

July - August 2005

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today



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A Family Shares Their Story About Heart Disease. See page 6

Help for Psoriasis Sufferers

Millions of people suffer from psoriasis, a painful condition characterized by itchy patches of silvery-scaled skin. These occur most often on the elbows, knees, lower back, and scalp.

For many people, these tips may offer relief:

- Take a warm-water bath every day.
- Apply a heavy moisturizing cream just after bathing. Reapply two or three times a day.
- Use over-the-counter creams, lotions, or shampoos containing salicylic acid.
- Talk to your doctor about taking vitamin D capsules.

If psoriasis remains a problem, prescription treatments may be needed.

That Stings!

Here's what to do for bee or wasp stings:

- Scrape off the stinger with a butter knife or credit card.
- To reduce pain and swelling, apply an ice pack or towel soaked in cold water to the area. Calamine lotion may help reduce itchiness. For adults, an oral pain reliever and antihistamine also can help. For children, call your pediatrician if you want to use any medicine besides calamine lotion. Avoid topical antihistamines and pain relievers.
- Some people have a severe reaction to insect bites and stings. If someone has hives, can't breathe, feels weak, or goes into shock, get medical help right away.



Some RED-HOT Truths About Skin Cancer

Here are some facts about sun exposure you may not know:

- The deadliest form of skin cancer—melanoma—usually occurs between the ages of 20 and 45.
- Sunscreen does not completely shield out ultraviolet rays. It only diminishes them. In one study, people who wore sunscreen had a higher risk of getting melanoma than those who did not. That's because they tended to stay in the sun longer.
- Many skin cancers appear in unexpected places. Up to 60% of non-melanoma, squamous cell tumors appear on the head or neck.
- Most T-shirts have a sun protection factor (SPF) much lower than SPF 15.

Clothes must have a tight weave to protect you.

- Both sunburns and suntans cause skin damage. Even a few blistering sunburns can increase your risk of melanoma. But it's your lifetime exposure to the sun that boosts your risk of non-melanoma skin cancers.

You can counter these facts with the following precautions:

- Stay in the shade, particularly at midday.
- If you must be in the sun, wear sunscreen with at least an SPF 15 and protective clothing. Don't forget a wide-brimmed hat and sunglasses.
- Be diligent about regular skin cancer exams—both self-exams and professional screenings. ●



Free Sun Protection Offer

To receive a free sample of sunscreen or lip balm provided by The Loma Linda University Cancer Institute, please call 1-877-LLUMC-4U. Quantities are limited.



Should You Curb Your Kids' TV Time?

Studies show that children who watch a lot of TV tend to eat poorly and not do well in school. They also are more likely to use drugs and alcohol.

Experts say children should watch no more than two hours of quality TV a day. But what sorts of things can you do with your child after that?

- **Get physical.** Go on a family bike ride, fly a kite, or sign your child up for a community sports team.
- **Get creative.** Work on art projects together. Paint, draw, work with clay, or even do needlework. Kids love to be creative. Craft stores offer supplies and many inexpensive ideas on what you can do.



■ **Communicate.** Talk to each other. Write letters to friends and relatives.

■ **Learn.** Visit the library and check out books to read together or start a family hobby: Learn woodworking, gardening, or a new style of cooking.

■ **Play.** Haul out the cards or board games for family game time.

Do Your Kids Still Need Shots?

Vaccines can prevent or help protect against deadly infections and difficult-to-treat diseases, and the shots don't end after infancy. Check this chart to see if your youngster's immunizations are all up to date.

Vaccine	Ages 4 to 6	Ages 11 to 12	Ages 13 to 18
Hepatitis B	X	X	X
Diphtheria and Tetanus	X	X	X
Whooping Cough	X		
Polio	+		
Measles, Mumps, and Rubella	X	X	X
Chickenpox	X	X	X
Pneumococcal	^		
Influenza	*	*	*

X Vaccine needed if not completed earlier.

