

Reach

Together in health and happiness

The Health Care
Heroes issue

Fall 2019



A hero for families

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Dreamsickle Kids Foundation

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Protect your health with
a few simple steps

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The hero within

Not all heroes wear capes. They might wear scrubs or white coats or valet uniforms. They might carry flowers, a meal tray, or a rosary.

In this issue of *Reach*, we salute health care heroes who save the day—and whose daily devotion to *humankindness* makes a world of difference.

Supermom! With St. Rose Dominican by her side, Gina took on her daughter's nemesis, sickle cell disease, as an advocate for greater awareness and care. Read her story, beginning on page 4.

Be the hero of your own story. Small steps today can add up to a giant leap for heart health. Find out how to get started on page 6. If your heart needs extra care, you might need to go to a cardiac cath lab. Learn what happens here (page 7).

Dynamic duo. On page 8, we catch up with two doctors who pioneered a program to protect women and babies from opioid addiction. See what EMPOWERED has achieved in its first year.

Give your pet a hero's welcome for all the joy they bring. See our special event (back page).

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

Greg Preston, Sampsel Preston Photography: page 4.

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Special events

Stepping On: Fall Prevention Program

One out of 3 people age 65 or older falls each year! Learn to prevent serious injuries like hip fractures in this seven-week class.

Wednesdays, Oct. 23 through Dec. 4, noon to 2 p.m.

GV FREE

Stop the Bleed

Learn lifesaving skills to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

Wednesday, Nov. 6 or Dec. 4, 5:30 to 6:30 p.m.

GV FREE

Adult Mental Health First Aid

A mental health emergency might need medical attention before professional help arrives. Learn how to provide basic first aid to help someone experiencing a mental health crisis until the appropriate treatment and support are available.

Saturday, Dec. 14, 8 a.m. to 5 p.m.

GV FREE

Neighborhood Hospital Healthcare Harvest Festivals

Blue Diamond Campus: Thursday, Oct. 17, 2 to 6 p.m.

North Las Vegas Campus: Friday, Oct. 18, 2 to 6 p.m.

West Flamingo Campus: Saturday, Oct. 19, 10 a.m. to 2 p.m.

Join us for family fun and activities! Fitness class demonstrations, food, music, and more! Learn about the amazing services offered at these locations, including Dignity Health Wellness Centers, our full-service emergency rooms, and physical therapy. Visit StRoseHospitals.org/classes for details.



> See pages 9–11 for the location key and more classes and events.

Find a doctor, locations, and services: StRoseHospitals.org



Need insurance coverage?

Get expert help to guide the way

Open enrollment for 2020 Marketplace coverage runs from **Friday, November 1**, through **Sunday, December 15**.

Make an appointment with one of our Exchange Enrollment Facilitators for enrollment assistance and see if you qualify for federal assistance to make coverage more affordable. Call **702.616.4904**.



Without delay! 7 great reasons to get your flu vaccine



1. IMMUNIZATION IS THE NO. 1 BEST WAY TO PREVENT THE FLU. With rare exceptions, everyone 6 months and older needs a yearly flu vaccine.



2. SPARE YOURSELF. The flu can bring miserable symptoms and lead to missing work or school.



3. INFLUENZA MAKES SOME PEOPLE SERIOUSLY ILL. Every year, flu complications lead to hospital stays—and even deaths.



4. VIRUSES TEND TO CHANGE EACH FLU SEASON. Scientists review U.S. flu vaccines yearly to make sure they best match circulating viruses.



5. INFLUENZA SPREADS. Be ready—get vaccinated as soon as possible.



6. FLU VACCINES HAVE A SOLID SAFETY RECORD. Vaccines can't give you the flu—and serious side effects are very rare.



7. SHOT OR SPRAY? You can have it your way. Flu vaccines are available as shots or nasal sprays.*

*The nasal spray is an option for healthy people ages 2 through 49 who are not pregnant.



STEP UP FOR YOUR PROTECTION!

Find locations for flu vaccine clinics at southernnevadahealthdistrict.org.

Hello humankindness™

“Anyone who does anything to help a child in his life is a hero to me.”
—Fred Rogers (“Mister Rogers”)

Champions for change



One mother, a hospital, and a community unite for better sickle cell care

It began as a challenging conversation—a hospital executive talking with an exasperated mother advocating for her sick child. It ended with the forging of a partnership and a new law.

