

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

WINTER 2018 ISSUE

HEALTHY NEW YOU!

18 ways to make 2018 your best year yet

WHICH SCREENINGS ARE RIGHT FOR YOU?

Women and men: See page 15

Love Your Body—

positively and
perfectly you

*Be strong
at heart*

♥ Check out our
weekly plan



Resolve to love yourself in 2018

Nobody's perfect—and that's A-OK! In this issue of *Reach*, we're celebrating healthy living and self-acceptance.

We're also appreciating the clean slate a new year brings. We encourage you to embrace some new healthy habits today for a happier tomorrow.

Start small, with simple steps. It's easier to get from A to B than A to Z. So in honor of 2018, we're bringing you 18 doable ways to make good-for-you choices. See pages 4 to 6 for tips you can start using right away.

Speaking of A to Z, our calendar of classes and events has you covered—from support groups, like Alcoholics Anonymous, to fun fitness classes, like Zumba. Check out all the great options, starting on page 7.

It's also the time of year when we shine a light on heart health. You won't want to miss the upcoming Go Red events in our community—see page 3. And check out our fun daily plan for a healthier heart (page 12).

You can also find expert advice on relieving pain and getting preventive care on pages 14 and 15—more ways to give your body the love it deserves. Happy new *you*!

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.

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INSIDE & ONLINE

Reach magazine



4 BEST YEAR EVER!
Take on 2018 with 18 tips to help you believe in yourself and achieve good health.



12 HEALTHY BEATS
Meatless Mondays? Fishy Fridays? Check out this fun daily plan for heart health.



7 IN IT TOGETHER
Reach your wellness goals with fun classes—and classmates—to keep you going.



14 EASE THE HURT
Five steps to finding the pain relief that works best for you.

Reach online | StRoseReach.org



Kids and body image.
Are you saying the right things? Find out at **StRoseReach.org**.

NEW ONLINE!



6 ways to prevent cancer.
Nearly half of the most common types of cancer can be prevented with these steps.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org



13TH ANNUAL Go Red Luncheon

Thursday, February 15

Mandarin Oriental at City Center

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. Today, heart disease claims more lives than all forms of cancer combined.

Save your spot! Register at LVGoRed.Heart.org.

National Wear Red Day

On National Wear Red Day—**Friday, February 2, 2018**—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



Why I give



“My parents modeled the importance of helping others and giving back for my sisters and me. I find the same joy in giving that they did. I joined Dignity Health—St. Rose Dominican 17 years

“In giving, you receive.”

ago, and I've given to the hospital every year because I believe in our mission and core values.

I also deeply admire our caregivers, and I want to do my small part to ensure that the exceptional health care they deliver helps the maximum number of people in need. The old adage my parents lived by is true: In giving, you receive.”

—Barbara Davis, Manager, Special Events/
Donor Recognition

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.

Take heart—live healthier!

Learn simple steps you can take for heart health every day. See pages 12 and 13.

✳ **Our apologies:** On page 4 of the Fall 2017 issue, we misspelled Linda Bustamante's last name. We apologize for the error.

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.

18 TIPS FOR A HEALTHY 2018 Happy

new you!



Become the active person you want to be!

What's keeping you from exercising? Take our helpful self-assessment at StRoseReach.org for inspiration and great practical tips.

If ever there were a time for fresh starts, it's a brand-new year. So why not make 2018 your healthiest year ever? Yes, that's doable—especially with this set of starter tips.

“Sometimes, making small changes is all you need to believe in yourself and to get moving toward a healthier future,” says Holly Lyman, MPH, CLC, Director of St. Rose Dominican’s Community Outreach Centers.

To exercise more

- 1 **PROMPT YOURSELF.** Use your smartphone to send yourself reminders for exercise breaks. Then march in place, do some squats, or take a quick walk around your block or office.
- 2 **RETHINK YOUR COMMUTE.** If you drive, could you bike or walk a few times each week? If you take public transportation, why not get off at an earlier stop and hoof it the rest of the way?
- 3 **JOIN US FOR A FITNESS CLASS.** St. Rose Dominican’s Community Outreach Centers offer a wide variety of free or low-cost classes. Try one of the many yoga classes or even tai chi, Zumba, or belly dancing. Whether you’re young or “young at heart,” there’s something for you!

