

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

WINTER 2017 ISSUE

Going strong in 2017

7 TIPS FOR YOUR TICKER

**KEEP UP THE
HEALTHY BEAT**



4 ways to keep
your bones and
joints **STRONG**



How Verna got her
*sleep groove
back*



Start the new year strong

Resolutions. Expectations. Our busy lives demand a lot of time and energy—sometimes it can feel like we're always on the go.

As we take care of ourselves and our loved ones, we need to remember to take care of our bodies. While we're getting things done, our hearts steadily tick on. In this issue of *Reach*, we encourage you to get your heart healthy in 2017—and keep it going strong.

Exercise is good for keeping aging joints strong, but it's easy to overdo it. If you get injured, we're here to help you heal.

Our bodies—and minds—also need regular rest. In addition to sleeping well, many of us need to relearn the art of R and R. Our free or low-cost classes can help restore balance and peace of mind.

The new year holds the promise of a bright new day—it's time to go strong.

Brian G. Brannman
Senior vice president of operations,
Dignity Health Nevada



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.

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Reach magazine



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A new option for people with sleep apnea.

Reach online | StRoseReach.org



NEW ONLINE:
10 diabetes superfoods
Check out these powerful foods that are good for everyone.

A powerful gift Are you eligible to donate blood? Take a quick assessment at **StRoseReach.org**.



Free breakfast—and so much more at our Heart Health Fair! See page 9.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org





YOGA FOR BETTER HEALTH

The many upsides of downward dog

It's not a stretch to say that yoga is a healthy practice. It does a body good—increasing your overall fitness. Yoga may also:



Improve posture and flexibility.



Lower blood pressure.



Aid digestion.



Improve sleep.



Reduce chronic pain.



Relieve anxiety and depression.

Getting started. Yoga is generally safe for most healthy people. But before you strike your first pose, consider learning proper form from a pro.

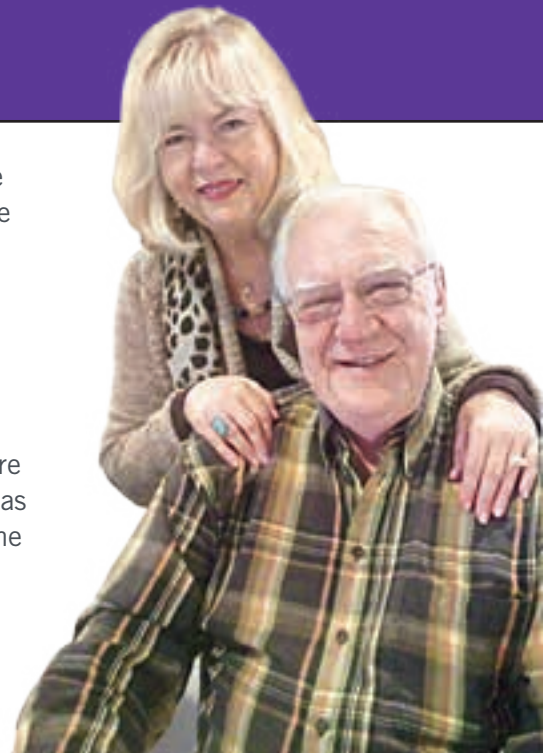
We have you covered!

Check out our various yoga classes—whether you're a beginner or up for something a bit more challenging. For more info, see page 7 or go to StRoseHospitals.org/classes.

Why we give

“We give because we feel fortunate to have the Siena Campus so close to home. As a former patient, Patricia knows firsthand that the exceptional, compassionate care she received emulates Dignity Health's *Hello humankindness* focus. Our contributions help ensure that high-quality health care will be there for ourselves, as well as for our friends and neighbors, in the future. The best part about giving to St. Rose is that it feels so good, and we know our gifts are making a difference!”

—Patricia and Arthur Lindberg



St. Rose Dominican Health Foundation

A Dignity Health Member

The Health Foundation is a nonprofit organization as provided under section 501(c)(3) and 509(a)(3) of the Internal Revenue Code. Contributions are tax deductible in accordance with state and federal regulations.

To give to the St. Rose Dominican Health Foundation, visit SupportStRose.org or call **702.616.5750**.



National Wear Red Day

EVERY 80 SECONDS, a woman dies of heart disease or stroke. However, 80 percent of heart disease and stroke events may be preventable with lifestyle changes, according to the American Heart Association.

