

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

WINTER 2018 ISSUE

WHICH SCREENINGS ARE RIGHT FOR YOU?

Women and men:
See page 15

HEALTHY NEW YOU!

18 ways to make 2018
your best year yet

*Be strong
at heart*

♥ See our
weekly
plan

Love Your Body—
positively and perfectly you



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.

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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.

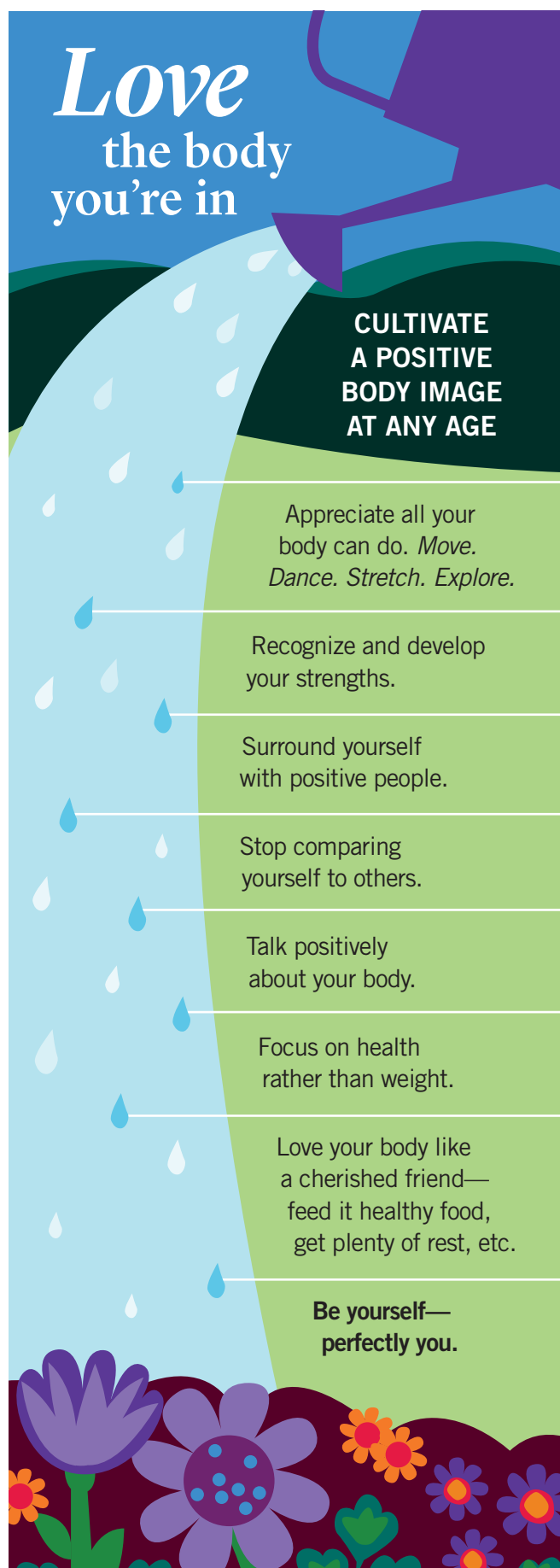
To exercise more

- 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 8 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 9 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 11 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

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

Lake Las Vegas: \$10 per person

EnhanceFitness

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, 10 to 11 a.m. and 3:45 to 4:45 p.m.

Tuesdays, Thursdays, and Fridays, 8 to 9 a.m.

GV FREE

Mondays and Wednesdays, 8 to 9 a.m.

City of Henderson Heritage Park Senior Center: FREE

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

Tuesdays and Thursdays, 9 to 10 a.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!

Friday, Jan. 26, 10 to 11 a.m.

GV

Friday, Feb. 23, 2 to 3 p.m.

WEST

Thursday, March 8, 10 to 11 a.m.

HEND

Zumba Gold

Show aging "who's boss" with low-impact dance for the young at heart.

Wednesdays, 11 a.m. to noon

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 aging zones.

Tuesdays and Thursdays, 9 to 10 a.m.

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

To find a St. Rose doctor, call 702.616.4900.

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 to deepen your yoga practice.

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

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

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



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.

Take It Easy Yoga

Pre-beginner class with assistance of a chair. No floor work involved.

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

Introduction to Tai Chi:

Wednesdays, 2:30 to 3:30 p.m.

GV \$3 per session or 10 sessions for \$20

Intermediate: Wednesdays, 1:30 to 2:30 p.m.

GV \$3 per session or 10 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 for floor or chair exercise.

NEW DAY! Tuesdays, 10 to 10:45 a.m.

WEST FREE



The Heart Doctor is IN: Heart Health Fair

Saturday, Feb. 17, 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 a St. Rose registered dietitian.
- **No-cost screenings and more:** blood pressure, body fat and BMI, carbon monoxide, three-lead heart rhythm strip, stroke risk, exercise demonstrations, educational resources, and raffle drawings.

Join **Karthiek Narala, MD**, licensed interventional cardiologist, for a lecture on keeping your heart healthy: 9:30 to 10:30 a.m.