+ Final dose out of four.

^ Recommended for children with heart, lung, and kidney diseases or other serious conditions.

* Recommended yearly for children with certain high-risk factors such as asthma or diabetes.

The hepatitis A vaccine is also recommended for children or teens living in certain states.

Ask your doctor if your child needs this vaccine.

Why Breast Milk

Is Best for Babies

With each new research study, the list of breast-feeding benefits grows. Babies who nurse enjoy lower rates of:

- diarrhea
- bacterial meningitis
- botulism
- ear infections.

Breast-feeding also appears to protect babies against:

- allergies
- chronic digestive diseases, such as ulcerative colitis
- pneumonia
- diabetes
- sudden infant death syndrome (SIDS).

The American Academy of Pediatrics (AAP) advocates breast-feeding for at least one year after birth.

However, bottle-feeding is sometimes a better choice. For instance, mothers who have human immunodeficiency virus or untreated, active tuberculosis could risk passing these illnesses on to their babies via breast milk, therefore, bottle-feeding is the best choice.



Summer Eye Safety TIPS

Wearing Shades: A Bright Idea

Long, warm days mean lots of time outdoors. But the ultraviolet (UV) rays in sunlight have been linked to cataracts, retinal problems, eye burns, and cancer of the eyelids and skin around the eyes.

Luckily, the eye-safe solution is easy and inexpensive: wear sunglasses. For maximum protection, buy shades that:

- say on the tag that they absorb 99 to 100% of UV rays
- have large lenses or lenses that wrap around the face
- are gray, green, or brown
- have shatterproof lenses, especially if you're buying them for children
- are dark enough to block at least 75% of visible light. Look in the mirror—if you can easily see your eyes through the glasses, they're not dark enough.

Sunglasses don't have to be expensive to do their job. One study found that, on average, the best sunglasses cost about \$1.50 more than the worst. ●

The Loma Linda University Health Care Ophthalmology Department offers a full range of services for all your eye care needs. Call 1-877-LLUMC-4U to make an appointment or for a listing of services.

Life After Rehabilitation

What comes after rehabilitation?

If you ask people involved in the PossAbilities program, the answer is, "The possibilities are endless." PossAbilities is a new, free community outreach program of The Loma Linda University Rehabilitation Institute comprised of individuals who have sustained a permanent injury or illness.

PossAbilities provides resources and opportunities for the physically challenged individual to find new direction and hope through physical, social, educational, and spiritual interaction. To learn more, please call 1-877-LLUMC-4U.

If you believe the common saying, your eyes are the windows to your soul, avoid closing the shutters for good. Here are some tips on how you can protect your sight—and your family's—this summer.

Protect Your Eyes Indoors and Out

The sun's not the only thing that can damage your vision in the summertime. Lawn care and home improvements also cause many eye injuries.

- Wear safety glasses with polycarbonate lenses when performing activities that could damage eyesight. Risky tasks include mowing, drilling, sawing, or using chlorine bleach.
- Don't mix cleaning agents. Store chemicals in a secure place.
- Remove debris from your lawn before mowing.
- Call your doctor immediately if your eye is cut, punctured, or burned.

Have Medicines, Will Travel

Will you be taking a trip this summer? Just as you may talk to a travel agent to help you plan a vacation, you may need to talk with your doctor to ensure your good health. If you take prescription drugs, your doctor should be part of your travel planning.

- Ask whether you will need to adjust your medication schedule or dosage.
- Ask for enough of your medication to last the entire trip, plus a few extra days to cover any unexpected delays.
- Ask how to store your prescription drugs. Some medications need to be refrigerated. Others can lose their effectiveness if moved from their original containers or exposed to changes in light, humidity, or temperature.

Some Other Tips for Travelers

- Pack medicines in your carry-on baggage.
- For easy access, keep the bag containing your medications below your seat, not overhead.
- Do not carry medications next to your body. Body heat can cause them to deteriorate.
- Avoid the “hot spots” in cars. Keep medicines out of the glove compartment and trunk and away from windows.

