

Reach

Together in health and happiness

**Your Smart
Summer issue**

Summer 2018



Smart skin care

Safeguards for a healthy glow

Boost your brain power

Bright ideas for summer days

Ease your mind

5 ways to worry less

Blissful & brilliant

“What makes the desert beautiful is that somewhere it hides a well.”

—Antoine de Saint-Exupéry

We hope summer brings you fun with family and friends, carefree hours of floating in the pool or lounging under the stars. In this issue of *Reach*, you'll find timely info—smart tips to help make this a blissful, brilliant summer in southern Nevada.

Made in the shade. Starting on page 4, find out how to care for your skin all season and protect your kids at play.

Pencils down, heads up! While you enjoy the summer break, it's a good idea to keep brains engaged. Turn to page 8 for five ideas to try.

A well of wellness. Check out our online Health Library. It's a free resource to help you live your best life. You'll find articles, recipes, quizzes, and more. Go to StRoseReach.org/health-library.

The WomensCare/Outreach Centers

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.

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/ Outreach Center Director **Kimber Haley**, Marketing Manager, REACH Editor

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Online

See more great *Reach* content:

StRoseReach.org



How's your sleep? Use our handy sleep assessment tool to see how you're doing in the sweet slumber department.



Summer Tomato and Corn Salad with Basil. This bright, fresh dish is sure to become a family favorite.

Find a doctor, locations, and services:

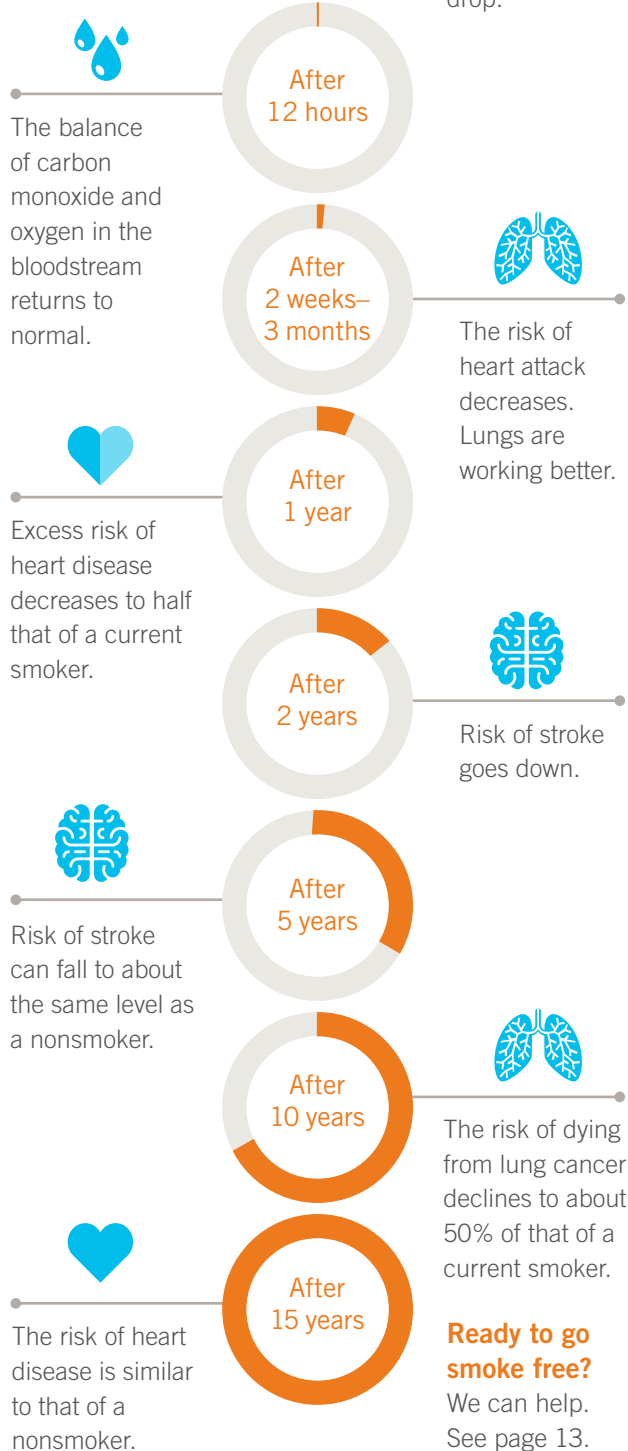
StRoseHospitals.org





WHEN YOU GIVE UP SMOKING

Enjoy the perks!