Gina Glass is the mother of Gia, her “Warrior,” a brave and beautiful 4-year-old girl. Gia has sickle cell disease, or SCD—a rare, hereditary group of disorders that affects hemoglobin, the molecule in red blood cells that delivers oxygen to cells throughout the body. People with this condition have atypical hemoglobin molecules, which can distort red blood cells into a sickle, or crescent, shape.

Gia’s SCD was diagnosed at birth. It was then that her mother dreamed up the name “Dreamsickle” for an organization she wanted to start that would help children and their parents manage the condition. When the Glass family moved to Nevada and discovered a lack of resources in Las Vegas for the sickle cell population, Gina decided it was time to turn her idea into reality.

Shining a light

Gina is now executive director of the Dreamsickle Kids Foundation, whose mission is to advance education and awareness of SCD in Nevada.

“I want to help educate people on sickle cell, the trait, and why more awareness and better resources for the sickle cell community should be important to us all,” Gina says. “While Nevada may have a small population



How will the law help?

AB254 creates a state registry for people with sickle cell disease. Gathering data on these cases will raise awareness among patients and medical caregivers, as well as allow experts to measure the number of patients in Nevada and identify trends by tracking the number, type, and severity of incidents.

The measure also requires all newborns susceptible to SCD to be screened at birth. Each biological parent may also be screened, as many people are unaware if they carry the sickle cell trait. Hospitals and medical labs that screen for SCD will be required to report findings to the state. The new law went into effect on Oct. 1.

Who gets sickle cell disease?

Sickle cell disease affects millions of people throughout the world. It is particularly common among those whose ancestors came from sub-Saharan Africa, Spanish-speaking regions in the Western Hemisphere (South America, the Caribbean, and Central America), Saudi Arabia, India, and Mediterranean countries (such as Turkey, Greece, and Italy).



SCD can cause pulmonary hypertension, jaundice, extreme fatigue, delayed growth and development, and episodes of severe pain. “Signs and symptoms of SCD usually begin in early childhood and cause a number of life-threatening or life-altering complications,” says Chike Nzerue, MD, MBA, FACP.

The exact number of people living with SCD in the United States is unknown, but it is estimated that 1 in 13 black or African American babies is born with the SCD trait. It affects about 100,000 Americans, including 1 in 365 black or African Americans and 1 in 16,300 Hispanic Americans.

of people with SCD, that does not mean they should not be counted and have the same access to care as someone with a more common disability.”

At a community barbecue last summer, Gina was fortunate to meet Nevada Assemblywoman Dina Neal, who was working on an SCD bill for the upcoming session of the Nevada Legislature.

“I felt very strongly about making sure that this lost population was lifted up and that their comprehensive care needs were taken care of in the system,” says Assemblywoman Neal. “I knew if I didn’t do anything statutory, the gains we had made in the interim would be lost.”

Rising to the challenge

After a visit to the Siena Campus emergency department with Gia in January, Gina reached out to St. Rose Dominican to discuss the challenges and treatment needs of SCD patients. Chike Nzerue, MD, MBA, FACP, Chief Medical Officer for Dignity Health–St. Rose Dominican, was sympathetic to her frustrations and concerns. As a physician and a parent, he understood. His own son has SCD.

“Not enough attention has been paid to this disease,” says Dr. Nzerue. “Due to the lack of knowledge in the medical community about the disease, these patients don’t always receive appropriate, timely care, and their pain is often left unmanaged.”

Dr. Nzerue was also aware that this issue needed further guidance from Nevada health officials and asked Dignity Health Government Relations Director Katie Ryan, the hospital’s top public policy expert, to join the discussion.

After AB254 was approved by the committee, the bill went on to pass both the state Assembly and state Senate and was signed into law by Gov. Steve Sisolak.

“When we met Gina and learned more about her situation and her mission at the Nevada Legislature, we were happy to lend our support,” Ryan says. “We wanted to make sure that not only legislators but other advocates as well knew St. Rose Dominican was on their side on this issue.”

Testifying for change

Dr. Nzerue and Ryan both pledged to be by Gina’s side when the SCD measure went before the Legislature. Along with Gina, Dr. Nzerue was on the witness list when Assemblywoman Neal’s bill came up for a hearing.

“The day of the hearing, I was expecting it to be just me and two other advocates—Gia’s doctor and Dr. Nzerue,” Gina recalls. She was surprised and elated to find the room filled with supporters. The bill they testified in favor of, AB254, would create the process for gathering data for Nevada to better assess patient needs, raise awareness, and make clinicians more familiar with protocols regarding care for SCD patients. It also outlined who pays for treatment.

