

# Reach

Together in health and happiness

**The Numbers  
issue**

Winter 2020



**Three wellness centers**

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# One in a million

“To the world you may be one person, but to one person you may be the world.”

—Dr. Seuss

**Your heart beats 100,000 times a day,** on average. Moving a single step forward takes 200 muscles. Hugging a loved one for 10 seconds can lower your blood pressure. You are wonderfully made and one in a million. In this issue of *Reach*, we highlight some numbers that can help you put your health first.

**One great year!** Members share their appreciation for three new Dignity Health Wellness Centers (page 4).

**Four numbers to know.** Find out what they are—and why they matter—on page 5.

**More than numbers on a scale.** Starting on page 6, learn what our bariatric surgery program means to three local patients.

**Healthy new year!** Make 2020 your best year yet—turn to page 9 for our winter lineup of classes and events. Stay well, southern Nevada!

Source: [nchs-health.org/health-trivia](https://nchs-health.org/health-trivia)

**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](https://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.

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## Special events

### Diabetes Alert Day: Tuesday, March 24, 2020

Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you—or someone you love—is at risk for type 2 diabetes by taking a quick, simple Diabetes Risk Test. Go to any St. Rose Community Outreach Center for your test.

### SafeTALK

Be a lifesaver. Learn how to recognize a person with thoughts of suicide and know how to connect them to help. Call **702.620.7862** to register.

**Thursday, Jan. 23, 8 a.m. to 5 p.m.**

North Las Vegas Wellness Center, 1550 W. Craig Road, Suite 250, North Las Vegas: \$15

### 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 someone experiencing a mental health crisis until the appropriate treatment and support are available. Call **702.620.7862** to register.

**Friday, Feb. 21, 8 a.m. to 5 p.m.**

North Las Vegas Wellness Center, 1550 W. Craig Road, Suite 250, North Las Vegas

### Youth Mental Health First Aid

Adults who work with youth ages 12 through 25 learn how to provide basic first aid to help someone experiencing a mental health problem or crisis until appropriate treatment and support are available.

**Saturday, Jan. 25, 8 a.m. to 5 p.m.**

**GV FREE**

### Parent & Grandparent Gun Safety Class

Firearm safety is everyone's responsibility. Learn about responsible firearm ownership, simple safety rules, and how to secure and store guns correctly.

**Saturday, Feb. 8, 10 to 11 a.m.**

**GV FREE**



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

# A historic reminder 100 feet above us

The bell tower cross stands as a beacon of compassion and healing

**It is a familiar sight** to all southern Nevadans—the shining cross rising high above the bell towers at our St. Rose Dominican hospitals. It is an icon we hope brings feelings of safety and well-being each time it comes into view.

The cross itself is an ancient symbol of compassion and healing. But there's another story behind the cross that rises to almost 100 feet above our Siena Campus.

## **A lasting local connection**

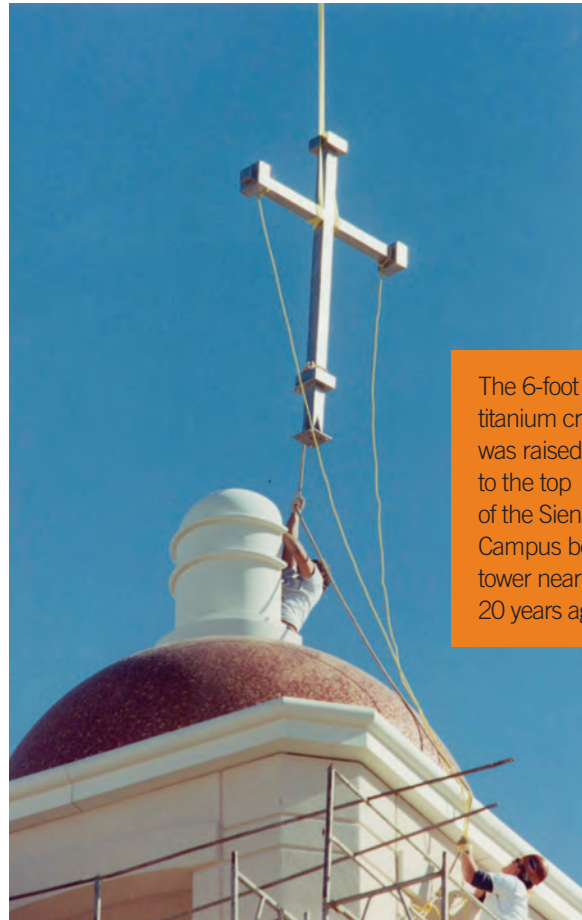
The 6-foot, 75-pound cross was placed atop the 90-foot bell tower nearly 20 years ago during the hospital's topping-out ceremony. It is made of titanium, a gift from the TIMET Corporation, and fashioned right here in Henderson. The Siena cross was given to the new hospital as a sign of the 50-year relationship shared by TIMET, St. Rose Dominican, and the City of Henderson.

