



Dignity Health™  
St. Rose Dominican

TOGETHER IN HEALTH AND HAPPINESS

# Reach

WINTER 2016 ISSUE

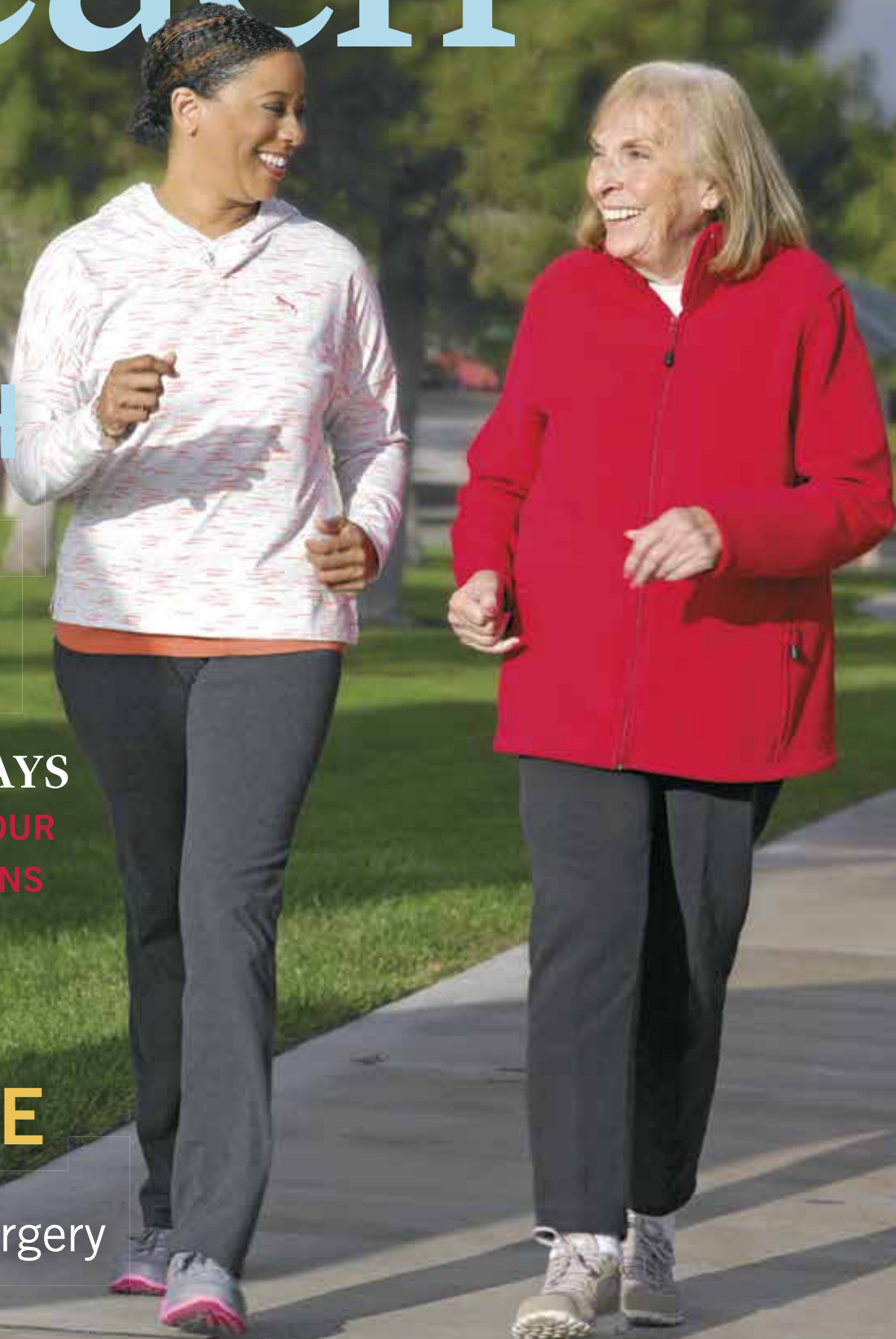
## MAKE A FRESH START

Ideas and inspiration  
to help you welcome  
a healthy new year!

## 3 WISE WAYS TO ROCK YOUR RESOLUTIONS

## WEIGHT NO MORE

Talking about  
weight-loss surgery



## Fresh starts

The new year is a time for fresh starts and new, positive habits. In this issue of *Reach*, we encourage you to “Make a Fresh Start”—and we’re here to help. Four of our experts share their heart-healthy tips for 2016. You can also learn about a new St. Rose program to detect lung cancer. And discover classes, support groups, and events for a healthier new year.

As we welcome the new year at Dignity Health, we’re as resolved as ever to uphold our mission to help unleash the healing power of humanity. We believe that, through humankindness, we can help improve the quality of life for those in our community. When one person connects with another, it strengthens them both. These connections work wonders for the human spirit.

We wish you and yours good health and many blessings in the new year.

**Brian G. Brannman**  
Senior vice president of operations, Dignity Health Nevada; president/CEO—Siena Campus



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# INSIDE & ONLINE

## Reach magazine



**ON THE COVER**  
Shelley Williams, diabetes educator, and Marian Brown get “Fit & Strong” (see page 7)

**4 KEEP THE BEAT GOING STRONG**  
Four of our experts share 16 ways to love your heart in 2016.



**12 WEIGHT LOSS BRINGS GAINS**  
How bariatric surgery helped Corrine Pace start fresh.



**15 INSPIRED TO HELP OTHERS**  
Sister Katie—teacher and traveler. Here to serve.

## Reach online StRoseReach.org

**New online!**  
Bake up breakfast—the night before!

**Recipe:**  
Breakfast ‘square-meal’ squares



**7** surprising ways you may be sabotaging your diet

**H Change jobs. Change lives.**

Join the humankindness movement at St. Rose Dominican—apply online at [DignityHealthCareers.org](http://DignityHealthCareers.org).