- Carry copies of your prescription orders and a letter stating why you need your prescription drugs.

Your Personal Medical Kit

You may also want to pack a medical kit that includes basic first aid items such as bandages, tweezers, and antibiotic ointment. Here are some other items that could be useful:

- Medicines for diarrhea and motion sickness
- Cold and allergy medicines
- Pain relievers
- Lip balm and sunscreen
- Hydrocortisone cream for skin rashes
- Fever thermometer, scissors, nail clippers, pocketknife, and mirror*
- Extra pair of glasses or contact lenses
- Water purification tablets ●

To receive your free mini travel first aid kit, please call 1-877-LLUMC-4U. Quantities are limited.



**Keep in mind that current air travel security practice may not allow some of these items in carry-on luggage.*

Recipe

ASIAN COLESLAW

- ½ cup dry roasted, unsalted peanuts
- 3 cups Napa cabbage, shredded
- 2-3 carrots, grated
- 1 small red bell pepper, diced
- ½ cup scallions, chopped
- ¼ cup reduced-fat or soy mayonnaise*
- 2 Tbsp reduced-sodium soy sauce or liquid aminos*
- 4 tsp rice vinegar
- 1 Tbsp brown sugar
- 1 Tbsp toasted sesame oil
- ½ - 1 tsp Chinese chile paste with garlic
- 1 tsp minced fresh ginger
- 1 garlic clove, minced

In a small, dry skillet, toast peanuts over medium-low heat, stirring constantly until lightly browned and fragrant, 2 to 3 minutes. Transfer to a plate to cool. Place vegetables in a large bowl. In separate, small bowl, whisk together the dressing ingredients until smooth. Add the dressing to the cabbage mixture and toss to coat well. Sprinkle with toasted peanuts. Makes six servings.

*Use soy mayonnaise for a lower fat recipe; reduce soy sauce or liquid aminos to 1 Tbsp and replace with fresh lemon juice to reduce sodium content.

*Nutrition Information per serving
Calories: 155, Total Fat: 11.5 gms, Saturated Fat: 1.4 gms, Cholesterol: 0 mg, Sodium: 300 mg, Fiber: 3 gms. Diabetic Exchanges: 2 vegetable, 2 fat. The serving size is three-quarters cup.*

Source: Tufts University Health & Nutrition Letter



All in the Family

HEART DISEASE AFFECTS WOMEN OF ALL AGES.



Defend Yourself Against Gum Disease

Gum disease—not cavities—is the leading cause of tooth loss. It is caused by bacterial plaque, a sticky film that builds up on teeth.

People with gum disease also have almost double the risk of heart disease as those without it. One theory is that bacteria from the mouth invade a person's blood, making it more likely to clot. This, in turn, can lead to heart attacks.

Signs of gum disease include:

- frequent bad breath
- red, swollen, tender gums
- bleeding gums
- gums that have pulled away from teeth.

To help prevent gum disease, you should:

- brush at least twice a day
- floss daily
- visit your dentist regularly
- avoid tobacco products.

A MOTHER AND DAUGHTER SHARE THEIR STORY...

Debi Fincher and daughter, Tami Kelley

“More women are afraid of cancer than heart disease, though statistics say more women die of heart disease than anything else,” explains Dr. Kenneth Jutzy, an adult interventional cardiologist at Loma Linda University Medical Center’s International Heart Institute.

How can women fight this killer? Dr. Jutzy shares, “Pay attention to subtle symptoms like shortness of breath, increased fatigue, and dizziness, and tell your doctor.”

An echocardiogram performed by Dr. Jutzy saved 23-year-old Tami Kelley. It showed Tami had ASD (atrial septal defect), commonly known as a hole in the heart. “The right side of Tami’s heart was enlarged, which could predispose her to both heart and lung failure,” recalls renowned Loma Linda cardiac surgeon Dr. Leonard Bailey who performed open-heart surgery on Tami in June 2001.