On National Wear Red Day—**Friday, February 3, 2017**—Dignity Health—St. Rose Dominican, the Go Red For Women cause sponsor, wants you to do something for you. Wear red and schedule a well-woman visit with your primary care provider or gynecologist to learn about your health status and risk for diseases. To join in, visit GoRedForWomen.org. **#DignityGoRed**

Starting on page 4: Get healthy tips, including Kate Grey's secrets to heartfelt success.



American Heart Association
life is why™



7 ways to keep



Roughly 2.5 billion times. That's how often your heart will beat by the time you reach age 70. It's amazing, really. Nonstop, 24/7, the beat goes on and on and on.

Doctors have learned a lot about how the heart functions—and what we need to do to keep it healthy and going strong. Four cardiology experts who practice with St. Rose Dominican offer seven ways to help keep your ticker in tip-top shape.



1 Put it to the test

Your “heart numbers” can tell you a lot about what’s going on with your heart and if you have risk factors that may affect its health. Moniz Dawood, MD, board-certified in cardiovascular disease and interventional cardiology, shares some key information:



Moniz Dawood, MD

High blood pressure and excess cholesterol can cause plaque to build up inside arteries in the heart. Lifestyle changes can improve your blood pressure and cholesterol numbers. Medication may also be needed in some cases.

Body mass index (BMI)—a measurement of your weight in relation to your height—is a good indicator of body fat. Excess weight forces your heart to work harder. It

may also raise your blood pressure and have negative effects on your cholesterol levels. To find out your BMI, look for “BMI Calculator” under “Health Tools” at StRoseReach.org.

2 Pump it up

Like any muscle, your heart gets stronger with exercise. That helps it pump blood more efficiently. But David Navratil, MD, FACC, a physician board-certified in cardiovascular diseases and cardiac electrophysiology, indicates that the benefits don't stop there. Regular exercise can help you manage your weight, lower your blood pressure, and improve your cholesterol.



David Navratil, MD, FACC

Most people should aim for at least 150 minutes of moderate-intensity exercise weekly. That's any activity that causes a slight increase in breathing and heart rate, like brisk walking. Choose activities you enjoy so you'll be more apt to stick with them. And start slowly, especially if it's been a while since you were active.

3 Eat heart-smart

Your entire body, including your heart, is fueled by food. So quality matters. A heart-healthy diet contains lots of delicious options, such as:

- Fruits, vegetables, and whole grains.
- Fat-free or low-fat dairy products.
- Skinless poultry, lean meat, and fish—especially those containing omega-3 fatty acids, like salmon and trout.

- Nuts and legumes.

Also aim to eat fewer foods with sodium, added sugar, and refined grains. It's best to limit saturated fat and trans fat, too.

4 Clear the air

Smoking is a major risk factor for heart disease. And simply being around others' smoke puts your heart at risk.

Fareed Sheikh, DO, a cardiologist board-certified in cardiovascular disease, says, "Smoking is also the biggest risk factor for peripheral arterial and cerebral vascular diseases, which can lead to amputations and strokes."



Fareed Sheikh, DO

KICK THE HABIT FOR HEART HEALTH

For classes that can help you quit smoking, turn to page 10—or go online: StRoseHospitals.org/Classes.

Primary care doctors and specialists can help you quit.

Keep this in mind: Just a year after quitting, your excess risk of future heart disease is cut in half. Fifteen years after your last cigarette, it's as if you never smoked at all.

5 Seek sound sleep

Too little sleep has been linked to heart failure and heart attack in adults. Maintaining consistent sleep schedules, keeping your bedroom dark and quiet, and avoiding large meals and caffeine

near bedtime may help you sleep better.

If you have ongoing sleep problems, speak with your doctor.

See page 15 for more on healthy sleep.

6 Ease stress

When you're tense or anxious, your breathing, heart rate, and blood pressure increase. If stress becomes chronic, it can take a toll on your heart.

—Continued on page 6



Kate's success story: Here's how she stays cool under pressure

About 20 percent of U.S. adults have high blood pressure and don't know it. Kate Grey, a St. Rose Dominican employee, was one of them.

"I was really surprised to learn I had borderline high blood pressure," says Kate, "because I've had a history of low blood pressure my whole life. The first time I was told I had higher numbers, I thought I misheard."

After checking her blood pressure a few more times over several months, Kate realized she should follow up with her doctor, Celeste Atkinson, MD, an internal medicine physician with Dignity Health Medical Group.