“There aren’t a lot of terrific days in the Legislature, but the day this bill passed out of committee was one of them for me,” says Assemblywoman Neal. “It was a highlight of the session to propose and craft this legislation, then hear Gina and Dr. Nzerue give their heartfelt testimony and convince committee members it deserved their support.”



Put your heart into it

5 small heart-healthy changes you can make today

Here's something that's good to know about your heart's health: Even small changes in your daily habits can make a big difference. "Seemingly tiny actions can add up to a healthier heart over time," says Lauren Goddard, RDN, LD, registered dietitian at the St. Rose Dominican Community Health Center. "Plus, they can inspire you to do even more to take care of yourself."

Here are five simple steps you can start on right away.

1 Enjoy fruit for snacks. Eating more produce is a heart-healthy choice. Plus, many fruits are portable—think apples, oranges, and bananas—which makes them easy snack options if you're on the job or the road. When hunger hits, having a piece of fruit handy can help you avoid less-healthy options.

2 Take 10-minute walking breaks. If you sit much of the time, get up for a quick stroll several times a day. Sitting less and moving more is good for your heart and your body overall. "Fit in three of these walks daily and you'll have your 30 minutes of recommended aerobic activity," says Goddard.

3 Give screens an earlier bedtime. Too little sleep can hurt your heart and increase your risk for other diseases, such as obesity and type 2 diabetes, which can also affect heart health. Watching TV or using your smartphone or computer close to bedtime can make winding down and falling asleep harder. Try giving yourself a deadline for turning off your screens an hour before bedtime every night. Listening to relaxing music, taking a bath, or reading a book may help you doze off.



Wellness is just steps away. The St. Rose Dominican Community Health Centers offer a wide variety of heart-health and fitness classes. Learn more and register for a free or low-cost class at [StRoseHospitals.org/classes](https://www.StRoseHospitals.org/classes).



4 Have a hearty chuckle.

Laughter eases stress, lightening your mood and the extra strain on your heart. For a regular dose of hilarity, set aside time to watch some laugh-out-loud videos. Just not too close to bedtime!

5 Compare food labels for sodium.

Too much sodium can boost blood pressure, which is hard on your heart. Different brands of foods can have different sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium.

What happens in a cath lab?

A cardiac catheterization lab is where specially trained heart teams perform minimally invasive procedures to diagnose and treat heart problems. Very often, those procedures involve tiny tubes called catheters, which doctors insert into a large blood vessel that leads to the heart.

The catheters allow doctors to access the heart and blood vessels without doing surgery. Procedures performed in the cath lab include:

Angiography. A catheter is used to inject a dye that can be seen on x-rays as it flows through the heart's arteries. This lets doctors look for narrowed or blocked arteries that feed the heart.

Angioplasty. A catheter with a balloon at its tip is threaded into a narrowed or blocked heart artery. Dye is injected to allow the doctor to see the area. The balloon is inflated, which compresses the blockage in the artery. Doctors may also insert a stent—or wire mesh tube—to help keep the artery open.

Balloon valvuloplasty. This also involves the use of a balloon-tipped catheter, which is threaded into a narrowed heart valve. Injected dye provides clearer images of the valve on a monitor. The balloon is expanded to help stretch open the valve.

Doctors may also use the catheters to collect blood samples or tissue from the heart, evaluate how well the pumping chambers contract, and measure the oxygen in different parts of the heart.

Sources: American Heart Association; National Institutes of Health; Society for Cardiovascular Angiography and Interventions

Stellar heart and stroke care



San Martín Campus.
American Heart Association/
American Stroke Association's
Get With The Guidelines—Stroke
GOLD PLUS Achievement Award



Siena Campus.
American Heart Association's
Mission: Lifeline—STEMI
Receiving Center GOLD PLUS
Achievement Award



Siena Campus.
American Heart Association/
American Stroke Association's
Get With The Guidelines—Stroke
GOLD PLUS with Honor Roll Elite
Achievement Award

Heroes to moms and babies

Freedom from opioid addiction leads to new, happier beginnings

You are not alone. That has been the takeaway for both patients and practitioners in the EMPOWERED (Empowering Mothers for Positive Outcomes with Education, Recovery, and Early Development) program, whose success has earned it grant funding for a second year.

