

July – August 2007

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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FREE
Beach Mat

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Get Your Family “Beach-Ready” This Summer

Life’s a beach—at least when it’s summer in Southern California.

If a trip to the Pacific is on your schedule, here’s what you can do to stay out of harm’s way when you’re seaside.

Prepping for Fun in the Sun

Before you head to the coast, consider checking with the local environmental office to see if your beach is regularly monitored for health hazards such as pollution.

When you’re ready to go, think about packing these items:

- Sandals to protect against sharp objects or hot sand
- Hats, sunglasses, and sunscreen with an SPF of 15 or higher—even on cloudy days
- An umbrella or canopy for shade
- Plastic bottles of water to help you stay cool and hydrated
- Life jackets if you plan to boat or windsurf
- Loose-fitting clothing for everyone
- A cooler with ice packs to keep cold foods at or below 40° F
- Moist towelettes to clean hands

When You Hit the Sand

Avoid mishaps by trying the following:

- Use only designated areas of the beach where a lifeguard is on duty. Look for warning flags or signs about hazards on the beach or in the water, such as germs that can make your family sick.
- To make sure little ones are safe in the water, keep them no more than an arm’s length away.
- If you get stuck in a current or rip tide, don’t try to swim against it, but across it.
- Toss perishable food if it has sat out for more than two hours.
- Teach young explorers to leave animals alone, since marine life could be “crabby.”●

FREE Beach Mat Offer

Call 1-877-LLUMC-4U
today and receive
your own beach mat.
Supplies are very
limited.



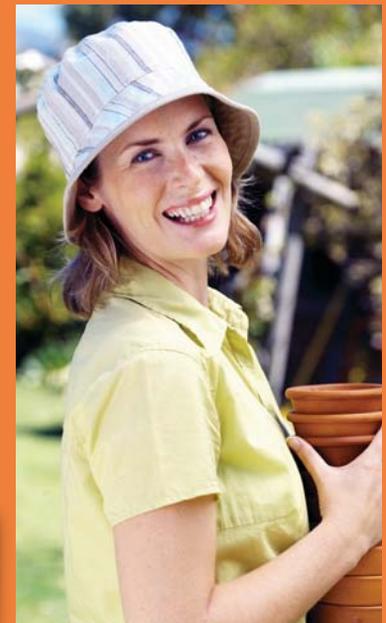
A LITTLE SUNLIGHT GOES A LONG WAY

Can you get a “healthy” dose of sun? Here are some facts that should shed light on the question:

■ Sunlight helps the body make its own supply of vitamin D. Without vitamin D, bones can become deformed or weak. Research suggests that not getting enough vitamin D also might boost the risk for various cancers, cardiovascular disease, and other problems.

■ Too much sun ups your risk for skin cancer and premature aging of the skin, but casual exposure to the sun is good for you. Ten to 15 minutes of sunlight on your bare arms, hands, or face two to three times a week usually provides enough vitamin D.

■ If you don’t get out in the sun much, be sure to consume foods rich in vitamin D. These include fortified milk, juices, and cereal.