Sources: American Cancer Society; American Lung Association; Centers for Disease Control and Prevention



Why I give ...

“Having worked at St. Rose Dominican for nearly 20 years, I’ve seen many exciting changes take place: the building of the Siena and San Martín Campuses, the addition of Community Outreach Centers and medical clinics, and the opening of four new neighborhood hospitals.

St. Rose is not-for-profit, so none of this would be possible without the donations from both the public and its employees. I’m proud to donate to the St. Rose Dominican Health Foundation each year because I know I’m helping bring much-needed services to the members of our community.”

—Tammy Kline, Internal Communications Manager

To give to the St. Rose Dominican Health Foundation, visit **SupportStRose.org** or call **702.616.5758**.



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

Let healthy skin shine



Allergy alert

Check medication information and containers for warnings about the sun, Dr. Hong says. “Certain drugs can make your skin more sensitive to the sun. Some medicines may trigger hives, an allergic reaction, if you expose your skin to the sun while taking them.”

“**Summertime** in southern Nevada means it’s time to think seriously about protecting your skin from the sun’s damaging rays,” says Teresa Hong, MD, family medicine physician with Dignity Health Medical Group’s San Martín Clinic. Here are some key recommendations.



Teresa Hong,
MD

Get shady. Hang out in the shade when you’re outdoors—a tree, umbrella, or other shelter.

Fast fact: 80 percent of the sun’s harmful UV rays can reach your skin, even on a cloudy day.

Cover up. Whenever possible, wear long-sleeved shirts and long pants outside. Tightly woven fabrics provide the best protection from the sun’s damaging rays.

Top off with a hat. To protect your face, ears, and the back of your neck from the sun, wear a hat with a broad rim all the way around.

Remember to wear sunglasses.

Wraparound sunglasses—that block 99 to 100 percent of all UV light—are the best choice.

Slather on sunscreen. Go for one that offers broad-spectrum protection, has an SPF of 30 or higher, and is water-resistant. “It’s important that you apply sunscreen 20 to 30 minutes before going outside,” Dr. Hong says. “Then reapply every two hours or after swimming, sweating, or toweling off.”

Time your outdoor workouts. Exercise during the coolest part of the day. You’ll reduce your risk of heat rash and heat-related illness.

Blot sweat. Use a clean towel or cloth. Wiping can irritate your skin and cause breakouts if you’re prone to acne.

Make a splash. Shower immediately after a dip in the pool. Post shower, apply cream or lotion to slightly damp skin to help lock in moisture.



Sources: American Academy of Dermatology; American Academy of Ophthalmology; National Institute on Aging; Skin Cancer Foundation



SUMMER VACATION!

Keep kiddos safe

Ah, to be a carefree kid of summer. “Encourage children to play every day,” says Emily Peterson, DO, FAAP, a licensed



Emily Peterson,
DO, FAAP

pediatrician with Dignity Health Medical Group Nevada. “At the same time, remember that many activities call

for caution on the part of parents and caregivers.” For instance:

Be water-wise. Children of all ages need a responsible adult to supervise them when around water. Children can drown quickly. So watch kids at all times, and avoid distractions—such as looking at your phone—even if lifeguards are on duty. Never let kids swim in canals or other swift water. If your

family goes boating, everyone needs to wear a life jacket.

Insist on helmets. Children need bike helmets—even when riding in driveways. Also make sure they have helmets and other protective gear for skates, skateboards, and scooters.

School them on road safety. Teach kids the road rules for cyclists. They should know to: ride on the right (facing the same direction as traffic), obey all traffic signs, stay alert, and wear bright clothing. And they shouldn’t ride at night.

