Monday, Apr. 20; 10 a.m.-noon

GV: FREE

National Diabetes Prevention Program

If you have pre-diabetes or other risk factors for type 2 diabetes, modest lifestyle changes - eating healthier, being more physically active, and reducing stress - can help you avoid the bigger changes that come with managing type 2 diabetes. Enroll in this proven program led by the Centers for Disease Control and Prevention. Call 702.616.4914.

Thursdays – Apr. 23 until Aug. 6; 2:30-3:30 p.m.

GV: \$40 to enroll, \$10 per session

Lab Screenings for Diabetes

Glucose \$5, A1C \$10. A 12-hour fast is required.

Saturday, Feb. 21; 8-9:30 a.m.

MAC: Appointment needed

Tuesday, Mar. 24; 8-10 a.m.

GV: Appointment needed

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

WEST: Appointment needed

Newly diagnosed with diabetes?

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 available with an option for additional visits done individually or in group classes with an RN and/or RD with advanced training in diabetes education. Flexibility in individual visit scheduling.

Group classes are as follows:

Tuesdays & Wednesdays – Feb. 10 & 11, Mar. 10 & 11,

Apr. 7 & 8; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – Feb. 24 & 25, Mar. 24 & 25,

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

GV: Call 702.616.4975 for information and registration

Need support making lifestyle changes with diabetes?

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. Compliments your current treatment.

Mondays – Apr. 6 until May 11; 1-3:30 p.m.

GV

Thursdays – Apr. 23 until May 28; 10 a.m.-12:30 p.m.

HERTIAGE 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 can help manage your diabetes! A clinical champion will help you set goals as you participate in a Stanford Diabetes Self-Management Program to maximize your experience and knowledge. Available in English and Spanish. Call 702.616.4914 for more information.

National Diabetes Alert Day

Are you at risk for diabetes? Take the Diabetes Risk Test and raise your awareness! Lab Screenings (fast for 12 hours): Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, HbA1c (diabetes) \$10, Thyroid Panel (TSH & T3 & T4) \$10. Join Sherry Poinier, RD, CDE, for a lecture on preventing type 2 diabetes; BMI and weight checks; exercise demos; healthy cooking demo with Samantha Louie, RD, educational resources, and more.

Tuesday, Mar. 24; 8-10 a.m.

GV: reserve your spot and schedule your lab appointment 702.616.4900.

- 1. WomensCare/WIC Center - Green Valley**
2651 Paseo Verde Parkway, Suite 180
- 2. Siena Campus**
3001 St. Rose Parkway
- 3. Rose de Lima Campus**
102 E. Lake Mead Parkway
- 4. WomensCare/ Outreach Center - Henderson**
98 E. Lake Mead Parkway, Suite 301
- 5. San Martín Campus**
8280 W. Warm Springs Road
- 6. WomensCare Center - West**
7220 S. Cimarron Road, Suite 195

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

winter calendar

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

Heart Health Fair

The Heart Doctor is IN

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

- Lab Screenings (fast for 12 hours): Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, HbA1c (diabetes) \$10, Thyroid Panel (TSH & T3 & T4) \$10.
- Tips on healthy eating from Samantha Louie, RD
- No-Cost Screenings: Blood Pressure; Body Fat & BMI; Carbon Monoxide; 3-Lead Heart Rhythm Strip; Stroke Risk; Medication Checks (bring medications to review); Hands Only CPR Demos; Exercise Demos; Educational Resources; Raffle Drawings; and more!

9:30-10:30 a.m.: Understand the signs and symptoms of atrial fibrillation with Dr. Arjun Gururaj, Cardiologist.

Saturday, Feb. 21; 8-10:30 a.m.

MAC: Seating is limited. Call 702.616.4900 to register and schedule your lab appointment.

Happy Feet Screenings

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

Saturday, Mar. 21; 1-3 p.m.

GV: FREE - appointment required

heart & stroke programs

Heart Healthy Lifestyle

Get a healthy heart through nutrition facts, meal planning tips, and regular exercise from Samantha Louie, RD.

Wednesday, Mar. 18; 10-11:30 a.m.

GV: FREE

Cardiac Nutrition

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

Thursday, Apr. 30; 10-11:30 a.m.

GV: FREE

Blood Pressure Screenings

Saturday, Feb. 21; 8-9:30 a.m.

MAC: FREE

Tuesday, Mar. 24; 8-10 a.m.

