

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

SUMMER 2017 ISSUE

The Kindness ♥ issue

FORTIFYING FRAGILE BABES

A crucial boost of nutrition

A KINDER PACEMAKER

Tiny device gets
the job done for a
better quality of life

70
YEARS

Rose de Lima's
legacy of
healing and
humankindness

Making our world a kinder place

Sometimes, a caring word or deed is all it takes to make someone's day. In this issue of *Reach*, we're nurturing that positive connection by getting to the heart of *humankindness*.

We at Dignity Health—St. Rose Dominican believe that, through *humankindness*, we can help improve the quality of life for those in our communities. In Henderson, that philosophy took root with the Adrian Dominican Sisters' purchase of a hospital that became our Rose de Lima Campus. Starting on page 4, take a look at how it all began—and how far we've come.

On page 12, we share a story about how human milk-based fortifiers help the most fragile babies survive and thrive. And we have good news about a less-invasive heart implant in "Hearts in Good Hands," page 14.

To help the summer heat be kinder, we offer tips for staying safe—and ideas for tasty twists on water to help you stay hydrated, too.

Sprinkled throughout these pages, you'll find inspiration for kind deeds to add cheer and comfort to the lives of others and your own. Start today to spread *humankindness* in your world.

REACH is published as a community service for the friends and patrons of DIGNITY HEALTH—ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health—St. Rose Dominican unless specifically noted.

Holly Lyman
WomensCare Center
Director

Kimber Haley
Marketing Manager,
REACH Editor

Greg Preston
Sampsel Preston Photography: pages 2, 3, 12, 13, and 14

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Reach magazine



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Reach online | StRoseReach.org



10 surprisingly salty foods. Together, they supply 44 percent of all the sodium we eat. See the list at **StRoseReach.org**.



Are bigger sunglasses better? Get the answer in our fun quiz about summer's No. 1 accessory.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org





ROSE REGATTA DRAGON BOAT RACE & FESTIVAL

Paddling with a purpose

Dragon boat races support a wonderful and worthy cause

This highly anticipated annual event raises funds for St. Rose Dominican's R.E.D. Rose program, which provides free clinical breast exams, surgical consultations, mammograms, ultrasounds, and biopsies to women and men age 49 and younger who lack adequate health care coverage or the financial means to obtain them.

Healthy competition in 2016

62 local and out-of-state teams competed.

Dragon boat racers raised
\$112,000
for R.E.D. Rose.

See it, say it.
Compliment people on little things you notice about them.

Kind deed



**Saturday, October 14
Lake Las Vegas**

Mark your calendar for this year's festivities. It's fun for the whole family!

TEAMS:
REGISTER NOW
at roseregatta.org.

Give it your all!

Would you love to experience the thrill of racing for a great cause? It's easy—you can:

- Form a dragon boat team of your own.
- Join a community team of other solo paddlers.

More ways to give. You can also support a team with a

donation or sponsor a team as a business or individual.

Your entry fee includes a complimentary practice session with a coach. And you can buy more practices—those fees also support R.E.D. Rose.

For more information on the Rose Regatta, please call 702.492.8557.



CELEBRATING OUR
ENDURING LEGACY

Caring, growing, thriving

Dignity Health—

**St. Rose Dominican's
Rose de Lima Campus
is celebrating 70 years
of providing high-
quality health care
to the Henderson
community. The
hospital is both
enduring and
evolving.**

1942

Basic Magnesium Hospital is founded in Henderson by the U.S. government to provide health care to the area's industrial workers and their families during World War II.

1947

The hospital is sold to the Sisters for \$1 per year—with the stipulation that they will assume the debt and operate the hospital for 25 years.



KNOWN AS DOMINICANS. The Adrian Dominican Sisters belong to the worldwide Order of Preachers (OP) founded by St. Dominic in 1216.

1945 to 1946

The war ends, and the government puts the hospital up for sale. The Adrian Dominican Sisters agree with Bishop Thomas K. Gorman that the Order should purchase and manage the hospital.

1947

Seven Adrian Dominican Sisters travel across the country from their motherhouse in southern Michigan to Henderson.

The Sisters make a commitment to southern Nevada and purchase Basic Magnesium Hospital, renaming it Rose de Lima Hospital.