**Rock your resolutions!**  
Browse all of our fitness and health and wellness classes at [StRoseReach.org](http://StRoseReach.org).

EVEN MORE WAYS TO CONNECT

[StRoseHospitals.org](http://StRoseHospitals.org)

# 5 STEPS TO CLEAN HANDS

Wet your hands with clean, running water (it can be warm or cold). Apply soap.

## STEP 1

Rub your hands together to make a lather. Scrub hands well all over—make sure to scrub the backs of your hands, between your fingers, and under your nails.

## STEP 2

## STEP 3

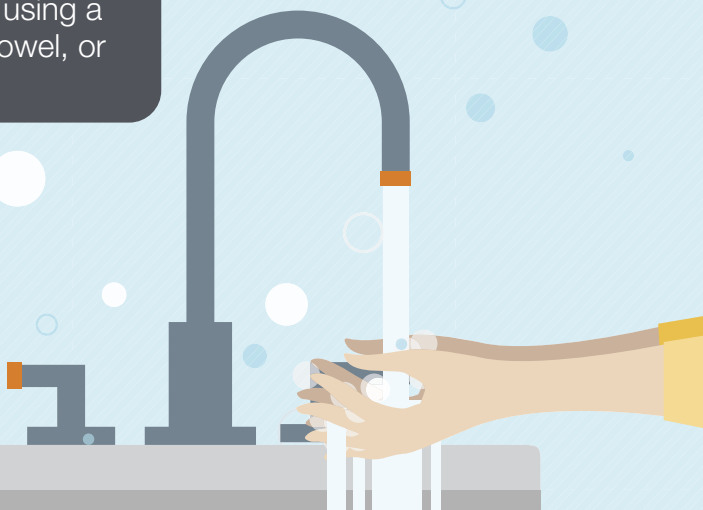
Continue rubbing hands together for at least 20 seconds—that's about as long as it takes to hum the "Happy Birthday" song from beginning to end twice.

## STEP 4

Rinse your hands well under running water.

Dry off using a clean towel, or air dry.

## STEP 5



*Why we give*

**partnership**  
FOR COMPASSIONATE CARE  
*Siena Campus Patient Tower Campaign*

“As former patients, we learned that humankindness is more than just a slogan. Compassionate care is a two-way street, and the best way to ensure that such care is always available is through the support of the community.”

—David and Rosalyn Berman

To give to the St. Rose Dominican Health Foundation, visit [SupportStRose.org](http://SupportStRose.org) or call **702.616.5750**.

The Barbara Greenspun WomensCare Centers of Excellence have supported Dignity Health–St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our three convenient locations. For information, visit [StRoseHospitals.org](http://StRoseHospitals.org).

HEARTFELT ADVICE

# 16

## QUICK TIPS for a HEART-HEALTHY 2016

Every day of your life, you march to the beat of your own special drummer: your heart. To help keep your personal percussionist in tip-top shape in 2016 and beyond, give these suggestions from St. Rose Dominican experts a try.

### Save the date!

Every year, heart disease and stroke cause 1 in 3 deaths in U.S. women. It's time to put our hearts into it and **Go Red For Women**.

### National Wear Red Day

Friday, Feb. 5

Wear red, raise your voice, know your cardiovascular risk, and take action to live a longer, healthier life!

### Go Red For Women Luncheon

Thursday, Feb. 25  
10 a.m. to 2 p.m.

Aria Resort & Casino

For more information on the luncheon, visit [heart.org](http://heart.org) and click on "Local Info."



Go Red For Women is nationally sponsored by



## The family doctor says...

Jennifer Dalrymple, DO,  
Dignity Health Medical Group Nevada

**1 MEASURE UP.** Excess body fat, particularly in your belly, can strain your heart. If you're a woman, work to whittle down your middle to 35 inches or less. For men, make that 40 inches or less.

**2 MIND YOUR NUMBERS.** High blood pressure, high cholesterol, and high blood sugar increase heart disease risk. Get your numbers checked—and seek your doctor's advice on lowering any that are too high.

**3 KNOW YOUR FAMILY HISTORY.**

Heart problems can run in families. Let your doctor know if you have close relatives—parents or siblings—with a history of heart disease.

**4 KICK BUTTS.**

Smoking is a major risk factor for heart disease. (See page 14 for help to quit for good.)

Jennifer Dalrymple, DO



## The nutrition expert says...

**Samantha Louie,**  
Registered Dietitian,  
Dignity Health—St. Rose Dominican

**5 GO FISH.** The omega-3 fatty acids that help protect your heart come in some delicious packages: think salmon, sardines, or lake trout. Twice a week, grill or bake a 3.5-ounce serving, squeeze on some lemon juice, and enjoy!

**6 GET GRAINY.** Swapping refined grains for whole grains may

lower your risk of heart disease by roughly 25 percent. There are plenty of delicious, easy-to-prepare options, from whole-wheat pasta to unsalted popcorn.

**7 MAKE A FIST.** Take control of portion sizes. You might start by downsizing your dinner plates. And here's a quick guide: Keep individual servings to between ½ and 1 cup or about the size of a woman's fist.

**8 SHAKE THE SALT.** Americans get most of the sodium in their diets from processed foods. So compare food labels and choose low-sodium options. Better yet, eat more homemade foods flavored with herbs and spices.

**9 BE A LITTLE NUTTY.** A handful of unsalted nuts—walnuts are especially high in omega-3 fatty acids—makes a heart-healthy snack. Nuts are high in calories, so keep portions small.

## The fitness expert says...

**Dorothy Guy,** Fitness Instructor,  
Barbara Greenspun WomensCare  
Centers of Excellence

**10 EXERCISE THE POWER OF PLANNING.** Put workouts on your schedule as unbreakable appointments. Join a dance or yoga class. Plan active outings with friends and family.