TIMET opened its doors in Henderson in 1950. That was shortly after the 1947 arrival of the Adrian Dominican Sisters, who founded St. Rose de Lima hospital.

The Siena cross itself was made by longtime TIMET employee Ray Martinez, who worked with the metal for decades. Nearly half the weight of steel but twice as strong, titanium is used to build everything from engines and airframes to landing gear and even golf clubs.

## **The heart of our mission**

Today, the cross atop the bell tower stands as a dramatic focal point of the Siena Campus. It serves



The 6-foot titanium cross was raised to the top of the Siena Campus bell tower nearly 20 years ago.

as a meaningful symbol of the mission of St. Rose Dominican in southern Nevada: to blend technology with compassion to provide the highest quality patient care.

You will find bell towers on our San Martín Campus, as well as at our new hospitals around the valley. Each one represents the history and connection—now 72 years strong—between our healing mission and the people of southern Nevada.

**Hello humankindness™**

“Teach us to give and not to count the cost.”  
—St. Ignatius de Loyola

# 1-2-3 places to get healthy together

**Three Dignity Health Wellness Centers** in the Blue Diamond, North Las Vegas, and West Flamingo neighborhoods have been open for one year now, and people in those communities are loving the services they offer.

The conveniently located Wellness Centers offer a variety of free and low-cost fitness, health, and

nutrition classes, disease management and prevention programs, pregnancy and childbirth resources, and fun designed to help you and your family get and stay healthy.

The new Wellness Centers join three existing Community Outreach/Wellness Centers in downtown Henderson, Green Valley, and the southwest valley.

**In their own words.** Here's what Wellness Center clients have to say about their experiences:

"I am so glad I attended the Healthy Heart program. I enjoyed the four classes. Learned so much from Lauren—she reminded me of so much I had forgotten. I learned a lot about how important it is to take care of ourselves and how our organs beat and pump to keep us going forward. At the end, I came home with so much motivation and many tools for better health. I am grateful. A big thank-you to Dignity Health for offering classes to the public. I look forward to attending more classes."

—Sylvia H.

"I am so grateful and thankful for the Wellness Centers. I really enjoy the classes that are offered, and the instructors are very knowledgeable—willing and able to assist us in the best ways to exercise without doing harm to our bodies. Please keep doing what you do for the seniors and the community. Thank you!"

—Loretta J.


"I appreciate the classes offered for overall fitness. Instructors are trained and motivating. The Wellness Center provides opportunity for physical and mental health enhancement."

—Phyllis G.



 **Dignity Health Wellness Center–Blue Diamond**  
4855 Blue Diamond Road,  
Suite 220, Las Vegas  
(Blue Diamond at Decatur)  
**702.620.7025**



 **Dignity Health Wellness Center–North Las Vegas**  
1550 W. Craig Road,  
Suite 250, North Las Vegas  
(Craig at Martin Luther King)  
**702.620.7862**



 **Dignity Health Wellness Center–West Flamingo**  
9880 W. Flamingo Road,  
Suite 220, Las Vegas  
(Flamingo at 215 Beltway)  
**702.620.7800**



**Live your best life.** The Dignity Health Wellness Centers can help! For current class listings, visit [StRoseHospitals.org/wellness](http://StRoseHospitals.org/wellness).



