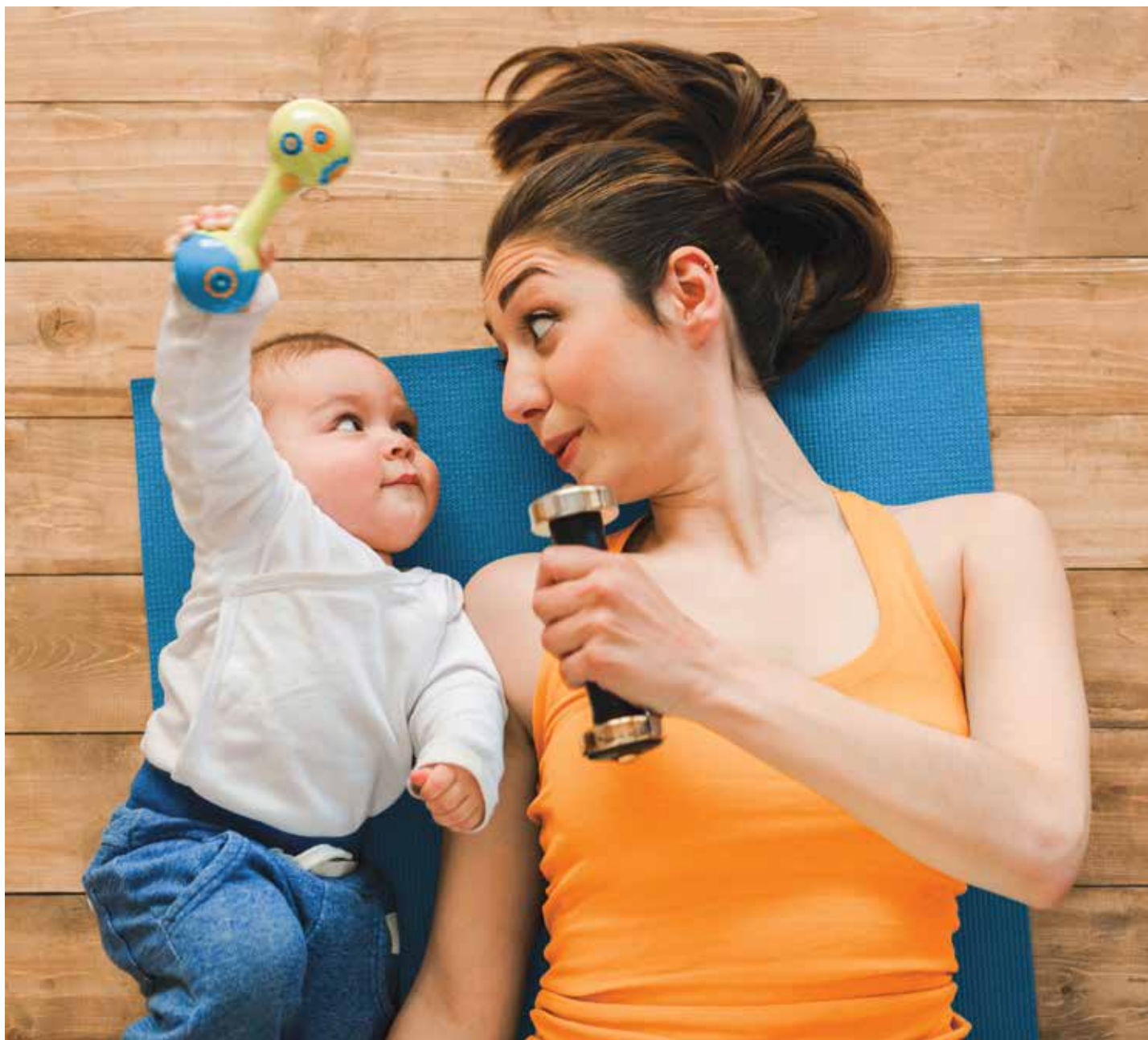


Reach

Together in health and happiness

Hello, Winter! issue

Winter 2019



You got this!

Mindful strategies to rock your fitness resolutions

Setting things straight

A determined surgeon and technology achieved a perfect fit

And to all a good night

Better bedtimes for bright young minds

Rest & renewal

“In the depths of winter, I finally learned that within me there lay an invincible summer.”

—Albert Camus

Hello, winter! In this issue of *Reach*, we're embracing the season—and healthy habits for the new year ahead.