EMPOWERED helps mothers whose infants may have neonatal abstinence syndrome as a result of opioid use during pregnancy. Babies born dependent can spend weeks or months in the neonatal intensive care unit (NICU).

NICU heroes

The program was developed at the Dignity Health–St. Rose Dominican Siena Campus by Neonatologist and NICU Director Deepa Nagar, MD, and NICU Clinical Pharmacist Andria Peterson, PharmD. Their work with EMPOWERED was

recently recognized with two awards, the 2019 Healthcare Heroes “Innovator” Award from *Nevada Business Magazine* and the Nevada Hospital Association’s 2019 “Imagination” Award.

When mothers come to us, we tell them they have a baby to think of now, Dr. Nagar says. But they are not alone because they have people who will help—family, friends, and doctors. “We focus on the child and allow that to be their motivation,” she says.

EMPOWERED connects women with caring doctors and helps make sure they get referred to local resources and programs. Many mothers struggling with substance abuse are often afraid to seek help because they fear someone will call the police or child protective services and they will lose custody



Andria Peterson,
PharmD



Deepa Nagar,
MD

of their children. EMPOWERED provides the answers and resources they need.

“Pregnant moms are ready for change,” Dr. Peterson says. “Even mothers with substance abuse problems. Doctors refer patients to us, but the majority of our calls come from the mothers themselves.”

Since the start of the program in 2018, EMPOWERED has assisted nearly 100 mothers and their babies. It reduced or eliminated the need for prolonged stays in the NICU and saved hundreds of thousands of dollars in medical care expenses.

Dr. Nagar says sympathy and compassion are key to the success of EMPOWERED. “These mothers need someone to be there for them as they face these challenges,” she says. “We provide that for them.”



Pregnant? Need help?



If you or someone you know is pregnant and dealing with a substance abuse problem, contact the EMPOWERED program at **702.492.8593** to speak with someone about getting help.

EMPOWERED provides community resources, education, and connections to treatment or recovery services for pregnant and postpartum women taking opioids for any reason. You may qualify if:

- You are pregnant and are taking opioids
- You would like help finding community resources

EMPOWERED also provides breastfeeding support, parenting classes, support groups, and more.

For your health

Calendar of classes and events | Fall 2019



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

Information at meetup.com/LVDragonBoatClub.
LVV \$10 per person

Enhance 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.

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

Tuesdays, 2 to 3 p.m.
GV FREE

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

Tuesdays and Thursdays, 9 to 10 a.m.

WEST FREE

Mondays, Wednesdays, and Fridays, 8 to 9 a.m.

City of Henderson Heritage Park Senior Center: FREE

Ageless Woman Workout: Osteoporosis Exercise

Target aging zones with breathing and movements.

Tuesdays and Thursdays, 9 to 10 a.m.

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

Belly Dancing

Saturdays, Oct. 12, Nov. 9, Dec. 14, 10:30 a.m. to noon

WEST FREE

Gentle Yoga

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

Mixed-Level Yoga

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

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

Take It Easy Yoga

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

Mondays, 11 a.m. to noon

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

Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures.

Tuesdays, 6 to 7 p.m.

Saturdays, 9 to 10 a.m.

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

NEW! Yin Yoga

Reduce stress and increase flexibility and fluidity in joints and tendons.

Saturdays, 7:45 to 8:45 a.m.

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

Tai Chi

Learn graceful moves for balance and relaxation.

Beginner: Mondays, 12:30 to 1:30 p.m.

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

Advanced: Wednesdays, 3:30 to 4:30 p.m.

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

Tai Ji Quan: Movement for Better Balance

A balance class for adults at risk for falls.

Mondays and Wednesdays (level 1), 8 to 9 a.m.

Wednesdays and Fridays (level 2), 1:30 to 2:30 p.m.

GV FREE

Tuesdays and Thursdays (level 2), 8 to 9 a.m.

WEST FREE

Walking Clubs

Call **702.616.4902** for seasonal meeting location.

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

Zumba

Tuesdays, 4:30 to 5:30 p.m.

Saturdays, 11 a.m. to noon

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

Zumba GOLD

Low-impact dance.

Wednesdays, 11 a.m. to noon

Thursdays, 1 to 2 p.m.

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

Tuesdays, 10 to 11 a.m.

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

Nutrition

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Nov. 13, 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**.

MORE 



LOCATION KEY: (See full key and map on page 10.)

