

January – February 2007

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

FREE
2007 Health
and Wellness
Calendar

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for details.

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A Letter from the CEO

GROWING TOGETHER



The year 2007 promises to be a busy and dynamic year for Loma Linda University Medical Center and Children's

Hospital. With an incredible forecast of growth for the Inland Empire, we promise to continue our tradition of quality health care services to support our burgeoning community.

Last fall, we announced our plans and partnership with other local health care organizations to open a 72,000-square-foot health care facility in the city of Beaumont. The Beaumont Healthcare Center will be completed in the winter of 2008.

Plans are also under way to expand and build out part of the main hospital to house oncology, cardiac, and imaging services. We added several beds to the Children's Hospital maternity ward and Neonatal Intensive Care Unit in August 2006. Clearly, we are committed to expanding our services to meet our community's growing needs.

We are also happy to continue to bring you useful and interesting health topics and stories through our award-winning *A Healthy Tomorrow* newsletter.

Thank you for continuing to welcome us in your home, and we hope that you choose us for all your family's health care needs.

Ruthita J. Fike
CEO/Administrator

Make a **Healthy Resolution**...And Keep It

Are you promising yourself that this coming new year will be a healthier one for your body and mind? Below are some ways you can keep some of the most frequently made New Year's resolutions.

Slim Down and Shape Up

Losing weight is one of the most common, and elusive, goals that people set. To take the pounds off safely and permanently, consider these strategies:

- Set small, specific goals.
- To help keep cravings at bay, eat a small amount of your favorite foods occasionally.
- Find "sneaky" ways to get exercise. Use the stairs or park your car a block or two away.

Lower Your Work Stress

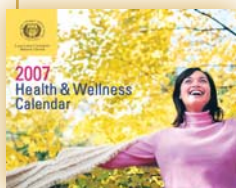
Workplace stress can more than double your risk for heart attack, stroke, and other cardiovascular problems. Consider these suggestions:

- Look for projects that get you involved in decision making.
- If you have chronic stressors that can't be changed, try support groups, exercise, relaxation techniques, and/or counseling.
- Watch for signs of burnout, such as a lack of patience or a change in sleep habits or appetite.

Kick the Habit

Smoking and heavy drinking are two habits that need to go... for good. They're both linked to serious health problems such as cancer, and they can also be a health hazard to those around you. Here are some steps that may help you quit:

- Add up all the money you spend on your bad habit. Ask yourself what you'd rather do with that money over the next 10 years.
- Consider seeing a counselor. It may also help to use a self-help group, 12-step program, or telephone support line. ●



Get a jump-start on 2007! Call today for your free copy of the 2007 Health & Wellness Calendar. Filled with important dates and events, this 10 $\frac{7}{8}$ x 8 $\frac{1}{2}$ " calendar is a must-have for the coming year. Call 1-877-LLUMC-4U.



Prostate Cancer Survivor Takes Charge of His Life

Proton Treatment Helps Turn a Challenge into a Positive Experience

When Allan Kaufman left his home to travel 3,000 miles away, he knew that his life would be different. A resident of Baltimore, Maryland, he was diagnosed with prostate cancer. His father had prostate cancer, and his mother died of breast cancer. His odds of getting prostate cancer were 90%. "I'd been having annual physicals since age 50. I had no symptoms. I felt fine," he shares. Thanks to early detection and proper treatment, he is a prostate cancer survivor.

While learning about treatment options from his physicians, Allan's daughter, Amy, heard about proton therapy from one of her colleagues at work, whose father had the treatment at Loma Linda University Medical Center (LLUMC). "Amy sent me more than 50 pages of information, including more than a hundred testimonials. I spoke to her colleague's father for over an hour and a half and thought 'Was this for real?'"

Once at the Proton Treatment Center at LLUMC, Allan realized that his experience extended well beyond his cancer treatment. He adopted a new family and was enjoying more time with his own. "The clinical staff planned Wednesday night support groups where I shared my experience and listened to others do the same. I exercised at the Drayson Center and toured Los Angeles, San Diego, and La Jolla with my wife. It was great," he recalls.