**11 WALK ON BY.** Brisk walks help keep tickers in tune as effectively as jogging. The more steps you take each week, the greater the health benefits. Shoot for a total of 30 minutes on most days. You can break it up into three 10-minute walks.

**12 HAVE A HEART FOR STRENGTH TRAINING.** It's great for your heart, muscles, and bones. Start with light weights and build up gradually.

## The wellness expert says...

**Jacqueline Kennedy,**  
Wellness Instructor,  
Dignity Health—St. Rose Dominican

**13 SLEEP TIGHT.** Getting enough shut-eye is important to heart health. For most adults, that means seven to nine hours each night.

**14 CHILL OUT.** Stress can lead to high blood pressure, inactivity, and overeating—all of which are hard on your heart. For healthy stress relief, spend at least 15 minutes a day engaged in a hobby or other activity that makes you happy.

**15 BE A SOCIAL BUTTERFLY.** Human connection can help keep hearts happy and healthy. Get out and connect: join a book club, volunteer at a senior center, or start a neighborhood hiking group.

**16 YUK IT UP.** Laughter lowers stress—and is good for your arteries. So read a few jokes or watch a funny movie and LOL!

From left: Samantha Louie, Dietitian;  
Jacqueline Kennedy, Wellness Instructor;  
Dorothy Guy, Fitness Instructor



# Make a fresh start!

3 R's for achieving your health goals in the new year



**Shirley Rodriguez, DO**  
Family medicine physician  
at Dignity Health Medical  
Group Nevada

## Cheers to the new year.

It's a chance for you to hit the reset button on your resolutions. Maybe you fell short of your health goals in the past, but don't let that lapse get you down.

Shirley Rodriguez, DO, family medicine physician with Dignity Health Medical Group Nevada, says, "Maybe it's time to jump-start them again." Here are three strategies from Dr. Rodriguez to help you successfully revive health goals gone awry:

### 1. Reflect

Think about why your resolution fizzled out. Ask yourself:

**Was it realistic?** If you never exercise, deciding to hit the gym every morning probably isn't realistic. Attainable goals—like "I'll get off the bus three blocks before my stop and walk the rest of the way"—set the stage for success you can build on.

**What got in the way?** Boredom, lack of time, and not having a concrete plan are common obstacles.

**What worked?** Every time you try a new behavior, whether it's quitting tobacco or finding ways to relieve stress, you discover two things: what

doesn't work—and what does. That's valuable knowledge to apply to your next try.

### 2. Refine

Once you've decided on a realistic resolution, tweak it until it's specific. You might refine:

- "Exercise more" to "Walk more this week" or "Take two 10-minute walks every day."
- "Eat less junk food" might become "Freeze grapes for afternoon snacks."

Another key refinement: write down a detailed plan for meeting each goal.

### 3. Redesign

Does the treadmill bore you? Try kickboxing or rowing. Is life's chronic time crunch sabotaging your efforts to eat more veggies? Switch from fresh to quicker-to-fix frozen. They're equally nutritious. Does driving tempt you to smoke? Stock your car with toothpicks to nibble on instead.

As you redesign resolutions, says Dr. Rodriguez, consider adding strategies that help with motivation:

- Track your progress in a journal.
- Partner with someone who shares your goal. Cheer each other on—and hold each other accountable for sticking to the plan.
- Program an electronic device to send you reminders, such as "Schedule a health screening," "Meet your exercise buddy," or "Take time to de-stress."

Finally, if your resolve dissolves again, go easy on yourself. You can always take what you learned today and try again tomorrow.



*Start by doing what's necessary,  
then do what's possible, and suddenly  
you are doing the impossible.*

—Francis of Assisi

# For your HEALTH

## WINTER 2016 CALENDAR OF CLASSES AND EVENTS



Call **702.616.4900** for information and to enroll in classes. Learn more at **StRoseReach.org**.



### Fitness

#### Dragon Boat Paddling

Paddle for fun and fitness. Open to experienced and beginner paddlers. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub). LLV: \$10 per person

#### Enhance Fitness

Evidence-based exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence. Mondays and Wednesdays, 3:45 to 4:45 p.m. **GV** FREE

#### Zumba GOLD

Low-impact dance for the young at heart. Wednesdays, 10:30 to 11:30 a.m. **GV** \$5 per session or five sessions for \$20

#### Walking Clubs

For all ages and fitness levels. Call **702.616.4902** for seasonal meeting locations. Mondays and Thursdays, 8:30 to 9:30 a.m.

#### Beginner Pilates

Build a strong core with floor exercises. Wednesdays, 10:30 to 11:30 a.m. **GV** \$5 per session or five sessions for \$20

#### Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target the woman's aging zones. Tuesdays and Thursdays, 9 to 10 a.m. **GV** \$5 per session or five sessions for \$20

#### Gentle Yoga

Gain flexibility and balance through gentle yoga movements. Tuesdays and Thursdays, 10 to 11 a.m. **GV** \$5 per session or five sessions for \$20 Mondays and Wednesdays, 9 to 10 a.m. Fridays, 10:20 to 11:20 a.m. **WEST** \$5 per session or five sessions for \$20

#### Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your practice. Mondays, 5:30 to 6:30 p.m. **GV** \$5 per session or five sessions for \$20

#### Mixed-Level Yoga

Requires experience beyond beginner. Bring a block and strap, if possible.

Tuesdays, 3 to 4 p.m. Wednesdays, 5:45 to 6:45 p.m. **GV** \$5 per session or five sessions for \$20

#### Vinyasa Flow Yoga

Follow your breath and move through postures to build strength, balance, and flexibility. Tuesdays, 6 to 7 p.m. Fridays, 9 to 10:15 a.m. Saturdays, 9 to 10 a.m. **WEST** \$5 per session or five sessions for \$20

#### Tai Chi

Learn graceful Chinese martial art moves to improve balance and relaxation. Intermediate: Wednesdays, 1:30 to 2:30 p.m. Advanced: Wednesdays, 2:30 to 3:30 p.m. **GV** \$3 per session or 10 sessions for \$20

#### Zumba Fitness

Mondays and Thursdays, 6 to 7 p.m. and 7:15 to 8:15 p.m. **WEST** \$5 per session, five sessions for \$20, or 10 sessions for \$30

#### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise. Thursdays, 3 to 4 p.m. **WEST** FREE

#### Fit & Strong

A 12-week program that combines flexibility, strength training, and aerobic walking with health education for older adults with lower-extremity osteoarthritis.