Dr. Atkinson made several recommendations and agreed that Kate should try to lower her blood pressure without medication by making the following lifestyle changes:

- Reducing sodium.
- Lowering stress levels.
- Cutting caffeine.
- Losing weight.

Kate's top tips

Kate made the changes her doctor recommended—and more—and has these pointers for others trying to lower their blood pressure:

- Follow the DASH—Dietary Approaches to Stop Hypertension—

—Continued on page 6

—Continued from page 5

Find healthy ways to manage stress. Even taking a few minutes to sit quietly and breathe deeply may help you feel calmer.

Know the danger signs

If you think you're having a heart attack, call 911. Quick treatment may save your life. According to Sanjay Malhotra, MD, FACC, board-certified in cardiology and interventional cardiology, signs and symptoms of a heart attack include:



Sanjay Malhotra, MD, FACC

- Chest pain, pressure, or discomfort.

- Pain, tingling, or discomfort in the arms, shoulder, back, neck, jaw, or stomach.
- Shortness of breath, nausea, sweating, or cold and clammy skin.
- Dizziness or lightheadedness.

Other possible signs and symptoms of heart problems you shouldn't ignore are chest pain that worsens with physical activity and goes away with rest, swelling in your feet, legs, stomach, and veins in your neck, or a heartbeat that is too fast, too slow, or irregular.

If your primary care physician

feels you should see a cardiologist, the St. Rose Dominican physician referral service can help. Call

702.616.4900.

12TH ANNUAL Go Red Luncheon

Thursday, March 2, 2017

Aria Resort and Casino

10:30 a.m.—Silent auction and start of Health Expo

Noon—Luncheon program begins

This event helps raise awareness about the country's No. 1 killer of women. Cardiovascular disease and stroke claim more women's lives every year than the next 14 causes of death combined.

Save your spot! Registration closes Monday, February 27. Find a link to register at **StRoseReach.org**.



—Continued from page 5

diet. Sherry Poinier, a St. Rose Dominican registered dietitian who met with Kate, says, "This plan is great because it emphasizes fruit, vegetables, low- or non-fat dairy, whole grains, and lean meats."

- Drink some water every morning when you wake up, and eat an apple every day.
- Cook your own meals—avoid packaged and processed foods.
- Explore ways to reduce stress.
- Get a blood pressure monitor, and keep track of your readings.
- Use technology to track your food, fitness, blood pressure,

and more. Two of Kate's favorites: MyFitnessPal and Insight Timer, a free meditation app.

- Make a BHAG (Big Hair Audacious Goal) and tell someone about it.
- Be "mostly good." Lifestyle changes can be difficult, so be realistic. Indulge when it's something you really want, and don't beat yourself up if you get off track for a few days.

What has been the most difficult about making these lifestyle changes? Kate says consistency has been hard in terms of when and how much food she eats, as she tends to

skip lunch. "Sherry actually recommended I eat more often...smaller amounts throughout the day," says Kate. "I plan my meals now and bring healthy snacks to work."

Kate's blood pressure is now back to a normal range, but she keeps it top of mind. She once read in an article on this topic, "It's a marathon, not a sprint"—that really says it all.

**Learn more
about the
DASH diet at
StRoseReach.org.**

Stay inspired. Get loads of heart-healthy info at **StRoseReach.org**, where you can also search St. Rose Dominican's wide variety of nutrition, wellness, and fitness programs.

For your HEALTH

CALENDAR OF CLASSES AND EVENTS • WINTER 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 unless otherwise noted. Fees paid on arrival.

Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub. Lake Las Vegas: \$10 per person

Enhance Fitness

Exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

Mondays, Wednesdays, and Fridays, 9 to 10 a.m.

Mondays and Wednesdays, 3:45 to 4:45 p.m.

Tuesdays and Thursdays, 8 to 9 a.m.

GV FREE

Mondays and Wednesdays, 8 to 9 a.m.

City of Henderson Heritage Park Senior Facility: FREE

Mondays, Wednesdays, and Fridays, 1 to 2 p.m.

WEST FREE

Fitness Testing

Are you fit for your age? If you are 60 or above, see how to remain mobile until 90 and beyond!

Wednesday, Jan. 25, 10 to 11 a.m.

GV FREE

Wednesday, Feb. 15, 2 to 3 p.m.

WEST FREE

Registration is required; please call for an appointment.