To eat better

- 4 **TREAT YOURSELF TO BERRIES.** Berries—especially dark ones, such as blackberries and blueberries—are packed with healthy antioxidants and other nutrients.
- 5 **KNOW YOUR OILS.** Cook with heart-healthy ones, such as olive, canola, corn, or safflower oil. Of all oils, these contain the least saturated fat, which can raise your LDL (bad) cholesterol level. *See pages 12 and 13 for more ways to love your heart.*
- 6 **GET EXPERT ADVICE.** A St. Rose registered dietitian can help you with a personalized eating plan that fits your lifestyle and needs. All insurance plans are welcome, and cash discounts are available. Call 702.616.4975.

—Continued on page 6





Happy new you!

—Continued from page 5

To manage your weight

- 7 EAT SLOWLY AND SAVOR EVERY BITE.** It may take at least 15 minutes for your brain to get the message that your stomach is full.
- 8 ADD STRENGTH TRAINING TO YOUR EXERCISE ROUTINE.** Muscle burns more calories than fat, so building muscle will rev up your metabolism. People with muscular bodies need more calories for daily activities than those with more body fat.
- 9 GAIN CONTROL WITH HYPNOSIS.** Join us for our Lose Weight with Hypnosis class. *See page 7 for details.*

To stress less

- 10 WRITE IT OUT.** When something upsetting happens, writing about it may help you organize your thoughts—and make the experience seem more manageable.
- 11 ENCOURAGE YOURSELF DAILY.** Here are some examples of positive self-talk: “I can handle this,” “I like a good challenge,” and “I love myself just the way I am.”
- 12 LEARN A SOOTHING PRACTICE.** Join our Energy Healing Circle to reduce stress and heal with chakra balancing. *See page 7 for details.*

To sleep better

- 13 WIND DOWN.** Follow a soothing bedtime routine and try to stick to a steady sleep schedule. Regular exercise may also help—but avoid exercising in the three hours before you go to bed.
- 14 TURN OFF ELECTRONICS.** The light from laptops, phones, and other devices can send be-alert signals to your brain. So if you have trouble falling asleep, shut down electronics at least one hour before bedtime.
- 15 SEEK SOUND ADVICE.** See your doctor if you regularly have problems getting enough sleep—or if you have daytime drowsiness even after a good night’s rest. Need a doctor? Find a physician online at StRoseHospitals.org or call 702.616.4900.

To stop smoking

- 16 TAKE IT ONE MOMENT AT A TIME.** When you first try to quit, take it one minute, one hour, and one day at a time. It will help you stay positive.
- 17 CHEW ON THIS.** Munch on something like sunflower seeds or carrot sticks. Some folks even chew straws.
- 18 LET US HELP!** Be part of our supportive, seven-week American Lung Association class, Freedom from Smoking. *See page 9 for details.*

For your HEALTH

CALENDAR OF CLASSES AND EVENTS • WINTER 2018

* 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

Drop-in only unless otherwise noted. Fees paid on arrival.

Dragon Boat Paddling

Paddle for fun and fitness. Dates, times, and registration at meetup.com/LVDragonBoatClub. Lake Las Vegas: \$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 through gentle movements.

Tuesdays, Thursdays, and Fridays, 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.

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

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

Mixed-Level Yoga

Requires experience. 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)

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.

WEST \$5 per session, five sessions for \$20, or 10 sessions for \$30

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

NEW DAY! Tuesdays, 10 to 11 a.m.

WEST FREE

Belly Dancing

Saturdays, Jan. 13, Feb. 10, March 10, 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, 8 a.m. to noon

GV WIC: FREE

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Tuesday, March 27, 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

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!

Thursdays, Jan. 25 to March 1, 3 to 5:30 p.m.

GV FREE

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



Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, Jan. 3, Feb. 7, March 7, 7 to 8 p.m.

WEST FREE

Balancing Energy Fields

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

Wednesdays, Jan. 10, Feb. 14, March 14, 6 to 8 p.m.

WEST \$5

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, Jan. 9, Feb. 13, March 13, 5:30 to 6:30 p.m.

GV FREE

Wednesdays, Jan. 3, Feb. 7, March 7, 5:45 to 6:45 p.m.

WEST FREE

More

LOCATION KEY

(See full key and map on page 8.)

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • WINTER 2018



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, Feb. 8, 6 to 9 p.m.