Every day, Allan is thankful that he chose to make a difference by turning this challenge into a positive, life-



transforming experience. He says it best: "I stepped out of the box and took charge of my own life by choosing proton treatment at LLUMC, and I am thankful." ●

Allan Kaufman is a cancer survivor and distinguished public speaker. Visit his website at www.nosweatspeaking.com.

FREE Information Packet

To receive a video or informational packet, please call
1-800-PROTONS.

You may also visit us
on the Internet at
www.llu.edu/protons.



THE POWER OF PROTONS

The concept of proton treatment was first introduced in 1946. In October 1990, LLUMC opened the world's first hospital-based proton treatment facility. More than 11,000 patients have received proton treatment at LLUMC. The effective, noninvasive treatment has been used for various types of localized cancers, such as lung cancer, prostate cancer, and tumors of the brain, and is known to produce minimal side effects owing to its ability to minimize radiation to surrounding healthy tissue and vital organs.



Start Dental Care Early for a Lifetime of **Healthy Smiles**

A baby's first tooth is an exciting milestone. With it come sweet, toothy grins, solid foods—and toothbrushes! It's never too early to start taking care of your child's teeth and gums.

Baby Your Baby's Teeth

Baby teeth, which usually begin to appear between ages 6 months and 1 year, are very important for chewing, talking, and appearance. Taking good care of them helps prevent decay and early tooth loss, which can lead to problems with permanent teeth.

- Starting at birth, wipe your baby's gums with a clean, damp cloth—at best after each feeding.
- When your baby's teeth start coming in, brush them at least once a day with a soft cloth or a baby's toothbrush. Brushing at bedtime is especially important.
- Once your baby has two teeth that are touching, begin flossing between them.
- Don't give your baby a bottle of juice, milk, formula, or any sweetened liquid at naptime or bedtime. If the baby needs a bottle to sleep, fill it with water.
- Ask your dentist when you should schedule your baby's first dental appointment. Then, take your child to the



dentist every six months, unless your dentist advises otherwise.

Oral Hygiene for Kids

Let your children brush their own teeth to build their self-confidence and get them in the habit of taking care of their teeth. However, until they are about 7 or 8 years old, they will need your help to check and ensure thorough cleaning.

Here are some other tips:

- Choose a child's toothbrush.
- For children younger than age 6, use

only a pea-sized dab of fluoride toothpaste, and be sure they rinse or spit out as much of it as possible. Too much fluoride can discolor permanent teeth.

- Have your child brush for at least two to three minutes, twice a day. Use a timer to measure brushing time. ●

FREE Dental Floss

Call 1-877-LLUMC-4U today to receive a free travel-sized floss.



DOCTOR VISITS: SOME TIPS FOR SUCCESS

The most helpful doctor's appointment is one you prepare for:

- Make a list of questions and concerns you want to discuss. Include information about any symptoms you may be having, when they began, and if they're worsening or improving.
- Make a list of all the medications and supplements you take.

Here are some questions you may want to ask your doctor:

- What is my condition, and what caused it?
- Which medications or other treatments do you recommend?
- Will there be any side effects?
- Can lifestyle measures help my condition?



Set Your Sights on Preventing Macular Degeneration

Age-related macular degeneration (AMD) is the main cause of vision loss in older Americans. This condition steals central vision as the middle section of the retina deteriorates. People with AMD have a hard time reading, driving, or recognizing faces.

Researchers don't know why AMD occurs. However, they do suggest some steps you can take to lower your risk:

- If you smoke, quit.
- Keep your cholesterol levels in check.
- Wear sunglasses when you're out in the sun.
- Eat a low-fat diet that includes fish; fruits; and leafy, green vegetables, such as spinach, kale, and collard greens.

One study found that a mix of zinc and certain vitamins, such as vitamins C and E, lowered the risk of developing advanced AMD by 25% among people at high risk for this condition.