GV: FREE

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

WEST: FREE

Heartsaver CPR/AED

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

Wednesday, Feb. 25; 5-9 p.m.

Wednesday, Mar. 18; 5-9 p.m.

Wednesday, Apr. 22; 5-9 p.m.

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

smoke-free

Stop Smoking with Hypnosis

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

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

GV: \$25 (includes CD)

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

WEST: \$25 (includes CD)

Freedom from Smoking

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

Tuesdays – Feb. 24-Apr. 7 & Thursday, Mar. 19; 5:30-7 p.m.

SAN: FREE

Nevada Tobacco Users Helpline

When you are ready to stop smoking, a professional counselor will help you individualize a plan for success. **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.

Wednesday, Apr. 15; 2-4 p.m.

GV: FREE - appointment required

Cancer Thriving & Surviving

Are you a patient in treatment or a cancer survivor? Stanford School of Medicine's six-week program can help you set personal goals and develop skills to regain control of your life. Enhances regular treatment with techniques to deal with poor sleep and living with uncertainty; exercise strategies; treatment decisions; complementary therapies; healthy eating; communication skills; and much more!

Mondays – Feb. 23 until Mar. 30; 11 a.m.-1:30 p.m.

GV

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.

GV; WEST: \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at 702.616.7525 if you are under age 49 or call the Mammovan if over age 50 at 877.581.6266. Funded by Susan G. Komen for the Cure® and the National Breast Cancer 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, Feb. 26; 8-10 a.m.

Tuesday, Mar. 31; 8-10 a.m.

Wednesday, Apr. 22; 8-10 a.m.

GV: \$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 arterial fibrillation. Call 1.800.690.0295 or visit lifelinescreening.com for details and to register.

Various Locations: \$139

Mammograms on the Mammovan

Early detection saves lives! Call 877.581.6266 to schedule an appointment on Nevada Health Center's Mammovan. Insured and uninsured patients accepted.

Wednesdays, Feb. 11 & Mar. 11; 8 a.m. - 4 p.m.

GV

Komen Race for the Cure

Join the St. Rose WomensCare team to Race for the Cure! <http://komensouthernnevada.org>

Saturday, May 2
FREMONT STREET EXPERIENCE

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

Health Screenings

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

Saturday, Feb. 21; 8-9:30 a.m.

MAC: See prices above. Appointment needed

Tuesday, Mar. 24; 8-10 a.m.

GV: See prices above. Appointment needed

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

WEST: See prices above. 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, Mar. 4; 9 a.m.-noon

WEST: FREE - appointment needed

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

GV: FREE - appointment needed

Do You See What I See?

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

Wednesday, Mar. 25; 10 a.m.-noon

GV: FREE - appointment needed

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

WEST: FREE - appointment needed

▶ **immunizations**

Shot Records

Find and print your child's official shot record. Visit the Nevada WebIZ Public Access Portal at: izrecord.nv.gov or call 1.877.NV.WEBIZ (1.877.689.3249).

▶ **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

GV WIC: FREE

Weight Management Club

Free monthly weight management group with St. Rose registered dietitians.

Wednesdays – Feb. 25, Mar. 25 & Apr. 29; 5-6 p.m.

GV: FREE

Hypoglycemia Awareness

"What is Hypoglycemia"? Learn how to treat and avoid the symptoms from Sherry Poinier, RD, CDE.

Tuesday, Mar. 17; 1-2:30 p.m.

GV: FREE

Eating on the Run

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

Thursday, Mar. 5; 10-11:30 a.m.

GV: 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, Mar. 12; 1-2:30 p.m.

GV: FREE

Living Gluten Free

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

Wednesday, Apr. 22; 1-2:30 p.m.

GV: FREE

Lose Weight with Hypnosis

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

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

GV: \$25 (includes CD)

Tuesday, Apr. 21; 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 insurance 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

Zumba GOLD

Show aging who's "the boss" with low impact dance for the young at heart.

Wednesdays – 9-10 a.m.

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

Walking Clubs

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

Thursdays – 8-9 a.m.

Red Hot Mamas

Sex and Menopause: What's age got to do with it?

Join Dr. Donna Miller, OB/GYN, to learn about sex and intimacy changes that sometimes interrupt a happy sex life. Find the right shade of red, and romantic looks with Jeannine Mason.

Thursday, Feb. 26; 6-8 p.m.

Sleep and Menopause: Sleepless in Menopause City

Dr. Camille Falkner, OB/GYN, will discuss how symptoms of menopause may cause difficulty sleeping and what women can do about sleep problems and disorders. Wear comfortable clothes for yoga and calming relaxation session.