For your health

Calendar of classes and events | Fall 2019



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.

Wellness

Better Breathers Club

Learn ways to manage COPD and get support to thrive.

Thursdays, Oct. 3, Nov. 7, Dec. 5, 1 to 2 p.m.

GV FREE

Hernia Screening & Education Event

Do you have nausea, groin pain, or a bulge in your lower abdomen? Learn about hernias and get a free screening.

Tuesday, Nov. 12, 4 to 5 p.m.

GV FREE

Relax and Paint

Join us for an evening of creativity as we paint.

Monday, Nov. 18, 6 to 9 p.m.

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

Wednesday, Nov. 20, 6 to 9 p.m.

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

Balancing Energy Fields

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

Wednesdays, Oct. 9, Nov. 13, Dec. 11, 6 to 8 p.m.

WEST \$5

Powerful Tools for Caregivers

Caring for a loved one? This six-week workshop will help.

Mondays, Nov. 4 through Dec. 9, 10 a.m. to 12:30 p.m.

GV FREE

Healthier Living

A six-week chronic disease self-management program.

Mondays, Oct. 14 through Nov. 18, 1 to 3:30 p.m.

GV FREE

AARP Smart Driver Program

Reduce your car insurance rates. No exams required!

Mondays, Oct. 14, Nov. 11, Dec. 9, 9 a.m. to 1 p.m.

Wednesdays, Oct. 23, 1 to 5 p.m.

GV \$15 for members; \$20 for nonmembers (checks only)

Medicare ABCDs

Tuesday, Nov. 12, 9 to 11 a.m.

GV FREE

Relaxation Meditation

Tuesdays, Oct. 8, Nov. 5, Dec. 10, 5:30 to 6:30 p.m.

GV FREE

Senior Peer Counseling

Get confidential counseling from peers to help face life's challenges and changes. Call **702.616.4902** for information.

Weight-Loss Surgery Seminars

Get your questions answered and meet our bariatric surgeons and team. Call **702.616.4976** to register.

Tuesdays, Oct. 1, Nov. 5, Dec. 3, 5 to 6 p.m.

Thursdays, Oct. 17, Nov. 21, Dec. 19, 5 to 6 p.m.

GV FREE

Weight Management

Find the right strategy for you with guidance from a registered dietitian. Call **702.616.4976** to register.

Monday, Oct. 7, 5:30 to 6:30 p.m.

Tuesday, Nov. 12, 12:30 to 1:30 p.m.

Wednesday, Dec. 18, 5 to 6 p.m.

WEST FREE

Thursday, Oct. 10, 1 to 2 p.m.

Monday, Nov. 11, 2 to 3 p.m.

Tuesday, Dec. 17, 3:30 to 4:30 p.m.

GV FREE

Communication through Sign Language

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

Fridays, Nov. 1, 8, 15, 3:30 to 5 p.m.

GV FREE

Fridays, Dec. 6, 13, 20, 3:30 to 5 p.m.

WEST FREE

Knit to Heal Prayer Shawls

Learn to knit or crochet shawls for patients and loved ones (or pick one up for someone facing illness). Yarn donations appreciated!

Thursdays, Oct. 10, 24, Nov. 14, Dec. 12, 10 a.m. to noon

GV FREE

Thursdays, Oct. 10, 24, Nov. 14, Dec. 12, 11:30 a.m. to 1:30 p.m.

WEST FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Thursdays, Oct. 17, Nov. 21, Dec. 19, 2:30 to 3:30 p.m.

GV FREE



LOCATION KEY

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

LLV Lake Las Vegas

REH Siena Campus Rehabilitation Hospital, Henderson
2930 Siena Heights Drive



Helping Hands

Do you have time to help seniors in Henderson? Or do you need help with transportation or nutrition? Helping Hands provides transportation and pantry delivery services to Henderson residents age 60 and older. If you need assistance or would like to volunteer, please call **702.616.6554**.

Diabetes Management

What Is Prediabetes?

Learn from a diabetes educator how to avoid or delay diabetes.

Wednesday, Oct. 9, 9 to 11 a.m.

Friday, Nov. 15, 9 to 11 a.m.

Monday, Dec. 16, noon to 2 p.m.

GV \$10

Friday, Oct. 18, 3:30 to 5:30 p.m.

Friday, Nov. 15, 3:30 to 5:30 p.m.

Wednesday, Dec. 4, 5 to 7 p.m.