# Better health by the numbers

**Knowing key numbers**—and working to keep them in a healthy range—can add up to better health. Take these four to heart—your blood pressure, body mass index, cholesterol, and blood sugar.

“Preventing heart disease starts with knowing your risk factors,” says Moniz Dawood, MD, a cardiologist who practices at St. Rose Dominican. “Talk with your doctor about what’s healthy for you.”

Here’s a look at the target numbers for most adults.

Why let one more day go by? Have a heart-to-heart with your doctor about your risk of heart disease. Find a caring provider today at **StRoseHospitals.org** or by calling **702.616.4900**.

## Blood pressure

**Target:** Systolic less than 120 mm Hg and diastolic less than 80 mm Hg.

**What it is:** The force of blood pushing against your blood vessel walls.

**Why it matters:** High blood pressure raises the risk of heart attack, stroke, and kidney disease.

## Body mass index (BMI)

**Target:** 18.5 to 24.9.

**What it is:** A measure of body fat based on your height and weight.

**Why it matters:** The higher your BMI, the greater your risk of heart disease, type 2 diabetes, breathing problems, and certain cancers.

## Cholesterol

**Target:** Talk with your doctor about what’s optimal for you. It depends on your overall risk factors.

**What it is:** A waxy substance produced in the liver and released into the blood.

**Why it matters:** Unhealthy cholesterol levels raise your risk of heart attack and stroke.

## Blood sugar

**Target:** A fasting blood sugar of less than 100 mg/dL.

**What it is:** The amount of glucose in your blood.

**Why it matters:** Diabetes occurs—or is poorly managed—when blood sugar levels are too high.

Sources: American Diabetes Association; American Heart Association; National Heart, Lung, and Blood Institute; U.S. Preventive Services Task Force



# Losing weight with dignity

## 3 lives changed with weight-loss surgery

Losing weight is more than cosmetic. It can have a profound, positive effect on a person's health, confidence, and ability to participate in life.

Donna Hatch, Brandon Green, and Vanessa Sandoval know that firsthand.

With the help of the caring providers at the Weight Loss Surgery Center at St. Rose Dominican, they've seen their lives transformed by dramatic weight loss. But there's much more to each of their stories than the numbers on the scale.

### 44 and ready for more

Donna Hatch had many weight-related health problems. Her heart was enlarged. She had high blood pressure, asthma, and sleep apnea. And she was on the cusp of developing type 2 diabetes.

Still, the 44-year-old respiratory therapist says she was in denial about how unhealthy she was.

"I thought I was normal," she says. But that changed when she became seriously ill with pneumonia and was hospitalized in March 2018.

"I was so sick, I almost died," Donna says. And that shook her up. She wanted to get healthy for her family—and herself.

Donna had tried other diets through the years, but this time, she turned to the Weight Loss Surgery

Center. She knew surgery would mean significant lifestyle changes, but she was ready.

Working closely with a surgeon and a dietitian, she prepared for her procedure, which took place in December 2018.

Since then, she's lost 108 pounds. "I'm healthy now," she says brightly.

"My energy level is substantially higher. I'm happier all the time. In the past, I'd walk into a room and know I'm the biggest one in there, and I'd really feel that. But now my confidence is up."

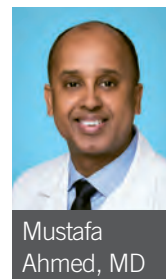
Her family is very supportive of her, too. They all work together to find new recipes and cook healthy food together.

"Overall, I'm more involved in my children's lives than I was before," she says. "It's changed things for my whole family."

Donna says she was thrilled with her surgeon, Mustafa Ahmed, MD. "And now I'm thrilled with my life, too. I know it sounds so cliché, but my only regret is that I didn't do it 10 years earlier."

"My energy level is substantially higher."

—Donna Hatch



Mustafa  
Ahmed, MD



**Not sure of your BMI?** Use the online calculator at [StRoseHospitals.org/weightloss](https://www.strosehospitals.org/weightloss) to find out where you stand.



## 3 goals and counting

When Brandon Green passed 300 pounds on the scale, he didn't see an end in sight.