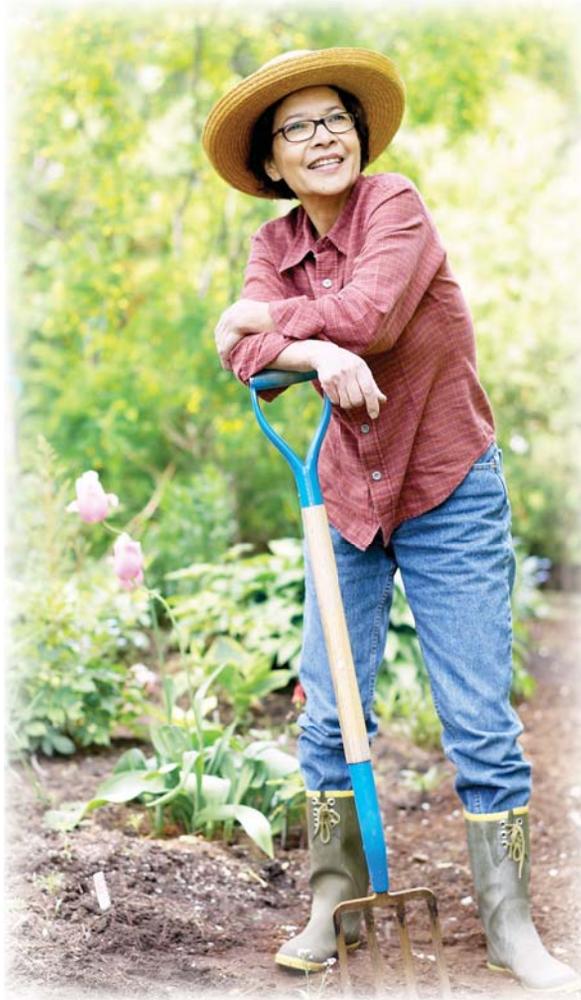


Nine Tactics for Living Well with **Low Vision**

Low vision refers to a visual impairment that hampers a person's daily activities and can't be corrected with standard glasses, contact lenses, surgery, or medicine. Common causes of low vision include age-related macular degeneration, cataracts, glaucoma, diabetic retinopathy, and injuries.

If a loved one is facing the challenges of low vision, there's a lot you can do to help:

- ❶ Choose a lamp with a swing arm to pull the light down close to reading materials. A hard cover or shade keeps the light focused on the task.
- ❷ Purchase writing tablets with bold lines.
- ❸ Label the lids of medication bottles with a single large letter to indicate what's inside.
- ❹ Ask the bank for checks that have bolder print and slightly raised lines.
- ❺ Install motion lights that turn on when someone enters a room.
- ❻ Clean up clutter and mark the edges of steps with colored tape to help prevent falls.
- ❼ Use dark-colored light switches and electrical outlets to contrast with light-colored walls.
- ❽ Choose textured upholstery to make furniture easier to locate.
- ❾ Ask the eye doctor about devices such as closed-circuit TVs, electronic reading machines, and computers with large



print and speech output.

Possible signs of low vision include having trouble reading street signs and the names of stores. For more information on symptoms, check out www.nei.nih.gov/health/lowvision/lowvision_quiz.asp. ●

FREE Brochure

To learn more about Loma Linda University Ophthalmology Department, call 1-877-LLUMC-4U and receive a free informational brochure.



BREAST-FEEDING MAY PROTECT AGAINST BREAST CANCER

Researchers have noted for years that women who have more children are less likely to develop breast cancer. But now it appears the length of time spent breast-feeding is particularly significant.

Every child a woman bears reduces her breast cancer risk by 7%. That risk goes down an additional 4.3% for each year of her life a woman breast-feeds. Lack of breast-feeding may be the largest factor in the high rate of breast cancer in the United States and other developed countries.

The U.S., at 50%, had the lowest rate of breast-feeding of the 30 countries studied. The average length of time for breast-feeding in developed countries was three months. Breast-feeding for six months longer would prevent about 5% of breast cancers a year. Nursing for an additional year would prevent about 11% of breast cancers annually, according to the researchers.

Questions and Answers: Are You at Risk for Pancreatic Cancer?

You may not hear much about cancer of the pancreas. But an estimated 30,000 Americans each year are diagnosed with this potentially deadly disease. It's important to know what puts you at risk, the symptoms, and steps for prevention.