Thursday, Mar. 26; 6-8 p.m.

Making Time for Menopause: Unraveling the Mystery

Join Dr. Nadia Gomez, OB/GYN, to learn the latest information and facts about menopause; the effects it may have on your health; and available prescribed and alternative treatment options. Session includes Zumba class. Dress appropriately.

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

All meetings take place at GV location. Register online or by calling 702.616.4900.

Beginner Pilates

Build a strong core with floor exercises.

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

GV: \$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

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



winter calendar

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

Support Groups

COND - Siena Campus - Conference Room D, Henderson
GV - WomensCare Center, Green Valley
MAC - Siena Campus - MacDonald Room, Henderson
RAN - Rose de Lima Campus - Annex, Henderson
SAN - San Martín Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
WEST - WomensCare Center, Las Vegas

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

Aphasia & Stroke Lunch Bunch - 1st & 3rd Wednesdays,
Noon **GV**

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

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

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

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

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

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

Gamblers Anonymous - Tuesdays, 6 p.m.; Fridays,
7 p.m.; Saturdays, 6 p.m. **COND**; Saturdays, 12:30 p.m.
SAN

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

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

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

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

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

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. **GV**

Transitions of Aging - 1st & 3rd Tuesdays, 11 a.m. **GV**

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

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

Tuesdays & Thursdays - 10-11 a.m. with Jeannine

GV: \$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 (for all levels)

Learn alignment and foundation concepts to deepen your yoga practice.

Mondays - 5:30-6:30 p.m. with Dorothy

GV: \$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

GV: \$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

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.

GV: \$3 per session or 10 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

Chair Exercise

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

Mondays - 9-10 a.m. with Paige

GV: 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

Belly Dancing

2nd Saturday - Feb. 14, Mar. 14, Apr. 11; 10:30 a.m.-noon
with Goldie

WEST: FREE

wellness

Healthier Living

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

Thursdays - Mar. 5 until Apr. 9; 10 a.m.-12:30 p.m.

HERITAGE PARK SENIOR FACILITY: 300 S. Racetrack Rd.
Call 702.267.2950

Fridays - Apr. 10 until May 15; 9:30 a.m.-noon
GV

Energy Healing Circle

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

1st Tuesday - Feb. 3, Mar. 3, Apr. 7; 7-8 p.m.

WEST: FREE

AARP Smart Driver Program

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

Monday - Feb. 9, Mar. 9 or Apr. 13; 9 a.m.-1 p.m.

Friday - Feb. 27, Mar. 27 or Apr. 24; 1-5 p.m.

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

Medicare ABCD's

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

Tuesday - Feb. 10, Mar. 10 or Apr. 14; 9-10 a.m.

GV: FREE

Balancing Energy Fields

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

2nd Tuesday - Feb. 10, Mar. 10, Apr. 14; 6-8 p.m.

WEST: \$5

Safety Tips for Women

Learn "how not to" become a victim with safety tips from Officer Raymond Wilkins, Henderson Police Department.

Saturday, Mar. 21; 10 a.m.-noon

GV: FREE

Lunch and Learn with a Doc

Pelvic Prolapse & Incontinence

Join Sarah Ryan, M.D., licensed urologic surgeon, to learn about pelvic prolapse, urinary incontinence, and how you can find relief.

Wednesday, Mar. 4; Noon-1 p.m.

SAN: Seating limited

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

Relaxation Meditations

Practice techniques that promote peace and health.
2nd Tuesday – Feb. 10, Mar. 10, Apr. 14; 5:30-6:30 p.m.
with Dorothy
 GV: FREE
1st Tuesday – Feb. 3, Mar. 3, Apr. 7; 5:45-6:45 p.m. *with Anna*
 WEST: FREE

Safe Sitter

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

Essential Oils

Enjoy a relaxing, educational evening incorporating powerful essential oils into everyday home and personal use.
Thursday, Feb. 19; 6-7:30 p.m.
 GV: FREE
Thursday, Mar. 19; 6-7:30 p.m.
 WEST: FREE

Communication through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.
Fridays – Mar. 13, 20 & 27; 3:30-5 p.m.
 GV: FREE
Fridays – Apr. 10, 17 & 24; 3:30-5 p.m.
 WEST: FREE