"I had sleep apnea. I was on the road to diabetes and heart failure. I just knew I needed some help," says the 27-year-old.

He was worried about having weight-loss surgery. But his doctor, Jimmy Xu, MD, helped ease his fears, prepare him for recovery, and set some healthy goals for the future—more energy, healthier eating, and better sleep.

"It went better than I ever expected it to," Brandon says today.

Before the surgery, he felt sluggish. "Lethargic almost," he says. Now he has a gym membership and works out regularly. "Before it seemed like such an effort, but now it's routine."

His eating habits have changed, too. He cooks more at home, and makes different choices when eating out. "It's worth it for the improvements I've made," he says.

Another big change he's seen is in his sleep. "I wake up feeling more rested," he says.

Brandon has other goals he still wants to meet, but now he knows he can get there. "Every day gets a little better."

MORE >



## On her way to 5K

Ask Vanessa Sandoval, 37, what motivated her to have weight-loss surgery, and she points to her daughter.

“She’s just 19 now, but I want to be there for my grandkids. I want to see them grow and play with them,” she says.

That dream is much more likely now. Vanessa has arthritis in both knees, and being active used to be painfully difficult. After the surgery, she still has arthritis. But with less weight on her joints, the pain is much less.

“Walking is so much easier,” she says. She can go up and down stairs without shortness of breath or aching knees. She can go on hikes. And she even did a 5K walk last summer.

Small victories also make a big difference to Vanessa’s outlook on life—like being able to fit on the rides at Disneyland or being able to cross her legs on an airplane.

She shares those wins with a support group of her peers at St. Rose Dominican who have been through weight-loss surgery, too. “I was really hard on myself,” she says. “I don’t think people realize how bad you can feel. I would get pretty depressed at times.” But bit by bit, that’s changing.

“My attitude is a lot better, and I think I project that,” Vanessa says. “People tell me I look happier. I smile a lot more.”



Jimmy Xu,  
MD

## 2 surgical options

The Weight Loss Surgery Center at St. Rose Dominican offers two types of surgery:

### Gastric sleeve surgery

“Gastric sleeve surgery removes about 80% of the stomach and is the most common,” says Jimmy Xu, MD, Medical Director of the Weight Loss Surgery Center at St. Rose Dominican. It can be performed without open surgery, which usually means a shorter hospital stay. This is the procedure that Donna Hatch, Brandon Green, and Vanessa Sandoval all opted for.

### Gastric bypass surgery

With gastric bypass, the surgeon uses staples across the top part of the stomach to create a smaller stomach pouch. Then the small intestine is reattached to the new pouch. The rest of the stomach is “bypassed” but stays in the body.



**Start your journey.** Register for a free information session here: [StRoseHospitals.org/weightloss](https://www.StRoseHospitals.org/weightloss). Or call **702.616.4976**.



# For your health

Calendar of classes and events | Winter 2020



**Registration:** For classes that require registration, you can sign up online at [StRoseHospitals.org/classes](https://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](https://meetup.com/LVDragonBoatClub).

**LLV** \$10 per person

### NEW! Bingocize®

This fun, familiar, and unique edition of bingo combines a bingo-like game with exercise. Bingocize® has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

**Tuesdays, 12:30 to 1:30 p.m.**  
**GV** FREE

## Uninsured?

Our Exchange Enrollment Facilitators can help. Call **702.616.4904**.



### NEW! T.R.Y. Trauma Recovery Yoga

Turn loss into blessings and pain into power.

**Wednesdays, 6:30 p.m., starting Jan. 8**  
**GV** FREE

### 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

### 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

### Mixed-Level Yoga

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

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

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

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

### 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

### 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

### 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

### Zumba GOLD

Low-impact dance.