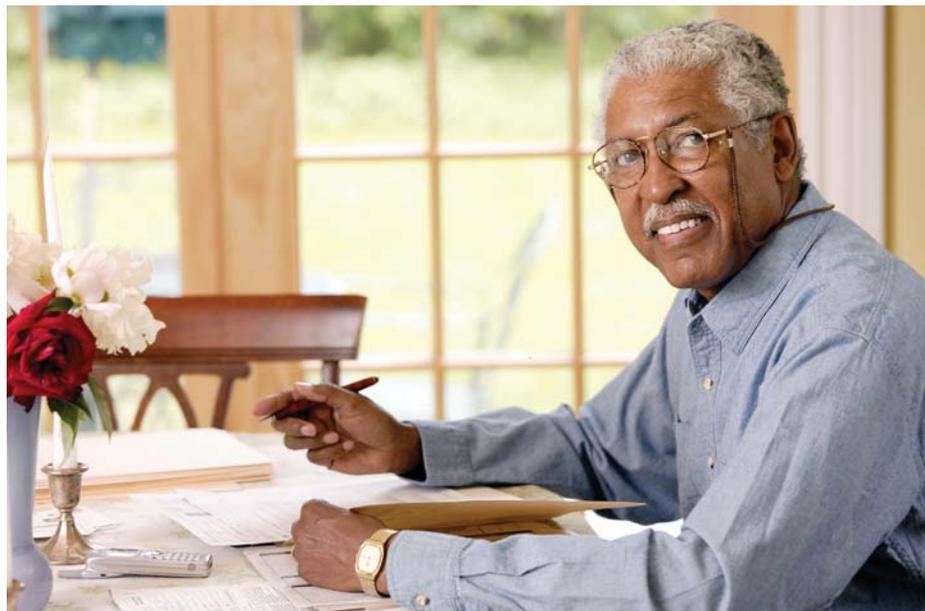
Q: Who is likely to develop pancreatic cancer?

A: Most cases occur in those older than age 60. Cigarette smokers are two to three times more likely than nonsmokers to develop pancreatic cancer, and it's more common in men than women. African-Americans tend to get this cancer more often than other ethnic groups.

People with diabetes or a history of chronic pancreatitis also have a greater risk, as do those with a family history of colorectal or ovarian cancer. Having an immediate family member with pancreatic cancer triples your chances of developing it.

Q: Should I be screened for pancreatic cancer?

A: Health experts don't currently recommend routine screening, but people who suspect they're at risk should discuss it with their doctor.



Q: What are the symptoms?

A: Early pancreatic cancer may have no noticeable signs. As the cancer grows, symptoms may include:

- Pain in the middle or upper abdomen or back
- Yellowed skin and eyes
- Fatigue
- Appetite loss
- Nausea and vomiting
- Weight loss

See your doctor if you're experiencing these symptoms.

Q: Can you prevent pancreatic cancer?

A: These steps can lower your risk:

- If you smoke, quit.
- Maintain a healthy weight.
- Eat at least five servings of fruits and vegetables a day. Tomatoes and tomato products, such as pasta sauce, seem to be especially beneficial. ●

WORK IN A WORKOUT

Don't have time for an exercise routine while working? Even just short bursts of physical activity can benefit your health. Here are a few ideas to get you moving:

- Use the stairs instead of the elevator.
- Park your car farther from the office, or get off a stop or two early if you ride the bus or train.
- Walk down the hall to speak with a coworker, instead of calling or e-mailing.



Learn more about detection, symptoms, diagnosis, and treatment of pancreatic cancer with our FREE brochure, *What You Need to Know About Cancer of the Pancreas*. Supplies are limited, so call 1-877-LLUMC-4U today!



Gazpacho

This classic chilled tomato soup is chock full of garden-fresh vegetables, cholesterol free, and made with very little added oil.



- 4 C tomato juice*
- ½ medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, pared, seeded, and coarsely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 1 large tomato, finely diced
- 2 Tbsp minced chives or scallion tops
- 1 lemon, cut in 6 wedges

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges in the blender. Puree.
2. Slowly add the remaining 2 cups of tomato juice to pureed mixture.
3. Add chopped tomato.
4. Chill.
5. Serve chilled in individual bowls garnished with chopped chives and lemon wedges.