Zumba Gold

Show aging “who’s boss” with 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. Strollers welcome. Call **702.616.4902** for seasonal meeting locations.

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

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.

Fridays, 8 to 9 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 yoga practice.

Mondays, 5:30 to 6:30 p.m.

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

Mixed-Level Yoga

Requires experience beyond basic 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

Tai Chi

Learn graceful Chinese martial arts 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

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

More

Healthy Henderson Health Fair

Explore the Healthy Henderson Health Fair. This event features over 40 vendors, children’s activities, bounce houses, classes, demonstrations, a farmers market, and food trucks. The Lighten Up Henderson 90-Day Weight-Loss Challenge will also be kicking off.

Saturday, Jan. 14, 10 a.m. to 2 p.m.

Henderson Multigenerational Center
250 S. Green Valley Parkway: **FREE** (for all ages)



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

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • WINTER 2017



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

Flex Fusion

Therapeutic stretching for floor or chair exercise.

Thursdays, 3 to 4 p.m.

WEST FREE

Belly Dancing

Saturdays, Jan. 14, Feb. 11,

March 11, 10:30 a.m. to

noon

WEST FREE



Nutrition

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Jan. 25,

6 to 8 p.m.

WEST \$25 (includes CD)

Thursday, Feb. 9,

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

Tuesdays, Jan. 17 to

Feb. 21, 9 to 11:30 a.m.

GV FREE. Call

702.616.4900.

Fridays, Jan. 20 to Feb. 24,

10 a.m. to 12:30 p.m.

Centennial Hills Active Adult Center: 6601 N. Buffalo Drive. Call **702.229.1702.**

Thursdays, March 2 to

April 6, 10 a.m. to 12:30 p.m.

City of Henderson Heritage

Park Senior Center:

300 S. Racetrack Road. Call

702.267.2950.

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, Jan. 4, Feb. 1,

March 1, 7 to 8 p.m.

WEST FREE

AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 nonmembers (checks only, made out to AARP).

Monday, Jan. 9, Feb. 13 or

March 13, 9 a.m. to 1 p.m.

Wednesday, Jan. 25, Feb. 22

or March 22, 1 to 5 p.m.

GV

Tuesday, Jan. 24, Feb. 28 or

March 28, 1 to 5 p.m.

HEND

Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

Tuesday, Jan. 10 or March 14,

9 to 10 a.m.

GV FREE

Tuesday, Feb. 14, 9 to

10 a.m.

HEND FREE

Labyrinth Walk

Join us for a quiet, relaxing journey navigating the labyrinth.

Friday, March 17, 2 to

3 p.m.

GV FREE

Balancing Energy Fields

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

Wednesdays, Jan. 11,

Feb. 8, March 8, 6 to 8 p.m.

WEST \$5



Relax and Paint

Join us for an evening of calming creativity as we paint.

Thursday, Feb. 23,

6 to 9 p.m.

GV \$5. Registration

required; prepay

materials fee.



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**.



Relaxation Meditations

Practice techniques that promote peace and health.

Wednesdays, Jan. 4, Feb. 1, March 1, 5:45 to 6:45 p.m.

WEST FREE

Tuesdays, Jan. 10, Feb. 14, March 14, 5:30 to 6:30 p.m.

GV 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

Communication Through Sign Language

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

Fridays, Feb. 10, 17, 24, 3:30 to 5 p.m.

GV FREE

Fridays, March 17, 24, 31, 3:30 to 5 p.m.

WEST FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Thursdays, Jan. 19, Feb. 16, March 16, 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. 12 and 26, Feb. 9 and 23, March 9 and 23, 10 a.m. to noon

GV FREE

Thursdays, Jan. 12 and 26, Feb. 9 and 23, March 9 and 23, 11:30 a.m. to 1:30 p.m.

WEST FREE

Self-Hypnosis for Positive Thinking

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

Wednesday, Feb. 22, 6 to 8 p.m.

WEST \$25 (includes CD)

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

GV \$25 (includes CD)

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors for doctor's appointments, errands, and grocery shopping. Call **702.616.6554**.



Diabetes Management

What Is Prediabetes?

How to avoid or delay diabetes.

Wednesday, Jan. 25, 10 a.m. to noon

Thursday, Feb. 16, 3 to 5 p.m.

Friday, March 24, 1 to 3 p.m.

