

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

**Special Holiday
Section**
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Tips for Giving

It's the season of giving—and not just brightly wrapped packages. It's the time of year when many people think about donating to a charity. Not only does charitable giving help others and make you feel good, it can also provide valuable tax deductions—just in time for the new year.

But with so many choices for charitable giving, it can be overwhelming. Where to begin? Here are a few tips to get you started:

- **Think about what's important to you.** Then look for nonprofit organizations that help in those areas.
- **Consider where in the world you want your money to go.** Your donation can benefit people around the globe or in your own backyard.
- **Research the charity before you give.** Learn as much as you can about the organization by reading its website or literature.
- **Make sure your donation will make a difference.** Give only to charities that spend 25% or less on fundraising and administration costs.
- **Know when to say no.** Be wary of charities that pressure you for a donation. And always avoid those that ask for personal information.

Gifts to Loma Linda

To make a donation to Loma Linda University Medical Center, call 1-877-LLUMC-4U or visit us on the Web at www.llu.edu/llumc and click on the Make a Gift button.

How PET/CT Technology Can Help You



the body than normal tissue. For example, they use glucose, or blood sugar, faster than noncancerous tissue. PET scans can measure the rate at which different parts of your body use glucose, revealing cancerous tumors. They can also be used to determine how much a cancer has spread.

PET for the Heart and Brain

If you have a suspected heart problem, PET can assess your heart function. A PET scan may also be necessary if you have a brain condition, such as seizures or Parkinson's disease.

The combination PET/CT scanner provides a major step forward in medical imaging technology and patient care.

This technology combines two scanners into one. The PET (Positron Emission Tomography) shows metabolism for cellular function, and the CT (Computed Tomography) shows detailed anatomy.

This gives the doctors defined 3-D images inside the human body. These images yield important information about the patient's condition, allowing decisions to be made about the best treatment choices for conditions such as cancer, heart disease, and certain brain disorders.

PET for Cancer

Cancerous tumors behave differently in

Benefits of PET/CT:

- Improved tumor location and extent
- Monitoring for recurrences
- Maximum sensitivity through 3-D display
- Excellent image quality
- Patient convenience of a single appointment
- Fused images for highly accurate diagnosis and treatment planning
- PET/CT studies covered by Medicare and most other insurance ●

Free Brochure

To make an appointment or for an informational brochure about PET/CT services at Loma Linda University Medical Center, call 1-877-LLUMC-4U.



Certified Diabetes Educators: Experts You Need to Know

When you have diabetes, you may feel like you have more questions than answers. How do I make healthy food choices? When do I test my blood sugar? What type of exercise plan is right for me?

It's helpful to know you can find answers to your questions and concerns from an important member of your diabetes health care team—a certified diabetes educator (CDE).

A CDE can be a doctor, nurse, registered dietitian, or other health care professional with special training to care for people with diabetes. In fact, they must have at least two years of experience providing diabetes care and patient education.

What Can a CDE Do for You?

Along with the help of a CDE, you can design a diabetes care plan that's right for you, and you'll learn important skills to manage your diabetes, such as:

- Controlling your blood sugar
- Following your meal plan
- Taking your medication.

You'll also learn to identify complications you may be having with your diabetes so you can catch them before they get worse.

CDEs can also play an important role in coordinating your diabetes team or referring you to a specialist—if needed.

CDEs work with both children and adults. They meet either one on one

with patients or with groups of patients, family members, and close friends.

So ask your doctor about meeting with a CDE to receive quick answers to your questions. ●



Loma Linda's Diabetes Treatment Center offers a Diabetes Support Group every first Tuesday of the month—November 7 and December 5. Call 1-877-LLUMC-4U for more information.

FREE Foot Sensory Test

To receive your foot sensory test kit, please call 1-877-LLUMC-4U. Quantities are limited.



Not Just Forgetfulness

Early treatment can help slow the progression of Alzheimer's disease. Here are some warning signs.

- **Trouble doing well-known tasks.** People with Alzheimer's may forget how to do extremely routine and simple activities, such as combing their hair or brushing their teeth.
- **Difficulty with thought and communication.** An Alzheimer's sufferer may forget simple words, or replace one word with another that is clearly wrong. The person's speech

may be hard to understand. Problems with reading, writing, and understanding others begin to occur, as well.

- **Loss of orientation in time and space.** Those with Alzheimer's disease could get lost a few blocks from home and not know how they got there.
- **Poor judgment.** Beyond simply dressing incorrectly for the weather, a person with Alzheimer's may do something much more inappropriate, such as wearing pajamas to go shopping.



The Whole Toy Story



Toys are supposed to be fun. But too often the fun turns to tragedy when a child is injured by an unsafe toy. You can protect your children from toy-related injuries by carefully choosing toys and properly supervising your children at play.

Choosing the Right Toy

Here are some guidelines to help you choose age-appropriate toys for your

child. For more ideas, ask your pediatrician.

Infants: Choose toys that will appeal to your baby's senses of sight, hearing, and touch. Large wood or plastic blocks, rattles, busy boards, and squeeze toys are all good choices for babies.