Mind the heat. Steer kids to shade whenever possible. Provide plenty of water to drink when kids are active in the heat. Never leave children alone in a car or let them play in an unattended vehicle. If

Leave fireworks to the pros

Even sparklers can burn hotter than 1,000 degrees! Check out professional fireworks displays, and skip the DIY thing.



you see a child left alone in a hot vehicle, call the police.

Give playgrounds a safety check. Is there cushioning to soften falls, such as safety mats, sand, or wood chips? Are bolts or other sharp surfaces sticking out? When in doubt, pick another place to play. Even a well-maintained playground may get too hot, and some materials can get scorching enough to burn skin. Always check the heat of surfaces and equipment before letting kids play.

Sources: American Academy of Pediatrics; American College of Emergency Physicians; National Highway Traffic Safety Administration



Hello humankindness. Find a St. Rose Dominican pediatrician who cares for kids and connects through kindness. Call **702.616.4900**.

3 things to understand about the ER



Gary Mono, DO

The emergency room (ER)—it's a place we all hope we never have to go. But should you ever need it, it's comforting to know the ERs at St. Rose Dominican are here for you and your family.

"Understanding how ERs work can make your experience less stressful," says Gary Mono, DO, chief medical officer for Dignity Health-St. Rose Dominican's Siena Campus.



What to know before you go to the emergency room:

1

The sickest are treated first.

Our St. Rose Dominican ER nurses are specially trained to assess a medical condition and decide how severe it is. Based on this, they determine who is seen first by emergency doctors.

The triage nurse will determine the severity of your illness or injury by examining you and asking about your symptoms. You may have some tests done or receive first-aid care while you're in the triage area. Speak up if you're in pain or if your pain or other symptoms get worse. The nurse needs to know how you're feeling to help decide how quickly you should be seen.

2

You may be able to wait at home.

If you're sure it's not a serious situation, you can select an estimated arrival time at all St. Rose hospitals—and wait in the comfort of your own home.

Find our online waiting room at [StRoseHospitals.org/ER](https://www.StRoseHospitals.org/ER). The Dignity Health Urgent Care Center at the Dignity Health Pavilion—on the corner of West Galleria Drive and Gibson Road—is also an option for minor illnesses and injuries.

3

You may need follow-up care.

After you're treated and discharged from the ER, it may not be the end of your care. For instance, you may be instructed to see your primary care doctor for a follow-up visit.

"Be sure to follow through with any appointments or other instructions you receive," says Dr. Mono. "Your regular doctor or a specialist may need to manage the problem that brought you to the ER to help you avoid another medical emergency. Or you may need further tests to learn more about what caused your condition or symptoms."



Does your child know how to call 911? Get tips on practicing this important skill with your children at [StRoseReach.org](https://www.StRoseReach.org).

Weighing the benefits for a better life

Do you sometimes envision life without excess weight?

If losing weight has been difficult, you may wonder if



Jiashou "Jimmy" Xu, MD

weight-loss (bariatric) surgery is right for you. "That's a difficult decision each person must make for themselves, but we can guide you," says Jiashou "Jimmy" Xu, MD, medical director of the Weight Loss Surgery Center at St. Rose Dominican. To help, here are answers to common questions about weight-loss surgery.

Q. Am I a candidate?

You may be if you're severely overweight. This generally means you have a body mass index (BMI) of at least 40. Or you have a BMI of at least 35 plus a weight-related health problem, such as type 2 diabetes, heart disease, or sleep apnea. Check your BMI at StRoseReach.org.

"Generally, surgery is considered when it's unlikely a person can achieve a healthy weight with other weight-loss strategies," says Mustafa Ahmed, MD, another bariatric surgeon at the Weight Loss Surgery Center at



Mustafa Ahmed, MD

St. Rose Dominican. "You also must be committed to making lasting lifestyle changes to help keep the weight off."

Q. Can surgery help with type 2 diabetes?

Yes. Research shows that bariatric surgery often makes the disease go into remission. What's more,



Expert answers. Get all the information you need at our upcoming weight-loss surgery seminars. See page 12.

even when diabetes doesn't disappear, the surgery still tends to help by:

- Improving diabetes-related health problems
- Lowering blood sugar
- Reducing the amount of diabetes medicine needed

Q. What changes will I need to make afterward?

To succeed at long-term weight control, you'll need to:

- Eat small, frequent meals.
- Make healthy foods a priority. You may need to take vitamins and minerals.
- Get regular exercise.