Three years later, Dr. Jutzy discovered Debi Fincher, Tami’s mother, also had ASD. Thanks

to advanced technology, Debi, 55, avoided open-heart surgery. Instead, a device to correct the problem was inserted into her heart through a catheter. After only one night in the hospital, Debi was already out Christmas shopping a week later with Tami—who is graduating this year from medical school.

Since heart disease is often a silent killer, especially in women, early detection remains the best weapon. “Never ignore symptoms no matter how subtle, and if your doctor doesn’t listen to you, go somewhere else,” cautions Dr. Jutzy. ●

Heart disease is not exclusive to men, and it does not discriminate on age. The Loma Linda International Heart Institute Women’s Heart Center, located at Loma Linda University Medical Center, is a unique practice especially developed to screen women for heart disease. For a consultation including comprehensive tests, call 909-558-7742.

Classes & Events

To receive more detailed information call 1-877-LLUMC-4U.

JULY-AUGUST 2005

MEDICAL CENTER & CHILDREN'S HOSPITAL

Donate Blood at LLUMC

Sign up in lobby
Tuesday, July 5 and Mondays,
July 18, August 1, and 15

**Head Injury and Trauma
Spinal Cord Support Group**
Fourth Monday of each month,
6 to 8 p.m. Family and friends
welcome.

**Lupus and Autoimmune
Disorders Support Group**
Adults—Third Thursday of the
month, 5 to 6 p.m.
Children—Third Thursday of
the month, 4 to 5 p.m.
Self-Help Course—Third
Thursday of the month,
6 to 7:30 p.m.

Divorce Recovery Group
September 12 to November 14,
7 to 9:30 p.m.
10-week group—registration fee

Grief Recovery Group
July 11 to August 22,
1:30 to 3 p.m. or 7 to 8 p.m.
Please call to register

Asthma in Control
Adult, Adolescent, and Pediatric
One-on-one consultations
Please call for an appointment

Prenatal Class
Second Monday of each month,
5:30 to 7 p.m.

**Gift Shops—Medical Center
and Children's Hospital**
Complimentary gift wrap and
delivery in hospital
Custom Gift Baskets

Overeaters Anonymous
Please call to register

RADIATION MEDICINE

Attitude Is Everything
Wednesdays at 2:30 p.m.

New Patient Orientation
Tuesday thru Thursday
10 a.m. to 1 p.m.

Wives and Caregivers Group
Thursdays at 2:30 p.m.

Dinner Group
Thursdays at 5:30 p.m.

Lunch Bunch
Tuesdays at 1 p.m.

Pediatric Group
Thursdays at 12:30 p.m.

**Prostate Education &
Support Group**
Wednesdays, 5:30 to 8:30 p.m.

CENTER FOR HEALTH PROMOTION

**Freedom to Quit
Smoking Cessation Plan**
Tuesdays, 6:30 to 8:30 p.m.
Preregistration required

Optifast
Thursdays, 3 to 5 p.m.
Preregistration required

Int'l Travel Clinic
Wednesdays, 1:30 to 4 p.m.
Vaccinations for travel

Mastering Your Weight
Thursdays, July 28 and
August 25, 4 to 5 p.m.
Preregistration required, fee \$16

Exercise and Fitness Testing
Preregistration required

Executive Health
Ongoing
Please call to schedule appointment.