Celebration Labyrinth Walk

Celebrate the new season and count your blessings with each step through the labyrinth.
Friday, Mar. 20; 2 p.m.
 GV: FREE
Friday, Apr. 17; 6 p.m.
 SAN: Outside of ER

Knit To Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!
2nd & 4th Thursdays – Feb. 12 & 26, Mar. 12 & 26, Apr. 9 & 23; 10 a.m.-noon
 GV: FREE
2nd & 4th Thursdays – Feb. 12 & 26, Mar. 12 & 26, Apr. 9 & 23; 1-3 p.m.
 WEST: FREE

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.
Thursday, Apr. 23; 6-7 p.m.
 GV: FREE

Tea & Talk Book Club

Call 702.616.4900 for monthly book titles.
3rd Thursday – Feb. 19, Mar. 19, Apr. 16; 2:30-3:30 p.m.
 GV: FREE

Self Hypnosis for Change

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.
Wednesday, Mar. 4; 6-8 p.m.
 WEST: \$25 (includes CD)
Thursday, Apr. 30; 6-8 p.m.
 GV: \$25 (includes CD)

Senior Peer Counseling

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

▶ *pregnancy & childbirth*

Call 702.616.4900 (24/7) or log on to StRoseHospitals.org/classes 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 702.882.1795.
Saturdays – 10-11 a.m.
 GV: 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 – Feb. 3, Mar. 3, Apr. 7; 1-3 p.m.
 WEST: \$10
2nd Friday – Feb. 13, Mar. 13, Apr. 10; 3-5 p.m.
 GV: \$10
3rd Friday – Feb. 20, Mar. 20, Apr. 17; 3-5 p.m.
 HEND: \$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.
 GV: \$3 per class or 10 sessions for \$20
2nd Mondays – 5-6 p.m.
 WEST: \$3 per class or 10 sessions for \$20

▶ *breastfeeding*

Breastfeeding Helpline

Certified Lactation Consultants or Counselors help 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. GV: \$50 for St. Rose Dominican patients; \$75 for all other clients.

Baby Weigh Stations

Free weight checks; no appointment necessary. GV: WEST: HEND



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 & every Tuesday evening, SAN MARTIN CAMPUS; 3rd Saturday afternoons & 4th Monday evenings, SIENA CAMPUS

Baby Basics - \$30: GV & WEST

Boot Camp for New Dads - \$20: GV

Breastfeeding - \$30: GV & WEST

Childbirth Express - \$35: GV

Gestational Diabetes Consultations - 702.616.4975

Infant CPR - \$20: GV & WEST

Prepared Childbirth - \$50: GV & WEST

Smoking Cessation for Pregnancy - Call the Nevada Tobacco Users' Helpline: 702.877.0684

Substance Abuse Help for Pregnancy - 702.486.8250

winter calendar

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

Breastpump Rentals

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

GV: WEST

New Mommy Mixer

Mondays – 11 a.m.-noon

HEND: FREE

Wednesdays – 11 a.m.-noon

WEST: FREE

Fridays – 11 a.m.-noon

GV: FREE

La Leche League

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

4th Thursday – Feb. 26, Mar. 26, Apr. 23; 10-11 a.m.

HEND: FREE

▶ infants, children & parenting

Call 702.616.4378 for HEND programs
Call 702.616.4900 for GV & WEST programs

Cooking Demonstration with WIC Foods

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

3rd Thursday – Feb. 19, Mar. 19, Apr. 16; 11:30 a.m.-Noon

GV: FREE - Call 702.616.4905 to register

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



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.

GV: HEND: WEST

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.

Fridays – 12:30-1:30 p.m.

GV: 10 classes for \$110

Dancing with Miss Jenny®

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

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

GV: FREE

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

WEST: FREE

Fridays – 11:30 a.m.-Noon

HEND: FREE

Toddler Play Group

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

Tuesdays – 12:15-1:15 p.m.

GV: FREE

Tuesdays – 3-4 p.m.

WEST: FREE

Infant Development

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

Mondays – 2-3 p.m.

GV: 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.

HEND: FREE - Call 702.616.4378 for dates.

Infant Nutrition

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

Wednesdays – 2-3 p.m.

GV: 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.

GV: FREE

1st & 3rd Thursdays – Feb. 5 & 19, Mar. 5 & 19,

Apr. 2 & 16; 1-1:30 p.m.

WEST: FREE

3rd Tuesday – Feb. 17, Mar. 17, Apr. 21; 11-11:30 a.m.