Experts advise adults ages 40 to 65 to have an eye exam every two to four years; those older than age 65 should be tested every one to two years. If you have a high risk for AMD, your doctor may recommend more frequent screenings. ●

Participants Needed for Eye Disease Study

The Loma Linda University Department of Ophthalmology has been selected as a clinical trial site for the National Eye Institute-sponsored Age-Related Eye Disease Study (AREDS) II.

The purpose of the study is to determine if available dietary supplements can be effective in treating dry macular degeneration and cataracts.

To enroll you must:

- Be between the ages of 50 and 85
- Have either bilateral large drusen or large drusen in one eye
- Have advanced age-related macular degeneration in the other eye.

Call 1-877-LLUMC-4U to find out how to sign up for the AREDS II study.

Split Pea Soup

- 1 lb. split peas, rinsed
- 8 cups low-sodium chicken broth or vegetable broth
- 1 bay leaf
- 1 sprig fresh thyme or ¼ tsp. dried thyme
- 1 Tbsp. nutritional yeast (optional)
- ½ tsp. salt (or less)
- ¼ tsp. Bakon Seasoning, Hickory Smoke Style or a few drops of Liquid Smoke
- 1 Tbsp. olive oil
- 2-3 celery stalks, including leaves, chopped
- 2 medium carrots, chopped or grated
- 2-3 garlic cloves, minced

Place the peas, broth, and seasonings in a large covered pot and bring to a boil. Reduce heat and simmer while preparing the remaining ingredients. (Start timing so peas cook a total of 45 to 50 minutes.) Heat oil in a large skillet over medium heat. Add remaining vegetables and cook, stirring occasionally, until softened and golden, about 15 minutes. Add the cooked vegetables to the peas and continue to simmer until the 45-50 minutes are completed. For a creamy soup, puree half of the mixture in a blender after discarding the bay leaf. Be cautious blending hot soup as very hot steam is given off during the process! Makes about 12 6 oz. servings.

Nutrition information per serving:
 Calories: 200, Total fat: 3 g, Saturated fat: .6 g, Cholesterol: 0 mg, Sodium: 184 mg

Diabetic Exchanges: 2 starch, 1 very lean protein

Recipe source: Adapted from Real Simple 2006 found on recipezaar.com.

Stretching: How Much and How Often?



Flexibility naturally decreases with age—by about 20 to 30% between ages 30 and 70.

But you can improve flexibility with regular stretching. And the better your flexibility, the easier it is to carry out daily tasks, such as lifting and bending. A flexible body may also improve your performance in golf, tennis, and many other sports.

Good Rules for Stretching

The American College of Sports Medicine (ACSM) recommends stretching at least two or three days a week. Here are some basic dos and don'ts:

- Stretch all your major muscle groups, including your arms, shoulders, back, hips, and legs.

- When you hold a stretch, keep your body relaxed and breathe slowly. You should feel pulling, but no pain. And don't bounce, or you could injure your muscles.

- Hold the stretch for 10 to 30 seconds, then relax and repeat. The ACSM recommends repeating each stretch at least four times. But some research shows that just one stretch per muscle group is enough to improve flexibility in healthy people.

Is There a Best Time to Stretch?

A good time to stretch is right after your regular

aerobic workout, as part of your cooldown. Stretches can also keep your muscles from getting tight after walking, biking, and other exercises.

What about stretching before a workout? Stretch only after warming up first with some easy walking or another

light activity. Or walk in place or do jumping jacks for a few minutes, then stretch.

You might also consider trying yoga, tai chi, or Pilates—these all involve stretching. ●

Stay Hydrated After Giving Blood

Many regular exercisers wonder if donating blood will interfere with their fitness goals. Unless you're a pro athlete, though, you probably have nothing to worry about, say health experts. But keep in mind that blood donation could put you at risk for dehydration. So, after giving blood, be sure to drink what is offered at the donation center. And take in plenty of fluids throughout the rest of the day.