Yield: 6 servings
Serving Size: 1 cup

Nutrition Information per serving:
*Calories: 87, Total Fat: 5 g, Saturated Fat: less than 1 g, Cholesterol: 0 mg, Sodium: 593 mg**

**To cut back on sodium, try low-sodium tomato juice.*

Source: National Heart, Lung, and Blood Institute/National Institutes of Health

Advance Directives: Make Your Wishes Known

Only about one in five Americans has an advance directive. This is a document that explains the kind of medical care you want—or don't want—at the end of your life. Without an advance directive, family members and doctors will use their best judgment if you can no longer make your own decisions.

Examples of Advance Directives

One type of advance directive, a living will, provides detailed instructions about your preferences if you are incapacitated and require medical care to stay alive. By specifying the treatments you do and don't want, this document can ensure that your wishes are honored.

In another form of advance directive, a medical power of attorney, you name a trusted relative or friend as your agent to make treatment decisions for you if necessary. This document also is sometimes called a “durable power of attorney” or “health care proxy.” A medical power of attorney may simply name your substitute decision maker, but

it also could include your detailed preferences for end-of-life care.

If You're Ready to Set Up an Advance Directive

Start by talking to your physician. You may also want to get advice from your attorney, contact your state bar association, or research advance directives on the Internet. Your document needn't be drawn up by a lawyer, but it should comply with the law. In addition, it must be signed in the presence of witnesses.

Be sure to give a copy of your advance directive to your doctor. You should also supply copies to your attorney, friends, and/or family members. Most important, if you've designated someone as your substitute decision maker, supply her with a copy. You can revise your advance directive at any time.

It may be well worth preparing an advance directive when you're healthy, say experts. Waiting until an illness or accident strikes can make it more difficult to think rationally. ●



Creative Kids Tell **Healthy Tales**

We are thrilled to announce the winners of the “Write to Ride” writing contest featured in our March/April issue. We received many impressive stories about kids and their healthy choices. The three winners were chosen based on content and creativity, while the Special Recognition prize—featured below—was awarded to Rachel Thorpe for originality and detail.

Congratulations to all and thank you for your participation! ●

Top Three Bike Winners

Rachel Thorpe – Age 7

Sebastian Alvarez – Age 8

Kaitlyn Jensen – Age 9

Honorable Mentions

Marissa Amara

Madison Brown

Nicholas Burnett

Joshua Castellon

Alex Cervantez

Kristin Didier

Melissa Dougherty

Marian Hanna

Christina Rose Haugen

Kerryanne John

Jayda Kechour

Katrynna Issabel Natividad

Sheldyn Odom

Michelle Pineiro

Teresa Roquet

Sean Uminiski

Erin Vera

Paige Welsh

The “Write to Ride” writing contest was sponsored by Loma Linda University Children’s Hospital. For more kids’ health tips, visit www.lluch.edu/kidshealth and click on Kids Health.

Rachel Thorpe eating a healthy snack.



Living Healthfully Ever After

By Rachel Thorpe, age 7, Yucaipa, California

Once upon a time a prince ate junk food for hundreds of years. He didn’t feel good, and he couldn’t move very well. He told his mom what he did. She didn’t know what to do, so they thought and thought. She didn’t know because she ate junk food too. So she ate more junk food, so the prince ate more junk food too. Their servant said, “Stop eating the junk food. You will get sick!” So they stopped. Each day the servant had them eating fruits and vegetables. They exercised too. They were now very healthy and in good shape.



What to eat a lot of:

Oranges

Apples

Bananas

Strawberries

Berries

Corn

Carrots

Green Beans

Broccoli

Spinach

What not to eat too much of:

Ding-Dongs

Candy

Soda

Pie

Cookies

And things with too much sugar

Upcoming Events

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

JULY–AUGUST 2007

MEDICAL CENTER & CHILDREN'S HOSPITAL

KOLA Cares for Kids Radiothon

Benefiting the Children's Hospital
Listen on KOLA 99.9 FM
Tuesday, August 28 and
Wednesday, August 29
6 a.m. to 7 p.m.