Toddlers: Toys for 1- to 2-year-olds should be able to hold up to a toddler's natural curiosity. Look for toys that are well made with tightly secured eyes, noses, and other parts. Some good choices include cloth books, stacking

and nesting toys, and musical tops.

Preschoolers: Children ages 2 to 5 like to imitate adults and older children. Good toys for this age group are crayons, clay, books, toy cars and wagons, and simple puzzles.

5- to 9-year-olds: Toys for this age group should provide opportunities for skill development and creativity. Good choices include play medical kits, balls,

crafts, bicycles, puppets, and electric trains.

10- to 14-year-olds: Children of this age are developing true interests. Nonviolent, educational computer games, hobby supplies, sports equipment, and board games are ideal for this age group.

Buying Toys

When you buy toys for your children, shop smart. Here's how:

Read labels. The federal Consumer Product Safety Commission (CPSC) requires toy manufacturers to meet strict safety standards and to label certain toys that could be a hazard. Look for labels that offer age recommendations.

Use caution with electric toys. Electric toys must meet mandatory requirements for maximum surface temperatures and electrical construction. They must also have prominent warning labels.

Check the label on art supplies. Make sure art materials, including crayons and paint sets, bear the code "ASTM D-4236." This means that the products have been reviewed by a toxicologist and, if necessary, labeled with a warning.

Be careful with balls. When buying for children younger than 3, avoid marbles and balls that have a diameter of $1\frac{3}{4}$ inches or less. These products pose a choking hazard to young children. ●

STRATEGIES FOR COMBATING HOLIDAY OVEREATING

With a little planning, you can enjoy the foods of the season without tipping the scales. Here's how:

■ **Avoid hunger.** Don't skip meals in preparation for a holiday feast. Being



famished often leads to overeating.

- **Take small portions.** Use a smaller plate—your servings will look bigger.
- **Stick to your exercise routine.** Take walks after big holiday meals.

A Holiday To-Do List That Keeps You Sane

Making a to-do list is often touted as a way to gain control over stress. But a holiday task list that runs over with “should-dos” may only set you up for an anxiety-filled season.

So tear up your list of “shoulds.” Then start over with a holiday list that promotes health and joy:

- Scratch out the holiday rituals you can live without. For instance, if you dislike baking, skip the cookies this year.
- Start some holiday tasks early if you can. Sending holiday cards can be very time consuming; start addressing them in the fall.
- Create a “present” theme that cuts down on shopping trips. For example, buy everyone different books and get all your presents at the same bookstore.
- Make time for a brisk walk or other exercise—one of the best stress busters available.

Having low stress levels may even help you save money. The American Psychological Association reports that stress-related health problems account for 75 to 90% of all doctor visits. Keeping your stress in check will help eliminate

unplanned and unwanted health care expenses during this busy season. ●



FREE To-Do List Pad

To receive your free To-Do List Pad and Pen set, call 1-877-LLUMC-4U. Quantities are limited, so call for yours today.



Pumpkin Bread

3½ C	flour
3 C	sugar
1 t	cinnamon
1 t	nutmeg
2 t	baking soda
1½ t	salt
1 C	canola oil
⅔ C	water
4	eggs
1 can	pumpkin mix, not solid
2 C	walnuts

1. Preheat oven to 350°F.
2. Mix dry ingredients together.
3. Beat wet mix in bowl and then add dry ingredients.
4. Bake about 50 minutes for five large pans, 40 minutes for 11 small pans.

FROSTING

1	8-oz. package cream cheese
¾ box	powdered sugar
2 t	vanilla
	glug of milk if needed



Protect Your Holiday Plans from Fire Hazards

'Tis the season to be . . . safe? Holiday decorations can introduce safety hazards to your home. Use these tips to keep your holidays happy and healthy:

- Check decorative lights for frayed wires, broken sockets, or loose connections. Replace damaged sets.
- Avoid overloading electrical outlets. Don't use more than three sets of lights per an extension cord.
- Place decorations away from heat sources, such as fireplaces and portable heaters. Keep candles at a safe distance from curtains and other flammable objects.
- Make sure artificial trees are labeled “fire resistant.” Keep cut, live trees watered and away from heat sources.
- Turn off all lights, candles, and fireplaces when leaving home or going to bed.

Quit Smoking, and Be Better to Your Body

The consequences of smoking on our society are enormous. Each year, more than 400,000 Americans die from smoking. That is more than deaths from car wrecks, AIDS, alcohol and drug abuse, murder, and suicide combined.

How Smoking Hurts You

Why is smoking so deadly? Part of the reason is that it affects so many systems in the body. Nicotine forces the heart to work harder, in part by speeding heart rate and blood pressure. Being a smoker more than doubles the risk for heart disease and stroke.

Smoking also causes most lung cancers and raises the risk for many other cancers, including cancers of the mouth, kidney, bladder, and uterus. And, because smoking damages lungs, it often leads to chronic obstructive pulmonary disease, the fourth-leading killer in the United States. Smoking can even weaken bones, raising the risk for osteoporosis.

Are You Ready?