Get well soon. Do you have a cold—or the flu? Both can make you miserable, but knowing the difference in their symptoms can help you get the right treatment. Learn how to spot the differences on page 6.

Soothing skin care. Need relief for itchy dryness? On page 9, get comforting tips to be kind to your skin.

Need inspiration to rock your 2019 resolutions? Starting on page 11, look for classes and events that can help you thrive. And check out our online Health Library—reliable info and free resources. Go to StRoseReach.org/health-library.

Bring the light. Feeling a little low? Remember, showing *humankindness* to others is a great pick-me-up any time of year.

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

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Greg Preston, Sampsel Preston Photography: pages 2, 4, and 5
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Inside



A perfect fit

How a St. Rose orthopedic surgeon and 3-D printing set the bones in Alejandro's forearm straight.

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You can. You will.

Let positive self-talk be your secret to getting the active life you want.

7



Revel in winter

Enjoy the season! A few precautions can help you avoid illness and injury.

8

Online

See more great *Reach* content:
StRoseReach.org



Top baby names: Then and now. See how popular boy and girl names have changed since the 1910s.



Recipe: Roasted Root Vegetable Salad. It's comfort food at its healthiest. Fresh herbs, walnuts, and feta cheese—yes, please!

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



Heart-healthy ideas kids will love



+ **Plant something together.** Kids may be more likely to try winter greens like kale or collards if they plant the seeds and watch them grow.

+ **Create a sports zone.** Keep balls, jump ropes, and other fun gear in one go-to location.

+ **Stock a snack drawer.** Older kids can help themselves to whole-grain crackers, unsalted nuts, and dried or fresh fruit.

+ **Make a soda-free splash.** Show kids how to flavor water with fresh berries or orange slices.

+ **Explore the market.** Encourage kids to pick out a new fruit or veggie to take home and try.

+ **Play the portion game.** Have kids measure out what they think is a serving size and compare it to what the food label says.

Why I give ...

“For more than 20 years, I have worked in the information technology department at Dignity Health—St. Rose Dominican hospitals. I’ve seen various people go through some very tough times as I walk the hallways to help others with their computer needs. I learned through our philanthropy manager that giving back to Dignity Health was very easy to do, and I could help by donating my unused paid time off. This seemed like a great way to give back to my great company and the community. After I gave, the St. Rose Dominican Health Foundation sent me a letter showing me the many departments and services that benefited from my donated funds.”

—Brian Skolfield

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



We're thankful for all our givers!

Brian, like his fellow St. Rose employees, shares our mission of *humankindness*.



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.



Setting things straight

A complex surgery case calls for persistence, precision, and innovation

More than a decade ago, when Alejandro Noriega was in the seventh grade, he fell while playing soccer and broke both bones in his left forearm. He was in a cast for three months, but the bones did not heal correctly. They were crooked—and Alejandro's arm was significantly deformed.

"You could actually feel where the bones overlapped in my arm, and if I bumped it on something or got hit on that spot, it was really painful," Alejandro says. "The injury also made me very self-conscious. I never wore short-sleeved shirts."

Facing a complicated challenge

In March 2018, Alejandro, now 25 years old, saw Lawrence Huff, MD, a licensed orthopedic surgeon who performs surgeries at Dignity Health–St. Rose Dominican's San Martín Campus. Dr. Huff, a Las Vegas native and former professional baseball player, specializes in complex surgeries of the shoulders and arms.



Your new life awaits: Feel the glory, not the pain!

Are you living with nagging discomfort? Troubled by an old injury? At St. Rose Dominican, we're standing by to help you get back to your active life.

Care begins here. Let's talk about how we might help. Call **702.707.9224**.

- Back and neck
- Hand, wrist, and elbow
- Shoulders
- Foot and ankle
- Knees and hips
- Sports and overuse injuries

Dr. Huff knew he was facing a real challenge with Alejandro, whose arm had limited motion besides being painful sometimes: "His case was complicated. He broke his arm when he was young, so the bones healed more thickly than they would have if he were an adult."

To fix a crooked bone, the surgeon must cut the bone, take out a small wedge, then put the bones back together—using a plate to hold them in place—until they heal. According to Dr. Huff, it's a surgery that requires ultraprecision for the best fit and result.