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

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 childcare techniques and medical emergency management.

Monday, Jan. 15, 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. Wear comfortable clothes and bring your pillow.

Wednesday, Jan. 24, 6 to 8 p.m.

WEST \$25 (includes CD)



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Monday, Jan. 22, 3 to 5 p.m.

WEST FREE

Wednesday, Feb. 21, 9 to 11 a.m.

Monday, March 19, 3 to 5 p.m.

GV FREE



Stop the Bleed Training

In partnership with the city of Henderson, St. Rose Dominican is offering "Stop the Bleed" training for the public. Trainings provide lifesaving skills people can use to quickly stop a heavy bleed while waiting for emergency responders to arrive.

Thursday, Jan. 25, 5 to 6 p.m.

GV FREE

Tuesday, March 13, 5 to 6 p.m.

MAC FREE

NEW! Diabetes Survival Skills

Join the diabetes team and learn how to manage your newly diagnosed diabetes.

Wednesday, Jan. 24, 3:30 to 5 p.m.

WEST FREE

Wednesday, March 14, 10 to 11:30 a.m.

GV FREE

Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with a certified diabetes educator. Call **702.616.4975** for an 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. 11, 1 to 2 p.m.

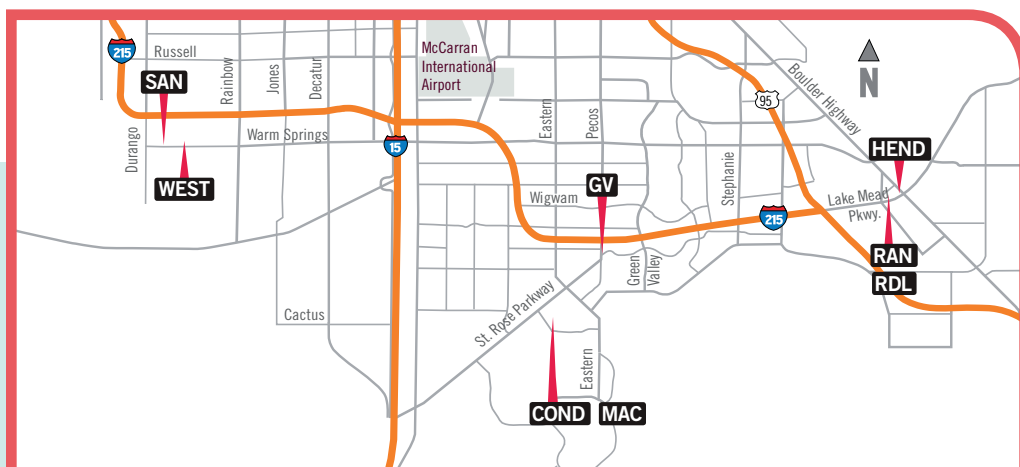
GV \$40 to enroll, \$10 per session

Comprehensive Diabetes Training and Education

For those newly diagnosed with diabetes or needing a refresher, this 3-hour class in three weekly sessions provides 9 hours of training.

A variety of class times and days available; please call for details. Physician referral and individual visit required prior to class.

GV



LOCATION KEY

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

Kidney Smart

Learn how your kidneys function and the best ways to manage your diet and health.

Wednesday, Jan. 24, 10 to 11:30 a.m.

HEND FREE

Thursday, Feb. 22, 10 to 11:30 a.m.

WEST FREE

Wednesday, March 21, 6 to 7:30 p.m.

GV FREE

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, March 8 to April 12, 3 to 5:30 p.m.

GV FREE



Heart and Stroke Programs

Eating for a Healthy Heart

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

Wednesday, Jan. 17, 6 to 7:30 p.m.

GV FREE

Tuesday, Feb. 13, 1:30 to 3 p.m.

WEST FREE

Wednesday, March 21, 3:30 to 5 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, Jan. 24, Feb. 28, or March 28, 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.

Mondays, Jan. 8 through Feb. 19, 5:30 to 7:30 p.m., plus Wednesday, Jan. 31.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Tuesday, Feb. 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.



Rose Trimming Demonstration

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

Saturday, Jan. 20, 10 a.m. to 2 p.m.

Siena Campus Healing Garden



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, Feb. 8, 7 to 10 a.m.

GV See prices above.

Appointment needed.