**Wednesdays, 11 a.m. to noon**

**Thursdays, 1 to 2 p.m.**

**Saturdays, 10 to 11 a.m.**

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

### Zumba

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

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

### Belly Dancing

**Saturdays, Jan. 11, Feb. 8, March 14, 10:30 a.m. to noon**

**WEST** FREE

### Tai Chi

**Intro to Tai Chi & Qigong:**

**Tuesdays, 2 to 3 p.m.,**

**Fridays, 10:30 to 11:30 a.m.**

**HEND** \$3 per session or 10 sessions for \$20

**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

**Intermediate: Tuesdays, 1 to 2 p.m.**

**Beginner: Tuesdays and Thursdays, 8 to 9 a.m.**

**WEST** \$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, 8 to 9 a.m. (level 2)**

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

**GV** FREE

**Tuesdays and Thursdays, 8 to 9 a.m. (level 1) and 3 to 4 p.m. (level 2), starting Jan. 7.**

**HEND** FREE

**Wednesdays and Fridays, 11:30 a.m. to 12:30 p.m., starting Jan. 8**

West Flamingo Wellness Center, 9880 W. Flamingo Road, Suite 220, Las Vegas

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

MORE



# For your health

Calendar of classes and events | Winter 2020



**Registration:** For classes that require registration, you can sign up online at [StRoseHospitals.org/classes](https://www.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.

## Nutrition

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

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

**GV** \$25 (includes CD)

### Nutrition Consultations

Meet with a registered dietitian. All insurances welcome; cash discounts available. **Flexible, convenient times available Monday through Friday.** Call **702.616.4975**.

## Wellness

### Healthier Living

A six-week chronic disease self-management program.

**Fridays, Jan. 10 through Feb. 14, 10 a.m. to 12:30 p.m.**

**GV** FREE

### Powerful Tools for Caregivers

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

**Mondays, Feb. 3 through March 9, 10 a.m. to 12:30 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.

### Medicare ABCDs

**Monday, Feb. 3, 9 to 11 a.m.**

**GV** FREE

### Help Helping Hands!

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

### Chronic Pain Self-Management Program

This six-week program will teach you about the mind-body connection, dealing with difficult emotions, and more!

**Wednesdays, Feb. 19 through March 25, 9:30 a.m. to noon**

**GV** FREE

## AARP Smart Driver Program

Reduce your car insurance rates. No exams required!

**Mondays, Jan. 13, Feb. 10, March 9, 9 a.m. to 1 p.m.**

**Wednesdays, Feb. 26, March 25, 1 to 5 p.m.**

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

## Relaxation Meditation

**Tuesdays, Jan. 14, Feb. 11, March 10, 5:45 to 6:45 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, Jan. 20, 11:30 a.m. to 12:30 p.m.**

**Tuesday, Feb. 25, 2 to 3 p.m. Wednesday, March 25, 10 to 11 a.m.**

**GV** FREE

**Friday, Jan. 24, 11:30 a.m. to 12:30 p.m.**

**Thursday, March 19, 10:30 to 11:30 a.m.**

**WEST** FREE

## Weight-Loss Surgery Seminars

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

**Tuesdays, Jan. 7, Feb. 4, March 3, 5 to 6 p.m.**

**Thursdays, Jan. 16, Feb. 20, March 19, 5 to 6 p.m.**

**GV** FREE

## Communication through Sign Language

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

**Fridays, Feb. 7, 14, 21, 3:30 to 5 p.m.**

**GV** FREE

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

**WEST** FREE

## Stop the Bleed



Learn lifesaving skills to quickly stop an injury's

heavy bleeding while waiting for emergency responders to arrive.

**Wednesday, Feb. 5 or March 4, 5:30 to 6:30 p.m.**

**GV** FREE

\* Find our special events on page 2.



## LOCATION KEY

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

**REH** Siena Campus Rehabilitation Hospital, Henderson  
2930 Siena Heights Drive

**LLV** Lake Las Vegas



## Knit to Heal Prayer Shawls

Learn to knit or crochet shawls (or pick one up) for someone facing illness).

**Thursdays, Jan. 9, Feb. 13, 27, March 12, 10 a.m. to noon**

**GV** FREE

**Thursdays, Jan. 9, 23, Feb. 13, 27, March 12, 26, 11:30 a.m. to 1:30 p.m.**

**WEST** FREE

## Diabetes Management

### What Is Prediabetes?

Learn how to avoid or delay diabetes.