Mondays and Wednesdays, Jan. 11 to March 30, 9 to 10:30 a.m. **GV** FREE

Mondays and Wednesdays, Jan. 11 to March 30, 1 to 2:30 p.m. **HEND** FREE

Mondays, Wednesdays, and Fridays, Feb. 1 to March 25, 1 to 2:30 p.m. **WEST** FREE

Call **702.616.4900** to enroll.

To find a St. Rose doctor, call **702.616.4900**.

### LOCATION KEY

(See full key and map on page 8.)



# For your HEALTH

## WINTER 2016 CALENDAR OF CLASSES AND EVENTS

Call **702.616.4900** for information and to register. Learn more at **StRoseReach.org**.

### Belly Dancing

Saturdays, Jan. 9, Feb. 13, March 12, 10:30 a.m. to noon

**WEST** FREE



### Nutrition

#### Weight Management Club

Monthly weight management group led by a registered dietitian.

Wednesdays, Jan. 6, Feb. 3, March 2, 5 to 6 p.m.

**GV** FREE

#### Stepping On: Fall Prevention Program

Did you know that 1 out of 3 people over 65 falls each year? Learn how to prevent serious injuries like hip fractures in this seven-week class.

Thursdays, March 17 through April 28, 2:30 to 4:30 p.m.

**GV** FREE

### Superfoods for Your Health

Get to know foods that can have health-promoting properties.

Thurs., Jan. 14, 1 to 2:30 p.m.

**GV** FREE

### Eating On the Run

Healthy eating ideas and recipes for eating on the go.

Wed., Jan. 20, 6 to 7 p.m.

Inspirada Solista Community Center, 2000 Via Firenze:

FREE

### Introduction to Ancient Grains

Tired of eating the same old grains? Discover alternative whole-grain options.

Wed., March 2, 3 to 4 p.m.

**GV** FREE

### Grocery Shopping Tour

Follow a registered dietitian through virtual grocery aisles.

Tues., March 15, 10 to 11:30 a.m.

**GV** FREE



Take a deeper look!  
We have more classes available at **StRoseReach.org**.

### Lose Weight With Hypnosis

Wear comfortable clothes, and bring your pillow.

Tues., Feb. 16, 6 to 8 p.m.

**WEST** \$25 (includes CD)

Tues., March 22, 6 to 8 p.m.

**GV** \$25 (includes CD)

### Nutrition Consultations

Meet with a registered dietitian.

All insurances welcome and cash discounts available. Call **702.616.4975**.



### Wellness

#### Healthier Living

This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation; exercise strategies; healthy eating; and more!

Mondays, Feb. 1 to March 7, 1:30 to 4 p.m.

**WEST** FREE

Wednesdays, Feb. 17 to March 23, 10 a.m. to 12:30 p.m.

Inspirada Solista Community Center, 2000 Via Firenze: FREE

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

Tuesdays, Jan. 5, Feb. 2, March 1, 7 to 8 p.m.

**WEST** FREE

### Dinners with Docs

#### Sinus Surgery

Terrance Kwiatkowski, MD, otolaryngologist, talks about minimally invasive sinus surgery and balloon sinuplasty.

Tues., Jan. 26, 6 to 7 p.m.

**SAN** Seating is limited.

#### Varicose Veins or PAD?

Eddy H. Luh, MD, FACS, general surgeon, will differentiate between varicose veins and peripheral artery disease.

Tues., March 8, 6 to 7 p.m.

**SAN** Seating is limited.



## LOCATION KEY

**COND** Siena Campus—Conference Room D, Henderson  
3001 St. Rose Parkway





**Uninsured?** Make an appointment with our exchange enrollment facilitator. Call **702.616.4904**.



### AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 nonmembers (check only). Mondays, Jan. 11, Feb. 8, or March 14, 9 a.m. to 1 p.m. Wednesdays, Jan. 27, Feb. 24, or March 23, 1 to 5 p.m.

**GV** Tuesdays, Jan. 26, Feb. 23, or March 22, 3 to 5 p.m.

**HEND** Wed., Feb. 10, 9 a.m. to 1 p.m., Tues., March 15, 5 to 9 p.m.

**WEST**

### Medicare ABCDs

Decipher the Medicare maze and maximize your benefits. Tuesdays, Jan. 12, Feb. 9, or March 8, 9 to 10 a.m.

**GV** FREE Tuesdays, Jan. 19, Feb. 16, or March 15, 1 to 2:30 p.m.

**HEND** FREE

### Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation. Tuesdays, Jan. 12, Feb. 9, March 8, 6 to 8 p.m.

**WEST** \$5

### Relaxation Meditations

Promotes peace and health. Tuesdays, Jan. 5, Feb. 2, March 1, 5:45 to 6:45 p.m.

**WEST** FREE Tuesdays, Jan. 12, Feb. 9, March 8, 5:30 to 6:30 p.m.

**GV** FREE Tuesdays, Jan. 26, Feb. 23, March 22, 5:15 to 6:15 p.m.

**HEND** FREE

### **NEW** The Mind Spa: Relaxation Meditation

Instructor-guided sessions teach you to relax. Discussion circle at the end of each class. Bring a pillow and blanket if you'd like. Wear comfortable clothing you can move in. Tuesdays, 1 to 2 p.m.

**GV** FREE

### **NEW** Manage Your Stress

Learn what stress is, recognize your personal stressors, and explore simple coping techniques.