Thursday, March 22, 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
- Alzheimer's
- Arthritis
- Bereavement
- Better Breathers COPD
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes: First Wednesday of the month, 10 to 11 a.m.
- Divorce
- Gamblers Anonymous
- Infertility
- Leukemia and Lymphoma
- Multiple Sclerosis
- Narcotics Anonymous
- Parenting
- **NEW!** Postpartum Depression and Anxiety Hotline: **702.970.8580**
- 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 • WINTER 2018



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



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.



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, Jan. 2, Feb. 6, March 6, 10 a.m. to noon

WEST \$10

Fridays, Jan. 12, Feb. 9, March 9, 1 to 5 p.m.

GV \$10

Fridays, Jan. 19, Feb. 16, March 16, 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 \$20

Prepared Childbirth

GV \$50

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 \$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



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®

Enhance your child's motor and cognitive skills and developmental milestones through dancing exercises, fun props and parent participation. For children ages 18 months to 5 years.

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

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

Registration required.





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, Jan. 4 and 18, Feb. 1 and 15, March 1 and 15; 1 to 1:30 p.m.

WEST FREE

Tuesdays, Jan. 16, Feb. 20, March 20, 11 to 11:30 a.m.

HEND FREE

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.

Thursdays, Jan. 11, 18, 25, 10 to 11 a.m.

Saturdays, Jan. 20, 27, Feb. 3, 10:30 to 11:30 a.m.

Thursdays, Feb. 1, 8, 15, 10 to 11 a.m.

Saturdays, March 17, 24, 31, 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.

Saturdays, Jan. 13, 20 and 27, noon to 12:45 p.m.

Thursdays, March 1, 8 and 15, 10 to 10:45 a.m.

Saturdays, March 17, 24 and 31, noon to 12:45 p.m.

WEST \$69 (includes Pick Me Up kit)

Comforting help 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.



Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities—from the garden to the kitchen! Ages 1 to 4.

Thursdays, 11 a.m. to noon

HEND FREE

Fresh Start: Pre-K Ready!

A series of preschool readiness activities led by The Children's Cabinet.

Wednesdays, Jan. 3, 17, Feb. 7, 21, March 7, 21, 2 to 3 p.m.

WEST FREE

Thursdays, Jan. 11, 18, Feb. 1, 8, 15, 22, 10 to 11 a.m.

HEND FREE

Crawlers and Climbers

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

Fridays, Jan. 5, 19, Feb. 2, 16, March 2, 16, 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, Feb. 9, March 9, 9:30 to 10:30 a.m.

HEND FREE

LOCATION KEY

(See full key and map on page 8.)

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





♥ Get heart healthy— *one day at a time!*



♥ Monday

Go meatless. You'll reduce your overall saturated fat intake, which can help prevent heart attacks and other problems. Look to beans, lentils, tofu, or unsalted nuts to replace meat in your favorite dishes.



♥ Tuesday

Say "so long" to sugary beverages. They're high in calories—and often low in nutrients—which add empty calories to your diet. Quench your thirst with water or another sugar-free beverage.



♥ Wednesday

Take 10. A 10-minute walk, that is. Even this small burst of activity can help your heart. Walk briskly enough to increase your breathing and heart rate. Then build on your success. A good goal: Walking for at least 30 minutes a day most days of the week.



♥ Thursday

Lighten up a little. If you're a milk drinker, go from whole milk to low-fat—or even nonfat. You'll get all the benefits of milk, like vitamin D and calcium, without the potentially artery-clogging saturated fat.



WATCH THE SALTY STUFF. Most of us, including kids, eat too much sodium, according to the American Heart Association. Children who consume high levels of sodium—often from processed foods—are much more likely to have high blood pressure than kids who eat less salt.

One great way to take control: Read labels! That way you can compare sodium amounts. Also: Look for products that say they are low in sodium.

The human heart is complex.

Keeping yours healthy doesn't have to be! "Making simple changes each day can help keep your heart healthy and strong," says Andrew M. Ayers, MD, MBA, a licensed interventional cardiologist who practices at Dignity Health–St. Rose Dominican.

Where should you start? Dr. Ayers suggests focusing on small, everyday choices that can help you improve your diet, pump up your exercise routine, manage your weight, and relieve stress.