HEND: FREE

Wee Can Sign: Baby Sign Language Level I

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

Fridays – Mar. 13, 20, 27 & Apr. 3; 11 a.m.-Noon

Fridays – Apr. 17, 24, May 1 & 8; 11 a.m.-Noon

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

Thursdays – Apr. 9, 16, 23 & 30; 11 a.m.-Noon

Saturdays – Mar. 7, 14, 21 & 28; 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. For more information, visit WeeCanSign.com.

Fridays – Feb. 13, 20, 27 & Mar. 6; 11-11:45 a.m.

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

Thursdays – Feb. 19, 26, Mar. 12 & 19; 11-11:45 a.m.

Saturdays – Apr. 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.

2nd Fridays – Feb. 13, Mar. 13, Apr. 10; 1-3 p.m.

HEND: FREE

Love & Logic: Parenting Made Fun!

Learn practical skills to handle the most frustrating parenting concerns for kids birth to 5 years of age! Five-week series. \$50 (Scholarship available, please call for details)

Wednesdays, Mar. 11, 18, 25, Apr. 1, 8; 3-5 p.m.

HEND

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.

Wednesdays – 10-11 a.m.

HEND: FREE

Crawlers & Climbers

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

1st & 3rd Fridays – Feb. 6 & 20, Mar. 6 & 20, Apr. 3 & 17; 10-11 a.m.

HEND: FREE

Celebrate Breastfeeding!

Join us to celebrate the Siena Campus Baby-Friendly designation with refreshments, blessings, and gifts.

**Wednesday, Feb. 18;
Noon-1 p.m.
MAC**



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

Health Care for the Body, Mind, and Spirit

The demand for women’s and children’s health care services in southern Nevada continues to grow. So much so that Dignity Health - St. Rose Dominican is opening a third WomensCare Center of Excellence to meet that demand.



The WomensCare Centers of Excellence have embraced women, men, and children by providing no or low-cost health, support, and fitness services since 1998, when the first center opened. The second WomensCare Center opened near the San Martin Campus in 2007 to expand services into the southwest part of Las Vegas, and a third WomensCare Center is now opening on the Rose de Lima Campus at 98 E. Lake Mead Parkway, Suite 301, in Henderson.

“We’ve wanted to open a WomensCare Center near the Rose de Lima Campus for several years,” says Holly Lyman, director of WomensCare and Community Outreach. “We’re thrilled that we will now be able to offer our services at a more convenient location for those who live in this part of Henderson.”

Programs and services will be similar to those offered at the other two centers:

- Breastfeeding support and pump rentals
- Chronic disease management
- Diabetes education and management
- Exercise and fitness programs
- Family to Family Connection services
- Health screenings
- Helping Hands of Henderson
- Parenting classes
- Physician lectures
- Prenatal education
- Safety and injury prevention
- Support groups
- WIC (Women, Infants & Children) Programs

“The staff and volunteers at our WomensCare Centers – many of whom used our services before joining us – share in the commitment to delivering high quality, compassionate health services,” says Holly. “We truly bond with the women we assist and consider it a privilege to be of service.” **WC**

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— *Maya Angelou*

WomensCare Centers of Excellence locations

Green Valley location

2651 Paseo Verde Parkway, Suite 180
Henderson, NV 89074

Henderson location (new)

98 E. Lake Mead Parkway, Suite 301
Henderson, NV 89015

West location

7220 S. Cimarron Road, Suite 195
Las Vegas, NV 89117



Dignity Health™

St. Rose Dominican

102 East Lake Mead Parkway
Henderson, Nevada 89015
702.616.4900
StRoseHospitals.org

Non-Profit
Organization
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St. Rose
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Postmaster: Please deliver within February 1-4.



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Rob Graham
Managing Partner
Licensed in Nevada
U.S. Supreme Court



Linda Graham
Senior Partner
Licensed in Nevada
U.S. Supreme Court



Delwyn Webber
Senior Partner
Licensed in Nevada
U.S. Supreme Court



Audrey Galloway
Senior Associate
Licensed in Colorado



Jeremy Kirschner
Senior Associate
Licensed in Nevada &
Washington



Becky Harris
Senior Associate
Licensed in Nevada



Michele Chambers
Associate
Licensed in Utah



Damien Gang
Associate
Licensed in Colorado &
Nebraska



William Ellison
Associate
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Summerlin
10000 W. Charleston Blvd.
(W. Charleston & Hualapai)

Henderson
701 N. Green Valley Pkwy
(Green Valley & 215)

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