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

Belly Dancing

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

WEST FREE



Nutrition

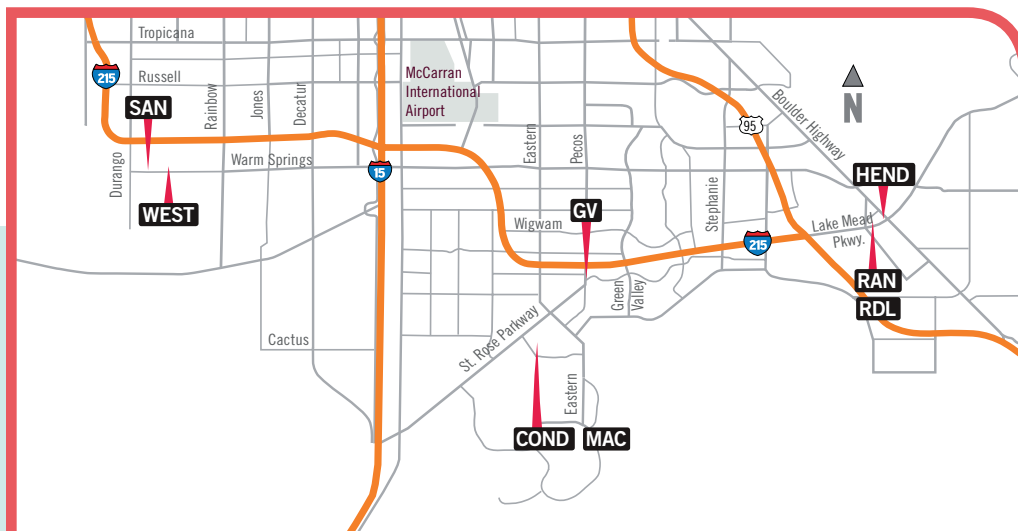
Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Tuesday, March 27, 6 to 8 p.m.

GV \$25 (includes CD)

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



LOCATION KEY

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

Nutrition Consultations

Meet with a registered dietitian for personal consultation. 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

Energy Healing Circle

Reduce stress and heal with chakra balancing.

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

WEST FREE



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

AARP Smart Driver Program

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

Monday, Jan. 8, Feb. 12, or March 12, 9 a.m. to 1 p.m.
Wednesday, Jan. 24, Feb. 28, or March 28, 1 to 5 p.m.

GV

Tuesday, Jan. 23, Feb. 27, or March 27, 1 to 5 p.m.

HEND

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.

Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

Tuesday, Feb. 13, 10 to 11 a.m.

GV 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



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

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

Communication Through Sign Language

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

Fridays, Feb. 9, 16 and 23, 3:30 to 5 p.m.

GV FREE

Fridays, March 9, 16 and 23, 3:30 to 5 p.m.

WEST FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Thursdays, Jan. 18, Feb. 15, March 15, 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. 11 and 25, Feb. 8 and 22, March 8 and 22, 10 a.m. to noon

GV FREE

Thursdays, Jan. 11 and 25, Feb. 8 and 22, March 8 and 22, 11:30 a.m. to 1:30 p.m.

WEST FREE

More

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

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

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

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

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

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

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

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • WINTER 2018



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

Self-Hypnosis for Positive Thinking

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

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

WEST \$25 (includes CD)

Help Helping Hands!

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



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

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

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

National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes.

Call **702.616.4914** to enroll in this 12-month program.

Thursdays, starting Jan. 11, 1 to 2 p.m.

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

Comprehensive Diabetes Training and Education Program

For those newly diagnosed with diabetes or 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

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

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 **702.616.4975** for more information.

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, 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.

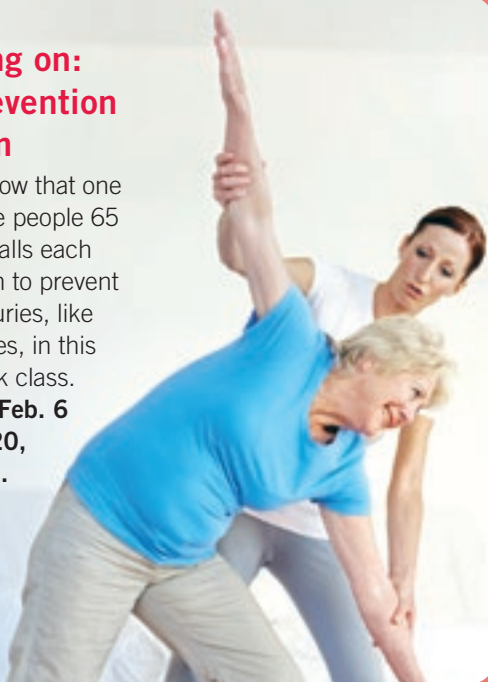
GV FREE

Stepping on: Fall Prevention Program

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

Tuesdays, Feb. 6 to March 20, 3 to 5 p.m.

GV FREE



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



Heart and Stroke Programs

Eating for a Healthy Heart

Learn to eat for a healthy heart—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 to Feb. 19, 5:30 to 7:30 p.m.

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

FIT Colon Test

Are you 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 test results by mail.

GV WEST \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at **702.492.8557** if you are 49 or younger or call the Mammovan at **877.581.6266** if 50 or over. Funded by Susan G. Komen for the Cure.



Screenings

Peripheral Artery Disease

Do you have symptoms of PAD? Get screened.

Thursday, Feb. 15, 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. 28, 10 a.m. to noon

GV FREE. Appointment required.

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 Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support: First Wednesday of the month, 10 to 11 a.m.
- Divorce Support
- Gamblers Anonymous
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- **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
- 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!

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

GV 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 eat too much sodium, according to the American Heart Association. That can contribute to high blood pressure. Americans get the majority of their sodium from processed, prepackaged, and restaurant foods—not from the salt shaker.

One great way to take control: Read labels! That way you can compare sodium amounts. You can 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.

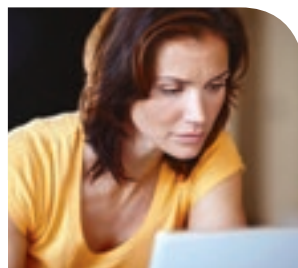
Fish rich in omega-3 fatty acids helps improve heart health. Aim for two servings of heart-healthy fish each week. (A serving is about 3½ ounces.)

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 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.