GV FREE



The Heart Doctor is IN: Heart Health Fair

Saturday, Feb. 18, 8 to 10:30 a.m.

Screenings and free, heart-healthy breakfast: 8 to 9:30 a.m.

- **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 and more:** 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, and raffle drawings.

Join Herbert Cordero-Yordan, MD, cardiologist 9:30 to 10:30 a.m.

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



National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4975** to enroll in this 12-month program.

Thursdays, starting Jan. 12, 1 to 2 p.m.

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

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**.

More

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

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 • WINTER 2017



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

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 classes:

Thursdays, Feb. 2, 16, 23, 9 a.m. to noon
Tuesdays, March 7, 14, 21, 9 a.m. to noon

GV

Stanford Diabetes Self-Management Program

Regain control of your life with this six-week program, which offers support, healthy eating tips, medication management, and communication know-how. Complements your current medical treatment.

Wednesdays, Feb. 8 to March 15, 9 to 11:30 a.m.

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** for more information.

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, Jan. 26, 10 to 11:30 a.m.

WEST FREE

Tuesday, Feb. 28, 10 to 11:30 a.m.

HEND FREE

Thursday, March 16, 6 to 7:30 p.m.

GV FREE



Heart and Stroke Programs

Heart Healthy Eating

Learn to eat for heart health.

Thursday, Feb. 2, 10 to 11:30 a.m.

GV FREE

Thursday, March 16, 10 to 11:30 a.m.

WEST FREE

DASH (Dietary Approaches to Stop Hypertension)

Join us to learn heart-healthy nutrition tips.

Thursday, Feb. 9, 3 to 4:30 p.m.

GV 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, Jan. 25, Feb. 22, or March 22 5 to 9 p.m.

GV \$30 (includes AHA certification card)



Smoke-Free

Freedom from Smoking

Kick the habit with this six- or seven-week American Lung Association program.

Thursdays, Jan. 19 to March 2, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Thursday, Jan. 12, 6 to 8 p.m.

GV \$25 (includes CD)



Cancer Screenings and Survivorship

Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week Stanford program enhances regular treatment.

Wednesdays, Feb. 8 to March 15, 3 to 5:30 p.m.

GV FREE

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



Stepping On: Fall Prevention Program

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

Tuesdays, Feb. 28 to April 11, 1 to 3 p.m.

GV FREE

FIT Colon Test

Are you age 50 or older? Take home a colorectal cancer F.I.T. (fecal immunochemical test) screening kit, return your sample to a WomensCare Center, and receive results by mail.

GV **WEST** \$15

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

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, or call the Mammovan if 50 or older at **877.581.6266**. Funded by Susan G. Komen for the Cure.

Prosthesis and Bra Fittings

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



Screenings

Peripheral Arterial Disease

Do you have symptoms of PAD? Get screened.

Thursday, March 16, 8 a.m. to noon

GV FREE. Appointment required.

Do You See What I See?

Get a free eye screening, prescription check, and education about glaucoma and other eye ailments.

Wednesday, Feb. 15, 10 a.m. to noon

GV FREE

Wednesday, March 22, 10 a.m. to noon

WEST FREE

Metabolic Testing

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

Health Screenings/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.

Saturday, Feb. 18, 8 to 10:30 a.m.

MAC See prices above. Appointment needed.

Thursday, March 9, 7 to 10 a.m.

WEST See prices above. Appointment needed.

Dinner with a Doc

New Surgical Advancements for Parkinson's Disease, Essential Tremors, and Dystonia

Learn about new surgical options from board-certified neurosurgeon Aury Nagy, MD, and board-certified neurologist/disorder specialist Eric Farbman, MD.

Tuesday, March 7, 6 to 7 p.m.

SAN FREE



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
SAN Mondays, noon
- ALS Support
- Alzheimer's Support
- Arthritis Support (**New!**)
- 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
- Divorce Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Leukemia and Lymphoma Support (**New!**)
- Multiple Sclerosis Support
- Narcotics Anonymous
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Tobacco Quit Line: **800.QUIT.NOW**
- Transitions for Aging
- Widows Support



Powerful Tools for Caregivers

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!

Mondays, Feb. 20 to March 27, 10 a.m. to 12:30 p.m.