The most important factor in quitting is having the desire and being motivated to quit. When you are ready, set a start date and get the support of your family and



friends. Nicotine replacement therapy and the prescription medicine bupropion can help blunt the effects of withdrawal and improve your chances of success.

Within weeks of quitting, you'll notice changes in how you feel. Your health risks will also begin to fall. For example, your chance of developing heart disease drops by one half within the first year that you quit. Your cancer risks also decrease. Even if you've put off quitting for many

years, you can expect to have a healthier, happier life if you quit. ●

Free Booklet on Lung Cancer

For a free copy of "What You Need to Know About Lung Cancer," please call 1-877-LLUMC-4U.

Provided by the Loma Linda University Cancer Institute.



TUNE IN SUNDAYS!

Listen to Loma Linda University Medical Center's medical talk radio show, *Ask Your Doctor*, at 8 a.m. on KATY 101.3 FM, 4:30 p.m. on KTIE 590 AM, and 11:30 p.m. on KFRG 95.1 FM. Tune in to hear hosts Dr. Gina Mohr and Dr. Robert Steele answer listeners' questions, offer sound medical advice, and address important health topics. Send in your questions or topic suggestions to www.askyourdoctorradio.com.

ASK
YOUR
DOCTOR



Upcoming Events

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

NOVEMBER–DECEMBER 2006

Get a jump-start on 2007! Call today and reserve your free copy of the 2007 Health & Wellness Calendar. Filled with important dates and events, it is a must-have for the coming year. Call 1-877-LLUMC-4U.



MEDICAL CENTER & CHILDREN'S HOSPITAL

Prenatal Class

Class encompasses entire pregnancy
Second Monday of each month
5:30 to 7 p.m.
Preregistration required.

Moms Joining Moms Support Group

A place for new moms to learn
Mondays from 9:30 to 11:30 a.m.

Autoimmune Support Group

(Lupus, Fibromyalgia, Arthritis, Thyroid, etc.)

Third Thursday of each month

Children—4 to 5 p.m.

Adults—5 to 6 p.m.

Self-Help Course—6 to 7:30 p.m.

Call to register.

Head Injury and Trauma Spinal Cord Support group

Fourth Monday of each month
6 to 8 p.m.

Asthma in Control

Adult, adolescent, and pediatric one-on-one consultations

Please call for an appointment.

Always in My Heart

A bereavement support group for parents who have lost a baby.

Second Tuesday of each month

7 to 8:30 p.m.

Blood Drives

Sign up in the Medical Center lobby

Mondays, November 6 and 20; and December 4 and 18

Overeaters Anonymous

A 12-step program for those dealing with eating disorders
Call for dates and times.

HEART AND LUNG PROGRAM

Cardiac and Pulmonary Rehabilitation

Monday through Thursday
7:30 a.m. to 4:30 p.m.

For people with heart or lung disease.

Preregistration required.

CENTER FOR HEALTH PROMOTION

Lean Choices

Tuesdays from 6 to 7:30 p.m.

12-week program providing tools to lose weight and develop a healthy lifestyle

Optifast

A 26-week, medically supervised program for those with 50 or more pounds to lose.

International Travel Clinic

Wednesday from 1:30 to 4 p.m.

Providing vaccinations necessary for travel

RADIATION MEDICINE

Head and Neck Support Group

Every Wednesday at 1 p.m.

Lunch Group

Every Tuesday at 1 p.m.

Education/Support Group

Every Wednesday at 5 p.m.

Wives & Caregivers Support Group

Every Thursday at 2:30 p.m.

Women Patient Support Group

Every Wednesday at 2:30 p.m.

CANCER INSTITUTE

Focus on Healing: "The Lebed Method"

A therapeutic program for those with chronic illnesses
Please call to register.

"New Dimensions" Women's Cancer Support Group

Second and fourth Tuesday of the month from 6 to 8 p.m.

Cancer Resource Center

Monday to Thursday, 8:30 a.m. to 5 p.m., Friday, 8:30 a.m. to 2 p.m.

All materials free to community

DIABETES PROGRAM

Winning with Diabetes

Morning and evening classes, Spanish classes available
Please call to register.

Diabetes Support Group

First Tuesday of the month
6:30 to 7:30 p.m.

BEHAVIORAL MEDICINE CENTER

Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs

Child Intensive Outpatient Program

For children ages 8 to 13 experiencing behavioral problems, family conflicts, and school-related difficulties.

DRAYSON CENTER

Fitness & Wellness

- Personal Training
- Massage Therapy
- Nutrition Counseling
- Senior Wellness Program

Leisure Classes

- Ballet—ages 5 to 12
- Karate—adult and child
- Judo/Ju-Jitsu
- T'ai chi Ch'uan
- Creative Movements
- Aquatic Programs

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

Holiday Cards by Kids!

All of the designs are created by Children's Hospital patients. Each package includes 20 cards, four designs and can be purchased for \$15. All proceeds go towards the Bring-A-Smile volunteer program, which funds books, games, toys, and many other activities for our pediatric patients. Call 1-877-LLUMC-4U for more information.



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