

May & June Health Seminars

Make an appointment with the experts at Parker Adventist Hospital to become more body-wise. All classes are FREE but require registration by calling **303-777-6877, ext. 1. May classes will be held in the Garden Level Conference Rooms at Parker Hospital** (please note the location change for the June seminar). *Guests are encouraged to use the complimentary valet at the main entrance for daytime programs.*

Men's Health 101

Tues., May 18 ■ noon–1:30 p.m., Light lunch provided

Join internist Dr. Arthur Burroughs as he discusses what every man should do to stay healthy. Topics include coronary artery disease, erectile dysfunction, critical cancer screenings, and prostate health—including the pros and cons of PSA testing.

Stroke Prevention and Treatment

Tue., May 25 ■ noon–1:30 p.m., Light lunch provided

Did you know that 80% of strokes can be prevented? Join neurologist Dr. Ravi Shah to learn stroke prevention, the warning signs of a stroke and treatment. Learn why getting help **F.A.S.T.** is critical.

Weight Loss Surgery

Wed., June 16 ■ 6:30–8 p.m.

Light snacks provided

This seminar will be held on the 3rd Floor of the Sierra Medical Office Building next to Parker Hospital at 9399 Crown Crest Blvd.

Join Dr. Matthew Metz, medical director of Parker Hospital's bariatric program, for a look at surgical and medical approaches to weight loss. Learn the options, including gastric bypass and lap band surgeries, and whether you may be a good candidate.

See April classes on page 3.

Portercare Adventist Health System

**Parker
Adventist Hospital**



9395 Crown Crest Blvd.
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Herbs during pregnancy

Approximately one in 10 pregnant women take some sort of herbal product, potentially risking the health of their pregnancies and babies, according to a study recently published in the *American Journal of Obstetrics and Gynecology*.

“Women tend to think that herbal products are safe because they are natural, but there are many that can cause miscarriage, premature birth or fetal defects,” says Vandna Jerath, M.D., an obstetrician with Parker Adventist Hospital.

Herbs have limited regulation and inconsistent standards of purity and quality. Women should be cautious

in using herbs while pregnant and up to three months prior to becoming pregnant, Jerath says.

Typically, herbs that can be eaten in their original plant form or as a vegetable—rather than as concentrated pills, extracts or tonics—are likely to be safe. Herbs used in small amounts for cooking or seasoning are generally safe.

Very few herbs taken as supplements are considered safe during pregnancy, Jerath says. Some that are likely considered safe—in specific forms—are:

Peppermint leaf: Helpful in relieving nausea/morning sickness and flatulence

Ginger root: Helps relieve nausea and vomiting

Slippery elm bark: Used to help relieve nausea, heartburn and vaginal irritations

(likely safe when the inner bark is taken orally in amounts used in foods)

Oats and oat straw: Rich in

calcium and magnesium; helps relieve anxiety, restlessness and irritated skin

Red raspberry leaf: Rich in iron and considered a safe herbal tea when used in the second and third trimester; can ease labor pains and increase milk production



Vandna Jerath, M.D.

If you're pregnant, always check with your doctor prior to taking an herb. You also can find information online at the National Institutes of Health's medlineplus.gov.

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