Cardiac Rehab Program

For those with chest pain, heart attack or bypass surgery
Please call for more information.

Pulmonary Rehab Program

For those with lung disease
Please call for more information.

Moms Joining Moms Support Group

A place for new moms to learn
Fridays 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

The Bloodmobile will be in the Medical Center parking lot every Monday. Sign up in the Children's Hospital lobby.

Overeaters Anonymous

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

BEHAVIORAL MEDICINE CENTER

Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs

Child and Adolescent Outpatient Program

For children ages 8 to 18 experiencing behavioral problems, family conflicts, and school-related difficulties

Eating Disorder Program

Available for adults

RADIATION MEDICINE

Call for locations on the following groups

Head and Neck Support Group

Every Wednesday at 1 p.m.

Clinical Prostate Support Group

Every Wednesday at 2 p.m.

Lunch Group

Every Tuesday at 1 p.m.

Radiation Medicine Education Support Group

Every Wednesday at 5 p.m.

Wives & Caregivers Support Group

Every Thursday at 2:30 p.m.

Monthly Pediatric Theme Party

Please call for dates and times.

Restaurant Tour

Every Thursday at 5:30 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

CENTER FOR HEALTH PROMOTION

Weight Management Orientation

Tuesdays, July 3, 24 and August 14, 28 at 3:30 p.m.
Please call for details.

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.
Walk in clinic provides vaccinations necessary for travel

Executive Health

A 2-part complete medical history and physical with an assessment of potential risk factors.

CENTER FOR JOINT REPLACEMENT

FREE Arthritis Seminar

Wednesdays, July 11 and August 8
9:30 to 11 a.m.

New location: Mountain View Plaza

Preregistration required.

VOLUNTEER OPPORTUNITIES

Get Involved at Loma Linda

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

DIABETES PROGRAM

Winning with Diabetes

Morning and evening classes, Spanish classes available every other month

Series of five sessions on types, causes, and self-management
Preregistration required.

Diabetes Support Group

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

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



Free Dental Hygiene Screenings

Loma Linda University School of Dentistry is offering screenings to individuals who have not had dental hygiene care for an extended period of time. Call to schedule your appointment.

MANY STRENGTHS. ONE MISSION. Right at Your Fingertips!



Find a doctor, make an appointment, and learn more about our services at www.wehaveonemission.com.

FINDING THE RIGHT DOCTOR

Want to find a doctor who's a good fit for you? Try these three steps:

1 Begin Your Search. Relying on friends and family for recommendations doesn't always work, especially if they're unfamiliar with doctors in your community. So, you might begin the search by contacting your health plan for a list of doctors covered by your insurance.

2 Location, Location, Location. Pick a doctor who is "on staff" at a hospital near you. This means she can admit patients there, and emergency care will be close by. To find out if a doctor is on staff at your local hospital, call her office to ask.

3 Meet Face to Face. You won't truly know if a doctor is right for you until you meet. Make sure you feel comfortable. The doctor should listen to you and answer all your questions. That way, you can build a respectful relationship.

Call 1-877-LLUMC-4U to find a physician or specialist.

Here at Loma Linda, we realize the importance of providing patients and visitors more information about our services to the community. Our new campaign, "Many Strengths. One Mission." highlights some of those services including other benefits of choosing us as your health care partner.

We invite you to explore the many dimensions of our strengths. From

precision to compassion, our commitment to being the premier provider of health care to the Inland Empire is great.

Online, you can also "Find a Doctor," which allows you to receive information from our physician referral team about a specific doctor or service.

Learn more by visiting us on the web at www.wehaveonemission.com. ●

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