HEART AND LUNG PROGRAMS

**Cardiac Lifestyle
Management Clinic**
Clinic for patients with
vascular disease
Please call to register

Cardiac Rehabilitation
For people who have had a heart
attack or heart surgery

Pulmonary Rehabilitation
For people with lung disease

Women's Heart Center
Wednesday evenings
Cardiovascular screening
Please call to register

CANCER INSTITUTE

**Focus on Healing:
"The Lebed Method"**
Thursdays from 10 to 11 a.m.

**Head and Neck Cancer
Support Group**
Thursdays from 9 to 11 a.m.

**"New Dimensions"
Women's Cancer
Support Group**
Second and fourth Tuesday of the
month from 6 to 8 p.m.

DRAYSON CENTER

Leisure Classes
Karate (all ages)
Judo/Ju-Jitsu (12 and up)
T'ai chi Ch'uan (all ages)
Ballet (ages 5 to 9)
Creative Movements (ages 2 to 4)
Youth Tennis Lessons

Fitness & Wellness
Personal Training
Massage Therapy
Nutrition Counseling

Senior Wellness Program

BEHAVIORAL MEDICINE CENTER

**Chronic Pain and Medication
Dependency Program**
For those who have become
dependent on prescription drugs

Eating Disorder Program
Programs available for
adolescents and adults

Senior Psychiatry Program
A mental health treatment
program for the older adult

VOLUNTEER OPPORTUNITIES

Please call for details

Information/Orientation

Bring a Smile

Cards of Care & Cardz 4 Kidz

Cheerful Encounter

Mended Hearts Support Team

Cancer Patient Visitation

Music Connection

Donations Welcomed

- Magazine Donations
- Travel Size Shower Amenities

DIABETES PROGRAM

Winning with Diabetes
Morning and evening classes
available

Diabetes Support Group
First Tuesday of the month,
6:30 to 7:30 p.m.
English and Spanish

If you do not see a class or
event you were looking for,
call 1-877-LLUMC-4U
for more information.



Preserving QUALITY of LIFE

Securing the best quality of life for his wife and daughter is how Craig Warren spent most of his days. In May 2004, the Escondido, California, resident was juggling work as a successful mortgage broker and an active family life. So when Craig was diagnosed with prostate cancer, it was the shock of his life. "I had no idea about where the prostate was or how prostate cancer would change my life," says Craig.

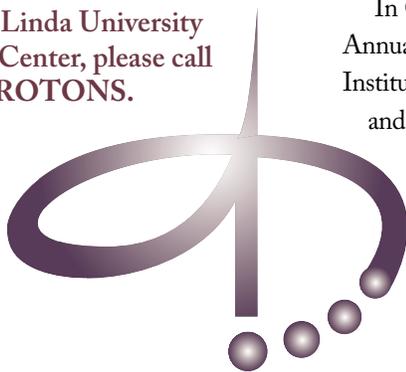
Before initial anger and confusion about his diagnosis could set in, Craig decided that in order to preserve his quality of life, he would have to educate himself about prostate cancer and its treatment options.

In October, while on lunch break at the Third Annual Convention of the Prostate Cancer Institute, Craig was discussing his diagnosis and the option of cryosurgery, when Charles Ramsdale tapped him on the shoulder. A former patient of the Proton Treatment Center at Loma Linda University Medical Center (LLUMC), Charles overheard Craig's conversation and believed that proton therapy would be a good option for him to explore.

Upon hearing about proton therapy at LLUMC, Craig and his wife, Debra, called the hospital and arranged to attend the Proton Homecoming and Celebration in the fall of 2004. "Once we got there, everything felt right. The atmosphere was loving and I knew that this was the right thing to do," Craig recalls. Fourteen days later, Craig started proton therapy treatment.

The concept of proton treatment was first introduced in 1946. In October 1990, LLUMC opened the world's first hospital-based proton treatment facility, where patients with a wide range of cancers could receive the full benefit of the treatment. As of September 1, 2004, 9,435 patients had received proton treatment at LLUMC. The effective, noninvasive treatment has been used for various types of localized cancers—lung cancer, prostate cancer, and tumors of the brain among them—and is known to produce minimal side effects owing to its ability to minimize radiation to surrounding healthy tissue and vital organs. ●

For more information about proton radiation treatment at Loma Linda University Medical Center, please call 1-800-PROTONS.



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