Where to begin? Try following this day-by-day plan for a heart-healthy week. These doable steps can inspire you to keep up the momentum and keep your heart healthy!



Andrew M. Ayers,
MD, MBA



♥ Friday

Try something fishy.

Fish rich in omega-3 fatty acids helps improve heart health. Aim for two servings of heart-healthy fish each week. (A serving is about 3½ ounces.)

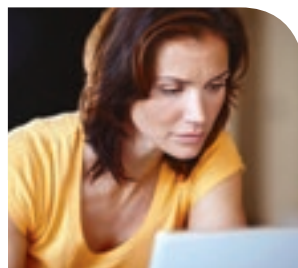
Salmon, trout, and herring are great choices.



♥ Saturday

Give yourself

permission to relax. Set aside at least 15 minutes to just sit quietly and breathe deeply. Imagine your stress seeping away. Finding healthy ways to manage stress can help keep your blood pressure in check.



♥ Sunday

Draw up next week's

plan. What new healthy habits can you work into your life? For more inspiration, visit StRoseReach.org. We've got heart-smart articles, recipes, health tools, and more.

HEARTFELT ADVICE

Know your numbers

Talk with your doctor about your personal risk of heart disease. Here are four types of numbers to know—and to keep an eye on:



BLOOD PRESSURE

High blood pressure makes your heart and blood vessels work harder.



CHOLESTEROL

Unhealthy levels can raise your risk of a heart attack.



BODY MASS INDEX (BMI)

BMI is an estimate of your body fat based on your weight and height.



BLOOD SUGAR

When your blood sugar is high, it can lead to diabetes, which is a major risk factor for heart attack.

SWEET NEWS! Enjoying a moderate amount of chocolate every day may lower your risk for heart disease. But not all chocolate is created equal. Dark chocolate contains the most heart-healthy compounds.

How about enjoying a rich and savory cocoa dish for dinner? Try "Simple Chicken Mole." Mexican mole sauce uses unsweetened cocoa or chocolate. Find the recipe at StRoseReach.org.



Better days ahead

5 steps to less pain



If you're coping with a bout of lower back pain—or living with nagging arthritis pain—you need help to ease the hurt.

Easy does it

Here are some strategies when seeking pain relief. It's often about finding what works best for you.

1. Try an over-the-counter pain reliever. Acetaminophen and aspirin can help relieve pain. Ibuprofen or naproxen can help reduce swelling in the affected area.

Check with your doctor about which type of pain reliever is right for you—and only take pain relievers as directed.

2. Apply cold or heat. Try alternating hot and cold packs. Heat—such as warm baths, hot towels, or heating



Take care of yourself

Pain relief works best when you stay positive and take care of yourself. Make it a priority to:

- ☐ Get plenty of rest.
- ☐ Eat healthy foods.
- ☐ Take time to relax.
- ☐ Count your blessings.

pads—can help with stiffness and muscle spasms, while cold packs reduce swelling.

3. Keep moving. Staying active—as long as it doesn't make the pain worse—may be a plus. For example, with back pain, movement helps keep blood flowing to the affected area, which reduces inflammation and keeps the muscles from tensing up.

4. Explore your options. Be sure to see your doctor if your pain is severe or worsening. Discuss other

ways to help manage your pain, such as with physical therapy, massage, and acupuncture.

Also see your doctor if you have symptoms in addition to pain, such as numbness, tingling, trouble urinating, or unexplained weight loss.

5. Stay in touch. Let your doctor know what's helping, what's not, and how pain is affecting your daily life.

Let Gentle Yoga ease the way. Get your doctor's OK to go with the flow and join us. See page 7 for class details.

START THE QUIZ



Living with pain?

Test your know-how about pain relief—and pick up soothing tips at StRoseReach.org.

Be seen—stay healthy



Inna Zdorovyak, MD

Do you typically go to the doctor only when you're sick? If the answer is yes, you may be missing out on important services that can help you stay healthy.

"Regular checkups with your doctor can help you feel your best and prevent illness," says Inna Zdorovyak, MD, a family medicine physician at Dignity Health Medical Group Nevada. "For example, screening tests your doctor recommends may find diseases early, when treatment is most likely to be successful. Some tests even find precancerous changes, so they can help stop cancer before it starts."



I need a checkup—and a doctor! We can help. Find a physician online at [StRoseHospitals.org](https://www.strosehospitals.org) or call **702.616.4900**.