Physician and Sportsmedicine

Blood Drives

Sign up in the Medical Center lobby

Tuesday, January 2 and Monday, January 15

Monday, February 5 and Tuesday, February 20

Meet the MD



Dr. Ted Gregorius

Dr. Ted Gregorius, the newest addition to the Sports Medicine team at Loma Linda, specializes in arthroscopic shoulder surgery. He joined Loma Linda after completing his sports medicine fellowship at Stanford University. For an appointment or more information, please call 1-877-LLUMC-4U.



Upcoming Events

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

JANUARY-FEBRUARY 2007



MEDICAL CENTER & CHILDREN'S HOSPITAL

"It's A Jungle Out There" Annual Children's Hospital Black Tie Gala to benefit Pediatric Trauma Services

Featuring a performance by the iL CiRCo acrobatic troupe.
Riverside Convention Center
Sunday, February 25
Call for more information and to register.

Prenatal Class

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

"The Impossible Dream" Big Hearts for Little Hearts Desert Guild Boutique Sale & Luncheon

Indian Wells Country Club
Friday, February 9
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.

Always in My Heart

A bereavement support group for
parents who have lost a baby.
Second Monday of each month
7 to 8:30 p.m.

Blood Drives

Sign up in the Medical
Center lobby
Monday, January 2 and Tuesday,
January 15
Monday, February 5 and Tuesday,
February 20

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.

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 Patients 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
Preregistration required.

Female, Fit, and Fabulous

Experts present on diabetes, weight
loss, metabolism, and exercise.
Preregistration required.

Inside Scoop on Diabetes Prevention

Class designed to assess your risk for
diabetes and to give lifestyle
recommendations.
Preregistration required.

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

VOLUNTEER OPPORTUNITIES

Volunteer Opportunities

Please call for details.

- Orientation
- Bring a Smile
- Cards of Care & Cardz 4 Kidz
- Cheerful encounter
- Mended Hearts Support Team
- Cancer patient visitation
- Music Connection
- Donations Welcome
 - Magazine donations
 - Travel-size shower amenities

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

Exercise and Fitness Testing

Ever wonder how to maximize your
health and/or exercise workouts? We
offer: under water weight, skin fold
measurements, resting metabolic
rate, and VO2 max testing.

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

DASH to Health with a Disease-Fighting Diet

Suppose medical scientists discovered a way to significantly lower your risk of heart disease, stroke, and kidney failure—without any pills, surgery, or fancy gimmicks. Well, they have. It's called the DASH diet, or Dietary Approaches to Stop Hypertension. This diet can help you lower your blood pressure.

Who Can Benefit from DASH?

The ideal blood pressure for adults is less than 120/80. A person is considered to have hypertension if the top number—or systolic pressure—is 140 or higher, or the bottom number—diastolic pressure—is 90 or greater. But research indicates that even a higher than ideal blood pressure can increase the risk of heart disease.

In a recent study, people with hypertension who followed the DASH diet for eight weeks saw their blood pressure drop by 11.4/5.5.

Interestingly, participants without hypertension also experienced a drop in blood pressure of 3.5/2.1, suggesting that the diet may even help prevent the condition.

Getting More Fruits and Vegetables

Eight to 10 servings of fruits and vegetables a day are recommended for the DASH diet. Add sliced bananas or berries to your morning cereal to help increase your daily fruit and veggie quotient.



Dairy Products Are Important, Too

DASH calls for two to three daily servings of low- or nonfat dairy foods, such as yogurt, milk, and cheese. You can add dairy products to your diet by eating low-fat yogurt or cottage cheese as a snack and drinking skim or low-fat milk with meals.

The DASH diet also recommends that people eat four to five servings of nuts, seeds, and beans each week. Examples of one serving include: 1 cup of nuts, 2 tablespoons of seeds, 1 cup of cooked beans, or 2 tablespoons of peanut butter.

Other Lifestyle Habits

For the DASH diet to successfully control or prevent hypertension, you should also limit salt intake, avoid smoking, keep your weight at a healthy level, and exercise 30 minutes almost every day. ●

FREE Bookmark

To receive a free 101 Healthy Snacks bookmark or to make an appointment for a heart checkup, call 1-877-LLUMC-4U today.



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