Seeking an innovative solution

While Alejandro's first doctor visit took place in March, the surgery wasn't performed for another six months. Dr. Huff spent that time securing the best possible outcome for Alejandro. His case would be the first at San Martín to rely on a new 3-D printing technology, developed by the Belgian company Materialise. Dr. Huff did extensive research on the software and instrumentation, then asked the San Martín leadership team for their support to purchase it.

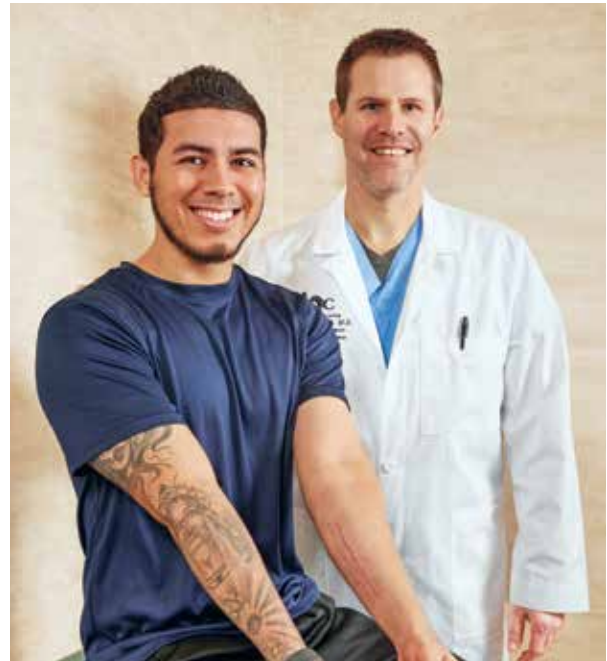
After receiving approval, there were still several steps to accomplish before the surgery could take place. A CT scan was done on Alejandro's normal arm and on his injured arm. Those scans were then submitted to Materialise, and a computer model determined the proper place and angle to make the cuts on the injured arm.

A 3-D model was then made of the bone, and the computer created a "guide" that was placed on the crooked bone. This 3-D guide was formed to fit only on the correct position of the arm and showed where Dr. Huff should make the cuts—and even where screw holes should be placed for a perfect fit.

Moving forward with gratitude

Alejandro had his surgery in mid-September 2018. By the end of October, he had nearly finished his physical therapy and was looking forward to returning to work in a matter of days.

"After all of these years, thanks to Dr. Huff and St. Rose Dominican, it's a huge relief for my arm to look normal, to be able to move it more easily, and to be rid of the pain," Alejandro says. "I have absolutely no regrets."



Teaming up to right an old wrong. Alejandro Noriega, left, says he'll always be thankful for the determination that his orthopedic surgeon, Lawrence Huff, MD, right, showed in making sure his arm surgery could take place.



What's up with this joint pain? If you have lingering discomfort that's affecting your life, it may be time to explore your options for relief. Take a quick joint risk assessment at [StRoseHospitals.org/ortho](https://www.StRoseHospitals.org/ortho).

Achoo! Is it a cold or the flu?

Some cold and flu symptoms are similar. If you're not feeling well, the following chart can help you decide which of these two illnesses you may have.

Cold

(usually milder than flu)

Flu

(usually lasts longer, worse than cold symptoms)

Runny, stuffy nose (common)	Runny, stuffy nose (sometimes)
Sneezing (common)	Sneezing (sometimes)
Sore throat (common)	Sore throat (sometimes)
Cough (mild to moderate)	Cough (common)
Fatigue (sometimes)	Fatigue (common)
Muscle aches (slight)	Muscle aches (common)
Headache (rare)	Headache (common)
Fever (rare)	Fever (common)
Chills (uncommon)	Chills (fairly common)

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



Ekatarina
Pletinskaya, MD

Stay safe: Who's most at risk?

The flu can sometimes turn serious. "Antiviral medicines are advised in the first 48 hours after symptoms start, especially for people at risk of flu complications," says Ekatarina Pletinskaya, MD, a family medicine physician with the Dignity Health Urgent Care Center. Those most at risk include:

- Kids under 5
- Adults older than 65
- People with weak immune systems
- People with chronic health conditions, such as heart disease, diabetes, or asthma
- Pregnant women

Get the care you need. Are you concerned it's the flu? When in doubt, see your doctor promptly, especially if you're in one of the groups at high risk for flu complications.



Need help quick? The Dignity Health Urgent Care Center in Henderson is here from 8 a.m. to 8 p.m., Monday through Saturday. Call **702.616.7780** for information.