Key screening tests by starting age

These recommendations are for most women and men. Talk with your doctor about what's right for you.

WOMEN		MEN	
	CHLAMYDIA. Test yearly through age 24 if sexually active.	20	BLOOD PRESSURE. Be screened at least every 2 years. CHOLESTEROL. Be screened every 4 to 6 years.
20	BLOOD PRESSURE. Be screened at least every 2 years. CHOLESTEROL. Be screened every 4 to 6 years. CERVICAL CANCER. Starting at 21, have a Pap test every 3 years.		
25	CHLAMYDIA. Continue screening depending on risk factors.	45	DIABETES. Be screened at least every 3 years (or earlier based on risk factors).
30	CERVICAL CANCER. Have a Pap test plus an HPV test every 5 years (preferred) or a Pap test every 3 years.*	50	PROSTATE CANCER. Ask your doctor about screening.* COLORECTAL CANCER. Talk with your doctor about screening options.
45	BREAST CANCER. Start having mammograms. DIABETES. Be screened at least every 3 years (or earlier based on risk factors).	55	LUNG CANCER. Be screened annually based on your history of smoking.
50	COLORECTAL CANCER. Talk with your doctor about screening options.	65	ABDOMINAL AORTIC ANEURYSM. Be screened once between ages 65 and 75 if you've ever smoked.
55	LUNG CANCER. Be screened annually based on your history of smoking.		
65	OSTEOPOROSIS. Start screening (or earlier based on risk factors).	70	OSTEOPOROSIS. Start screening (or earlier based on risk factors).
*Women who have been screened regularly and had normal results may choose to stop screening at age 66.		*African American men should talk with their doctor at age 45.	

Sources: American Cancer Society; American Diabetes Association; American Heart Association; National Osteoporosis Foundation; U.S. Preventive Services Task Force



A staff favorite: Broccomole!

Try a fun and tasty spin on guacamole.
Find the recipe at StRoseReach.org.

Great for game
day or any day!

Makes 4 servings.

Ingredients

Salsa fresca

- 1 cup finely chopped, ripe tomato, seeded
- ½ cup drained canned, diced tomatoes (no salt added)
- ½ cup finely chopped onion
- ½ cup cilantro, chopped
- 1 jalapeño or Serrano pepper, seeded and very finely chopped
- 1 teaspoon fresh lime juice

Freshly ground pepper

Refried black beans

- 2 teaspoons canola oil
- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 teaspoon ground cumin

Nachos

- 24 restaurant-style, reduced-sodium tortilla chips
- ½ cup shredded pepper jack cheese
- 8 teaspoons reduced-fat sour cream
- 8 cilantro leaves
- 1 large jalapeño pepper, sliced into thin rounds
- 4 (¼-inch wide) avocado slices, halved crosswise
- ½ lime

Layered nachos grandes

Fun and
tasty
stacks

Directions

- Preheat oven to 350 degrees. Line baking sheet with baking parchment, and set aside.
- To make salsa fresca, in mixing bowl, use fork to combine fresh tomato, canned tomato, onion, cilantro, chili pepper, and lime juice. Season to taste with pepper. Makes 2 cups salsa. Set aside.
- To make refried beans, coat cast iron or other heavy, medium skillet with cooking spray. Heat oil over medium-high heat.
- Add beans, cumin, and ½ cup water.

- Using sturdy fork, mash beans until lumpy and a bit soft. Season to taste.
- Set aside ½ cup, reserving remaining beans for another use.
- To assemble, arrange 8 chips on prepared baking sheet. Top each with 1 tablespoon refried black beans. Add ½ tablespoon cheese. Top with second chip. Sprinkle on ½ tablespoon cheese.
- Bake chips until cheese melts, about 4 minutes.

- Using wide spatula, transfer two stacked nachos to each of 4 plates. Spoon 1 tablespoon salsa fresca on top of melted cheese and top each nacho with a third chip. Top with another tablespoon salsa fresca, the sour cream, cilantro, jalapeño and avocado. Add a squirt of lime juice.
- Serve immediately.

Nutrition information

Serving size: 2 stacks. Amount per serving: 192 calories, 12g total fat (4g saturated fat), 16g carbohydrates, 7g protein, 5g dietary fiber, 105mg sodium.