Weight-loss surgery: Two common types

- 1. Gastric bypass.** Surgeons shrink the stomach to about the size of a thumb and shorten the path food takes through the small intestine. This limits the calories your body absorbs. You'll also feel full after eating only small amounts of food.
- 2. Gastric sleeve.** This surgery also shrinks the stomach, transforming it into a narrow tube and—like gastric bypass—limiting food intake. Your substantially smaller stomach will also produce less of the hormone responsible for hunger.



Brainy ideas for summer fun

Summer might seem like a good time to just chill—and not do any heavy mental lifting. Think laid-back days. Think vacations and school breaks.

But remember this: It's good for grown-ups and kids alike to keep brains healthy and active year-round.

Here are a few fun and easy ways to boost everyone's brain power this summer.

Get physical

If summer temperatures allow, head outdoors for some morning or evening activities. Maybe go up to Mount Charleston to get away from the heat—aerobic exercise, like hiking or biking, gets the heart pumping. That helps keep the brain fed with a healthy supply of blood and oxygen.

Too hot outside? Find indoor

activities that get you and your crew moving. Dance party, anyone?

Be a real brainiac

Have some brain-challenging fun. Pick up summer reading at the library. Break out board games for game night. Do a crossword or try Sudoku.

Explore a new hobby

It's good for your brain to learn new things. Maybe the whole family could learn new words in Spanish or French. Or how about trying your hand at guitar? Or shaking up your routine with a belly dancing class? **See page 11.**



Be kind to your mind. Try this 2-minute mindfulness video to feel calm and serene. Let all your tension fade away. Then share your peaceful energy and kindness with others. Experience it at **StRoseReach.org**.



Enjoy food for thought

Summer is the perfect time to savor colorful crisp salads and refreshing sweet fruits. Diets high in fruits and veggies are brain pleasers.

Stock up on a rainbow of colors, including:

- Dark-colored vegetables, like kale, spinach, broccoli, and beets.
- Berries—blue, black, and red.
- Cherries and plums.

Get comfy and say good night

Quality sleep can help your thinking and memory.

5 ways to worry less

We all worry sometimes. That's normal. But how can you tell if you're worrying excessively?

If you find yourself fretting about many things every day or if you can't turn off your anxious thoughts, you may have a worry problem. Of course, you want to keep *worry* off your list of things to worry about. Instead, take healthy steps to ease your mind.

✓ 1. Make a worry list.

Write down your worries. Schedule a time every day to read over your list. Set a 15-minute timer to spend on the list. When the timer goes off, carry on with your life. If you start to worry about something after your dedicated worry time, remind yourself it'll have to wait until the next day.

✓ 2. Take a positive step forward.

Take a look at your list of concerns to determine which you can do something about. Then make plans—even a small first step—to resolve them.

✓ 3. Distract yourself in a healthy way.

Exercise, for example, releases endorphins that relieve tension and stress. Deep breathing exercises can calm and quiet negative thoughts.

✓ 4. Live in the present.

Worry often involves *what-ifs* about future or past events. Try to stay focused on the present. Pay attention to everything going on around you now. Feel your toes in the grass or the breeze on your face. Listen to the birds in the trees.

✓ 5. Talk it out.

Share with a friend what you're worried about. Talking about your worries can help you put them in perspective—and others may offer solutions that might not have occurred to you.



Source: Helpguide.org

Talk about a bright idea! Find our recipe for Rainbow Fruit Salad at **StRoseReach.org**. This mix of mango, berries, grapes, kiwi, and more is brain food with a side of scrumptious.





School days ahead!

Help your child get off to the healthiest start possible

How about getting a jump-start on the back-to-school rush? Talk about smart!

As you're crossing things off your to-do list, here are some healthy essentials to remember.

Check off a checkup

"Summer vacation can be a great time to fit in your child's yearly wellness exam," says Olivia Yuson, MD, a licensed pediatrician at Dignity Health Medical Group



Olivia Yuson, MD

Nevada. An annual wellness exam gives your doctor a chance to check your child's overall health, look for any emerging concerns, answer your questions, and offer advice.