1960

A new three-story patient wing, emergency room, surgical suites, and obstetrics unit are opened.

1955

1st

Rose de Lima is the first hospital in southern Nevada to be accredited by The Joint Commission on Accreditation of Hospitals.



1988

St. Rose de Lima joins forces with Catholic Healthcare West, the largest Catholic health care organization in the western U.S.



1998

Ground is broken for the Siena Campus, so the hospital is renamed St. Rose Dominican Hospital–Rose de Lima Campus. Two surgery suites and 20 beds are added to the facility.



1956

The hospital is the first medical facility in the area to obtain a radioscope laboratory and the first fully-accredited cancer treatment center.

1st

1st

1961

A 20-bed neuropsychiatric unit is established, and Rose de Lima becomes the first private hospital in the area to have a contract with State Mental Health.

1972

The hospital celebrates its 25th anniversary. It's now a 100-bed facility with intensive care, physical therapy, and inhalation therapy services with diagnostic x-ray units.



1974

Saint is added to the hospital's name, and it becomes known as St. Rose de Lima. The Sisters receive the final land title to the hospital from the government.

1989

The hospital adds *Dominican* to its name in honor of the founding Sisters, and it becomes St. Rose Dominican Hospital.



1991

A \$25 million, four-story expansion is completed with new state-of-the-art medical services.

2000

The Rose de Lima Campus completes a \$2.5 million expansion of its emergency department, increasing its size from 6,000 to 9,600 square feet. The changes expand the waiting room and add a large, lighted helicopter pad.

2006

St. Rose Dominican opens a third acute-care facility, the San Martín Campus in southwest Las Vegas.



2009

1st

The Wound Healing Center at the Rose de Lima Campus becomes the first in Nevada to receive Undersea and Hyperbaric Medical Society (UHMS) certification.

2012

Catholic Healthcare West changes its name to Dignity Health to help position the organization to succeed in the changing health care environment.



Dignity Health
St. Rose Dominican

2017

Happy 70th anniversary, Rose de Lima!

ST. ROSE DOMINICAN
ROSE DE LIMA CAMPUS

70
YEARS
CELEBRATING OUR ENDURING LEGACY



Today at Rose de Lima Your good health, our caring expertise

You can access a wide range of services at our Rose de Lima Campus. Some highlights:

Emergency services. We're here for you 24/7. Our staff is among the most expertly trained emergency room teams in Nevada.

Primary Stroke Center. This special certification is awarded by The Joint Commission to hospitals for excellence in stroke care.

Rehabilitation services. The Rehabilitation Institute of Henderson at the Rose de Lima Campus uses advanced technology to help patients with traumatic brain or spinal cord injuries restore function.

Surgical expertise. Rose de Lima has achieved five-star ratings for esophageal, stomach and colorectal surgeries, and for hip fracture treatment.

Patient safety. In 2017, Rose de Lima received a national Patient Safety Excellence Award from Healthgrades.

2015

A new cardiac cath lab suite is completed, adding the ability to perform peripheral vascular and cardiac studies.



2011

Rose de Lima completes an expansion/renovation of its Inpatient Rehabilitation Center, doubling the number of beds and adding advanced technology that helps people with traumatic brain or spinal cord injuries regain their strength and mobility.

2016

A \$4.5 million improvement project updated patient rooms, the main lobby and common areas, the ER, family and surgery waiting areas, parking areas, and gardens. The improved environments invite healing, peace, and *humankindness*.

For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SUMMER 2017

* For classes that require registration, you can now register online at StRoseHospitals.org/classes. Payment can also be made online for most classes (drop-in classes require payment on arrival). Or you can call **702.616.4900** to register 24/7.



Register online at StRoseHospitals.org/classes or call **702.616.4900**, unless otherwise noted.



Fitness

All fitness classes are drop-in only unless otherwise noted. Fees paid on arrival.

Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to paddlers of all levels. Dates, times, and registration at meetup.com/LVDragonBoatClub.

Lake Las Vegas: \$10 per person

Walking Clubs

For all ages and fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting locations.

Mondays and Wednesdays, 8:30 to 9:30 a.m.

Take It Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved. Appropriate for prenatal students.

Mondays, 11:30 a.m. to 12:30 p.m.

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

Gentle Yoga

Gain flexibility and balance.