Tuesdays, Jan. 19, Feb. 16, March 15; 5:30 to 6:30 p.m.

**GV** FREE

### Communication Through Sign Language

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

Fridays, Jan. 22, 29, Feb. 5, 3:30 to 5 p.m.

**WEST** FREE

Fridays, March 4, 11, 18, 3:30 to 5 p.m.

**GV** FREE

### Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Third Thursdays, Jan. 21, Feb. 18, March 17, 2:30 to 3:30 p.m.

**GV** FREE

### Knit to Heal Prayer Shawls

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

Thursdays, Jan. 14 and 28, Feb. 11 and 25, March 10 and 24, 10 a.m. to noon

**GV** FREE

Thursdays, Jan. 14 and 28, Feb. 11 and 25, March 10 and 24, 12:30 to 2:30 p.m.

**WEST** FREE

### Self-Hypnosis for Change

Harness the power of your mind through hypnosis. Wear comfortable clothes, and bring your pillow.

Thurs., Feb. 11, 6 to 8 p.m.

### Rose Trimming Demonstration

Join the South Valley Rose Society to learn about growing beautiful roses.

Sat., Jan. 16, 10 a.m. to 2 p.m.

Siena Healing Garden

**GV** \$25 (includes CD)

Wed., March 9, 6 to 8 p.m.

**WEST** \$25 (includes CD)

### Senior Peer Counseling

Over 50? Need a trained peer counselor to listen?

Call **702.616.4902** for an 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**.



## Diabetes Management

### What Is Prediabetes?

Learn how to avoid or delay diabetes.

Fri., Jan. 29, 1 to 3 p.m.

Wed., Feb. 17, 9:30 to 11:30 a.m.

**GV** FREE

Wed., March 16, 6 to 8 p.m. Inspirada Solista Community Center, 2000 Via Firenze: FREE

More

**GV** WomensCare/Outreach Center  
Green Valley  
2651 Paseo Verde Parkway, Suite 180

**HEND** WomensCare/Outreach/FTF Center  
Rose de Lima Campus, Henderson  
98 E. Lake Mead Parkway, Suite 301

**MAC** Siena Campus—MacDonald Room  
Henderson  
3001 St. Rose Parkway

**RAN** Rose de Lima Campus—Annex  
Henderson  
102 E. Lake Mead Parkway

**RDL** Rose de Lima Campus, Henderson  
102 E. Lake Mead Parkway

**SAN** San Martín Campus, Las Vegas  
8280 W. Warm Springs Road

**WEST** WomensCare/Outreach Center,  
Las Vegas  
7220 S. Cimarron Road, Suite 195

# For your HEALTH

## WINTER 2016 CALENDAR OF CLASSES AND EVENTS

Call **702.616.4900** for information and to register.  
Learn more at **StRoseReach.org**.



### National Diabetes Prevention Program

Lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4914** to enroll in this 12-month program. Starting Jan. 21, 1 to 2 p.m. **GV** \$40 to enroll, \$10 per session

### Lab Screenings for Diabetes

Glucose \$5, A1C \$10. A 12-hour fast is required. Sat., Feb. 20, 8 to 10:30 a.m. **SAN** Appointment needed

### Diabetes Awareness Treatment and Education

Individual visits available with an option for additional visits done individually or

### Powerful Tools for Caregivers

Feeling overwhelmed by the task of caring for a loved one? This six-week workshop will help you develop self-care tools to become a better caregiver and a happier, wiser, healthier you!

Tuesdays, Feb. 2, through March 8, 10 a.m. to 12:30 p.m.

**GV** FREE

in group classes. Flexibility in scheduling. Call **702.616.4975** for information and to register. Group classes are as follows: Tuesdays and Wednesdays, Jan. 12, 13; Feb. 9, 10; March 8, 9; 9 a.m. to 1:30 p.m. Tuesdays and Wednesdays, Jan. 26, 27; March 29, 30; 5 to 9:30 p.m. **GV**

### Stanford Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment. Thursdays, Jan. 14 to Feb. 18, 10 a.m. to 12:30 p.m. Heritage Park Senior Facility: 300 S. Racetrack Road. Call **702.267.2950**.

Thursdays, Feb. 4 to March 10, 9:30 a.m. to noon **GV** FREE

### Stanford Plus

Are you a Medicare beneficiary? This education program can help you manage your diabetes! A clinical champion will help you set goals. Available in English and Spanish. Call **702.616.4914**.

### Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and the best ways to manage your diet and health.

Tues., Feb. 2, 6 to 7:30 p.m.

**GV** FREE

Thurs., Feb. 25, 10 to 11:30 a.m.

**WEST** FREE

Tues., March 29, 10 to 11:30 a.m.

**HEND** FREE



### Heart and Stroke Programs

#### Blood Pressure Screenings

Thurs., Feb. 4, 7 to 10 a.m.

**GV** FREE

Sat., Feb. 20, 8 to 10:30 a.m.

**SAN** FREE

#### Cardiac Nutrition

Learn to eat for heart health.

Wed., Feb. 10, 3 to 4:30 p.m.

**WEST** FREE

Thurs., March 17, 10 to 11:30 a.m.

**GV** FREE

#### Heartsaver CPR/AED

Learn adult, child, and infant CPR; AED; and choking first aid. Two-year certification for non-health care providers.

Wednesdays, Jan. 20, Feb. 17, or March 23, 5 to 9 p.m.

**WEST** \$30 (includes American Heart Association certification)

### The Heart Doctor is IN: Heart Health Fair

Saturday, February 20  
**8 to 10:30 a.m.:**

Screenings and a free heart-healthy breakfast

- Lab screenings (fast for 12 hours): total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, Hb A1C (diabetes) \$10, thyroid panel (TSH, T3, T4) \$10.

- Tips on healthy eating from Samantha Louie, RD

- No-cost screenings: blood pressure, body fat and BMI, carbon monoxide, 3-lead heart rhythm strip, stroke risk, medication checks (bring medications to review), hands-only CPR demonstrations, exercise demonstrations, educational resources, raffle drawings, and more!