GV FREE

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

4 for life

Smart steps to better joint and bone health



Craig D. Clark, MD



Roman Sibel, MD

YOUR JOINTS AND BONES ARE TRULY AMAZING. They move you through your days, helping you stay active and do what you enjoy. To help keep these hard-working marvels healthy and free of diseases that can harm them—like arthritis and osteoporosis—practice a little joint and bone TLC:



1 Keep moving

“Regular exercise helps keep your bones strong,” says Craig D. Clark, MD, FAAOS, a board-certified orthopedic surgeon who has nearly two decades of experience working with athletes and people with musculoskeletal injuries. “It also helps keep the muscles around your joints in good working order.”

A GEAR-UP TIP

If you play sports, protect your joints by wearing any recommended safety pads.



2 Lighten your load

“Excess weight puts added stress on the joints of your knees, hips, and feet,” says Roman Sibel, MD, a board-certified orthopedic surgeon who specializes in treating foot and ankle conditions. “Every extra pound you gain puts four times the stress on your knees. But losing even a small amount of weight may help improve the health of your joints.”

To keep pounds from piling on, enjoy your favorite foods but in smaller amounts. Eating plenty of naturally calorie-light fruits and veggies, as part of a balanced diet, and cutting back on calorie-laden beverages can help you lose weight.



3 Bone up on calcium and vitamin D

This mineral-vitamin duo helps build and maintain strong bones, making them less prone to fracture.

Sources of calcium include low-fat dairy products and foods such as broccoli, kale, and canned salmon with edible bones. Some juices, cereals, breads, and bottled water have calcium added to them. Read the labels. They may also contain vitamin D.

Your skin makes vitamin D when exposed to the sun. However, being in the sun also raises your risk of skin cancer. Ask your doctor if you should take a vitamin D supplement.

—Continued on page 14



Here to help. The WomensCare and Community Outreach Centers of St. Rose Dominican offer classes that can help keep you moving, lose weight, and stop smoking. Visit StRoseHospitals.org/Classes.

OPTIONS FOR NEW JOINTS

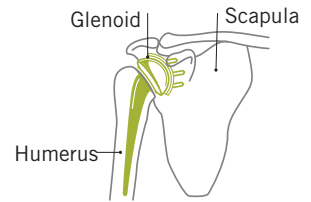
Painful joints can make everyday movements, like walking or reaching, very difficult. When other treatments aren't enough, doctors may suggest joint replacement surgery. Here's a closer look at some common procedures:

**Feel better,
move better.**

Call **702.616.4900**
for a referral to an
orthopedic specialist.

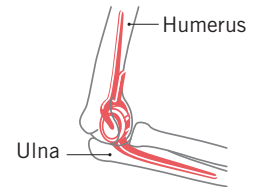
SHOULDER

Depending on the condition of the shoulder, either just the head (ball) of the upper arm bone (humerus) is replaced—or both the ball and socket (glenoid).



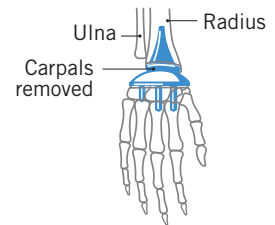
ELBOW

Doctors replace the damaged parts of the upper arm bone (humerus) and the forearm bone (ulna) on the pinky finger side.



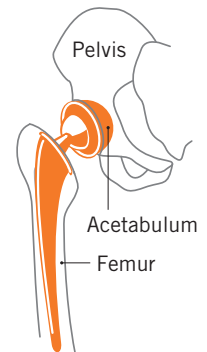
WRIST

The damaged ends of the lower arm bones (radius and ulna) and the first row of the bones at the base of the hand (carpals) are removed. The ends of the radius and sometimes the carpals are replaced.



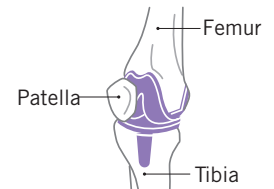
HIP

The damaged head of the thighbone (femur) and the surface of the socket (acetabulum) in the pelvis where the femur sits are replaced.



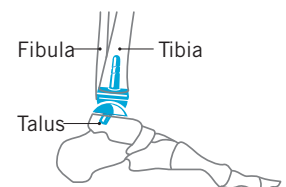
KNEE

The damaged surfaces at the ends of the thighbone (femur) and shinbone (tibia) are replaced. The underside of the kneecap (patella) may also be replaced.



ANKLE

The damaged bone and cartilage from the leg portion of the ankle (tibia) and the foot portion of the ankle (talus) are replaced.



Lighten up, Henderson!