WEST \$10

National Diabetes Prevention Program

Modest lifestyle changes can help you avoid type 2 diabetes. Call **702.616.4914** to enroll in this 12-month program.

Wednesdays, starting Oct. 9, 4 to 5 p.m.

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

Diabetes Self-Management Program Plus

Are you a Medicare beneficiary? A clinical champion can help you. Available in English and Spanish. Call **702.616.4975**.

Comprehensive Diabetes Training and Education

This two-hour class in four weekly sessions provides eight hours of training. Call **702.616.4975** for details. *Physician referral and prior individual visit required.*

GV

Diabetes Self-Management Program

This six-week program complements your current medical treatment.

Fridays, Oct. 4 through Nov. 8, 11 a.m. to 1:30 p.m.

GV FREE

Kidney Smart

Learn the best ways to manage your diet and kidney health.

Wednesday, Oct. 16, 1 to 2:30 p.m.

HEND FREE

Thursday, Nov. 7, 11:30 a.m. to 12:30 p.m.

WEST FREE

Wednesday, Dec. 18, 6 to 7:30 p.m.

GV FREE

Heart & Stroke Programs

Eating for a Healthy Heart

Thursday, Oct. 17, 11:30 a.m. to 1 p.m.

Friday, Nov. 8, 11:30 a.m. to 1 p.m.

Tuesday, Dec. 3, 12:30 to 2 p.m.

WEST FREE

Monday, Oct. 21, 4 to 5:30 p.m.

Thursday, Nov. 14, 1 to 2:30 p.m.

Wednesday, Dec. 11, 10 to 11:30 a.m.

GV FREE

Healthy Hearts Club

Learn ways to manage your medications, make heart-healthy lifestyle choices, and set goals.

Third Wednesdays of the month, 10 to 11 a.m.

GV FREE

Smoke Free!

Freedom from Smoking

A supportive American Lung Association program.

Mondays, Oct. 7 to Nov. 18, plus Wednesday, Oct. 30, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Dec. 11, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings & Survivorship

FIT Colon Test

Are you 50 or older? Take home a colorectal cancer screening kit, return your sample to an Outreach Center, and receive test results by mail. \$15

Mammograms

Uninsured or underinsured? Free mammograms, funded by Susan G. Komen Nevada, are available for ages 50 or older. Call **877.581.6266**.

Screenings

Do You See What I See?

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

Wednesday, Nov. 13, 10 a.m. to noon

GV FREE. Appointment required.



Metabolic Testing

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

Health 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, Nov. 14, 7 to 10 a.m.

GV See prices above. Appointment required.

Support Groups

Visit StRoseHospitals.org/classes for our full list.

- AA Co-Ed
- AA for Women
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bariatric Surgery Support
- Bereavement Support
- Better Breathers COPD
- Compassionate Friends
- Compulsive Eaters
- Diabetes Support
- Gamblers Anonymous
- Multiple Sclerosis Support
- Narcotics Anonymous
- Ostomy Support Group
- Stroke and Aphasia Support
- **REH** **Wednesdays, Oct. 16, Nov. 6, 20, Dec. 4, 18, 11:30 a.m.**
- Surviving Suicide
- Widow's Support

* Find our special events on page 2.

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

HEND WomensCare/Outreach 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

From your friends at
Dignity Health—St. Rose Dominican

St. Rose Dominican Hospitals
102 E. Lake Mead Drive
Henderson, NV 89015-5524

Nonprofit Org.
U.S. Postage
PAID
Merced, CA
Permit No. 1186

Protect yourself and your family

Did you know you need a flu vaccine every year? See page 3 to find out why—and where you can get one.



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You're invited!

Dignity Health St. Rose— Dominican's 14th Annual Pet Blessing and Animal Fair

Saturday, November 2,
from 1 to 3 p.m.

San Martín Healing Garden

Treat your pets!

The event will feature:

- A group pet blessing at 2:30 p.m.
- A variety of pet-related booths with information, demonstrations, and drawings
- Light refreshments

There will be contest prizes for:

- Best Dressed
- Best Trick
- Best Pet/Owner Look-Alike

St. Martín de Porres—for whom the San Martín Campus is named—was known for his undivided care for animals and people alike, which is why Dignity Health—St. Rose Dominican is proud to bring you this family- and pet-friendly event.

How you can help. We are asking for clean, new, or used towels to donate to local pet shelters.



For more information,
call 702.492.8509.

