

Las Vegas health

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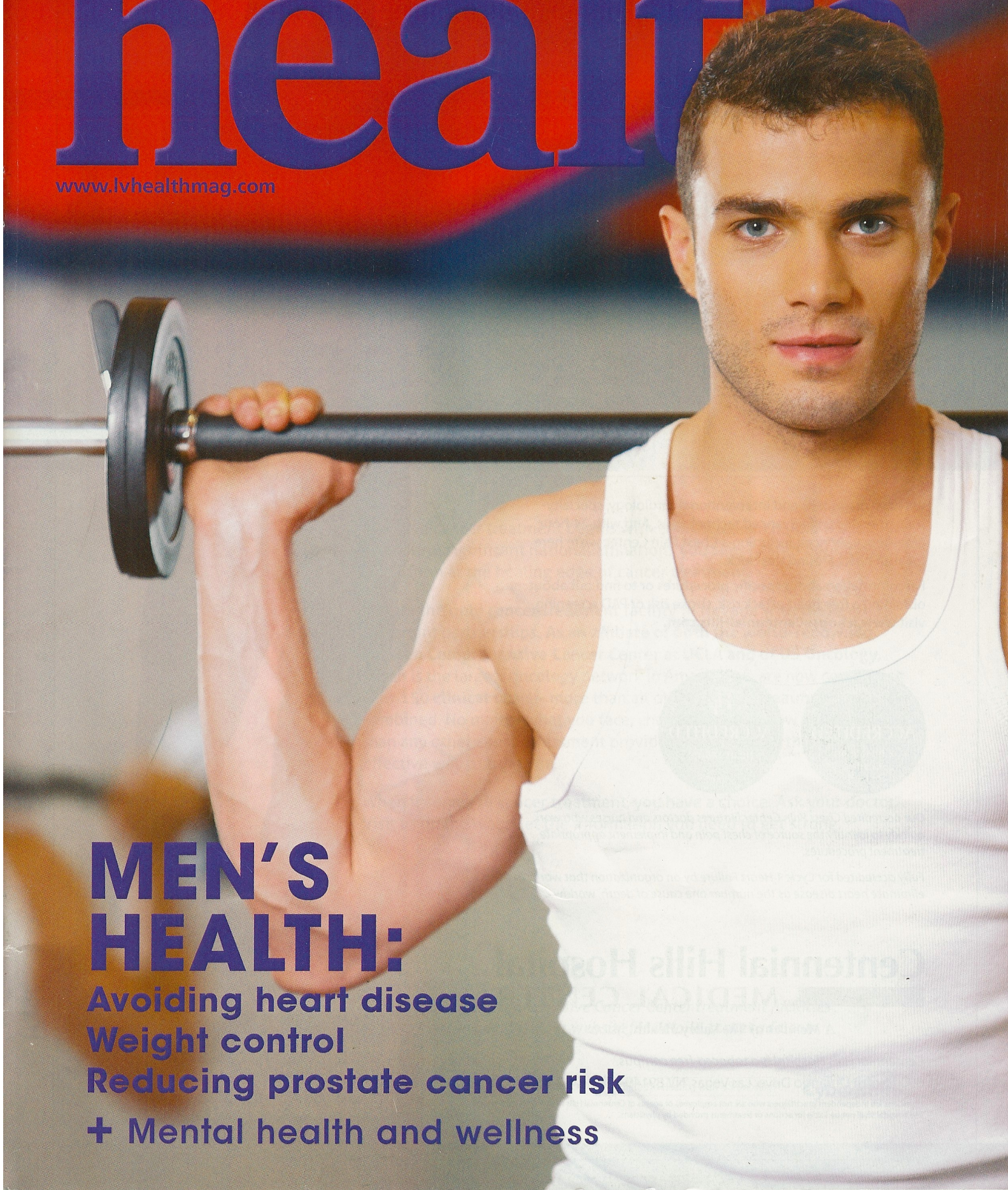
MEN'S HEALTH:

Avoiding heart disease

Weight control

Reducing prostate cancer risk

+ Mental health and wellness



DESERT SPRINGS HOSPITAL MEDICAL CENTER ACHIEVES HIGHEST STROKE HONOR

Desert Springs Hospital Medical Center received the American Heart Association/American Stroke Association's Get With the Guidelines Stroke Gold Plus Achievement Award. The award recognizes Desert Springs Hospital's commitment and success in implementing excellent care for stroke patients, according to evidence-based guidelines.