In addition, your child's doctor can make sure that all immunizations are up-to-date.

These shots can greatly reduce your child's risk of serious illness, and schools may require kids to be vaccinated before they can attend.

Children should also have regular hearing, vision, and dental checkups—and this time of year is a convenient time to get these marked off the list as well. Student athletes in southern Nevada may also need sports physicals before practices start.

Smart strategies for when the time comes

"Good habits can help kids miss fewer days of school and do better in the classroom," Dr. Yuson says. In addition to checkups, here are ways to support your child's well-being and help them succeed in school:

Get enough sleep. Teens need 8 to 10 hours each day, younger kids need 9 to 12 hours, and preschoolers need 10 to 13 hours. Lack of sleep can cause problems with learning, concentration, and mood.

Plan for breakfast. Studies show that eating before school improves physical and mental performance.

Pack a better backpack. Teach kids to place heavier items closest to the center of their back. And using both shoulder straps can help prevent strained muscles.

Develop good study habits. Establish a schedule for doing homework. Designate a space at home for studying that is quiet and free of distractions. And make sure the TV and other electronic distractions stay off while your kids are doing homework.



Do you need a doctor for your child?

Find a St. Rose Dominican pediatrician who cares for kids and connects through kindness. Call **702.616.4900**.

For your health

Calendar of classes and events | Summer 2018



Rose Regatta Dragon Boat Festival

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

**Saturday, Oct. 13,
8 a.m. to 5 p.m.**

Lake Las Vegas



Registration: For classes that require registration, you can sign up 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.

Fitness

Dragon Boat Paddling

Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub.

LV \$10 per person

Walking Clubs

All ages, fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting location.

**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.

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

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

**Tuesdays, Thursdays, and
Fridays, 10 to 11 a.m.**

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

Yoga for Beginners (for 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.

**Mondays, Wednesdays, and
Fridays, 7:45 to 8:45 a.m.**

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

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 yoga postures to build strength, balance, and flexibility.

Tuesdays, 6 to 7 p.m.

Saturdays, 9 to 10 a.m.

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

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

Tuesdays, 10 to 10:45 a.m.

WEST FREE

Belly Dancing

**Saturdays, July 14, Aug. 11,
Sept. 8, 10:30 a.m. to noon**

WEST FREE

Nutrition

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application. Call **702.616.4905** for an appointment.

Tuesdays, 1:30 to 4:30 p.m.

GV WIC: FREE

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Aug. 22, 6 to
8 p.m.**

GV \$25 (includes CD)

Nutrition Consultations

Meet with a registered dietitian. All insurances welcome and cash discounts available.

**Flexible, convenient times
available Monday through
Friday. Call 702.616.4975.**

Wellness

Better Breathers Club

This free educational social support group, sponsored by the American Lung Association, is for anyone living with a lung health condition.

**Thursdays, July 5, Aug. 2,
Sept. 6, 1 to 2 p.m.**

GV FREE

NEW! Chronic Pain Self- Management Program

Do you have a primary or secondary diagnosis of chronic pain? Would you like to improve your condition? CPSMP will help improve your energy and mental health status, decrease pain levels and dependence on others, and improve your overall life satisfaction!

**Mondays, July 23 to Aug. 27,
9 to 11:30 a.m.**

GV FREE

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!

**Fridays, Aug. 24 to Sept. 28,
1 to 3:30 p.m.**

GV FREE

MORE ➤

Uninsured?

Make an appointment with one of our Exchange Enrollment Facilitators. Call **702.616.4904**.



LOCATION KEY
(See full key and map
on page 12.)

For your health

Calendar of classes and events | Summer 2018



Registration: For classes that require registration, you can sign up 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.

Balancing Energy Fields

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

Wednesdays, July 11, Aug. 8, Sept. 12, 6 to 8 p.m.

WEST \$5

Essential Oils

Join a certified aromatherapist to learn how to safely and properly use essential oils.

Thursday, July 26, 6 to 8 p.m.

Tuesday, Aug. 28, 6 to 8 p.m.

GV FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, Aug. 1, Sept. 5, 7 to 8 p.m.