Tuesdays and Thursdays, 10 to 11 a.m.

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

Mondays, Wednesdays, and Fridays, 9 to 10 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 solid experience beyond beginner. Bring a block and strap, if possible.

Tuesdays, 3 to 4 p.m.

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

Vinyasa Flow Yoga: Beyond the Basics

Follow your breath and move through postures to build strength, balance, and flexibility.

Tuesdays, 6 to 7 p.m.

Fridays, 10:20 to 11:20 a.m.

Saturdays, 9 to 10 a.m.

WEST \$5 per session or five 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

Belly Dancing

Saturdays, July 8, Aug. 12, Sept. 9, 10:30 a.m. to noon

WEST FREE



Nutrition

Got SNAP?

Three Square will help you complete and submit your Supplemental Nutrition Assistance Program application. Call **702.616.4905** for an appointment.

Tuesdays, 8 a.m. to noon

GV WIC: FREE

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, July 19, 6 to 8 p.m.

WEST \$25 (includes CD)

Tuesday, Aug. 29, 6 to 8 p.m.

GV \$25 (includes CD)

Rose Regatta Dragon Boat Festival

For more information and to register for the ninth annual Rose Regatta, visit roseregatta.org or call **702.492.8557**.

Saturday, Oct. 14, 8 a.m. to 5 p.m.
Lake Las Vegas

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. Also get exercise strategies, healthy eating tips, and more!

Wednesdays, July 12 to Aug. 16, 10 a.m. to 12:30 p.m.

Henderson Multigenerational Center, 250 S. Green Valley Parkway. Call **702.267.5800**.
Saturdays, Aug. 26 to Sept. 30, noon to 2:30 p.m.
Valley View Recreation Center, 500 Harris St. Call **702.267.4060**.

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, July 5, Aug. 2, Sept. 6, 7 to 8 p.m.

WEST FREE

More

LOCATION KEY

(See full key and map on page 8.)

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • SUMMER 2017



Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.



Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Aug. 31, 6 to 9 p.m.

GV \$5. Registration required; prepay materials fee.

Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation.

Wednesdays, July 12, Aug. 9, Sept. 13, 6 to 8 p.m.

WEST \$5

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, July 11, Aug. 8, Sept. 12, 5:30 to 6:30 p.m.

GV FREE

Wednesdays, July 5, Aug. 2, Sept. 6, 5:45 to 6:45 p.m.

WEST FREE

The Mind Spa: Creative Journaling

Be a happier, healthier, calmer you with creative journaling and guided meditation.

Tuesdays, 1:30 to 2:30 p.m.

GV FREE

Wednesdays, 1 to 2 p.m.

HEND FREE

Safe Sitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Monday, July 24, 9 a.m. to 4:30 p.m.

GV \$20 (includes lunch)

Self-Hypnosis for Positive Thinking

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

Thursday, Sept. 14, 6 to 8 p.m.

GV \$25 (includes CD)

Wednesday, Aug. 16, 6 to 8 p.m.

WEST \$25 (includes CD)



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Monday, July 31, 10 a.m. to noon

Thursday, Aug. 31, 10 a.m. to noon

Thursday, Sept. 28, 2 to 4 p.m.

GV FREE

Thursday, Aug. 10, 3 to 5 p.m.

WEST

NEW! Diabetes Survival Skills

Learn how to manage your newly diagnosed diabetes.

Thursday, July 27, 1 to 2:30 p.m.

GV FREE

Thursday, Sept. 7, 3 to 4:30 p.m.

WEST FREE

National Diabetes Prevention Program

Do you have or are you at risk for prediabetes? Learn how this CDC-recognized lifestyle change program can prevent or delay type 2 diabetes through changes in nutrition, weight control, activity, and stress management. Call **702.616.4975** to enroll in this 12-month program.

Wednesdays, starting Sept. 13, 4 to 5 p.m.

GV \$40 to enroll; \$10 per session

DATE (Diabetes Awareness Treatment and Education)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in scheduling. Group classes are three-day sessions.

Tuesdays, Aug. 1, 15, 22, 9 a.m. to noon

GV FREE



LOCATION KEY

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

Uninsured? Make an appointment with one of our exchange enrollment facilitators. Call **702.616.4904**.



Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with a certified diabetes educator. Call **702.616.4975** for an appointment.

Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment.

Tuesdays, Aug. 8 to Sept. 12, 10:30 a.m. to 1 p.m.

Green Valley Library, 2797 N. Green Valley Parkway. Call **702.616.4900**.

Kidney Smart

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

Thursday, July 27, 10 to 11:30 a.m.

WEST FREE

Tuesday, Aug. 29, 10 to 11:30 a.m.

HEND FREE

Thursday, Sept. 28, 6 to 7:30 p.m.

GV FREE



Heart and Stroke Programs

Eating for a Healthy Heart

Manage hypertension, high cholesterol, and high triglycerides through nutrition. A dietitian-led and hands-on approach makes this an interactive class with personalized strategies.

Wednesday, July 26, 10 to 11:30 a.m.

GV FREE

Monday, Aug. 14, 3 to 4:30 p.m.

WEST FREE

Tuesday, Sept. 19, 1 to 2:30 p.m.

WEST FREE

Heartsaver CPR/AED

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

Wednesday, July 26, Aug. 23, or Sept. 27, 5 to 9 p.m.

GV \$30 (includes AHA certification card)



Smoke-Free

Freedom from Smoking

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

Tuesdays, Aug. 8 to Sept. 19, and Thursday, Aug. 31, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Thursday, July 27, 6 to 8 p.m.

GV \$25 (includes CD)



Cancer Screenings and Survivorship

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 49 or younger. Funded by Susan G. Komen for the Cure.



Screenings

Health Screenings and Lab Screenings for Diabetes

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C (diabetes) \$10, thyroid panel (TSH and FT4) \$10. A 12-hour fast is required.

Thursday, Aug. 24, 7 to 10 a.m.

MAC See prices above.

Appointment needed.

Thursday, Sept. 21, 7 to 9 a.m.

WEST See prices above.

Appointment needed.

Metabolic Testing

Call **702.616.4975** for an appointment.

GV \$45



Support Groups

- AA Co-Ed
MAC Thursdays, 7 p.m.
SAN Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women
GV Mondays, 7:30 p.m., and Wednesdays, noon
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- Breast Cancer Support
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults

More

Kind deed

* Take a deeper look! We have more classes at **StRoseHospitals.org/classes**.

A simple courtesy takes one step.
Let someone go in front of you in line.

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

CALENDAR OF CLASSES
AND EVENTS • SUMMER 2017



Register online at StRoseHospitals.org/classes or call **702.616.4900**, unless otherwise noted.

FREE Birth Center Tours

San Martín Campus:

Third Saturday
mornings and every
Tuesday evening

Siena Campus: Third
Saturday afternoons and
fourth Monday evenings

Registration required.



Pregnancy and Childbirth

Text4baby

Text **BABY** to **511411** to get
FREE cellphone tips and
reminders throughout your
pregnancy and your baby's
first year.

Fit 4 Baby

Join FIT4MOM® Las Vegas
for an interval-based prenatal
fitness class that combines
cardio, stretching, and
balancing exercises. Register
at lasvegas.fit4mom.com or by
calling **702.882.1795**.

Saturdays, 10 to 11 a.m.

GV 10 classes for \$110

Car Seat Safety Checks

Call **702.616.4902** for an
appointment.

**Tuesdays, Aug. 1, Sept. 5,
10 a.m. to noon**

WEST \$10

**Fridays, July 14, Aug. 11,
Sept. 8, 1 to 5 p.m.**

GV \$10

**Fridays, July 21, Aug. 18,
Sept. 15, 1 to 5 p.m.**

GV \$10



Prenatal Classes

Baby Basics

GV \$30

Breastfeeding

GV \$30

Childbirth Express

GV \$35

Daddy Boot Camp

GV \$20

Gestational Diabetes Consultations

Call **702.616.4975**.

Infant CPR

GV WEST \$20

Prepared Childbirth

GV \$50



Perinatal Mood and Anxiety Disorders

Did you know that up to 20 percent of pregnant and new
moms experience some form of anxiety or mood disorder?
Anxiety and mood disorders are treatable! Visit nvmch.org
for information, support, and resources.

Smoking Cessation for Pregnancy

Call the Nevada Tobacco
Quitline: **702.784.8669**.



Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help
or a private appointment with
a certified lactation counselor.
GV WEST \$40

Baby Weigh Stations

Baby weight checks. No
appointment necessary.

GV WEST HEND FREE

Breast Pump Rentals

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

GV WEST

New Mommy Mixer

Mondays, 11 a.m. to noon

HEND FREE

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE

La Leche League

Join other nursing mothers
for information and support.

**Thursdays, July 27, Aug. 24,
Sept. 28; 10 to 11 a.m.**

HEND FREE



My Baby App

Dignity Health's new My Baby App provides valuable advice during your
pregnancy journey. Download the My Baby App from the App Store or
Google Play to track your pregnancy milestones, identify symptoms, and
connect to services for a healthier pregnancy.

St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

GV WEST HEND FREE



Infants, Children, and Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

Fridays, 12:30 to 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. For children ages 18 months to 5 years.

Mondays or Tuesdays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.
WEST FREE

Wednesdays, 9:15 to 9:45 a.m.
HEND FREE

Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.
GV FREE

LOCATION KEY

(See full key and map on page 8.)

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Fridays, 11:30 a.m. to 12:30 p.m.

WEST \$3 per class or eight sessions for \$20

Toddler Play Group

Toddlers ages 3 and under join Family to Family for music and movement.

Tuesdays, 12:30 to 1:15 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Infant Development

A development playgroup for babies up to age 1.

Mondays, 2 to 3 p.m.

GV FREE

Sing and Sign: Food Time

Learn ASL signs for healthy foods using songs, books, and toys. For parents with children ages birth to 2 years.

Tuesdays, 2 to 2:30 p.m.
GV FREE

Thursdays, Aug. 3 and 17, Sept. 7 and 21; 1 to 1:30 p.m.

WEST FREE

Tuesdays, July 18, Aug. 15, Sept. 19, 11 to 11:30 a.m.

HEND FREE

World Breastfeeding Week/Back-to-School Celebration

Join us for a day of celebration, featuring free health services, fun activities, raffles, prizes, and food. Medicine on the Move's mobile medical center will be here to provide pediatric services for those insured through Health Plan of Nevada and Sierra Health and Life.

Saturday, Aug. 5, 9 a.m. to 1 p.m.

SAN FREE

✳ For a complete listing of classes and events, visit StRoseHospitals.org/classes.

Infant Nutrition

A registered dietitian leads a weekly mommy-baby group focused on homemade baby food, weaning, starting solids, and more.

Wednesdays, 2 to 3 p.m.

GV FREE

Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies from birth to 1 year old. Visit weecansign.com.

Saturdays, July 15, 22, 29, 10:30 to 11:30 a.m.

Thursdays, Aug. 3, 10, 17, 10:30 to 11:30 a.m.

Saturdays, Sept. 16, 23, 30, 10:30 to 11:30 a.m.

Thursdays, Sept. 7, 14, 21, 10:30 to 11:30 a.m.

WEST \$69 (includes *Sign with Your Baby* DVD)

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 5 years.

Thursdays, 2 to 3 p.m.

HEND FREE

Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Saturdays, July 15, 22, 29, noon to 12:45 p.m.

Saturdays, Sept. 16, 23, 30, noon to 12:45 p.m.

WEST \$69 (includes Pick Me Up kit)

Crawlers and Climbers

Let little ones safely explore through texture and climbing structures. Ages 9 to 24 months.

Fridays, July 7, 21; Aug. 4, 18; Sept. 1, 15; 9:15 to 10 a.m.

HEND FREE

Parenting with a Purpose and Pancakes!

Learn love and logic techniques over healthy treats. Ages birth to 5 years old.

Fridays, July 14, Aug. 11, Sept. 8, 15; 9:30 to 10:30 a.m.

HEND FREE

Ages and Stages

Early identification of children with developmental or behavioral problems through a questionnaire as well as milestones in your child's development. Ages birth to 5 years.

Thursdays, 10 to 11:20 a.m.

HEND FREE



Kind
deed

*¡Gracias!
Salamat! Thank you!*

Learn how to express gratitude in a new language.

W E E O N E S

with big needs

THANKFUL PARENTS:

Aubrey and Cameron Jenson visit Jessie in the NICU.