**Wednesday, Jan. 22, 9 to 11 a.m.**

**Wednesday, Feb. 5, 11:30 a.m. to 1:30 p.m.**

**Friday, March 13, 9:30 to 11:30 a.m.**

**GV** \$10

**Thursday, Jan. 30, 11 a.m. to 1 p.m.**

**Friday, Feb. 21, 2:30 to 4:30 p.m.**

## National Diabetes Prevention Program

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

**Thursdays, starting Feb. 13, 1:30 to 2:30 p.m.**

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

## Diabetes Self-Management Program Plus

Help for Medicare beneficiaries is available in English and Spanish. Call **702.616.4975**.

## Comprehensive Diabetes Training and Education

A two-hour class in four weekly sessions. Call **702.616.4975** for details. *Physician referral and prior individual visit required.*

**GV**

## 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, Feb. 5 through March 18, noon to 2 p.m.**

**GV** FREE

## Diabetes Self-Management Program

This six-week program complements your current medical treatment.

**Mondays, March 16 through April 20, 10 a.m. to 12:30 p.m.**

**GV** FREE

## Kidney Smart

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

**Wednesday, Jan. 8, 1 to 2:30 p.m.**

**GV** FREE

**Friday, Feb. 7, 2:30 to 4 p.m.**

**WEST** FREE

**Wednesday, March 18, 1 to 2:30 p.m.**

**HEND** FREE

## Heart & Stroke Programs

### Eating for a Healthy Heart

**Wednesday, Jan. 22, noon to 1:30 p.m.**

**Thursday, Feb. 20, 9:30 to 11 a.m.**

**Friday, March 13, 1:30 to 3 p.m.**

**GV** FREE

**Tuesday, Feb. 11, 4:30 to 6 p.m.**

**WEST** FREE

## Healthy Hearts Club

Learn how to manage your medications and more.

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

**GV** FREE

## 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, Feb. 12, 10 a.m. to noon**

**GV** FREE. Appointment required.

### Metabolic Testing

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

## Better Breathers Club

Learn ways to manage COPD and get support to thrive.

**Thursdays, Jan. 9, Feb. 6, March 5, 1 to 2 p.m.**

**GV** FREE

## Hernia Screening & Education

Do you have nausea, groin pain, or a bulge in your lower abdomen? These are common symptoms of a hernia. Join us for free hernia screenings. Register by calling **702.616.4900**.

**Tuesday, Feb. 11, 4 to 5 p.m.**

**GV** FREE

## 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, Feb. 6, 7 to 10 a.m.**

**GV** See prices above. Appointment required.

**Thursday, March 19, 7 to 8:30 a.m.**

**WEST** See prices above. Appointment required.

## Smoke Free!

### Freedom from Smoking

A supportive American Lung Association program.

**Mondays, Jan. 6 through Feb. 17, 5 to 7 p.m.**

**HEND** FREE

## Stop Smoking with Hypnosis

Bring your pillow.

**Wednesday, March 11, 6 to 8 p.m.**

**GV** \$25 (includes CD)

## Support Groups

Visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) for our full list.

- Bariatric Surgery Support  
**GV** **Thursdays, Jan. 16, Feb. 20, March 19, 6 to 7:30 p.m.**

**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

## Count on us

The journey to a healthier weight can be life-changing. Read how St. Rose Dominican can support you every step of the way. **See page 6.**



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# 2019 at a glance

Years  
serving  
southern  
Nevada:

72



**232**

BREAST CANCER EXAMS  
FUNDED BY R.E.D. ROSE

**7**

MEDICAL GROUP CLINICS

**8,912** HELPING HANDS  
RIDES FOR SENIORS

**\$365,069**

COMMUNITY  
GRANT DOLLARS  
DISTRIBUTED



**6** ACTIVE ADRIAN  
DOMINICAN  
SISTERS



**6** COMMUNITY  
HEALTH/WELLNESS  
CENTER LOCATIONS



PHYSICAL  
THERAPY  
CLINICS

HOSPITALS



**4,379**  
BABIES  
DELIVERED

**70,110**

Total volunteer hours