WEST FREE

Relaxation Meditation

Practice techniques that promote peace and health.

Wednesdays, Aug. 1, Sept. 5, 5:45 to 6:45 p.m.

WEST FREE

Tuesdays, July 10, Aug. 14, Sept. 11, 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

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, Aug. 6, 9 a.m. to 3:30 p.m.

GV \$20 (includes lunch)

Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Aug. 23, 6 to 9 p.m.

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

Diabetes Management

What Is Prediabetes?

Learn from a registered dietitian how to avoid or delay diabetes.

Tuesday, July 24, 9 to 11 a.m.

Thursday, Sept. 20, 1 to 3 p.m.

GV \$10

Monday, Aug. 20, 10 a.m. to noon

WEST \$10

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.

Wednesdays, starting July 18, 4:30 to 5:30 p.m.

WEST \$40 to enroll, \$10 per session

Gestational Diabetes

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

Comprehensive Diabetes Training and Education

For those newly diagnosed with diabetes or those needing a refresher course, this three-hour class in three weekly sessions provides nine hours of comprehensive training.

A variety of class times and days available; please call 702.616.4975 for details.

Physician referral and individual visit required prior to class.

GV

Weight-Loss Surgery Seminars

Come learn about the benefits of bariatric surgery and meet our bariatric surgeons and team. Get information and questions answered in this friendly, supportive atmosphere.

GV FREE

Tuesdays, July 3, Aug. 7, Sept. 4, 6 to 7:30 p.m.

Thursdays, July 19, Aug. 16, Sept. 20, 6 to 7:30 p.m.



LOCATION KEY

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

LLV Lake Las Vegas



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, Aug. 2 through Sept. 6, 2 to 4:30 p.m.

GV FREE

Diabetes Survival Skills

Join a diabetes educator to learn how to manage your newly diagnosed diabetes.

Wednesday, Aug. 8, 8 to 9:30 a.m.

GV \$20

Wednesday, Sept. 19, 4:30 to 6 p.m.

WEST \$20

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.

Wednesday, July 18, 10 to 11:30 a.m.

HEND FREE

Thursday, Aug. 23, 10 to 11:30 a.m.

WEST FREE

Wednesday, Sept. 19, 6 to 7:30 p.m.

GV FREE

Heart & Stroke Programs

Eating for a Healthy Heart

Learn to eat for a healthy heart—manage hypertension, high cholesterol, and high triglycerides through nutrition. A dietitian-led, hands-on approach makes this an interactive class with personalized strategies.

Thursday, July 12, 6 to 7:30 p.m.

GV FREE

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

Tuesday, Sept. 18, 1 to 2:30 p.m.

WEST FREE

Smoke Free!

Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program.

Mondays, Aug. 6 to Sept. 17, plus Wednesdays, Aug. 29, Sept. 5, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Sept. 26, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings & 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. 16, 7 to 10 a.m.

GV See prices above. Appointment required.

Thursday, Sept. 20, 7 to 9 a.m.

WEST See prices above. Appointment required.

Metabolic Testing

GV \$45. Call **702.616.4975** for an appointment.



Stop the Bleed



In partnership with the city of Henderson, Dignity Health—St. Rose Dominican is offering “Stop the Bleed” training for the public. Training provides lifesaving skills people can use to quickly stop an injury’s heavy bleeding while waiting for emergency responders to arrive.

Wednesdays, July 25, Aug. 29, 5 to 6 p.m.

GV 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 p.m., and Wednesdays, noon
- Al-Anon
MAC Saturdays, 10:30 a.m.
- ALS Support
- Alzheimer’s Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- Circle of Friends Discussion
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
First Wednesday, monthly, 10 to 11 a.m.
- Divorce Support
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Melanin Milk Circle
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- **NEW!** Postpartum Depression and Anxiety Hotline: **702.970.8580**
- **NEW!** Postpartum Depression and Anxiety Support Group
Every second and fourth Friday, noon to 1 p.m.
GV FREE
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults

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

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

Calendar of classes and events | Summer 2018



Registration: For classes that require registration, you can sign up 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.