Saturday, Jan. 14

The Lighten Up Henderson 90-Day Weight-Loss Challenge kicks off at the Healthy Henderson Health Fair.

Join the fun: See page 7 for more details.

—Continued from page 12



4 Kick tobacco for good

If you smoke, your bones will thank you for quitting. Besides other serious health risks, you're at higher risk of fractures because you smoke.

Here are a few tips to get you on the road to being a nonsmoker:

- Talk with your doctor about stop-smoking medicines, both prescription and over-the-counter. He or she can help you decide if one of them might work well for you.
- Pick a quit date, and let family and friends know so they can help support your decision.
- Do a clean sweep of your home, car, and workspace. Rid them of any cigarettes, matches, lighters, or ashtrays.

Take



Short workouts really can work

“Not enough time.” That’s a common lament—especially when it comes to exercise. But with minor tweaks to your schedule, the benefits of exercise can be yours if you simply take it 10 minutes at a time.

Adults need at least 150 minutes of moderate intensity exercise every week. Weight loss, better sleep, and lower risk for heart disease are all compelling reasons to be active. And as long as your weekly total is 150 minutes, exercising in 10-minute increments (that’s only three times each weekday) is as effective as doing longer workouts.

Where to find openings for three 10-minute activity breaks? Try looking here:



Morning

Time your commute on public transportation so you can get off early for a brisk walk. If you drive to work, stride through a park near your office before clocking in.



Noon

Spend the last 10 minutes of your lunch hour hiking up and down the stairs.



Evening

Repeat your morning routine, and boom! You’ve done your time for today.

Sources: American College of Sports Medicine; American Council on Exercise



Are your joints at risk?

Take our joint risk assessment at StRoseHospitals.org/Ortho to measure your joint health and learn how to reduce your level of risk.

Enjoying sweet slumber again

Verna trusts Inspire Upper Airway Stimulation therapy with a good night's rest

Verna Akina lived with obstructive sleep apnea for more than 20 years. She had tried everything, including the use of a continuous positive airway pressure (CPAP) machine—a mask you wear while you sleep that forces air through the nose or mouth.

“I used to dread going to bed,” says Verna. “I got so sick of trying to make the CPAP work for me that I finally decided to stop using it and let ‘whatever happens happen.’”

So why does Verna now look forward to going to bed? She was one of the first recipients in southern Nevada to receive the Inspire Upper Airway Stimulation implant.

Like night and day

“Inspire therapy is designed specifically for those who can’t

tolerate CPAPs,” says Frederick Goll, III, MD, board-certified otolaryngologist, who implanted Verna’s device. “It addresses the root of the problem by delivering mild stimulation to the muscles and soft tissues that relax and block the airway.”

The system is placed under the skin of the neck and chest through three small incisions during an outpatient procedure. It then syncs with breathing patterns. If needed, it delivers mild stimulation throughout the night to keep breathing passages open.

Verna’s thrilled with the results, saying that since her implant was activated in early October 2016, it’s been like night and day. “I use a remote control to turn the implant on when I go to bed, then turn it off when I wake up.” Now, she doesn’t nod off while reading, and she can drive without fear of falling asleep.



A danger zone

Obstructive sleep apnea causes breathing to repeatedly stop and start while you sleep. Left untreated, obstructive sleep apnea can result in:

- Poor memory and concentration.
- Higher risk for work or traffic accidents.
- Higher risk for stroke or heart attack.

Is the Inspire Upper Airway Stimulation implant right for you? Talk with your doctor.

Search for a physician online at **StRoseHospitals.org** or call **702.616.4900**.

Know the signs—and find relief

Symptoms of sleep apnea:

- Dry mouth or sore throat when you wake up.
- Headaches in the morning.
- Sleepiness or fatigue during the day.
- Snoring and restlessness during sleep.
- Waking up suddenly and feeling like you’re gasping or choking.

- Trouble concentrating, forgetfulness, depression, or irritability.

Benefits of Inspire Stimulation Therapy:

- Significant reduction in snoring and apnea episodes.
- Improvement in quality of life.

Rest well. For “7 Steps to a Better Night’s Sleep,” go to **StRoseReach.org**.