‘I’ve got this!’

Find your inner exercise warrior

“Being active is all about moving your body, but it’s also a feat accomplished in the mind,” says Patrick Hong, MD, an internal medicine physician at Dignity Health Medical Group’s Peccole Plaza Clinic.



Patrick Hong, MD

Here are five mindful strategies to help you rock your fitness resolutions in 2019.



Create a bold battle cry.

Repeating a powerful mantra could be the boost you need. Maybe your motto is: “I’ve got this!” or “Just watch me!” Come up with something that speaks to you.



Declare it “me time.”

Own it! You’re worthy of exercise. Think of it as your get-to-do activity—not your have-to-do chore.



Be inspired by something new.

We’re more likely to stick with activities we enjoy. So seek out your fun. Maybe that’s a fitness class, like Zumba or Yoga. Or perhaps there’s a secret cyclist inside of you.



Play spin doctor.

When you encounter an excuse not to exercise, flip it in your favor. For example, “too busy” becomes “I can sneak in 10 minutes.” Too tired? Try, “I’ll feel more energetic when I move.”



Dare to dream.

Paint vivid mental pictures starring you being more fit and healthy. Imagine how great you’ll feel when you... get stronger, complete that 5K, or try a new sport.



Get excited about exercise! We’d love to offer inspiration. How about rowing on a dragon boat team? Ever tried belly dancing? We have a class for that, too! For information and more fun workouts, turn to page 11—or visit StRoseHospitals.org/classes.



Hello, winter!

Here's to a healthy, cozy, and comfy season for all

We may not get the blizzardy snowfall and frigid conditions that other areas of the country do, but winter in southern Nevada still comes with risks.

Here are a few steps you can take to help stay free of illness and injury this season.

Avoid going viral

Cold and flu season is in full force. Of course, your best shot at avoiding the flu is to get the flu

vaccine. Here are other ways to help yourself and others stay well:

- Wash your hands often and well, with soap and water.
- Try not to touch your eyes, nose, or mouth between handwashings.
- If possible, avoid people who are sick, and stay home when you're ill.
- Regularly clean often-touched surfaces and objects, such as phones, remote controls, and doorknobs.



Did you get your flu shot? It is not too late to protect yourself and others. Visit southernnevadahealthdistrict.org for more information and immunization clinic locations.



Did you know? If you get overly chilled, you can get hypothermia even in temps over 40 degrees.

Hold off hypothermia

Hypothermia occurs when your body loses heat faster than it can be replaced. The result is a drop in the body's temperature, which can affect your brain and make you unable to think clearly or move well. It can happen gradually and under conditions you might not usually suspect, so you may not realize what's going on.

Prolonged exposure to low temperatures can cause hypothermia. But you can also get it in temperatures over 40 degrees if you become chilled from rain or sweat. In addition, exposure to wind or immersion in cold water can cause hypothermia.

Older people, babies, people who stay outside too long, and those under the influence of alcohol are all at increased risk. Warning signs of hypothermia include shivering, confusion, memory loss, slurred speech, and drowsiness. This is a medical emergency, so get help right away.

To avoid hypothermia, wear clothing appropriate for the weather. Cover your head with a hat. Wrap a scarf around your face and mouth. Protect your hands with a pair of mittens. And dress in several layers of loose-fitting clothing.

Seek snow safely

How does heading to Mount Charleston to play in the snow

sound? Fun, right? Be sure to play it safe, too.

- Always check the weather and road reports. Winter storms can make travel dangerous.
- Make sure your vehicle can handle icy or snowy conditions. Use chains or snow tires when required.
- Dress for the conditions.

Get more snow season tips and driving directions for the Spring Mountains at **StRoseReach.org**.

Soothe skin all season

Is the dry winter air of southern Nevada taking a toll on your skin?

"There are simple steps you can take to care for your skin and be more comfortable," says Inna Zdorovyak, MD, family medicine physician at Dignity Health Medical Group's Pavilion Clinic.



Inna Zdorovyak,
MD

Goodbye, dry skin!

- Keep showers short and baths brief—no more than 5 to 10 minutes. And use warm, not hot, water.
- Gently blot your skin dry with a towel.
- Trap much-needed moisture by applying an ointment or cream immediately after washing. Use gentle, unscented products.
- Use a humidifier to add moisture to indoor air.
- Stick with sunscreen year-round. Even in winter, the sun can take a toll on your skin.
- Wear gloves outdoors, and use a nongreasy hand cream after handwashing.