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, July 3, Aug. 7, Sept. 4, 10 a.m. to noon

WEST \$10

Fridays, July 13, 20, Aug. 10, 17, Sept. 14, 21, 1 to 5 p.m.

GV \$10

LOCATION KEY
(See full key and map on page 12.)

R.I.S.E.

Restore, inspire, support, and educate—a support group for moms and families.

Fridays, July 13, 27, Aug. 10, 24, Sept. 14, 28, noon to 1 p.m.

GV



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 \$20

Prepared Childbirth

GV \$50

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: **800.784.8669**.

Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.

GV WEST \$50

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

Infants, Children & 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

Zumbini

Enhance your child's motor and cognitive skills and developmental milestones through dancing exercises, fun props, and parent participation.

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

WEST FREE

Thursdays, 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

Hello humankindness. "A little thought and a little kindness are often worth more than a great deal of money." —John Ruskin

Follow **@humankindness** on Twitter for more kindness inspiration from Dignity Health.



FREE Birth Center Tours

San Martín Campus: Third Saturday mornings and every Tuesday evening

Siena Campus: First and third Saturday afternoons and second and fourth Monday evenings

Register at StRoseHospitals.org/classes.

✧ Off to a healthy start! Find more helpful resources for families at nvmch.org.

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, July 5 and 19, Aug. 2 and 16, Sept. 6 and 20, 1 to 1:30 p.m.

WEST FREE

Fridays, July 20, Aug. 17, Sept. 21, 11 to 11:30 a.m.

HEND FREE

Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies up to 1 year old.

Visit weecansign.com.

Thursdays, July 26, Aug. 2, Aug. 9, 10:30 to 11:30 a.m.

Saturdays, Aug. 4, 18, 25, 10:30 to 11:30 a.m.

Thursdays, Sept. 6, 13, 20, 10:30 to 11:30 a.m.

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

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

Sing and Sign: Baby Sign Language Level II

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

Thursdays, July 5, 12, 19, 10:30 to 11:30 a.m.

Saturdays, Sept. 15, 22, 29, noon to 1 p.m.

WEST \$69 (includes Pick Me Up kit)

Fresh Start: Pre-K Ready!

A series of preschool readiness activities led by The Children's Cabinet. Ages 2 to 5.

Thursdays, July 12 and 19, Aug. 2 and 16, Sept. 6 and 20, 10 to 11 a.m.

HEND FREE

Crawlers and Climbers

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

Fridays, July 6 and 20, Aug. 3 and 17, Sept. 7 and 21, 10 to 11 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 13, Aug. 10, Sept. 14, 9:30 to 10:30 a.m.

HEND FREE

My Baby App

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



My Baby

By Dignity Health®

PBS Vegas Keeping Kids Fit

Learn about good nutrition and exercise while doing fun, interactive activities! Age 1 to 5 years old.

Fridays, July 27, Aug. 24, Sept. 28, 10 to 11 a.m.

HEND FREE



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



Support for moms-to-be and new moms

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.



Ready to save the day!

Our own ER superheroes

Did you know we have an online waiting room? **See page 6.**

U



Watermelon blueberry banana split

Makes 4 servings.

Ingredients

- 2 large bananas
- 8 watermelon “scoops”—watermelon balls created with an ice cream scoop
- 2 cups fresh blueberries
- ½ cup low-fat vanilla yogurt
- ¼ cup crunchy cereal nuggets

Directions

- Peel bananas and cut in half crosswise. Then cut each piece in half lengthwise.
- For each serving, lay 2 banana pieces against the sides of a shallow dish.
- Place a watermelon “scoop” at each end of the dish.
- Fill the center space with blueberries.
- Stir yogurt until smooth. Spoon over watermelon “scoops.”
- Sprinkle with cereal nuggets.

Nutrition information

Serving size: ¼ of recipe. Amount per serving: 186 calories, 1g total fat (0g saturated fat), 44g carbohydrates, 4g protein, 3g dietary fiber, 66mg sodium.

Source: Produce for Better Health Foundation



To quench is a cinch! It's called *watermelon* for a reason. It's full of water and great for keeping kids hydrated on scorching days. For little ones, go seedless. Seeds could be a potential choking hazard.