The hospital is one of four hospitals in Nevada to earn this recognition among the 10 primary stroke centers.

To receive the award, Desert Springs Hospital achieved 85 percent or higher adherence to all Get With the Guidelines-Stroke Achievement indicators for two or more consecutive 12-month intervals and achieved 75 percent or higher compliance with six of 10 Get With the Guidelines-Stroke Quality Measures, which are reporting initiatives to measure quality of care.

In addition to the Get With the Guideline-Stroke award, Desert Springs

Hospital Medical Center has also been recognized as a recipient of the association's Target: Stroke Honor Roll, for improving stroke care. Over the past quarter, at least 50 percent of eligible ischemic stroke patients have received IV rt-PA within 60 minutes of arriving at the hospital (known as "door-to-needle" time").

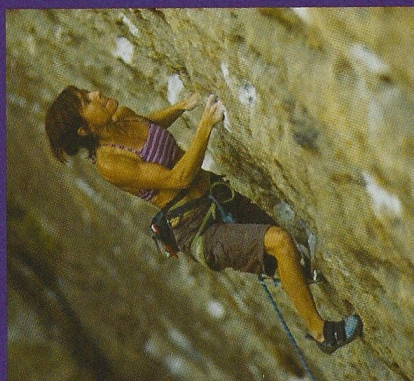
"With a stroke, time lost is brain lost, and the Get With the Guidelines-Stroke Gold Plus Achievement Award demonstrates Desert Springs Hospital's commitment to being one of the top hospitals in the country for providing aggressive, proven stroke care," Desert Springs Hospital CEO Sam Kaufman said. "We will continue with our focus on providing care that has been demonstrated to quickly and efficiently treat stroke patients with evidence-based protocols. This honor complements our other national quality recognitions for stroke, heart failure, chest pain, diabetes and bariatrics."

"Desert Springs Hospital is to be commended for its commitment to implementing standards of care and protocols for treating stroke patients," said Lee H. Schwamm, M.D., chair of

the Get With the Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston. "The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients."

Get With the Guidelines-Stroke uses the "teachable moment," the time soon after a patient has had a stroke, when he or she is most likely to listen to and follow the health care professionals' guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke.

According to the American Heart Association/American Stroke Association, stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability. On average, someone suffers a stroke every 45 seconds; someone dies of a stroke every three minutes; and 795,000 people suffer a new or recurrent stroke each year.



Fitness Tips: Stephanie Forte

by Michelle Alejandra Booth

We often watch women who dominate a sport and many times assume that it must also be their full-time job because otherwise who even has time to work out? Well, that's not true in all cases, Stephanie Forte a top 10 nationally recognized female rock climber not only has a full-time job but owns her own public relations firm Forte Creative Media. Her secret?

Instead of taking vacations to be a beach bum like the rest of us, the rock climbing enthusiast uses her time off to hit the mountains.

However, she recognizes juggling a business and working out is not easy but she makes the time.

"My alarm goes off at 4:45 a.m. three mornings a week so I can train before work," she said. "I also do 'doubles' where I train before work and after work. While I don't love the sound of my alarm that early, the fact that I can go on an amazing trail run at sunrise at Red Rock and then go to work is exactly the reason I choose to live here."

Her love of sports (she also skis, surfs, does yoga, weights and even works out her fingers for a better grip in climbing) has also helped her build a clientele that involves health and fitness. "The way I live my life is also why my agency represents brands related to health, fitness and active lifestyles. We represent brands like XYIENCE, Las Vegas Ski & Snowboard Resort and Joshua Tree Skin Care and prefer doing business with like-minded individuals who place a high value on health and fitness," she added.

Her dedication and talent have garnered her features in Women's Sports Illustrated Magazine, Las Vegas Life, Climbing Magazine and Rock & Ice Magazine to name a few.

She may attribute her dedication to her "insatiable appetite for adventure" but Forte says she loves the outdoors and the challenges and says that is enough motivation for her, but she says everyone needs to find what motivates them.

"The best way to stay motivated to get in shape is to have a reason to be fit and that reason should not be how you look in a bikini or to achieve a number on a scale. Try out new sports and find something you love to do, then the motivation to train for it will be easy to find," Forte said. And living in Las Vegas it should be easy to find that motivation, Forte said. "On the menu in Las Vegas is rock climbing, hiking, trail running, mountain biking, road biking and skiing and snowboarding, just to name a few. We also have a great selection of yoga studios and some of the best mixed martial arts gyms in the U.S. How can you live here and not be active?"