Concerns about your skin? Seeing a specialist may help. To find a dermatologist who's affiliated with St. Rose Dominican, call **702.616.4900**.



Asian Lentil Soup

What's more cozy and comforting than soup? Find the recipe at **StRoseReach.org**.

Pajama party!

Help kids get the sleep they need

You know how you feel when you get a good night's rest. No doubt about it: Getting enough shut-eye can really affect your outlook and well-being.

"It's the same with children," says Emily Peterson, DO, FAAP, pediatrician at Dignity Health Medical Group's Henderson Clinic.

Kids who are well-rested are less likely to have problems with school performance, behavior, memory, and concentration, according to the American Academy of Pediatrics.

How can parents help?

If your child is not getting enough sleep, an earlier bedtime may help. Make sure your child hits the



Hello humankindness.

"Remember that children, marriages, and flower gardens reflect the kind of care they get." —H. Jackson Brown, Jr.

pillow early enough to allow for the recommended amount of sleep. Once you set a bedtime, keep it the same every night.

Here are some more tips, courtesy of Dr. Peterson and other child health experts:

Wind down. Dim the lights in your home as the night winds down. And avoid stimulating activities—

like active play or watching action movies—too close to bedtime.

Start a sleep-time routine. Taking baths, brushing teeth, and reading books can be part of a relaxing routine.

Say goodnight to electronics. It's best for kids to leave smartphones and other devices out of bedrooms once it's lights out.

How much sleep do kids need?



Sleep is essential for children's health and development. But just how much is enough? This chart shows the amount of sleep children need, which changes as they grow.

Age	Recommended sleep per 24-hour period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Grade schoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours



"Kids need quality sleep to feel their best, stay healthy, and do well in school. Prioritizing sleep in your home is one of the best things you can do for your family."

—Emily Peterson, DO, FAAP

Sources: American Academy of Pediatrics; American Academy of Sleep Medicine

For your health

Calendar of classes and events | Winter 2019

Fitness

Dragon Boat Paddling

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

LLV \$10 per person

Walking Clubs

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

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

Take It Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved. Appropriate for prenatal students.

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

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

Gentle Yoga

Gain flexibility and balance.

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

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

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

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

Safe Sitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Friday, March 8, 9 a.m. to 3:30 p.m.

GV \$20 (includes lunch)



Mixed-Level Yoga

Requires experience beyond basic beginner. Bring a block and strap, if possible.

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

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

Tuesdays, 3 to 4 p.m.

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

Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures to build strength, balance, and flexibility.

Tuesdays, 6 to 7 p.m.

Saturdays, 9 to 10 a.m.

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

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

Tuesdays, 10 to 10:45 a.m.

WEST FREE

Belly Dancing

Saturdays, Jan. 12, Feb. 9, March 9, 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.

Wednesday, Feb. 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.

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



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

Healthier Living

This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation. Also get exercise strategies, healthy eating tips, and more!

Fridays, Feb. 22 to March 29, 2 to 4:30 p.m.

GV FREE

Balancing Energy Fields

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

Wednesdays, Jan. 9, Feb. 13, March 13, 6 to 8 p.m.

WEST \$5

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, Jan. 8, Feb. 12, March 12, 5:30 to 6:30 p.m.

GV FREE

Essential Oils

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

Tuesday, Feb. 26, 6 to 8 p.m.

GV FREE

Uninsured?

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



MORE >

For your health

Calendar of classes and events | Winter 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.

Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Feb. 7, 6 to 9 p.m.

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

Wednesday, Feb. 13, 6 to 9 p.m.

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

Diabetes Management

What Is Prediabetes?

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

Wednesday, Jan. 30, 9 to 11 a.m.

Monday, Feb. 18,

10 a.m. to noon

Wednesday, March 20,

6 to 8 p.m.

GV \$10

Monday, March 18,

11 a.m. to 1 p.m.

WEST \$10

National Diabetes Prevention Program

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

Tuesdays, starting Feb. 5, 3 to 4 p.m.

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

NEW! Diabetes Empowerment Education Program (DEEP)

This free, six-week workshop will help you acquire the knowledge and skills to reduce complications resulting from diabetes through interactive, visual, and engaging activities. DEEP has been proven to improve outcomes in A1C levels, physical activity, healthy eating, glucose self-monitoring, medication adherence, and confidence in self-care.