**9:30 to 10:30 a.m.:** Join Fared Sheikh, DO, cardiologist, for his lecture on "Cardiology: State of Your Heart"

**SAN** Seating is limited. Call **702.616.4900** to register and schedule your lab appointment.

LOCATION KEY (See full key and map on page 8.)



### Heart-Healthy Cooking

Learn heart-healthy eating tips. Wed., Feb. 17, 6 to 7:30 p.m. Inspirada Toll Brothers Clubhouse, 3190 Mantua Village: **FREE** Wed., Feb. 24, 10 to 11:30 a.m. **HEND** **FREE**



### Smoke-Free

#### Freedom From Smoking

Kick the habit with this supportive, seven-week American Lung Association program. Mondays, Feb. 22 to March 28, 5 to 6:30 p.m. **GV** **FREE**

#### Stop Smoking with Hypnosis

Wear comfortable clothes, and bring your pillow. Thurs., Jan. 14, 6 to 8 p.m. **GV** \$25 (includes CD) Wed., Feb. 24, 6 to 8 p.m. **WEST** \$25 (includes CD)

#### Nevada Tobacco Quitline

Call **800.QUIT.NOW** (**800.784.8669**) or visit [nevadatobaccoquitline.com](http://nevadatobaccoquitline.com).



### Cancer Screenings and Survivorship

#### Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week workshop enhances regular treatment. Mondays, Feb. 15 to March 21, 1:30 to 4 p.m. **GV** **FREE**

#### FIT Colon Test

Age 50 or over? Take home a colorectal cancer FIT (fecal immunochemical test) screening kit, return your sample to a WomensCare Center, and receive test results by mail. **GV 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** 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.



### Humankindness Tea *Looking Toward Lent*

Meet Sister Katie McGrail, OP, for a Lenten reflection. Thurs., Feb. 4, 3 to 4 p.m. **GV** **FREE**

### Red Hot Mamas

#### Colorectal Cancer: A Light at the End of Your Tunnel

Learn the facts and risk factors associated with colorectal cancer, ways to prevent it, and ways to diagnose and treat it. Thursday, March 24, 6 to 8 p.m.

**GV** **FREE**

#### Prosthesis and Bra Fittings

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

Thurs., Feb. 4, 7 to 10 a.m.

**GV** Appointment needed Sat., Feb. 20, 8 to 10:30 a.m.

**SAN** Appointment needed.



#### Screenings

Call **702.616.4900** for screening appointments, unless otherwise noted.

#### Metabolic Testing

**GV** \$45; call **702.616.4975** for an appointment.

#### Peripheral Arterial Disease

Do you have signs or symptoms of PAD? Get screened. Thurs., Feb. 18, 8 a.m. to noon **GV** **FREE**; appointment needed

#### Do You See What I See?

Get a free eye screening, prescription check, and education about eye ailments. Wed., Feb. 24, 10 a.m. to noon **GV** **FREE** Wed., March 23, 10 a.m. to noon **WEST** **FREE**

#### Health Screenings

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C \$10, thyroid panel \$10. A 12-hour fast is required.



### Support Groups

For dates, times, and locations, call **702.616.4900** or visit [StRoseReach.org](http://StRoseReach.org).

- AA Coed
- AA for Women
- ALS Support
- Alzheimer's Support
- Bereavement Support
- Better Breathers
- Breast Cancer Support
- Diabetes Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Multiple Sclerosis Support
- Narcotics Anonymous
- Ostomy Support
- Senior Peer Counseling
- Spinal Cord Injury Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline, **800.273.8255**
- Surviving Suicide
- Transitions of Aging
- Us Too—Prostate Cancer Education and Support
- Widows Support

But wait, there's more!

For a complete listing of classes and events, visit [StRoseReach.org](http://StRoseReach.org).

## BARIATRIC SURGERY

# ‘I found the real me

... and the love of my life’

### “Deciding to have bariatric surgery

saved my life—both physically and mentally,” says Corinne Pace.

Corinne had struggled with her weight her whole life, says her bariatric surgeon, Thomas Umbach, MD. And she’s certainly not alone. The obesity rate in the U.S. is nearly 35 percent, according to Centers for Disease Control and Prevention. “That’s more than 1 in every 3 Americans,” says Dr. Umbach.

“As a physician, these numbers are particularly concerning considering the serious health conditions related to obesity, including stroke, heart disease, type 2 diabetes, and certain types of cancer.”

### Time for a change

“I had thought about having bariatric surgery for a while,” Corinne says. “But it wasn’t until I went to Dr. Umbach’s seminar and got all of the facts that I finally made the decision. I listened, thought about it, and talked with my family. We have a history of health issues that include cancer, heart disease, high blood pressure, and diabetes. I wanted to improve my health and, hopefully, avoid those health issues.”

There are several types of bariatric surgery. “Together, Corinne and I decided her best option was gastric sleeve surgery,” says Dr. Umbach. This procedure permanently reduces the size of the stomach—by about 80 percent—limiting food intake. It’s done laparoscopically—through tiny incisions.

## Find your way to better health

### Weight-Loss Surgery Seminars

Attend a free seminar led by Thomas Umbach, MD, bariatric surgeon. Learn more and register by calling **702.616.4900**. Mon., Jan. 11 and 25, Feb. 8 and 22, March 14 and 28, 6 to 7:30 p.m.



### Corinne's fresh start

Corinne had her surgery on April 18, 2013—a date she calls her “second birthday.” Over time, she lost nearly 125 pounds. But she wants people to know that bariatric surgery isn't a cure-all; it's a tool.

“If you're considering bariatric surgery, do your homework,” she says. “Make sure it's something you absolutely want more than anything else in the world, because it's still incredibly difficult. It's something you will have to work on for the rest of your life.”