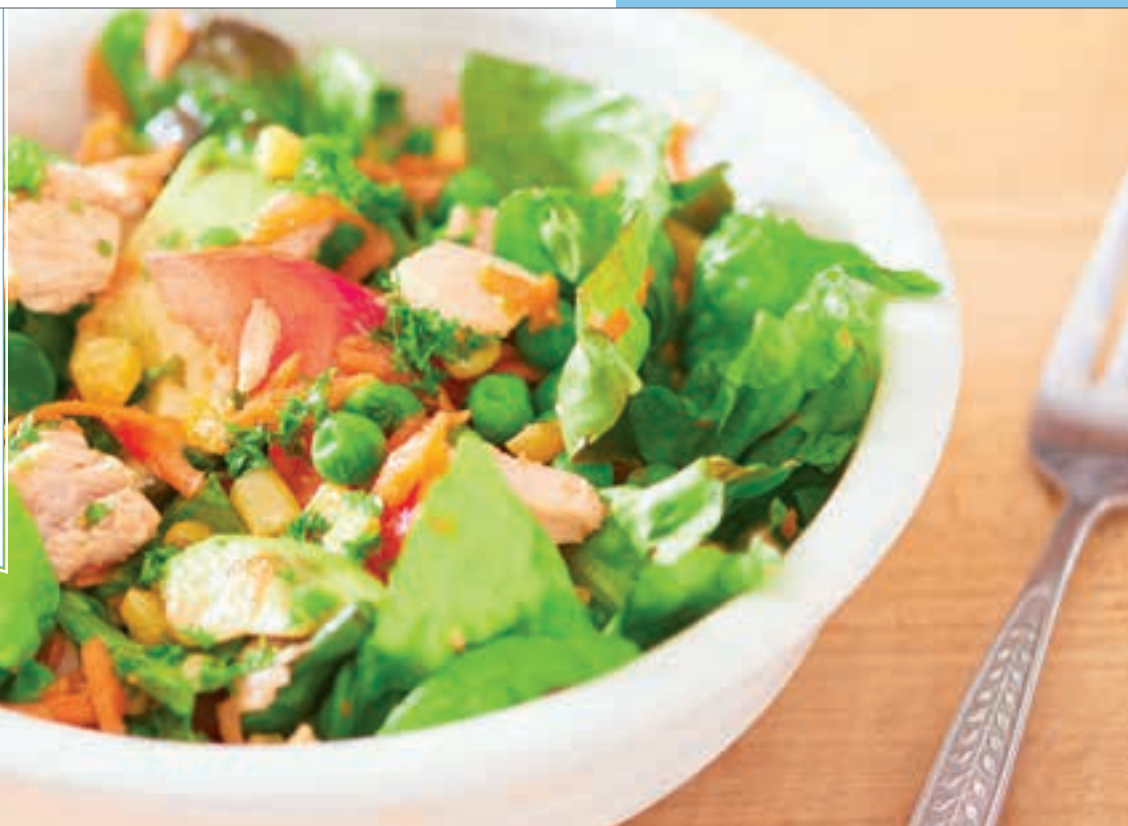
Verna holds her remote control while Dr. Goll shows the Inspire implant.



It's soup and salad night!

Try this quick eight-vegetable soup.
Go to **StRoseReach.org** to find the recipe.

Tuna & avocado Cobb salad



Makes 4 servings.

Ingredients

For salad:

- 4 cups red leaf lettuce, rinsed and chopped (about 8 leaves)
- 1 cup frozen whole kernel corn, roasted (on a pan in the oven at 400 degrees for 7 to 10 minutes)
- 1 cup carrots, shredded
- 1 tomato, rinsed, halved, and sliced
- ½ ripe avocado, peeled and sliced
- 1 cup frozen green peas, thawed
- 1 6-ounce can white albacore tuna in water

For dressing:

- 2 tablespoons lemon juice (or about 1 fresh lemon)
- 1 tablespoon lime juice (or about 1 fresh lime)
- 1 tablespoon honey
- 1 tablespoon fresh parsley, rinsed, dried, and minced (or 1 teaspoon dried)
- 1 tablespoon water
- 1 tablespoon olive oil

Directions

- Divide and arrange 2 cups of salad ingredients in each of 4 serving bowls.

- For dressing, combine all ingredients and mix well. Spoon 2 tablespoons over each salad, and serve.

Nutrition information

Serving size: 2 cups salad, 2 tablespoons dressing. Amount per serving: 224 calories, 9g total fat (1g saturated fat), 24g carbohydrates, 15g protein, 6g total fiber, 264mg sodium.

Source: National Heart, Lung, and Blood Institute

Quick
and tasty!