Fridays, March 29 to May 3, 9 to 11 a.m.

GV FREE

Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment.

Wednesdays, Feb. 13 through March 20, 11 a.m. to 1:30 p.m.

GV FREE

Comprehensive Diabetes Training and Education

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

Diabetes Survival Skills

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

Tuesday, Feb. 12, 4 to 6 p.m.

GV \$20

Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and the best ways to manage your diet and health.

Wednesday, Jan. 16, 10 to 11:30 a.m.

HEND FREE

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

WEST FREE

Wednesday, March 20, 6 to 7:30 p.m.

GV FREE

Weight-Loss Surgery Seminars

Come learn about the benefits of bariatric surgery and meet our bariatric surgeons and team. Get information and your questions answered in this friendly, supportive atmosphere. Call **702.616.4900** to register.

GV FREE

Tuesdays, Jan. 8, Feb. 5, March 5, 6 to 7 p.m.

Thursdays, Jan. 24, Feb. 21, March 21, 6 to 7 p.m.



LOCATION KEY

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

LLV Lake Las Vegas



Support Groups

Call **702.616.4900** or visit **StRoseHospitals.org/classes** for information.

- AA Co-Ed
MAC Thursdays, 7 p.m.
SAN Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women
GV Mondays, 7 p.m., and Wednesdays, noon
- Al-Anon
MAC Saturdays, 10:30 a.m.
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bariatric Surgery Support
- Bereavement Support
- Better Breathers COPD
- Circle of Friends Discussion
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
GV First Wednesday, monthly, 10 to 11 a.m.
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous

Stop the Bleed

In partnership with the City of Henderson, St. Rose Dominican is offering "Stop the Bleed" training for the public. Training provides lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

Thursday, Feb. 28, 5 to 6 p.m.

GV FREE

- Parenting Support
- R.I.S.E. (restore, inspire, support, and educate) postpartum depression and anxiety support group
WEST Wednesdays, noon to 1 p.m.
GV Fridays, noon to 1 p.m.
- Stroke and Aphasia Support
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Widow's Support

MORE ➤

A Day of Learning—Grief Resources

Share with grieving individuals, meet others experiencing similar situations, and learn that those experiencing grief can survive. For more information, call **907.360.9203**.

Saturday Jan. 26, 10 a.m. to 2 p.m.

GV FREE

Saturday, Feb. 2, 10 a.m. to 2 p.m.

SAN Aljian Conference Center



Gestational Diabetes

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

Heart & Stroke Programs

Eating for a Healthy Heart

Learn to eat for a healthy heart through nutrition. This is an interactive class with personalized strategies.

Wednesday, Jan. 23, 9 to 10:30 a.m.

Wednesday, Feb. 20, 6 to 7:30 p.m.

GV FREE

Wednesday, March 6, 2:30 to 4 p.m.

WEST FREE

Smoke Free!

Freedom from Smoking

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

Mondays, Jan. 7 through Feb. 18, plus Wednesday, Jan. 30, 5:30 to 7:30 p.m.

HEND FREE

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

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

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

GV \$25 (includes CD)

Cancer Screenings & Survivorship

Mammograms

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

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. 21, 7 to 10 a.m.

GV See prices above. Appointment required.

Thursday, March 21, 7 to 9 a.m.

WEST See prices above. Appointment required.

Metabolic Testing

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

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

For your health

Calendar of classes and events | Winter 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.

Pregnancy & 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.

Fridays, Jan. 11, Feb. 8, March 8, 1 to 5 p.m.

GV \$10

Fridays, Jan. 18, Feb. 15, March 15, 1 to 5 p.m.

GV \$10

Tuesdays, Feb. 5, March 5, 10 a.m. to noon

WEST \$10

Prenatal classes

Prenatal Yoga

A practice uniquely designed for pregnancy. Prenatal Yoga can help support moms-to-be emotionally and physically, helping you become more resilient during and after pregnancy.

Mondays, 4 to 5 p.m.

WEST \$3 per class or eight sessions for \$20

Baby Basics

GV \$30

Breastfeeding

GV \$30

Childbirth Express

GV \$35

Daddy Boot Camp

GV \$20

Gestational Diabetes Consultations

Call **702.616.4975**.

Infant CPR

GV \$20

Prepared Childbirth

GV \$50

Smoking Cessation for Pregnancy

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

Breastfeeding

Breastfeeding Helpline and Consultations

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

GV WEST \$50

R.I.S.E.