Dr. Umbach agrees. “Bariatric surgery isn't a quick fix. It's an ongoing journey,” he says. “The changes we make to the gastrointestinal tract require permanent changes in eating habits.” And people need support for a new, healthier lifestyle to be successful, too—from their medical team and friends and family, he says.

In her journey, Corinne found another key tool for success: fitness. She began working with a personal trainer a couple of months after her surgery. “I don't believe my results would have been as great without the exercise.”

### Healthy and happy

“I never dreamed it would turn out as amazingly as it has,” says Corinne. “I gained so many things...a terrific sense of self-esteem and the courage and strength to get out of a bad situation, which ultimately allowed me to find the love of my life.”

Corinne and her boyfriend, Jeff, knew each other before her surgery. They reconnected by chance in October 2014—and friendship turned to romance. “We've been together ever since,” she says.

**Is surgery for you?** Come to a seminar to learn more. See above for details.

## Questions to consider

“Should I have bariatric surgery?” The answer could depend on the answers to several other questions you might wonder about as well, including:

### Q. Am I a candidate for the surgery?

**A.** Bariatric procedures are intended for people who are seriously overweight. Generally that means having a body mass index (BMI) of 40 or higher.

However, you may be a candidate if you have a BMI of at least 35. That's if you also have a serious obesity-related health problem, such as type 2 diabetes, heart disease, or sleep apnea. If your BMI is 30 or higher and you have at least one obesity-related condition, you may opt for adjustable gastric band—a type of bariatric surgery.



### Check your BMI

Visit **StRoseReach.org** and under “Health Tools,” look for “BMI calculator.”

### Q. How does the surgery work?

**A.** There are several different procedures. All involve either limiting the amount of food the stomach can hold or actually reducing the stomach's size. In some cases, they include procedures that reroute food through your digestive system. This limits how many calories are absorbed by the body.

### Q. What are possible benefits and risks?

**A.** Each surgery has its own benefits and risks. If you're considering bariatric surgery, discuss these specifics with your surgeon.

### Q. Am I ready to make the lifestyle changes the surgery requires?

**A.** Surgery isn't a cure-all. It's most effective if you make a lifelong commitment to eating healthfully and getting regular exercise.

Ongoing follow-up appointments with your doctor are important, too. Other experts may be available to help and support you too, such as counselors, dietitians, and exercise specialists. But it's important to realize you'll play a major role in ensuring your surgery's success.

# Are you at risk for lung cancer?

St. Rose Dominican's Lung Cancer Screening Program can boost your odds of surviving



**Theodore Leon, DO**  
lead physician for the  
Lung Cancer Screening  
Program at Dignity Health-  
St. Rose Dominican

**Finding cancer** early often equals a better chance of survival. But lung cancer doesn't usually show symptoms until it's in the advanced stage—which may be one reason why lung cancer kills more Nevadans than any other cancer.

Low-dose computed tomography (LDCT) now available at St. Rose Dominican can detect lung cancer early. Research shows that this type of screening—in people at high risk for lung cancer—can reduce lung cancer deaths by 20 percent.

## Good news

LDCT produces detailed cross-sectional images of the entire chest using special x-ray equipment and sophisticated computers. It's fast, painless, and noninvasive and uses much less radiation than traditional CT scans.

"LDCT can find lung cancer in its beginning stages, which helps lower the risk of dying from the disease," says Theodore Leon, DO, lead physician for the Lung Cancer Screening Program at St. Rose Dominican. "Early diagnosis also means doctors can often use minimally invasive surgery to

remove the cancer and preserve more tissue."

## Who needs testing?

Anyone at high risk for lung cancer should get an LDCT lung cancer screening. You are at high risk if all three of these things are true for you:

1. You have a pack-year smoking history of 30 years or more. The number of packs you smoked per day multiplied by the number of years you smoked equals your pack years. For example: 1.5 packs a day multiplied by 20 years equals 30 pack years.
2. You smoke now or you quit

within the last 15 years.

3. You are at least 55 years old.

Annual LDCT screenings for high-risk individuals are now covered by Medicare and by private insurance companies.

## We'll walk you through it

To set up your screening, call the St. Rose Dominican Lung Cancer Screening Program at **702.616.5821**. Our Lung Cancer Screening Program Navigator will guide you through the initial risk assessment, screening, and results. You'll also have access to smoking cessation resources.

**Be seen, be screened** We offer lung cancer screenings with low-dose computed tomography. Call **702.616.5821**.



## See for yourself

Explore the various ways smoking damages the body—from your brain to your bones. Visit **StRoseReach.org** and under "Health Tools" look for "Smoking: The damage done."

# Inspired to serve

This Sister never tires of giving and growing

**Since a young age**, Sister Katie McGrail, OP, has had a strong calling to spread the word of God. And her vocation and passion have taken her to places around the world—to teach, learn, and serve.

## Early yearnings

Sr. Katie was born to a loving Irish Catholic family in Detroit, Michigan. “My parents were very active in the church,” she says. “In fact, they were part of the founding of an Adrian Dominican parish in Detroit.”

“My mother said I had always wanted to be a Sister,” says Sr. Katie. “But it wasn’t until I was in high school that I seriously began feeling a call to join the life.” When she was 18, Sr. Katie joined the Adrian Dominican Sisters.

“In my early life as a Dominican sister, we weren’t given the option of choosing where we served,” she says. “On my first assignment, I was put on a train and sent to Miami Shores, Florida...to St. Rose of Lima Parish,” she continues. “It seems fitting that I began my ministry at Rose of Lima and am now at St. Rose Dominican.”

## From teacher to student

After seven years of teaching elementary school in Florida, Sr. Katie was given the opportunity to study theology at the Aquinas Institute of Theology in Dubuque, Iowa, where she earned her master’s degree in theology.

She then returned to Michigan to

teach a life of prayer, community, and ministry to women joining the Adrian Dominicans. But she wasn’t done adding to her own education. She earned her master’s in counseling and was a high school counselor in the Detroit area.