Human milk-based fortifiers help preemies survive and thrive

Each year, more than 40,000 preemies are born weighing less than 2 pounds, 12 ounces. They're so small, they can literally fit in the palm of your hand. The earlier a baby is born, the more serious his or her health problems can be.

In Jessie Jenson's case, she was born quite early—at 27 weeks—and she weighed just 1 pound, 1 ounce. Full-term pregnancies typically last around 40 weeks.

Preemies born as early and fragile as Jessie have significant nutritional needs—calories, protein, calcium, and other minerals—that are crucial to their survival. During the last trimester of pregnancy, babies typically receive vast amounts of nourishment through their mother's umbilical cord, but very premature infants miss this crucial nutrition. So for preemies weighing less than 3 pounds, 3 ounces, the American Academy of Pediatrics (AAP) recommends fortifying mother's milk with calories and nutrients.

Mother's milk and more

Jessie's mom, Aubrey, is pumping plenty of breast milk, but at Jessie's tiny size, she needs even more nutrition to help her grow. "The



TINY BABY: Jessie Jenson weighed just 1 pound, 1 ounce at birth.

“The NICU team at St. Rose Dominican has been amazing,” says Aubrey Jenson. “They are all so sweet, answer all of the questions we have, and communicate with us regularly. Thanks to their care, Jessie’s making progress.”

nurses told me that the average feeding with breast milk provides about 20 calories,” says Aubrey. “They recommended adding fortifiers to my milk to add more calories and nutrition. I’d never heard of fortifiers, but the human fortifier we are using adds another 10 calories per ounce to each of Jessie’s feedings. She has gained more than 1 pound so far.”

“St. Rose Dominican’s Siena Campus is the first and only hospital in Las Vegas that offers donor breast milk and human milk-based fortifiers,” says Jaime Ross, RD, LD, clinical registered dietitian for the Level III NICU (neonatal intensive care unit). “We’re thrilled that we were able to offer this option to Aubrey and Jessie.”

“Historically, we gave our preemies commercially made products made by formula

companies, and they were cow milk-based,” says Toni Bell, MSN, BSN, RN, NICU Manager. “Our new fortifier enhances mother’s breast milk with human milk-based nutrition, and we are seeing great results in our preemies. It boosts their immune systems, reduces respiratory complications, and helps prevent GI infections.”

Relying on human milk-based fortifiers

St. Rose gets its fortifiers from Prolacta Biosciences—a manufacturer in southern California—that rigorously screens donor breast milk just like blood products. Prolacta is human milk formulated with extra calories and nutrients. Before Prolacta, the only fortifiers were cow milk-based.

We love our babies

The birth centers at St. Rose Dominican’s San Martín and Siena Campuses have earned the prestigious Baby-Friendly USA designations. This means that the maternal/child care teams have a higher level of expertise in supporting, educating, and assisting new moms with breastfeeding.

Suzie Owens, IBCLC, RLC, lead lactation consultant who manages our NICU, gets to see firsthand how enhanced mother’s milk does wonders for our most precious patients.



Oh, happy day!

My Baby by Dignity Health helps you track pregnancy milestones and provides information for a healthy pregnancy. Download the app today at DignityHealth.org/MyBaby.

Hearts in good hands

Leadless pacemakers keep hearts beating strong

Niuton Koide, MD, a clinical cardiac electrophysiologist who performs procedures at Dignity Health–St. Rose Dominican, is often faced with challenging situations. He needs to improve the quality of life of his patients with heart rhythm problems while weighing the risks of major surgery.

New technology offers a solution

In April 2017, Dr. Koide performed a new, less-invasive procedure on one of his patients at the San Martín Campus—inserting a leadless pacemaker, the first in the Dignity Health system.

Like a traditional single-chamber unit, leadless pacemakers can deliver the same needed therapy—sending small electrical impulses to the heart to maintain a

suitable heart rate—without the lead-related complications.

A leadless pacemaker is a 1-inch-long device that has no wires. It's about the size of a medication capsule and can be delivered to the heart through an artery in the thigh using x-ray guidance. The procedure takes about 30 to 60 minutes, and the tiny unit lasts from 8 to 15 years, depending on the pacing needs. This pacemaker spares patients larger surgical incisions and cannot be felt under the skin.