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

Wednesdays, noon to 1 p.m.

WEST

Fridays, noon to 1 p.m.

GV

Baby Weigh Stations

Baby weight checks. No appointment necessary.

GV WEST HEND FREE

Breast Pump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.

GV WEST

New Mommy Mixer

Mondays, 11 a.m. to noon

HEND FREE

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE

Infants, Children & Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

Fridays, 12:30 to 1:30 p.m.

GV 10 classes for \$110

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



Support for moms-to-be and new moms

Did you know that up to 20 percent of pregnant women and new moms experience some form of anxiety or mood disorder?

Anxiety and mood disorders are treatable!

Off to a healthy start! Visit nvmch.org for helpful resources for families.



FREE Birth Center Tours

San Martín Campus: Third Saturday mornings and every Tuesday evening

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

Register at StRoseHospitals.org/classes.

EMPOWERED

This program helps pregnant women who are struggling with addiction to opioids and other drugs.

Here to help

EMPOWERED (Empowering Mothers for Positive Outcomes with Education, Recovery, and Early Development) provides community resources, support services, education, and connections to recovery and treatment services for women with substance use disorders during pregnancy and after giving birth. The program assists with lactation support, parenting classes, infant CPR, and support groups. We are here to help! Call **702.492.8552** for information.

Zumbini

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

Tuesdays, 11 to 11:30 a.m.

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

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Mondays, 3 to 4 p.m.

WEST \$3 per class or eight sessions for \$20

Toddler Play Group

Toddlers ages 3 and under join us for music and movement.

Tuesdays, 12:30 to 1:15 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Infant Development

Learn the ins and outs of baby cues, as well as nutrition. 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 newborn to 2 years.

Tuesdays, 2 to 2:30 p.m.

GV FREE

Thursdays, Jan. 3, 17, Feb. 7, 21, March 7, 21, 1 to 1:30 p.m.

WEST FREE

Fridays, Jan. 18, Feb. 15, March 15, 11:30 a.m. to noon

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 up to 1 year old.

Visit weecansign.com.

Thursdays, Jan. 3, 10, 17, 10:30 to 11:30 a.m.

Saturdays, Jan. 19, 26, Feb. 2, 10:30 to 11:30 a.m.

Thursdays, Feb. 7, 14, 21, 10:30 to 11:30 a.m.

Saturdays, March 16, 23, 30, 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, Feb. 2, 9, 16, 12:30 to 1:15 p.m.

Thursdays, March 7, 14, 21, 10:30 to 11:15 a.m.

WEST \$69 (includes Pick Me Up kit)

My Baby App

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



My Baby
By Dignity Health®

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.

Thursdays, Jan. 3, 17, 31, Feb. 14, 28, March 14, 28, 10 to 11 a.m.

HEND FREE

St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

GV WEST HEND
FREE



✱ Tuck little ones in safely. Explore what a safe sleep space looks like for babies at StRoseReach.org.

From your friends at
Dignity Health—St. Rose Dominican

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

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Bye, pain.
**Hello,
healthy
new you!**

St. Rose Dominican's orthopedic experts
can help you get moving. Call us today!

702.707.9224

U

Smart swaps

You may think that healthy eating means giving up certain foods. But it really means finding satisfying substitutions for foods that are less nutritious. Give these healthy suggestions a try.

Instead of this ...

Enjoy this ...

Soda

Sparkling water with a splash of 100 percent fruit juice.
Water flavored with mint leaves, orange slices, or cucumber

Sugary cereal

Oatmeal with berries or whole-wheat
cereal that's low in sugar

Chips or pretzels

Crunchy celery, carrots, unsalted nuts, whole-grain
crackers, or plain popcorn seasoned with spices

Medium-sized mocha coffee
drink with whipped cream

Small-sized latte topped with cinnamon

Hash browns or French fries

Baked white or sweet potato filled with salsa

Popsicles

Frozen grapes

Ice cream

Low-fat sherbet or frozen yogurt topped with fresh fruit

Doughnuts
or pastries

Small whole-grain bagel spread with low-fat cream cheese.
Whole-wheat English muffin spread with sugar-free jam

Mayo on a sandwich

Hummus or mashed avocado

Candy bar

Small serving of dark chocolate with at
least 70 percent cocoa

* Need more help with nutrition?
Talk with a dietitian. See page 11.