## Called to Africa

In the early 1980s, an “amazing opportunity” came Sr. Katie’s way—to serve in Kenya. “My mother was not happy when I told her I was going to Africa, partially because I could only come home once every three years,” she says. During her seven years in Kenya, she served in the Diocese of Nairobi and then moved north to the Diocese of Eldoret.

“I learned so much in Africa,” she says. “Spirituality was so much a part of the people’s nature, and they were very happy even though much of their day was spent simply surviving. It was a huge adjustment for me...and language was a challenge. I found it humbling that the Kenyan people learn multiple tribal languages, as well as Swahili, the

“I love my role here because I can spread and share our mission...with the patients and the staff.” —Sister Katie McGrail, OP

national language. They also begin learning English in about the fourth grade.”

## ‘Our team inspires me’

Today, Sr. Katie calls Nevada home. She has been at St. Rose Dominican for more than five years. “During employee orientations, I love to hear why people come to work at St. Rose. It is always for something deeper than just practicing clinical skills,” she says. “Our staff inspires me to be all I can be in this holy ministry.”

**Meet Sister Katie** at the Humankindness Tea (see page 11).



**18** The age Sr. Katie joined the Adrian Dominican Sisters



**7** years in Kenya

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**Broccomole!**

Find the recipe at  
**StRoseReach.org.**



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# Thai broccoli beef stir-fry

Makes 8 servings.

## Ingredients

- 1 pound lean beef round steak, cut into strips
- 1 tablespoon peanut oil
- 1 cup sliced green onions
- 14 ounces broccoli, chopped (about 6 cups)
- 1 cup green pepper, chopped
- ½ cup beef broth, fat-free, low-sodium
- 2 teaspoons cornstarch
- ½ cup Thai peanut sauce
- ½ cup cilantro, chopped
- ¼ cup dry-roasted peanuts, chopped

## Directions

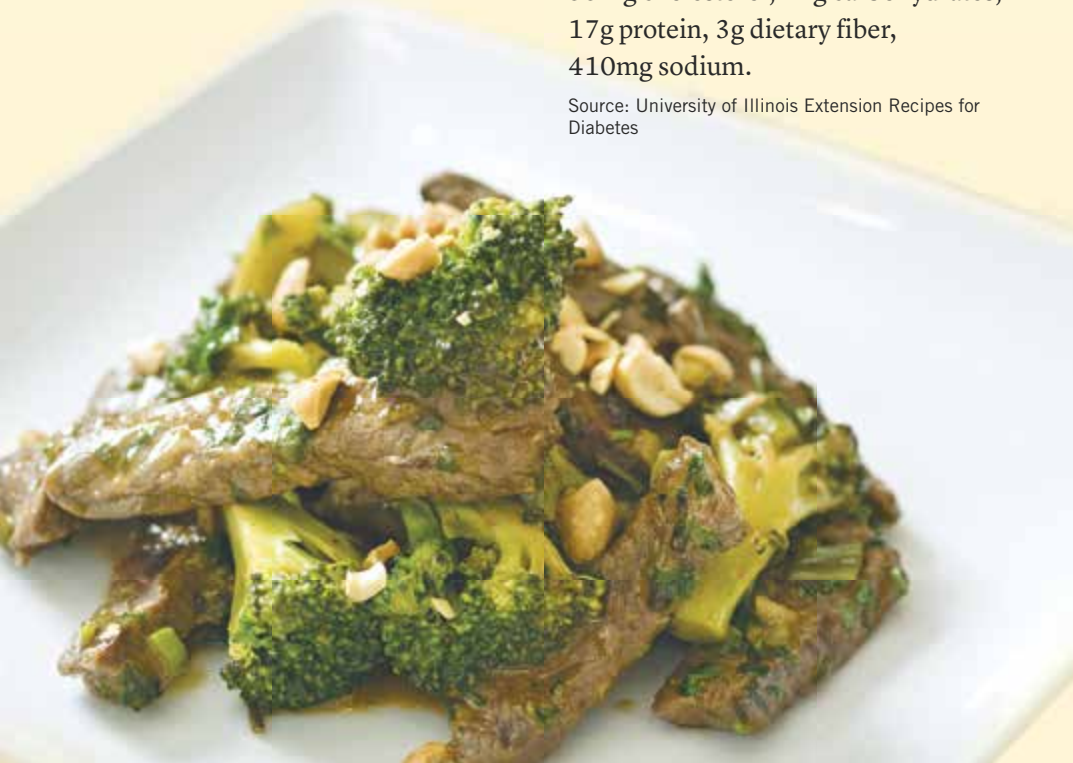
- Stir-fry beef in oil until browned.
- Add vegetables and cover, cooking until crisp-tender, about 5 minutes.
- In a separate bowl, thicken broth with cornstarch; add peanut sauce. Stir sauce into beef mixture. Cover and heat for about 5 minutes.
- Stir in cilantro. Spoon stir-fry into serving dishes and garnish with peanuts. Serve.

*Cook meat to the recommended internal temperature.*

## Nutrition Information

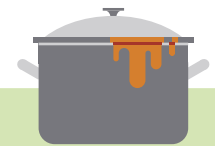
Amount per serving: 180 calories, 8g total fat (1.5g saturated fat), 35mg cholesterol, 11g carbohydrates, 17g protein, 3g dietary fiber, 410mg sodium.

Source: University of Illinois Extension Recipes for Diabetes



CHEW ON THIS

**Broccoli stalks**  
are a tasty treat



**Cube them** and add them to your favorite soups and casseroles for a nutritional boost.



**Cut them** into sticks (like carrot sticks) and dip them in a low-fat ranch-style dressing.



**Slice them** in strips or at an angle and toss them into stir-fries as a less expensive alternative to bamboo shoots.



**Grate them** and put them in coleslaw. They can be an addition to—or a substitute for—cabbage.