Lives changed for the better

“So often, I hear from patients that they are tired, have shortness of breath, and don't have enough energy to hold their



Deliver some goodness. Bring a busy friend or an elderly neighbor a healthy meal. How about: “Chicken and Pear Salad with Mint Dressing”? Find the recipe at StRoseReach.org.

grandchildren,” Dr. Koide says. “Thanks to the team at the San Martín Campus, I've been able to give back the joy of life using this new cutting-edge procedure.”

Deepak Malhotra, MD, cardiac surgeon, consulted on this first procedure, and Erik Sirulnick, MD, a clinical cardiac electrophysiologist, assisted. Along with Dr. Koide, two other clinical cardiac electrophysiologists who do procedures at St. Rose are trained in the leadless pacemaker procedure: Arjun Gururaj, MD, and Nikolaos Tsiouris, MD.

Trusted care for your heart

To find a St. Rose cardiologist or other specialist, please call **702.616.4900**.

Helping lead the way on leadless pacemakers:

Niuton Koide, MD, clinical cardiac electrophysiologist



When the heat is on

Stay safe when temps soar



Alert! Watch out for heatstroke

As temperatures rise in southern Nevada, so does the risk of heat-related illness. The most serious type is heatstroke, which is a medical emergency. Signs and symptoms include:

- Body temperature above 103 degrees.
- Hot, red, dry, or moist skin.
- Rapid and strong pulse.
- Confusion; possible unconsciousness.

Call 911 immediately if you think someone has heatstroke. Move the person to a cooler environment, and try to bring his or her temperature down with cool cloths or a bath. Do not give the person fluids.

Your car isn't the only thing that can overheat in the Las Vegas Valley's hot weather. Your body can, too—especially when you're exercising.

But that doesn't mean you have to stay inside. There are ways you can beat the heat and still get a healthy workout.

When you exercise in hot weather, you cool off by sweating, which causes you to lose body fluids. If you don't replace these fluids, you can become dehydrated. Your body may then have difficulty sweating and cooling down. This can lead to heat injury, reports the American Academy of Orthopaedic Surgeons.

There are several types of heat injuries, ranging from moderate problems—like heat cramps and heat exhaustion—to medical emergencies, like heatstroke.

Keep your cool

Heat-related problems are preventable if you take steps to protect yourself. **Heber Phillips, DO, Emergency Room Medical Director** at St. Rose Dominican's Siena Campus, offers ways to reduce your risk:

- **Stay hydrated.** Remember to drink fluids before, during, and after exercise.
- **Move your workout indoors.** If you do head outdoors, make it early in the morning or after sunset. If you feel yourself getting too hot, immediately find a cool place or take a cool shower.
- **Reduce the intensity of your workout.** And don't overdo it. Take frequent breaks.



Cool tool! Did you know...

You're more likely to be injured on a bike than in a car? Get equipped for safer riding with our fun, interactive tool. Find it at StRoseReach.org.

From your friends at
Dignity Health—St. Rose Dominican

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Fresh and refreshing!

These spring (or summer) rolls are so easy, anyone can roll this way.

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

Go H₂O!

Quench your thirst with these
tasty twists on water

It's a hot, dry Nevada summer. Nothing tastes better than an ice-cold beverage—and it's important to stay hydrated in the heat.

If plain water doesn't entice you, how about giving it a refreshing change? Here are some naturally healthy flavor enhancers—and you can also have fun experimenting with what you have on hand.

Break the ice

Make flavored ice cubes with 100 percent fruit juice, unsweetened tea, or chopped fruit.



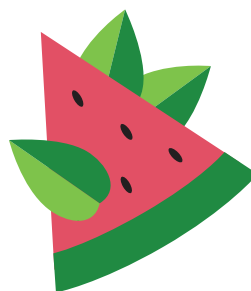
Herbal infusion

Fresh herbs, like basil and mint leaves, add unique and flavorful notes.



Fruit forward

Add cubed melon, or fresh or frozen berries. Add slices of orange, lemon, or lime, or squeeze in some juice.



One sweet pairing:

Mint and watermelon



One cool combo:

Lime and cucumber

Kind
deed

Give your full attention. Have a meal with family or friends without looking at your phone.

Keep 'em cool on the go

Foods spoil quickly in the heat, and that can make you sick. Check out our summer food safety infographic before you hit the road. Go to **StRoseReach.org**.

